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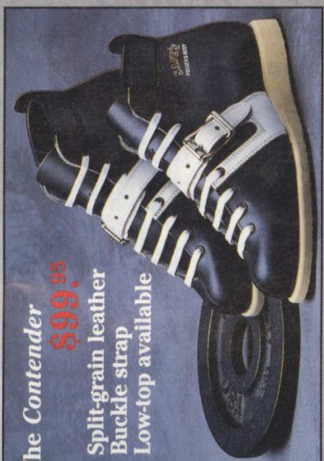
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A.D.F.P.A. LIFETIME Drug Free Championships

This year's Lifetime Drug Free Nationals was once again on the campus of Arizona State University in Tempe, conducted by Head Strength Coach Tim McClellan, but this time he added some flourishes over his 1989 promotion of the same meet. The competition was held at the elaborate new Student Recreation Center, with a mere \$1 admission charge, well beyond the seating capacity of the bleachers that were in place for the audience. The meet program was enhanced, special individual weight class scoreboards were maintained for the lifters' benefit, and the awards were quite unique. Instead of trophies, the placers received commemorative watches, designed by an ASU athlete. Now these lifetime drug free champions can keep "ADFFA time" anywhere they go.

The turnout for the meet was quite low. High air fares, the ongoing recession, and worries about the war in Iraq were possible contributory causes, but, on the other hand, Meet Director Tim McClellan was happy that he could offer the lifters present a one platform, single session meet that got over in time for everybody to have a pleasant evening after the contest. Tim has been an active, hands on force behind the success of the ADFFA since the formative years, and as this may have been his last meet promotion, he deserves an extra thank you for his fine efforts. Is there a more humble, self-effacing strength coach of a major university in the country? His success at that level, the dominance of the Samson Powerlifting team that he coached, and the vast number of

excellent drug free champions he has nurtured are testimony to his exemplary character and abilities.

In the 114 lb. class, defending champion Brett Bozzelli was on hand to face the challenge of Howard Bates and Andy Leonard, billed as the World's Strongest Special Olympian. Brett's fine benching distinguished him from the others at the finish, but Leonard was impressive in the way he selected, prepared for, and performed 8 out of 9 successful lifts.

At 123 the 3 time ADFFA National Collegiate champion Larry Bolden put on an emotion charged display of power, crowned by a lengthy hug of referee Cathy Marks, tender after success with his meet record pull of 473. Steve Sookup had to compete as a guest lifter at the meet, when he could not make weight for the 114s and did not have a qualifying total for the 123s.

In the 132s, unopposed James Benemerto showed the same emphasis on form and technique that highlighted the career of his elder brother Ray, but nonetheless exhibited his own personal style. In the squat, his extreme wide stance was not up to attempts at 451, but the same posture almost allowed him to pull a 540 deadlift, except for a foot slip at the end of the effort. By the way, congratulations are in order for both brothers, as the absent Ray will be getting married in June.

The 148s were a crowded division, but Joe Braca clearly had the edge in ten power and he was also the defending champion. He came close with the 501 squat attempt, and cruised from that point forward via Michael's Creative Jewelry. Chris Boillot only scratched the surface of his enormous potential in the squat, but that was enough to secure the 2nd position in the class over Ohio dentist and ADFFA State Chairman Larry Miller, who twice broke the meet record in the bench press. Bill Wong is so busy supporting the ASU athletics effort with his videotaping expertise that he hardly has time to train, but he still had enough to finish up 4th. Renowned as a strict judge of himself, he was pleased with the level of attention the judges paid to the squat, even when it cost him his easy first attempt. Bryan Uyevka took three tries to get his first squat in. His handler said "NICE - I hope!" as he completed the final lift.

There was another good turnout in the Middleweights, but no one was a match for David Ricks. Dave had squatted 690 in training for his meet, but a nagging knee injury that pained him only on the wide stance deadlifts he's so good at made him think twice about entering the meet. He converted to narrow stance, but only trained up to 550 prior to the contest, and was unsure of his abilities. At meet time, his pulls went surprisingly strong. His effort with a final 633 was so intense that he actually began to vomit, but he was too close to give up on the effort and fought it out to lockout, but did not get the lift. He lost concentration on his 650 squat attempts, but was very pleased with his benches, especially the 413 that he locked out, even if it was called no good for up and down movement in the course of the lift. Kevin Dittler, an Arizona favorite, had to go three tries to get a squat passed, and lifted confidently thereafter. Curtis Brown, with some of the best biceps/brachials separation you'll ever see on a lifter or a bodybuilder, almost got left out of the benches, when his card from the squats was mistakenly placed in the 'bombed out' file, but he came back to win the 3rd place award.

Mike Thompson put up some nice quality numbers to take the 181s, even though he had to survive a 'bomb scare' in the squats. Keye Daus followed up as another representative of King's Gym in Ohio, which is becoming the focal point of drug free lifting in that state.

3rd place Curtis Broadham lifted ably and was ably handled at the meet by USAF's Ken Westbrook. In the 198s, Richie Wenner was clearly dominant. The popular ASU strength coaching staff member Gave Eddy in the squat a good try, but after Ed Riley bombed there was little challenge, and he timed out his last two deadlift attempts. Russ Jenness of State College, PA claimed 2nd. Even though he bombed in the squat, Bob Strangue was given a special award recognizing him as the oldest (at 54) qualifier at the competition.

With the several bombouts in the squat, the final flight of competition went down to 7 lifters, but one of those lifters was very special. Bull Stewart had that glint in his eye. He told Tim McClellan that he had never felt more ready for a contest. The 'old' Bull, at his best, was back. It certainly showed in the squat where he opened with an easy 804, comfortably jumped to a 832 to break his already lofty meet record of 821. From there it was another jump, and a big one, to 865 for a shot at the American Record, held by Greg Beebe-Lowe, but this was just a bit too much. Bull certainly had 850 in him. Where are the cynics who say nobody can squat that much without drugs. This 512 bench was easy, but he passed his 3rd try, perhaps saving his energy for an massive deadlift attempt. His opener at 799 certainly made that prospect seem promising, but a record breaking 821 would not cooperate, and Bull appeared to pull a hamstring, slightly, on the lift. Even though the evidence of more was present, 2143 was a new meet and American record, and Bull Stewart has once again undefined the fact that lifetime drug free athletes need not hang their heads in any company. Here was the demonstration that you can be the strongest man on earth, in your weight class, without drugs. Bull was a very popular figure at the contest, smiling, talking, signing autographs, with a trail of kids following him around the meet site.

Larry Bolden lived the tragedy of bombing himself out of a default national title, but, steadily Vince Eldridge took advantage of his opportunity, making his third attempt 'look' like openers. Vince drove all the way down to the contest from his home in Bremerton, Washington, and sure was glad he did so. In another departure from tradition, there was no team trophy. Instead, Coach McClellan dealt with the problem of who gets to take the team trophy/home' by awarding individual team champion plaques to every contributing team member. Also notable were the people who handed out the awards. For the class winners it was Jim Jellicoff of the NFL's Dallas Cowboys, and for the team awards it was Dave Schroeder, of meet sponsor and Team Champion (for the 4th year in a row) Samson Equipment out of Las Cruces, New Mexico.

Other sponsors included Anything Automotive, Bell Road Chrysler-Plymouth, Fountain Hills NAPA, Stadium Cafe, AMC Lakes 6 Theaters, Volare Italian Ristorante, Marcuso's, and Mr. David Short (who also announced part of the competition). Thanks to them all, and congratulations to all the new Lifetime Drug Free Champions!

DEDICATION: David Ricks would like to dedicate his lifting and victory at this meet to Herb Blake, who is serving his country in Saudi Arabia as part of Operation Desert Storm, and all the military lifters over there who wanted to compete in this meet, but couldn't. Herb received a nice package from the States already (see page 12, FEB/91 PL USA), and anyone else who would like to send him some needed supplements while he serves there can contact him at his new address: DTI Herb Blake, USN, Alpha Company, 2nd MED BN, FPO NY 09502. Herb was the defending champion at this meet in the 132 pound class.

One additional note on the 198s - this victory represents the 10th national title for Richie Wenner, and he is now the only 4 time ADFFA Lifetime Drug Free National champion. At 220, Shawn Cain made it three titles in a row, and gave 727 two nice meet records of 705. Ruben Reyes was the only other official entry at 220, but he was joined by Anthony Janca and Charlie Hoskins when they came in a kilo and half, and two kilos over the 198 limit, respectively. Tony had a pretty good day, but Charlie had some awkward moments in the squat and bombed out.



BULL STEWART look home the Champion of Champions award for the competition.



SAMSON POWERLIFTING TEAM... the winners of the team competition included, left to right, Kevin Dittler, Brett Bozzelli, James Benemerto, Richie Wenner (behind James), Charlie Hoskins, Joe Braca, and Bull Stewart. At far right is Brother Bennet, President of the A.D.F.P.A. Further right, and out of the frame, was the team coach and meet director Tim McClellan.

ADFFA Lifetime Drug Free Nationals/9 Feb 91/Tempe, AZ

	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total	
Brett Bozzelli	314	336	336	251	367	342	551	363	374	365	925	
Andrew Leonard	275	303	319	181	192	192	512	358	380	391	903	
Howard Bates	286	303	319	181	192	192	501	347	363	363	865	
Larry Bolden	330	380	443	143	523	402	446	473	997	
J. Benemerto	429	451	451	248	281	281	677	496	523	540	1201	
Steve Sookup (g)	306	325	325	209	226	237	534	314	336	356	870	
Joe Braca	468	468	501	292	300	319	788	545	573	589	1361	
Chris Boillot	518	518	540	297	319	319	813	462	490	492	1306	
Larry Miller	363	363	407	363	365	385	793	424	446	462	1240	
Bill Wong	451	479	501	242	253	264	744	451	473	496	1218	
Bryan Uyevka	413	413	413	281	292	292	705	451	479	501	1184	
Dale Lathrop	358	380	402	281	363	308	688	457	479	501	1168	
Tom McCarty	374	418	418	286	303	314	677	440	479	479	1118	
Lyn Bamister	501	501	501	
David Ricks	617	658	658	385	402	413	1019	578	606	633	1625	
Kevin Dittler	451	501	512	314	330	336	848	501	529	540	1377	
Curtis Brown	451	501	501	352	352	374	804	501	540	562	1344	
Joe Benemerto	429	451	451	259	270	281	702	473	496	516	1278	
Ed Riley	424	416	423	275	303	306	744	473	491	501	1245	
Michael O'Neal	551	551	551	
181	Mike Thompson	578	611	611	303	325	330	942	573	611	622	1565
Keye Daus	479	490	501	336	358	369	848	567	584	599	1432	
Curtis Broadham	485	512	529	363	380	385	865	512	540	540	1377	
Paul Bargham	468	468	512	330	341	341	799	540	573	600	1372	
Roger Petzold	468	468	479	336	347	358	815	529	545	551	1344	
Dave Dunne	451	451	473	308	319	339	771	551	578	578	1322	
Bruce Welch	440	479	479	325	341	341	766	512	1278	
Gary Bagley	573	573	573	
198	Richie Wenner	639	677	677	402	424	...	1063	617	629	639	1681
Ed Riley	623	623	623	369	389	385	892	545	567	573	1466	
Bob Strangue	485	485	485	
220	Shawn Cain	644	644	699	413	429	440	1074	677	722	732	1752
Anthony Janca	584	644	644	341	363	369	947	562	589	606	1537	
Ruben Reyes	479	518	518	330	358	369	837	573	611	611	1410	
Charlie Hoskins	633	633	633	
242	Andrew Stewart	804	832	865	501	512	...	1344	799	821	...	2143
275	Craig Roberts	628	628	628	
SHW	Vince Eldridge	490	534	551	341	363	380	931	600	650	677	1609

N.A.S.A. NATURAL Nationals Bench Press

as told by Meet Director RICH PETERS



CAL SCHACHTE had a magnificent day of record breaking (Finnegan photos)



TODD BACHMAN took the 181 lb. High School title with 374, then turned around and weighed in again for the 1988s and took that title as well.



KIM BROWNFIELD did some tremendous benching in the 220 lb. class. The 220s, was just the opposite. The attempts were not only close, but extremely heavy. Record after record was broken in all divisions. They fell by the wayside like grass being mowed. Armond Tiano ground out a successful 352 lb. attempt. Not bad for 52 years young.

The prospect of having a National Bench Press Tour and a National Championship was something that NASA had contemplated for quite some time. It finally came to reality on January 19-20, 1991, in Oklahoma City.

Too much has been said about 700 lb. benches, 306 lbs. in 148s and are fully female, than 275 lbs. and arches 585? These lifters are NASA's 1991 Nationals.

The 1991 Nationals has set a standard for all other Nationals to follow. The women lifters were small in numbers, but big in their efforts. Chris Steinacker showed her big numbers to a national audience in a grand fashion, as she attempted 198 lbs. on her own American record of 198 lbs. She, a bodyweight of only 122 lbs. Susan Simmons and Dennis French had a battle royale in the 148 lb. class, with French coming out on top by the slimmest of margins.

We knew that the fireworks were just getting started with the lightweights, and all eyes were turned towards the King of the Light Superhuman Lifter, Charles Schachte, and his superhuman efforts by Stel Kennedy, Fester, Stutsman, Jenson, Greaser, keep in mind these lifters are all state or national champions. Schachte just totally took control of the platform that meet. After opening light (for him) he went for a new American record of 396. He smoked it! He was determined to get 402 on a third attempt but he showed signs of being human after all when he paled with the record pound. Needless to say, Charles Schachte was the outstanding lifter in not one, but three divisions, with three new American records, and these three new National meet records. He is featured in one of our interviews on the Championship tapes.

Doug Miller put on a show of his own in the 165s. Winning both the Pure and the Natural divisions was not enough for Doug. He set new American standards in both divisions with 380 lbs. Other winners in the 165s were Dennis Scott (M.I.), Steve Chamberlain (PN), Daniel Polts (T), Thomas Marshall (SM), and old reliable Mike Stainbrook (M.2).

The 181s were very evenly matched. Top performances were recorded by Board Morrison, Kanemoto, Bachman, Judd, Tsutsui and Merfino. New records were established by Mr. Happiness himself, Rich Tsutsui (who, by the way, could do toothpaste and commercials with that consistent and beautiful smile). Mr. Personality (Jim Merfino), and Wonder Boy (Todd Bachman).

Sunday began with the 198s. This weight class had the makings of several showdowns in all the divisions. When the dust cleared there were new records established in the Natural division (Randy Byrd) and the Teenage Division (Todd Bachman). The competition was very precise and to the point. In fact, there could well have been more records broken if the competition had not been so

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NASA Natural National Bench Press		19-20 Jan 90 - Oklahoma City, OK	
Women	191.20	Morrison	147.5
Ericksen	142.5	McIntosh	147.5
123	190*	Cunningham	182.6
Steinacker	182.5	Gaines	132.5
Miller	175	Beard	142.5
Ballard	157.5	Castner	137.5
148	150	Van Hoose	132.5
French	142.5	Lusher	120
Higgins	137.5	Zimmerman	147.5
165	220	Cox	185*
Irwin	200	Young	182.5
Masters 132	185	Edwards	137.5
H. H. 123	182.5	Young 185	182.5
Miller	177.5	Doubling	242
Pure	175	Puccino	197.5
114	147.5	Morton	192.5
Stutsman	242	Tinsman	182.5
Kennedy	242	Tinsman	182.5
123	242.51	Reece OL	170
Ramirez	212.5	Breeden	162.5
332	162.5	Rogers	200*
Fester	240*	Owens	195
148	237.5	SHW	247.51
Schachte OL	200	Dallas OL	247.51
Stewart	142.5	Tolbert	132
Borowicz	145	SHW	132
135	247.5*	Dallas	137.5
French	210	Miller	112.5
135	210	Vigil	180
135	195	Joseph	147.5
72.5	190	Tripi	137.5
165	148	Jordan	110
Mele	Schachte OL	Mele	172.51
Anderson	140	Dodd	137.5
137.5	140	Dodd	182.5
181	137.5	Tripi	182.5
115	135	Oliver	185*
117.5	135	Oliver	172.5
172.5	170	Smith	172.5
170	170	Chamberlain	1851
Bachman	165	Persinger	177.5
Judd	167.5	Soza	147.5
Morrison	137.5	Marshall	147.5
165	137.5	Byrd	187.5*
181	167.5*	Harrison	182.5
181	175.5*	Lipicomb	182.5
H. H. 123	175.5*	Wolfsky	167.5
Jensen	150	Cooley	167.5
165*	246*	Davidson	152.5
Brooks	237.5	LaBelle	107.5
135	200	Zimmerman	2451
Castner	210*	Brownfield	220
Hague	210*	LaBelle	220
220	210*	Cox	220
Wood OL	182.5	Roscoe	182.5
Armons	172.5	Collman	160
242	95*	Tinsman	147.5
242	123	Weindel	147.5
Goodpasture	170*	Miller	242.51
167.5	120	Reece OL	182.5
162.5	107.5*	Hamilton	182.5
135	47.5	LaBelle	182.5
275	117.5*	Dawkins	182.5
195*	117.5*	Jensen	172.5
182.5	117.5*	Rogers	162.5
200*	157.5*	Pearce	240
150	237.5	Mallard	240
148	237.5	SHW	237.5
148	247.51	SHW	247.51
148	152.5*	Davidson	200
1351	150*	Howard	92.51
105	190	SHW	120*
150	190	SHW	150*
110*	67.51	Norman	137.5*
87.5	117.51	148	132.5
160	117.51	181	110
137.5	170	Bachman	167.5*
107.5	122.5	Riley	160
160	1651	198	190*
160	1651	220	170
137.5	120*	Baker	182.5
132.5	142.5	Methala	142.5
242	142.5	Wellborn	142.5
1751	132.51	Foster	142.5
122.5*	145*	Young	1851
105*	105*	Stewart	177.5
105*	105*	Scott	147.5

* - NASA National Meet Record, NASA American Record.

WORKOUT of the Month

Finnish Deadlift Routine told to PL USA by Jaska Parviainen

The poundages in this course are based upon an assumed maximum deadlift of 500 lbs. prior to undertaking the program. There are 3 training cycles, with the lift and reps differing in each cycle. The block used in the first two cycles is 5 inches high.

Cycle 1: 7 weeks. a) all sets indicated are for TEN REPS; b) first workout in the week is easy; c) second workout in the week is hard; d) these are stiff-legged deadlifts, done while standing on a block. The bar is lowered to within one inch of the floor at the bottom of each rep. DO NOT TOUCH THE FLOOR WITH THE BAR.

Week 1: 1st day - 1x135, 1x155, 2x135; 2nd day - 1x135, 1x165, 1x200, 2x135.
Week 2: 1st day - 1x135, 4x165; 2nd day - 1x135, 1x185, 1x220, 2x175.
Week 3: 1st day - 1x135, 4x165; 2nd day - 1x165, 1x200, 1x235, 2x175.
Week 4: 1st day - 5x165; 2nd day - 1x165, 1x220, 1x245, 2x175.
Week 5: 1st day - 5x165; 2nd day - 1x165, 1x220, 1x255, 2x185.
Week 6: 1st day - 1x165, 4x185; 2nd day - 1x175, 1x245, 1x265, 2x200.
Week 7: 1st day - 1x165, 4x200; 2nd day - 1x175, 1x245, 1x275, 2x200.

Recommended auxiliary exercises during this initial cycle include power cleans (prior to deadlifts, done off a block), weighted chin-ups, incline

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

3x275, 2nd day - 1x220, 1x275, 1x320, 1x350, 1x220.
Week 3: 1st day - 1x220, 4x275; 2nd day - 1x220, 1x275, 1x320, 1x350, 1x220.
Week 4: 1st day - 1x220, 4x275; 2nd day - 1x245, 1x330, 1x375, 2x245.
Week 5: 1st day - 1x245, 3x285, 1x245; 2nd day - 1x245, 1x330, 1x385, 1x355, 1x245.
Week 6: 1st day - 1x245, 3x385, 1x245; 2nd day - 1x245, 1x340, 1x400, 1x275, 1x245.

Recommended auxiliary exercises for this cycle: power cleans (before deadlifts), lat pulls, and shoulder strugs with heavy weights.

Cycle III: 6 weeks. a) in this cycle, FIVES, TRIPLES, DOUBLES and SINGLES (as indicated) are utilized; b) these lifts are done without any block, in regular, competition style.

Week 1: 1st day - 1x5x220, 1x3x300, 3x3x350; 2nd day - 1x5x220, 1x3x300, 1x2x350, 1x1x400, 1x1x450, 1x3x410.
Week 2: 1st day - 1x5x220, 1x3x300, 3x3x350; 2nd day - 1x5x220, 1x3x300, 1x2x350, 1x1x420, 1x1x470, 1x3x430.
Week 3: 1st day - 1x5x220, 1x3x300, 3x3x370; 2nd day - 1x5x220, 1x3x300, 1x2x370, 1x1x450, 1x1x470, 1x3x450.
Week 4: 1st day - 1x5x220, 1x3x300, 3x3x370; 2nd day - 1x5x220, 1x3x320, 1x2x400, 1x1x460, 1x1x505, 1x3x465.
Week 5: 1st day - 1x5x200, 4x3x380; 2nd day - 1x5x220, 1x3x350, 1x2x420, 1x1x470, 1x1x515, 1x3x480.
Week 6: 1st day - 1x5x220, 4x3x400; 2nd day - 1x5x220, 1x3x350, 1x2x420, 1x1x480, 1x1x525.

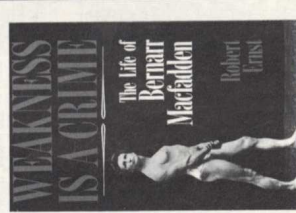
Recommended auxiliary exercises: chin-ups with wide grip (no weights attached), HEAVY dumbbell rows, hyperextensions.

The originator of this routine, Jaska Parviainen, director of the 1977 World Championships in Finland and the coach of IFF Light heavyweight, World Record holder in the deadlift since 1980, Veli Kumpuniemi, notes that it consistently added 5-10% to the competition best of any lifter who went through it. This routine was first published in POWERLIFTING USA back in 1980 and it proved to be one of the most popular routines we have ever offered. In the Finnish tradition, it represents a lot of hard work, and is very difficult, but even lifters who gamely tried it and could not make all the target weights, still reported excellent gains in their deadlift and muscle mass.



Veli Kumpuniemi the Finnish Liplander has held the IFF World Record since May 17, 1980. He was trained by Jaska Parviainen on this workout program.

FLOOR BETWEEN REPS:
Week 1: 1st day - 1x220, 1x250, 1x300, 1x350, 1x220, 1x260, 1x260.
Week 2: 1st day - 1x220, 1x250, 1x250.



BOOK REVIEW: "Weakness is a Crime" was the byword of America's first, self-proclaimed "Father of Physical Culture", Bennett MacFadden. From searing poverty and illness he rose to become one of the most successful magazine publishers of the early 1900s, but his first and longest love was that of physical culture, which was the name of his first magazine. He was a sounding board for numerous theories and teachings about health and exercise, and it is remarkable to note the extent to which those notions persist today. His life brushed in broad strokes across the great names and institutions of his era. He fought the American Medical Association at every turn, was labeled a "pornographer", ran for Governor of Florida, started "Physical Culture City" - a planned community in New Jersey, established health food restaurants, brought Charles Atlas his first fame, and accumulated a fortune of over \$30,000,000. Serious fans of the Iron Game will treasure this professionally produced biography by Robert Ernst. (Available from Syracuse University Press, 1600 Jamesville Avenue, Syracuse, NY 13244, 296 pages, 14 illustrations, \$34.96 clothbound, and \$17.95 paperbackbound)

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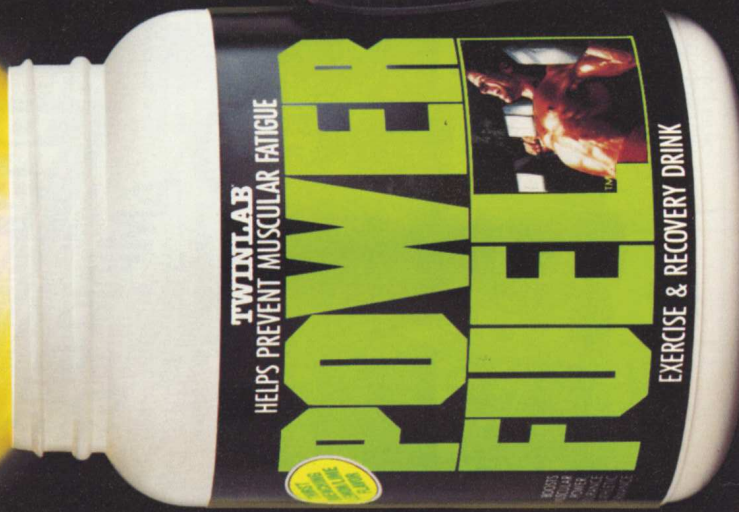
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AUSBY ALEXANDER IN JAPAN

as seen by correspondent PAUL KELSO



Ausby Alexander prepares for this quest/lifting performance at the Japanese National Club Championships, backed up by correspondent Paul Kelso (right) and previous Women's World PL Champion Hisako Yoshida (left).

Ausby Alexander overcame jet lag, a 6 hour train ride and his first experience with fish to post a seven attempt 683-330,660 on the 50 kg lift in the Japan Men's Club National December 3rd. The first non-Japanese World Champion ever to lift at a Japanese contest, Ausby was determined to produce a mag by, either for the 100-plus awe inspired lifters and spectators that day. He had not lifted since the Worlds in Holland 2 1/2 weeks earlier.

Acting to lift, a 16 hour plane ride from North Carolina on Thursday, Friday spent getting squared away in his base at Iwakuni, spending half the length of Japan by the Shinkansen train Saturday, and it's doubtful that anyone human could consider lifting in 77 kg (169).

Weighting in at 77 kg (169), Ausby took three exhibition squats in ten minutes. Opening with 649 kg (1440) lbs, he then came up with 649 kg (1440) lbs. When the bar was loaded to 683 kg (1505) lbs, some onlookers with doubtful expressions. Head Judge Hideaki Inada and the side referees took their positions with objective five meter yelling. "White lights, white lights".

Ausby admits to being an "audience lifter." When he steps on the platform it's "stoutime." The crowd began the rhythmic chanting and clapping of Japanese fans as he stepped the bar but a court ball silence fell as he stepped back from the racks to set that looked like he would be squashed by the weight. There was no question of depth. It appeared his chest was below the line. Coming out of the hole it was as if a giant hand stopped him at parallel and all thought the lift, but Ausby's head snapped up, his chest lifted and the bar began to move, accompanied by an increasing roar from the crowd. It's a good thing nothing went wrong as he ascended to lock-out, because the spotters were delirious and leaping into the air amid general pandemonium.

I had met Ausby the day before at the Tokyo station. He wasn't hard to spot in the immense crowd as he was wearing a white USA PL team warm-up suit covered with metal pins. There we made our way across rush-hour Tokyo, but Ausby was excited by the vitality of the city, the spectacular light show of the Shinjuku entertainment district, the outdoor stage dancers and jugglers in the station plaza and the hordes of incredibly dressed young people making their way to Saturday night destinations through the bowels of the busiest railroad terminal in the world.

Hisako Yoshida was busy with her sewing machine when we walked in to the Power House Club gym in the western suburbs. The lifters were testing their gear for the next day, and she was making adjustments and stitching the suits up tight. Susumu Yoshida, long time Japan champion and current Secretary of the Asian PL federation, took us to a nearby yaki toni restaurant for din-

tom, that his wife Hisako gagged. She can do that - she's a former world champion herself. Susako grimaced and said "This is a bad, bad, bad, I think." But it wasn't Ausby adding to the noise as his feet were together, as his stance appeared too wide. Yoshida did not want to train at 100%.

Ausby observed that extremely wide foot spacing for the squat and very wide grip benches were common among the lifters present. He thinks this is a bad program and leads the same way about exaggerated back arching during the bench.

Susako lifters spoke to Ausby about his training and very dumbly asked to look and teach lift once a week. Many Japanese lifters said to compete, spit out head of lifting to the books. This is a well-known Japanese trait, visible in many areas of their lives.

16 Clubs were represented at the 3 platform meet at the Sagamihara City Athletic Center. The Japanese Iron Game establishment was present including many women's team members who helped expedite and keep see Ausby was able to visit with old friends from international meets such as Inaba, Maeda, Isaga, and Nakao. Isagawa is now training for the 1992 Olympics as a weightlifter. (Editor's Note: Isagawa has since decided to return to PL.)

Only Yoshida and Shige Asama of Japan's international contingent lifted at the Club contest. There were a few lifters present who had been to the Junior Worlds, however. Asama lifted in Holland and had the best total at this contest, 1535 at 90 kg. His club the Asama Foxes, defeated Yoshida's Power House gang for first place, 3130, 75k lift. Yo Yoshida blasted up a big 594 squat for a Japan Jr. record while newcomer E. Mukai hit two Jr. records with a 368 bench and 577 squat in the 110k. This fellow is young about 6'3" and weighed only 225. Susumu thinks he is a prospect for the future if he puts on weight immediately after Ausby finished benching a platform was cleared for his deadlift exhibition. We had to leave before the PL rounds in order to get Ausby on the bullet train in Yokohama. His CO wanted him to roll call the next morning and Iwakuni is way out West near Hiroshima. We had to meet that train!

With the crowd sitting on the floor right up to the edge of the platform Ausby took two lifts, topping out at 660. He had lifted almost as well as he had at the Worlds despite the ordeal he went through to arrive. "I said I'd show up, I hate to say I'll do something and not do it." By the way, the coach of many great Marine lifters, Herb Gowing had been Athletic Director at the Iwakuni base and was scheduled to come with Ausby to this affair, but Herb was transferred to the New Orleans area at the last minute. We had to battle our way out. Everyone wanted his picture taken with Ausby, or training advice or to (this article continued on page 90)

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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World Strongman Championship

as reported by DEREK FITZGERALD

The World Strongman Championship in Montreal had been an annual event for 9 years, but the 1989 contest could not take place because of its founding father and organizer, J.C. Arsenault, had to find new sponsors to take over from the Bensons and Higgins Tobacco Company. Canadian law now prohibits tobacco companies from advertising and sponsoring big sporting events.

Canada has never backed down from a challenge, in fact the Quebec Dairy Bureau came up with a plan to stage the show, and the 1990 contest could proceed.

Some big names in the world of strength returned: Kazmaier, Reeves, Arnason, Magnusson, plus the biggest of the mythical lifts ever seen - O.D. Wilson, who will appear on a show, two sold Canadian competitors, plus 2 Soviet (Lithuanian) competitors added to the truly international nature of this event. The four elements of this contest have remained constant: the stone throw, platform lift, wheelbarrow push and sack race. There were some outstanding moments, a relatively injury-free evening and a new world champion title holder.

The Stone Throw

Kaz had been troubled with a bad back through most of the 1990 contest. He was strong and competitive season, but was not an athletic for the stone throw. His 8.38 meter toss topped a 1st place finish and although a bit less than his 8.72 meter world record in 1988, there was little doubt about the ownership of this event. Mark Higgins of Great Britain is a national team member in the shot put. He adopted the "putting" style with the stone, and his 8.24 metres was good for second place. More practice with this awkward 56 pound implement and Higgins could put up some big numbers.

Big O.D., with little practice, simply muscled out an 8.00 meter toss. As he lumbered up to the circle, there were a few thousand bug-eyed spectators making resolutions about quite talking back on their drinking, not quite taking in all of what they were seeing. O.D. is real, yet still unbelievable. With 20 points, Kazmaier led after event Number One, but was not too eager about the platform lift, where he seriously tore a trap in 1988. Higgins, a good platform lifter and only 5 points back of Kaz, had only one question - along with the rest of us - what about the unknown factor - O.D. Wilson. He looked ready to move a platform or two.

The Platform Lift

In 1987, Iceland's Hjalti Arnason set the world mark at 1900 pounds in this event. The lift has changed slightly since then. The distance the weight must travel to sound the buzzer of success has been reduced from 5 to 3 centimeters. Still, the difficulty in getting comfortable under



O.D. WILSON easily sets a new World Record on the Platform lift (courtesy Derek)

the bar continues to leave some great squatters out in the cold, like Jamie Reeves, Magnusson and Kaz, all of whom bowed out at 1600 pounds. The battle for supremacy was among Higgins, Arnason, Wilson, Lithuanian Zenkevicius and the Canadian Gino Dupuis. The gutsy Zenkevicius, one of the lightest competitors at 243 made it to 1800 pounds, as did Dupuis and Higgins. These three each picked up 10 points. The battle for 1st and 2nd was between Arnason and O.D. Hjalti's nose bled and his face turned purple as he managed 1900, but no more. O.D., who had not even taken practice tries on the platform along with all the other competitors at a training session two days earlier, seemed to have little difficulty in making 1900 pounds and even less with what followed. On his next attempt, a simple lock-out, a gentle push from his massive thighs set a 2,000 pound world record set the crowd cheering.

The Race

No one was looking forward to the 200 meter sack race. Back in 4th place overall, O.D. prepared for his own "nightmare". Four hundred pound men rarely walk fast, let alone run. Even if the 200 pound sack on his back felt light, O.D. was not going to finish well. In fact, his 1:28.37 time was the slowest ever, finishing in another Zip Code. The others fared better. Zenkevicius topped third with a 47.35 time. The two speedsters of the evening were Kaz and Magnusson. Kaz was well

ahead of Magnusson, but was well behind Reeves. The wheelbarrow strong grip is essential, as is considerable ability to withstand pain. The rough knurling on the barrow handles turn hands to hamburger. Jamie Reeves had a bad day, still recovering from bleep ten-

ten-



The WINNERS - Kazmaier - USA (2nd), Higgins - Canada (1st), Magnusson - Iceland (3rd). (FitzGerald)

back of his world record 42.7 time, finishing at 46.98, good for second place. Magnus went 43.37 to win the event. Back in 8th spot, Mark Higgins picked up the 3 points he needed to win the overall 1990 World Strongman Championship.

Final Notes

This remains a grueling challenge for 10 serious strength athletes. The final result could have been different, especially when one considers Kaz was less than a point behind Higgins for the overall championship. Reeves and Arnason, the defending champion from 1988, both had off days. Jamie, the World's Strongest Man Champion in 1989 needs some recovery time. Hjalti just had one of those nights. But Mark Higgins won fair and square. The 6'9", 330 pound giant has participated and competed for Great Britain in basketball, weight lifting, powerlifting, sailing and track and field. He says this was his last strongman championship. He'll concentrate on the shot put. So, if that's his decision, to hang up his stone, platform barrow and sack, he couldn't have done it in better style - as a World Champion.

O.D. and Kaz combined to gamer The Nation's Cup team title. They are an awesome pair. And for O.D. it was an especially momentous occasion. Back home his wife was giving birth to O.D. junior. So quite literally the "nightmare" continues. One day Sr. might even tell Jr. what O.D. stands for.

DEREK FITZGERALD is a Canadian sportswriter and television reporter, familiar to those who watch CBC (Canadian Broadcast Corporation).

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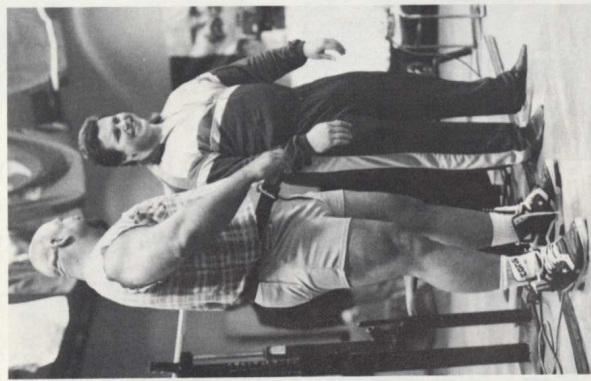
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The 1990 AICEP-NASA ALL STARS RUSSIA TOUR as told by GEORGE BINKS, AICEP



Joe Majors and Valeri Sheidrin renewed in Russia the friendship they began when the Russians came to Atlanta in 1990.

Day 1, November 23: Under the joint auspices of The Association for International Cultural Exchange Programs (AICEP) and the National Athletic Strength Association (NASA), the largest and oldest sports organization in the world, we arrived in the USSR on November 23rd for an Open Powerlifting Competitive Tour. The NASA Powerlifters were formed into five teams. The delegation led by NASA President, Rich Peters, and Treasurer, Jim Ayers, four AICEP administrators and the head of medical support staff, chiropractor Dr. Clement Alek, totalled 71 persons.

Competitions were held in Leningrad and Moscow, with both male and female lifters competing in Leningrad and Moscow, with both male and female lifters competing in Leningrad. Moscow was an all-male competition and in both cities, the U.S. teams won with greatest overall totals. However, every individual American and Soviet competitor was a winner, thanks to the goodwill and sportsmanship generated by everyone involved.

Day 2, November 24: It has been said that the Russian soul is forged in the winter season and the group's arrival in Leningrad on Saturday evening, November 24th, provided no reason for the doubt. A light snow had fallen, giving an almost fairy-tale quality to the illuminated outlines of the classically styled airport buildings. My suitcase and that of lifter Joe Majors had been left behind in Prague which necessitated our lifting a last baggage claim. Everyone climbed aboard waiting buses, with the exception of myself, Joe and an interpreter. AICEP Powerlifting Federation (IPF) member, Joe Sokolov of the USSR, had been invited to attend the tour. What appeared to be a simple enough arrangement quickly turned into a rather humorous "Russian" adventure.

After leaving the Airport Claims Office, the four of us went outside and climbed into Lev's car which, in itself, was quite a feat. Joe Majors, the heavyweight star of the NASA group, weighed in at about 380 lbs. He sat in the front of the car with Lev, while I folded myself in to the back seat next to twenty feet before it became painfully apparent that the car had a flat tire. We all piled out while a frantic search was made for the jack. Alas, no jack. Despite the strong looking Russian youths standing nearby, we were unable to change the flat. They happily offered their assistance and with a mighty heave, the car was lifted to one side and held in position, while the tire was changed. Ten minutes later, with much warm laughter and a feeling of great accomplishment, we got back into the car and headed for dinner.

We had heard much about the shortage of meat in the USSR prior to our departure but you wouldn't know such a thing existed from the meal laid out by our Soviet hosts. In addition to rice and several vegetables, there were platters heaped with individual loaf bread chops which were tender and excellently grilled. So much for meat shortages. After dinner everyone, well fed but tired, departed for the hotel and went to bed.

Day 3, November 25: Sunday morning immediately after an early breakfast, everyone set out for a tour of The Hermitage, Peter the Great's Winter Palace. Our schedule permitted two hours at the breathtaking museum, but one could spend days inside its walls and not take in all there is to see. The ceiling murals alone are an art show in themselves and, of course, volumes could be written about the countless works of art, from paintings to sculpture to tapestry housed within its magnificent confines. As we departed the Hermitage and were heading for the buses, a group of eager young teen-aged capitalists materialized as if from nowhere, offering everything from Russian watches to fur hats. As a stiff wind was blowing, the hats were a big sale and every person was glad to need they got a better bargain than anyone else.

Spurring our jaunty new head gear, we boarded the buses for the hotel and lunch before heading off for the true purpose of the trip, the competitions. The team roster for the NASA "All Stars"

the spectacular Moscow Circus, then once again back to the hotel by 8:30. On Wednesday, November 28, the lifters who had attended the evening enjoyed another shopping spree, this time on famous Arbat Street. Once again, bargaining skills were the order of the day. After lunch it was off to the Olympic Weightlifting Forum. Built for the 1980 Olympics, the Forum in Moscow was a deluxe facility compared to the much smaller Leningrad Sports Forum. Despite the upgraded surroundings, the Soviets had a smaller contingent of lifters than in Leningrad and it was an all male competition. Again the two national anthems poured forth from loudspeakers as the teams marched out proudly. Five hours later, results were the same as in Leningrad, with NASA All Stars winning the overall team title. A total of 40 lifters from the USSR defeated Leningrad 735 kilos to 705 kilos. Kuznetsov defeated Joe Dentice at 198, 720 to 717.5 kilos. Brad Koetsch took the 275's with a lift of 310.5 kilos. Brad Koetsch took the 275's with a lift of 310.5 kilos. Brad Koetsch took the 275's with a lift of 310.5 kilos. Brad Koetsch took the 275's with a lift of 310.5 kilos.

presented everyone with certificates which will provide all of the information needed to lift with great pride at our tour. Bottom line for everyone varied greatly but suffice it to say, it was a sleepless night who headed off next day for the airport and out trip to Prague, Czechoslovakia.

Day 7, November 29: Arriving in Prague on Thursday, November 29th, we were met by buses and driven to our hotel in Slany, a few miles outside the city. We checked into our rooms, then went downstairs to dinner which included superbly cooked french fries. After fantasizing about McDonald's and other "fast food" outlets for almost a week, everyone relished this unexpected treat.

The schedule, however, allowed little time to savor the meal as we were due at a Prague nightclub by 9:30. In a room of bars and soft drinks, the lifters and floor show complete with bony chorus girls. Best of all, as we walked to the club we got to see some of Prague's beautiful architecture. With clean streets and picturesque squares in an almost storybook setting, Prague is delightful. By the time we got back to the hotel, everyone was eagerly looking forward to next morning's shopping expedition where we hoped to get that "special bargain" in bohemian crystal.

Day 8, November 30: As promised, AICEP came through with a terrific bargain shopping opportunity at a local shop in downtown Prague. The price carried off items for \$20 or less, when you would have paid at least \$100 in the States. Shopping bags were piled high and the lifters were waiting for buses for a last quick tour of the city and the trip to the airport, and home.

It had been an exciting eight days and each person will have their own special memories but the one thing that will stand out in everyone's mind is the wonderful spirit of sportsmanship and goodwill that was constantly present. At the competitions in both Leningrad and Moscow, as well as during the spectacular tours, cultural and social events, the warmth and friendship of our Soviet hosts, the efficiency of AICEP's staff headed by Vice President, Robert Klingsmith, the astute leadership of NASA's executives, Richard Peters and Jim Ayers, as well as the invaluable contributions of Clement Alek, provided everyone involved with memories to savor for a lifetime.

For information on future competitive powerlifting tours to the Soviet Union and other leading sports nations, contact the Association for International Cultural Exchange Programs, 10 Carwin, Kirkland, P.O. CANADA, H9H 454, Telephone (514) 697-3735; FAX (514) 697-0628.

As often as it is said that "the more things change, the more they stay the same" it just often remains true. In the sport of powerlifting, there have been obvious advances in the areas of equipment and supplementation, but a close look reveals that the basics of the sport and those that participate in it provide a constant that is a positive.

If one opens the pages of POWERLIFTING USA from issues dating back to the early 1980's, there are several manufacturers and suppliers providing belts to our very specialized market. The originator of the thick, wide, powerlifting belt was Bob Morris of the late 1970's and early 1980's. One of the best squatters of the late 1970's and early 1980's was a California lifter by the name of Marvin Phillips. Bob made the first belt for Marv, and it was such an obvious advantage, that others soon requested one for themselves. Within a short period of time, Bob was making his quality belts on a full time basis. He was the first to use suede coverings, both for improved function and appearance. His buckle designs evolved so that the belts could be used in an "easy on/easy off" manner.

In these older PL USA's, there are others providing belts to the market, but it seemed to be the general agreement that Bob's was the best. A look at today's magazine yields the same results. There are a number of belts available, but in my opinion, Bob Morris still made the best one. And do these belts help? Are they an advantage over the typically seen skimpy gym models?

Dr. Tom McLaughlin, also within the pages of an old PL USA, provided good research data indicating that the production of increased intra-abdominal and intra-thoracic pressure, provided, in effect, a rigid column anterior to, or in front of, the spinal column, that supported the spine in a significant manner.

Dr. Ken Leistner, also within the pages of an old PL USA, provided good research data indicating that the production of increased intra-abdominal and intra-thoracic pressure, provided, in effect, a rigid column anterior to, or in front of, the spinal column, that supported the spine in a significant manner.

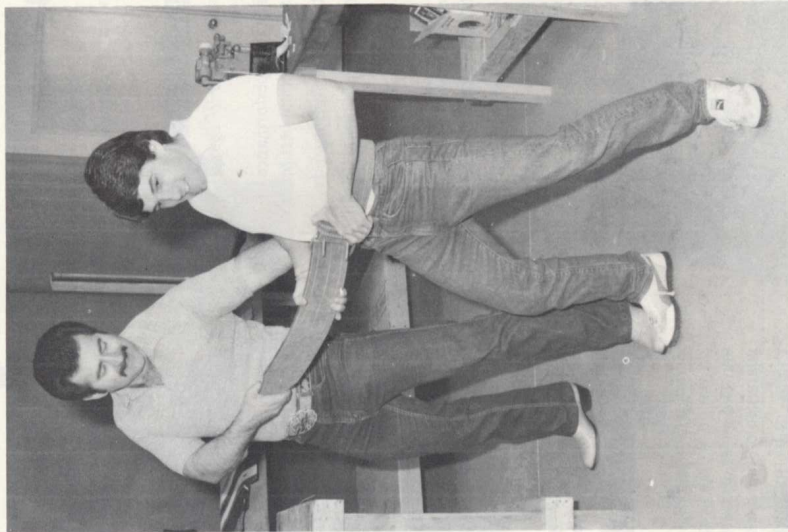
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More From Ken Leistner



Dr. Ken Leistner getting one of those thick lifting belts pulled on tight by the originator, Bob Morris, back in his California workshop, several years ago.

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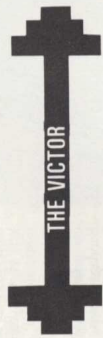
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The Original Belt made by Bob Morris for Marv Phillips, back in Bob's shop after years of extremely heavy use and many world records, for the fitting of a new buckle.

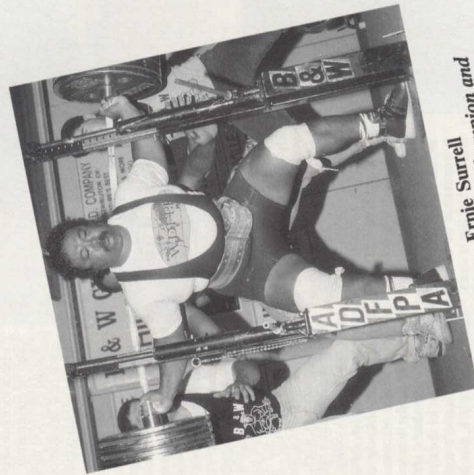
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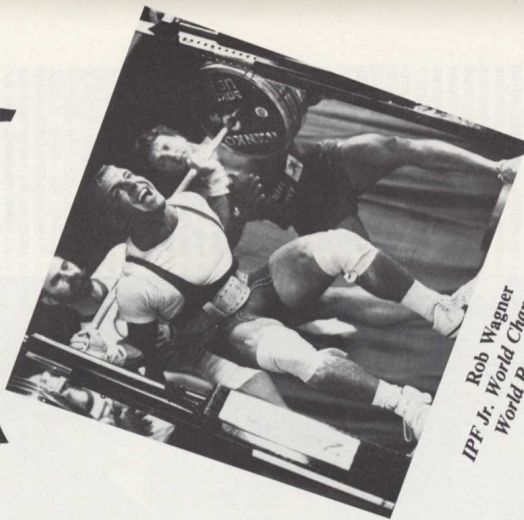
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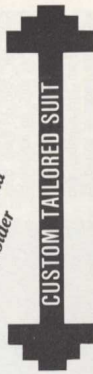


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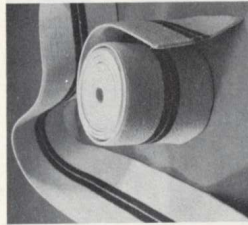
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INTERVIEW

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

LLOYD WEINSTEIN as interviewed by Bob Gaynor

This interview was conducted with Lloyd Weinstein after his victory at the 1990 ADFFPA Nationals in Chicago, Illinois. He has been a consistent performer over the last few years and his dedication has paid off with a National title. I foresee Lloyd making the mark in the near future.

BG: Lloyd, please give us some personal info about yourself.

LW: 31 years old - live in Norwalk, CT. Currently I am employed as Health Enhancement Director at the Stamford (CT) YMCA and also serve as personal trainer/consultant. I graduated from Southern Connecticut State University and earned a M.S. degree in Human Performance. My athletic pursuits also include volleyball and softball.

BG: How did you get started in weightlifting?

LW: Although I've competed in athletics all my round since I was 12 years old, I never did any serious lifting until my junior year of college. This was due to a severe knee injury at S.C.S.U. I tried while playing football.

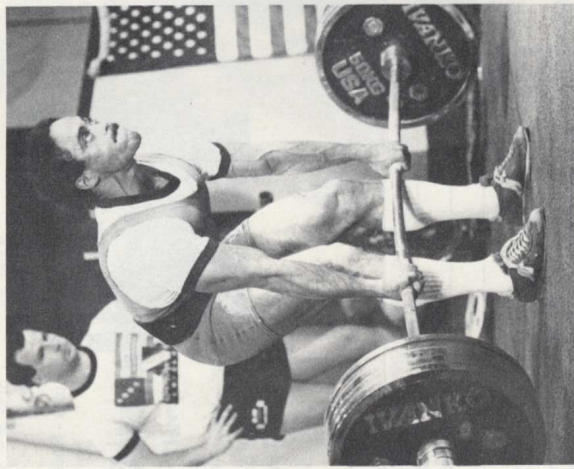
While in a cast, I began lifting using the upper body to stay in shape and the cast was removed when I was able to rehabilitate. At that point, I began making rapid progress so I gave up soccer, football, and track and decided to focus on weightlifting.

BG: How long have you been training and competing for about nine months prior to your first contest in 1981, so up to now, it has been eleven.

LW: My best competition lifts are Squat 510, 1990 ADFFPA Nationals; Bench Press 320, 1988 North Americans; Deadlift 600, 1987 Connecticut States; Total 1400, 1987 Connecticut States.

BG: What are your future goals in Powerlifting?

LW: I have several goals at this time, but they can change from time to time. I plan to compete for another



Lloyd Weinstein is widely known as a top ranked deadlifter in the 148s, year or two before retiring. I'd like to compete in the World Championship, which could be achieved by successfully defending my title at the 1991 ADFFPA Nationals.

BG: How about sharing with us your feelings on steroid usage?

LW: Unfortunately, steroid usage is a matter of choice, but there should be no place for it in competition determined by raw talent, dedicated training and mental strength. I wish abusers and providers would get their priorities straight and recognize that health is more important than short-lived success. Not only am I against them as a drug-free athlete, but also as a Health Fitness professional.

BG: What do you feel about current drug testing methods?

LW: I'm all for drug testing. It would be great if all athletes could be tested at least once a year. Unfortunately, the drugs are more advanced than the testing technology. Hopefully, more efficient and less expensive methods will be developed and more testing will take place.

BG: What kind of diet do you follow?

LW: My diet is fairly basic. I tend to eat a lot of complex carbohydrates, especially pasta, grains and cereals.

You have just awakened the morning after your contest and are beginning to feel the bodily trauma that has taken place. As your mind slowly adjusts to the pain, you start to assess the contest results and the weeks of preparation. Either you are psyched, satisfied or distraught, and you either can't wait to get back into the gym or you don't want to go near a weight at all! Regardless of which of these important things you fall under, the most important thing a powerlifter must do, post-contest, is REST!

The elite powerlifter only competes two to three times per year. There is good reason for this! A powerlifting meet is not like a baseball game, where the body can recover quickly and repeat the same activity at full intensity a few days later. Powerlifting requires 100% physical and mental effort during each outing and, therefore, more recovery time.

A few days after the contest, ask yourself the following questions: 1) How did I do in this contest? 2) How much rest do I need? 3) When is my next contest? 4) What do I need to improve on? Which Lift? Technique? Which body part? The answers to these questions tell you what to do in your Off-Cycle.

I will offer suggestions on how to remedy each specific lift, but what you must remember is that while there are general training guidelines to follow, one must discover what works for you specifically. This is done through calculated experimentation based on several factors: body type, training schedule, muscle balance, diet and the lift at the Nationals. I always tell people that, at the Nationals, the lifter with the most balanced lifts, or no weak link, is usually the National Champion. It is rare that someone with one phenomenal event wins the Nationals. The novice lifter, especially, should work on eliminating the weak link in their total. Maintain your strength various ranges of motion and through various aspects of your lifts.

To start you need to grade your performance. See if a pattern is developing. For example: if you have had 3 successive lousy contests, you need a change of pace. You are probably at a plateau or burnout stage. If you have improved gradually in the past few contests, then you more than likely are on the right track and should not make major changes.

No matter how successful one's training program is, the key is to add some variety from time to time. A strict routine can grow stale very quickly. Add some new isolation exercises. Experiment, but know that total change could be detrimental. Example: a strong bench is struggling to get the bar off his/her chest. A narrow grip is used, because this person has exceptional tricep strength. Generally when one struggles off the chest, it means that the lats and/or the anterior deltoid muscles lack strength.

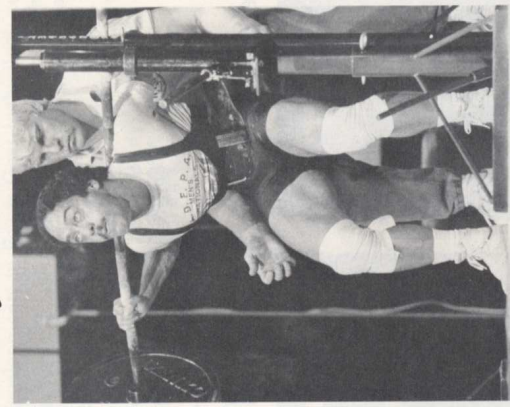
Therefore, the person starts killing his/her lats, but does not alter form (hand grip). Over a period of time, a good deal of lat development could take place, but it might not help! If the narrow grip is maintained, the lats will not have as good a chance to fully contract. Look at most lat exercises such as: pull-ups, pull-downs, and bent rows. They are all done with a wide grip in order to accommodate the full "stretch" of the muscle. Therefore, when benching and wishing to incorporate the lats, it is more efficient to widen your grip.

As far as rest is concerned, it will not keep in mind that everyone is different and recovers at a different rate. I tell most lifters to take 10 days to two weeks off strength related exercise, post-contest. When you do return, start slow by working out twice a week for a couple of weeks. Hit your major body parts, but go light, working on technique and higher repetitions. Gradually build back up, but take your time before lifting big weight again, which is what your body and mind need a break from.

After you have gotten back into a routine, determine your next goals and what contest you would like to compete in. At that point, write down your training cycle and determine how long it should be and what date it should start on. This should be based on: when is your contest; how successful was your last cycle; whether you peaked at the right time. As you gain more experience, you will learn that all three of your lifts should probably be cycled for different amounts of time. I find that it is very difficult to have a great meet in all three events. When it does happen,

TRAINING

Off-Cycle Training as told by LLOYD WEINSTEIN



Lloyd can be contacted for further info at the Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901, 230-357-7000.

measure it, because it will not happen too often! Find out which of your lifts respond quicker and train them accordingly. This will determine how long your training cycle should be. Most lifters build up gradually and then train intensely for a week for a couple of weeks. Hit your major body parts, but go light, working on technique and higher repetitions. Gradually build back up, but take your time before lifting big weight again, which is what your body and mind need a break from.

After you have gotten back into a routine, determine your next goals and what contest you would like to compete in. At that point, write down your training cycle and determine how long it should be and what date it should start on. This should be based on: when is your contest; how successful was your last cycle; whether you peaked at the right time. As you gain more experience, you will learn that all three of your lifts should probably be cycled for different amounts of time. I find that it is very difficult to have a great meet in all three events. When it does happen,

Even though you despise high repetitions, it is strongly recommended to stay above eight reps in an Off-Cycle. Upon completion of this training period (8-12 weeks), increase your weights and lower your repetitions to six or eight. You'll be ready for both mentally and physically. In addition, utilize your Off-Cycle to work on flexibility. Generally, when we train heavier, we train slower, therefore more time should be available for stretching.

moderate poundages and performed at a slightly quicker work pace. These should be done for two to three months, while you either gradually increase the weight or slowly increase the repetitions. Don't go crazy with the weight, because you need to save strength for your cycle! The squat, bench and deadlift should all be trained similarly, stressing form and endurance. Here is an example of 10 weeks of Off-Cycle squat training:

Week 1: 135-225-275-315 x 10 reps
Week 2: 135-225-275-315 x 11 reps
Week 3: 135-225-275-315 x 11 reps
Week 4: 135-225-275-315 x 12 reps
Week 5: 135-225-275-315 x 11 reps
Week 6: 135-225-285-335 x 10 reps
Week 7: Repeat
Week 8: 135-225-285-335 x 11 reps
Week 9: Repeat
Week 10: 135-225-285-335 x 12
Week 11: In the squat, try a narrow stance routine (high bar) or high-angled leg presses to build quad and gluteus strength. Blast your hamstrings with leg curls and light, slow stiff-legged lifts, because you can never do enough hamstring work. Diligently stretch your quads, hamstrings and groin muscles. Other things would be to try reverse-hyperextensions for the gluteus area and to increase your ankle joint flexibility. Often times, increasing flexibility is an overlooked key to improvement.

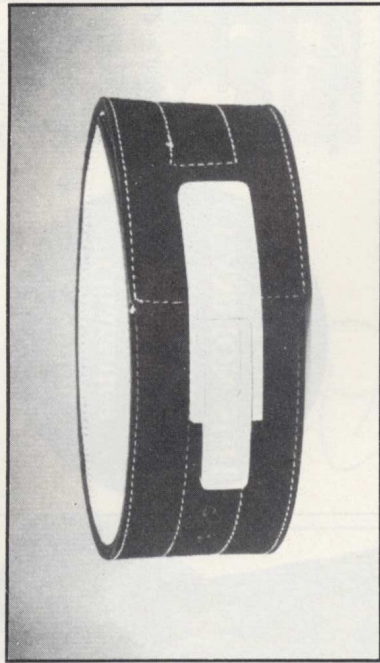
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INTERVIEW

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

SCOTT EDMISTON "SUPERMAN or SUPERFLAKE" Dr. Judd Biasiotto & Amy Ferrando of WORLD CLASS ENTERPRISES

During the years that we've been involved in the sport of powerlifting, we've met some really "different" lifters. You know "different" like in playing without a full deck, like rowing with one oar, like the lights are on, but nobody's at home; like... well, you get the idea. Without question though, none of the "different" lifters we've met can compare to Scott Edmiston: 5'11", 242 lb. superman, superflake from Allentown, PA. In fact, when it comes to bizarre behavior, he's in a class by himself.

For instance, in order to get himself psyched up for the Collegiate National Powerlifting Championships, Edmiston shaved all the hair off his head... all of it. Next, he got a steak bone, put a chain through it, and wore it around his neck. Then, every night, he walked across the Kutztown State College Campus growing at people. According to his training partner, Doug Haines, the entire campus was scared to death of Edmiston, from the groundskeeper right on up to the president. In fact, Doug told us that some of the student would actually run away every time they saw Edmiston coming.

Think that's "different." Listen to this. In order to prepare for the USPF National Championships, Edmiston moved right into the local gym so that he would be able to get in two workouts every day. He brought his mattress every day, along with a small nightstand and table lamp, and set up a bedroom right there in a corner of the gym.

When it comes to the actual competition, Edmiston maintains his "different" character. Just prior to each lift, he slams his head into the bar until it's a bloody mess. If the bar isn't available, a 1 lb. deadlift, he uses the nearest wall. By the time the meet is over, Edmiston usually has a lump on his head as big as an orange and a gash that needs medical attention.

Edmiston is not just a world class flake though, he has world class credentials as well. How does a 168 squat, a 350 bench, and 710 deadlift sound? It's a bodyweight of 231 pounds! Impressed, well now consider that he accomplished the aforementioned at the ripe old age of 20. He has also performed such outrageous strength feats such as a 1000 pound lift squat and a 1200 pound rack pull.

Still, it's Edmiston's "differentness" that really sets him apart, consequently that is the very issue that drove our interview with the man-child, Scott Edmiston.

WCE: What meaning is there in shaving off your hair or wearing a steak bone around your neck?
Edmiston: It draws attention to me. When I lift in a meet, everyone wants to see what I can do. They

fantily, though, it works.
WCE: From what we've been told, after every meet you need eight to ten stitches to put your head back together. There's also the possibility that you could hurt yourself seriously the way you bang your head into the bar. Don't you think that's a pretty heavy price to pay for a psyche?

Edmiston: My goal is to be the best lifter in the world. Whatever it takes, that's what I'll do. As far as a few stitches, that's nothing. I'm willing to go much further than that if that's what it takes. Like I said, I want to be the best in the world.

WCE: Do you think that's a realistic goal? The highest you've ever been ranked in the USPF is 25th.

Edmiston: If I didn't believe I could be the best, I wouldn't be lifting. You have to remember, I've only been in the sport a few years, and a good portion of that time, I've been injured. Don't forget, too, that it wasn't long ago that I was the strongest teenager in the world. If I achieved that, there's no reason to believe I can't become the strongest man in the world. It's going to take a little time, but I believe I can reach that pinnacle.

WCE: Well, your lifts are down considerably from what you previously posted. Are you still injured? The reason my lifts are down is that I'm off the juice.

Edmiston: Steroids, epinephrine, growth hormone.... I haven't taken anything in quite some time. That's why my total's down. If I was still juicing, I'd be well into the 2000's.

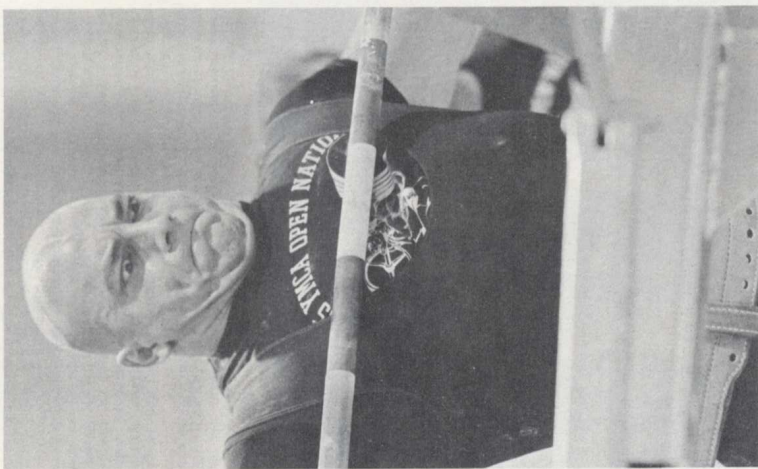
WCE: Do you believe that drugs give you that much of an advantage?

Edmiston: Definitely. With the drugs out there now, I don't see any way a drug-free lifter can compete head up with a lifter using drugs. The advantage of using them is that significant. They don't only make you stronger, but they give you greater endurance, you heal and recuperate faster, and you psyche a hell of a lot better. I honestly don't see how you can compete without them.

WCE: Does that mean you're going to go back on them?

Edmiston: I don't know. I would like to start using them again, but now that I'm married, I have other responsibilities. My wife (Barb) is definitely against me using them, and the cost of the stuff is getting outrageous, especially after all of the recent drug busts. Still, I'd have to say that it's Barb who's keeping me clean, not the cost.

WCE: Well, how do you expect to be the best in the world if the drugs are all you crack them up to be and you're not going to use them? (article continued on page 62)



Scott Edmiston competing at a previous YMCA National Championship. Some of his recent accomplishments include winning the ADFFA Pennsylvania State Championships, bulking up to the 275s, winning 2nd in the 1990 NASA Natural Nationals, being nominated as NASA Athlete of the Year, winning 1st place against the Russians in November 1990. His best natural lifts are 735 squat, 490 bench, and a total of 1057.

Edmiston: Every lifter has his own way of psyching. Some guys hyper-ventilate, some guys scream. I like banging my head into the bar. If I force me to prove myself, I psyches me up. If also psyches the audience up, and when they get psyched, it psyches me more. It's a feedback loop. I'm psyching them before each lift help? Uh, that's the meaning of that madness?

Lockout out that big deadlift is one of the toughest things in our sport. How many deadlifts have you seen where the lifter explodes off the floor only to slow down and lose it at the top? There are a few exercises and techniques used in training to help gain strength at lockout. Most common are heavy rack work, shrugs, and lat training. Even though many lifters use these methods that are theoretically effective, come contest day, the lockout problem still exists. Let's look at what some of the lifters could be doing that hampers them in reaching their goal.

First off, the previously mentioned exercises are the best assistance moves for building lockout power. The problem is the method of performance and application that lowers their effectiveness. Let's deal with performance first.

Most deadlifters use the power rack for heavy partial lockouts in hope that this will help. With a power rack, you can overload a specific part of the lift with more weight than you could normally use for the complete move. Set the pin at or above knee level and hit it. The problem is that many lifters put their bodies in a position of pulling in the rack that is unlike any position in the deadlift itself. The

THE DEADLIFT

LOCKOUT TRAINING

lockout turns out to be a quarter squat with very little upper back involvement at all. Thus, little effective strength is actually built performing lockouts this way. That explains how some lifters are able to lock out for reps in the rack what they can't lock out in the actual lift. Analyze your method of rack work to see if this applies to you and make adjustments in your style and the amount of weight used for better results.

My favorite lockout strengtheners are barbell shrugs. These can also be done in a less than efficient manner. One way is using too much weight which prevents a full movement. Many times a too heavy shrug is limited to a slight bend in the arms with little shoulder girdle elevation. The other extreme is too little weight. This does allow a full range of move-

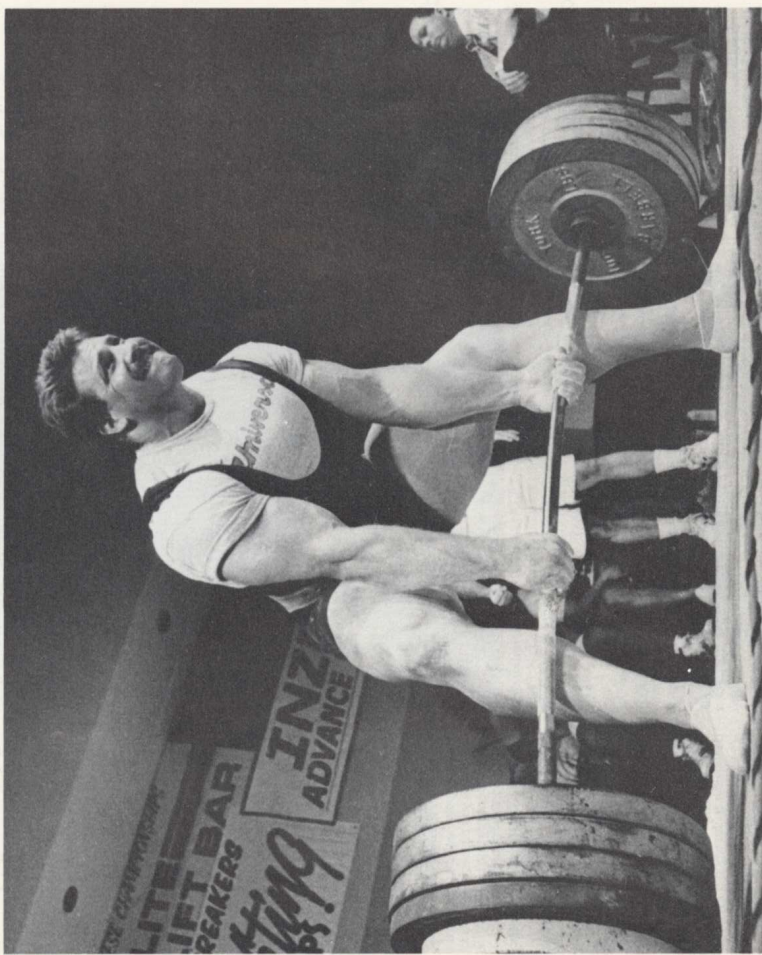
like chins, pull-downs, and rows are assistance moves. It doesn't matter to anyone how much you use. What matters are the end results of your efforts. Lower the weight used and concentrate on a full extension and contraction. Try to pull more with the elbows and lats than with the arms and biceps.

Lastly, comes application. Sometimes, in our enthusiasm to conquer our weaknesses, we overload our recuperative abilities with too many sets and reps. Combine many sets of lockouts and shrugs and add on top of that 10-15 sets of lat work and you're pushing your recuperative abilities. The "Name of the Game" in power training is Q-U-A-L-I-T-Y not quantity.

As the contest nears, lower the amount of assistance work, since your deadlifts are probably starting to get up there in weight. Heavy deadlifts can really add up to an impact on your other 2 lifts too.

I hope I have given you a few new ideas on how you can improve your deadlift lockout. Remember, quality not quantity.

DOUG DANIELS
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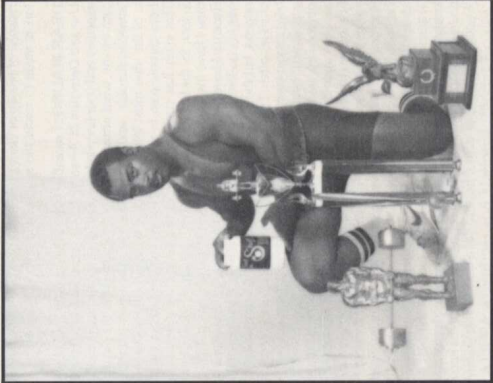


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Willie Bell, 1987 APF World Champion
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Fellow Powerlifters —

I'm sick and tired of getting ripped off by supplement companies! They promise fantastic results — all they really do is take your hard-earned money. In fact, I vowed never to get sucked in again. That's why I protested pretty firmly when a gym buddy told me about HOT STUFF. "Give me a break," I said. "I'm not fallin' for that advertising crap again!"

"No listen — this stuff's for real. It's different. It really works," he responded. "You gotta try it." He was so convincing. I figured "Oh hell! Just one last time!"

That's Why I Was Surprised When I Saw The Results . . .

Damn! This stuff is for real! After just a few days on HOT STUFF I began to feel something extra in my workouts. At first I thought it was my imagination. A few more workouts — and still some strange new drive. Could it be? Was I so anxious for HOT STUFF to work that I was kidding myself? Was I so determined not to be ripped off again that my mind was playing tricks on me? I wanted more proof.

I Got More Proof After Two Weeks . . .

I am a very precise powerlifter. I couldn't train for world championships without drawing on my many years of experience. I plan everything down to the last detail — diet, training routines, exercise poundages. I know my body well and that's why my workout poundages are calculated exactly for each week of my cycle. What I'm trying to say, is that I can tell within a few pounds, how strong I'm getting each week.

That's why I was so amazed when after two weeks into my strength cycle, I was trying with weights I should just have been making. "You make those weights look awfully easy Willie," one of my training partners commented. I stopped for a minute and thought about it. He was right. Something strange was going on here. Then I remembered that the only thing different was HOT STUFF. I was beginning to believe! And by the time that cycle was over I had no doubts. I had never used a product like HOT STUFF. Not only did it increase my strength, I even lost several inches around my gut. Boy, was that a bonus!

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Ask the Doctor

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

DEAR MAURO: I recently ordered the 'Update Five' of your book 'Drug Use and Detection in Amateur Sports'. I was very much impressed by your expertise and your knowledge. Although drug use and detection is not a concern for me, what attracted me to the update was the mention in the ad of 'anabolic steroids...and their use for treating chronic injuries...'. This matter is of the utter most interest to me. For the last three years I have suffered from chronic pain in my right pectoral muscle, from a weightlifting injury. This injury has stayed with me even after a three year weightlifting lay off. In fact, for the last three years I have been completely sedentary. During this time I have lost about twenty pounds in muscle and put on as many in fat. Recently I have been determined to start weight lifting, starting with very low weights (as low as twenty pounds) and slowly increasing. At first things seem hopeful, but the pain steadily increases. The nature and location of the pain changes often. I have followed all of the advice of my physicians, and have tried almost every healing, growth hormone releasing substance and anabolic supplement available with little or no effect. I have exhausted all methods of recovery, plus three years lay off. I believe the therapeutic application of anabolic steroids is the last possible hope for full recovery. The physicians I have seen have said that steroids can not help muscle injury recovery, this seems rather strange to me. Obviously, it can not be true. I would like to visit you in Canada, to receive treatment for this injury. For many reasons I do not think I could manage to stay for more than a few days. Perhaps an initial localized injection, with transdermal testosterone maintenance. Transdermal testosterone sounds like it must be the best way to achieve localized concentrations of hormone. I hope that transdermal anti-inflammatory drugs will soon be available. Please contact me and let me know if I can reach Warkworth by bus or train. I hope to state a date to visit your office. **Rob G.** Warkworth by bus or train.

DEAR ROB: Transdermal therapy is making inroads to the therapeutic market. Transdermal therapeutic systems now included clonidine, nicotine, nitroglycerin, scopolamine, estradiol, testosterone and fentanyl, with others on the way. There's no doubt in my mind that transdermal testosterone is useful in treating some specific types of musculoskeletal injuries. The problem at the moment is getting some. It's not available in North America, although some physicians may be able to get it from Ciba-Geigy for research purposes. Unfortunately, I can't be of any help to you - for several reasons. The main reason is because of my rather sensitive position as a physician trying to swim up the waterfall of government and bureaucratic reaction to the issues of drug use in sport. In order to keep from becoming another media statistic and to contribute, without financial bias, to the recommendations of the Dublin Inquiry, I have to keep a low profile - and that means not working as a primary physician with athletes and anabolic steroids (something that I never did much of in the first place). Another reason is that I'm drastically cutting back on my medical practice to concentrate on teaching and research.

You might be interested, however, in seeing the small chapter I wrote in the newly published 'Current Therapy in Sports Medicine' (B.C. Decker is the publisher) dealing with the use of anabolic steroids in athletic injuries, to some physicians down there and seeing if they can be of any help. AS a user of transdermal testosterone, I'll list a few references from the USA that might be of some help. Perhaps you can contact one of the authors and find a source for the transdermal testosterone. Let me know how things work out. I may be able to offer more suggestions. **Mauro.**

DEAR MAURO: I've experimented with the anabolic steroid Anadrol. I used it to bulk up for football. I've been off of the drug for well over a year and plan not to ever use it or any other steroid again in my life. I noticed that it has struck my testicles. I have had time progressing apace. I did some research on my own and found out that Vitamins A,C,E and folic acid work with testosterone to produce sperm. If I take these, will it help my problem and if it does, what about HCG? I've found out that people coming off a cycle of steroids and HCG bring back some of the size in their testicles. Is this safe, and will it solve my problem? If these two suggestions won't help, where do I go from here? **Frank H.**

DEAR FRANK: Your problem unfortunately is not that unusual in athletes who have taken anabolic steroids over a prolonged period of time. I've seen

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several athletes with your problem and have written up my feelings, observations and solutions in a book, called 'Anabolic Steroid Side Effects - Facts, Fiction and Treatment', I've enclosed an ad for this book on some others that I've written in case you're interested in going up your problem, or dealing with some zinc. This may be useful, although most cases such as you've found the nutritional approach disappointing. HCG, in moderate doses, taken over a week for several weeks may increase the size of your testicles, but may not help your sperm count. Again, cover the therapeutic use of HCG, the anastrophis, gonadotropin, chlamydia, tamoxifen, and other compounds for the problems you're experiencing. Let me know how things work out. **M.G.D.**

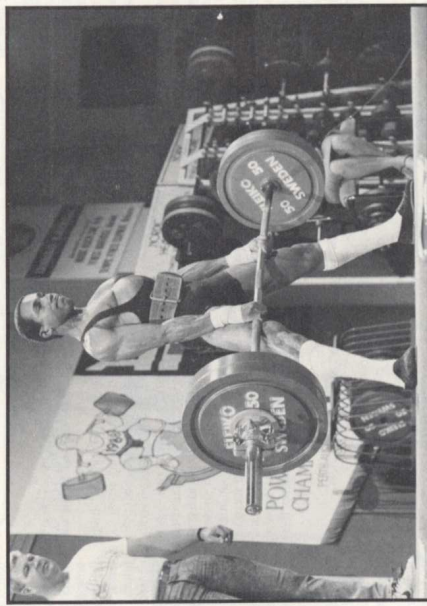
DEAR MAURO: I'm an inmate at a correction facility. I am a powerlifter, but I play football in the powerlifting off-season. I had an X-ray done on my right knee back July of 1989. I used to be able to squat with a regular X-ray. I would like to know if this is something that I would need surgery to have removed. At this time I can still squat over 700 lbs. at a bodyweight of 218 lbs. I can run and don't have problems with my knee except for humid weather sometimes.

DEAR SIR: You didn't mention exactly what the problem was with your knee. Although you can see osteophytes and spurs on an X-ray, most soft tissue problems (such as ligaments and cartilage) don't show up or only show up indirectly. In any case, if you can still squat with over 700 lbs. and if it doesn't bother you, except on humid days, I would leave well enough alone. It's quite likely that if you did have surgery on your knee, you'd be worse off than you are now. **M.G.D.**

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STARTIN' SHORTCUT

A special section dedicated to the beginning lifter

The sport of powerlifting can be confusing to the beginner. Depending on who they go to for advice, they may be told to bench press once a week, or bench press three times per week. They will be advised to use high reps, low reps, singles only, or to combine them in a cycle. They may be told that competition style squats should only be used within six weeks to a meet, that one set of all out intensity will create the fastest gains in strength, and that deadlifts should be performed on blocks to increase the range of motion. Or they may be told the exact opposite of all this. The important point to realize is that what works for one person may not work for another. Most powerlifting theories have an equal and opposite theory; however, many are based on sound reasoning.

If every theory has a logical argument to support it, how can a beginner know where to start? Luckily, most beginners can progress on relatively simple, genetic routines that will provide a framework for future gains. Beginners rarely need to worry about the complexities associated with the sport in order to see gains. After a lifter has laid the foundation, experimentation with program variations can begin, using the knowledge gained from the simpler program as a starting point. Now that we have established the fact that you don't need five years of post-doctoral work in exercise physiology to start powerlifting, what exactly should beginning lifters concentrate on? There are certain fundamentals that should form the basis for any powerlifting routine.

OVERLOAD

In order for a muscle to gain strength, there must be stress applied to it. In reaction to the stress, your body builds a tolerance to it. In terms

but this sound advice is often neglected. The Big Three should be the cornerstone of any power routine, but it seems many lifters forget this. Have you ever heard anyone who said they built their 900 lb. squat by doing sissy squats, lunges, hack squats, and leg extensions? I don't want to discourage anyone from doing assistance work, but you MUST pay your dues under the bar if you want to increase your lifts. Also, how many people do you see using every exercise known to humanity on their upper body days? By spending the time and effort concentrating on the bench and two or three other exercises, they would see a much greater return on their investment. As a general rule, multiple joint exercises are superior to isolation exercises, except in cases where you are trying to overcome a deficiency.

BELIEF

By belief I'm not referring to any religious aspirations, but merely a belief in yourself. It surprises me that people will often believe in a cause, or in a religion, yet fail to believe in themselves. Any great athlete or anyone else, for that matter, who is in the top of their field, could never have made it if they didn't firmly believe that they had what it takes. Without this belief, you could have the best routine, the best training conditions, the best diet, and the most supportive group of people backing you, yet will fail to succeed. Everyone possesses the ability to make excellent progress, maybe not world class, but still respectable. The only thing that holds them back is belief. Hopefully I've been able to help a few of you with your training. If you have any questions, please write me at: Eric Halemer, Box 1006 Elm 405, Hempstead, NY 11551.

RECUERATION

Muscles grow when they are rested. If you continuously train a muscle, without giving it adequate rest, you'll fail to make gains. Recuporation varies according to lifestyle, genetics, occupation, diet, and many other factors. Fred Hatfield's POWER has information on ways to increase your recuperative ability.

BASIC EXERCISES

The phrase "If you want to increase you squat, then squat" and all its variations have been echoing throughout serious gyms for decades,

Powerlifting Basics

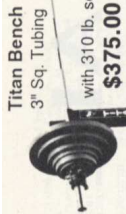
of lifting, it does this by adding more muscles. Once your body can comfortably handle the stress, it will stop adapting. For continuous increase in muscle mass, it is important to keep increasing the load that the muscle has on it, gradually. Overload can be compared to a business. Let's suppose that you own a company, and you currently have five employees. Suddenly you receive a huge increase in business, so much that your current staff can't handle all the work. What do you do? Hire more people! Once you have enough people to handle all the work, however, it wouldn't make sense to keep hiring people, as the work is already getting done. Likewise, your body is going to add enough muscle to overcome the increased resistance, but no more. Why? It is not an easy task for your body to add muscle, so as a result, it is going to be as stingy as possible.

FORM

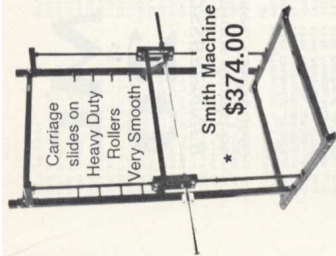
As important as overload is, form is of equal or greater importance. NEVER SACRIFICE FORM FOR POUNDAGE! Why is form so important? First, improper form can cause SERIOUS injuries. Any time a weight is bounced, heaved, jerked, or



The Shortcut To Powerlifting Success is something called "THE BASICS"; adhered to with dedication and consistency over years of training effort.



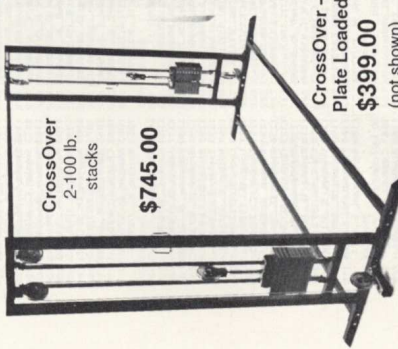
Titan Bench
3" Sq. Tubing
with 310 lb. set
\$375.00



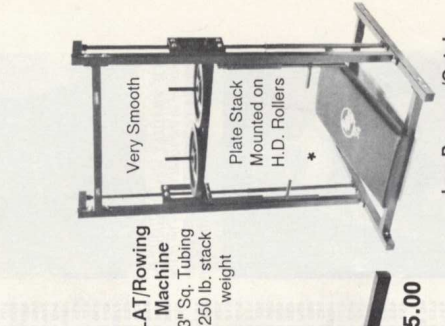
Smith Machine
\$374.00



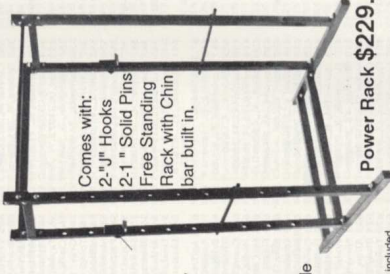
LAT/Rowing Machine
(wall mounted)
200 lb. stack
weight
4,000 lb. test
cables
\$495.00



CrossOver - Plate Loaded
\$399.00
(not shown)

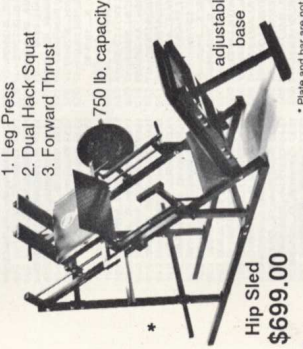


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Rack with Chin
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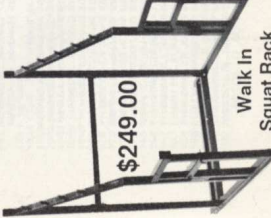
Power Rack \$229.00



1. Leg Press
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3. Forward Thrust
750 lb. capacity
adjustable
base

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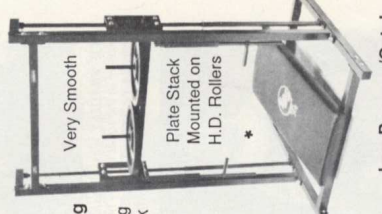
* Plate and bar are not included.



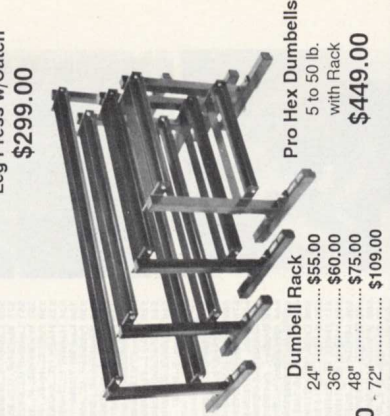
Walk In Squat Rack
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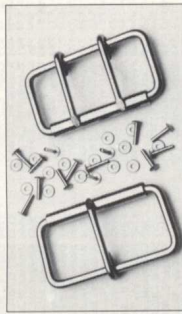


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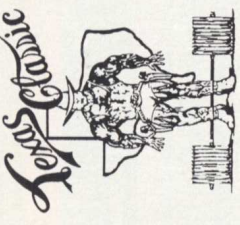
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POWERLIFTING USA MAGAZINE TOP 100

148 lb./67.5 kg.

for USA lifters competing
January 1990 to December 1990

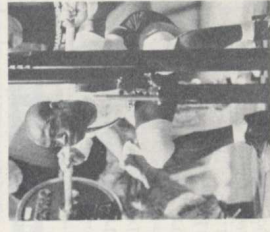
PL USA TOP 100 Achievement Awards



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 Lambieth. 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 165s

Corrections: Clay McCurdy should have been listed on the ADF. PA TOP 20 list for the 220 lb. class for his state record deadlift of 666 at the ADEPA Missouri State Championships. Also, the actual lift of Sam Stewart in the 148 lb. class at the Pittsburgh Bench Press Championships held on October 6th was 345 rather than the 410 that was printed. The lifts of Larry Dick at 148 (300), and Allan McWilliams at 165 (440) and Brad Johnson at 165 (410) were not listed in our report of the 1991 edition, Scott Forville's lifts at the USPF Region III Championships held in Alabama were not reflected of the TOP 100 list for the 132 lb. class, including his 523 N. Carolina State Record squat and his 1212 total. Send us corrections you find to 'Ernie', Box 467, Camarillo, CA 93011.



Scott Forville out of North Carolina

	SQUAT	BENCH	DEADLIFT	TOTAL
1	710 Jackson, L., 728/90	451 Bullock, D., 271/90	695 Austin, D., 114/90	1669 Jackson, L., 728/90
2	622 Conyers, T., 35/90	434 Poku, A., 1017/90	622 Jackson, L., 1017/90	1655 Conyers, T., 35/90
3	670 Conyers, T., 72/90	424 Poku, A., 1017/90	611 Conyers, T., 72/90	1657 Perez, D., 2/90
4	622 Austin, D., 114/90	418 Sreneman, K., 1215/90	600 Shackelford, N., 1113/90	1587 Sardo, D., 2/89
5	600 Dial, C., 313/90	415 Couch, R., 1117/90	600 Shackelford, N., 1113/90	1588 Conteras, D., 12/89/90
6	600 Dial, C., 313/90	410 Miller, L., 915/90	584 Jackson, W., 7/89	1466 Beneniero, R., 6/30/90
7	575 Hooper, M., 216/90	405 Saterfield, T., 918/90	584 Furlow, P., 8/4/90	1465 Tapp, M., 2/16/90
8	567 Inamine, L., 414/90	400 Schachte, C., 428/90	580 Braca, J., 11/10/90	1430 Richardson, W., 3/31/90
9	567 Conteras, D., 12/89/90	396 Conteras, D., 12/89/90	578 Dial, C., 6/22/90	1427 Vonagala, D., 12/14/90
10	562 Williams, R., 4/14/90	395 Saliba, J., 9/89/90	570 Stover, 11/6/90	1426 Kimura, M., 3/5/90
11	560 Broadgard, B., 16/90	381 Kimura, M., 3/5/90	565 Johnson, S., 8/4/90	1405 Shackelford, N., 5/19/90
12	560 Broadgard, B., 16/90	381 Kimura, M., 3/5/90	565 Johnson, S., 8/4/90	1405 Shackelford, N., 5/19/90
13	560 Broadgard, B., 16/90	381 Kimura, M., 3/5/90	565 Johnson, S., 8/4/90	1405 Shackelford, N., 5/19/90
14	560 Broadgard, B., 16/90	381 Kimura, M., 3/5/90	565 Johnson, S., 8/4/90	1405 Shackelford, N., 5/19/90
15	556 Perkins, D., 2/22/90	385 Thomas, W., 11/18/90	565 Kopperstein, E., 12/8/90	1400 Strahs, S., 5/19/90
16	556 Perkins, D., 2/22/90	370 Waterman, D., 2/20/90	562 Lofy, B., 10/6/90	1400 Kopperstein, E., 12/8/90
17	556 Perkins, D., 2/22/90	369 Waterman, D., 2/20/90	560 Mado, 12/0/90	1395 Beatty, D., 12/1/90
18	551 Beneniero, R., 6/30/90	365 Cardero-oviera, M., 12/0/90	551 Perez, J., 3/5/90	1390 Johnson, S., 16/90
19	550 Kimura, M., 3/5/90	365 Makrim, P., 8/4/90	551 Pringle, A., 5/19/90	1390 Johnson, S., 16/90
20	550 Kimura, M., 3/5/90	364 Medina, H., 3/11/90	551 Hamel, A., 7/89/90	1390 Johnson, S., 16/90
21	550 Froyzaglia, D., 12/15/90	364 Medina, H., 3/11/90	551 Hamel, A., 7/89/90	1390 Johnson, S., 16/90
22	540 Christon, V., 3/90	360 Hartline, G., 4/21/90	550 Bone, M., 2/17/90	1388 Glenn, D., 7/21/90
23	540 Christon, V., 3/90	360 Froyzaglia, D., 12/15/90	550 Bone, M., 2/17/90	1385 Jackson, W., 3/3/90
24	540 Christon, V., 3/90	360 Froyzaglia, D., 12/15/90	550 Bone, M., 2/17/90	1385 Jackson, W., 3/3/90
25	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
26	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
27	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
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35	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
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84	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
85	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
86	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
87	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
88	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
89	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
90	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
91	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
92	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
93	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
94	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
95	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
96	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
97	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
98	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
99	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90
100	535 Richardson, W., 3/31/90	359 Froyzaglia, D., 12/15/90	550 Lineman, J., 4/21/90	1385 Jackson, W., 3/3/90

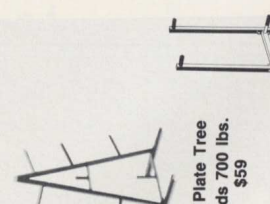
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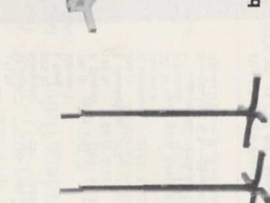
#5 Preacher Curl a must for the bicep - \$139



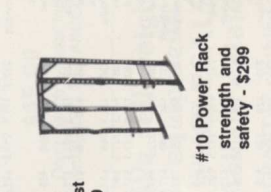
#3 Plate Tree holds 700 lbs. \$59



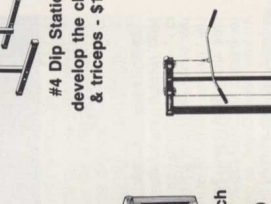
#2 T-Bar Row powerful back builder - \$199



#1 SQUAT RACK will hold the heaviest weights - \$109



#4 Dip Station develop the chest & triceps - \$129



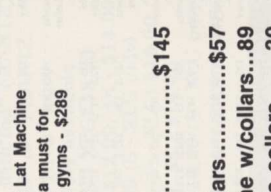
#8 Power Bench 2' square tubing - \$159



#7 Situp Board keep the abs strong - \$139



#6 Flat to Incline unlimited uses - \$149



#10 Power Rack strength and safety - \$299

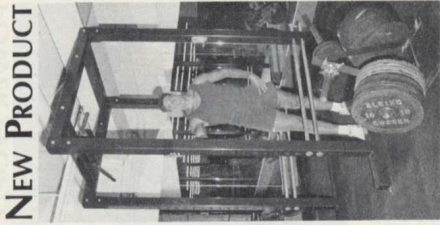


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165 lb.	180 lb.	195 lb.	210 lb.	225 lb.	240 lb.	255 lb.	270 lb.	285 lb.	300 lb.
B. Woodson	100	110	125	140	155	170	185	200	215
D. Woodson	125	135	145	155	165	175	185	195	205
R. Garcia	240	255	270	285	300	315	330	345	360
P. Quintana	217.5	227.5	237.5	247.5	257.5	267.5	277.5	287.5	297.5
B. Phibbs	123	133	143	153	163	173	183	193	203
R. Hughes	82.5	90	97.5	105	112.5	120	127.5	135	142.5
D. Pearce	148	158	168	178	188	198	208	218	228
C. Kelly	102.5	112.5	122.5	132.5	142.5	152.5	162.5	172.5	182.5
R. Zungu	122.5	132.5	142.5	152.5	162.5	172.5	182.5	192.5	202.5
T. Follard	87.5	95	102.5	110	117.5	125	132.5	140	147.5
S. Hellem	102.5	112.5	122.5	132.5	142.5	152.5	162.5	172.5	182.5
B. Vancey	187.5	197.5	207.5	217.5	227.5	237.5	247.5	257.5	267.5
L. Shuler	142.5	152.5	162.5	172.5	182.5	192.5	202.5	212.5	222.5
J. Scholten	102.5	112.5	122.5	132.5	142.5	152.5	162.5	172.5	182.5
B. Henny	117.5	127.5	137.5	147.5	157.5	167.5	177.5	187.5	197.5
N. Douglas	82.5	90	97.5	105	112.5	120	127.5	135	142.5
D. Robertson	102.5	112.5	122.5	132.5	142.5	152.5	162.5	172.5	182.5
B. Jones	87.5	95	102.5	110	117.5	125	132.5	140	147.5
A. Yamamoto	200	212.5	225	237.5	250	262.5	275	287.5	300
R. Sagawa	135	147.5	160	172.5	185	197.5	210	222.5	235
S. Minakawa	120	132.5	145	157.5	170	182.5	195	207.5	220
M. Hamanaka	102.5	115	127.5	140	152.5	165	177.5	190	202.5
M. Watanabe	72.5	80	87.5	95	102.5	110	117.5	125	132.5
N. Asho	60	67.5	75	82.5	90	97.5	105	112.5	120
K. Kiga	60	67.5	75	82.5	90	97.5	105	112.5	120
S. Ito	45	52.5	60	67.5	75	82.5	90	97.5	105
H. Yamada	72.5	80	87.5	95	102.5	110	117.5	125	132.5
M. Takahashi	67.5	75	82.5	90	97.5	105	112.5	120	127.5
M. Miyazawa	52.5	60	67.5	75	82.5	90	97.5	105	112.5
H. Imai	40	47.5	55	62.5	70	77.5	85	92.5	100
K. Tabata	50	57.5	65	72.5	80	87.5	95	102.5	110
M. Nakayama	35	42.5	50	57.5	65	72.5	80	87.5	95
M. Nakamura	80	87.5	95	102.5	110	117.5	125	132.5	140
S. Kinoda	70	77.5	85	92.5	100	107.5	115	122.5	130
W. Hamanaga	57.5	65	72.5	80	87.5	95	102.5	110	117.5
K. Endoh	67.5	75	82.5	90	97.5	105	112.5	120	127.5
H. Hirayama	57.5	65	72.5	80	87.5	95	102.5	110	117.5
M. Iwata	37.5	45	52.5	60	67.5	75	82.5	90	97.5
Z. Aoi	100	110	120	130	140	150	160	170	180
K. Nakamoto	75	85	95	105	115	125	135	145	155
M. Ozaki	75	85	95	105	115	125	135	145	155
M. Saitoh	35	42.5	50	57.5	65	72.5	80	87.5	95
A. Tomohara	75	85	95	105	115	125	135	145	155
M. Nakamura	52.5	60	67.5	75	82.5	90	97.5	105	112.5
Y. Kadokura	122.5	132.5	142.5	152.5	162.5	172.5	182.5	192.5	202.5
H. Okuyama	97.5	107.5	117.5	127.5	137.5	147.5	157.5	167.5	177.5
M. Nawa	85	95	105	115	125	135	145	155	165
H. Nishiro	95	105	115	125	135	145	155	165	175
R. Saitoh	95	105	115	125	135	145	155	165	175
M. Mizuno	95	105	115	125	135	145	155	165	175
K. Iwasa	92.5	102.5	112.5	122.5	132.5	142.5	152.5	162.5	172.5
T. Sakaguchi	125	135	145	155	165	175	185	195	205
K. Arakawa	125	135	145	155	165	175	185	195	205
K. Arakawa	110	120	130	140	150	160	170	180	190
K. Arimoto	122.5	132.5	142.5	152.5	162.5	172.5	182.5	192.5	202.5
M. Saitoh	120	130	140	150	160	170	180	190	200
T. Nakamura	112.5	122.5	132.5	142.5	152.5	162.5	172.5	182.5	192.5
T. Maekawa	125	135	145	155	165	175	185	195	205
S. Shikawa	145	155	165	175	185	195	205	215	225
M. Yamamoto	215	227.5	240	252.5	265	277.5	290	302.5	315
M. Nagaya	175	187.5	200	212.5	225	237.5	250	262.5	275
M. Shirakawa	175	187.5	200	212.5	225	237.5	250	262.5	275
M. Nakayama	175	187.5	200	212.5	225	237.5	250	262.5	275

...these are the dimensions of the new Super Power/Squat Racks developed by Johnny Gibson Gym equipment. They are an improved 4-foot wide rack that can be adjusted to weigh 650 lbs. There are 48" between the front and rear uprights and the overall dimensions exceed traditional racks by about 20%. The athlete in the rack above is over 6 feet tall. 8 of these racks have been installed at the University of Arizona, where Head Strength Coach Meg Ritchie and Assistant Coach Dan Burke agree that the racks have made their training room more functional. For information contact Johnny Gibson Gym Equipment, 111 S. 60th Ave., Tucson, AZ 85701 or call 602-622-1275.

Central Virginia Bench Press

Magee	270	K. Davis	375
B. Harris	375	D. Cook	375
R. Duffee	400	R. Gamble	325
R. Johnson	300	R. Johnson	300
R. Baker	300	R. Baker	300
L. Short	198 lb.	H. Overton	290
C. Whitt	330	T. Mitchell	365
C. Whitt	270	R. Fountain	345
H. Overton	290	T. Mitchell	365
C. Whitt	330	P. Phillips	335
C. Whitt	270	P. Phillips	335
H. Overton	290	C. Moore	325
C. Whitt	330	D. Penix	320
C. Whitt	270	D. Penix	320
C. Whitt	330	D. Foster	305
C. Whitt	270	N. Daniels	105
C. Whitt	330	D. Arledge	415
C. Whitt	270	W. Cooke	405
C. Whitt	330	T. Jenkins	400
C. Whitt	270	R. Brooks	390
C. Whitt	330	R. Brooks	390
C. Whitt	270	J. Short	365
C. Whitt	330	H. Gwynn	350
C. Whitt	270	J. Neiman	350
C. Whitt	330	D. Pleasant	330
C. Whitt	270	L. Kump	300
C. Whitt	330	R. Robinson	300
C. Whitt	270	P. McCasaban	475
C. Whitt	330	R. Stewart	435
C. Whitt	270	J. Jackson	430
C. Whitt	330	M. Hagan	430
C. Whitt	270	J. Goode	330
C. Whitt	330	V. Cummings	475
C. Whitt	270	R. Falbo	445
C. Whitt	330	C. Ge	405
C. Whitt	270	M. Thomas	405
C. Whitt	330	M. Hillman	300
C. Whitt	270	C. McChese	250

I would like to thank everyone and members of the gym for their support and participation. Results as good as possible. (results courtesy of Barry Walters)

Natural National Regionals

1 Dec 90 - Phoenix, AZ	1 Dec 90 - Ft. Lee, VA
Women	Women
114 lb.	114 lb.
R. Garcia	240
P. Quintana	217.5
B. Phibbs	123
R. Hughes	82.5
D. Pearce	148
C. Kelly	102.5
R. Zungu	122.5
T. Follard	87.5
S. Hellem	102.5
B. Vancey	187.5
L. Shuler	142.5
J. Scholten	102.5
B. Henny	117.5
N. Douglas	82.5
D. Robertson	102.5
B. Jones	87.5
A. Yamamoto	200
R. Sagawa	135
S. Minakawa	120
M. Hamanaka	102.5
M. Watanabe	72.5
N. Asho	60
K. Kiga	60
S. Ito	45
H. Yamada	72.5
M. Takahashi	67.5
M. Miyazawa	52.5
H. Imai	40
K. Tabata	50
M. Nakayama	35
M. Nakamura	80
S. Kinoda	70
W. Hamanaga	57.5
K. Endoh	67.5
H. Hirayama	57.5
M. Iwata	37.5
Z. Aoi	100
K. Nakamoto	75
M. Ozaki	75
M. Saitoh	35
A. Tomohara	75
M. Nakamura	52.5
Y. Kadokura	122.5
H. Okuyama	97.5
M. Nawa	85
H. Nishiro	95
R. Saitoh	95
M. Mizuno	95
K. Iwasa	92.5
T. Sakaguchi	125
K. Arakawa	125
K. Arakawa	110
K. Arimoto	122.5
M. Saitoh	120
T. Nakamura	112.5
T. Maekawa	125
S. Shikawa	145
M. Yamamoto	215
M. Nagaya	175
M. Shirakawa	175
M. Nakayama	175

Japanese Bench Press Championships

25 Nov 90 - Tokyo, Japan	
Women	
A. Yamamoto	137.5
R. Sagawa	52.5
S. Minakawa	30
M. Hamanaka	40
M. Watanabe	72.5
N. Asho	67.5
K. Kiga	60
S. Ito	45
H. Yamada	72.5
M. Takahashi	67.5
M. Miyazawa	52.5
H. Imai	40
K. Tabata	50
M. Nakayama	35
M. Nakamura	80
S. Kinoda	70
W. Hamanaga	57.5
K. Endoh	67.5
H. Hirayama	57.5
M. Iwata	37.5
Z. Aoi	100
K. Nakamoto	75
M. Ozaki	75
M. Saitoh	35
A. Tomohara	75
M. Nakamura	52.5
Y. Kadokura	122.5
H. Okuyama	97.5
M. Nawa	85
H. Nishiro	95
R. Saitoh	95
M. Mizuno	95
K. Iwasa	92.5
T. Sakaguchi	125
K. Arakawa	125
K. Arakawa	110
K. Arimoto	122.5
M. Saitoh	120
T. Nakamura	112.5
T. Maekawa	125
S. Shikawa	145
M. Yamamoto	215
M. Nagaya	175
M. Shirakawa	175
M. Nakayama	175

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NASA - Inzer Bench Tour

18 Nov 90 - Ruston, LA (kg)
Pure Novice
J. Jackson 215
Pure Novice
M. Saitoh 170
Sub-Masters
D. Frank 142.5
R. Ransom 132.5
J. Martinez 122.5
M. Ramero 117.5
(Thanks to Dan Black for results of this meet)

Application for Registration in Natural Athlete Strength Association

LAST NAME: _____ FIRST NAME: _____ INITIAL: _____ DATE OF APP: _____
STREET ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
AREA CODE - TELEPHONE: _____
OPEN - PURE - NATURAL IPF CAT. II - NAT. STATE Y N Y N Y N
HIGH SCHOOL COLLEGE U.S. ATHLETE? CITIZEN?
LIFTER STATUS REFEREE STATUS
CLUB NAME: _____
DATE OF BIRTH: _____ AGE: _____ SEX: _____
NOTE: High School Athletes who validate their school enrollment by including a copy of their high school affidavit card or other

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Worth, TX 76116. To order call toll free 1-800-47-5046. MCVISN, C.O.D. Money orders welcome. Free Catalogue. Free shipping over \$100.00

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East Coast Bench Press

15 Dec 90 - Philadelphia, PA (kg)	200
Women	125
D. Emery (142)	105
L. Vancura	117.5
Teenage	170
D. Cauria	200
A. Bloom	165
McGuiness (138)	163.5
L. Meach, Jr.	155
B. Smith (187)	120
T. Tol	137.5
18-19	127.5
J. Monroe (191)	150
19-20	198
C. Benson (190)	142.5
R. Alzamora	182.5
R. Smith (202)	135
21-22	167.5
Steeper (182)	102.5
23-24	240
A. Inaler	240
D. Gyger (278)	145
C. Peretta	205
Callagher (218)	155
W. Cook	175
55-54	130
56-54	242 lb.
Weitzman (188)	130
202.5	
195	
J. Rigbs	155
H. & over	107.5
K. Hobbs (152)	105
B. Bolter	160
Open	160
M. Cooper	160
132 lb.	252.5
F. Dite	275 lb.
J. Mallette	115
148 lb.	212.5
K. Senneman Bl	190
J. Kilkome	182.5
165 lb.	125
D. Seeny	197.5
165 lb.	102.5
(Thanks to CH for results of this competition)	

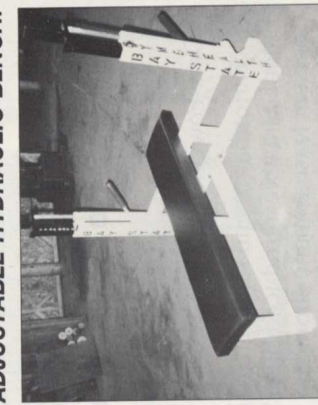
NASA Indian Summer Open Class I

27, 28 Oct 90 - Goshen, IN	
Teen	850
132 lb.	330
M. Vasekrouf	185
330	185
335	850

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
ADEFA Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
APF Sr. Nationals	981	1064	1146	1394	1527	1642	1731	1824	1890	1946	2033
APF Jr. Nationals	815	920	1015	1140	1310	1420	1505	1560	1610	1675	1760
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
USPF Jr. Nationals	777	947	1064	1278	1388	1477	1559	1640	1662	1692	1708
USPF Collegiates	744	804	992	1102	1212	1322	1377	1399	1421	1444	1455
ADPFA Teen 14-16	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADPFA Teen 17-19	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
ADPFA Collegiates	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADPFA Women's	97	104	111	116	122	129	139	154	176	176	+
Women's Nationals	496	535	562	617	639	694	739	766	777	876	
National Collegiates	415	445	465	485	505	525	560	610	675	755	
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
USPF Jr. Nationals	463	496	535	568	601	661	716	766	821	865	
USPF Collegiates	402	435	468	496	523	578	622	672	705	727	

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242 lb. C. Edin 535 330 480 1345
 181 lb. H. Scheid 290 135 275 700
 82.5 kg & below
 M. Wilder (43) 370 190 410 970
 C. Joseph (43) 475 300 485 1260
 M. N. Man (40) 400 320 450 1170
 C. Arnsied (41) 500 285 500 1285
 M. Combs (40) 560 330 475 1365
 S. Butler (32) 375 275 400 1085
 S. Butler (44) 375 275 400 1085
 Open Class I
 132 lb. S. Gardner 230 115 335 680
 J. Vaughn 400 245 455 1100*
 165 lb. M. Zapinski 440 230 490 1160
 181 lb. B. Rothery 500 280 490 1270
 C. Joseph 475 300 485 1260
 J. Rused 435 275 455 1165
 R. Jones 385 275 450 1110
 G. Abraham 290 205 410 905
 K. B. Bessard 562 305 570 1450
 S. Kozman 425 305 575 1305
 D. Patterson 500 270 505 1305
 P. Drumm 510 275 515 1340
 P. Drumm 515 275 515 1340
 220 lb. R. Crouch 400 240 520 1160
 R. Crouch 325 265 375 965
 T. Compton 505 340 480 1345
 C. Elen 535 330 480 1345
 275 lb. R. Castle 560 450 630 1640*
 M. Combs 560 330 475 1365
 * - Best Lifters, Teams: 1, New Life from Lima, OH and 2, Steve's Gym from Elkhart, IN. Special thanks to: Carol Smoker, Steve Wilder, Mike Alder, Hugh Vaughn, Mike Burke, Patti Burke, Mike Slater, Dave Myers, Earl Davis, Tyrone Ward, Curt Joseph and Nate Westfall. (Thanks to Jon Smoker for results of this competition)



FULLY LOADED AND READY TO SHOOT
 1-Marcus St. Laurent; Section 2 - Michel Boutin. M.C. Jaime Taylor. * - denotes World Record. This year's event was held in Vermont and all lifters were in their home state. Sculptured awards were presented 1st-5th place in each weight class of each division. Quite an impressive team came down from Quebec, Quebec, Canada. The lifters from Quebec were lifters came from some great distances to compete. I look forward to next year's event which I'm hoping will turnout out to be as enjoyable as the previous year. (Thanks to Dan Black, Meet Director, for results of this competition).

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220 lb.	680	415	640	1735
M. Boutin	450	345	550	1345
R. Morgan	460	350	480	1290
M. Brockert	490	340	465	1270
M. Brockert	440	250	485	1175
242 lb. Junior	700	475	600	1775
J. Schaeffer	550	360	620	1530
A. Williams	700	450	615	1765
V. Bonner	700	450	650	1755
SHW	710	450	760*	1920
L. Grande	710	450	760*	1920
Judith Thomas	710	450	760*	1920
Falls, Vermont, Pennsylvania; 2, Jason's Fitness Womensdorf, Pennsylvania; 2, Jason's Fitness Center of Concord, New Hampshire. References: C. Chabok 47.5, L. Toomey 180 (Thanks to Dan Black for results of this contest)				

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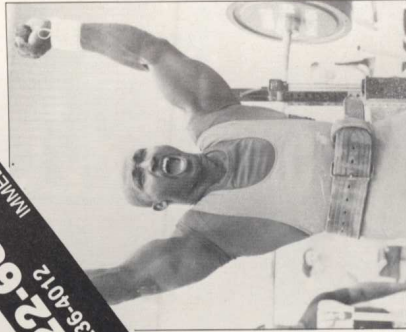
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