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ADFPA WOMENS The COLLEGIATES



Lifting Legend

JOHN GAMBLE



JOHN GAMBLE

as interviewed by MARTY GALLAGHER

Every so often someone comes along to redefine the accepted limits of a man's strength potential. He shatters the previous, long-accepted norms. In doing so, these individuals expand our strength-related consciousness. In powerlifting, the breakthroughs are often soon forgotten, but one man who should be remembered for redefining the possibilities in the 1980s was John Gamble.

John Gamble dominated the 275 lb. class in the early 1980s in a way that is hard to relate to someone who never had the pleasure of seeing him in action. Gamble's lifting arsenal consisted of an awesome physique, perfect techniques and a tearsome platform charisma. He was never beaten in national or international meet, though he faced a veritable "Who's Who" of power giants on the platform. John Gamble was feared. He streaked across powerlifting like a meteor. He entered his first powerlifting meet, won two Senior National

championships, captured the World title and retired in under three years. He dropped off the face of the powerlifting world, a mystery, an enigma, a myth.

John Gamble is alive and well in Charlottesville, Virginia. He was busy enough to take time from his busy schedule to dispel the questions surrounding his disappearance from the powerlifting scene and kindly share the training philosophy that propelled him to the pinnacle of the strength world in such an incredibly brief time. In this wide-ranging article, he also discusses what he has been up to since his retirement from powerlifting. His advice on training is gut-level basic; work hard, and buckle up for the long haul. No shortcuts, no fan-

had accumulated over the years. It's a hell of a responsibility. Mr. Gamble's job description is to coordinate and organize the strength and conditioning programs for twenty-three varsity sports. The results have been gratifying. In the college sports world, John's approach to sports training philosophy has begun to attract national attention. As you may recall, the University of Virginia had three glorious weeks at the top of the college football polls.

Mr. Gamble met with us at a suburban Washington, D.C. restaurant to discuss the state of powerlifting, his own illustrious career, the cutting edge of big-time athletics and the practicalities of human strength development. He reflected and projected in his soft-spoken, intelligent manner, bringing his awesome physical presence.

PL USA: How did you get started in Powerlifting?

John: I became involved in competitive powerlifting after my track and field career (discus) ended. I had been training for the 1980 Olympics. The United States boycotted the Moscow Games and that ended my dream. I tore the cartilage in both knees shortly thereafter and that ended my strength career. Bill Dunn was the Virginia strength coach and my lifting partner at the time. He began entering powerlifting meets. I got along and soon developed an interest. I liked what I saw and refocused my naturally competitive nature to this new sport. I was 22 years old. I had trained with weights from the time I was ten, so I had a good base. When I began powerlifting, I could bench 400 plus pounds, squat around 600, and I had never done a deadlift in my life.

PL USA: What national and world titles have you won?

John: At my first meet, I totaled 1465 pounds. This was in 1980, weighing 243. In 1981, I won the Junior Nationals. In 1982-83-84, I won the Sr. Nationals and in 1982 I won the World Champion. I also won two Y.M.C.A. Nationals in 1981 and 1982.

PL USA: You were known for your ability to cut massive amounts of bodyweight prior to a competition. What was your technique?

John: Cutting weight was one aspect of lifting I dreaded. I tried two methods. The first was to gradually reduce weight over a 2-3 week period; the second was to take off the weight the last day prior to the meet. Contrary to current thinking, I found the gradual reduction of bodyweight over a protracted period of time to be detrimental. I preferred to stay as big and strong as possible during my training and lose the weight in the last 24-36 hours before the meet. I never used diuretics. I developed my own method for quick weight loss. At the 1983 Senior Nationals in Austin, Texas, I arrived in town weighing 253 pounds before weigh-in.

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John Gamble competing at the 1982 I.F.P. World Powerlifting Championships, held in Munich, West Germany.

PL USA: All the time in the world

John: (laughs) Right... Anyway, I decided I was going to eat when I arrived at the meet. This put me at 254 pounds, 19 to lose before weigh-in. I figured I would cut weight in the last 24 hours. That was one of the hardest things I've ever done in my life. I put on my rubber rain suit and for eight straight hours went 10 minutes in the hot shower, ten minutes out. After eight hours I had lost 14 pounds and had 5 pounds to go. I took a break. I put on my clothes, went out and worked on my toughest competitors. Larry Adney had made weight and was eating sandwiches while watching me go. The weight loss program was going. It was torture. I wanted to get that sandwich out of Adney's hand. I think he had made weight. I went back to the room to face the shower for another four hours. I almost fainted a plane back to Virginia. In bed, I made weight and headed down to the weigh-in. I was working from my head, not my weight, from my head, not my weight, less than one minute to go.

PL USA: What could you have done at a 294 bodyweight?

John: I'm not a speculator. I believe you should prove it on the platform and not get involved with the "what ifs" and "if onlys." As for my performance that day, some times adversity brings out the best in you.

PL USA: What were your best gym lifts?

John: I never did singles in the gym. I don't believe in them. I have benched 585 for a double and 550 for 5. In the squat, I have done 825 for 5 reps. In the deadlift, I repped 760 for 8.

PL USA: Why did you retire?

John: To compete at the level I felt necessary, i.e., 100% effort, required a total commitment on my part. There were other obligations that prevented this level of commitment. Additionally, I tore a trap in a strongman contest in Canada so bad that I could not squat 100 pounds for eight months. I could still bench 575-580 with no problem, but deadlifts were out of the question. I have not tried a deadlift since. At this same point in time, I became the head strength and conditioning coach at U.Va., so my priorities needed a radical re-orientation. I had won my world title and was starting a family. Everything pointed to a new direction. Powerlifting?

John: Absolutely. Ed Coan is beyond belief. My good friend, Dave Pasanella, kept my interest high. We recruited Dave for foot-

ball at U.Va. Unfortunately, he chose Tech. I had known Dave since 1983. His death was a tragic loss to everyone.

PL USA: How would you describe your powerlifting training philosophy?

John: First, I always trained to win. I was always in shape when I stepped onto the lifting platform and I never overtrained. I never felt I achieved my lift lifting potential in the 275 lb. class prohibited me from posting the kind of total I felt capable of.

PL USA: Why didn't you lift as a Superheavyweight and avoid the agony of dropping weight?

John: If I were to lift as a Super, I would have felt it necessary to bulk up to 350 or 340 pounds. I considered it, but I just did not feel good about it. As to the specifics of my training, I am a firm believer in periodization (cycle training) and percentages. I never performed less than 5 repetitions in any training lift. For example, when I was training for the 1983 Senior Nationals, my goal was a 500 pound squat. I had as a goal for my four-month stage, 2 sets of 8 reps with 600 pounds in the squat. This was my main goal. My particular cycle with 500 lb. 2 sets of 8. Each lift added 20 pounds. I wore belt and straps. I wore my suit only in the competitions. I always felt this was my game plan. I hit my goal in my first four weeks. This cycle of training did not work for me. I should not overlook this phase of the game plan. My training guidelines were as follows: For 24 weeks - Week 1 - 60% 2x8, 2x8, 2x8. Week 2 - 65% 2x8, 2x8, 2x8. Week 3 - 68% 2x8, 2x8, 2x8. Week 4 - 75% 2x8, 2x8, 2x8. Week 5 - 78% 2x5, 2x5, 2x5. Week 6 - 80% 2x5, 2x5, 2x5. Week 7 - 82% 2x5, 2x5, 2x5. Week 8 - 85% 1x3, 1x3, 1x3. Week 9 - 88% 1x3, 1x3, 1x3. Week 10 - 90% 1x3, 1x3, 1x3. Week 11 - 92% 1x3, 1x3, 1x3. Week 12 - Meet in your meets?

PL USA: You only wore the suit in your meets?

John: That's correct. When I first took up powerlifting I could only afford one suit and I wanted to save it for the meets. Over the years I became accustomed to this style of training. Plus, it gave me a tremendous boost at the meets, whatever my training weight was to that at the competition.

PL USA: Your foundation was 2 all out top sets of 8 reps (after warmup) done for 4 weeks and utilizing percentage jumps?

John: Correct. At this point, I would begin my strength stage. This also lasted four weeks. During this phase, I would perform 2 sets of 5 reps, again using the percentages. At the conclusion of this particular cycle, I made 2x5 with 765 pounds. The final four weeks prior to the meet were what I refer to as the Peaking Stage of

the cycle. For the three workouts prior to the Seniors, I hit 775x3 the first week, the following week 805x3, and the third week, 825x3. Note that I only perform one maximum set of three reps during this phase. I would squat twice every eight days, once heavy utilizing the percentages, the second workout was a technique and explosion day. Usually I would work up to 500 for a set of 10 reps.

PL USA: Any assistances?

John: Only leg assistances. No leg presses or hack squats. I think if you want to improve your squat, these minor leg movements before I got into Powerlifting, so I had a good base in that respect.

PL USA: I used the identical set, rep and cycling as in the squat.

PL USA: Assistance work?

John: Seated front military presses and front dumbbell raises for the anterior deltoid. I would always push my assistance work. My best seated military for 3 reps was about 350. I performed 140x10 for two sets in the seated dumbbell press and 160 for 2x10 in the incline dumbbell press. In front raises, a pair of 80 pound dumbbells for 2x10. For my triceps I favored narrow-grip benches using the easy-cur bar and in pushdowns, 405 for 3 reps was my best in the narrow grip bench. I had the bench and the assistance work twice every eight days, same as the squat. If my body told me to repeat that should not be confused with warmers.

PL USA: ...and deadlifting?

John: I would deadlift only one set two weeks. I don't feel like I was recovering properly. If I pulled more often than that, I'd pull every week. This comeback assistance work. This consisted of 4.5 sets of heavy straps, 780 for 15 reps. Additionally, I would do bent over rows with a barbell, usually 4 sets of 5.8 reps, 6 sets of lat pulldowns or chin ups and 3-4 sets of seated leg pulley rows. This is a pretty intense workout. I had a good base. The first time I ever deadlifted, I pulled 575 pounds. Please note that I never used straps when I deadlifted. My set, rep and cycling mode was identical to the squat and bench press.

PL USA: Any final thoughts?

John: Yes. Clean, crisp technique are a must. A properly executed lift is vitally important if the lifter is to progress in the long run. This requires a minimum of injuries and maximizes the lifter's leverage. Also, take a long range approach to your lifting career. This will allow you to make continual progress. Additionally, I am a great believer in flexibility training. I work hard on this aspect of my training program and feel it powerlifters in-rouned flex training into their routines as often.

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STARTIN' OUT

A special section dedicated to the beginning lifter

How MANY Assistance Exercises Do You Really Need for Each Bodypart?

There is a theory that goes: take two individuals, one a clone of the other, then train each athlete the same way, with the same intensity, the same volume, same time for recuperation, etc. Everything in this experiment would be controlled right down the line. The only difference in their training routines is that one athlete would perform several exercises to hit all the "angles" of a muscle while the other would perform only one all encompassing exercise. Several muscle physiologists would agree that there would be no difference in muscle size and shape.

In other words, it is really necessary to do preacher bench curls, machine curls, hammer curls, incline dumbbell curls and concentration curls when

all you really need to do is standing barbell curls? Since this kind of experiment would be impossible (there aren't that many clones), one can only hypothesize about this dilemma. It would truly be a miracle if, in fact, a muscle group could achieve its maximum potential by just doing one or two exercises. Training time would be greatly reduced, recuperation would be enhanced, with more time for family and friends, etc. It would make those who train 3-4 hours a day for several years just sick if this prediction were actually true.

If we look at the facts, we see that muscle groups are made up of several muscles, each capable of moving the limb in a certain direction. If a muscle is trained with an intense exercise

The MARK of the CHAMPION

The title of this article comes from the way I have observed certain men carry themselves in life and, as pertains to our sport, at meets. What I call the "Mark of a Champion" might be called class by some. It is a very obvious quality to spot. Old time Olympic lifter Phil Grippaldi had it. So did Joe Merrell and Dave Schneider. From among today's crop of lifters that I have seen the ones who have it are Tony Kamand, John Ware, Ray Benemerto and Ed Coan. I'm sure there are thousands of others I haven't seen. The spotters at your local meet who do a thankless job all day have it. You won't see these lifters and spotters sitting around at a meet badmouthing the meet director or this or that lifter. What brought this article about? Well, recently I attended a meet in my old neighborhood in the Bronx, NY. Some of the things I heard and saw at this meet really turned me off. The meet itself was well run except for starting 2 hours late. As head judge, what I really enjoyed was the division for Special Olympians.

The problem that I ran into was nothing new, it happens all the time. As soon as I arrived, guys started talking to me about a recent article I had written about the state of our sport. One official confided to me that he had proof that two big name lifters were on drugs at the times they won the ADP-PA Nationals. What this proof was, or where it was, he did not say. I have met and spoken to these particular big name lifters at various meets and places and believe they were both clean. One came back after 5 years and did 100 lbs. less in the squat. Does that sound like he was on to you? Another totaled hundreds of lbs. less in the ADP-PA. Does this make sense to you?

But whether or not they were on drugs or not is not the point of this article. The point is the constant gossiping, trifling and malicious rumors that abound in our sport. We are tearing ourselves apart in full view of the public. Another lifter at the same meet, a nameless heavyweight, did nothing but complain through the entire meet. He complained about waiting the temperature, officiating, the warm up area, the equipment, the amount of lifters and so on. And he didn't complain quietly either, disrupting what could have been a nice enjoyable Sunday meet.

What I am trying to say is that sometimes even without realizing it we are tearing our own selves down. Powerlifting is not going to disappear, simply because there are so many powerlifters, but it is in a mess. The other day while thumbing through P1 USA I counted 8 organizations. Enormous egos abound. I've seen Class III and IV lifters conduct themselves with dignity and class while competing and elite lifters acting like total morons. You do not have to be a great lifter to have the Mark of a Champion. There are those that judge and spot and do whatever at meets, and they don't even lift. They have it too! People, let's start acting like champions. We represent our sport. We can change the image of Powerlifting as perceived by the world. Have the Mark of a Champion!

DAVE ABRAMSON

specific to its movement, it will respond positively. What remains questionable are the angles of attack that are optimum for the muscle to achieve its maximum size and shape. The use of several different exercises to "hit" each angle, theoretically changes the point in the full range of motion where the greatest tension is felt. Once you argue that any muscle will respond to create regular cell growth, the greatest tension is felt. It is questionable that a muscle will adapt by growing the belly of a certain part of it. Therefore, it may not be possible to change the shape of a muscle and continue training many only result in the muscle achieving the stage that was genetically pre-determined. This could be called the "self theory" of muscle development. A muscle can be thought of as a cell which only grows and shrinks as a single unit, much like a balloon. A great deal of information could be learned from an experiment where one are did one kind of curl while the other arm did another kind and then the results were compared. However, since muscle development is often asymmetrical, it would be impossible to do an experiment between limbs (that's why clones would be handy).

Trainers often see beginning level athletes and even some champions doing every exercise in the book "to tilt all the angles." Their frustration often stems from the fact that they have nothing to rely on when it comes to switching routines when they plateau. They are already doing every exercise! This shogoin approach is fine for training and extreme lifting time. This form of overtraining leads the athlete in a pit state of recovery, expending a lot of energy with no muscle growth. A more logical approach would be to train the muscles with a few selected exercises (2-4 per bodypart) then the switch when the program has been reached. More time should be given to putting maximal effort into each set, not just doing more submaximal and therefore fruitless sets.

While the question posed in the title may never be answered, it makes sense to scrap those exercises that you do just because everyone else does them. If they don't work for you they are not worth doing. Careful planning and adequate knowledge of these matters may prevent costly mistakes.

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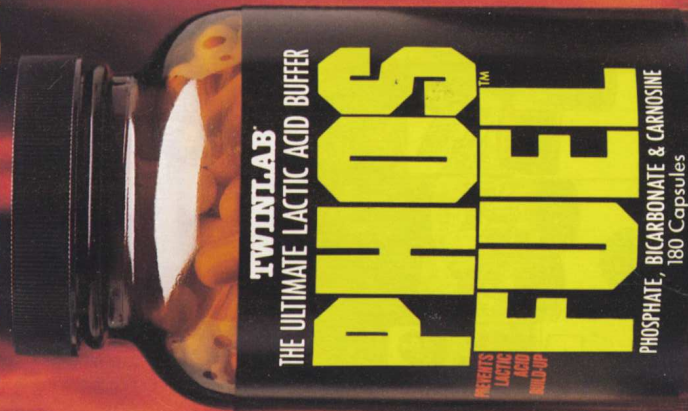
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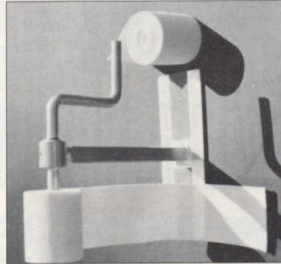
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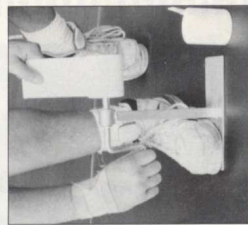
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INJURIES

Shoulder Rehabilitation and Adjunctive Aids as told by Victor Poletajev, D.C.



Victor Poletajev, now a N.A.S.A. Chiropractic Physician, setting a U.S.P.F. National Collegiate record of 540 pounds in the bench press in the 242 lb. class, back in 1981, a mark that still stands. (photograph by Jim Callaghan)

In this chapter on the shoulder, we will examine how I manage different specific injuries and some nutritional points to help heal injuries.

This last chapter on the shoulder would not be complete without a comment on muscle imbalances. Take, for example, the bench press. The patient notes pain in the biceps on descent of press and no pain during the press up. This could possibly be a weak bicep muscle and strong tricep, shoulder and/or pecs. Another patient notes pain on his knee cap when squatting. After muscle tests, I detect a weak vastus medialis and a strong lateralis. The solution is to diagnose the problem and prescribe corrective exercises to strengthen the weak muscles.

The hardest thing I find is trying to convince a 700 lb. squatter that he has weak leg muscles. Oh well, that's another article. And again, the key is diagnosis. Often these solutions are so slight, that they make the patient feel it can't possibly be that easy to correct.

Let's work with a ligament sprain first. Say after behind the neck presses, a noise was heard in the shoulder area. Diagnosis was made; degree 1 sprained AC joint ligament. Usually treatment mode would start with immobilization and ice application. Passive range of motion work will be started with stretching within 72 hours of onset. I would also use pulsed ultrasound and interlaminar for pain relief. As a Doctor of Chiropractic, I move the shoulder to

check for loss of joint motion and adjust the shoulder joint and/or AC joint and the neck area. Remember, everything your body does is controlled by spinal column. I have been documenting their after a specific spinal manipulation 200%. After that duration increased you will want maximum nerve supply to your muscles. Having a well adjusted spine will also insure positive performance. I also use electro-stimulatory for pain relief and muscle healing.

Muscle tears are handled by relieving the swelling by use of therapy and ice crests as to whether or not surgery is needed. Muscle fibers must be properly aligned with deep fibrous neuromuscular massage therapy. This ensures that scar tissue will form in the direction of the fiber lines and not in a random pile of junk. A non-surgical repaired muscle tear takes approximately 7-14 days to heal to 80%. This must be remembered, so as not to damage the muscle any further. Do not work the muscle into the pain barrier at that point. I am a proponent of active stretching to regain elasticity. Remember, when you tear a muscle, it shortens as it heals. We must lengthen the fibers concurrently with treatment to insure proper recovery. Here again, I adjust the con- Therapy such as ultrasound speeds healing when out of the acute stage by causing the increased venous drainage of histamines and cell metabolites. I do not believe in letting a muscle heal completely before ex-

ercising again. A patient under my care is advised to gradually add to his work load and work areas even if it's only with 5 lbs., just so that the muscle fibers do not atrophy. This is a tricky area, because everyone heals differently. I also use isometric contractions.

Burstitis is handled by ice therapy and for pain relief by electronic acupuncture and iontophoresis to reduce swelling of the bursa. Sometimes I use positive polarity Galvanic muscle stim for swelling. In practice, burstitis tends to heal differently. A patient can work out while the bursa shrinks, as long as more trauma does not cause increased swelling. The acromion shelf has a nice sized bursa and this is a favorite injury for powerlifters.

Tendinitis is often a long standing condition, especially in the supraspinatus tendon. Patient notes difficulty in pulling his arm from his body without pain. Ouch! The key in this type of injury is to keep the swelling down. Once out of the acute stage, chronic tendinitis can be managed with heating pads prior to exercise and followed with ice massage after workouts. Apply heat for 10-15 minutes with a wet towel between your body and the pad. Follow the ice massage till you find that when the massage is made of treatment for tendinitis with concurrent spinal adjustments and shoulder joint alignment. I get a positive response.

nutritional principles are necessary to enhance proper healing ability. Vitamin C is needed for forming collagen and when taken with bioflavonoids, healing is promoted. Taking minerals such as zinc, manganese, and potassium are essential. Manganese has anti-inflammatory properties. Pyridoxine or B6 is essential in assimilation of protein as well as moving out excess cellular fluid. Pantothemic acid, or B5 helps reduce inflammation. Last, but not least, don't forget your protein count. Remember, when you are injured your body releases substances which metabolize proteins, often sending your body into a negative-nitrogen balance. Stress of any kind should signal an increase of dietary protein.

One last topic I'd like to talk about is scar tissue or adhesion formation. This can be disastrous if not handled. After numerous injuries, the body tends to stabilize a joint, especially a non-osseous joint like the shoulder. Once aberrant motion is in a joint, one must work in rehabilitation to re-establish. Planes of glide must be worked with, avoid stretching, deep fibrous neuro-muscular massage and pain relief. Symptoms like frozen shoulder, usually require an aggressive mode of treatment to recovery. Patients often learn very quickly the expression "No pain, no gain."

I hope that after reading this series, it will help you to assess your shoulder problems a bit easier. Do not play doctor and use common sense. Till next time, lift healthy.

Victor Poletajev D.C.

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Ask the Doctor

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



Mauro Di Pasquale M.D. is an experienced international PI competitor.

DEAR MAURO: I'm 37, light-framed, 6 ft. 1 1/2 inches, 180 lbs., including some abdominal fat and love handles. My metabolism is extremely fast and I'm a hard gainer so I limit aerobic work to 20 min., 3x/wk. at 65-85 percent max pulse rate. I've enclosed my training schedule. Please tell me if this is sufficient work for making the best gains. When I did more sets and reps, I'd get aching legs and a dull headache, spaced-out feeling and felt very tired. I don't use alcohol or drugs. I use very strict form because I attended the Muscle and Fitness Camp last summer where I learned the importance of doing things right. We've been bodybuilding for the past 1 1/2 years. Positive and Chromium? S.S. Should be taking Fenite-Acid, Diet, and Aspirin for the past week.

Schedule: This is the 95/10, 115/8, 135/6, 155/6*, 165/4*, 155/6, 155/4; Monday: 45/10, 80/4*, 85/4, 75/6, 75/4, 65/7; Tuesday: bent barbell row: 95/10, 125/8, 145/6*, 145/8, 145/9/7, 145/6; barbell single: 90/16, 110/14*, 110/12; Wednesday: rail press behind neck: 45/12, 65/10, 75/7*, 85/4, 75/6x6; Supreme Incep extra sets: 45/10, 75/5*, 65/7, 65/7, 65/6; Friday: trap: squat: 95/12, 125/8, 135/6x3; Leg curl: 25/10, 50/10, 70/8*, 70/6, 70/7.

Friday: deadlift: 135/12, 155/9, 175/5, 185/5, 190/5x2.
(* Max number of reps for this set and following sets) I never do forced reps except for occasionally needing assistance with the last rep of a bench press set. I've been making steady progress. **Harry D.**

DEAR HARRY: Actually, your program looks pretty good, but is geared mainly for the beginner. I certainly wouldn't do any more sets or reps, in fact, since you're a hard gainer, I would probably cut out some of the exercises you're doing and concentrate on the ones that will maximize your mass. As well, I would only work out three times a week. On Monday I would do squats,

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bench presses and curls; Wednesday do deadlifts, incline (about 30 degrees) bench presses, and bent over rows. Forget the leg curls, shrugs and military presses, for now anyway, and concentrate in building bigger muscle groups.

Also make sure you're following a well balanced diet with lots of low fat natural protein (fish, chicken, very lean beef). If you're going to try some of the supplements do two things first. One, buy my book beyond Anabolic Steroids (copy of not enclosed) so you can make an informed decision (the book is geared to the more advanced athletes and users just about anything athletes have used, both natural and drugs). Second keep an open but critical mind when you try any of these products. All the best in your training. Let me know how you get along. Sincerely, **Mauro Di Pasquale M.D.**

DEAR MAURO: I have been weightlifting for general fitness for 8 years, but didn't do any singles until I started powerlifting a few months ago. My problem is, I've begun noticing patches of burst capillaries on the inside of both thighs. I was wondering if this could be due to increased blood pressure in the thighs due to single squats, or stretching of the skin. I am 38 years old. My max squat is 345. I do not drink, which I know is one cause of broken capillaries. Any advice? Thank you. **Bill D.**

DEAR BILL: It's unlikely that the burst capillaries are due to your squats unless of course you're wearing a tight suit that is traumatizing the inside of your thighs. It's difficult for me to advise you since I can't see the lesions first hand. In any case, I would consult a dermatologist if the condition doesn't clear up. While there isn't likely any underlying pathology associated with these patches of burst capillaries, there is the outside possibility that they may be a sign of a more serious problem. **M.G.D.**

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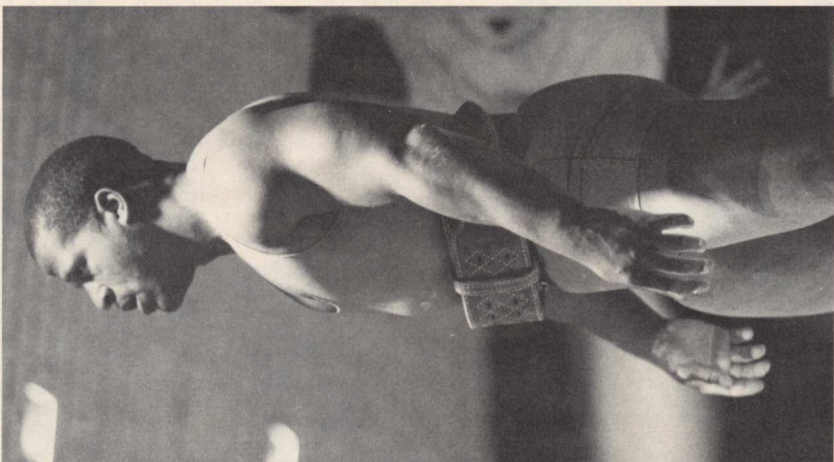
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INTERVIEW

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

Donnie Hall as interviewed by Bob Gaynor



DONNIE HALL readies for a deadlift in A.D.F.P.A. National Competition.

Bob: Please give us some personal information on yourself?
Donnie: My name is Donnie Billy Hall, Jr. I reside at 275 Stoke on Trent, Jeffersonville, Kentucky. I am 34 years old.

Bob: Please tell us what is your current occupation?
Donnie: I am an emergency medical technician for a private service in Jeffersonville.

Bob: How long have you been involved in weight training?
Donnie: I have been training for 8 years and I have been competing for 6 years.

Bob: Donnie, how did you get started in weight training?
Donnie: I started lifting at the age of 25, because I never liked lifting in high school. One day I decided I was going to be a bodybuilder. I was at a local YMCA and I was watching a guy pick up what I thought was a lot of weight, which he was deadlifting. Without any particular style I picked it up and he told me that was usually strong and to come back that evening and meet a gentleman named John Hurk. I went back that day and he showed me all the individual lifts and he showed me a routine for each one and really helped me quite a bit in getting started in powerlifting.

Bob: What are your best lifts?
Donnie: My best squat, which is a record, is 645. My bench press is 424 and my dead lift is 688. The success of my powerlifting has been mainly at the state level, but in May of 1990 I won the Viking Open. My numerous state titles range from 1983 on up. I have been 2nd and 3rd numerous times the past few years.

Bob: What are your future goals in Powerlifting?
Donnie: I would like to break the 1800 lb. mark in total. I would love to be on the cover on Powerlifting USA, which is my ultimate goal, regardless of what it is for.

Bob: Donnie, please give us your thoughts on steroids and drug testing.
Donnie: I have never taken steroids myself, but have been associated with people who do. I feel it is up to the individual as to what rules which will make it more of a challenge for each individual to win. I would like to see the rules tightened to maintain what I am training for and times can be very discouraging especially when you know you have trained as hard as you can.

Bob: Do you follow any special diet?
Donnie: I follow a healthy diet. I do not eat anything in particular to maintain my weight because I have always competed light for someone in my weight class.

Bob: What do you use in the way of supplements?
Donnie: I started taking supplements the back in 1990 and I feel that steroids give you an edge that you lose when you get off them. The only thing you can do is progress as far as you can in your poundage and total unless you get drastically sick or something. The drug testing is pretty fair. I have been tested a couple of times. I hope eventually all federations will adhere to drug testing rules which will make it more of a challenge for each individual to win. I would like to see the rules tightened to maintain what I am training for and times can be very discouraging especially when you know you have trained as hard as you can.

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once more by their peers. Itoh has been "out" more than most. He eyed the situation. "It's shouttime," he said in my ear, and walked around the wall behind our group, shuffled his T-shirt, stood on a chair and began hitting bodybuilder poses. The Japanese crowd exploded in cheers. Itoh, who placed fourth in a Mr. JAPAN contest a few years ago, is totally bald. He began negotiating it up and produced a perfect imitation of Dopey of the Seven Dwarfs complete with muscle.

The Chinese diners were astonished; fortunately, everybody was in a receptive mood. Cooks came out of the kitchen; waitresses clapped and cheered. Other members of the PL team took a turn: Kondoh, Wataabe, Asama (of course) with his space man shades, Then, 275 lb. Yoshiaki Yoshida was prodded out of his chair by a 100 lb. waitress and spread a huge lat-trap development.

By this time, the entire population of the restaurant had crowded forward or was standing on chairs to watch. Coach Koide, our Chinese interpreter, explained to the crowd that Yoshida was the strongest man in Japan. *Ichi-ban*.

What was he doing here was a spontaneous event, a 60's style happening? Two young Chinese men with zero muscle mass between them then hopped the table, flung their shirts in to a bus cart, and started mimicking Itoh. Their dates cheered and danced in the aisles.

Order was eventually restored. The Japanese team is a fairly well internationalized group, widely traveled, but I can tell you with some certainty that this scene would never have happened in Japan. A home-country audience would have ignored the posers, assuming anyone would have tried it, and would not have pandered in the aisles.

Maybe this incident is also grounds for a "goofiest happening" on a road trip? Weird things occur on the platform, as we all know, but sometimes what happens off is just as startling or exciting, and is one of the reasons our sport is unique and makes us love it so. Any storytellers out there?



Irrespressible Chokichi Itoh (Keiso).

Power Fun



Prettiest Women in PL - Paul, Keiso's nominees include Shirley Quejada and May LaVarro (right) of the Philippines.

Boy oh boy oh boy. Wait just wait a minute before I begin. I want to savor the brilliant significance of this moment. In brief, this is going to be the biggest thing since I started the Stretchmark Machine.

Ready? I have discovered not one, but two new world record categories for the Bench Press! There's been talk lately of the lightest man to bench the rivarly between Linn and Arthur did to post the heaviest bench in history.

But consider this. What is the mightiest BODYWEIGHT bench press of ALL TIME? Who accomplished this feat? Why, the same guy who established the record of lifter and bar ever to attempt! Both men were from Hawaii.

I am talking about Konishi, who last year from Hawaii who non-Japanese to win the Emperor's Cup in a Grand Sumo Tournament. No, I don't have a photo of the lift, but I have the sworn word of the Japan Powerlifting team and of the gym owner where it was done.

O.K. Here it is, Konishi benched 528 at a bodyweight of 528! The combined weight of a man and bar came to 1056. Ken Linn's 722 bench at 308 as reported in PL USA trails that mark by 26 lbs. and Arcidi is farther back. Think of the challenge! Any takers to attempt to break the bodyweight bench standard? The combined? Boggles the mind, huh?

Konishi, pronounced Koh-mesh-ko-ee, is the name given to the Sakawa Aitance. He was a high school football star in Hawaii, at a mere 300 lbs. "Sally" has risen further in sumo rankings than any foreigner in the 1500 year history of the sport. He is also the biggest in its history.

I'll get together an article on sumo training methods one of these days. Barbells are relatively new to this tradition-bound sport. Hint: Load up an industrial strength wheelbarrow with 5 Koku bags of rice, that's five bushels a bag, and go jogging with it. That's for openers.

Well, there it is. Two new record categories. Any claimants? Any challengers?

I've been a little bemused by the campaign in PL USA, IRON MAN, and other publications to promote Claudia Wagner as the "best-looking woman" in powerlifting. I'm not sure whether such a controversy is good for the game or not, or even relevant.

Records Are Made to Be Broken
Paul Kelso wrote this article prior to the D.A.S.H. World Record Breakers Championship in Hawaii, where 399 lb. Jeff Maddy benched 700, for a new "combined" record of 1099. — EDITOR

Several hundred Chinese watched with awe and disbelief as we made our way to take over four tables. Not only was this group Japanese, whose forces colonized this island for forty years, but muscular, improperly dressed and a tad boisterous. I stepped the plum vine and observed that something in the bowl just placed by my left elbow was moving. Transparent, paper thin strips of grill-tissue were writhing and falling over the surface of what appeared to be a spinach quiche. The gang at the table finally coaxed me back into my chair, explaining that the "live" object were shavings of bonito steak that were reacting to the rising heat from the vegetables below.

O.K. I was, after all, a world traveler. I could deal with anything, thought I.

Tokiharu Maeda held it together for me. He and Chokichi Itoh were swigging out of a bottle of Chinese vinegar. Offered me a shot. Imagine, if you can, tequila, Everclear, and kerosene in equal parts. Now I know why Maeda can squat 700 and I can't. Handling English well, Itoh kept me informed of dinner events as the gang relaxed. An out-of-country Japanese seems to loosen up somewhat; he is freed from many of the conformities and stifling behavior restrictions required at home. But he still travels in groups and bounces his actions and opinions off the others to maintain his place in things.

The rarest creature outside of Nippon is the Japanese on his own, independent and self-sufficient. "Overseas" Japanese often find it difficult to fit in to society upon returning home, and are often ostracized and subjected to pressure until they are considered properly "Japanese"

INTERVIEW

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

Dick Reno interviewed by Dr. Judd Biasiotto WORLD CLASS ENTERPRISES

Without question, Dick Reno was and still is the prime mover in the sport of powerlifting in the state of Georgia. He was the Peach State's first and only U.S.P.F. State Chairperson and is considered by many dignitaries in the sport as the Father of Powerlifting in Georgia. In the forty years that Reno has been involved in the sport, he has been responsible for organizing and promoting more than one thousand meets in the State of Georgia alone. He is also largely responsible for making Georgia one of the most formidable powerlifting states in the country. According to John Worley, a former U.S.P.F. representative of Georgia, Reno has brought more lifters and judges into the sport of powerlifting than anyone else in the country. Besides Reno's direct effect on powerlifting, he has also promoted the sport through numerous lectures and his highly acclaimed book entitled, *Weight Training Primer*. Ask anyone in the state of Georgia who associates with powerlifting about Dick Reno and they'll tell you he lives and breathes powerlifting; that he is the most knowledgeable man in Georgia when it comes to the sport. No one, and I mean no one has had more of an impact on Georgia Powerlifting than Dick Reno," says Worley, "and I doubt seriously if anyone else ever will."

Organizer, promoter, lecturer and author, Dick Reno stands as an awesome force in the sport of powerlifting. With the aforementioned in mind, World Class Enterprises, traveled to Atlanta, Georgia, to get a closer look at the man referred to as the Father of Powerlifting in Georgia.

World Class: In you 40 years of lifting, coaching, and promoting the strength sports, what changes do you find to be the most significant?

Reno: Well, other than the rather disgusting deterioration of this old mainframe, I find two distinct areas of perception of our sport by the public. In 1946, when my uncle gave me my first rusty barbells, the weight trainer was looked upon with scorn and disdain. The rest of the world envied and emulated our world champion lifters. John Davis, Steve Stanko, and Stan Stanczyk, and bodybuilders John Grimek, Clarence Ross, and Steve Reeves, but the American public saw these men and others who trained as *feared* freaks (oddballs?) well, maybe) who must be at best homosexual and at worst about to expire painfully with an exploding ruptured

protein (beef, pork, chicken). New on the scene were poorly processed soy bean products (weat a gas mask to the media of the time for the grunt and groom crowd). The second area is training methods and nutrition. Most of the exercises, gimmicks, equipment, sets, etc., had been discovered and used by 1946, but very little dissemination of information was present. So good methods were lost to the public and even to top competitors. The steroid-growth hormone market was unknown, and the nutrition ideas were primitive. It was felt at the time that if the muscle structure was mostly protein (excluding water), then the best way to build muscle was to ingest muscle protein (beef, pork, chicken). New on

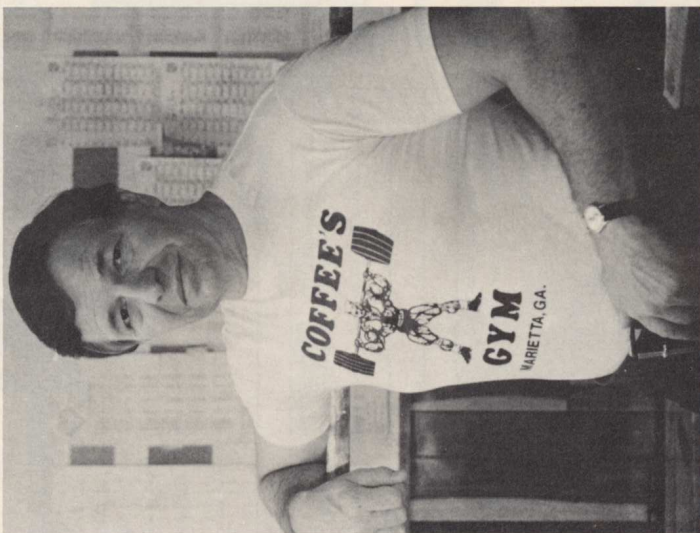
the scene were 19th century workman-ship. These examples may sound like fiction, but I have since confirmed their discovery with other interested historians.

World Class: So you consider yourself a historian?

Reno: No, I like the definition of a historian, the lover of sport. Any one such as you, who have been bitten by the strength bug will find it impossible to set the sport aside. If you can no longer lift, you coach or train to the best of your remaining resources, or write, or produce, or in my case, all of the above and more. Knowledge of the potential and ultimate limits of the human body has barely been tapped. Each day you can learn more, discover new information, be surprised and delighted by what performance can be coaxed from this machine we inhabit. Yes, I am a lover of the sport.

World Class: What do you feel is the value, if any, of food supplements in weight training?

Reno: Like most trainers, I rush out to buy any new product, however silly sounding (fractured mouse droppings) in order to add a pound to my lifts. Unlike most lifters, I then carefully evaluate any information on the product before I ingest it. A summary check of the literature, or even the P.D.R., stopped me from ever considering anabolic steroid usage or human growth hormones. A little reading up front would have saved a lot of grief for some ex-lifters, excluding



Dick Reno, considered the Father of Georgia Powerlifting (photo by Martin Miller)

etc., as well as the Universal pulley machines and all the other gleaming equipment in the modern spa? **Reno:** First let me say that 90% of my training can be done with simple barbells and dumbbells. The benches and racks have been built by trainees for thousands of years. Pulleys and levers were used in ancient Egypt and, I'm sure, even before, but I have better evidence of early use by bodybuilding and strength athletes. Twenty years ago, I was browsing through a used bookstore when I discovered a book by the engineering department of a prominent Ivy League University. It was written in the 1850's and was full of diagrams and charts. They had constructed an entire building (Health Spa?) full of huge and complex pulley machines designed to work each part of the human body. One was set up to be used for total body work (powerlifting machine?). A Swedish doctor, Jonas Gustaf Zander, built and successfully marketed 73 individual types of machines before World War I. Those still in existence are me 19th century workman-ship.

World Class: What in your opinion is the major problem in powerlifting today?

Reno: Our sports organization has become a Tower of Babel. The separate groups with differing titles and rules are bad enough, but the mainstream group (my group, A.A.U., and later U.S.P.F.) is unable to formulate policy and then stick with that policy for even short periods of time. The lifter cares less about good rules or bad rules, or good records or bad records. What the lifter wants and needs is to know what the rules are and what the criterion is to set a record. This should be clear and unchangeable. I suggest a five to ten year ban on any rules changes, and no removal of any record honestly set by a lifter in the past. Let's be fair to the paramount person in the sport, the powerlifter.

World Class: What were the rules like at the dawn of the sport?

Reno: Well, I don't precisely have a date for the beginning. Oddlift meets occurred when I was a boy. These usually consisted of bench press and any other lifts that the boys meet on were good at. In the late fifties and early Sixties in Texas, modern power meets were quite rare. Lifters like Ronnie Roy, Gene Devers, Jim Witt, Bob Peoples, Clay Patterson, Terry Todd, and many others came to mind. In the first meet that I promoted in 1960, I sent out an instruction sheet trying to list all

equipment in the warm-up area. Borrow from your friends to ensure that the warm-ups are sufficient and on time. Don't neglect the quality of the rules for the competition. The meet run well until a few of the heavier lifters came up with some tricks that I had not foreseen. A

friendlier challenge to Dick Reno from his fellow Georgia master, Howard Wooding)

When its all over and all said and done, No matter who wins it'll be great fun.

Let's make it a lift to end them all.

Defend your title, don't let it fall.

When you think, don't let it fall.

When you lift, don't let it fall.

When you rest, don't let it fall.

When you train, don't let it fall.

When you compete, don't let it fall.

When you win, don't let it fall.

When you lose, don't let it fall.

When you quit, don't let it fall.

When you die, don't let it fall.

ODE TO RENO

Reno was a man of strength and skill; Who handled weights with dexterity & skill; He set lifting records that stand to this day; But alas he aged and his hair is grey.

His muscles have softened, his tummy sags; When walking with others, behind he lags; He can no longer take the strain of weight; He's too old too soon, for him too late.

Now a new man has come upon the scene; One which turns our man Reno's girls green; This new man stands strong and tall; Reno watches with envy as his records fall.

When the dust settles and the lifting's done, Our man owns the records, Reno owns none; But alas my friend, this need not be, Why not give it a shot and challenge me.

Come prove to all who is the better man, Compete with me, if you still can.

Let's make it a lift to end them all.

Defend your title, don't let it fall.

When you think, don't let it fall.

When you lift, don't let it fall.

When you rest, don't let it fall.

When you train, don't let it fall.

When you compete, don't let it fall.

When you win, don't let it fall.

When you lose, don't let it fall.

When you die, don't let it fall.

vertable not ensued when the lifters without tricks decided that they had been cheated.

World Class: So that incident convinced you of the importance of an organization and set rules with qualified judges to enforce them.

Reno: Yes, I shook hands with A.A.U. and held on tight.

World Class: What do you think should be done to improve powerlifting meets?

Reno: He put a lot of thought into this one over the years and even went so far as to write a guideline for meet directors last year. I destroyed it after a careful rereading recently, but let's give it a try.

First: Start the meet on time. I have never been to a disastrous meet that started on time. Good planning is the key.

Second: Plenty of equipment in the warm-up area. Borrow from your friends to ensure that the warm-ups are sufficient and on time. Don't neglect the quality of

equipment in the warm-up area. Borrow from your friends to ensure that the warm-ups are sufficient and on time. Don't neglect the quality of

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equipment on the platform either. Third: No rest periods between flights or lifts. Obtain enough help so that rest periods are available while the meet progresses. One way to ensure help is to post names and job descriptions on the gym bulletin board and at the meet site. It also helps to partially defray the expenses of the officials if the meet is successful enough.

Last but not least: Get sponsors to cover all expenses and give them credit at the meet, in the newspaper, and on radio and television interviews. Then concentrate on making the lifters happy. Powerlifting is for the lifter first.

World Class: Can the powerlifting organization help?

Reno: Yes, each sanction sent to a meet director should include a packet containing rules, sample score sheets and cards, as well as diagrams of lifting area and the warm-up areas. USPF applications, how to construct score lights and lifting platforms. It could also contain tips for the organizer such as: the next weight on the bar should be first so that the loaders can begin. Next the height and width of the racks. Finally the lifters name on deck and in hold. The packet should also include a computer listing of all competitors that the meet director hopes to attract.

World Class: Is there anything else you would like to say?

Reno: Only that appreciate what everyone has done for me.

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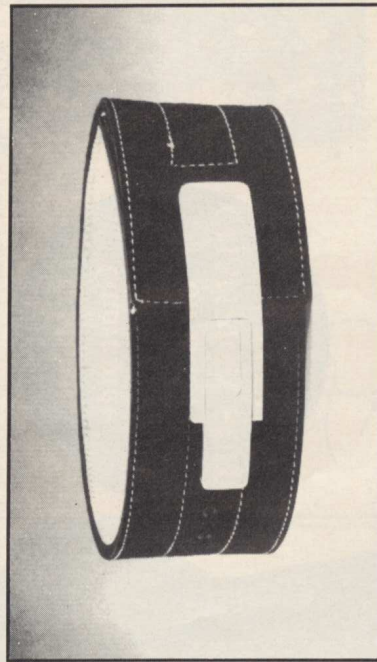
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TRAINING

POWER THERAPY as told by Coach JOHN WARE

There is something invigorating and addictive about good heavy power training. The majority of the population has never experienced this and thus simply cannot understand it. It is only the true diehard power seekers who can experience the exhilaration of a gutbusting set of squats or deadlifts.

I have now trained with weight training equipment and devices for over 17 years, and have seldom experienced in any other activity the inner self-satisfaction which comes with a good hard workout or training session.

I am happier and most content when sweat runs down my face and oxygen burns my lungs after a max set of one of the powerlifts. I train for that post-workout feeling of exhaustion and the washing of satisfaction, be it with fatigue. I only wish that everyone could have a chance to experience these same feelings. That is why I recommend power therapy to everyone. No matter what your age or your gender, good hard power therapy can enhance and add a great deal of quality to your life.

As society approaches the year 2000, occupational as well as overall societal pressure and stress is at an all time record level. Individuals are pushed to their limits physically as well as psychologically. That is why it is most critical that each person find a means to try and alleviate this stress. High levels of stress left unattended can be destructive, and can surface in numerous manners. In fact, I will go as far as to say that many of our physical irregularities are stress related. The reason stress can be so detrimental is because far too many people have not found effective methods to cope with this destructive aspect of our lives.

The various occupational choices carry with them inherent levels of pressure or tension. The occupation I am employed in is probably right up their with air traffic controllers in terms of pressure to produce or perform. I am a collegiate football coach. Unfortunately, a football coach's livelihood is directly linked to how many games you win. That is the nature of the sport and a given for you to accept if you are going to stay in the profession.

Fortunately, I have found my secret for staying sane and healthy. It lies within the confines of the weight room and is described by me as



Ireland's Gerry O'Grady shows the satisfaction that comes from successfully performing a heavy squat at the Worlds.

power therapy. You generally are happier, healthier, and feel better about yourself.

I have a proposal for anybody who reads this article. If things are beginning to bog you down, then try some power therapy. It will give you back much more than it ever takes. Get your friends and relatives involved.

Tell whoever you come in contact with about it. You will be amazed at the results. Gee, I wonder what would have happened if Sigmund Freud had discovered power therapy?

JOHN WARE

to shoot for. It can improve your physical health as well as your self-concept, through among other things, improved physical appearance. In general, you look and feel a lot better about yourself.

Sometimes my friends or associates kid me because I choose to work out rather than go to the nearest pub for some post-business day beers. I generally smile at them and tell them that I need my fix of iron. Someday I hope to persuade all of them to do the same. You see, I know from personal experience the benefits and joy

'power therapy'. This is where all of life's frustrations and pitfalls can be taken out on steel. Wouldn't it be great if everyone would take their aggressions on a heavy set of benches, rather than in other misguided manners? I am quite sure everyone would be better off.

Maybe if everyone who underwent psychotherapy could combine it with weight training, we would have more healthy people. A good solid strength training program can add structure and discipline to a person's lifestyle. It can provide specific tangible goals

THE BENCH

Bench That Frustration as told to PL USA by Doug Daniels

The bench press is by far the most popular of the 3 powerlifts, but it's also the cause of the most frustration. Even though it contributes the least to the total, success on the bench is what many lifters seek most. For a few, the bench press is easy to excel in. This can be because of body structure (short arms, etc.), the ability to train it hard, or because the lifter has found the perfect routine to follow. For most others, frustration in the bench press causes them to try numerous training methods, with little or no success. Sometimes the answer is to blitz the benching muscles with numerous assistance exercises like dips, flies, inclines, declines, laterals, tricep extensions, etc. The list of assistance work is almost endless, plus you can't forget about adding extra sets and workout days on the bench itself.

For some people, the approach just described works well. For others, the answer remains no. Those who still can't gain may turn to even more magic routine as promoted by the latest big bench hero. Trouble is, what works for these bench greats may be totally unsuitable for the average trainee; however, this realization is not too often reached.

A solution to this problem that is seldom tried is to train less. Yes, train less! I know this sounds like sheer insanity. How could less training add up to a bigger bench? No way, José! Each individual possesses their

own unique ability to recover or respond to physical exercise. All that extra work may have overstressed your body's abilities; hence the lack of progress. Doing less work may enable your body to respond favorably. If you examine the relative size of the bench press musculature and the quantity of work you may have been subjecting it to and compare it to the musculature involved in the squat and deadlift and their rather limited workload, volumewise, it may make more sense. We tend to subject our smaller benching muscles to far greater stimulus relative to size. That goes against logic. An overabundance of work is not the answer.

What then, is my suggestion? First, by less training I don't mean easy training. Intensity is critical. I can't lay out the perfect bench routine here, but I can lay out some guidelines to follow in rethinking your bench training.

1) Train your bench no more than twice a week. Once heavy in another session 2-4 days later.

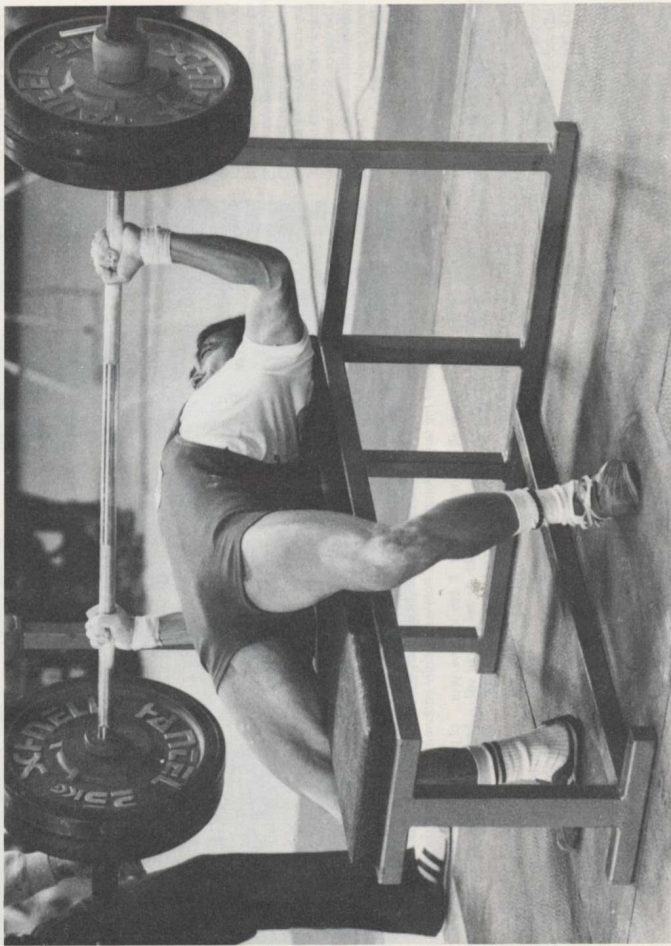
3) Concentrate on bench technique and explode on all reps. Too many times when a lifter tries to explode on a rep, they crash the bar on the chest and bounce it upwards. Practice a controlled descent, stay tight on the bottom and then uncoil like a compressed spring. Have someone knowledgeable evaluate your bench for flaws that may be holding you back.

4) When you reach an impasse in a lift, back off the weights by 15-20% and start over again. Continuing to use weights that frustrate you will have a negative effect. Backing off will enable you to use better form, get the reps, refresh your mind and instill confidence. As the weeks go on, increase the weight and your momentum may push you through what was once a plateau.

Take 2 steps back to take 3-4 steps forward.

5) Vary your reps over a period of time. Try 3-4 weeks of 12's cutting the reps by 3 every 3-4 weeks. Take 1 week off after you max out, start over. The key thing to remember is to work hard on the work you do. Less can mean more when it comes to benching. If you've tried just about everything, except cutting back as I've talked about here, what have you got to lose? Some of my guidelines will work in your other lifts as well, so think over what I had to say and **bench that frustration.**

Doug Daniels



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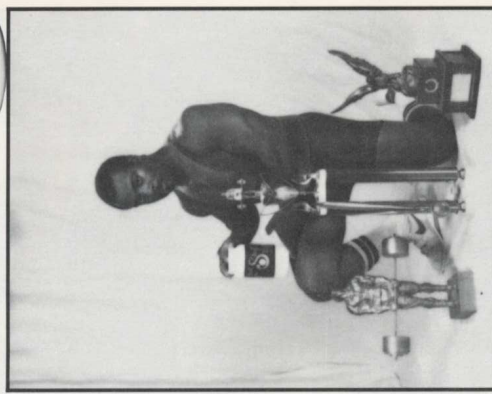
Fellow Powerlifters — I'm sick and tired of getting ripped off by supplement companies! They promise fantastic results — all they really do is take your hard-earned money. In fact, I vowed never to get sucked in again. That's why I protested pretty firmly when a gym buddy told me about HOT STUFF.

"Give me a break," I said. "I'm not falling for that advertising crap again."
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I Got More Proof After Two Weeks. . .
I am a very precise powerlifter. I couldn't train for world championships without drawing on my many years of experience. I plan everything down to the last detail — diet, training routines, exercise poundages. I know my body well and that's why my workout poundages are calculated exactly for each week of my cycle. What I'm trying to say, is that I can tell within a few pounds, how strong I'm getting each week.
That's why I was so amazed when after two weeks into my strength cycle, I was trying with weights I should just have been making.
"You make those weights look awfully easy Willie," one of my training partners commented. I stopped for a minute and thought about it. He was right. Something strange was going on here. Then I remembered that the only thing different was HOT STUFF. I was beginning to believe! And by the time that cycle was over I had no doubts. I had never used a product like HOT STUFF. Not only did it increase my strength, I even lost several inches around my gut. Boy, was that a bonus!

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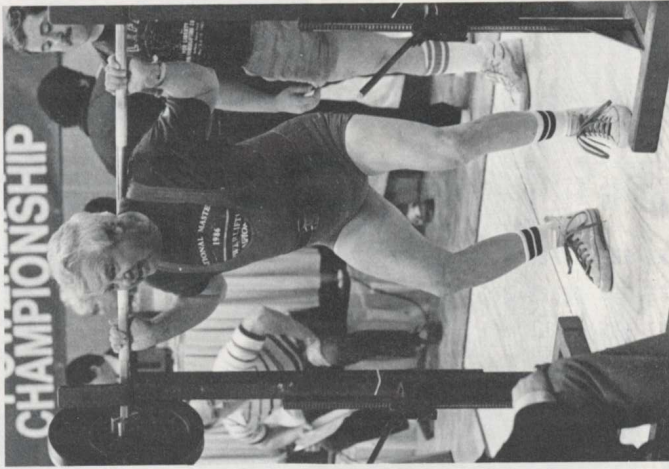
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Talk is cheap, as they say. We could fill up this entire magazine singing the praises of HOT

POWER PROFILE

A Tribute to Jim Witt, Strongman

by BILL STARR, Strength & Conditioning Coach, Johns Hopkins University



JIM WITT gets out on the National Masters platform whenever he can.

Every so often, I believe it is important for those athletes who are engaged in a sport to take some time to look back and pay homage to those who broke important ground for them. In the Nineties, powerlifting is a vibrant, growing sport, but it did not arrive at this healthy stage accidently. Twenty years ago, the sport of powerlifting was little more than a side show for strongmen who could not excel at the three Olympic lifts. While it is true that some very capable Olympic-style lifters such as Homer Bramann, Larry Wintz, and Emie Pickett did do extremely well in powerlifting contests, it is also a fact that they only entered them as a lark. Their serious sport was always the overhead lift.

I sincerely believe that powerlifting would have remained a second-class sport, at least for many, many years, had it not been for the individual efforts of one man—Jim Witt of Dallas, Texas. Almost singlehandedly, he elevated the sport from being a peep-child, and a very feeble spectacle at that, to a point where it was an equal member of the strength family. Jim, you see, fully believed in the most heretical idea that strongmen who competed in the three power lifts should be given the same dignified respect as their Olympic lifting counterparts. Youngsters may find this idea a bit amusing since they know their Olympic lifters to compete in the mid and late Sixties, this was certainly not the case.

Perhaps a bit of recent history concerning the sport is in order. From almost the dawn of time, actually the early Thirties, Olympic lifting in the United States was controlled by Bob Hoffman and his York Barbell Club. His wishes and the wishes of the Weightlifting Committee were synonymous and his power also extended into the international scene. The potential rise of the sport of powerlifting was not to his liking for simple economic reasons. If a strength athlete chose powerlifting, he would not be under Hoffman's control since the AAU did not recognize the sport. In addition, he was very worried that his arch rival, Joe Weider, would step in and back the fledgling world and this is something he could not tolerate. He loved his monopoly and hated Joe Weider.

In 1968, I traveled with Bob to Mexico City for the Olympic Games. A proposal was presented to the international body to make powerlifting an official sport in the FFI. Bob, who carried a great deal of clout in this organization, did some heavy-duty lobbying against the proposal and it was voted down.

Into this negative climate came Jim Witt—a humble gym owner from Dallas who just happened to love the sport of powerlifting and who believ-

very reasonable and he delivered them with an unexpected succinct forcefulness. Many who had believed him to be a Texas flack soon found themselves raising their hands in agreement with his suggestions and he began pushing through landmark decisions for his fellow powerlifter.

The great allowances for the National Championships, he battled for, and got a classification system for powerlifting; one on par with the one already in existence for Olympic lifting. A Hall of Fame and All-American honors for powerlifters were directly from his efforts. Meanwhile, athletes, he was urging their fellow lifters to upgrade their behavior, instead of on a consistent basis of high firming rules and a rule book of high inflexible procedures.

All this he did while was assisting his family. Even then, he continued in any meet he could get to, always having to rely on his own powerlifting, but in truth, he never asked for any. That was not his purpose. He conducted meets which drew large crowds, the most notable being the National Championships of 1971. He never made any money on these contests he conducted. At Jim hadn't involved himself in the sport for money, which is in today's world, itself a rarity for it seems everyone who lifts a barbell is seeking a way to squeeze a dollar from the sport.

In 1975, Bill Clark, another unsung mover and shaker for the sport of powerlifting, along with Jim, put in operation the highly successful Masters program. This allows older powerlifters the opportunity to enjoy their sport for as long as they like. To show how much he believed in this

program, Jim competed in both the Olympic and powerlifting versions of the Masters Nationals for the first four years, until health problems sidelined him momentarily. And won all events.

Jim's lifting history could fill a small volume. I will just touch on it in this piece because this is not so much about his lifting exploits, but about his efforts to make powerlifting a respected sport. He started late, entering his first meet in 1959. Since then, he has accumulated hundreds of trophies, record certificates, National titles and in 1978, he was elected to the Hall of Fame. His top lifts in competition are: squat 600, bench 400, snatch 250 and military press 275. All these were accomplished at a bodyweight near 225 and at an age when most people think that power walking is strenuous exercise.

Along the way he has had more than his fair share of physical setbacks. His wounded knee has been mentioned. Add to that, a stroke which necessitated a carotid endartery, a ruptured disc, and in 1987, triple bypass open heart surgery. This was a year after he had won the National Masters in Buffalo, setting a new bench press record with 275 in the 70.74 age group.

His greatest setback was not his health problems, however, but the loss of his dear wife, Helen, in October of 1988. She never complained when he dropped everything and took off to some part of the country to lift in a contest or to politic for his cause. She never fussed about the money he was spending to help the sport grow; money that could have been used to make their lives more comfortable. She was, indeed, a rare woman and her loss has set him back on his heels.



Back in 1965 Jim pulled a 600 deadlift in Wichita, Kansas. He was a powerful figure, both in body and in his personality, which won him many victories.

on fairness. It was in the early '60s at a meet in the Dallas YMCA. Our gym which was situated behind the arena where we competed. It was a cold December night and a biting wind slipped in the open window in the warm-up area. One of the lifters wisely closed it. But a huge heavy-weight from Oklahoma promptly reopened it. Obviously, the cold didn't bother his bulk. Jim observed this and took a quick shave of the gathered. Every lifter save the 330 pounder wanted the window closed so Jim went and closed it, telling the heavyweight that this was what the majority decided.

"Well I don't give a damn what they want!" he barked. "I want it open!" When he reached for the window, Jim decked him with a straight right that would have done Ali proud. End of discussion. The window remained closed. It wasn't an act of machism on Jim's part. If he voting had gone the other way, he would have stood behind the heavyweight. It was simply the fair thing, the right thing to do, and Jim did it.

Jim admits that the loss of Helen from his life has taken much of the zest of living out of him, but it is my educated guess that he will once again be seen on the lifting platform before he goes off to the Big Weight Room. We used to travel to contests in Texas and later to AAU meetings in Texas and later to AAU meetings and I recall a very profound statement he once made. I have thought on it many, many times over the years and believe it encompasses his philosophy in a nutshell. He said, "I believe all the lessons of life can be learned on the lifting platform. Pride of accomplishment, humility when the weights win, courage to tackle a poundage never before attempted, fear of failure, the joy of success and the total sadness that comes with losing." A most poignant expression from a very complex man.

In closing, may I suggest that the next time a group of powerlifters gather together to celebrate their successes after a contest, let someone lift a toast to Jim Witt, honoring him for what he did for the sport. In doing so, you will also bring honor on yourself.



Jim Stands With The Greats of Masters Powerlifting, left to right, Emie Nagy, Sarge Pendley, Jim, Henri Soudieres

This drug free deadlift routine is a progressive cycle designed for the novice to intermediate lifter who is capable of a 500 pound deadlift. The program allows the lifter to make gains while simultaneously avoiding burnout and/or premature peaking. Expect a strength increase of 15-30% by the end of the program.

Work your hip flexibility prior to starting your routine. I feel the greater the flexibility you develop, the better deadlift you will eventually become (particularly sumo style). I can't overemphasize the importance of maintaining strict form throughout the lift. Some key points to remember are: stay tight before pulling - keep your hips low and squeeze the bar off the floor - generate your power using your hips, not your lower back.

Supportive gear: Don't use a tight suit until a minimum of three weeks out from a contest. Don't wear your belt until your final warmup set and keep it one notch looser than normal. Continue this all the way up to the 7th week, if possible. The supportive gear will give you added confidence and an extra 'kick' when it comes time to wear it.

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Adam Auerbach's Deadlift

Don't neglect them. Work your abs up to the competition, but cut out hyperextensions 2 weeks out from the competition.

Week 1: 135x10x2, 225x8, 315x4, 330x3, 345x1, 360x8x3

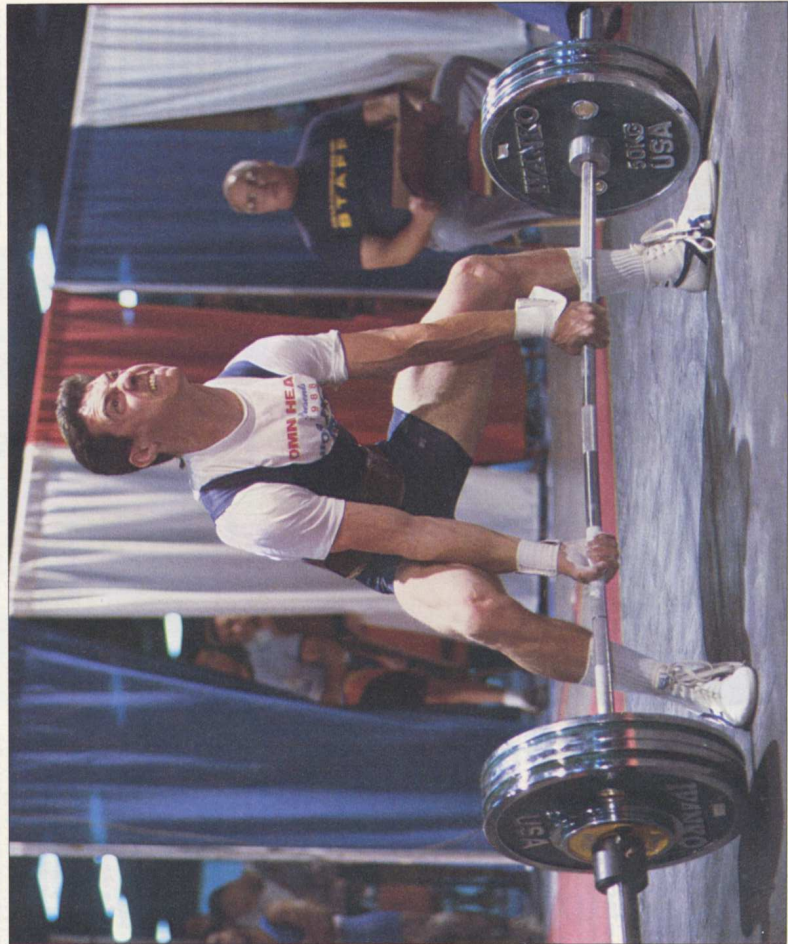
Week 2: 135x10x2, 225x8, 315x4, 335x3, 355x1, 370x8x3

Week 3: 135x10x2, 225x8, 315x4, 335x2, 360x1, 380x6x3

Week 4: 135x10x2, 225x8, 315x4, 335x2, 360x1, 380x6x3

- 315x5, 355x3, 375x1, 390x6x3
 - Week 5:** 135x10x2, 225x8, 215x5, 365x3, 385x1, 425x5x3
 - Week 6:** 135x10x2, 225x8, 215x5, 385x3, 40x2, 435x5x3
 - Week 7:** 135x10x2, 225x8, 215x5, 385x3, 40x2, 445x5x3
 - Week 8:** 135x10x2, 225x8, 215x5, 385x3, 40x2, 465x3
 - Week 9:** 135x10x2, 225x8, 215x5, 385x3, 420x1, 490x1, 480x3x3
 - Week 10:** 135x10x2, 225x8, 215x5, 385x3, 420x1, 490x1, 485x3x3
 - Week 11:** 135x10x2, 225x8, 215x5, 385x3, 430x1, 460x1, 500x2x3
 - Week 12:** 135x10x2, 225x8, 215x5, 385x3, 425x1, 450x3
- Competition: 440x1, 515, 3rd attempt - 500, 2nd - 450x1, 1st attempt - 500, 520, 525

Feel free to call or write me if you need any more information regarding this routine or if you are a coach or athlete in need. Please include postage and handling. Good Luck. Write To: Adam Auerbach, Dave's Gym & Hammer Strength, 3300 Webster St., No. 605, Oakland, CA 94609, 415-786-2459.



Adam Auerbach is a former PFF Jr. World team member, who came close with a Jr. World Record deadlift attempt at the 1990 U.S.P.F. Sr. Nationals.

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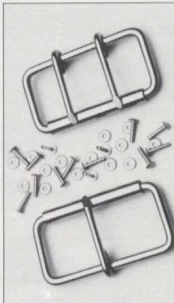


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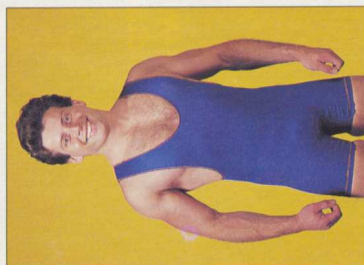


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Press Release: There are a lots of ambitious lifters out there who have trained on their own and fought their way through gains, hoping for a chance to make it to the top. That could mean striving for first place at a local meet, eyeing that state or regional record, or even hoping for a place at a national contest. A handful of lifters will make it on their own. Most will continue to struggle for a simple lack of knowledge. Some will be forced to retire due to injuries that could have been prevented simply by having knowledge of proper lifting technique. Even at national level meets, one can easily see which of the lifters have been trained effectively and which have made it to the contest on brute strength alone. The best trained lifters who are usually the ones who take the top three places, have top lifting form and confidence in their lifting ability. There are a lot of coaches out there...but how many of them are effective.

Effective coaches carry their success way beyond their own lifting ability. Their success continues on into the athletes they train: Not just in one or two people, but in tens and fifty's and even hundreds. They know their own, and that which they gain from watching the lifters they train. But most important: they know how to effectively bring a lifter up to his or her lifting potential.

Obviously a lot of us would love to have the opportunity to train with the best; hopefully, someone who is an effective teacher. Okay, now what about the opportunity to train with someone who is one of the best in America, and a very effective trainer; and the same from the Soviet Union? How about the chance to see the top Soviet powerlifter in action...then to talk with him and have him show you how you can become more successful?

Vladimir Mironov, the top Soviet powerlifter, trains more than 500 Soviet powerlifters and bodybuilders in his home city of Omsk. He had developed most of his training methods based on his 14 years of experience in Olympic weight lifting. He is strict on technique and very stubborn about following correct training principles. He knows how to be successful, and how to incorporate his knowledge of Soviet training methods to build success and confidence in the men and women he trains.

Vladimir, whom most of you have either read something about in *Powerlifting USA* magazine or seen in person during his most recent visit to the United States, will be returning to the States in the summer. He, along with a top powerlifter in the women's 165 pound division, Eileen Owen, will be holding seminars from the month of July through to the end of the year. Vladimir will be participating in a number of big meets here in the USA and in the WPC World Championships, to be held in Las Vegas in November. He will very likely break the world deadlift record during his visit.

Vladimir and Eileen will be traveling around the country during his stay. For information about seminars in your general area, or for information about how you can arrange for them to appear at your gym or contest, write to: Ernie Frantz, c/o Frantz Sports Center, 60 S. Broadway, Aurora, IL 60505, 708-892-1491. P.S. Inquire about our newly designed 2 week training camp put together by Ernie Frantz and the APF with a number of specialists on hand for each lift and the top trainers in the world for individual training.

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California Special Olympics		Southern Sectional	
16,17 Feb 91 - Santa Paula, CA	Female	16,17 Feb 91 - Santa Paula, CA	Male
Bench Press	114 lb.	J. Fanase	110
T. St. John	55	A. Clapper (m)	100
J. Flabaven	85	W. Malone	85
K. Kurpaski	75	L. Grill	55
M. Walshe	95	M. Walshe (m)	110
M. Walshe (m)	110	M. Walshe (m)	110
M. Sanchez (m)	85	D. Sampson (m)	205
M. McCormick	135	R. Powell (m)	150
Deadlift	114 lb.	J. Davidson (m)	140
T. St. John	95	Below 114 lb.	
132 lb.	190	P. Grove (m)	90
137 lb.	130	J. J. J.	120
C. Kurpaski	130	C. Phillips	110
M. Sanchez (m)	175	B. D'Alessio (m)	95
198 lb.	225	J. Morales (m)	175
M. McCormick	225	Villagomez (m)	150
Male		N. King	110
Bench Press	280	D. Tucker (m)	280
Below 114 lb.	55	T. Wright (m)	185
123 lb.	85	A. Alessio (m)	175
B. D'Alessio (m)	85	S. Cornejo	150
G. Tani (m)	50	E. Breeding	150
C. Phillips	50	M. Flores (m)	140
132 lb.	100	J. Miller	130
Villagomez (m)	80	J. Cartwright	45
J. Morales (m)	80	J. Morales (m)	45
N. King	55	165 lb.	360
148 lb.	35	D. Burr (m)	240
148 lb.	240	Hedenburg (m)	230
D. Tucker (m)	165	A. Azar (m)	205
J. Golden (m)	100	R. Wood (m)	200
A. Almeida (m)	95	M. Leggero	175
T. Wright (m)	95	J. Miller	175
J. Miller	95	T. Wright (m)	160
S. Cornejo	90	J. Aguirre	160
E. Breeding	75	P. Brooks (m)	160
M. Flores (m)	75	S. Cornejo	135
165 lb.	45	S. Cornejo	135
165 lb.	170	G. Wright (m)	115
R. Wood (m)	140	I. Eaton (m)	115
E. Burr (m)	130	V. Burton (m)	110
A. Azar (m)	115	Hendenburg (m)	110
D. Rosales	115	D. Prough	110
G. Wright (m)	110	D. Denton (m)	300
B. Leggero	105	R. Dunning (m)	240
S. Cornejo	100	Schwepman (m)	215
J. Aguirre	100	J. Aguirre	200
P. Brooks (m)	100	S. Cameron (m)	200
T. Wright (m)	95	S. Gifford (m)	165
J. Aguirre	95	S. Hoban	160
D. Prough	75	E. Buckley	150
S. Gasparo	70	L. Meza (m)	110
I. Eaton (m)	70	J. Thompson (m)	110
V. Burton (m)	50	198 lb.	
181 lb.	275	J. Ashbrenner	275
D. Denton (m)	185	P. Murphy (m)	250
P. Murphy (m)	145	P. Blumenthal	210
J. May (m)	120	Hutchinson (m)	200
S. Gifford (m)	105	C. Wallen (m)	180
Schwepman (m)	105	M. Pichan	175
E. Buckley	80	T. Aamot	140
S. Cameron (m)	80	L. Meza (m)	75
L. Meza (m)	75	V. Peterson	250
J. Thompson (m)	75	A. Clapper (m)	250
J. Hoban	65	I. Enansson (m)	235
198 lb.	175	P. Blumenthal	210
J. Ashbrenner	155	M. Walsh (m)	205
K. Murphy (m)	155	W. Malone	185
P. Nichols (m)	145	L. Grill	155
Hutchinson (m)	125	242 lb.	
C. Wallen (m)	75	M. Wallen (m)	185
T. Aamot	65	P. Tyntkuw (m)	180
M. Pichan	65	275 lb.	
198 lb.	240	D. Sampson (m)	245
V. Peterson (m)	140	SHW	
(m) - Master lifter. (Thanks to Marilyn Van Dyke, California Special Olympics, for these results).			



RON WOOD was one of the happy competitors at the California Special Olympics Southern Sectional Championships in Santa Paula, CA.

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at meets or in the gym, talking about some exciting bit of news or hot lifting gossip, and then saying "I read it in the HOTLINE", so you wonder what the heck the "HOTLINE" is? The "HOTLINE" is **POWER HOTLINE**, the twice a month bulletin of the Iron World. It comes out quick, via **FIRST CLASS MAIL**, so it reaches you with the news when it still is "new". It gets you flash results of the major contests, when everyone is hungry for that information, late word on training lifts of the top lifters, rapid insight into rule changes, etc. from the major lifting organizations, last minute notices of date changes of contests, etc., and details of the big stories (drug test failures, etc.) of the day. Many of the top lifters, top administrators, meet directors, and true fans of the sport subscribe to **POWER HOTLINE** so they don't miss a beat of what's happening in the World of Weights. You, too, have this opportunity to become the "man in the know" about Powerlifting and the related strength sports. A one year subscription to **POWER HOTLINE**, 24 issues - each sent out via First Class mail (not 2nd class, which can take weeks for delivery!) - is only \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 (\$39 US for foreign, Air Mail Subscriptions). **DO IT NOW!**

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Rank	Name	Rank	Name	Rank	Name
235	C. Carlson	280	A. J. Lindley	690	C. Carlson
165	A. Williams	400	S. Wasson	375	S. Wasson
215	S. Wasson	305	S. Wasson	380	S. Wasson
205	K. Lett	330	K. Lett	335	K. Lett
225	B. Walston	300	B. Walston	325	B. Walston
185	D. Napier	440	D. Napier	625	D. Napier
235	C. Steward	385	C. Steward	620	C. Steward
245	J. Brown	620	J. Brown	620	J. Brown
195	J. Swamy	385	J. Swamy	385	J. Swamy
190	D. Fox	355	D. Fox	345	D. Fox
185	D. Fox	360	D. Fox	345	D. Fox
200	D. Miller	280	D. Miller	480	D. Miller
300	C. Meek	670	C. Meek	670	C. Meek
210	M. Yost	400	M. Yost	400	M. Yost
210	M. Yost	400	M. Yost	400	M. Yost
230	N. Priddmore	335	N. Priddmore	335	N. Priddmore
155	B. Whitford	390	B. Whitford	345	B. Whitford
255	A. Letterly	385	A. Letterly	640	A. Letterly
225	J. Mills	380	J. Mills	605	J. Mills
260	D. Collins	500	D. Collins	500	D. Collins
230	D. Collins	325	D. Collins	345	D. Collins
310	M. Tacklet	650	M. Tacklet	760	M. Tacklet
255	L. Weimer	400	L. Weimer	655	L. Weimer
270	D. Stone	435	D. Stone	705	D. Stone

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Main Street Gym

Bench Press & Strict Curl Meet

Rank	Name	Rank	Name	Rank	Name
129	K. Nelson	209	K. Nelson	320	K. Nelson
129	K. Nelson	209	K. Nelson	320	K. Nelson
129	K. Nelson	209	K. Nelson	320	K. Nelson
129	K. Nelson	209	K. Nelson	320	K. Nelson
129	K. Nelson	209	K. Nelson	320	K. Nelson

The Touch and Go BP and strict curl contests were a big success for the Main St Gym's first meet. No one at our meet had ever lifted in a strict curl contest and they all found it to be really fun and the curl with a trophy for overall best lifter. Overall best male lifter was Wade Vaughan of Marshfield. Overall best female was Dawn of Marshfield. We had a great turnout and were pleased to see so many people were tested and brought a great M.C. Also to my right hand man Bruce Hamilton who put up with my mood and helped me to organize the whole meet. The A.D.F.P.A. Brothers Gym for all their help. (Results provided by Susan Clancy-Lovelett Director and A.D.F.P.A. State Championship)

Northeast Ohio High School Meet

Rank	Name	Rank	Name	Rank	Name
105	J. Davis	115	J. Davis	200	J. Davis
135	S. Denemer	135	S. Denemer	275	S. Denemer
150	B. King	150	B. King	395	B. King
180	B. Holmes	180	B. Holmes	275	B. Holmes
180	B. Holmes	275	B. Holmes	275	B. Holmes



ADPPA Hawaii Championships

Rank	Name	Rank	Name	Rank	Name
148	R. Miguel	115	R. Miguel	195	R. Miguel
181	T. Miller	125	T. Miller	165	T. Miller
104	J. Gonzalez	205	J. Gonzalez	210	J. Gonzalez
111	C. Lopez	105	C. Lopez	105	C. Lopez
122	D. Rents	102.5	D. Rents	117.5	D. Rents
122	D. Rents	102.5	D. Rents	117.5	D. Rents
122	D. Rents	102.5	D. Rents	117.5	D. Rents

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Table with columns: Name, Weight, Total. Lists results for Icelandic Nationals.

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Table with columns: Name, Weight, Total. Lists results for Beat of the Northeast IV.

3rd Annual Y Bridge Classic

Table with columns: Name, Weight, Total. Lists results for 3rd Annual Y Bridge Classic.

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finished third but remains the winningest active member of the USA Powerlifting Team. Meet Brookes WKA Activities Coordinator, for all her help and assistance. I would also like to thank Larry Garro, Paul Griffiths, Rich Branch, Larry Walker, Calum, Carl Albers, for all their help and assistance. All placings are subject to change depending on the outcome of drug test results. (Thanks to Brian Washington for the results).

NASA Bench Press Tour

23 Mar 91 - New Ulm, MN

Womens	Mens Pure	Novice Pure
165	132.5	132.5
J. Hahsch	Y. Landerville	I. Landerville
148	130	D. Lux
M. Olsen	D. Lux	D. Lux
J. Landerville	D. Lux	D. Lux
140	128	D. Lux
138	125	D. Lux
136	122	D. Lux
134	120	D. Lux
132	118	D. Lux
130	116	D. Lux
128	114	D. Lux
126	112	D. Lux
124	110	D. Lux
122	108	D. Lux
120	106	D. Lux
118	104	D. Lux
116	102	D. Lux
114	100	D. Lux
112	98	D. Lux
110	96	D. Lux
108	94	D. Lux
106	92	D. Lux
104	90	D. Lux
102	88	D. Lux
100	86	D. Lux
98	84	D. Lux
96	82	D. Lux
94	80	D. Lux
92	78	D. Lux
90	76	D. Lux
88	74	D. Lux
86	72	D. Lux
84	70	D. Lux
82	68	D. Lux
80	66	D. Lux
78	64	D. Lux
76	62	D. Lux
74	60	D. Lux
72	58	D. Lux
70	56	D. Lux
68	54	D. Lux
66	52	D. Lux
64	50	D. Lux
62	48	D. Lux
60	46	D. Lux
58	44	D. Lux
56	42	D. Lux
54	40	D. Lux
52	38	D. Lux
50	36	D. Lux
48	34	D. Lux
46	32	D. Lux
44	30	D. Lux
42	28	D. Lux
40	26	D. Lux
38	24	D. Lux
36	22	D. Lux
34	20	D. Lux
32	18	D. Lux
30	16	D. Lux
28	14	D. Lux
26	12	D. Lux
24	10	D. Lux
22	8	D. Lux
20	6	D. Lux
18	4	D. Lux
16	2	D. Lux
14	0	D. Lux
12	0	D. Lux
10	0	D. Lux
8	0	D. Lux
6	0	D. Lux
4	0	D. Lux
2	0	D. Lux
0	0	D. Lux

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C. Pascall	C. Clark
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155	295
150	280
145	265
140	250
135	235
130	220
125	205
120	190
115	175
110	160
105	145
100	130
95	115
90	100
85	85
80	70
75	55
70	40
65	25
60	10
55	0
50	0
45	0
40	0
35	0
30	0
25	0
20	0
15	0
10	0
5	0
0	0

DAVE'S GYM ...a cartoon series by CASEY SEEBON

Hey, my wife bought these for me, okay!

POWER PEOPLE



APA/WMA Armed Forces Powerlifter of the Year is Bill Triche, who just returned from Saudi Arabia a few days before the awards banquet in White River Junction, Vermont.

Other APA/WMA Powerlifter of the Year award recipients include Joshua Struborn (Special Olympics), Jason Jihin (Teenage), James Piper (Best Inspirational), Greg Long (Special Olympics), Ed Long (Most Dedicated Official), Dave Massucco (Outstanding Publication), Steve Waldo (Chairman), Marc Donnelly (Incarcerated), Scott Quinn (Incarcerated Official), Norm McKay (Masters Bench Press), Joe Mugoverno (John Pareta (New York), Pete Stanley Jr. (Massachusetts), Art Couch (California), Carl Klein (Illinois), James Kathios (New Hampshire), Paul Garrow (Vermont), Art Courmyer (Ritodeo Miami), George Squitieri (Minnesota), Roland Cote (Special Recognition), Louise Tseramis (Ontario), Jean Marie Bergeron (Canada), Marcel St. Laurent (International), Steve Holmes (Coach), Wayne Andrews (Masters United States), Donald Stratton (GoldenMasters United States), John Schaeffer (United States), Linda Dart (United States), Glen Stevens (Special Recognition), Michelle Hayes (Women's runnerup), Linda Piper (International Referee), John Paton, Tim Barcharac (Referee), Marc Donnelly (Primerup Referee), According to APA/WMA President, Scott Taylor "We would like to congratulate all of this year's award recipients. Each and every one of our worked hard to earn these awards. You are to GREAT people and represent what the APA/WMA stands for." Below are two of the awardees, Art Courmyer (left) and Norm McKay (at right).

APA Submaster/Masters Worlds 30 Mar 91 - Bellows Falls, VT

Table with columns for Name, SQ, BP, DL, Total. Lists names like G. Mathieu, C. Mathieu, J. Lampron, etc. and their respective scores.

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.

Taylor & Jayne Taylor, Meet Tee Shirts by John Schaeffer of L.I.'s Fitness, Womelsdorf, PA. Equipment Concession Stand provided by Glen Taylor and Jayne Taylor. Meet Tee Shirts by John Taylor and Jayne Taylor.

Table with columns for Name, SQ, BP, DL, Total. Lists names like V. Tran, T. Nguyen, N. Williams, etc. and their respective scores.

Registration form for the American Drug Free Powerlifting Association. Includes fields for name, address, phone, and a section for 'APPLICANTS fill out card completely and mail with fee to: 1555 PECAN HILL - SUITE F, MISSOURI CITY, MO 63114'.

STEROIDS D-BALL TEST JET DECA. Anabolic Steroids Build Muscle Mass and Strength. Now there are safe and effective replacements for steroids. PRO BODY™ Power Formulas.

Build Mass And Lose Fat. Testosterone Builds Mass & Strength. Human Growth Hormone increases lean body mass and decreases body fat. The ingredients of steroids... PRO BODY™ Power Formulas are 100% GUARANTEED or your money back.

PACIFICO Knows POWER APPAREL



THE NEW CENTURIAN SQUAT SUIT BY TITAN IS A SUIT THAT BROKE ALL THE STANDARDS FOR CONSTRUCTION AND DESIGN. SO UNIQUE IS THIS DUAL QUAD DESIGN THAT IT REQUIRED A PATENT. TWO SETS OF FOUR SEAMS ARE ANATOMICALLY PLACED TO PROVIDE UNPARALLELED SUPPORT SYSTEM WITHIN THE SUIT. THE RESULT IS UNPARALLELED ADDITIONAL SUPPORT OUT OF THE BOTTOM POSITION. THE CENTURIAN INCORPORATES THE PRESSURE EXPANSION STITCH, MODERN CROTCH DESIGN, 3 CM. SEAMS, SEAMLESS STRAPS, DOUBLE ROLLED STRENGTH SEAMS RUN PROOF FABRIC, ACTUAL CUSTOM FITS. PACIFICO TITAN PROVIDES THE STRONGEST GUARANTEE AVAILABLE.

• 5 MONTH CROTCH BLOWOUT. • FIRST 3 MONTHS, \$50 BACK PLUS A NEW SUIT. SECOND 3 MONTHS, \$25 BACK PLUS A NEW SUIT. • 3 MONTH MISCELLANEOUS TEAR-RIP GUARANTEE. ALL TITAN SUITS ARE CERTIFIED COMPETITION LEGAL IN ALL MAJOR LIFTING ORGANIZATIONS. ONE SUIT — \$80. TWO SUITS — \$110. TITAN SUIT A — SUPERIOR POWER TITAN SUIT WITH HIGH-CUT. TITAN SUIT B — SUPERIOR POWER TITAN SUIT WITH LOW-CUT. ONE SUIT — \$34. TWO SUITS \$60. COLORS — SOLID NAVY BLUE, ROYAL, BURGUNDY. To order use our order sheet on the back cover of this magazine. 1-800-392-5496 For Fast Service PACIFICO ENTERPRISES 2062 Republic Drive Dayton, Ohio 45414

RUSH ORDER FORM. Includes fields for Name, Address, City, State, Zip, Apt. #. Also includes a section for 'FAST SHIPPING' and 'FREE CATALOGS'. Includes a table for 'ORDER# QTY PRICE TOTAL' and 'SUB TOTAL SHIPPING 4.00 OTHER TOTAL'.

Upcoming National Meet Qualifying Totals. Table with columns for Men's Contests (ADPPA Nationals, APF Sr. Nationals, USPF Sr. Nationals, ADPPA Teen 14-16, ADPPA Teen 17-19) and scores for various lifts (SQ, BP, DL, Total).

Announcing!

JOHN WARE SQUATS 1000!

CENTURIAN

The most "evolutionary" suit designed in the lifting world has arrived.

One and a half years in the design and testing stages THE CENTURIAN features our new patent pending DUAL QUAD design. Two sets of four seams are anatomically designed to form a unique harness support system WITHIN the suit. The result is unparalleled additional support out of the bottom position of the squat...the most critical.

Why "evolutionary"? After introducing the pressure expansion stitch, modern crotch design, 3 cm. seams, seamless straps, double rolled strength seams, run proof fabric, actual custom fits, personal

SIZES: Even 20-56 (if unsure of size, fill out dimension info below)

COLORS: Solid: Navy Blue (NBL), Royal Blue (RBL), Burgandy (BURG). Combinations: (Body color listed first and trim color second) NBL/RBL, NBL/BURG, RBL/NBL, RBL/BURG, BURG/NBL, BURG/RBL

Name and Address

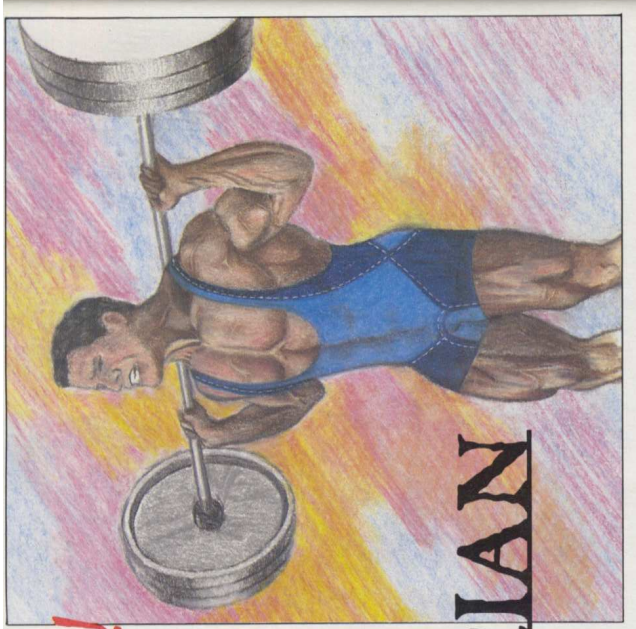
COLOR	SIZE	QUAN.	PRICE
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Shipping/Handling			
TX Res. Add 7.5% Sales Tax			
TOTAL			

DIMENSIONS			
HEIGHT	WEIGHT		
HIPS	LEGS		



TITAN SUPPORT SYSTEMS, INC. 921 RICKEY CORPUS CHRISTI, TX 78412 USA
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TITAN



MEET DIRECTORS...a listing here is a FREE service to members of our organization...Send details to: Jeff Baird, 3408 Fallaine Dr., Des Moines, IA 50315 in order to obtain proper advance notice for your event. You will be receiving MANY potential entrants.

- 15 JUN, USFF North Carolina Challenge (men, open, women, masters, open youth, Hawaii, NJ, Dumbbells)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)

Coming Events

- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
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- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)

Coming Events

- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
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- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
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- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)
- 15 JUN, USFF Eastern Shore Open (men, women, youth, masters, open youth, Maryland)

13,14 July 1991
A.P.F. TEENAGE NATIONALS
John Bayliss and Carl Herold and Carl Herold and Hurricane, WV
25526
304-757-6463

Catch The Hottest Meet This Summer!
THE 1991 DRUG FREE 6th ANNUAL IOWA STATE FAIR BENCH PRESS DEADLIFT CONTEST
SATURDAY AUGUST 24, 1991
Bench Divisions: Pure, Natural, Novice, Teenage, Masters, Sub-Masters, Women, Beginners, Team
Deadlift Divisions: Natural, Masters, Women
Special Ordered Awards To Designated 1st Place Finishers
Strict Drug Testing To Assure Of A Drug Free Competition!
200+ Beautiful Awards - Computerized Meet Results
Cardiffed National Referees Judging - Exciting New Lifting Site!
For More Information Or An Entry Form Contact:
JEFF BAIRD 3408 Fallaine Dr. Des Moines, Ia. 50315
515-280-8275

27 July, 1991
PARADISE BEACH Bench Press
Notice, Open, Team, Women, Master
BASIX Promotions
4108 Sarah Ct
San Jose, CA 95136
408-637-2339 or
408-448-4394

100% Pre-shrunk Cotton Super Heavy Weight Fruit of the Loom Custom Air Brushed T-shirts with your name on it to all lifters with your entry fee

T.V. & Newspaper Coverage

Door Prizes for Spectators

All competitors will receive a Custom Medal for participation in the First Official Deadlift Nationals



Official ADFFA Deadlift Certificates to all Winners

DEADLIFT NATIONALS

August 17, 18, 1991

Men and Womens Divisions: Open, Lifetime, Teen, Collegiate, Submaster, Master, Police & Firefighters, Full Age and Weight Categories for all divisions. Team Competition: Top Team in any Division.

Beautiful 10,000 Sq. Ft. Meet Site: Free shuttles from Westchester Airport to Meet Site

For Information or Entry Form contact Peter Gisondi, 21 Richbell Rd., White Plains, NY 10605, Work - 914-948-2023, after 3:00 - Home - 914-686-0727.

27 July 1991

WALLOPS BENCHPRESS CONTEST

(Open, Women, Teenage, Masters)

ROBERT TITTLE, Wallops Flight Facility, Code 972, Bldg E-106, Wallops Island, VA 23337

804-824-1244 (days), 824-4833 (nights)

17 NOV, ADFFA Keystone Classic: Deadlift (open, teen, master, women) Gen or Bldg 609, 19 Sarine Dr., Mount Pleasant, PA 17054; 717-522-9594 or 717-474-6111.

17 NOV, APFA 17th American Bench Press Championship: Open, teen, master, women, 2001 West St., Des Moines, IA 50315; 515-281-9275.

18-19 JAN, NASSA National: Open, teen, master, women, 1819 N. Main St., Pittsburgh, PA 15212; 412-382-6666.

19 JAN, USPF National West Coast Championships (men, women, masters men & women, no formal) Dase and Debbie Kuzman, 475 W. 38th St., Carson City, NV 89703; 702-885-1886 after 7pm weekdays.

16-17 FEB, 6th Annual NASSA Natural: Open, teen, master, women, 1819 N. Main St., Pittsburgh, PA 15212; 412-382-6666.

7 MAR, 21st annual Eldorado Open (men, women, master, teen) Bob Ross, 202 W. Grove, Elkhart, AR 71730; 501-863-6441.

14 MAR, Best of the Northeast V Bench Deadlift (open, masters, teenage, women) Carl Seiber, 24 Jefferson St., Wrentham, MA 01963; 508-548-2222.

22 MAR, 4th Annual NASSA Bench Press League: Open, teen, master, women, 1761 Blue Jay, Clark, Ashabula, OH 44004; 216-964-3013.

23-24 NOV, WPC World Championships (Las Vegas, NV) Eric Franz, 60 S. Broadway, Aurora, IL 60505; 708-992-1491.

23-24 NOV, NASSA New Natural Nationals Regional and National Qualifier (pure, pure novice, natural, sub-novice, teen, master, women) Tom Beck, Athletic Drive, Des Moines, IA 50315; 515-281-9275.

30 NOV, APF Pennsylvania Bench Press (open, masters, women, teen, no formal) Galt's Gym, 270 Camp Hollow Rd., Pleasant Hill, PA 15266; Jeff Wright, 412-653-8633.

31 NOV, NASSA Arizona National Qualifier and National Bench Press Qualifier (open to any lift), Rich Peters, Box 735, Nobles, OK 73068.

NOV, NASSA California National Qualifier and National Bench Press Qualifier (open to any lift), Rich Peters, Box 735, Nobles, OK 73068.

7 DEC, NASSA Texas National Qualifier and National Bench Press Qualifier (open to any lift), Rich Peters, Box 735, Nobles, OK 73068.

7 DEC, USPF Western Open and Masters, Jay McVeigh, 249 S. Riverside Dr., Bala, CA 92376; 714-674-6014.

7 DEC, 22nd Midwest Open, Tom Beck, Athletic Drive, Des Moines, IA 50315; 515-281-9275.

7 DEC, APFA, 18th Annual APFA National Bench Press, Scott Taylor, RRI, Box 211, S. Royallton, VT 05668; 802-763-7135.

7 DEC, APFA Masters & Submasters National Bench Press, Scott Taylor, RRI, Box 211, S. Royallton, VT 05668; 802-763-7135.

14 DEC, 5th annual Lake Norman Bench Press (open, masters, women) Len A. McNeil, 2045 S. Lake Norman Blvd., Lake Norman, NC 28015; 704-658-0890.

14 DEC, USPF Winter Classic: Deadlift (open, women, masters) Wrights Gym, 17822 Crainsworth St., Granada Hills, CA 91344; 818-366-5928.

14 DEC, NASSA Score Open and National Bench Press Qualifier, Rich Peters, Box 735, Nobles, OK 73068.

14 DEC, APFA Granite State Open Power, Scott Taylor, RRI, Box 211, S. Royallton, VT 05668; 802-763-7135.

DEC, APFA Bench Press Championships (Frankfurt, Germany)

DEC, 8th annual Southwestern Cup (men's open & class II, women's open & class II, police & firefighters, masters 40-49, 50 plus) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620; 512-896-5989 or 3989 after 9PM.

DEC, 3rd Border Classic Bench Press, Tito Maza, 285 Pacific, Hesperonville, TX 76520; 512-594-1558 after 9PM.

DEC, 1st Annual NASSA National Open Bench Press, L. Terry, Master, Wrentham, MA 01963; 508-548-2222.

DEC, 1st Annual NASSA National Open Bench Press, Ken Adcock, 6671 McCat, Ft. Worth, TX 76133.

Custom Made Sculptured Trophies Made Just for this meet by L. Sans of Noble Arts

24 August 1991

N.A.S.A. North American BENCH PRESS Championships

(pure, natural, teen, masters)

GLEN MASIELLO, 22 Conestoga Rd., Clementon, NJ 08021

609-346-4979

21 July 1991

WNPF/WPC Connecticut Bench Press/Deadlift Championships (Danbury)

Sculptured statues 1st-3rd place. Divisions: Teen, Women, Open, Novice, Submasters, Masters, Grandmasters

TROY FORD, 2110-12 1st Avenue, Box 1204, New York City, New York 10029

212-289-8190 or 212-876-8373

19-20 OCT, NASSA Colorado Natural National Qualifier and National Bench Press Qualifier (Kansas City, open to any lift), Rich Peters, Box 735, Nobles, OK 73068.

19 OCT, APFA 18th Annual APFA National Bench Press and National Bench Press Qualifier (Chattanooga, open to any lift), Rich Peters, Box 735, Nobles, OK 73068.

10-11 NOV, W.D.F.P.F. Worlds (Australia)

14-17 NOV, IFF Men's Worlds (Orebro, Sweden)

16 NOV, Blue Ridge Classic (open, class I, women, teen, masters, submasters, open bench, Hendersonville, NC)

16 NOV, 16th West Coast Bench Press (open, masters, women, teen, no formal) Galt's Gym, 270 Camp Hollow Rd., Pleasant Hill, PA 15266; Jeff Wright, 412-653-8633.

16 NOV, 16th West Coast Bench Press (open, masters, women, teen, no formal) Galt's Gym, 270 Camp Hollow Rd., Pleasant Hill, PA 15266; Jeff Wright, 412-653-8633.

16-17 NOV, APFA Teenage Drug Free Nationals, Scott Taylor, RRI, Box 211, S. Royallton, VT 05668; 802-763-7135.

16-17 NOV, APFA Teenage Drug Free Nationals, Scott Taylor, RRI, Box 211, S. Royallton, VT 05668; 802-763-7135.

2 NOV, 3rd West State Open Deadlift, Scott Taylor, RRI

July 27 - 28, 1991

1991 QUALITY CLASSIC

N.A.S.A. International Cup - Men & Women's Powerlifting, Bench Press and Deadlift Championships

QUALIFIER

Any male or female athlete that participated in a N.A.S.A. sanctioned powerlifting, bench press or deadlift competition during 1990-1991; and placed 1st, 2nd, or 3rd in any weight class or any divisions QUALIFIES for participation in this great event.

Drug Tested - National Referees - Great Spotting

Beautiful Championships Awards

1st-5th - all divisions - all weight classes

DIVISIONS: Men & Women's Pure/Natural, High School, Teenage, Open, Submaster, Master

Application deadline - July 13th, 1991

For further information contact Quality Classic Inc., P.O. Box 132, Hazelcrest, IL 60439-0132

or EARL DAVIS, 708-335-3896

17 NOV, ADFFA Keystone Classic: Deadlift (open, teen, master, women) Gen or Bldg 609, 19 Sarine Dr., Mount Pleasant, PA 17054; 717-522-9594 or 717-474-6111.

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DEC, 1st Annual NASSA National Open Bench Press, Ken Adcock, 6671 McCat, Ft. Worth, TX 76133.

Message from the USPF President

I propose that you let your leaders know how you think on the subject of unification. Use *Powerlifting USA* as the sounding board. Write this magazine and let your views be known. Do it quickly, because each of the major organizations has a national committee meeting this summer. Those committees should be advised of your desires on this subject. For expedience, a referendum form is provided adjacent to this article. Fill it out and send it in to Powerlifting USA, PO Box 467, Camarillo, CA 93011.

REFERENDUM ON UNIFICATION

Name _____ State _____
 Member of (circle one or more as applicable)
 USPF ADFFA NASA APF OTHER

I think unification is essential for the sport of powerlifting to grow.

I think unification is not necessary for the sport of powerlifting to grow.

1991 U.S.P.F. SANCTIONED MEN'S AND WOMEN'S SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

DATES: Friday, July 26th, Saturday, July 27th and Sunday, July 28th
PLACE: LeBaron Hotel, 1055 Regal Row, Dallas, Texas

Call early for Lifter Discounts 800-346-8782/214-634-8550
 Hotel offers FREE SHUTTLE to and from both Dallas Airports

LIFTING SESSION TIMES: Friday: 9:00am Women's Classes 97, 104, 114, 123, Friday: 4:00pm Men's Classes 114, 123, 132, 148, Saturday: 9:00am Men's Classes 165, 181, 198, Saturday: 5:00pm Women's Classes 132, 148, Sunday: 9:00am Women's Classes 165, 181, 198, SHW, Sunday: 4:00pm Men's Classes 220, 242, 275, SHW.

WEIGH IN TIMES: All weigh in and equipment checks start exactly two (2) hours before your lifting session and will last only one and one half hours (1 1/2 hours). There are mandatory equipment checks. No early weigh-ins. These session times will not change!!!

AIR TRAVEL: This championship is being sponsored by American Airlines and Priority Travel. For the best prices call 1-800-346-2602. Identify yourself as a lifter. Ask for Pauline, or Melia.

RULES: All IPF rules will be obeyed. No bench shirts or early weigh-ins. You must have a current USPF card to lift in this meet.

WEIGHT CLASSES: Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW. Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Qualifying Totals

Men's	114	123	132	148	165	181	198	220	242	275	SHW
	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
Women's	97	105	114	123	132	148	165	181	198	198+	
	518	562	601	639	672	744	760	778	826	870	

**FOR ENTRY INFORMATION CALL: MEET DIRECTOR: RICH PETERS
 (new phone) 405-872-9684 OR USPF OFFICE 800-835-5826**

NEW PRODUCT



Nitrogen Balance Test Kit™ 5SRG (Sports Research Group) announces the world's first metabolic home test system, which the company claims can increase the potential for powerlifting gains and growth. After 9 years of research, the company states it has discovered a method to adapt the laboratory gold standard of muscle chemistry tests (Nitrogen Balance) for home use. Nitrogen Balance reveals the athlete's status on the anabolic-catabolic spectrum. The one-step field test reportedly takes only 7-10 seconds and can be used at home or even in the gym. 5SRG provides total control over their muscle-building metabolism. Test results provide the crucial information needed to create optimal, highly personalized programs of nutrition and workouts. The kit includes 25 NITROSTIX™, 70 page NITROGEN BALANCE WORKBOOK™ and ANABOLIC WALL CHART™ to complete the multi-month system. The company notes that the system is double patent pending and is FDA cleared as well. For further information, contact 5SRG Inc., 815 Marina Vista Street, Suite A, Marinez, California 94533, or call 1-800-762-6804.

NEW PRODUCT



OTOMIX™ Debuts The next "hot name" in athletic shoes is Otomix (pronounced Oh-tom-ix), the "Lite" athletic shoe. Otomix is a slip-on athletic shoe with an expandable tongue. It weighs in at only 10.5 ounces and features a unique ultra thin, long-life sole with positive grip. It's available in three upper and midsole lace-tie. Developed by Otomix founder and champion, a former All-American Karate Grand Champion, for martial arts and wrestling, the Otomix shoe is ideal for low impact workouts, pumping iron, stair machines and step aerobics. It's fashionable for casual wear too. The Otomix MX-10 is available in solid white or solid black leather with Otomix's exclusive "triple check" stripe pattern. The FX-103 style comes in solid white, solid black, white leather with bright pink, bright orange or bright green trim. Both styles are available in adult and children's sizes. The suggested retail price for each shoe is \$49.95. For additional information, contact Otomix, 1712 19th St., Santa Monica, CA 90404, 213-277-4060

PACIFICO Knows ANABOLIC ACTIVATORS



We weren't the first to develop anabolic activators but we have made the best one. Anabolic Surge has the strongest formula on the market. And the best price.

Each Serving Of 4 Tablespoons Contains:

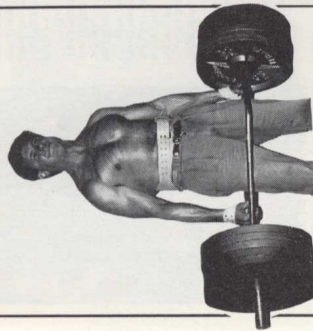
Dibencozide	15 mg.
Diosgenin	20 mg.
Smilax	200 mg.
Mexican Yam	5000 mg.
Arginine Pyroglutamate	300 mg.
Co Q-10	12 mg.
Inosine	650 mg.
L-Carnitine	75 mg.
Lipoic Acid	125 mg.
Magnesium	200 mg.
Lysine ASP	1200 mg.
Germanium ASP	550 mg.
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