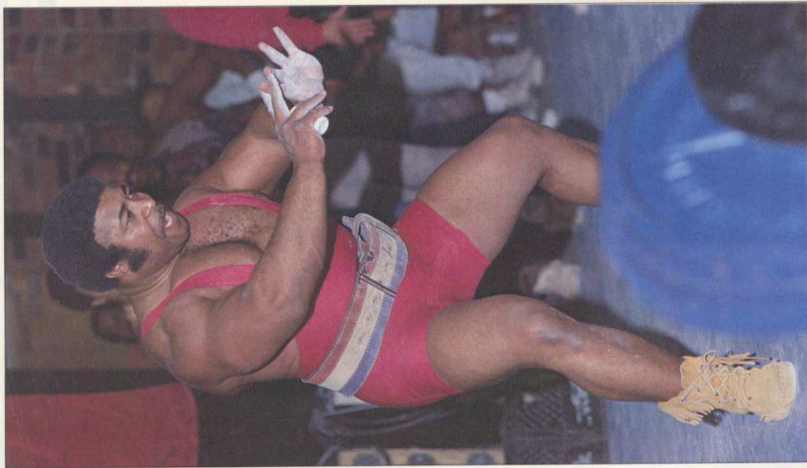


N.A.S.A. Natural NATIONALS

as told to PL USA by MARSHA PETERS

Some called it the world's largest drug-free powerlifting championship, and it was, but participants considered it the world's largest "family reunion". The 1991 N.A.S.A. Natural Nationals Championships was held February 28th - March 3rd in Oklahoma City.

As in years past, the numbers of lifters as well as the totals were quite impressive. Not only does the Natural Nationals boast the largest lifter turnout in history, but quite possibly the largest amount of trophies presented. More than 400 trophies were given out at this year's nationals. All but approximately 25 lifters went home with trophies. More than 25 retirees were on hand to help out. Every competitor spoke with was very pleased with the judging, calling it the most consistent they had ever seen. During the course of the four day competition, I ran 2 platforms. More than 3,000 attempts were made without a single miss or lift-off. (I think Goodness!) More than 400 of the participating lifters were tested, and very few were tested in the morning of the meet. More than 200 people supported the meet. This year's banquet provided N.A.S.A. with a long-awaited opportunity to honor fellow powerlifters who served in Operation Desert Storm. In the weeks past to the Nationals, Rich and I received hundreds of letters from our powerlifters fighting in Desert Storm. I never let a letter go unopened. I was so disappointed our lifters were not being able to lift at the Nationals.



Maurice - The Growler, Smith has a psyche up routine that worked the crowd up as much as it did him - and he lifted superbly at 242 lbs. (Lambert)

is something no one or group can take away -- true friends. We realize that many of you weren't able to attend, but we know that you were there in spirit! Thanks to all of you -- especially the lifters -- because you are the backbone of our organization.

Love, Rich, Marsha, and Tad.

N.A.S.A. Natural Nationals (kg)			
Women	SQ	BP	DL
97			
Valdivia	105	55	120
Genzaro	92.5	55	122.5
Davis	100	45	115
Henry	130	77.5	160
Henry	107.5	55	130
Marich	92.5	52.5	100
132			
Schneidmill	137.5	75	150
Storaker	120	55	130
Sartwell	122.5	67.5	135
Wills	102.5	57.5	137.5
Woods	107.5	55	115
113			
Gould	137.5	80	165
Hale	137.5	70	155
Herring	115	55	135
144			
Miller	140	72.5	155



Zeke Brown was a sensational performer in the 242 lb. Natural division, with a 755 squat. (Linda Finnegan photo)

Ervin	122.5	52.5	150	325
Smith	120	70	132.5	322.5
Windland	150			
Zachary	202.5	142.5	250	675
Wicks	230	162.5	200	672.5
Gill	115	57.5	140	312.5
181				
Johnson	32.5	32.5	67.5	132.5
SHW	215	105	227.5	547.5
Perry	127.5	67.5	170	365
Rice	140	87.5	145	372.5
114				
Kennedy	110	67.5	107.5	285
Hollinger	92.5	52.5	105	250
121				
Francis	307.5	182.5	322.5	807.5
Passon	318	190	282.5	802.5
Moorer	317.5	187.5	282.5	785
Adams	310	175	207.5	692.5
135				
Audrige	135	87.5	182.5	422.5
Bates	137.5	87.5	182.5	415
Medlin	137.5	95	165	410
132				
Raney	147.5	97.5	120	360
133				
Hennings	195	132.5	210	537.5
Heldman	182.5	125	205	512.5
Fernandez	192.5	132.5	182.5	507.5
Stell	200	140	175	520
134				
Wickers	165	110	182.5	460
135				
Trujillo	132.5	90	175	397.5
242				
148				
262.5	145	227.5	635	
149				
Podien	227.5	127.5	245	600
McGuire	215	142.5	232.5	590
150				
Ducharme	215	140	202.5	557.5
151				
Mowen	210	115	205	530
152				
Diamond	170	110	192.5	472.5
165				
Colburn	280	157.5	265	702.5
166				
Colburn	242.5	147.5	292.5	682.5
167				
Thomas	217.5	162.5	272.5	657.5
168				
Himmelberger	232.5	152.5	292.5	727.5
169				
232.5	125	242.5	602.5	
170				
Duffer	235	135	237.5	597.5
171				
Savage	237.5	130	220	597.5
172				
Castor	222.5	142.5	212.5	625
173				
Carlow	205	132.5	222.5	625
174				
Tidwell	205	135	227.5	567.5
181				
Shield	385	155	315	755
182				
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300				

Bill Nichols squatted a massive 642 to take a win away from previous 3 time N.A.S.A. Natural Nationals Champion Ken Ufford (Lambert photograph)

255	140	235	630
256	140	235	630
257	140	235	630
258	140	235	630
259	140	235	630
260	140	235	630
261	140	235	630
262	140	235	630
263	140	235	630
264	140	235	630
265	140	235	630
266	140	235	630
267	140	235	630
268	140	235	630
269	140	235	630
270	140	235	630
271	140	235	630
272	140	235	630
273	140	235	630
274	140	235	630
275	140	235	630
276	140	235	630
277	140	235	630
278	140	235	630
279	140	235	630
280	140	235	630
281	140	235	630
282	140	235	630
283	140	235	630
284	140	235	630
285	140	235	630
286	140	235	630
287	140	235	630
288	140	235	630
289	140	235	630
290	140	235	630
291	140	235	630
292	140	235	630
293	140	235	630
294	140	235	630
295	140	235	630
296	140	235	630
297	140	235	630
298	140	235	630
299	140	235	630
300	140	235	630

Artie Margulies was one of several competitors from the New York area. (photograph taken by Linda Finnegan)



Artie Margulies was one of several competitors from the New York area. (photograph taken by Linda Finnegan)

7

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Shoulder Rehabilitation as to PL USA told by Victor Poletajev, D.C.

Yohimbine by Richard Herrick
 Chairman, U.S.P.F. Sports Medicine Committee

Diagnosing any shoulder problem starts first with an anatomy lesson. Since everyone's anatomical knowledge is different, we'll keep it simple. What you might have done to your shoulder will be easier to understand with some anatomical background.

The shoulder is basically a ball and socket, soft tissue articulation: the humerus with the glenoid labrum of the scapula (the large shoulder bone on your back); and part of the shoulder articulates with the clavicle, the acromioclavicular articulation or AC joint.

The musculature of the shoulder is as follows: deltoid - anterior, medial, posterior and the rotator cuff or S.I.T.S. muscles. The rotators are the endurance muscles of the shoulder. They act as a see-saw for the shoulder, internally and externally rotating the humerus and assisting in stabilizing the shoulder joint. The most frequently injured muscle of the rotator cuff, the supraspinatus, initiates abduction of the arm.

Normal ranges of motion for the shoulder joint are studied in vitro, and are as follows: Flexion: with arm hanging at side, lift forward straight up over head 180°. Extension: with arm hanging, move arm straight back 50°. Abduction: with arm hanging, lift away from body to side and up 180°. Adduction: with arm hanging, move straight arm to opposite side in front of body 45°. Internal and External 90°.

Flexibility and normal planes of glide must be intact for optimum performance from the shoulder joint. These planes of glide are the slide of the humerus in the capsule with the glenoid labrum articulation of the shoulder. When shoulder injuries occur, such as chronic tendinitis, strains or sprains of the shoulder muscles, many times adhesions form in the muscle fascia or capsule, limiting the range of motion. Limited planes of glide are what has occurred, due to scarring and adhesion formation. When evaluating a shoulder condition we always compare the normal joint function with the abnormal. After a diagnosis is established a treatment mode is set.

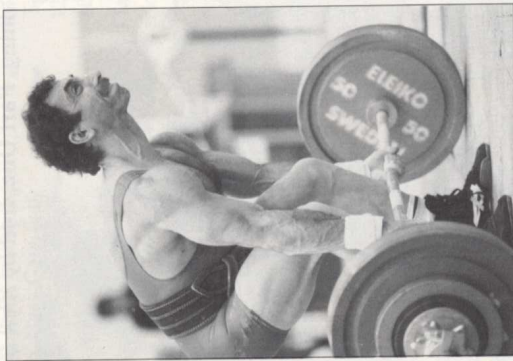
I thoroughly advocate range of motion exercises to be performed on a regular basis. Always stretch after warming up. Never stretch on a cold muscle, because the muscle and collagen are not resilient and muscle can be injured. Two man stretching is best. Rubber tubing exercise is good for the rotator cuff. Just set the tubing, so that you can work internal and external rotation. Many athletes who suffer from impingement of the humerus usually have a tight posterior capsule and relative weak external rotators. Do not force any muscle, work it slowly.

As a Chiropractic Physician, I highly advocate regular spinal adjustments. Remember, the nerve supply for the shoulder originates from the neck area. Do not walk around out of balance with a misfiring nervous system. Getting adjusted is an excellent preventive measure for keeping your shoulders healthy.

One exercise that causes extreme pressure on the anterior capsule and external rotators of the shoulder is behind the Neck Presses. If done without warming up or done improperly, i.e. bouncing at the bottom, many problems can be caused to the shoulder. The rotators are stabilizers and without warm-ups are not ready to be forced beyond their range of motion as when doing behind the neck work. Remember, the deltoids are the strength muscles of the shoulder.

When you get an injury, do not let it go. Have it diagnosed and use corrective measures. The ability to recover is greatly enhanced when after an injury the scar tissue is forced to lay down in the normal lines of stress. This done through deep fibrous neuro-muscular tissue massage. In my clinical practice, I have worked on many different types of shoulder maladies. The key to a complete recovery is often determined by correct diagnosis and not hit or miss treatment modes. Range of motion in the shoulder joint and planes of glide of the humerus must all be in balance, before the shoulder is ready to resume normal function.

Next time we will discuss specific shoulder injuries, such as, tendonitis and acromioclavicular strain. Until next time, warm-up and lift healthy.



Drug Free Champs like Larry Miller need to understand both injury rehabilitation and the action of various supplements on the market in order to optimize performance.

Yohimbine exerts a stimulating action on the mood and may increase anxiety. For this reason, it should never be used concurrently with anabolic steroids, amphetamine-like drugs, or mood-elevators. Such actions have not been adequately studied or related to dosage although they appear to require high doses of the drug. Yohimbine has a mild anti-diuretic action, probably via stimulation of hypothalamic centers and release of posterior pituitary hormone; therefore causing fluid retention.

Repeatedly, Yohimbine exerts no significant influence on cardiac stimulation and other effects mediated by B-adrenergic receptors. Its effect on blood pressure, if any, would probably be to lower it; however, no adequate studies are at hand to quantitate this effect in terms of Yohimbine dosage.

Contraindications: Renal diseases, and allergy or sensitivity to the drug. In view of the limited and inadequate information at hand, no precise tabulation can be offered of additional contraindications, except as above.

Warning: Generally, this drug is not proposed for use in females and certainly must not be used during pregnancy. Neither is this drug proposed for use in pediatric, geriatric or cardio-renal patients or with gastric or duodenal ulcer history. Nor should it be used in conjunction with mood-modifying drugs.

Adverse Reactions: Yohimbine readily penetrates the central nervous systems (CNS) and produces a complex pattern of responses in lower doses than required to produce peripheral a-adrenergic blockade. These include: anti-diuresis, a general picture of central excitation including elevation of blood pressure and heart rate, increasing motor activity, irritability and tremor. Sweating, nausea and vomiting are common. (1,2) Also dizziness, headache, and skin flushing have been reported when used orally.(1,3)

Summary: Since the few reports of the use of Yohimbine as an adjunct to athletic enhancement have not been verified by any scientific study and the relative safety and efficacy are unknown, the USFP Sports Medicine Committee cannot espouse the use of this drug, even though it is not a banned substance.

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3. *Weekly Urological Clinical Letter*, 27:2, July 4, 1983.
4. A. Morales et al., *The Journal of Urology* 128: 45-47, 1982.
5. G.A. Ulett, *Pain Management* 2: 128-134, 19

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Victor Poletajev is a N.A.S.A. Chiropractic Physician and 1981 National Collegiate Bench Press Record Holder with 540 lbs. in the 242 pound division.

N.A.S.A. ATHLETE OF THE YEAR AWARDS

- Masters 1 - Les Cheney, Len Lawson runnerup, John Magee runnerup.**
- Masters 2 - Daryl Johnson, Bob Ben Brent runnerup, Bob Strange runnerup.**
- Teenage Woman - Michele Kelsey, Jody Hess runnerup, Shontel Vice runnerup.**
- Female Referee - Tobey Johnson, Barbara Miller runnerup, Anita Lacey runnerup, Emma Lawson runnerup.**
- Male Referee - Jim Ayers, Mike Licciardi runnerup, Daryl Johnson runnerup.**
- Coach of the Year - Mike Licciardi, Rich Peters runnerup.**
- Co-Meet Director of the Year - Kevin Estrada, Leo Meyers, Showmanship - Tee Meyers, Pure - Terry Perkins, Donnie Cole, Troy Culberson runnerup.**
- Natural - Kenneth Westbrook, Ken Ufford runnerup, Brad Kretsch runnerup.**
- Pure Novice - James Ricks, Mark Himmelberger runnerup, Donald Rohfery runnerup, Submasters - Bob Boyles, Maurice Smith runnerup, Tee Meyers runnerup, Coby Cardin runnerup.**
- Teenage - Jason Shifrin, Jeff Shockley runnerup.**
- Women - Lynn Pitts, Mary Helzel runnerup, Robin Heidman runnerup, Terry Zoesch runnerup.**
- Overall Athlete of the Year - Daryl Johnson.**

110	67.5	107.5	285
114	85	127.5	315
123	95	137.5	345
127	105	147.5	375
132	115	157.5	405
137	125	167.5	435
142	135	177.5	465
147	145	187.5	495
152	155	197.5	525
157	165	207.5	555
162	175	217.5	585
167	185	227.5	615
172	195	237.5	645
177	205	247.5	675
182	215	257.5	705
187	225	267.5	735
192	235	277.5	765
197	245	287.5	795
202	255	297.5	825
207	265	307.5	855
212	275	317.5	885
217	285	327.5	915
222	295	337.5	945
227	305	347.5	975
232	315	357.5	1005
237	325	367.5	1035
242	335	377.5	1065
247	345	387.5	1095
252	355	397.5	1125
257	365	407.5	1155
262	375	417.5	1185
267	385	427.5	1215
272	395	437.5	1245
277	405	447.5	1275
282	415	457.5	1305
287	425	467.5	1335
292	435	477.5	1365
297	445	487.5	1395
302	455	497.5	1425
307	465	507.5	1455
312	475	517.5	1485
317	485	527.5	1515
322	495	537.5	1545
327	505	547.5	1575
332	515	557.5	1605
337	525	567.5	1635
342	535	577.5	1665
347	545	587.5	1695
352	555	597.5	1725
357	565	607.5	1755
362	575	617.5	1785
367	585	627.5	1815
372	595	637.5	1845
377	605	647.5	1875
382	615	657.5	1905
387	625	667.5	1935
392	635	677.5	1965
397	645	687.5	1995
402	655	697.5	2025
407	665	707.5	2055
412	675	717.5	2085
417	685	727.5	2115
422	695	737.5	2145
427	705	747.5	2175
432	715	757.5	2205
437	725	767.5	2235
442	735	777.5	2265
447	745	787.5	2295
452	755	797.5	2325
457	765	807.5	2355
462	775	817.5	2385
467	785	827.5	2415
472	795	837.5	2445
477	805	847.5	2475
482	815	857.5	2505
487	825	867.5	2535
492	835	877.5	2565
497	845	887.5	2595
502	855	897.5	2625
507	865	907.5	2655
512	875	917.5	2685
517	885	927.5	2715
522	895	937.5	2745
527	905	947.5	2775
532	915	957.5	2805
537	925	967.5	2835
542	935	977.5	2865
547	945	987.5	2895
552	955	997.5	2925
557	965	1007.5	2955
562	975	1017.5	2985
567	985	1027.5	3015
572	995	1037.5	3045
577	1005	1047.5	3075
582	1015	1057.5	3105
587	1025	1067.5	3135
592	1035	1077.5	3165
597	1045	1087.5	3195
602	1055	1097.5	3225
607	1065	1107.5	3255
612	1075	1117.5	3285
617	1085	1127.5	3315
622	1095	1137.5	3345
627	1105	1147.5	3375
632	1115	1157.5	3405
637	1125	1167.5	3435
642	1135	1177.5	3465
647	1145	1187.5	3495
652	1155	1197.5	3525
657	1165	1207.5	3555
662	1175	1217.5	3585
667	1185	1227.5	3615
672	1195	1237.5	3645
677	1205	1247.5	3675
682	1215	1257.5	3705
687	1225	1267.5	3735
692	1235	1277.5	3765
697	1245	1287.5	3795
702	1255	1297.5	3825
707	1265	1307.5	3855
712	1275	1317.5	3885
717	1285	1327.5	3915
722	1295	1337.5	3945
727	1305	1347.5	3975
732	1315	1357.5	4005
737	1325	1367.5	4035
742	1335	1377.5	4065
747	1345	1387.5	4095
752	1355	1397.5	4125
757	1365	1407.5	4155
762	1375	1417.5	4185
767	1385	1427.5	4215
772	1395	1437.5	4245
777	1405	1447.5	4275
782	1415	1457.5	4305
787	1425	1467.5	4335
792	1435	1477.5	4365
797	1445	1487.5	4395
802	1455	1497.5	4425
807	1465	1507.5	4455
812	1475	1517.5	4485
817	1485	1527.5	4515
822	1495	1537.5	4545
827	1505	1547.5	4575
832	1515	1557.5	4605
837	1525	1567.5	4635
842	1535	1577.5	4665
847	1545	1587.5	4695
852	1555	1597.5	4725
857	1565	1607.5	4755
862	1575	1617.5	4785
867	1585	1627.5	4815
872	1595	1637.5	4845
877	1605	1647.5	4875
882	1615	1657.5	4905
887	1625	1667.5	4935
892	1635	1677.5	4965
897	1645	1687.5	4995
902	1655	1697.5	5025
907	1665	1707.5	5055
912	1675	1717.5	5085
917	1685	1727.5	5115
922	1695	1737.5	5145
927	1705	1747.5	5175
932	1715	1757.5	5205
937	1725	1767.5	5235
942	1735	1777.5	5265
947	1745	1787.5	5295
952	1755	1797.5	5325
957	1765	1807.5	5355
962	1775	1817.5	5385
967	1785	1827.5	5415
972	1795	1837.5	5445
977	1805	1847.5	5475
982	1815	1857.5	5505
987	1825	1867.5	5535
992	1835	1877.5	5565
997	1845	1887.5	5595
1002	1855	1897.5	5625
1007	1865	1907.5	5655
1012	1875	1917.5	5685
1017	1885	1927.5	5715
1022	1895	1937.5	5745
1027	1905	1947.5	5775
1032	1915	1957.5	5805
1037	1925	1967.5	5835
1042	1935	1977.5	5865
1047	1945	1987.5	5895
1052	1955	1997.5	5925
1057	1965	2007.5	5955
1062	1975	2017.5	5985
1067	1985	2027.5	6015
1072	1995	2037.5	6045
1077	2005	2047.5	6075
1082	2015	2057.5	6105
1087	2025	2067.5	6135
1092	2035	2077.5	6165
1097	2045	2087.5	6195
1102	2055	2097.5	6225
1107	2065	2107.5	6255
1112	2075	2117.5	6285
1117	2085	2127.5	6315
1122	2095	2137.5	6345
1127	2105	2147.5	6375
1132	2115	2157.5	6405
1137	2125	2167.5	6435
1142	2135	2177.5	6465
1147	2145	2187.5	6495
1152	2155	2197.5	6525
1157	2165	2207.5	6555
1162	2175	2217.5	6585
1167	2185	2227.5	6615
1172	2195	2237.5	6645
1177	2205	2247.5	6675
1182	2215	2257.5	6705
1187	2225	2267.5	6735
1192	2235	2277.5	6765
1197	2245	2287.5	6795
1202	2255	2297.5	6825
1207	2265	2307.5	6855
1212	2275	2317.5	6885
1217	2285	2327.5	6915
1222	2295	2337.5	6945
1227	2305	2347.5	6975
1232			

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The Global Anabolic A Systematic Approach to Soviet Strength Training, Part One, told by Rick Brunner



Soviet Athletes like those who competed against the USA in Rich Peters 1990 NASA Grand Nationals, have the opportunity to utilize literally dozens of unique nutritional supplements that are not available in the America.

extracts are screened. Substances showing a significant biological activity are further evaluated under intense field studies on athletes.

Supplements of interest to powerlifters can be classified as having direct anabolic action, or indirect anabolic action. Those with direct action include high nitrogen containing compounds such as small protein peptides and amino acids, branched-chain amino acids, arginine-lysine complexes, and unique plant materials rich in specific sterols. Material which has indirect anabolic action includes inosine, creatine monohydrate, adaptogens, metabolic regulators, hepatoprotectors, and others. Many of the supplements with anabolic action are unique to the Soviet Union.

Two natural products with direct anabolic action were recently developed at the Moscow Institute of Physical Culture by world recognizing sport biochemist Dr. Nikolai Volkov. These supplements are Aminofit and Anabocyd.

Aminofit is a complex formula which contains amino acids, creatine monohydrate, anabocyd, vitamins and minerals. The supplement is in powder form. The chemical make-up of Aminofit is very bitter, but athletes put up with this as its natural anabolic action is excellent.

Anabocyd is an extract from a plant found in the desert region of southern USSR. It contains at least three steroid saponins (sarsapogenin, smilagenin, and hecogenin). Anabocyd is shown to improve the uptake of amino acids and overall food efficiency, as well as increasing nitrogen retention in muscle. It is typically taken as a tablet of 500mg, twice daily during heavy load training. Listed in Table 1 are the results of a recent program using Anabocyd in the conditioning of intermediate level weightlifters. As you can see, lean mass gains were superior in the Anabocyd group.

Soviet sport also has a long history to using natural pharmacology which has indirect anabolic effect. These are often complexed with anabolic agents like the two listed above in addition to enhance the desired effects. Inosine, which has been popular in the USA for the past decade has been widely used in USSR since the 1960's. Its ability to increase energy in muscle, most importantly in the heart, earns respect as a substance which improves anabolic action. Lifters typically use between 2,000 and 4,000 milligrams daily for a 3-4 week cycle. Inosine is commonly complexed with an energetic supplement called Panamin to greatly improve the anabolic effect.

Adaptogens create a tonic effect and improve the metabolism of the body. They are used widely in the

Hundreds of articles relating to training, diet, and nutritional supplements have been published in weightlifting and bodybuilding magazines over the years. Unfortunately, much of this information has been of little use to readers. As evidence, many lifters continue to rely on anabolic steroids to maximize gains in muscle strength, power and size. While none of us can relish the thought of taking these harmful and illegal drugs, and would certainly prefer a safe and legal means of obtaining comparable results, we have yet to find alternatives that work as well. Chances are scientists will never fully match all the positive effects of the drug through natural means, but recent research and development has proven that it is possible to narrow the effectiveness gap between steroids and natural supplements.

In this three part series, I will present to you a variety of training and recovery means which have been researched between 1987 and 1991 in the Soviet Union as alternatives to anabolic steroids. These means have been complexed into an effective system for maximum natural growth effect.

This first article will begin with a brief overview of creating maximal gains without drugs, and finish with a look at Soviet nutrition and pharmacology from natural substances. The second article will deal with effective training and restoration means. The final article will put all of the components of natural anabolic training into a systematic plan which is being used in the USSR with great success. First a brief overview.

Powerlifting itself is a very focused sport, concentrating on three lifts which stress the primary movers of the body. As such, attention should not be directed at building great muscle size as found in bodybuilding, nor explosive power as in Olympic style weightlifting, rather the focus must be on developing maximal strength. To accomplish this, the athlete must lift ever increasingly heavy poundage as well as create the proper anabolic (growth) effects. Anabolic steroids are popular among the strength athletes because they show a dramatic improvement in food conversion efficiency, nitrogen balance and retention, selective growth of muscle, a depression of protein breakdown rates, and accelerated recovery. These effects are what sport pharmacologists want to copy using natural means.

To match the success attributed to anabolic steroids is no easy task. To do this scientists call on a variety of means which will mimic the above mentioned benefits of the drug without the harmful side effects. Soviet sport scientists from the fields of physiology, biochemistry, endocrinology, genetics, psychology, en-

USSR not only by athletes but anyone under stressful conditions such as truck drivers, pilots, miners, etc. The most common adaptogen taken by Soviet lifters are Panamin, Adaptogen, Mume, Pantocrine, Toredin, Eleutherooccus, and Serravallo. These supplements not only activate important anabolic processes, they also help the muscles adapt to an optimal firing rate and sustain voluntary contractions, both important requirements in powerlifting.

While hepatoprotectors are always used during oral anabolic steroid cycles to protect the liver from toxic metabolites, they are also influential in improving the overall metabolism, especially its anabolic action. For these reasons it is common to find them being taken by non-steroid users also. Several hepatoprotectors made from plant extracts are used in the USSR. The most popular are Legalon, Lueguard, Carsil and Liv 52.

Energetic sport supplements offer an indirect anabolic action by supplying the body with energy metabolites and intermediates which help relieve the body of training stress and spare muscle proteins. Supplements included in this category include Panamin, Hepatol, Metacil, Glycolone, and Namast, as well as individual substances such as creatine monohydrate, orotate, succinate, and many others.

While the substances I've listed above improve anabolic action, for maximum results they should be complexed with effective training and

restorative means. It is common for Soviet athletes to use a certain supplement for blocks of 3-5 weeks at a time, discontinue use for 1-3 weeks, then repeat the cycle. This reduces possible adaptation to the supplement and allows it to work with the body's metabolism for the best long term results. Soviet sport pharmacologists prescribe these supplements under specific training conditions for maximum effect.

In Part II of this series I will present innovative training methods as well as mechanical, restorative means which enhance anabolic action.

Rick Brunner is the USA director of Atletika, a Soviet/American sport performance program. He has traveled extensively in the East Bloc working directly with leading Soviet sport biochemists and pharmacologists in the development of

new supplements for the national teams of the USSR. Rick is a co-author with Dr. Ben Tabachnik of the new book "Soviet Training and Recovery Methods". For more information about Soviet training, sport pharmacology and nutrition it is suggested you consult this book. To obtain sport supplements used by the Soviet national teams call 1-800-621-2602, or write Atletika, 1023 Hook Ave., Pleasant Hill, CA 94523.

TABLE 1

EFFECT OF ANABOCYD INCLUSION IN THE DIET OF TRAINED MALE SPORTSMEN DURING A MACRO-CYCLE

	ANABOCYD	CONTROL
No. Sportsmen	40	40
Starting Weight (kg)	88.7	89.1
Ending Weight (kg)	94.1	92.3
Daily Food Intake (kcal)	5,260	5,195
Lean Mass Gain (kg)	5.7	3.2
Begin Bodyfat %	12.3	11.1
End Bodyfat %	10.5	11.0

(A macro-cycle of 12 weeks. Anabocyd taken 1200mg daily for a series of 3 weeks, followed by a 1 week break. Repeated for a total of 3 series. Results are group averages. Reznikov, I.V., 1990)

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A full description about Soviet sport pharmacology can be found in the book "Soviet Training and Recovery Methods". Available exclusively from Atletika. \$25.00

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POWER PROFILE

THEN AND NOW John Ware by Ray Hollnagel



JOHN WARE... remains one of the great intellects in the sport of Powerlifting as well as one of the greatest lifters. His 2427 total puts him near the top of a handful who have exceeded that barrier.

Except for the numbers he puts up, John Ware hasn't changed much through the years. He is pretty much the same guy. I knew several years ago - intelligent, focused, disciplined and willing to help others. He carried those traits through successful high school and college football careers and into the powerlifting arena. Although I haven't seen him years, I have noticed one marked difference - he has matured into a world class champion.

John had impressive lifts seven years ago, but his lifts are even more impressive today - he is among an elite group of lifters with the potential to post the all time record total.

John was a 305 pound superheavyweight when I interviewed him in December 1983. His best meet total was 2020 back then and he had his sights set on an 810 squat, 520 bench press, 755 deadlift and 2085 total for the YMCA Nationals that were coming in a few weeks.

John is 25 pounds heavier, but his lifts are up more than 400 pounds. His 2427 total puts him in a very small group of powerlifters who have topped the 2400 mark. His best of 1000 in the squat, 615 in the bench press and 850 in the deadlift would give him a 2465 total if he could put them together in one meet, surpassing the tremendous 2458 total registered by the late 275 pounder Dave Pasmann in 1989.

Numbers aside, not much has changed in John's approach to the sport. While he says posting the all time best total is a goal of his, it is not his only motivation.

"Although it is a goal, it probably is less so than it used to be," John told me recently, adding that he hasn't decided when his next competition will be. "These days it is basically intrinsic satisfaction."

Back in 83, John's goal was to be world champion someday, but the most driving force behind his lifting career was self-satisfaction. "The individuality of powerlifting appeals to me," he said back then.

The same goes today. "I guess my motivation comes mostly from within. I have always enjoyed powerlifting because of its uniqueness in terms of individuality. I have never received the motivation from other lifters."

John also made a lot of friends through the years, which is something he cherishes. "I guess what makes the sport enticing to me are the friendships and mostly good people. Guys like Jeff Wright and Tim Bentley from Pittsburgh, among

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

cally gifted, but sometimes things even out in the long run. Train qualitatively and not quantitatively. Rest, work hard and focus."

What does it take to get John's respect? "I admire people who conduct themselves on and off the lifting platform in a class, professional manner regardless of actual ability. Also, people who are multifaceted - not just gym rats, so to speak."

It doesn't stop there. O.D. Wilson, a fellow superheavyweight who has cracked the 2400 barrier, also has John's respect.

I have the utmost respect for anyone who achieves a world class level in anything. I haven't had a chance to compete against O.D. Wilson, but he seems to be a good human being. That is how I judge people," John said.

Although John lists training, discipline, camaraderie and feeling strong as some of the appealing aspects of the sport, one thing that bothers him is the watering down of the sport through too many organizations.

"The sport is at a crossroads - it has been for a while now," he said. "The direction of the sport is dependent on better administration and less political maneuvering. Unless selfishness and poor administration is overcome, the future is bleak."

John believes unity is the key to making the sport stronger. "Powerlifting is not 'mainstream enough to be so divided. It must unify. Obviously, a lot of matters need to be resolved - all of the organizations's heads must meet and leave their egos somewhere outside."

John has learned a lot through his rise to the top, and he said being recognized as one of the strongest men in the world is "extremely gratifying," but he doesn't walk around with an inflated ego.

"To put the sport in perspective, you are only as good as your last competition. After having squatted 1000 pounds in March, I bombed at the APF Seniors - not the first time, maybe not the last. I got ill, inner ear infection, Dave Pasmann's death weighed heavily on me, etc., however, I was my strongest ever."

"After bombing, I went out to sit in the crowd. Behind me some lifters were sitting and I overheard them say, 'A thousand pounds. No way. That's a long way from the 900 that he bombed with. No way he has that kind of strength' and other derogatory comments."

"The moral: Screw all others. Lift for yourself." Well put, John.

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

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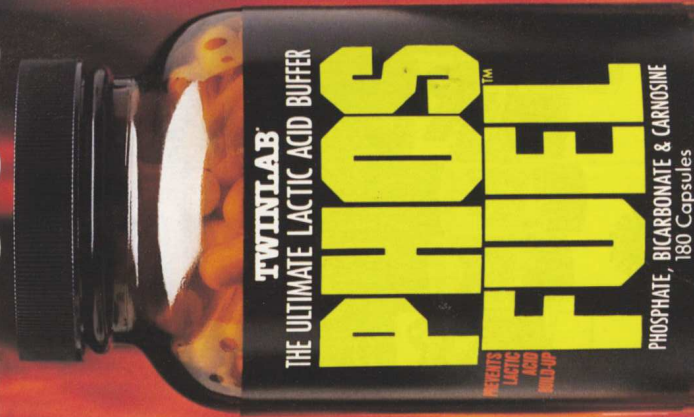
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NEXT MONTH...TOP 181s

Corrections: Bettina Altizer should have been credited with a 400 squat on the TOP 100 list for the 132 lb. class. The Submaster, lightweight division, winner at the ADPPA New Jersey State Meet, who was not listed, was H. Blindert (misspelled as Bludert elsewhere in results). Gary Litzinger (name not spelled correctly in report) was not listed as winner of the Masters division at the ADPPA Greater St. Louis Open, 100 lb. class, with lifts of 501, 281, 501, 1284. Frank Campanale should have been credited with a 515 bench on the TOP 20 ADPPA 275 lb. class listing.



Norm Shackelford (above) did not get credit for his 1440 total at 132 on the All Time TOP 20 Men's list. If you find any errors or omissions in PL USA please contact us at P.O. Box 467, Camarillo, CA 93011, so we can make an appropriate correction.

POWERLIFTING USA MAGAZINE February 1990 to January 1991 TOP 100 165 lb./75 kg.

SQUAT	BENCH	DEADLIFT	TOTAL
1 735 Crain, R., 693/90	470 Courtney, R., 816/90	705 Ettemat, L., 1172/90	1925 Tains, F., 2728/90
2 694 Alexander, A., 1174/90	450 Rogers, A., 1012/90	643 Toins, F., 728/90	1795 Alexander, A., 1174/90
3 683 Alexander, A., 1174/90	446 Werner, S., 728/90	643 Toins, F., 728/90	1697 Ricks, D., 2317/90
4 665 MacLean, M., 324/90	440 McWilliams, A., 1016/90	650 Hancock, M., 2116/90	1640 MacLean, M., 324/90
5 655 Alexander, A., 1174/90	435 Katz, R., 311/90	644 Jenkins, A., 718/90	1631 Beavers, M., 630/90
6 622 McCullum, A., 911/90	429 Wood, J., 310/90	639 Bowler, R., 747/90	1587 Hancock, M., 2116/90
7 622 McCullum, A., 911/90	429 Wood, J., 310/90	617 Fernando, R., 9/90	1576 Benenetto, R., 317/90
8 622 McCullum, A., 911/90	429 Wood, J., 310/90	615 Thomas, K., 811/90	1570 Jenkins, A., 330/90
9 615 Kiefer, D., 611/90	425 Morrison, E., 317/90	611 Johnson, B., 216/90	1570 Grider, W., 1020/90
10 615 Kiefer, D., 611/90	425 Morrison, E., 317/90	606 Perez, J., 728/90	1555 Brebin, D., 471/90
11 606 Decorezco, G., 911/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
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85 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
86 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
87 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
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89 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
90 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
91 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
92 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
93 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
94 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
95 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
96 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
97 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
98 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
99 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90
100 606 Ettemat, L., 1172/90	424 Courty, R., 530/90	605 Browns, C., 84/90	1550 Gibson, L., 613/90

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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POWER-RESEARCH

Anabolic Steroids and Soviet Sport as told by LEONID YAKOVLEV M.D.



The Russian Approach to recovery from weight training sessions, whether by anabolic means or natural means or both, has been fundamentally more systematic, organized than the "cut and try" methods of USSR competitors. Above, in an early example of USSR competition, Evdarias Krzyzhevichus squats at a 1986 contest. (Photograph by V. Serris)

My previous article was an overview of anabolic steroid use in Soviet sport. In this article I would like to focus on the practical application of numerous supplemental agents within the steroid cycle which will enhance the body's anabolic properties. Many Soviet athletes have used a number of anabolic steroids within the yearly program with great planning and control as outlined in the following table.

Soviet coaches start with the athlete's condition will be noted within the yearly plan, and the training and restorative methods and means will form around each macro and micro-cycle so that maximum sport results are achieved at optimal periods such as major competition use. The topic of anabolic steroid use in sports comes in many guises, subject to accuracy. I'll tell the story of four these to be used safely and effectively used in the training programs of Soviet athletes. In my book on this subject I devoted a number of pages to the analysis of action, mechanism of action within muscle cells, and their risks to the athlete. In addition, I feel it is of great importance to discuss the practical application of anabolic steroids, including the following: 1) Proper selection of steroids with maximum anabolic and minimal androgenic effects. 2) The use of cycle breaks for cleaning and protecting the body, and 3) The use of natural and safe anabolic enhancers to maximize the anabolic actions of anabolic steroids.

As you can see from the table, the International Master of Sport athletes who used this plan did so with great thought and order, always under the control of their coach and team physician. Several different anabolic steroids were used throughout the year. As can be seen, the athletes trained around two competition periods, culminating with the Olympic Games. Within the yearly plan, not only have several useful anabolic steroids been prescribed, but also cleaning and restorative agents. The use of anabolic steroids is measured by the effects of the steroid on the body. This is a major difference between the use of anabolic steroids in the USSR and that in the USSR. Soviet scientists long ago designed complementary protection and enhancement procedures to maximize the anabolic, while minimizing the androgenic effects of steroids.

As you can see, the anabolic steroids used in this program are not different from many of those found in the USA. Many of the best Soviet athletes do use some very unique anabolic steroids which are extremely effective and safe when compared to others, but even within the USSR these are in short supply and difficult to obtain. As a result, Soviet athletes, like their western counterparts, rely more on the traditional drugs such as *Nerobol* (methandrostenolone).

You will notice from the table that the length of the anabolic steroid cycle is less than that used by many athletes in the USA. It was discovered many years ago that the use of the drugs during 3-4 week cycles yields the best results since short term use will not contribute to a plateau effect. In cases of longer period steroid use, it is common to see a reduction in the effectiveness of the drug along with the loss in gains. To prevent this, the drug cycles are broken up by the use of natural anabolic enhancers. I have also listed several methods for diagnosis and cleaning. These would

In regard to the body's energy stores, it is known that the replenishment of glycogen stores in muscle and liver can take from 18-72 hours to be refilled, especially after exhaustive training when blood glucose and heart muscle are restored first followed by muscle glycogen, and finally liver glycogen. Liver glycogen is the most important for the most workout because it controls the release of energy into the bloodstream and is also active in protein metabolism during post exercise recovery. Special products such as *Glycolone* and *Panamax* which contain energy intermediates are applied to the nutrition plans to shift the metabolism from a catabolic to an anabolic state and are typically used during special preparatory periods before competitions. Additionally, each individual athlete has his or her own recovery rate. For some athletes (Type A) little nutritional and pharmacological help is necessary, while for other types (Type B & C) substantial correction of their energy metabolism during the recovery period is required. It is facts such as these that support the importance of how to critically differentiate which medicines and nutritional supplements, in what doses, at what times, what for, and for which individual, should be used for maximum positive effects.

As well as the substances which enhance the anabolic action of steroids, protective products are also prescribed. Liver protective to temporary dysfunction which causes a negative influence on the body's metabolism. Products such as *Lepton* (DDR), *Corsil* (Bulgaria), *Liverguard* (USA), and *Liv 52* (India) all serve to enhance an East Bloc athlete's anabolic state by improving general liver metabolism. Another advantage to these natural compounds is their effect on improving appetite, and indirectly improving protein synthesis. Other products sometimes administered are brain and heart protectants. In this article I have only briefly described the many inter-related factors which Soviet sport experts have determined are vital for proper steroid application. These include accurate pre-examination, sensitivity testing, cleaning or tubage procedures, protection, and the anabolic, energetic, and adaptogenic enhancers which all serve to maximize the gains. Of course, even when the athlete is in an off-cycle phase, many of the effective natural substances are continued to maintain the anabolic effect.

From the information presented above as well as the table, I hope you have developed a better understanding of the complex and interrelated training and testing of Soviet sport scientists and coaches. The ideal system which is a combination of training rest, diet, supplements, and often times anabolic steroids. I hope that this knowledge can be put to good use by Western athletes who have not been exposed to such a controlled and scientific, founded system of building strength. The practices will no doubt bring superior sport results with the least amount of danger to the athlete's health.

"Anabolic/Androgenic Steroids in Soviet Sport" by Leonid Yakovlev is available in the USA from Sports Research International. To order send \$25 (shipping and handling included) check or M.O. to 9859 P.O. Box 3339, Walnut Creek, CA 94598. Visa/MC orders call 1-800-828-8565

MODEL COMPLEX ANABOLIC PROGRAM IN THE YEAR PLAN OF TOP-CLASS THROWERS

MONTH # OF WEEKS PREPARATION PERIOD	In Preparation For: 1988 Olympic Games											
	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48	COMPETITIVE											
SPORT EVENTS	COMPETITIVE											
RETABOLIN (Injection)	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1	1 1 1
NERBOL (Pill)	6 12 18	28 35	12 18	28 35	12 18	28 35	12 18	28 35	12 18	28 35	12 18	28 35
PRIMOBOLAN (Pill)	14 17	14 9 6 3	14 17	14 9 6 3	14 17	14 9 6 3	14 17	14 9 6 3	14 17	14 9 6 3	14 17	14 9 6 3
WINSTROL (Injection)	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5
TESTOSTERONE (Injection)												
TUBAGE/CLEANING	X	X	X	X	X	X	X	X	X	X	X	X
MEDICINOBIOLOGICAL PHARMACOLOGY COMPLEXES (Sport Nutrition)												

NUMBERS REPRESENT NUMBER OF DOSAGES PER WEEK

Anabolic Androgenic Steroids in Soviet Sport

Volume I

By Leonid Yakovlev M.D.

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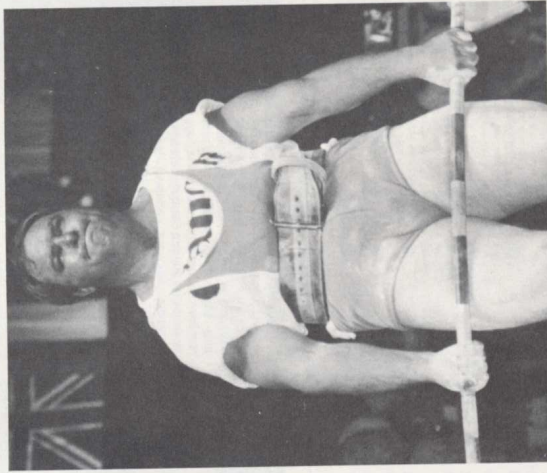
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POWER PROFILE

Gerrit Badenhorst his story told by PHIL SHIRLEY



Gerrit Badenhorst won the 1990 WPC Worlds in Pescara, Italy with a 992 squat, 551 bench, and 887 deadlift, for a 2430 total weighing 308 (Frantz).

For three years Gerrit Badenhorst has been one of the greatest powerlifters in the world. He is one of the few athletes ever to have totalled more than 1100 kilos on the three lifts. His awe-inspiring performances in 1987, 1988, 1989, and 1990 have made him a legend in the sport. "I had and disillusioned myself about it," he says. "I had heard that it was a dead-end career, but I had announced his retirement—the end of a sensational but short-lived era of a powerlifting's throne."

October 1990. In the bars and hotel rooms of Pescara's temperate coastline during the evenings preceding the WPC World and Euro-Championships' one name dominated the small talk. Gerrit Badenhorst, one of the world's greatest powerlifters of the past decade, captivated the thoughts of everyone connected with the championships. He possesses immense talent in his chosen field and, not surprisingly, has been the WPC's ranked number one contender for three successive years. Badenhorst has been a tonic of conversation in South Africa for many years, but the average British or American powerlifter may not have heard of him.

He should be a celebrity, with his name can be found along side the greats like Dwayne Fely, Bill Kazmaier and Lars Noren. Badenhorst has, in fact, surpassed these lifters and may eventually go down in powerlifting history as the greatest ever. Certainly he has done enough to immortalize himself in powerlifting's Hall of Fame.

But on a balmy night in one of the aforementioned hotel bars on the Adriatic coast, the great South African talked about retiring. He had just lifted the world title for the third time, smashing all previous records.

This soft-spoken South African, in the space of three years, has done more for powerlifting than most individuals could ever do. It took a lot to persuade him to take up the sport, after winning provincial colours in cricket, rugby and athletics. He was much more than just a strongman. He was an exceptional sportsman, a possessor of brilliant coordination and ball control. A true athlete and highly intelligent man who finally turned to powerlifting after almost a decade of experimenting with weight and bodybuilding techniques.

He took up the sport in 1987 and a year later shook the whole theatre of powerlifting by winning the World Championships on his home soil in the Republic of South Africa. His arrival gave the sport immediate international status. More fundamentally, his presence underlined the vast wealth of talent to be found within South Africa, and the importance of its rapid re-birth into world sport.

On the last night of the WPC finals in Italy, and eager wall-to-wall crowd

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

high jumper, was forced to eat more that his body had ever been used to, in order to build himself up for top-flight competition; a task that caused quite a few problems. "Like all powerlifters I had to eat a lot. But this was not easy and I had to get help. I went to see a person who could help me with my diet. I wanted to pick up weight. I had to because I wanted to be the best. She taught me how to eat properly, how to put on weight and then shed it, in order to make weight for competition."

"Now I eat five times a day, two of these meals are quite substantial, the others smaller. I think this keeps your metabolism slower rather than faster. This is why I don't carry much fat and am still quite lean."

The South African, meanwhile, had no such problems with his training and competition preparation. He has never varied his training and this consistency has been mirrored by consistent success on the powerlifting platform.

Badenhorst said: "I have always worked with weights five days a week. I work different muscle groups, like a split routine a bodybuilder might use. I train my legs, mainly squatting, for maybe an hour and a half. But I work my legs longer than any other body part."

For a man with such basic principles it is perhaps therefore surprising how much passion Badenhorst had raised in powerlifting. At his peak he is a lifter of unrivalled ability. He made superlatives redundant. At home we lavish praise on our own lifters but there is hardly a powerlifter in England or even the United States who could stand comparison with Badenhorst.

Powerlifting may lose Badenhorst for all time. He decided this month to stay within the confines of the South African republic and start over again, playing the sport he had to tear himself away from in the first place—rugby.

He said: "I have given up powerlifting for good. I am still quite young at 28, and have a lot to offer rugby. Before too long it will become difficult for me to compete at a high level in aerobic sport, so I want to take the opportunity to do so now."

"A powerlifter puts so much effort into his training. So much psychological thinking as well. Sometimes you put everything you possess, both mentally and physically, into a lift, but get very little in return. Yes, to win is a great achievement, to lift a trophy is fantastic, but at the end of the day there is no financial reward. Rugby players work for all their money, but get paid for all their time and effort. I would love to carry on, but sometimes the sacrifice is too great."

There is no disguising the fact that this year powerlifting loses one of the most exciting lifters in the sport's history. No one will take his place.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Power Nutrition as told by DAWN SHARON



DAWN SHARON is the former Dawn Reshel, and the new wife of Israeli lifter Asher Sharon.

We have read many reports on various supplements and their effectiveness in balancing our nutritional status and maximizing our athletic potential. These reports have varying and conflicting opinions for several reasons. First of all is the fact that the US government regards the field of nutrition as a speculative subject and allows people to voice their opinions in any format they choose, regardless of their credentials or the basis for their viewpoint. Because of this, we see hundreds of published weight loss plans by self-proclaimed authorities on the subject. Secondly, every human being has different day to day nutritional requirements according to the interaction of several factors: genetic history, body type, stress level, physical activity and environmental influences. Due to the wide variety of our different needs, it is impossible to find one supplement or even one plan that is effective in all people.

There are trends and basic patterns that, with minor fluctuations impact all people because we belong to the same species. One of these trends is the basic profile of nutritional and biochemical requirements to enhance the growth of muscular development, strength and repair. We all know that male hormone, testosterone and its various chemical derivatives, is influential in strength and muscular growth. However, as a professional Wildlife Rehabilitator with a background in biology and health sciences, I work with veterinarians and see many cats, dogs, and livestock neutered early in their physical development. These animals deprive of their reproductive organs grow big and strong without the aid of male hormone. We know male hormone is effective, but it cannot be the only or even the primary factor in muscular development.

The current research points to the fact that the most important requirements for muscular growth and development are growth hormone, serum protein, and balanced minerals. Serum protein is the easiest base to cover. Simply eating many small nutritionally balanced meals throughout the day will maintain your body in a positive nitrogen balance.

A number of the powdered protein drink formulations help fulfill this requirement by providing a balanced meal in a hurry. These products with chelated minerals provide the additional mineral requirements necessary for muscle growth. The USDA tells us that our soil is depleted of nutrients and minerals. The herbicides and pesticides that farmers regularly use effectively inhibit our bodies from accessing these nutrients. Therefore, it is difficult for athletes to obtain the mineral and nutritional requirements in a normal balanced diet. A good mineral supplement multi-vitamin mineral supplement is essential in maintaining proper mineral balance. The remaining variable is GH. If you are older than 22, your pituitary

still stores a substantial amount of GH, but due to our genetic programming, starts releasing GH in smaller and smaller quantities until by the age of 35 your GH output is a mere trickle of what it was at 19. Some individuals have no output at all. There has been a rash of recent GH studies which use elderly subjects and inject them with synthetic GH over a several month period. These elderly subjects have most probably been functioning without any GH output for a long time. These studies have all produced dramatic results. These elderly subjects developed thicker and more supple skin, greater muscle size and tone, lower body fat level, and small increases in the bony mass of their lumbar spine. Synthetic GH is prohibitively expensive and not

even though I have dropped around 15% of my bodyweight, I have been doing off season foundation training and just wanted to test my strength. One Saturday, I squatted 525 double, and deadlifted 305 for 5 reps without a suit. I benched 465 for 5 reps double, and deadlifted 465 for 5 reps 168 lbs. My workouts are crisp and my attitude is very positive. I am looking forward to my power training cycles on this new product.

Look for future articles on training successfully with no pain, training to overcome injuries, and how women can train for success. For information on nutrition and training call Power Excel 1-800-424-8308. Best of Luck, Good lifting.

without serious adverse side effects. How then do we maximize our GH potential? Researchers in the past decade have brought us information on a number of natural, food substances that will stimulate GH release. Free form L-Arginine when taken on an empty stomach, stimulates GH with no adverse side effects, even in therapeutic doses. The normal diet contains large amounts of L-Arginine in its protein sources and our bodies have well developed biomechanical mechanisms to process the L-Arginine.

Greg Reshel and I became acquainted with a sports nutritionist that has been researching GH stimulators for the past decade, who has recently patented a formulation that is a FDA approved food supplement containing free form L-Arginine, related co-factors and metabolites. The formula was tested and perfected on powerlifters, NFL Super Bowl Champion NY Giants, olympic and other world class athletes, and bodybuilders with amazing results.

I have been taking this formula since August of 1990 and my training workouts for the WPC Worlds were the best of my career. As of mid-January 1991, I had lost 26 lbs, 4 inches off my waist, 4 inches off my hips and I eat 6000 calories per day of good food and protein supplements. My squat suit is tight only on my thighs, My bench shirt is still tight on my arms and chest

15% of my bodyweight. I have been doing off season foundation training and just wanted to test my strength. One Saturday, I squatted 525 double, and deadlifted 305 for 5 reps without a suit. I benched 465 for 5 reps 168 lbs. My workouts are crisp and my attitude is very positive. I am looking forward to my power training cycles on this new product.

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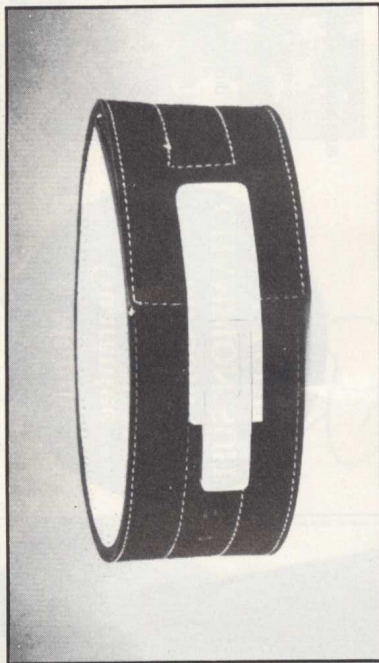
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INTERVIEW

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

Jimmy Pegues as interviewed by BOB GAYNOR



Bob: Jim, could you give us some personal information about yourself?
Jim: My name is Jim Pegues. I am 27 years old and currently with the U.S. Army in Bamberg, Germany. Charlie Battery, 3rd Battalion, 1st Field Artillery. My military occupational specialty is support sergeant.

I started powerlifting at the age of 19 while stationed in Pirmasens, Germany. While working out in the gym, David Coleman, a superheavy weight, took notice of me bench pressing some heavy weights and invited me to join the powerlifting team "Pirmasens Heavy Metal". We became training partners and close friends. I have been powerlifting ever since.

Bob: What are your best lifts?
Jim: My best lifts in training are as follows: Squats - 730 lbs. Bench press - 440 lbs. Deadlift - 825 lbs. In competition my best lifts are as follows: Squats - 710 lbs. Bench Press - 424 lbs. Deadlift - 810 lbs.

Bob: Jim, do you have any future goals in powerlifting?
Jim: I have many goals in powerlifting but my main objective now is to become the next World Champion in the 220 lb weight class at the upcoming World Drug Free Championship to be held in Australia in November 1991. I also want to total 2000 lbs. drug free in the 220 lb. weight class and eventually move up to the 242 lb. weight class and compete against the strongest guy in the ADFFA at this time, Bull Stewart.

Bob: What are some of the titles you hold?
Jim: I have several titles which I am proud of, including USAREUR Champion 1985, Armed Forces Champion 1985, four time All Army Champion (1984-1987), Kentucky State Champion 1986 and 1989, USZF Senior National Champion 1987, ADFFA Western Kentucky Champion 1989, IFF Junior World Champion 1986 and I am currently ranked No. 1 in ADFFA for 1990 in the 220 lbs. weight class. I am also the American and National ADFFA records holder with a 793 deadlift.

Bob: Jim, would you share with us your views on steroid usage?
Jim: Steroids are not something that should be encouraged. I do not use steroids and do not recommend them for anyone. I am totally against steroid use in any sport. Powerlifters who use steroids or any other strength producing chemical are ig-

tal exercise includes close grip bench press (3 sets of 8), incline press (3 sets of 10), behind the neck press (3 sets of 10), front raises (3 sets of 10), side laterals (3 sets of 10), tricep push downs (3 sets of 10), hammer curls (3 sets of 25) and, of course, 100 crunches.

On Fridays I deadlift. I work to my max with 2 sets of 4. My supplemental exercises are the bent over rows (3 sets of 10), cable rows (3 sets of 10), pull down front/back (3 sets of 10 each), one arm row (3 sets of 12), dumbbell shrugs (3 sets of 6), hyperextensions (3 sets of 15) and crunches for 1 set of 100.

Three weeks prior to a competition, I cut my assistance exercises down to one set, and my max set down to one rep. My off season is 12 weeks long. I still train with the same exercises, but I do high repetitions with lighter weights and train 6 days a week. I normally take off 24 weeks after a competition and go into this off season training cycle.

Bob: What advice would you have for a beginner?

Jim: My advice to beginners is to train with someone who knows the sport of powerlifting, don't expect overnight results, be consistent, stay away from drugs and just train hard.

Bob: Who are some of the people you admire in powerlifting?

Jim: In my career as a powerlifter I've come to notice some real talent. Most of the people I admire most are Dave Coleman, Dan Austin, David Pataway, Lamar Gant, Inaba, and Mike Hall. I also look up to all lifters who compete without the use of drug enhancers.

Bob: Jim, are there any other comments you would like to make?
Jim: I really enjoy powerlifting and all it has to offer. The competition is powerful and therefore I'd like to offer a challenge to any 220 lbs. lifter in any organization to compete against me under ADFFA rules.

My thanks goes out to David Coleman and Dan Austin for introducing and training me in the sport of powerlifting and my training partner, Craig Scalone. Also, I'd like to say thank you to my wife, Tamis, and our children, Jimela and Lavon, for their continuous support. Bob Gaynor and Mike Lambert for allowing me the opportunity to express my views and ideas in this interview and thanks to the Department of the Army Sports Branch for their financial support.

JIMMY PEGUES is one of the greatest deadlifters in the history of the 220 lb. division.

training I use Metaphase Metabolic Recovery System by Marathon Distributing Co., Inc. I also use Mesobolin tablets from Powerline Amino. I find these two products to be a great natural enhancement to my body's conditioning.

Bob: Would you give us a breakdown of your in season and off season training program.

Jim: I train Monday, Wednesday, and Friday 10 weeks before a competition. On Mondays I do squats working up to my max for that week doing 2 sets of 4. I do supplemental exercises like leg press (3 sets of 12), hack squats (3 sets of 8), leg curls (3 sets of 12), cable raises (3 sets of 15) and I always end my exercise with a set of 100 crunches.

On Wednesdays I bench up to my max with 2 sets of 4. My supplement

More From Ken Leistner



Dr. Ken Leistner in the midst of his amazing twenty rep set with 400 pounds in the squat. (Kathy L)

When I told Mike Lambert of my plans, he laughed the laugh usually reserved for a relative that has either cracked under the strain of extreme emotional stress or the ludicrous rantings of a stranger in the street. Our discussion about my birthday plans meandered to the place where training enjoyment oversteps the bounds to something not usually interpreted by anyone as being "fun."

I believe there is a place for Masters competition, although the current format leaves me both uninterested and somewhat concerned for the safety of many others my age. I have been outspoken about my objections to the teenage powerlifting programs. I always tell my patients that when making decisions regarding adolescents, I first take a father's perspective, and then that of a health care provider. In this way, I am less likely to make any mistakes, and if anything, will be overly cautious when dealing with an injured teenage. I certainly believe that young boys and girls should have the opportunity to express their competitive desires, and demonstrate that they have become muscled stronger. I obviously have been a long time supporter of strength training programs at the high school level. The entire Malverne High School weight training facility has come from Ralph Rakola and myself, excepting the recent generous additions provided by Tom Kinny of TK Equipment Company. I have a number of excellent high school and college athletes who have, and continue to train under the supervision of my office. A properly designed strength training program allows for the reduction in the probability of injury when the athlete is competing, and will, all other things being equal, produce a better competitor.

The emotional benefits of training should not be ignored, especially for the teenager whose self-esteem and levels of confidence are under siege. The discipline necessary to improve in the academic and social areas as well. The camaraderie that can be built as a group of youngsters learns to rely upon each other, or that betwixt a parent who trains with his or her child, is very beneficial. Unfortunately, the drawbacks of injury risk due to the regular exposure to heavy forces upon the immature skeleton and muscular systems far outweigh the numerous benefits that can come from the training program.

Many of the same risks exist for the older lifter. Despite years of training they did not pose any particular burden; forty came and went before I realized that I was supposed to be upset or unhappy. For number forty-four, I set a goal that would require the type of training that encourages the

consistent use of high force/low intensity training, coupled with a relative lack of cardiovascular conditioning, is a negative. Joint degeneration and injury becomes a likelihood. Despite the protestations that "I've taken at least one thousand squats over five hundred and nothing's happened yet", I can only point out the obvious that a fifty four year old man who is usually twenty pounds of pure muscle and twenty pounds of fat, and a history of consistent aerobic conditioning, may or may not survive number one thousand and one. The emphasis on "how much weight" is lifted, the very nature of our sport, almost insures that one's age related priorities will not meet current scientific or medical recommendations.

For both the teenager and masters competitor, the solution is simple. The training protocols will provide a safer and more efficient manner in which to improve strength and cardiorespiratory abilities. The competition itself will not require the types of changes in the yearly programs of what I would refer to as relatively dangerous training procedures. The physical safety of each lifter will be somewhat improved both in training and during any specific competition.

I have never become involved with the trauma that accompanies particular birthdays. Twenty one was no more exciting than number fifteen; they did not pose any particular burden; forty came and went before I realized that I was supposed to be upset or unhappy. For number forty-four, I set a goal that would require the type of training that encourages the

morning type, horrendous form, with belt, suit, wraps, or any of the other things that serve to lend support in the lift. Everything after number eleven was doubtful, I felt as if I was being crushed and then snapped in half, and as the late John McCallum stated so often, "saw my life passing before me on each rep." Afterwards, I was down for over an hour, retching and watching the room spin. I couldn't get up or down stairs until Monday, and felt as if I had been hit by a truck for at least a week. However, I also felt great physically, in that I knew I had provided a workout of extreme intensity that would benefit me both cardiovascularly and muscled. I had not squatted with this much weight for this many reps since my late twenties and, of course, I had the satisfaction in knowing that the clock, while not being turned back, wasn't lurching forward at a breakneck pace.

My son Sol said to me at one time, "Don't worry Pop, you're not old, you're just middle aged." I laughed, but it caused me to think about our sport. Yes, there is a place for the mature lifter, but perhaps consideration should be given to utilizing a percentage of bodyweight for the most number of properly performed repetitions in competition. The same could be done for the bench press and deadlift, and maybe a thicker bar should be used so that the number of deadlifts that can be completed is more dependent on grip strength, giving yet another limiting/safety factor for the lifter. This would also eliminate the ages old cry of "I was strong enough, but I couldn't hold the weight." If you can't hold it, I guess you weren't strong enough, and yes, I obviously feel that you're testing the grip strength too, because it's an integral part of the lift. If you disagree, have a federation that allows straps and stop complaining.

Drew Israel, a friend who has a thing for high rep benches and deadlifts, suggested that the safety of masters and teenage contests be improved by using a Hammer Bench Press machine for bench competition. "It will force everyone to bench over full range, there's no need for spotters, and you can't drop the bar on your chest or face. If it produces work in the same muscles as the bench press with a bar, why not change the protocol if it will mean better safety."

Obviously no one wants to make changes, even for the fun of contests. Remember, masters lifters do it for fun, or at least that's what they say. I'd like my fun mixed with a higher degree of safety, especially if it means training so that I also can train in a safer manner. Will any of this happen? Not on any platform in the future, except for those like the one in my garage, and in garages like it.

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I am a very precise powerlifter. I couldn't train for world championships without drawing 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 toying with weights I should just have been making.
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Talk is cheap, as they say. We could fill up this entire magazine singing the praises of HOT

Willie Bell, 1987 APF World Champion
1990 U.S. Senior National Champion

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TRAINING

"Peak" Prediction as told to PL USA by Doug Daniels

How many times have you had several fantastic workouts in a row when you felt you could lift the world? Then, suddenly, the bar feels like there's 4 extra 45s on each side? Not only is your euphoria of strength gone, but your weights and reps actually move downward. This doesn't just occur during one workout as an aberration, but it goes on for several workouts. What happened is that you peaked your peak and are on a downturn and nothing will help.

Most top athletes know you can't maintain top strength or condition for too long of a period, and this comes from athletes to athletes, but wouldn't it be great to know just when you wanted to, like air to meet? It's impossible to guarantee that this will happen at the time, but I can provide some clues that can definitely increase the probability of hitting your peak at the best time.

It takes a good deal of experience and the use of a training log to accomplish this, but the method is straight forward and easy to work with. Let's start with what a training log is. Basically, it is a diary of your training sessions that you fill into. Diving, sets, reps, weight this into in the log. A formal book is not required, a zero pad will do just fine. Don't forget a pen or pencil.

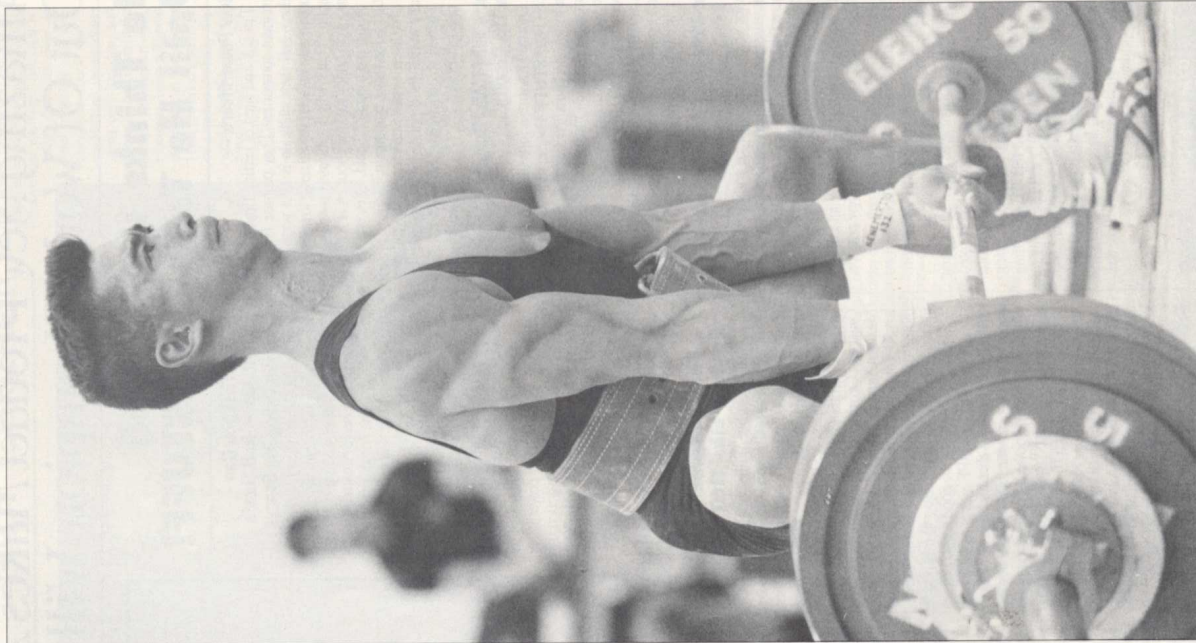
Now, what do you do with this log? First, you need to before your workouts for about 6-8 weeks before you begin to use the log. It would be best. What is the log useful for? It would be to how long it takes for each lift to peak out. Using a period of less than 6 months doesn't provide a reliable enough timeframe. Let's examine a fictitious bench press cycle. Only the top sets will be discussed.

Week 1: 300x8, Week 2: 305x8, Week 3: 320x6, Week 4: 325x6, Week 5: 335x5, Week 6: 340x5, Week 7: 345x3, Week 8: 345x3, Week 9: 345x2, Week 10: 330x4.

This example illustrates that the lifter peaked out or exhibited top strength on weeks 5 and 6 and suffered a drop off after week 7. This cycle by itself is not meaningful, but if 4-5 cycles showed a similar trend, then we're on to something. This would indicate this lifter should limit his peaking cycle to 5-6 weeks. If he were to work backwards from an upcoming meet, he should start hard training 5-6 weeks prior. This would increase, but not guarantee, the likelihood that the lifter would hit his peak at the meet.

Too many times lifters follow set cycle periods (i.e. 8-10 weeks) that may not suit their individual tendencies. By the same token, each lift may exhibit different tendencies. For myself, my bench would peak quickly then fall off, while my squat and deadlift could be cycled longer. Your training log again would be useful in determining this and adjustments should be made to accommodate each lift. By including a longer period of time in your study, you can eliminate the effects of illness, work obligations and personal matters distorting your findings. A personal computer or graphing your data would also help in your research to illustrate trends.

Of course, this research should be ongoing as weight change, injury and age can effect your peak predictions. Continually monitor and adjust your training. By using a little common sense and a training log, you can reap great benefits in your final results. Remember, this method is not 100% reliable, but it's use can greatly improve your chances of predicting your peak. Until next time, may all your squats be low and all your lights be white.



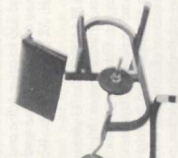
JAMES BENEMERITO hit a nice peak at the A.D.F.P.A. Lifetime Drug Free National Championships

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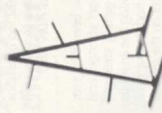
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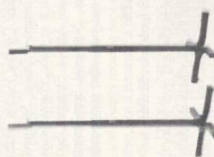
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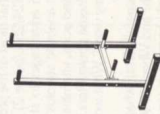
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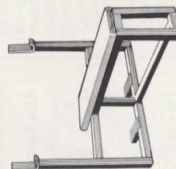
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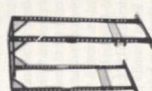
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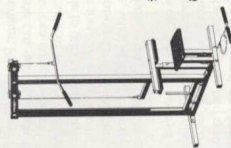
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Ask the Doctor

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

DEAR MAURO: I'm 33 years old, 6 ft, 185 lbs, and have been lifting for a little less than two years. My main goals this year are to get stronger and to get bigger. Can you give me step-by-step approach to getting stronger. You stated on page 16, *Update 2*, when an athlete stops taking the anabolic steroids, that at the end, he might lose more strength than had he not even used steroids at all. You also stated that most of the products on the market would be relatively ineffective (page 24/25 *Update 2*). So if this is true, it would seem to me that there are no advantages to steroids.

I'm guessing that the alternative to anabolic steroids is supplements. My main question involves the use of amino acids, vitamins and minerals. What brands of amino acids just in case they work? What would you recommend every lifter take?

If I one had only a \$100 (month [hopefully less]) what supplements would you need be taken? How much? and When? 2) What is the difference between Amino Acids and Protein? a) I heard that your body can only use a little at a time. How much should you take at one time? b) Vince Gironda advocated the consumption of large amounts of raw eggs up to 36/day; where others will only recommend 48 grams per bodyweight. c) I have read that large quantities of protein will leech calcium from your bones and damage your kidneys. Is there a way to prevent this from happening. d) I read that if you are to take in large amounts of protein, then you must also take: 1) Hydrochloric acid (HCL) and 2) Vitamin B-6. 3) What is your opinion of Decasated Lactin, Protein powders, Chromium Picolinate, and Fenolic Acid? 4) Is it true that, as a rule of thumb, one can gain approximately 1 pound of muscle a month? 5) In May 1990 issue of *Muscle & Fitness*, they state such incredible gains? 6) In May 1990 issue of *Muscle & Fitness*, they state that up to the age of 30 it is still possible to gain muscle mass; but that after 30, most have gained as much mass as they will ever! Wow... if this is true, I'm stuck with this skinny body. Bottom Line: If you were into weightlifting, and did not wish to take steroids, what kind of chemicals would you use, when would you use them, and how much? Thank you, **Ralph**

DEAR RALPH: I would concentrate on the exercises that will maximize your mass, such as the squat, bench press and deadlift, adding perhaps a few assistance exercises. I would only work out three times a week. For example, on Monday I would do squats, bench presses and curls; Wednesday to deadlifts, incline (about 30 degrees) bench presses, and triceps extensions; Friday do lighter squats, bench presses and bent over rows. For now at least, concentrate on building the larger muscle groups and forget about using dumbbells or special machines and avoid exercises that isolate certain muscles.

Amino acids are simply the individual building blocks of protein - the only time they may be harmful is if they are taken individually in very high doses. The dosages of any of the amino acid supplements advertised in PL USA are safe, although I question their efficacy in increasing athletic performance if you're taking adequate amounts of protein in your diet.

The best advice I can give you is to improve your diet to the max and then experiment with some of the supplements advertised in the magazines. However, you might want to read my new book *Beyond Anabolic Steroids* for information on many of the basic ingredients, and higher in protein than the average diet (about two grams per kilogram body weight or just under one gram per pound). Although most scientific and medical sources feel that protein supplementation and high protein diets are unnecessary, and that the Recommended Daily Allowance, suggested by government research committees, supplies more than adequate amounts of protein for the athlete, I don't agree.

In a recent study it was reported that in rats dietary protein appeared to stimulate muscle growth directly by increasing insulin and free T3 levels and inhibiting proteolysis, as well as increasing insulin and free T3 levels. I feel that this apparent direct influence of dietary protein on muscle accretion occurs in man. Concentrate on the complex rather than the simple carbohydrates, and keep away from the junk and fast foods and as much of the processed foods as you can. Take in a variety of foods every day, including fresh vegetables, fruits, grains and a mixture of complete proteins from foods such as cheese, milk, eggs (a few egg yolks as well), red meat, fish, poultry, etc.

If you're trying to put on weight, increase your daily intake of fats and carbohydrates (but watch out for animal fats if you have cholesterol problems), cutting out alcohol as much as possible since alcohol decreases serotonin-testosterone and adversely affects the androgen receptors and thus is counter-

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productive for athletes.

Make sure you're getting enough rest, both at night and between workouts. All this sounds simple enough but you'd be surprised at how many people overtrain and how one sided many people's diets are. Once you've covered the basics, the supplements may give you a bit of a boost.

If you're going to try some of the supplements, buy my book so you can make an informed decision, and keep an open but critical mind when you try any of these products.

I wouldn't take Vince Gironda's advice about eggs very seriously. You could run into serious problems over the long run. Eating 36 raw eggs a day would be detrimental for someone with cholesterol problems and probably wouldn't be too healthy even for a normal individual. Like in almost everything else, moderation is a useful guideline.

I also wouldn't take that article stating that after age 30 you won't gain any muscle mass too seriously. It may be true of the veteran bodybuilder who during his twenties maximized his gains using every trick in the book (you can only get so big) but it certainly isn't true for someone like you who for example haven't top out at say a ripped 240 lbs. under maximal conditions. You haven't reached your genetic potential yet.

If I wanted to compete without using steroids I would follow the guidelines I set above. And accept the results. It is my feeling and the feeling of today's athletes that there are two levels of performance. One is the natural level attained with proper nutrition and training, and then there is the drug induced level (especially with the use of the anabolic steroids), that in effect put the athlete on a different developmental level than he would be without drugs. Let me know how you get along. All the best in your training.

Sincerely, **Mauro Di Pasquale**

I want to tell you a magnificent story about human courage and love. The story is about my father. Now, I know what you're thinking, "Oh, no! Not another 'my father's great story.' Well... in a way it is a story like that.

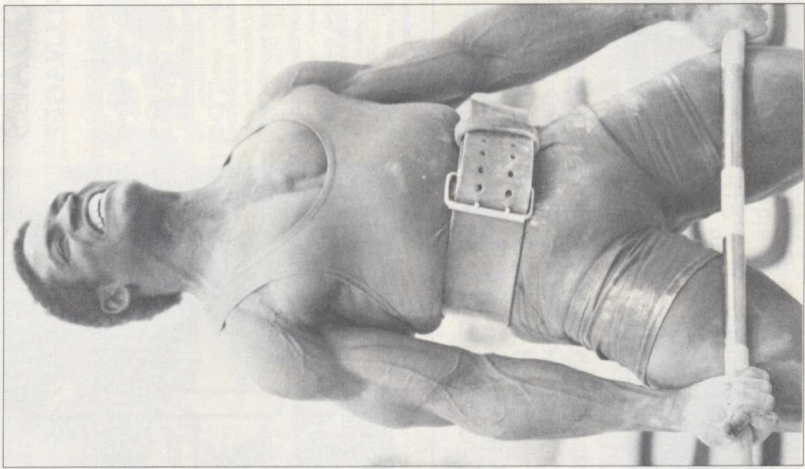
Don't get me wrong though. I'm not ashamed about bragging on my father. Every son should think that his father is the greatest. Unfortunately, that's not always the case, but for me, there is nothing more true. I believe that I am a very objective person. I've been all over this country and I've had the opportunity to visit a few others. I'm sure I can honestly say that I have never met a man as great as my father, and I have met some truly great men. He's a beautiful, wonderful human being. Always positive, smiling and always moving forward. He's a doer, not a dreamer; a listener, not a talker; a leader, certainly not a follower. Honest, hardworking, intelligent and powerful, he's simply an awesome force. He's everything that I ever want to be.

The story I am about to tell you has nothing to do with the love and devotion I have for my father. Rather, it reflects the love and devotion my father had for another man - a black man. It was over thirty years ago that the events of this story took place. If my memory serves me right, I was five years old. At the time my father was one of the best softball pitchers (fast pitch) in America. That's not a record son talking, but rather the proud book speaking. In the years that he pitched, his winning percentage was well over ninety percent. It was nothing for him to strike out sixteen or seventeen batters in a seven inning game. And when it came to no-hitters, I doubt if anyone in the nation (with the exception of the great Eddie Fegner) had more. In one season alone he threw three 21 no-hit games. Not surprisingly, at the beginning of each season my father was deluged by teams who wanted him to play for them, and it was routine for other teams to "pick him up" to play in weekend tournaments. He was just that great.

If there was one pitcher in the entire state of Pennsylvania who had a chance of beating my father, it was Odie Threadford. It's rather ironic because my father had a hand in Odie's pitching, so to speak. In fact, Odie was quite open about the fact that if it wasn't for my dad, he would never have gotten into pitching. It might be noted that a pitcher of Odie or my dad's calibre could make some pretty good money (under-the-table) in those days. Even more significant was the fact that Odie, who just happened to be black, was one of my dad's best friends. You must understand that I'm talking about the late 1950's here: a time when it was fashionable and/or socially acceptable for blacks and whites to pal around together. Funny thing is, though, that when it comes to sports, people tend to be more tolerant of interracial relationships. Because Odie was one of the best pitchers in the state, many all-white teams tried to procure his services. Generally though, Odie

Dr. Judd

The COURAGE to Live the Good Life as told by Judd Biasiotto Ph.D.



Curts Brown at the Lifetime Drug Free Nationals - a ripped natural athlete.

would place with whatever team my dad played for.

Well as the story goes, in one weekend tournament both Odie and my dad were "picked up" by the Allentown Patriots. The Patriots were a softball powerhouse, as they still are to this very day. Anyway, in the first game my dad pitched a one or two hitter for the win. That was followed by a similar performance by Odie. In all candor, with my dad and Odie, the Patriots really weren't challenged by the other teams. After the second game was over, the entire team went to the picnic area to eat lunch. When we got to the pavilion, everyone sat at the tables except for Odie, my dad and myself. We sat out under a large oak tree and ate. After we finished our meal, Odie got up and walked back to the ball field to watch the game that was in progress. A few minutes later after Odie had left, one of the ballplayers from our team walked over to my dad and spoke. "We all know Odie's a good guy, but he needs to learn his place. It's one thing for a nigger to play with us, but that doesn't mean he has to eat with us." I'm not positive if that was the exact dialogue, but he

assured it was on that order, and I am positive that he used the word "nigger" because that was the first time I had ever heard it. I might not remember exactly what he said, but I do remember exactly how my dad reacted. Basically, he went from a flame-smoking know-nothing to a flame-smoking know-nothing.

First, he let the ballplayer know in uncertain terms that he wasn't going to listen to that kind of talk. He also informed him that Odie was not only a great pitcher, but a great person and that he was honored that Odie considered him a friend. My dad then walked over to the pavilion and informed the rest of the team that Odie wasn't just a good friend, but a man that he admired and loved, and that if that caused a problem, he would be glad to get his things and go home.

At the time I was too young to really appreciate what was going on. Years later, looking back on the situation, I was able to understand the significance of the event. First of all, I believe it took a lot of guts to do what my dad did. It would have been easy for him to just ignore the player's comment. Odie would never have known, and he would have remained in good graces with the rest of the team. That wasn't my dad though. He realized that by saying nothing, his silence would be interpreted as condoning such hatred, prejudice and destruction. More importantly, he realized that his actions would have a profound impact on the way I would think and act later on in life.

Ever since I can remember my father championed the rights of others. Believe me, I heard his little lecture on human rights and dignity a few thousand times when I was growing up. Still, it's one thing to talk about loving and caring for others and another thing to live your life in that manner. Like I said, I think it took a lot of guts to do what my father did, especially when you consider the day and time. I doubt seriously if many men would have had the gumption to stand alone against a whole team on such a sensitive issue. Amazingly though, just about everyone on the team apologized to my dad and insisted that he stay with the team.

There's two other things I remember about that day. After my dad's confrontation with the team, he took me aside and told me not to tell Odie about what had happened. I didn't tell Odie but I can honestly say that I really don't have a clear grasp as to what had transpired. As it turned out however, someone did tell Odie. On the way home after the tournament, which by the way the Patriots won and my dad received the MVP, Odie turned to my dad. I remember exactly what he said:

"I heard what you got told today, you know you could have gotten killed. Worse yet, you could have gotten both of us killed. You're crazy... No, you're the best f---in' I've ever seen with you Odie. He was the best."

My father died on May 18, 1986. A wonderful husband, a fantastic father, and a great human. He has everything that I ever want to be. "I miss and love you, Pop."

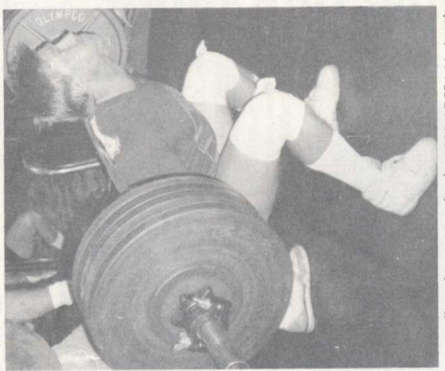
STARTIN' **STARTIN'** **STARTIN'**

A special section dedicated to the beginning lifter

SUCCESS THROUGH REALISTIC GOALS as told by RAY HOLLNAGEL

While preparing for the 1990 ADFFPA Men's Nationals, someone asked me if I had a shot at winning it. I gave our our of that. Since I was an average lifter entering in the 190 lb class, I thought I would have an average performance. I would break in to the top five and win a trophy. Well, that's not what happened. I got my trophy out. I was not only disappointed, but I was frustrated and angry. You see, it's not the trophy that matters, but rather the joy of competing on a national level. It's the titles and trophies that he's in it for the wrong reasons. Powerlifters should be individual performers than filling their trophy cases. Don't get me wrong. I like winning titles just as

you execute the lift. A huge opening squat attempt is no good unless you can make it. For each meet, I try to total more than I did the meet before. Even if it's only a few pounds. I consider any improvement a success. It's OK to set long range goals, but you have to get over the little hurdles first. Be patient. Many lifters tend to forget that they're competing against themselves. Since you have no con-



Ray Hollnagel in training for the 1990 ADFFPA Nationals.

rol over what other lifters do, you should focus on squeezing out your best lifts. Achieve your goals, then go for the medal. Powerlifting should be fun. The major emphasis should be on doing your best. And if your best is not satisfying enough, you should get out of the sport. I was more than 250 pounds away from winning the ADFFPA Nationals a real longshot. As expected, I didn't take home a trophy, but I did take home personal records in the deadlift and total. I considered the day a success. My goals were accomplished. As I was leaving the meet, I met Freddie Higgins in the parking lot. He told me I did a good job. "You looked very confident out there," he said. That made me feel great. Comments like that, coming from a lifter I respect and admire, keep me coming back for more. That's what the sport is all about. If you remember to keep things in perspective, work hard, and be patient, you'll seldom be disappointed. By setting realistic goals, there's no limit to what you may achieve. Good lifting to you.

Ray Hollnagel

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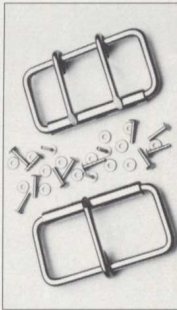


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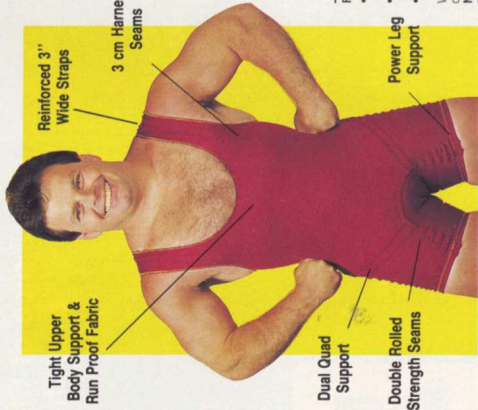
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INTERVIEW

VLADIMIR MIRONOV in Iowa as interviewed by Jon Smoker

The following is an interview conducted with Vladimir Mironov at the Central Iowa Bench Press and Deadlift championships promoted by Jeff Baird on Feb. 2, 1991, where Mironov benched 605 and deadlifted 835 with an Olympic style grip.

Smoker: How old are you?

Mironov: 31.

Smoker: Where do you live?

Mironov: Omsk, which is in Siberia.

Smoker: Do you have a family?

Mironov: A wife and a 13 year old daughter.

Smoker: Do either of them participate in powerlifting?

Mironov: My daughter is too young and my wife does not exercise, but she is my best helper.

Smoker: What is your occupation?

Mironov: I am paid by the government as a powerlifting coach, but it is only 300 rubles per month, so it is not enough to support a family. So I also arrange sports and cultural tours and I sell computers and wood-based products.

Smoker: Are any powerlifters subsidized by the government?

Mironov: No, only the powerlifting sportsmen must get by as best they can.

Smoker: Do you have a background in Olympic lifting?

Mironov: I did Olympic lifting for 16 years.

Smoker: What were your best lifts?

Mironov: 170 in the snatch and 210 in the clean and jerk.

Smoker: And the powerlifts?

Mironov: 370 in the squat, 290 in the bench and 420 in the deadlift.

Smoker: That would be a world record deadlift if done in competition, 420 kilograms.

Mironov: Yes, 420 kilograms.

Smoker: What does your diet consist of?

Mironov: Lots of milk, meat, potatoes and bread. I eat whatever I can find in the stores (laughs). I also drink very little, I once had 2 beers and got pretty drunk.

Smoker: Do you take any supplements?

Mironov: Only what is available to the general public. There are no special supplements for sportsmen where I live. So I take a B complex, vitamins C, A, D, and liver tablets.



Vladimir pulls 835! (courtesy Baird)

Smoker: Olympic lifters in your country train quite frequently, whereas powerlifters in your country usually train each lift heavy just once per week. So which way do you train?

Mironov: I train 6 days per week, 3 times on the bench press and squat, and 2 times in the deadlift. Two of the workouts in the bench press and squat are heavy and in one of the deadlift workouts I go heavy.

Smoker: Do you get any information about how American powerlifters train?

Mironov: No, none is available where I live.

Smoker: Is your training based on merozo on the cycles developed in your country's powerlifting system?

Mironov: Yes, but I have only used what I learned in weightlifting as a base. I have developed my own system.

Smoker: When I was in Moscow in 1986, I was introduced to a very extensive system of restorative techniques. Are such techniques available to you?

Mironov: I don't have access to any of those techniques.

Smoker: Do you do any accessory work?

Mironov: Only tricep extensions, overhead presses, lat pulldowns, curls and leg presses.

Personal dialogue between PL USA Magazine and the Sports' Greatest Names

By choice I don't want to know any other exercises because my system is working.
Smoker: Your lifting was lit-tle off today. Was it because of jet lag?

Mironov: No, I lost weight in Moscow because I didn't know until the last moment if I would be permitted to leave after waiting for ten days. I was so angry and frustrated by the red tape and uncertainty, that it interfered with my training and I went from 130 kilograms bodyweight to 120.

Smoker: Why did you shift from Olympic weightlifting to powerlifting?

Mironov: Olympic lifting was causing too many injuries. I had a lot of problems with my joints.

Smoker: Which sport do you like better?

Mironov: Powerlifting. I enjoy it more because you can remain on more of an even keel in your training. It's not disrupted as much by injuries and pain. Olympic lifting is very bad for the joints. That sudden jolt of all that force is very harmful to the joints.

Smoker: 31 is considered old by the Bulgarian head coach. He has stated that sportsmen are retired from weightlifting in Bulgaria at 24.

Mironov: In the Soviet Union it is 25. After that you can no longer draw a government salary, unless you are exceptional like Rigert and Alexeev.

Smoker: Does that mean that many ex-Olympic lifters are going into powerlifting?

Mironov: Yes, powerlifting is already very popular in the Soviet Union.

Smoker: What do you think are the chances of powerlifting getting into the Olympics?

Mironov: I can only hope, but I don't have any inside information on when this might happen to in lifting.

Smoker: Who do you look up to in lifting?

Mironov: My coach for many years, Vasily Kolotou, a 1970 World Champion. He was not only a great teacher, but also a great human being.

Smoker: Do you have any message for American powerlifters, like "The Russians Are Coming"?

Mironov: (laughs) No, I don't want to say anything negative to the American lifting sportsmen. I love them and wish them well.

Smoker: What have you liked about America so far?

Mironov: The American people. They have been wonderful.



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Week 3: warmup to 400x3, 450x3, 475x2, 500x1, 445-470 for 2-3 reps and 3-5 sets.
Week 4: this is a rest week.
Week 5: warmup to 425x2 for 6 sets, 450x3, 475x2, 500x1 for 3 sets, 450x3, 475x2, 500x1 for 3 sets, 450x3, 475x2, 510x1 for 3 sets, 450x3.

Other people are the main resource for you to become successful. Talk to other lifters at meets. You don't have to take everything someone says as gospel. Pick and choose. READ the articles in *PL USA*. There is tons of good information in it. If there are any questions, feel free to write to me.
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Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

INZER
ADVANCE DESIGNS

4th Annual Lake Norman Bench

15 Dec 90 - Mooresville, NC

up to 150 lb.	415
D. Bondy	370
G. Ballard	370
M. Chu	365
C. Pennell	360
P. MacKin	340
A. Steen	330
J. G. Grier	330
J. Meekins	330
J. Mayberry	300
R. Harris	280
R. Hillbrand	280
165 lb.	475
C. Conner	475
R. Pace	415
S. McNeil	375
K. McCallister	370
W. Harrington	350
J. Lee	345
T. Stanshenship	335
S. Bell	470
M. Weant	300
M. Bradshaw	300
180 lb.	460
R. Hilling	435
K. Hockenberry	415
J. Burgess	380
J. Letuli	370
C. Mangum	295
M. Rogers	275
190 lb.	540
J. Elliott	540
M. White	440
T. King	435
D. McMillan	425

The biggest and best benchers in the state showed up for the event, which was sponsored by Adams Fitness Center, of Mooresville. Len Adams and his crew did an outstanding job of conducting the meet. The meet was held in North Carolina. David Sellers took the 150 & below class with a 340 bench. Rusty Pace hit a 415 to win the 165s. Inconceivable! Hillbrand lifted a 500 to take the lead from Larry Arthur who traveled all the way from Memphis for the 220 effort. The 242 class was dominated by Robert Reid. Robert pushed a 550 to take the lead over Brian Bush, who narrowly missed a 555. State Records were set by Corey Gandy with a 415 and 340 for the 275s. Favorite Joel 747 Elliott easily took the Super Heavy Class of Georgia. First place trophies were awarded to the winners in each division. Best lifters were Rusty Pace and Bobby Hillbrand. Each lifter received a custom made clock for that honor, while Harold Collins lifted a 415 to win the 165s. (The love of my life, Vickie, Robin, Bob, Jim, Rimb, Big Ed, Big Al, Melvin, Paul, Ed and Barry, Sherrill. Special thanks to the staff of Adams Fitness Center for the trouble and assistance at the meet. Thanks to all lifters that made the trip to Mooresville and if you enjoyed the meet this year, just wait til next year's meet!!! (Thanks to Len Adams for results)

Apollus Health Spa Bench Meet

10 Nov 90 - Sidney, NY

Men	
148 lb.	305
J. Reinholz	305
C. Byrnes	285
J. Wenner	285
T. Harris	285
N. Wells	300
B. Legg	295
S. Schwartz	275 lb.
D. Herbit	280
198 lb.	380
J. Sklar	380
D. Neff	310
220 lb.	405
J. Harris	405
242 lb.	430
D. Neff	430

especially to Brian and Joe from Muscles in Motion, our safety minded spotters. I would also like to thank our head referee Bob Legg of PA. Also thank the staff of Adams Fitness Center, Obed Lifer - S. Chavis 53 years. Forthwest Knoxville - D. Herbst and M. Arcaris - Rochester, NY. Christopher Byrnes - Meet Director. (Thanks to Chris Byrnes for results of this competition.)

NASA - Inzer Bench Tour

17 Nov 90 - Longview, TX (kg)

Men	
181 lb.	198 lb.
R. Roy	145
220 lb.	147.5 lb.
J. Adams	175
G. Knight	150
Sub-Masters	195
(Thanks to Dan Black for results of this meet)	

Netherlands Antilles Championships

10 Nov 90 - Willemstad, Curacao

Women	
50 kg	580
67.5 kg	470
75 kg	440
82.5 kg	440
Callin	140

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

their gear. With the help of Bill Clark in the USA and through the sponsorship of the Antillian government and Curacao Wedding and Industrial Equipment, the group had the four time World Champion (1984) and 1985 World Champion, to hold clinics and visit with lifters in the country and Meek, just two weeks off his world mastery title effort in Australia, was still in good enough form to lift the local low that age is really a newspaper publicity and, hopefully, the two Americans were short in the arm for Antillian powerlifting. Bill Clark plans to return in 1991 against the athletes at the same time as the Antillian championships. He can be contacted at 3906 Grace Ellen Drive, Columbia, MO 65211 after the first of the year. The trip won't be until November. (Thanks to Bill Clark for these results)

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OUR COMPETITORS WRAPS (GOLDLINE, BLUELINE, REDLINE, PURPLELINE...) JUST KEEP GIVING YOU A THICKER WRAP... NOT A TIGHTER ONE! A TIGHTER WRAP IS WHAT CREATES THE PRESSURE AND TENSION FOR THE EXPLOSIVENESS AT THE BOTTOM OF THE SQUAT AND DEADLIFT!

IF ALL YOU WANT IS A THICKER AND BULKIER WRAP GO OUT AND BUY A TOWEL...

OH, BY THE WAY WE DO HAVE TOWELS FOR SALE!!!

POWERWRAP™

POWERWRAP™2 (SW2, ELITE).....	\$9.99	STYLE 1 (VELCRO).....	\$6.99
POWERWRAP™3 (SW3, DYNA, FRANTZ).....	\$9.99	STYLE 2 (NEOPRENE w/ VELCRO).....	\$6.99
POWERWRAP™4 (HURRICANE, MUSCLE).....	\$9.99	STYLE 3 (THUMB LOOP w/ VELCRO).....	\$6.99
POWERWRAP™5 (JUSW10, REDLINE, GODDINE).....	\$12.99	STYLE 4 (THUMB LOOP w/ VELCRO).....	\$7.99

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USPF Louisiana Championships			
Open	SQ	BP	DL
F. Cotton	205	160	275
L. Williams	160	85	335
C. Bryan	325	115	275
SHW	250	150	330
Teenage	56	kg	
A. Bahin	165	120	290
W. King	475	240	410
T. Edmond	295	185	250
J. Mahoney	205	140	300
75 kg			
J. Gaudin	380	275	460
M. McNeill	370	220	385
K. McNeil	405	330	500
M. Wells	500	335	500
90 kg			
C. Underwood	470	300	475
110 kg			
C. Brown	430	280	430
USPF sanction-2550-90, meet director: Claude			
Judges: Manon Hall, Sam Starr, Shaquane Wilson,			
Burkey, Paul "Sage" Prodey, Jimmy Tall, John			
McNeill, Garland "Bear" Carroll, Kevin			
132			
460			
440			
290			
500			
425			
280			
500			
485			
225			
440			
110 kg			
390			
260			
460			
110 kg			
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255			
405			
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185			
315			
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370			
570			
1485			
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530			
1350			
1485			
1765			
375			
385			
1300			
700			
455			
650			
1805			
735			
380			
460			
1760			
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580			
410			
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1525			
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325			
1370			
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580			
1810			
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470			
1275			
385			
225			
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985			
325			
185			
325			
835			
545			
370			
570			
1485			
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340			
530			
1455			
430			
340			
1200			
380			
265			
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1070			
480			
350			
550			
1380			
410			
265			
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1115			
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385			
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465			
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275			
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330			
234			
395			
960			
410			
300			
380			
930			
67.5 kg			
350			
300			
255			
155			
270			
680			
260			
150			
265			
675			
230			
115			
250			
595			
230			
120			
210			
625			

difficult to put on a meet without quality help. To all of the sponsor-leaders, expeditors and judges - THANK YOU! A special thanks to Mr. Jim Starr for loaning us some equipment, and to Mrs. Cynthia Clark, Kevin Burnley and Mike Reed. When people such as the Mike Reed's and the "Sage" Prodey's show up, it's a make 'em run-88 KRCR-FM and the Courtyard Health Club-Mr. Jake Jacobs. (Thanks to Marvin Hall for clubs).

ADPFA Arizona Championship
24 Mar 90 - Glendale, AZ

Wrestler	SQ	BP	DL	Total
D. Naidou	268	128	273	669
S. Helkonn	238	138	258	634
C. Irwin	228	138	253	619
M. Hughes	158	108	218	484
A. Hays	178	138	253	569
F. Penacho (T)	293	183	338	814
J. Catalano (C)	388	278	448	1114
132				
418				
388				
418				
1124				
J. Fenic	318	198	378	894
148				
198				
894				
B. Wong	483	263	468	1214

Open	SQ	BP	DL
F. Cottrell	205	160	275
L. Williams	160	85	335
C. Bryan	325	115	275
SHW	250	150	330
Teenage	56	kg	
A. Bahin	165	120	290
W. King	475	240	410
T. Edmond	295	185	250
J. Mahoney	205	140	300
75 kg			
J. Gaudin	380	275	460
M. McNeill	370	220	385
K. McNeil	405	330	500
M. Wells	500	335	500
90 kg			
C. Underwood	470	300	475
110 kg			
C. Brown	430	280	430
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1350			
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1765			
375			
385			
1300			
700			
455			
650			
1805			
735			
380			
460			
1760			
610			
610			
1610			
580			
410			
530			
1525			
525			
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1370			
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265			
675			
230			
115			
250			
595			
230			
120			
210			
625	</		

265	185	310	760
285	215	325	740
305	235	340	720
325	255	355	700
345	275	370	680
365	295	385	660
385	315	400	640
405	335	415	620
425	355	430	600
445	375	445	580
465	395	460	560
485	415	475	540
505	435	490	520
525	455	505	500
545	475	520	480
565	495	535	460
585	515	550	440
605	535	565	420
625	555	580	400
645	575	595	380
665	595	610	360
685	615	625	340
705	635	640	320
725	655	655	300
745	675	670	280
765	695	685	260
785	715	700	240
805	735	715	220
825	755	730	200
845	775	745	180
865	795	760	160
885	815	775	140
905	835	790	120
925	855	805	100
945	875	820	80
965	895	835	60
985	915	850	40
1005	935	865	20

ACI Christmas Power Meet
23 Dec 90 - Lima, OH

SQ	BP	DL	Total
350	240	405	995
325	235	395	955
300	230	390	920
275	225	385	885
250	220	380	850
225	215	375	815
200	210	370	780
175	205	365	745
150	200	360	710
125	195	355	675
100	190	350	640
75	185	345	605
50	180	340	570
25	175	335	535

ADFEPA Wallops Island
15 Dec 90 - Wallops Island, VA

SQ	BP	DL	Total
390	240	415	1045
365	235	410	1010
340	230	405	975
315	225	400	940
290	220	395	905
265	215	390	870
240	210	385	835
215	205	380	800
190	200	375	765
165	195	370	730
140	190	365	695
115	185	360	660
90	180	355	625
65	175	350	590
40	170	345	555
15	165	340	520

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ADFEPA Wallops Island
15 Dec 90 - Wallops Island, VA

SQ</

W.N.P.F. Northern States Bench Press-Deadlift Championship

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like A. Cheney, M. Bundy, N. Novice, etc.

W.N.P.F. Nationals 4 Nov 90 - New York, NY

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like Z. Scrip, T. Scrip, M. Moore, etc.

W.N.P.F. Record. Thanks to all the judges, spotters and staff people...

W.N.P.F. Record. Thanks to all the judges, spotters and staff people...

APA Whaling City Open Deadlift

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like R. Fornelli, F. Cosenhaver, K. Bailey, etc.

USPF Maxwell/Gunter Invitational

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like M. Bailey, M. Uerly, M. Uerly, etc.

Allegany Mountain Open

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like J. Seigel, R. Cruz, D. Dalliquari, etc.

APA Granite State Open

Table with columns: Name, Age, Weight, Bench Press, Deadlift, Total. Includes names like Submaster, S. McElroy, S. McElroy, etc.

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APA Granite State Open

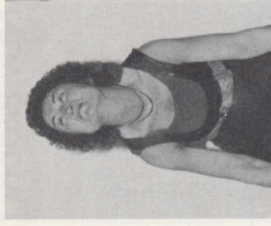
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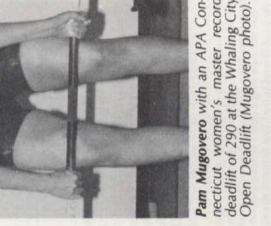
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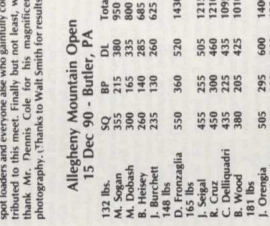
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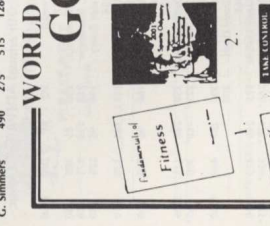
Pam Mugovero with an APA Connecticut women's master record deadlift of 290 at the Whaling City Open Deadlift (Mugovero photo).



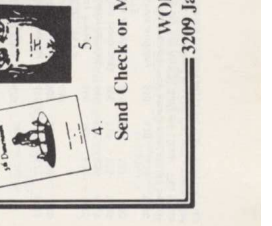
Spot leaders and everyone going to the gym to thank Mr. Dennis Cole for his magnificent photograph. (Thanks to Walt Smith for results).



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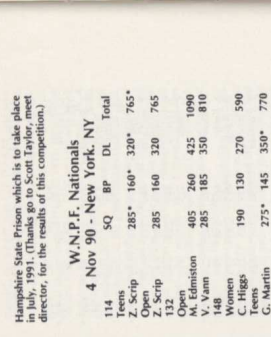


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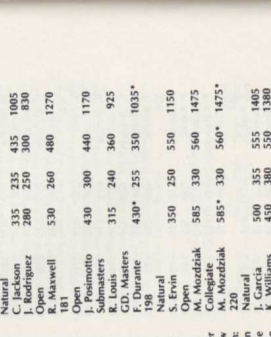
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WORLD CLASS ENTERPRISES PRESENTS GOING BEYOND



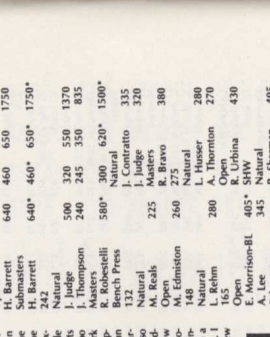
1. Fundamentals of Fitness... 2. 2001 A Sports Obscure... 3. Hypnotize Me and Make Me Great... 4. Lifting in the 5th Dimension... 5. Take Control - Weight Reduction... 6. Make Me Great - 6 Tapes of Mind Control... 7. The Obscure Continues... ANY 2 BOOKS \$13.00 ANY 3 BOOKS \$19.00

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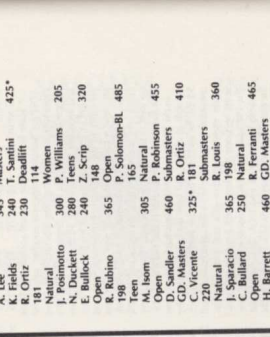
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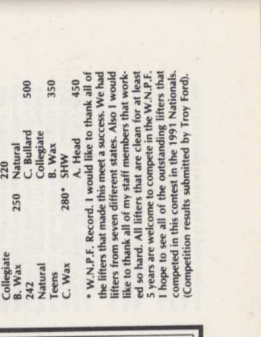
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Northwood Cheese and Power Pizza Presents The 1991 APF Mens and Womens Senior National Powerlifting Championships

Date: Saturday July 6th and Sunday 7th
Place: The Pittsburgh Sheraton Hotel at Station
Square, 7 Station Square Drive, Pittsburgh, PA
15219 (412) 261-2000

Travel: Receive a 35 percent discount on all US Air
flights in the USA booked through Travel Agents In-
ternational (412) 276-9500. Discounted car rental
rates are also available through Travel Agents Int.

Meet Director: Jeff Wright

Entry Fee: \$40.00 per lifter, \$30.00 per team. All
lifters will receive meet T-Shirt (Make checks payable to Gold's Gym)

Entry Deadline: June 22, 1991, (Late Entries \$50.00 if postmarked after June 22nd)

Rules: Strict APF rules will apply. APF membership available at meet

Qualifying Totals:	(men)	114	123	132	148	165	181	198	220	242	275	308	Unl
	(women)	981	1064	1146	1394	1527	1642	1731	1824	1890	1946	1989	2033
		97	105	114	123	132	148	165	181	198	198	198	+
		579	623	667	711	749	909	981	1053	1130	1190		

Weights: Friday - 8am - 11am (24 hour weighins for all women), 12pm - 3pm (24 hour weighins for Men's Classes 114-165), 7pm - 9pm (all Women's and Men's classes 114-165). Saturday - 6am - 7:30am (all Women's and Mens classes 114-165), 10am - 1pm (24 hour weighins for Men's classes 181-220), 3pm - 6pm (24 hour weighins for Men's classes 242-Unl). Sunday - 8am - 9:30am (all Men's classes 181-Unl)

Lifting: Saturday - 8:00am (all Women's classes), 12:00pm (Men's classes 114-165), Sunday - 10:00am (Men's classes 181-220), 3:00pm (Men's classes 242-Unl.)

Awards: 1-3 place finishers in each weight class will receive a specially designed award. 1st and 2nd place teams (team member names must be submitted before the start of the meet) will receive awards. The "Best lifter" (light and heavy session) will receive a Best Lifter Award. The Best Overall Woman Lifter will receive a Top Lifter Award.

Video Taping: Professionally filmed VCR tapes will be available. The cost will be \$35.00 per day.
Hotel information: A large block of rooms have been set aside at the Sheraton at Station Square (Site of the Meet). When making reservations, mention you are attending the meet. You will receive a special rate of \$70.00 per night. To make reservations call (412) 261-2000.

Contact Jeff Wright at Gold's Gym, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, (412) 653-8633.

Entry form

In consideration of my entry, I hereby waive and release all rights and claims for damages against Northwood Cheese, GNC, the APF, Gold's Gym, the Sheraton at Station Square and all their associated bodies, agents, employees and assigns by reason of injury or damage which I may incur while participating in this competition.

Best total _____ When _____ Where _____ Wt. Class _____
Name _____ Age _____ Phone _____
Address _____
Signature _____ APF Membership number _____



Free Drawing - \$1245 MONOLIFT

Nutritious can be Delicious!
High Protein - Low Calorie
Low Fat - No Lactose
NO CHOLESTEROL
Whole Wheat Crust

Calories/slice.....	154	Fat/slice.....	6g
Protein/slice.....	11g	Cholesterol/slice.....	0g
Carbohydrate/slice.....	23g	Lactose/slice.....	0g
		Sodium/slice.....	98.5mg



Northwood Cheese Co. Inc., 79 N. Industrial Pk, Sewickley, PA 15143, 412-749-0250

From Our Readers.....

Through no fault of PL USA there was a great omission in March's issue concerning the Women's TOP 20 section. On November 4th, there were approximately 25 female competitors in the Iron Man/Woman contest held in conjunction with the USPF Jr. Nationals. It's a shame the contest held by Don Antrim, doesn't list the lifters there were worth mentioning in their results to PL USA. A lot of good lifting was done in these at a contest not only to the expense, preparation and time of us put into it. On that day one will never compete at a contest held by Don Antrim again. On 11 for the winners 11 to class I scored 358 lbs., benched 209 lbs., deadlifted 347 lbs., totaling 914 lbs. I would very much appreciate a correction as that will place me 2nd, 2nd, 7th and 2nd in that weight class. Cheryl Finley

I'd like to make a recommendation with regard to the published reports of meet results. PL USA provides one of the few ways I can keep abreast of what the competition is doing. Unfortunately, those writing up the results almost always fail to provide the data needed to completely categorize a lifter. What I need to see is 1) age or age group, not just "masters" or "masters 1." 2) "over 50," 2) weight class, not just "light," "heavy" or "114-181." I'd like to train a number of female masters lifters and the problem is even worse for them. Women's results are often displayed under the heading of "women" with no info on age or weight (may state a "fresh" or "Malone" ranking). Doug Jones

A few months back I wrote to PL USA about how the lack of sponsorship was affecting the picking of our world team. New February's "Power Profile" has pointed it out clearly. Many lifters do dream of being a World Powerlifting Champion. In this day of many leagues and no team sponsorship many see it by default. The ease I know of personally is that of Wendy Brocius and myself in the 123 lb. class this past year. Wendy is a good lifter, but last year at the Sr. National Championship she was beaten by 116 lbs. She won the World Championship because the previous year's World Champion, Mary Jeffrey and this year's National Champion, Kathy Baker, were unable to attend. I was unable to compete not by choice or by injury but because of the lack of funds. I will repeat that Wendy is a good lifter, but one of many in the 114 lb., 123 lb., 132 lb. classes that are totalling in the low 900s. She is not going to rewrite the record book for a while yet. Mary Jeffrey holds the squat record at 441 lbs., the bench record at 275 lbs., and the total record at 1102 lbs., and Diane Frantz holds the deadlift record at 418 lbs. These are a long way from 369, 187, 347 and 903. It takes a long time to come up with 200 more lbs. in the total. I know, I went 880 lbs. in 1987 at my first nationals in the 123 lb. class, placing 3rd and still haven't, to this date, gone 1100 lbs. I hope that someday Wendy does set a record in the sport, just as I hope to do someday also. The United States has many of the strongest powerlifters in the world. Our best lifters should be on the world team, not 3rd, 4th, and 5th ranked lifters going because they have some sponsor believing that his dollars are backing the best lifter available. Kathy Baker

I am an American living and lifting in Austria. It is amusing in Europe to watch the American battle of federations. This is their freedom but long-term and ideal goals become clouded. The ADEPA and NASAs are insulating in that their names along imply that other lifters use drugs. The WPC, known for its loose attitude on drugs, has, however, world champion lifters who are adamantly opposed to their use. Powerlifting is rapidly approaching Olympic placement? The IPF is the largest and undoubtedly the most credible federation in the world, with its membership, USPF, EPT, etc. When a federation makes the final breakthrough to the Olympics it will be the IPF. Within the last two years all the Eastern Bloc countries have made application to and been admitted to the IPF. In essence, almost every powerlifting country is affiliated with the IPF and measures their athlete's standards with the record lifts in that federation (akin to bodybuilding's IPFB/VABBA). Drug testing and equipment use is strictly enforced by the IPF, which gives it even more credibility towards the Olympic goal. No double-thick suits or bench shirts. Ed Coan was not permitted to compete at the '90 Worlds, showing the resolve of their drug ban. The IPF does not take the awesomeness out of the sport by its regulations, but enhances it with its professionalism. If American lifters, known for their great achievements, are also looking towards the Olympic goal, then lift with the international family. Karl Smith

I never really knew Larry Mintz, but I feared him. As one who on occasion competed in the 148 pounds class in New York State (Larry's turf), I, and my fellow competitors, knew that if Larry Mintz showed up we would have a battle on our hands. We "young Turks" would wonder out loud at how a guy so old could make such lifts. At such times, a greying judge or spectator would take us aside and tell us now Larry was a former olympic champion and had won many medals. But there was never any of that from the man whom we addressed as Mr. Mintz, who acted confident but without bluster, and just went out and made his attempts. Vasily Alexiev, the great Soviet lifter, was quoted as saying that an athlete dies twice, once when his skills depart him and again when he finally leaves the planet. Larry Mintz passed away shortly after winning another national title. His fellow competitors stand again in awe of an athlete who only died once. Robert S. Herber.

ARCIDLAIN Bench Meet has run into some problems in Las Vegas, but Ernie Frantz (708-992-1491) stated, when last spoken to, that he was still trying to get it together. Ritchie Creevy (213-456-1987) states he will have Ken Lain on the day. Call in Malibu on the same day. Call ahead if you want to see the lifting.

2nd Dutch Team Match

16 Dec 90 - (kilograms)	SQ	BP	DL	Total
Verheijen-61.4	270	165	300	735
Verheijen-86	270	165	300	735
Schneider-86.5	270	165	275	740
Blaikorp-106.5	287.5	190	270	707.5
Spartacus	287.5	190	275	752.5

Knustke-77.5	235	160	225	620
Vainonen-96	275	172.5	280	727.5
Du-96	275	172.5	280	727.5
Hemming-94.5	262.5	152.5	285	680
Beverly	262.5	152.5	285	700
Buggins-75.8	240	137.5	252.5	630
Du-98	277.5	155	287.5	720
d.L. Bruin-105.7	167.5	280	717.5	
Goosens-112.5	265	180	270	715
KC-Schweigen	216.3	285	200	305
v.d. Brand-77	250	152.5	260	670
Nuilen-100.7	300	175	330	805
Henderson-107.7	285	152.5	370	807.5
Schelleke-89	270	185	280	735

USPF National Collegiate Qualifier

26 Jan 91 - Villanova, PA (kg)	SQ	BP	DL	Total
Women	92.5	50.0	115.0	257.5
Men	90.0			
C. Red	217.5	142.5	217.5	577.5
C. Bledowski	185.0	107.5	215.0	507.5
C. Blenkowski	195.0	105.0	200.0	500.0
C. Bennett	232.5	155.0	237.5	625.0
C. Katuski	187.5	132.5	210.0	530.0
C. Gutowski	162.5	135.0	185.0	482.5
B. Mazer	180.0	107.5	195.0	482.5

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We helped pioneer the use of amino acids, complex carbohydrate powders and optimizers in the 1980s for leading companies. For the 1990s, we began a research campaign to give bodybuilders what we knew they needed all along: the power to create their own lucky muscle chemistry—on purpose. We succeeded beyond our greatest expectations.



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You'd have to take 30 capsules of gamma oryzanol to get the sheer strength and muscle-building power of *one* capsule of **Trans-Fer Power Plus™**! That's because this exciting new formula is based on "transferulic acid"—the heart and core of gamma oryzanol. But because transferulic acid is a concentrated extract, *it's 15-30 times more powerful than other forms of gamma oryzanol, including "Frac"!* This makes transferulic acid the most advanced generation of gamma oryzanol you can buy!

But here at Marathon Nutrition, we've made a good thing even better. Our researchers discovered that when the amino acid L-tyrosine is added to the formula, it enhances the action of transferulic acid by a wide margin. That's what sets our new **Trans-Fer Power Plus™** apart from every other formula on the market. **All of this adds up to greater strength and muscularity!**

Plus, you can't beat the price. Even though **Trans-Fer Power Plus™** seems more expensive, it's actually *cheaper* than other forms of gamma oryzanol or "Frac" because it's 15-30 times more powerful. This means you take *far less* of the **Trans-Fer Power Plus™** to get even *better* results! Order yours today!

TRANS-FER POWER PLUS™: 50 Caps (\$22.95) **SALE \$16.95**; 100 Caps (\$39.95) **SALE \$29.95**;
250 Caps (\$79.95) **SALE \$64.95**.

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250 Caps (\$79.95) **NOW 2nd Bottle FREE!**

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