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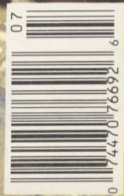
## National Masters

## Pasanella Memories

## Take A Break

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# Powerlifting USA

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ON THE COVER.....U.S.P.F. National Masters Champion in the 181 lb. class, 40-44 age group, Marty Joyce of Maine.

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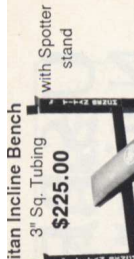
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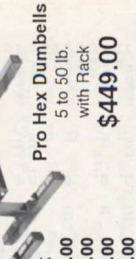
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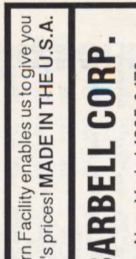
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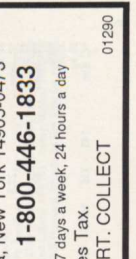
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# U.S.P.F. National Masters

## MASTERS

by MIKE LAMBERT

This year's U.S.P.F. National Masters Championships took place in the beautiful green countryside of North Carolina, in an area famed for fine woodworking and furniture production, the city of High Point. The hosts were the dynamic duo of North Carolina powerlifting, Tim and Sandy King. The powerlifting activity level



Henri Soudieres despite the challenge of dealing with recent knee surgery and Parkinson's disease, he returned to the U.S.P.F. National Masters for yet another win

in North Carolina has always been exceptional and through King's Gym and the means they promote, Tim and Sandy are keeping it that way. You might want to join the U.S. Air Frequent Flyer club because the Kings plan on bidding on a lot of U.S.P.F. National meets for 1992, like the Masters again, perhaps the Sr. Nationals, the Collegiate, etc. They certainly have lots of able and willing lifters to help out and great contacts in their community to bring such championships about. This meet was the first of national scope for the Kings, and a learning experience. Unfortunately, the dark side of competition, starting delays, required sessioning, starting delays, required enter data, and ultimately a breakdown in the television screens that were providing lifting order information, etc. The Kings and the lifters



The Women were represented by the likes of Dana Trogdon of N.C.

and got on with it. The super pro crew for the meet was very capable. The loaders, in particular, were very fast and enduring. Sandy King was hospitalized briefly during the championship, and has been in the hospital since. Hopefully, she'll be feeling fine soon. The meet was special in the fact that a National Masters bench press championship, with separate awards, was also offered (with strong participation), as was a National Submaster Championship category. Also recognized and appreciated at the meet were the departed ones of 1990, dear to the hearts of the masters program - Chuck Braxton, Larry Mintz, and former U.S.P.F. President Dr. Conrad Cotter. Drug testing was required of lifters who wished to be considered for membership on the team representing the U.S.A. at the I.P.F. World Masters Championships in Uruguay.

Charles Beane was one of Chuck Braxton's many friends who came to lift and remember the great lifter we lost at last year's meet. Chuck's wife Lani was also on hand, and a special commemorative award in the image of Chuck designed by Buc Samson was presented to the powerlifting winners.

Richard Herrick, M.D. represented the U.S.P.F. in Mexico City. He presided over the platform and with his professional services at the meet.

Coach Noah Addison who used to run with Kenny Snake Stabler during his pro football days, won the Superheavyweights, 45-49 division, with a PR squat and bench press.

Charles Lee is now 70 and still pumping out quality weights. He handles the beautiful championship rings that are now available to the winners of all U.S.P.F. National titles. For information, contact Chuck at 705 Clair Avenue, Lima, OH 45801.



## VIDEOTAPES

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Submasters like Gil Thompson, got their chance for a U.S.P.F. National title.

Women	SQ	BP	DL	Total
52 kg	90	127.5	172.5	590
56 kg	205	130	217.5	552.5
60 kg	112.5	150	202.5	465
64 kg	260	155	242.5	657.5
68 kg	235	142.5	235	612.5
72 kg	217.5	155	240	612.5
76 kg	260	150	247.5	657.5
80 kg	230	152.5	237.5	620
84 kg	237.5	182.5	185	605
88 kg	292.5	187.5	292.5	772.5
92 kg	182.5	110	202.5	520
96 kg	175	125	192.5	492.5
100 kg	350	260	307.5	917.5
104 kg	247.5	152.5	272.5	672.5
108 kg	290	175	300	765
112 kg	252.5	160	250	662.5
116 kg	260	147.5	250	657.5
120 kg	282.5	182.5	277.5	742.5
124 kg	237.5	145	242.5	610
128 kg	145	115	197.5	457.5

52 kg	A. Galant	135	97.5	167.5	400
56 kg	C. Beaulieu	162.5	117.5	142.5	405
60 kg	L. Christ	205	122.5	215	542.5
64 kg	J. Halperin	177.5	102.5	205	485
68 kg	V. Gignac	172.5	97.5	177.5	447.5
72 kg	F. Giguere	172.5	97.5	177.5	447.5
76 kg	C. Smith	237.5	145	232.5	612.5
80 kg	R. Smith	232.5	132.5	242.5	607.5
84 kg	J. Snoker	232.5	135	232.5	600
88 kg	C. Huiquait	230	142.5	227.5	600
92 kg	R. Poney	230	135	227.5	592.5
96 kg	J. Hoyer	197.5	112.5	185	475
100 kg	F. Kempon	207.5	115	208.5	525.5
104 kg	R. Archer	282.5	167.5	285	735
108 kg	J. Baugh	275	195	262.5	732.5
112 kg	R. Lovelace	207.5	147.5	208.5	562.5
116 kg	R. Nolan	195	142.5	210	547.5
120 kg	F. Ramirez	200	125	200	525
124 kg	M. DiTomasso Jr.	170	125	195	490
128 kg	L. Archer	150	97.5	160	407.5
132 kg	R. Ramon, Jr.	272.5	165	272.5	710
136 kg	J. Hogan	247.5	155	245	647.5
140 kg	P. Roper	205	155	242.5	602.5
144 kg	V. Wulfin	195	170	197.5	562.5
148 kg	R. Zastrow	282.5	182.5	277.5	742.5
152 kg	B. Hayes	237.5	145	242.5	610
156 kg	J. Jones	265	170	270	705
160 kg	N. Subeotom	242.5	150	272.5	665

100 kg	V. Elliot	277.5	160	245	682.5
104 kg	B. McKee	230	140	285	655
108 kg	C. Leadbetter	149	87.5	117.5	405
112 kg	R. Strange	240	165	260	665
116 kg	H. Morgan	227.5	142.5	232.5	592.5
120 kg	R. Bourne	205	100	227.5	532.5
124 kg	J. Bryant	162.5	112.5	217.5	492.5
128 kg	L. Gaudreault	100	kg		
132 kg	R. Hood	265	170	255	690
136 kg	T. Taylor	242.5	137.5	222.5	602.5
140 kg	K. Freyer	227.5	147.5	212.5	587.5
144 kg	T. Coble	192.5	137.5	227.5	557.5
148 kg	R. Boyles	185	152.5	215	552.5
152 kg	R. Thomas	217.5	114	200	532.5
156 kg	R. Jackson	272.5	187.5	272.5	742.5
160 kg	R. Adams	267.5	227.5	245	742.5
164 kg	D. Gill	147.5	117.5	205	470
168 kg	E. Hamblin	190	130	235	555
172 kg	C. Curry	200	117.5	225	542.5
176 kg	R. Ramon	185	120	237.5	542.5
180 kg	B. Bendel	135	102.5	185	442.5
184 kg	R. Meyer	100	110	115	325
188 kg	A. Wurtt	130	130		
192 kg	R. Madden	152.5	92.5	172.5	420
196 kg	R. McCulloch	65	50	110	225
200 kg	L. McCaulley	160	100	160	420
204 kg	F. Simmons	215	165	260	642.5
208 kg		162.5	80	210	452.5

# Dave Pasanella

## Memories by Halldor Sigurbjornsson



We Lost A Great One just over a year ago - DAVE PASANELLA (Douglass)

It was on a cold winter evening in 1976 that my mother drove me down to the Laugaland Valley, where Icelandic lifters used to train. I was 15 years old and had been training at home on the 'Atlas Course', but decided I needed to start lifting weights. As we drove through the snow, we encountered something that resembled a house, but actually looked more like ruins of one, a shack at best. I said goodbye. She said 'Be careful. Don't hurt yourself. Then I took a deep breath and opened the door to what was to become a large part of my life.

This was the only true lifting gym in the country. Olympic lifting was in vogue and all beginners were required to endure several weeks of training on those lifts. If they didn't show promise after that they were allowed to start on the powerlifts, like being fired from the manager's position but allowed to continue to work as a janitor. This gym, called 'The Giant's Home', was what Dr. Ken would call a real training gym. It was about the size of two garages. The roof looked like it was about to fall down at any time. If the wind blew outside, it was felt inside through cracks in the wall and with snow or rain we had to run with buckets all over the place.

The training certainly was 'real' improve or leave. Limited mainly to barbells and dumbbells, the lifts had to use what we had in the most efficient fashion. Nonetheless, I doubt if any gym in the world has produced more champions or record holders in sports like weightlifting, powerlifting, and the track and field throwing events. In powerlifting, we had 4-5 lifters at any given time who were on the international level. The most famous were Skull Oskarsson and Jon Sigmarsson (four time World's Strongest Man). One More Rep was the nose under the pressure of heavy iron, a lifter puking or fainting on the platform was hardly given notice. To improve or die trying was a fitting description of our mindset.

At this time the Eastern Bloc started to completely overwhelm Olympic lifting and our athletes began to lose interest. Powerlifting suddenly became the Number One sport. Media interest was at its highest. Oskarsson was chosen Athlete of the Year by the press, as was Sigmarsson. While Olympic lifters sadly looked on at the onslaught of the Eastern Bloc, the powerlifters continued their determination not to lose sight of the great Americans.

My first American powerlifting hero was Larry Pacifico, especially after his squatting battle with the Australian Paul Larry. After Larry, Mike Bridges became the new wonder, with his ability to lift superheavyweight caliber weights while weighing 181 lbs. To envision myself in competition with these and other greats was

him in a restaurant. He asked one of our smaller lifters how he had done and the lifter was so awestruck that he could not speak, so I had to do it, but I was dumbfounded myself. After exchanging a few words, we sat down a few feet away and wondered how a man could build such enormous shoulders and arms, made even larger than life by the dim lights. In the annual report of KRAFT (Icelandic Powerlifting Federation) for 1985, I wrote that Pasanella would become the strongest powerlifter ever.

I followed his career closely after that. In Hawaii, he went over the 1000 lb. barrier and became the strongest squatter ever, but like all great lifters, he had to endure a lot of b.s., such as the plates being light and his squats too high. He continued to improve and in his final meet he made a 1030 lb. squat, the highest ever regardless of bodyweight, and the biggest total - 2458.

He seemed on the verge of becoming the sport's first professional, appearing in the Weider magazines and starting a supplement company. It was not to be. An accident took away powerlifting's strongest man and possibly its greatest ambassador.

The old gym back home is long since gone. Where lifters sought immortality there is now a parking lot. On the international level, there is talk about the possibility of powerlifting getting into the Olympics, but that may be a false hope. The Eastern Bloc is now into powerlifting and they seem not to have the same superiority as in the Olympic lifts, mainly because sports are not any longer a political vehicle, but rather an expression of individuality. The powerlifters still train, but now in what is considered a better facility. The camaraderie is also long since gone, egotism and money have taken its place.

The American lifters are less magical now. Coan is still doing his thing, but Larry, Bridges, and Hatfield now seek success in business. Make believe strength competitions appear, mainly on television, but they paint the image of a true lifter. Instead of individuals being the big news, the emphasis is on drugs and testing. Every body is great, when measured against the standard of countless federations.

After having suffered various injuries throughout my career, each year the urge gets stronger to hang up my belt; but then I remember the excitement of a contest, the smell of ammonia, the clanging of weights and the exhilaration after a successful lift - and I remember Pasanella, who left so much weight unlifted and so many fields uncovered - and I feel obligated to continue.

Halldor Sigurbjornsson graduated from the University of Iceland and is currently working on a Masters Degree at California Western School of Law in San Diego. He has best lifts of 843 480 640 and a total of 1901.

# INTERVIEW

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

# JOHN Gamble Part II

## as interviewed by Marty Gallagher

John Gamble is a name and presence that needs no introduction to anyone who has been connected to the sport of powerlifting over the last ten years. In the early 1980's, John won a slew of national and world titles. This, in and of itself, is an impressive feat. What was more impressive was the fashion in which he accomplished his platform victories. He absolutely crushed his opponents. This is not to slight any of his competitors; many were world and national champions. It is a testament to John's superiority; he was head and shoulders above the best in the world.

John's appearance on the national scene represented a passing of the guard from one generation to the next. John Gamble, along with Bill Kazmaier, served as the point men for the lean athletic champions of the 80's and 90's. These two men foretold of the emergence of Ed Coan, Dave Pasanella, Dan Austin and Gene Bell. All were exponents of the modern power era. Gamble and Kaz took powerlifting to the next level of accomplishment through their ample genetic gifts combined with basic, well thought out, scientific approaches to strength training. Gamble's physical appearance inspired awe and fear. He was the first 275 pounder to be absolutely ripped. John chose to compete as a 275 pounder though his size and structure indicated he was a natural superheavyweight. He felt that through discipline and hard work he could accomplish his goal of lifting at world record levels without sacrificing his commitment to athleticism. His body fat was negligible. Much of his platform musculature was due to the tremendous last-minute weight losses he subjected himself to in order to make weight. It was a riddle to all who knew him as to why he would self-impose the torture of losing 15-20 pounds of bodyweight 24 hours before a meet (without diuretics) when at his normal weight of 295 he could win as a Super. John was not a bulked up 242 pounder, he was a bona-fide 300 pound man who chose to lift in the 275 pound

To you younger lifters who are



JOHN GAMBLE was famous for the muscularity he showed in the 275 lb. class - veins even stood out on his traps!

unaware of Mr. Gamble's contributions to powerlifting, we would refer you to Part One of our article last month. In it, we reviewed his training philosophy and his advice on powerlifting. As the dominant 275 pounder of the early eighties, John Gamble set a world total record that only Doug Furnas and Dave Pasanella have exceeded in the intervening nine years. Through his pioneering training philosophy was basic, it consisted of lots of gut-busting work on the three lifts, plenty of assistance work and a strong belief in percentage based training. All of which was faithfully adhered to, week in, week out. Words like consistency, perseverance and determination play a

large role in John's vocabulary. John Gamble is first and foremost an athlete. He was an All-American linebacker as a football player during his 1975-1979 career at Hampton College. He was a nationally ranked discus thrower who was training for the 1980 Olympic games when the U.S. instituted their boycott of that event. Politics ended John's dream of Olympic gold and injuries derailed his track and field career altogether. After track and field, he turned to powerlifting. John went from a 1400 pound total to being a world champion (with a 2270 total) in just over two years. This was unbelievable progress, perhaps the fastest rise in the history of the sport. The reason for his meteoric ascent was fairly simple;

John was one hell of an athlete who knew his way around a barbell quite well before he started powerlifting. Powerlifting has many high-level athletes from other sports who make astronomical progress in this sport once they devote full time to it. Doug Furnas and Dave Pasanella were top football players, multi-time world champion wrestler, Bill Kazmaier was a Pacifico were gymnast. The list is endless, and the conclusion obvious; top-level athletes make top-level powerlifters. These men rose to the top of the powerlifting heap in short order for several reasons. Obviously, they were gifted genetically (although way too

much credit is assigned to this area). More importantly, they were exposed to hard, arduous training through their respective sports. They were in great physical shape and knew the meaning of really hard work. This is something a lot of powerlifters lack, though it's highly doubtful they have ever experienced it. Most of these fellows get absolutely exhausted walking up a flight of stairs. The crossover athlete, on the other hand, can go hit a three hour session and never break a sweat. The athletes who become powerlifters also bring with them a strong sense of discipline and mental toughness. All of these traits are easily applicable to powerlifting when they finally make the commitment.

Holding that thought, we felt it would be of tremendous interest to talk to a man who was an international level athlete in two sports, All-American in a third, and who now trains top level college athletes for a living. Additionally, the readership of this magazine includes a lot of high-school and college football players who are powerlifters. Football and powerlifting are as compatible as barbequed ribs and cold beer. John Gamble is an undisputed expert on training in both sports.

Mr. Gamble is very much involved with the University of Virginia's Athletic Department. As the Head Strength and Conditioning Coach for U. Va., he has total reign over the weight and conditioning programs of one of the nation's top schools. He works very hard and the results are apparent in the quality of athlete he is producing. In the just completed N.F.L. draft, seven of his athletes were picked by N.F.L. teams. Herman Moore was selected as the tenth player overall in the first round, the top wide receiver in the entire draft. Mr. Gamble's reputation is very high amongst his peers. He has been named Strength and Conditioning Coach of the Year by the National Strength and Conditioning Association and, recently, he respectfully turned down a full coaching position with the New England Patriots of the National Football League.

The University of Virginia is not a football factory. None of its athletes drive around in a booster-club sports car and then graduate unable to read. U. Va. ranked in the top 5% of universities in the country in athlete graduation rate; right up there with Notre Dame, Duke, Cal Tech and the Ivy League schools. This is a fact that swells coach Gamble's massive chest with pride. U. Va.'s commitment to John Gamble's innovative program is best exemplified by the recent construction of a new 8000 square foot training facility for athletics. Containing 154 workout stations with equipment custom made by D.P. Products, John has designed a state-of-the-art facility that will carry U. Va. into the next century. It includes a huge conference room complete with a 35" TV for reviewing video tapes and is a scant 50 yards from the athletic fields. In a way, this facility is the "house that Gamble built."

Read carefully this interview, it's a fascinating conversation with a fascinating man performing a fascinating job.

**PL USA:** What is your title and job description with the University of Virginia?  
**J.G.:** I am the head strength and conditioning coach for the University of Virginia. My main responsibility is to co-ordinate and organize the strength and conditioning programs for 23 varsity sports.

**PL USA:** On a day-to-day basis what does that entail?  
**J.G.:** My main job is to ensure that the everyday details of the athlete's strength and conditioning programs are adhered to. The football and basketball players take up most of my time. I have one full-time assistant, two volunteer assistants and a staff of eight graduate students who help me, particularly, with the other 21 sports. I have been in this position for eleven years.

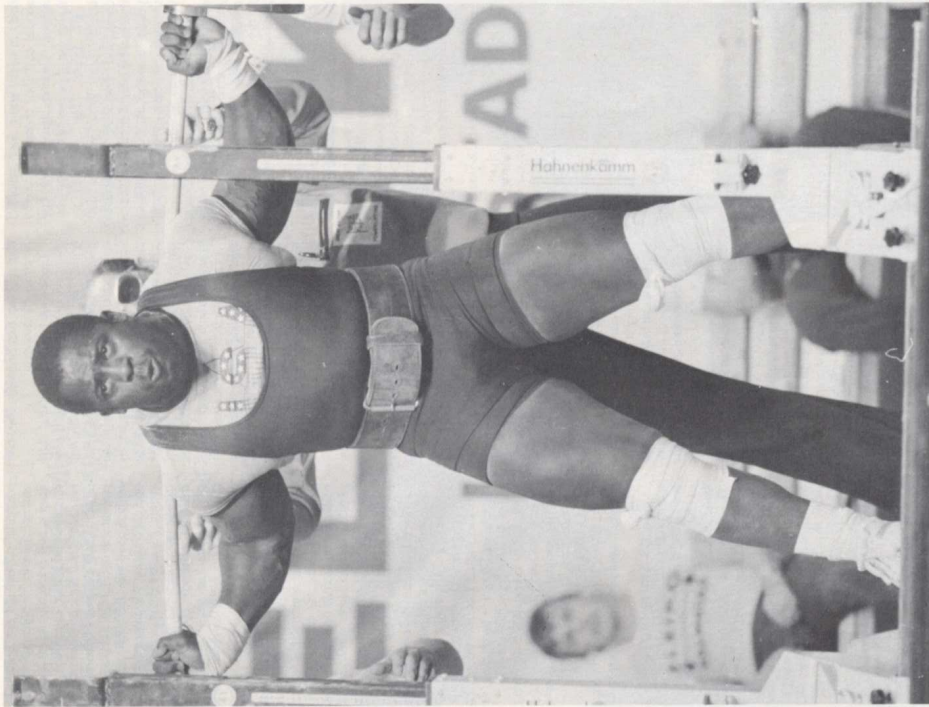
**PL USA:** Does pure powerlifting have direct athletic applications?  
**J.G.:** That's a good question. The answer is yes and no, which is not a good answer. Take football as an example; when you look at the movements that comprise the game, the quick movements, the power movements, the lateral movements, etc., you try to design a lifting program that incorporates, or mimics, these movements. So, each sport has a lifting program that is a little different due to the individual demands of the particular sport.

Powerlifting is a sport. It is complete. It is not a means to an end, but an end in itself. Pure powerlifting, without any modifications, would be of limited sport value. Of course, any intelligent trainer would make some sport-specific modifications. Then powerlifting has immediate sports applications, but at that point it ceases to be "pure powerlifting". It has become something different, though it is based on powerlifting and it's principles.

You can look at it two ways. Most of the so-called experts would say no, powerlifting does not have direct athletic applications. However, in my own personal experience I know this is not correct. When I was at the peak of my powerlifting career I had a 32 inch vertical jump (weighing 292), and though I not through the discus in five years, I was able to throw 197 feet, which was only five feet under my best throw ever. So, you cannot discount pure powerlifting as an aid to athletic ability. After all, powerlifting's goal is size, strength and power, which is exactly why we train athletes with weights. For sports applications you need to incorporate certain modifications.

**PL USA:** Why not train Herman Moore, (U. Va. All-American receiver and 1st round N.F.L. draft pick), the same exact way you trained as a powerlifter?

**J.G.:** The needs are different. First you have to evaluate the athlete's needs and goals. Every athlete has strengths and weaknesses. My job is to identify and correct these weak-



John Gamble had a fearsome pre-lift, psyche-up routine and showed no fear for heavy weights of any poundage.

weight in an explosive fashion. Training is in this fashion most definitely carries over into athletics.

**PL USA:** Compensatory acceleration. So you're saying that pushing a weight as quickly as possible builds usable athletic strength. The kind of strength that will help you on the ball field.

**J.G.:** That's correct. You have to be careful. Most athletes will lower the weight quickly and bounce out of the hole or off their chest, which is exactly what we are trying to avoid. Serious injuries result from this type of technique. A slow, controlled lowering of the bar or dumbbell is the key.

**PL USA:** What exercise selection do you use for your football players?  
**J.G.:** I try to have my football players utilize movements that require them to be on their feet while they lift.

Everybody wants to sit or lay down to perform their exercises. I guess it's human nature. Given a choice, we insist they stand up. Whether it's an overhead press or a curl, they all want to sit on a bench. We make them stand up. They're on their feet when they play, so we want them on their feet when they lift.

I can not say enough good things about the squat. I believe in the squat. All our athletes do them. It is the cornerstone for our lifting. If someone tells me that leg presses are a good substitute, I tell them that leg squats are better any day of the week. I have convinced our athletes of the benefits of squats, and we do them religiously. Nonetheless, I have heard every excuse known to man as to why they can't do them on any given day: tight backs, sore knees, you name it. The heard it used as an excuse. Every-



John's Recipe for weight loss at the 1983 Seniors was written up in SPORTS ILLUSTRATED. (Kathy Leistner photo)

body in every sport does squats. I should add that these are parallel squats, quarter squats and half squats are of no benefit to the athlete.

**PL USA:** This raises an interesting point. Would you agree that compound movements, i.e., exercises that involve groups of muscles as opposed to exercises that isolate individual muscles, are the most beneficial to an athlete?

**J.G.** You can call them compound exercises. We refer to them as multi-joint movements. Yes, I would agree, provided these movements are performed with the precision expertise and planning we talked about earlier. I must add that all of this is predicated on the athlete utilizing correct techniques in the lifts. If the correct lifting techniques are not used, the whole thing is in vain. I'm very particular about correct lifting techniques. You see a lot of strength coaches around the country who do not know how to perform a lift correctly, much less why it is so important. I suppose it's my powerlifting background coming into play.

**PL USA:** How often do you train your athletes?

**J.G.** Four days a week during the off-season, which is when we really work them. In season we attempt to hang on to as much as we can of the strength and fitness levels we have acquired. We cut back our poundages to roughly 80% of our maximums. We use a standard split routine. Legs and back twice weekly and upper body twice weekly.

**PL USA:** Walk me through. Suppose I was a freshman footballer, what could I expect from coach Gamble?

**J.G.** Initially, we test incoming freshmen on bodyweight lifts, think dips, push-ups, vertical jump, the 40 yard dash and the bench press for ten reps. Technically, there is not a lot that can go wrong in a ten rep bench press test. We do not test the squat or the power clean. These two exercises require some practice. Over the next few weeks they concentrate on their lifting techniques with an empty bar or a broom stick. After

particular athlete did not believe in strength training. He apparently came from a soft background. He was a constant complainer. Everything hurt. He always had back problems and a whole slew of excuses. He wanted to play in the NFL. On the plus side he had good size. 6'5", 240 pounds and good hands. He dropped a lot of weight. He went down to 205 thinking this would increase his speed and release his back pain, but come to find out he was just plain weak! This realization caused a complete turnaround on his part.

He put himself in our hands. He did what he was told and trained himself into the program. We worked with him, trained him hard and the results were immediate. He gained 35 lbs. of muscle and totally transformed his physique. He got bigger, stronger and faster. The sad part of the story is he never got to play in the NFL. The pro's reevaluated his game films and were not impressed. Of course, they were not aware that the guy they were critiquing had undergone this radical transformation. They never saw the finished product; this big, strong, fast kid who could play in the NFL. He never got his chance.

**PL USA:** Of course, if he hadn't been such a hardhead and gone along with the program years earlier who knows where he might be now.

**J.G.** Exactly. The program would you set up for your athletes?

**J.G.** We have running drills that work on the drive of the knee, the extension of the leg and the recovery of the leg. These are known in the trade as A.B.C. drills or "Mach" drills. There are three drills for each segment of the leg movement. This is all related to timing; you're looking at how to improve the knee drive, how to extend the leg and finally how pull the leg back to recover quicker. We work these drill four times a week. Mastery of these drills will increase your speed.

Additionally, we practice agility drills and interval running, we have expanded on in great detail. The idea was to make each area so clear and easy to understand that an athlete that had never been exposed to these ideas could understand and implement them immediately. The response has been gratifying.

John Gamble is that rare combination of muscle and brains that is all too unusual in this day and age. He gives 100% of himself to all he does. He is a positive influence and role model to the young men he comes in contact with. I'd like to end with a quote taken from his letter of introduction to his new players.

"The toughest opponent you'll ever face is yourself. Don't get caught looking in the mirror saying, 'I wish I had' trained a little harder, studied a little harder, etc. Try it. Make a commitment. You will see the results. Remember, I am always here for you, just let me know what I can do." JOHN GAMBLE



John had great balance in his lifts, which was a key factor in his dominance when it came time to total things up.

the athlete do everything from 440 yard runs down to five yard sprints. This simulates just about every running situation and athlete will come across in an actual game environment. We will work the running portion of the training program over a 10 week period during the summer. The winter is our pre-season phase. We use our down your muscles completely. Power Fuel's added reserves kick in and help you do more reps and sets for maximum muscular growth.

**PL USA:** How much total training time (lifting, speed, cardiovascular, flexibility and agility) does this require of the athlete on a weekly basis?

**J.G.** Eight and a half to nine hours a week. It's not the amount of time you spend, it's the amount of quality time you spend. If you are giving 100%, nine hours a week is more than enough to see real results. When you invest quality time, it does not take as long as most people think.

Contrary to popular opinion, there are no superhumans out there. True, some folks are blessed, but we all must train to improve. If you have a good program and spend intense quality time when performing it, you can fulfill the requirements in a reasonable length of time.

**PL USA:** Tell us about your training guide for football. I had a chance to look it over and was very impressed. I've seen quite a few college conditioning programs and none could compare to yours.

**J.G.** These manuals are our athletic training bibles. We send out a strength and conditioning book to every football player at U. Va. It is 150 pages long and it represents 11 years of work on my part. Over the years I have refined it and flushed it out; I have created variations for freshmen and upper-classmen, but the content is basically the same. These manuals are not a static thing, they are continually evolving. We are always on the lookout for new avenues of progress. It's a never ending process.

Each of the training areas are expanded on in great detail. The idea was to make each area so clear and easy to understand that an athlete that had never been exposed to these ideas could understand and implement them immediately. The response has been gratifying.

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## WHEN MUSCULAR FATIGUE NORMALLY SHUTS DOWN YOUR BODY, NEW POWER FUEL HELPS KEEP YOU GOING.

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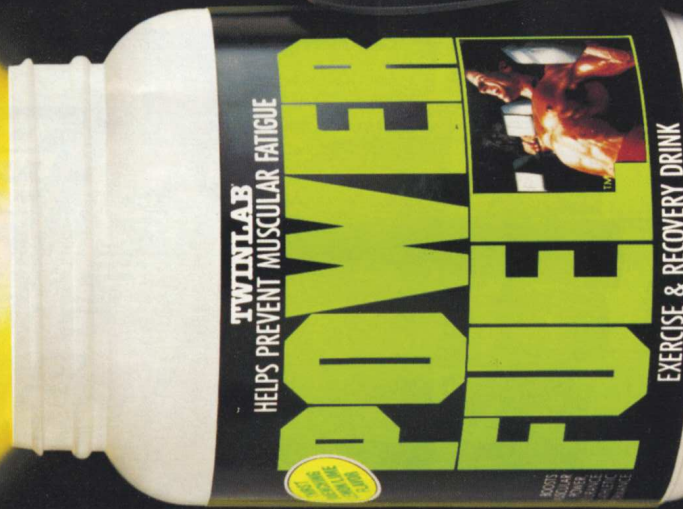
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observed is the rapidity with which most lifters lower the loaded bar in both the squat and the bench press. This greatly reduces the amount of stress transferred to the relevant tendons and ligaments, thereby increasing the likelihood of serious injury, and also, because of the dearth of control of a rapid descent, gives the lifter at best inconsistent utilization of the muscles involved. Also a rapid descent makes it difficult to consistently lower the bar to exactly the same spot on the chest - that is, the maximally efficient spot.

Another reason that the amount of work, especially assistance work, should be greatly reduced is that it interferes with one's total recovery time. Additional work imposes additional demands on the body, making it necessary for more time to recuperate. If an exercise is not necessary, don't do it. The only exercises necessary for lifting excellence are the powerlifts themselves. Not a happy proposition for the closest bodybuilders, but if this is your beef, then you're in the wrong sport.

A final reason to reduce the total amount of assistance work is that assistance work interferes with mental focus. If on a heavy squat day one squats poorly, it's not entirely appropriate to try and make up for this by doing additional leg work or taking it out on the lats afterward. Fifty sets of leg extensions may be proper retribution, but it will not make up for a poor squat workout. Instead, focus your mental energy - which surely is not infinite - on what is essential: squatting.

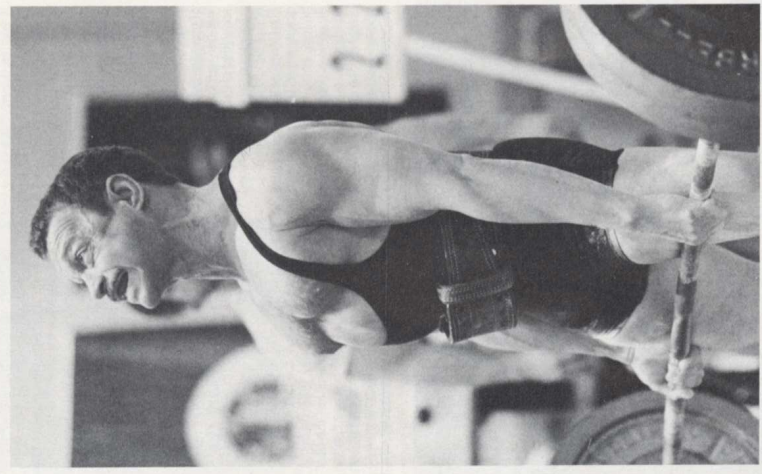
Along the same lines, if you develop a sticking point where the traps become primary movers in the bench, for example, before scurrying to add several triceps exercises to your routine first try concentrating, when performing the lift, on that particular part of the bench where the problem occurs. As you come off of your chest concentrate on accelerating the bar on through to completion instead of letting the momentum generated by the pecs do all the work. You'll be surprised what you can accomplish by learning to properly focus your mental energy.

The following argument will certainly be put forth against what I've said above. All of my assistance work is necessary in order that I may not injure myself when doing the heavy stuff. This is a poor rejoinder. It is perhaps a good argument for doing some supplemental work, but I suggest that many more injuries would be avoided not by excessive assistance work, but rather by a greater application of sound mechanical principles when performing the lifts. Warmups too. Remember the 3 powerlifts, when done regularly and properly, work most of the major muscle groups of the body in a fairly complete manner. How much else does one need to do?

Next time you have difficulty in overcoming a training plateau, try less work rather than more - a concept with which many of the pioneers of the sport were amply acquainted, and a concept which works!

# TRAINING

## An Old Fashioned Approach to Overcoming Training Plateaus as told by MARK HOLOWCHAK, M.A.



Overcoming Plateaus is a secret of Masters Champ Larry Christ's success

Anyone who has been engaged in the sport of Powerlifting for any amount of time and has experienced a certain degree of success has also doubtless experienced seemingly inexorable periods of stagnation on one or all of the powerlifts. These periods of (hopefully!) temporary stagnation are known as training plateaus. For the serious athlete they are as much a part of the sport as the training itself. For the successful athlete, they are helpful signals - indicating that one is approaching the very limits of one's talents as a lifter or that there needs to be some changes in the current routine one is utilizing. The latter alternative, the more likely of the two and consequently the one we will be focusing on, may be the result of undertraining, neuromuscular adaptation, mental burnout or overtraining. Since it has been my experience that powerlifters are more prone to overtrain than undertrain and since most lifters regularly change their routines, this article will explore an old-fashioned approach to avoiding mental burnout and overtraining.

When at a plateau the powerlifter is apt to become quite analytic - in fact, usually overly so! Let us consider someone stuck at a particular weight in the bench press. If this person is like the lifters I know, she will literally conceptually dissect her bench press - analyzing the roles of the various relevant muscles (pecs, front delts, triceps, etc.). Next, having adopted another bench press routine, she'll come up with a whole host of new assistance exercises aimed at differentially hitting these muscles in so many different ways that her bench will have no other choice but to move upward.

While I do not wish to discourage analytic dissection per se of any one of the powerlifts, I merely wish to caution the reader that some of the cardinal assumptions one uses when carrying out such analysis are fundamentally incorrect! The most important of these is as follows: the inexperienced lifter or, more specifically, Powerlifting excellence cannot be had without soundly incorporating much assistance work in addition to the 3 powerlifts (the slogan of the more refined lifter).

Inexperienced powerlifters usually err in that they perceive the royal road to powerlifting success to be a combination of both many, many sets of squats, deadlifts, and benches (watch especially how often benches are performed) and a multiplicity of carefully-culled supplemental exercises. (What do you want to bet that 3 different types of biceps curls are included!) This worked for them when they began the sport, so, they reason, it will always work because - after all - more is better. The obvious result: overtraining and no strength gains. The more experienced powerlifter, I find, makes what amounts to be the same mistake. This experienced powerlifter generally has a wide range of the amount of time devoted to the three powerlifts - except, perhaps, in

mental focus. First, proper execution of the lifts themselves can, and usually does result in improved performance. This is one of the correct uses of analysis. Even the most experienced lifter can unconsciously adopt a poor lifting technique. For example, one may start with one's knees coming the squat (A caveat here in order. The amount of weight one lifts is no more a sign that that lifter knows what he is doing than it is that you know what you are doing). Often, even very excellent lifters have astonishingly poor mechanics. An expert coach or teacher will not just tell you what to do, he will explain why that you are doing is what you should do.) The most ubiquitous technical flaw I've

the bench press - but still does too much assistance work. This, of course, he rationalizes through a perverted form of analysis. My triceps need a bit work in the bench so I've decided to add french presses, triceps pushdowns, bench dips, and wrist curls to the list of 4 other assistance exercises I do for the bench press; after all, you can't get strong without a lot of assistance work. The result again is usually overtraining. What I'd like to offer to you, lifters, the platitudes his more is NOT better. To be blunt, the majority of powerlifters at all levels would likely do better by cutting back on the quantity of work they do while falling back upon sound mechanics and an improved

# PERFORMANCE FOODS

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

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

# THE MODULAR BREAKFAST CONCEPT

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you actually have a pretty good chance of getting there if you just start lifting. And who says you have to measure success by reaching world-class status? We all can't be world-class, but there wouldn't be such thing as simply lifting more and being defined as a cycle than the one before? Isn't it better to get a PR at a meet? Or getting PR's at a meet? And isn't it learning to do so?

In contrast, here's an observation all too common. A lifter goes to the gym and starts lifting. So he tries to lift a little more. So either he tires too heavy, or he makes a mess of it, or he backs down at the end of the lift and does a couple of stoppages. He says he'll do it next time. Well? I doubt it. Guys, it's far better to lift a little less, but do it right. If you're lifting right and putting in the work, you will get stronger. The longer you lift, the better in the long run it is to have someone watch you lift and be impressed with how well you handle the weight than to have people see you make a mess of a lift, or you get so tired that you get a headache. They really do notice and they're quick to criticize sloppy lifting.

Why do you say such things? Well, I had a coach that was smarter than me, Doyle Kenady, who pounded a lot of this into my head. We had to scrap about lifting and start from the ground up. I had to go back down to tiny bodyweight weights, learn how to lift them right, and put in quality work. It meant going backwards for a while. But when I started forward, the records started falling. It seemed crazy, but I had a coach that was a creditable time getting to world-class level. It saved me from injuries too.

Another thing that helps an athlete to become successful is the hunger to learn. The top Soviet lifter learned from his superiors. Namely, his coach, who was a world-class lifter. He didn't argue with him or try to out-do him. He learned. He learned from him how to become a good lifter, and he learned how to learn. These are the same things I learned from my coach.

Hunger to learn means being willing to drive 2-3 hours one-way to train with the best. It means trusting your coach to make you successful, and putting out every bit of effort to help him accomplish that. That right there will accomplish a heck of a lot of things. No doubt the majority of world class lifters claim such a title simply because they wanted it bad enough. How many genetically gifted athletes in the USSR can claim such a title on funky little Russian vitamins and a diet of food worse than you'd give your pet pig, or if my partner can be successful on a diet of Hostess cupcakes and lead tea, something else has to be credited. All you've got to do is give it a little honest thought.

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they know what they are capable of. They're prepared. I dare say that one big difference between the good lifter and the one who will never realize his dreams is that the good lifter looks at his training program as things that don't go all that well. The rest of them will do it for the support and then discontinue their training. Am I wrong to say that a lot of your lifetime lack of gains on lifts is due to a lack of supplements? (I'm not just saying that.) I am well aware that many lifters have never met and never will touch steroids. But it's safe to say that those who don't take them tend to do the same old things as the main road to success in the sport is to take them. People come up to their friends after a meet and say, "Man, I've got a great supplement. A lift next cycle. I'm gonna make my drugs next year and make sure I blow them all away!" Are these things to blame or to credit for the way you end up lifting in a year?

Well, let's push off all that stuff aside and look at lifting without supplements, drugs, or anything beyond bread and water. Not lifting programs, someone and their dog has a different way of training for a contest. But training in general. Going into a gym and picking up things. The object of the game is to get bigger or stronger. We all know that in order to get bigger or stronger we have to have some sort of dedication, but that isn't to say that all world-class athletes have the best dedication. There are those who hit and miss and still go out there and break records. Not too many, but a few.

So, beyond that technique, ever notice that the best athletes in the gym tend to have the best technique? Occasionally, you'll see some guy who never seems to get anywhere size-wise, but he's got good technique and he probably gets stronger over time. It's safe to say that the best athletes in the world have the best technique. It's something my coach drilled into my head over and over, and you know what? It's absolutely true. It also happens to be one of the hardest things to drill into the brain of a lifter. Why? Because when we aren't doing something right and someone tells us how to do it right, we're weaker at first and it's harder to do it that way. We can't lift as much right off.

Vladimir Mironov is a real stickler for technique. Go ahead and read all that stuff about the "insider stories about Soviet supplementation, training, drugs, and whatever else sounds magical. The top Soviet lifter relies first and foremost of quality, world-class technique. Period. It's the first thing he talked about when answering questions about lifting. He lives it. It's his religion. I know so because I spent three months training with the

there are a lot of people who believe that taking steroids will make one successful, regardless of where they live. The Soviets have steroids. They use them. So do the Germans, the British, the Canadians, and the Americans. And everybody else out there. A lot of people take steroids. They all take different drugs in different methods, but how many of them, out of each country, actually make it in their particular sport? Why do some people break world records while others never make it past 3rd place in a local meet? Maybe they all weigh the same and take the same things, but one will go farther.

What about diet? I always ate pretty well, not too much junk. It paid off because I rarely got sick, and always feel pretty good. I'm strong. It was "healthy," take no supplements, eat almost no protein, yet look like the strong little dude that he is. He's dedicated, and he trains hard, and he always makes gains. Always. He doesn't take steroids. The guy breaks all the supposed "rules" to successful lifting (except the training part) and somehow comes out ahead. Why? For the same reasons I did. And Vladimir. And every other consistent successful lifter out there. Not only do the best know how to train properly, they have no question in their mind that they have trained properly. They go up to the platform and

It seems like magazines and books these days are full of information and advice on how to become a successful athlete, and that makes sense. We all want to be successful in whatever it is we do. It makes sense that articles would be written about those things that interest readers the most. But does that make the things we WANT to read about become the things necessary for success. What exactly is necessary for success?

Vladimir Mironov, the top Soviet powerlifter, was here with me recently on his 2nd trip to the States, we had two months in which we traveled extensively and trained in a number of places and with a number of people. We gave seminars. We spent time with individual lifters. There are countless questions. Wherever we went to train, people saw that we obviously knew a thing or two about lifting success. People are hungry to learn about "secrets" of becoming strong or big. They seemed to expect that we would be able to give them some secret potion, or maybe promise them that if they take some sort of special supplement, they'll suddenly fulfill all their dreams.

Vlad and I both agreed 100% that people try to make these things too complicated. Being a successful person isn't easy, but at the same time, it's not as hard as people think. The No. 1 question we were asked, and always the first, was regarding supplements. What kind of supplement does he (Vlad) take, and

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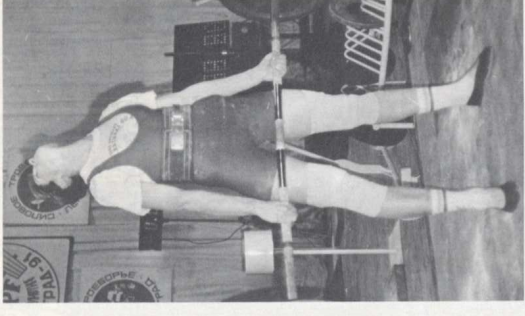
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**Kseniya Rodionova** is an up and coming Russian female competitor in the 72.3 lb. class (Schoenitz).

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**Do The Russians Really Have Training 'Secrets'** - Russian Superheavyweight Champion Valery Schedrin at the 1991 USSR Championships (Schoenitz)

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# TRAINING

## Factors That Influence The Maladaptive Process of Your Muscle Tissue

by Scott Kroclicek, M.S. Ed., C.S.C.S.

There are several things that can affect the way a muscle adapts to exercise. If these adaptations are negative (maladaptations), they can influence the powerlifter's life in a big way. The expected adaptation to resistance training exercise is an increased growth of muscle tissue (hypertrophy) and increased levels of strength and muscular endurance. Stretching muscle tissue and also lead to hypertrophy, increasing the length of tissue by easy stretching for a long period of time may cause the tissue to positively adapt. Muscle tissue can increase in length to lessen the tension imposed upon it.

There are several, serious consequences associated with alcohol abuse, the use of some common drugs and local intramuscular injections. Alcohol abuse, classified as chronic repetitive drinking for several months, can lead to a condition called acute myopathy. Acute myopathy can even be caused by alcohol binges. This condition is characterized by:

- muscle weakness and tenderness,
- muscle cramps,
- myoglobinuria, from the breakdown of muscle tissue,
- reduced muscle phosphorylase activity, leading to a decreased ability to use stored glycogen.

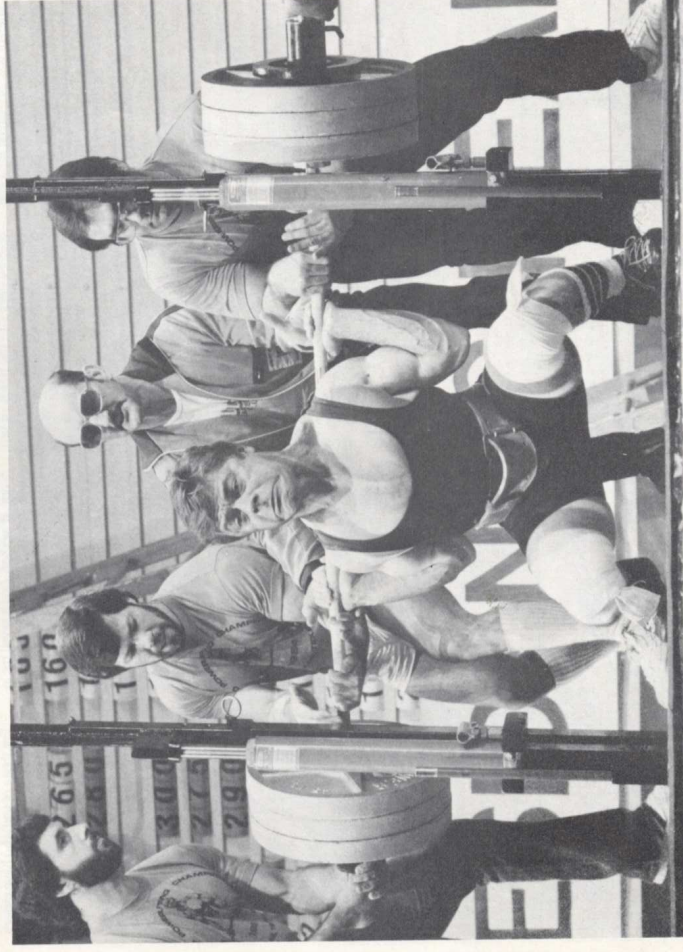
In addition, chronic alcohol abuse can lead to:

- inhibited calcium binding in cells,
- reducing the mechanism responsible

near the injection site. The use of Levo-Dopa, a Growth Hormone releaser, can lead to inflammatory myopathy. This condition is characterized by pain and muscle weakness. The majority of intramuscular injections can cause focal myopathy (local tissue damage). A substance called Prostaglandin is present during the repair of damaged muscle tissue. Aspirin is a prostaglandin inhibitor and is not recommended for the relief of muscle soreness especially if it is delayed onset muscle soreness. It would be wise in these circumstances to switch to other forms of non-aspirin pain relievers.

This brief review provides some interesting information on some of the more serious consequences of many common products. The idea in powerlifting is to promote strength, body image and to positively influence bodily changes by your training and lifestyle. There are many obstacles in the path to success. Don't succumb to the common ones, be aware of the adaptive process and try to help it. Maladaptations caused by unconscious habits and uninformed choices only hinder progress.

Scott T. Kroclicek  
1135 Surrey Dr. #104  
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# Dr. Judd

## Drugs and Dopes as told by Judd Biasiotto, Ph.D WORLD CLASS ENTERPRISES

When I was a youngster, my mother would say, "I bet just about everyone in this neighborhood is on drugs." She was right. Just about everyone in our neighborhood was usually "spaced out" except for Dad, that is. To my knowledge, my Dad never used drugs. He did have this thing about Vicks Vapor Rub. I believe he thought Vicks was some type of cure-all. He used it for just about everything, colds, sores, headaches, fevers, he even ate the stuff if he wasn't feeling well. I swear, when everyone else in our neighborhood was doing drugs, my Dad was doing Vicks.

I remember the day I came to realize the effect of drugs on human behavior. It was a Saturday morning, and I was out playing with one of my friends, Bobby. If there were two characteristics you could give to Bobby, they were mean and lazy. In fact, he gave new meaning to the word laziness. Bobby was the type of kid who would hit a home run in stick ball and then make someone else run the bases for him. Anyway, this kid came by and gave Bobby some "speed," you know red devils, black bombers, whatever. Up until that time, Bobby had never used drugs, consequently the drug had a significant impact on his behavior, and I do mean significant. Bobby cut everybody's lawn in the neighborhood like James Benveniste, above, are showing that it's not necessary to use drugs to be a winner.

**The Tide Has Turned...**...not too many years ago you could hardly find a drug tested powerlifting contest. Now, about half of all meets are set in some way, and lifetime drug free champions like James Benveniste, above, are showing that it's not necessary to use drugs to be a winner.

continued to follow me throughout my life. My first girlfriend was a big heroin at least three times a week. At the time it amazed me because she had everything going for her. She was beautiful, intelligent, a super athlete, and filthy rich. One day I asked her why she did it. "It feels so good that Needless to say, our relationship was to a person on drugs; pestilence, war, death, even Joan Rivers. Second, they'll sleep with anybody - Mary, George, Lassie, etc. And last but not least, they'll talk to the TV, guess the radio, and listen to, you watched it, Joan Rivers. And one other thing, they will also pee anywhere - in the pool, hot tub, sink, house plants - anywhere!

That brings me to what I really want to talk about - drugs in sports. A lot of people feel that the drug problem in sports is a by-product of what's going on in our society. They are quick to point out that today's athlete belongs to a generation that accepts drug use as a way of life. You'll hear no argument from me on that point. Like I mentioned, there were drugs everywhere when I was growing up and from what I've observed, it's worse now. One thing a lot of people don't understand though, is that the athlete is distinctly different from non-athletes, and it is this difference that predisposes them to a greater risk of drug abuse. Let me explain. First of all athletes are different, or at least they think they are different. They can't help it. From the very moment an athlete shows any sign of athletic prowess, they are informed by society that they are very special people. Take my word for it, if you're a good athlete

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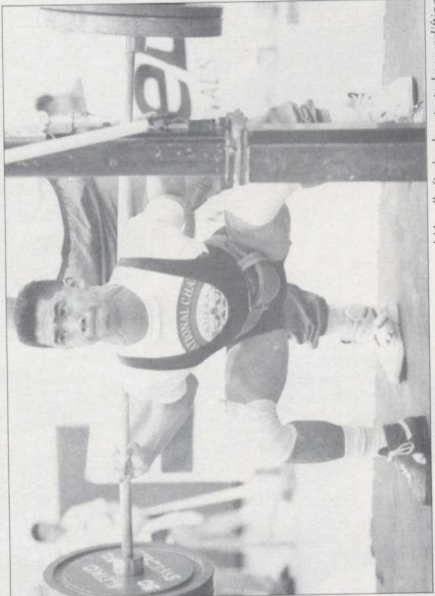
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people will give you anything - money, cars, women, drugs, grades, whatever. We are at a point in our society where big-name athletes think that they can come into your living room, pee on your floor, and everyone's going to look the other way. Amazing, but true. In short, athletes are taught to believe that they can do anything without being held responsible for the consequences of their actions.

Not only do athletes accept such preferential treatment, they expect it! In fact, many athletes fully understand the amorality of sports and then to take a little coke now and then to escape the pressures of competition. Of course, this line of thinking is very myopic. Any graduate of kindergarten can tell you that these drugs not only affect the quantity of life, but also its quality. Worse yet, from a social-psychological standpoint, because athletes are highly visible role models, their drug usage will perpetuate the use of drugs throughout society as a whole. It's like a feedback loop where society promotes the use of drugs in sports and sports in turn, through role modeling, promotes the use of drugs throughout society.

You're kidding yourself if you believe for one second that an athlete doesn't have considerable influence upon the beliefs and behaviors of others. An athlete has considerable power to persuade others. I mean thanks to the Boz, half the linebackers in America do their hair with a weed eater. As you might expect, the more popular or visible the

players pump themselves full of drugs that will enhance their performance? It's not just sports teams either, the mentality of the American sports fan is that anything goes in the world of athletic competition - cheating, drugs, lying - no one cares about how an athlete excels, just as long as he does. Athletes get the message too; use whatever means it takes to get the job done. The consequence of this thinking on the athlete's part is that if it's alright to use steroids and painkillers to enhance performance, then it follows that it should be alright to take a little coke now and then to escape the pressures of competition.

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**Dr. Judd Biasiotto** has considered the issue of drugs in sports for years.

athlete, the greater the ability to influence others. Also, as human beings we tend to emulate the behavior of people we admire and depend upon. In fact, it's been found that children not only imitate the behavior pattern of role models, but also their mannerisms, gestures, and even their voice intonations. It should also be noted that individuals, especially children, are influenced more by a role model's behavior than they are what the role model says. Consequently, if a role model tells a child not to take drugs, and then turns around and smokes half a kilo of "coke" up his nose, chances are the child may feel it's OK

to do the same. It's no big secret that the good 'ole U.S. of A. is looking up the sound board end of a northbound mule when it comes to the drug situation, both in and out of the sports world. However, there is some light in all this darkness. Ever since Richard Pryor broke the long speed record for a human being after igniting himself instead of the cocaine he was trying to "free-base", Americans have taken a different attitude about drug abuse. In fact, not since the counter culture of the 1960's, when white middle class America grew long hair, wore beads, and togas, and went West for them want for free love, has America been so vehemently against drugs.

Drug testing is becoming more commonplace, not only in college and professional sports, but in the business world as well. Individuals identified as drug users are for the first time in a long time being held accountable for their actions. Society is taking a firmer stand on the war against drugs, and the message is coming through loud and clear; that drugs are no longer "cool" and that you don't need them to be successful. Still, the responsibility lies with each and every one of us. We all need to say "No" to drugs. Life is just too beautiful to have to perceive it from an altered state of consciousness. Like Richard Pryor says, "Drugs can light up your life, but when the fire goes out, you be one sorry mother-fucker (or something like that).

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# TRAINING

## Take A Break as told by DOUG DANIELS

Most everyone would agree that competitive powerlifting, and everything that goes with it, is very brutal on the body. To prevent these rigors from having a long term effect on their bodies, most lifters incorporate methods such as heavy/light, layoffs, off season training and the like. This certainly can help, but these methods may not be enough to help lengthen competitive longevity and decrease the probability of suffering long term or permanent damage to the body. Too many lifters think in terms of their next training cycle and not with a view to long term health. This is especially important to older and drug-free lifters.

Months and years of squatting, benching, and deadlifting really add up on the joints and the lower back. The human body wasn't intended to take the brunt of hard exercise over a long period of time. The phrase "No pain, no gain" is perhaps the biggest cause of long-term injuries in our sport. I don't know who thought of this, maybe some guy who thought of Beach who's walking with a cane now, but pain is usually trying to tell us something. It's nature's way of communicating that what you're doing is not appreciated by your body. There's a huge difference between muscle soreness and chronic, deep muscular pain caused by abusing the body's recuperative powers.

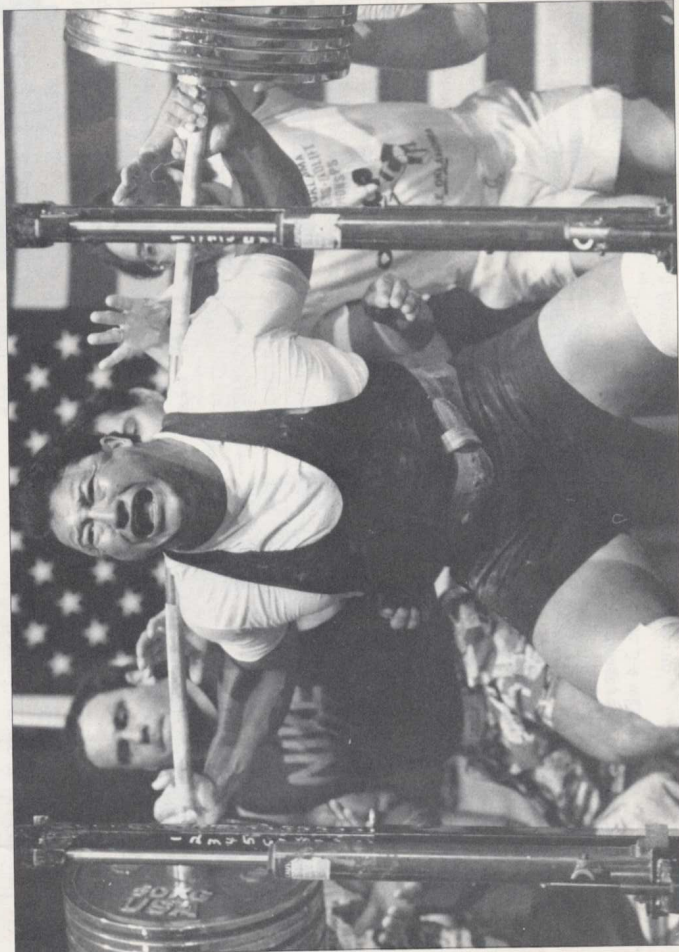
When you experience such chronic, deep muscular pain, stop ex-

aerobic work like swimming or biking. You may have to adjust your diet a bit due to a decrease in activity, but the increased aerobic work may more than make up the difference.

After taking a break like this, you may not be able to resume your regular lifting schedule at the your previous strength level, but you will notice a huge reduction in joint and lower back pain and renewed enthusiasm for heavy training. This type of training will also build a new fitness base because of improved conditioning that may result in better gains long term than you may otherwise have realized by constantly training heavy. I can't forget to mention that your mind can also get stressed and a break can work wonders there too.

If you are experiencing an unusual amount of joint or lower back pain now, you are a definite candidate to consider taking a break from power training right now. I guarantee there will be plenty of needs to lift at after you return. I wouldn't wait till there's a good deal of pain or mental fatigue. If you think long term, you should consider the suggestion I made here. Take regular 1 week layoffs 2-4 times a year (especially just after a meet), but use good sense and take a longer break once in a while. Good luck.

Doug Daniels  
P.O. Box 1974  
Highland, IN 46322



Wear and Tear from massive competition attempts, like the one above by John Santos, and long training cycles can add up to joint pain and injury.

Muscle size is one of the most important things determining strength. In general, the larger the muscle, the greater the strength. I am not discounting the importance of skill and motor unit activation, but, it is well known that the greater a muscle's cross-sectional area, the more force it can exert.

Significant muscle hypertrophy takes many months and years. Changes in muscle cell size occur very slowly and the biochemical is very subtle. It is difficult to determine if your performance during a workout (good or bad) was due to improvements in skill, over-training, muscle cell growth, or simply that you're having a good or bad day.

Any experienced lifter will tell you that progress seems to run in streaks. You will have periods when you make rapid progress and seem to make PRs almost every time you go into the gym. At other times, it seems as though it's almost impossible to hold on to the strength you have.

As discussed in the January 1991 issue of *Powerlifting USA*, the Soviets have developed a sophisticated test that measures concentrations of anabolic and catabolic hormones to determine if an athlete is in an anabolic (building) and catabolic (break-down) state. Unfortunately, unless you have access to a clinical laboratory, that technology is not available to you.

There are other ways to determine if you are in an anabolic or catabolic state. Perhaps the most time honored procedure is nitrogen balance. Nitrogen balance is a way of determining your protein requirements. Nitrogen excretion is a marker of amount of protein used as fuels. You excrete 1 gram of nitrogen for every 6.25 of protein used as fuel. If you are in a positive nitrogen balance, you are consuming enough protein and your body is in an anabolic state. On the other hand, if you are in a negative nitrogen balance, your protein intake is inadequate and your body is using its own protein stores for energy - you are in a catabolic state.

Nitrogen balance is a standard laboratory procedure for measuring protein turnover and dietary protein requirements. When determined in the laboratory, it is a time-consuming, unpleasant process. Nitrogen balance is calculated by finding the difference between nitrogen intake and nitrogen excretion. Nitrogen intake is estimated by measuring the total protein intake in the diet. Determining nitrogen excretion involves precisely determining the nitrogen content of urine, feces, sweat, skin and hair loss, and menstrual flow.

Obviously, laboratory determination of nitrogen balance is out of the question for the average lifter. However, a common test that measures urine urea nitrogen may make an approximation of the complicated nitrogen balance test available to the weight lifter. Most of the body's nitrogen loss occurs in the urine. Nitrogen loss in feces and sweat accounts for about 10 percent of the urine urea nitrogen loss. By measuring urine urea nitrogen loss and estimating nitrogen loss from other sources, nitrogen balance can be estimated. Nitrogen intake is determined by keeping careful track of your protein intake. By subtracting nitrogen excretion (measured urine urea nitrogen excretion and estimated nitrogen from other sources) from nitrogen intake, you can get a reasonably accurate determination of

in feces, sweat, and other sources. By subtracting nitrogen excretion from nitrogen intake, you get and estimate the nitrogen balance.

The test provides you with an idea of whether you are in an anabolic or catabolic state. With this information you may be able to determine if you are over-training or if your protein intake is appropriate. A negative nitrogen balance, particularly if it lasts for several days, may suggest that you are training too hard. You may need more rest to get the most from your training program. It may also mean you are not consuming enough protein or taking in enough calories.

A positive nitrogen balance may suggest that you are taking in more protein than you need or that your protein intake is adequate. It may be a sign that you can train harder and expect greater gains from your program. While this procedure is not as accurate as precise laboratory methods, it provides the athlete with the opportunity to approximate nitrogen balance. This test may be useful in assessing protein needs and training status.

### Using Nitrogen Balance Information in Your Training Program

Significant muscle hypertrophy takes many months and years. Changes in muscle cell size occur very slowly and muscle building trends are difficult to perceive. When estimating nitrogen balance, trends are much more important than any single measurement. This is true using a home nitrogen test kit because the procedure is not as accurate as more elaborate laboratory techniques. Periodic estimation of nitrogen balance may provide trends in protein metabolism.

When you are over-trained and progress eludes you, you may notice a trend toward negative or marginally positive nitrogen balance. While increasing dietary protein intake may sometimes help, often the best solution is to cut back on training volume or change the nature of your program. Another important factor affecting protein metabolism is calories. Anabolic protein metabolism depends upon quite a bit of caloric consumption. Many athletes work so hard in their programs that they won't take in high enough calories to build muscle adequately. Trends in nitrogen balance may help you decide if this is your problem.

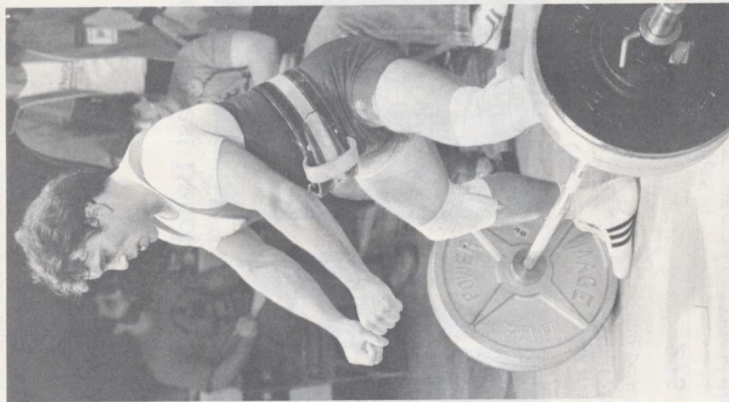
Finally, most athletes eat more than enough calories in their diet. Typical weight trained athletes eat approximately 1.5 to 2.0 grams of protein per kilogram body weight. Athletes would be better off consuming these calories as carbohydrates. The cost of the food would be less and the effects on muscle and liver glycogen stores would be more beneficial.

Measuring nitrogen balance worth the trouble? Well, it will save you a lot of trouble in the long run. When you lift weights you are attempting to stress your muscles so they adapt and get stronger. As you experience lifter breaks very well, if you don't stress the muscles in the right way, you don't make any progress. Balance the few minutes it takes to keep track of your diet and urine volume with the many weeks of frustration you experience in an inappropriate lifting program. This procedure may help you take control of the adaptation process and become more systematic with your workout and diet.

## POWER-RESEARCH

### dedicated to bringing Science to the sport of Powerlifting NITROGEN BALANCE and the Weight Lifter

by Thomas D. Fahey, Ed.D., Professor of Physical Education, Exercise Physiology Laboratory, California State University, Chico



Balance... whether on the platform, in the diet, or anywhere else is a necessary aspect of any successful powerlifting performance.

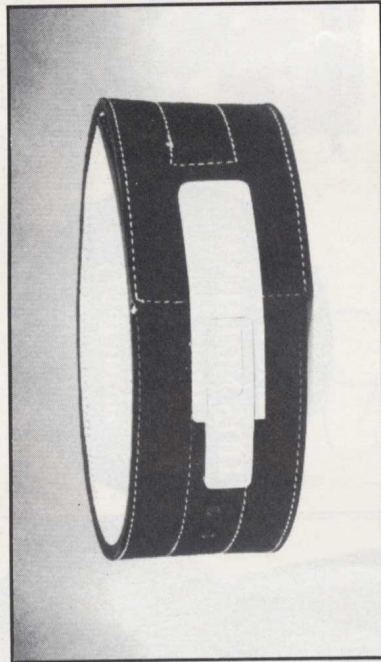
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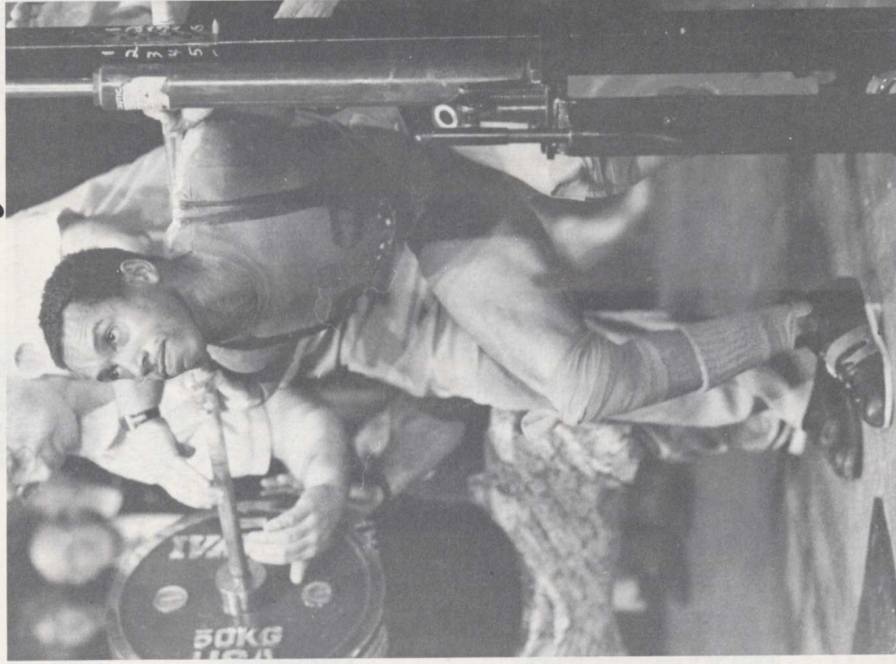
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# INTERVIEW

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

## Dave Pattaway as interviewed by Bob Gaynor



Dave Pattaway at the 1990 USPF Sr. Nationals, where he finished off his 'Triple Crown' of National titles.

Dave Pattaway, along with Phil Hille, accomplished an extraordinary feat in 1990 by winning the National Championship in all three organizations (ADPPA, USPF, and APF). Just to be able to compete in three meets so close together is remarkable, winning is unbelievable.

**Bob:** Dave, give us some personal information about yourself.

**Dave:** My name is Dave Pattaway. I am currently 31 years of age. I reside in Temple Hills, Maryland. I am currently serving in the United States Air Force.

**Bob:** How did you get started in weight training?

**Dave:** In 1984 I was stationed in the Philippines and 190 lbs. of solid rock named Roy Long intimidated me into trying out for the Esse Power Team. I started training and really began to enjoy it and I was hooked. The rest is history.

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

**Dave:** My best lifts in the 123 lb. weight class are as follows: I have squatted 512 lbs., I have benched 240 lbs., and I have deadlifted 556 lbs. My best total is 1300 lbs.

**Bob:** Dave, what future goals do you have?

**Dave:** I am going to attempt to win all three World Championships (WDFPF, WPC, and IPF). I did it at the Nationals and I feel I can do it at the Worlds. I also want to be the first 123 lb. lifter to total 1400 lbs.

**Bob:** Dave, do you follow any strict diet?

**Dave:** My diet is high in protein, low in fat. Chicken, fish, fruits and vegetables.

**Bob:** What are your opinions on steroids usage?

**Dave:** I have never used steroids and feel the same as all drug free lifters about it. Lifters on drugs lose money and, in the long run, their health. I love beating guys on steroids. As for testing, let's do it like England does with their lifters, with random testing, anytime, anywhere.

**Bob:** What kind of supplementation program do you follow?

**Dave:** I do not use a lot of supplements in my training.

**Bob:** How does your training program go?

**Dave:** I try to keep my training very simple. I use a combination of heavy weight training and aerobic exercise. I train with the weights on Monday, Wednesday and Friday. On Tuesday, Thursday and Saturday I ride an exercise bike, jump rope and use a rowing machine or run steps.

**Bob:** When training for a contest I will usually go with an 8 week training cycle. For the first 2 weeks I will do sets of 10 reps. Week 3 and 4 I will use sets of 8 reps. For the fifth and sixth week the reps will drop to 6. For the last 2 weeks I will do triples. If a meet falls during my training cycle I will use it as a heavy day.

**Bob:** Dave, do you have any advice for beginners?

**Dave:** All beginners should try to develop good form and technique before they do anything else. If you don't start with good technique you will never get it. Don't try to outlift the world your first year in the sport. Take it nice and slow and you will have a long career.

**Bob:** Are there any comments you would like to make?

**Dave:** First of all I thank God, for real strength comes from Him. I would like to thank Ray Long, Ken Westbrook, and Ben Brent, my Powerhouse Teammates. For without them, I wouldn't have been in powerlifting. All the friends I've gotten through powerlifting like Gene Bely, O.D. Wilson, Jim Piques, Dan Austin, Sean Scully, Ausby Alexander, Sly Anderson,

and most of all the guys who push me like Dave Ramsey, Tim Taylor and Herb Blake. When they get strong, I get strong.

I would like to thank my new Powerhouse Teammates Rubin Green, Joni Gould, and Curtis Bradham, who is always pushing me to do better.

I would like to thank my family especially my brothers Rafael and Felix for all their support and

special thanks to Bob Gaynor and Mike Lambert of PL USA. For without them powerlifting would probably still be in the dark.

For any additional information:

Dave Pattaway  
 3207 Curtis Drive #403  
 Temple Hills, MD. 20748  
 301-505-0533

## More From Ken Leistner

I have always enjoyed reading *FL* USA. Through the thick and the thin of the sport, Mike Lambert has provided the most comprehensive and multi-faceted view of powerlifting, without actually taking a stand for or against any particular issue. It is Mike's neutrality that allowed him to wade through the difficult political issues surrounding the 1980 Worlds, the formation of the 1980 ADPPA and APF, and the ongoing inter-organization battles of today.

One of the interesting sidelights of Mike's ability to keep his personal beliefs out of his editorial stance is the presentation of many differing viewpoints related to powerlifting's controversial issues. Everyone has been able to have his or her say so, either through an article or a letter to the editor. I have often wondered why some of the obvious bull appears under the guise of an "article," but every decision is made for what Mike believes will be the benefit of the sport.

Recent articles related to training are often prefaced with "this is for the natural lifter," or "a program designed for the average lifter." Like all lifters who have been at it for a number of years, I have my own opinions relative to what works and what doesn't, however, the trend towards delineating programs for the drug free lifter, and those who use drugs, is, from the mail I receive, confusing many of our younger trainees who look to the magazine as their primary source of training information.

A while ago, I mentioned that Hugh Cassidy, one of the all time greats, trained as simply as one could. He usually trained two days per week, doing a few heavy sets of the squat, bench press and deadlift. His assistance work was limited to some neck and forearm work and little else. His garage gym was a safe haven from the rest of the world, and also the site of his world championships preparation. He won titles and beat many of the other all time greats of the sport with little more than a bench, squat rack, and some dumbbells. Hardly high tech or complicated, although a lot of thought went into each and every one of Hugh's programs as he tempered his body progressively in preparation for upcoming challenges. His 1983 article, "Compulsive Power", is still the finest piece of writing to appear in this magazine since its inception in 1977.

I noted in my piece, that Hugh's program, when discussed with a number of lifters, some who were in the upper weight classes, some who were in the lightest, some who used anabolic drugs, some who did not, brought a surprising variety of

the three lifts; those who do not use drugs who believe that lifts or no assistance/bodybuilding work is necessary if one is going to be able to recover from training and be able to continuously progress on the three lifts; those who use drugs who believe that in order to take full advantage for enhanced training and performance ability, one should do much in the way of assistance/bodybuilding work; and finally, those who use drugs who believe that to maximize the drugs effectiveness and get the most out of enhanced assistance/bodybuilding ability, they should concentrate only on the three lifts.

First and foremost, I believe that no one should use anabolic drugs to enhance their training. Any lifters who gain do not neglect physiological risks one takes when using these chemicals. I won't debate the point as my views are well known through these pages. However, I believe that the training done for both drug users and non-users should be similar: brief, hard and intense, whether the reps are high or low and the weight bulky or moderate, with the bulk of training time being given to the three exercises/lifts that will be done in competition. When bodybuilding had its big push in the late 1970's and early 1980's, I stated in print that I saw this as being not only temporary, but also negative relative to all strength sports.

Most lifters also want to have the physique, or at least the physical size that they believe demonstrates to the world that they are a "strong person" and most do too much assistance/bodybuilding work because of that. Let's face it: theoretically, the most effective training program would be a one day per week program where one set of one all out maximal rep was done in each of the three lifts. The entire workout would consist of three reps, and each week's workout would be progressive relative to the week before.

This would provide the maximum amount of training intensity and stimulation, while yielding the greatest amount of recovery time between workouts. For many reasons, it is impossible to actually do a workout like this, but the key for the average lifter, which includes most lifters, is to maximize recovery time after adequately stimulating gains. This is done by limiting work not increasing it. No matter what one's individual physiology is, the general rule of "less brings more" should be the guiding principle in training.

Contending that there are four distinct camps from my perspective: those who do not use drugs who believe that one must do a lot of assistance/bodybuilding work in order to have the muscle to move weight in

responses. A short, to-the-point program was thought to be good only for heavyweight lifters, because they would not have the recuperative ability to do much more, or so stated a number of lightweighters. A brief but difficult program would only serve a lightweight lifter, because they could not afford to do much assistance work, needing any muscle they did have where it could be used for the three official lifts. This, at least, was the belief of many of the heavyweights. A short, brutal program that concentrated on the three lifts with little assistance work, would be good only if one were using anabolic drugs because only a drug user would not

have to do much in the way of assistance work. Needless to say, by the non-users believed this. Finally, this type of limited program would only benefit someone who did not use steroid related drugs. The reasoning behind this deduction lies in the fact that a non-drug user would not be able to recuperate from a lot of assistance work and should thus concentrate only on the lifts in order to most benefit from their training.

Contending that there are four distinct camps from my perspective: those who do not use drugs who believe that one must do a lot of assistance/bodybuilding work in order to have the muscle to move weight in



Drug Free Champions like Shawn Cain (above) may well share a common basis in training philosophy with powerlifters, according to Ken Leistner.

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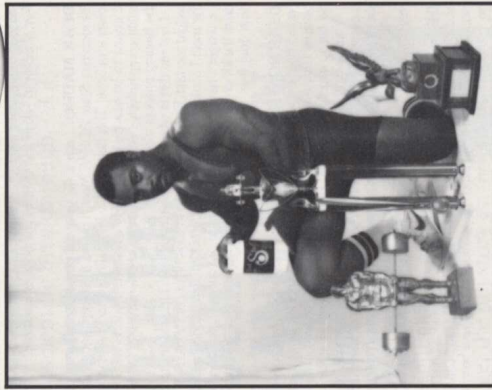
Since using HOT STUFF, I've talked to many other powerlifters around the country who've gotten the same results as me. This is a no bullshit product. HOT STUFF really works and I just wanted to let you know that. Good luck!

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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 products that do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I am a 42 year old powerlifter. During our 1990 Fur Rendezvous State ADEPPA Meet, I pulled the bicep tendon loose from the lower arm bone. This happened 2:10-90. I have had the tendon reattached. It seems to be healing just fine. My question to you is will I be able to lift again competitively? Also, is there any supplement that I can take to help the healing process along?

I feel my diet is what made the tendon tear. I tried losing too much water weight too fast. During this process I took plenty of supplements, but during the meet I could not bring a sweat up at all. The tendon pulled at 525 lbs - a weight I have been doing for three or four reps, for over a year. I also have the lift on video and it looked like the arm was straight. P.S. I am life time drug free. **Ron**

**DEAR RON:** Most biceps tear because they've been overworked and already had some microtears before the big one. I love my left bicep a few years back because I was training too hard before the Worlds. I've seen lifters who regularly do heavy deadlifts with bent arms with nary a tear in sight.

Your dehydration and perhaps electrolyte imbalance could also have been a contributing factor. In any case there are scores of lifters who have torn their biceps and with care and proper training surpassed their previous best. All the best in your training. I've enclosed an ad for my new books - you might find them of some interest. **Mauro Di Pasquale M.D.**

**DEAR MAURO:** I have been reading your column for a couple of years and I want to get your advice on a problem I have. I am twenty three years old, weigh 180 pounds and bench press 350 pounds. I have been lifting weights on and off for about 4 years.

My problem is that I was born without a pectoral muscle on my right side. It has not really bothered me in my lifting until lately. I have been going to a couple of bench press meets and get ready for the meets I have been training on an 8 week cycle of increasing the weight and lowering the reps each week. When I get to the last three weeks of the cycle, and the weight starts to get fairly heavy, the front of my shoulder starts to get real sore.

I would like to get my bench press up to 400 pounds, but I don't feel I can go much heavier without getting hurt. Is there any exercise that you can think of that might help strengthen my shoulder. If you could please publish my letter and address in the Powerlifting USA magazine and if there is any one else out there that has the same problem that I do, I would like to talk with them about how they train. Thank you very much for your time. Sincerely, **John Brannock, Box 595, Clayton, AL 36016**

**DEAR JOHN:** Missing a pec on one side puts more emphasis on the shoulder, trapezius, triceps and lats on that side to take up the slack. It appears that you've reached some sort of critical mass with your deltoid, since it has compensated for the missing pec. I think that there is no real solution to your problem in that if the left side is maximally developed the right side, because it's missing one of the key muscles needed for the bench press, can't hope to be as strong.

There are other ways you may be able to balance the difference between the two sides by shifting your grip slightly so that the left side takes more weight than the right. An old friend of mine did quite well on the bench even though he had a congenital underdevelopment of one of his triceps. He shifted his grip a full inch so that his stronger side took more of the weight. He was able to keep the bar even and had no problem with contest style benches. As well, you may be overtraining and not giving that right shoulder enough time to recuperate. By doing less, you may be able to handle more weight. The best of luck in your training. **Mauro**

**DEAR MAURO:** I have read in a recent issue of Powerlifting USA about a product called Liver Guard available from Athletika located in Pleasant Hills, California. I have done a cycle of methandrostenolone and I am planning to do 2 more cycles of stanozolol (Winstrol) but I am very concerned about my liver. I want to know if Liver Guard is bogus or does it really work on protecting the liver. Also, I have strained my wrist and I want to know if wrist curls are the best exercise for strengthening the ligaments so I can lessen the risk of re-injuring it. Sincerely yours, **Paul R.**

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**DEAR PAUL:** I cover hepatoprotectant compounds in my new book Anabolic Steroid Side Effects (ad enclosed). In short, there are several plants and herbs with antiprotective properties and several valid studies have been done to show their effect on the liver when an animal is exposed to a hepatotoxic agent.

I don't have a breakdown of what's in Liver Guard but I suspect it's a combination of several plants and herbs that are natural hepatoprotectants. Unfortunately, in those plants and herbal compounds that have been shown to be antiprotective agents, their hepatoprotective effects have been evaluated on the liver changes induced by carbon tetrachloride, or less commonly D-galactosamine or other hepatotoxic agents.

No studies have been done to evaluate these substances as hepatoprotectants with the use of anabolic steroids. Since the hepatic effects of anabolic steroids are different from those of carbon tetrachloride and similar chemical hepatotoxic agents, you can't assume that these plant and herbal products would act as hepatic protectants against anabolic steroid induced liver dysfunction or that they would have any effect on preventing the formation of liver tumors.

If you can afford the steep price (the actual herbs and plants shouldn't cost near what they are charging) there might be some benefit to using Liver Guard, but I can't say for sure since no one has as yet looked into their use on athletes using anabolic steroids. Sorry I can't be more definite about their value.

The best exercise is one that works the wrist without pain. If wrist curls don't hurt, then they can only strengthen the area. Reverse wrist curls, reverse barbell or dumbbell curls, and using a grip machine are all useful for increasing wrist and hand strength. Sincerely, **Mauro Di Pasquale M.D.**

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A special section dedicated to the beginning lifter

Introduction to the sport... you have some- one introduce you to the sport. They recognize your potential. They start to train you. Down the road, you begin to go to competitions. There is excitement. You meet your competitors. You make friends. It's an enthusiastic atmosphere. Everyone is usually willing to talk to you and give you training advice. You see quite a bit of camaraderie at the gym where you train and at the meets that you go to.

Making Gains... the enthusiasm still fills the air as you walk into a gym. You are energized by the feeling of the lifts that are going to be attempted at this workout. You're excited to see the lifters you're going to work out with. You're starting to make gains at some of the local contests. It's noticed that you've begun to push some of the established lifters.

They'll be making comments at this point about how it's great to see that you're moving up the ladder of success. Things begin to change... as you still are making gradual progress, you won't notice the effects until they're fully upon you. At the beginning they're subtle changes in attitude and perspective of lifters towards you, and alterations in your perspective of the sport. None of these things will happen abruptly. The underlying factor is that your workouts partners won't be excited about your gains. You may start to develop some rivalries during your workouts. It may not seem hostile, but it'll go beyond the scope of a friendly rivalry. The established lifters won't be as enthusiastic to help you at this point. The well spring of training advice will dry up. Once you get to be a threat to the established lifters or the reigning State Champion, you may start to be shunned. At worst, the enthusiasm of competition will be replaced by resentment. I've seen this happen more than once.

The Rumbling... this is the turning point. Every lifter will experience this. For different lifters, the rumbblings will take a different face, but for each the rumbblings will be accusations which may or may not be based on a sprinkling of truth, but when they are looked at beneath the surface, most rumbblings are just a bunch of B.S. Some common examples of rumbbling: guys accuse you of making powerlifting your life, that you don't devote enough time to your family or your career or what not. They could be as good as you if they would just be as single-minded as you are towards the sport. Another common rumbbling involves drug use. Whether or not a lifter uses steroids is their lifetime drug free. Even if you are lifetime drug free, the rumbblings you'll deal with will concern steroid use. You will be accused of using steroids. If you're lifetime drug free and you're competing in that category, you'll be accused of taking steroids in the past, but not now, and that's why you're so good. Another common rumbbling is, if your philosophy is to use anabolic steroids, you will be accused of using dosages that are beyond the scope of human lifting. The bottom line is that they try to take away the fact that you're



Mike Foggia is a lifetime drug free powerlifter who has been a national champion. He continues to promote meeting in the Des Moines, Iowa area while attending medical school.

# Dealing With Powerlifting Success or 'Let the Dogs Howl' as told by Mike Foggia

a good lifter. Anything that will darken your success or take the edge off of your accomplishments will be a category for rumbblings. The bottom line is... don't become part of the rumbblings. Today you're the lifter that's making a lot of progress and moving up the ladder. Tomorrow, someone else will be coming up fast on the outside.

Dealing with Success... what is a lifter to do? It seems almost not worth getting into the sport if these negative situations are what a successful lifter has to look forward to. I don't want to paint a bleak picture. The whole idea is outline what may lie ahead for many up and coming lifters so that they can prepare themselves and avoid some of the problems that I've seen other lifters and myself succumb to.

First and foremost, enjoy competition. Always keep this in proper perspective. Don't become obsessed with making phenomenal gains, don't become obsessed with attaining victories or any particular title. If you can always keep lifting in its proper context, you'll be able to thoroughly enjoy the competitions and the camaraderie. You'll be the kind of lifter that even your competitors will enjoy being around. Whatever happens, don't get caught up in the cycle of unrest. Once you give any credence to the rumbblings, if they are directed at you, then you're apt to make corresponding accusations about other lifters. It's a downward spiral. Don't give any credibility to the negativism. Be very goal-oriented. Train and compete with both short and long term goals. I could write another article on that topic alone, but that's one thing that will ensure that you will be successful. Make sure you train in an atmosphere that is conducive to your lifting. Many times a lifter will reach a certain level in a gym and he will more or less outgrow his surroundings. If that happens, just move on. It may be better for you to lift at another gym. Or it may be worth the investment

of lifters who have hung on too long. I'm not saying that you should cut your career short, but when you see yourself sacrificing your health or trying to come back from injury after injury with phenomenal doctor bills, watch out. I have a friend named Chris, who is nationally ranked in the ADPPA. He has a congenital problem in his back, and it was getting to the point where it was costing him \$1000 a meet to compete with his doctor bills. He realized that it was not worth it and until he could get the problem worked out he was not going to compete. I admire Chris for having that insight. I hope and pray to God that if I get to that point that I would have the same amount of intelligence. Realize that this is one of the hardest things to do. For some guys it may be 2 years after they were introduced to the sport and for others it may be 22 years. There is a time to realize that the success and satisfaction that you get from powerlifting is limited.

Another point that you must remember is always be honest in victory. Lifters know when you're lying to them. If they're asking about training advice or the supplements that you may or may not take, always be honest. Always be willing to help others. Eventually you will be the one on top. You will be the one who can pass on the tradition, and guys will remember that. Everything you do to help a lifter at any age and at any level will come back to you in a positive manner. One of the best examples of a lifter who accepts things the way they are and has kept lifting in the pro- pro perspective is my good friend Larry Shepard in Alabama. He is a Baptist minister in charge of a church. He has a beautiful daughter, a wonderful wife and a beautiful home and a successful gym. Also, he has found the spare time to become a National champion and record holder in the American Drug Free Powerlifting Association.

Most people don't realize it that he is one of the pioneers of drug free lifting. Some of the other more visible figures get a lot more of the praise, but Larry was having drug tested contests back in the mid-70's, way before the ADPPA or any of these other organizations were formed. He's given a lot back to the sport. He trains lifters of all ages and abilities. He's kept lifting in its proper perspective. He's even found time to dabble in bodybuilding. He is one of many examples that I can think of. That's what you need to do when starting out. Find an example. Find someone that will train with you and help you; someone you can see has a well rounded life. Make sure when you associate with such people that their good habits rub off on you. Remember

when you are humble in victory, and honest with other lifters and yourself, and when you accept the titles that you win in powerlifting and realize that they are fleeting, it will help you keep the sport in proper perspective.

The Best is Yet to Come... okay, I'm taking a line that I've heard many times from the great lifter Ernie Frantz. He refers to the fact that a lifter can always do better, always make progress. I think that that's true. It's very important that a lifter knows that if things are looking bad today, and I don't just mean from a lifting standpoint, better things can be out there in the future. Better times do lie ahead. If you're fed up with the gym you're training in, you've heard about the negativism you're hearing about yourself, take heart, the best is yet to come. As the Bible says "you can shake the dust from your sandals and move on" - to another gym, another set of training partners. Move on and move up and move ahead and still enjoy the sport and make good progress and keep it in proper perspective. Always remember one thing, as far as what you give back to the sport. Life is but a circle: what goes around comes around. I've seen a lot of lifters fool themselves and only negative things can come from that.

Powerlifting is a fantastic sport. I hope I haven't painted a dark picture. I do think it's important that a lifter of any level or age, coming into the sport, realizes that these things will happen. They may not be as severe as I have outlined, but they will happen to a degree. I know some of the more advanced lifters and hope that they read this. That's part of the reason I made it the "let the dogs howl". They'll smile, because they know that they have gone through a lot of the things that I have described. For some lifters, it'll be like going down memory lane. Other lifters will say, "Mike's nuts. I don't know what he's talking about." I never had those things happen. Whatever the case may be, just realize that powerlifting is a great sport and keep it in the proper perspective, always give something back to the sport, always enjoy it and always be honest with yourself and others. God bless you all and best of luck in your training.

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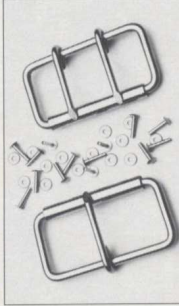
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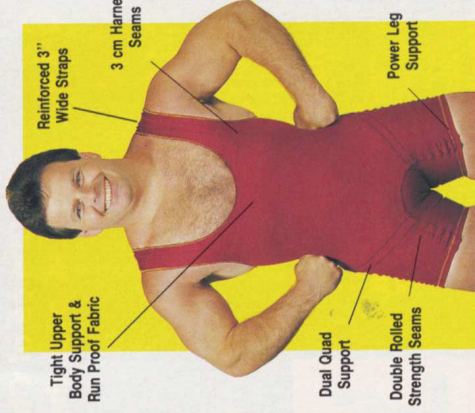


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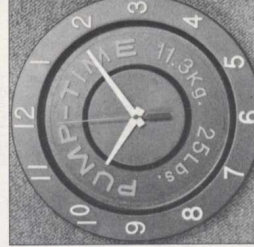
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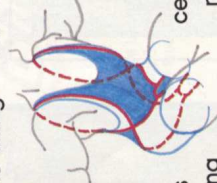
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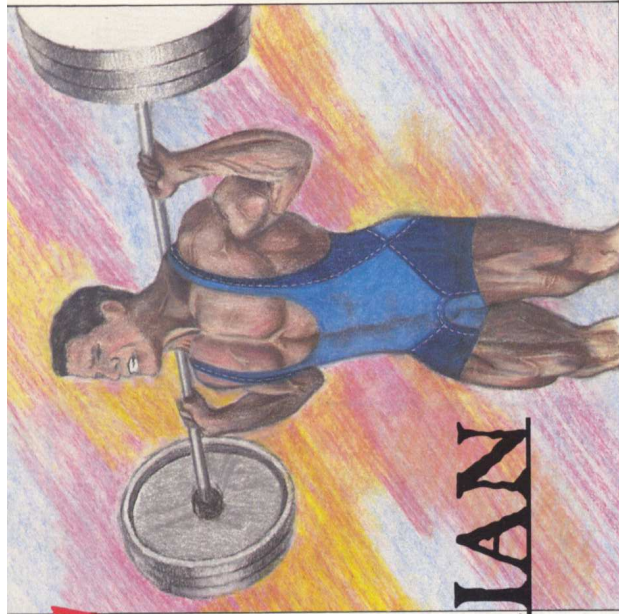
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much weight as possible for 3 sets of 5 reps per each. Also, during this routine I implement pause squats and half squats into my usual full squat sets. Pause squats are performed by using light to moderate weight, descending to the bottom position of the squat and holding the weight there 3-5 seconds and then exploding upward. This will aid you in exploding up from the bottom come contest time as well as increasing your hip flexibility. Half squats are done with an individual is not accustomed to. Half squats, if done correctly, will stimulate muscle fibers not only in the legs, but also in the stabilizers. Speaking of stabilizers, stomach work should be done year round, because the mid-section is the center of gravity for most people and stronger abs will give greater stability when squatting and will prevent incidence of lower back injury. "Let's get Rackin!"

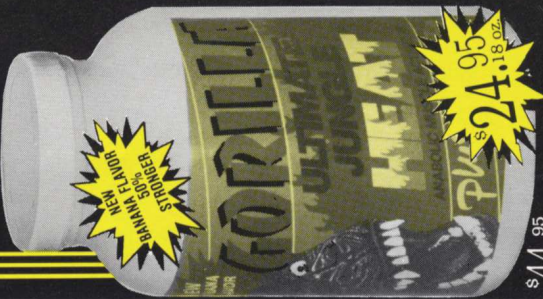
During the first session (1 session per week), squats should be performed strictly on an increasing basis, 135x8, 225x7, 250x6, and plateaus with 300x5x3, then dropping back down to 225x5, 135x8 doing pause squats (staying at the bottom 3-5 seconds per rep and exploding upward), followed by assistance work. In the second week, the plateau changes to 315x4x3. Everything else stays the same. Assistance work. The third week is a little different in warmups: 135x8, 225x6, 275x5 with the plateau changing to 330x4x3 while adding one set to the pause squats 225x5x2, 135x8. Assistance work.

One week later, the sets change to 135x7, 225x5, 315x4, 360x3, and pause squats of 225x3. Assistance. The fifth squat workout will consist of squats of 225x5x3, and 345x3, and pause squats of 225x5x3, and assistance work. During the sixth week, 135x5, 225x5, 315x3, 375x3, 360x3, 405x3 half squats, 225x5x2, pause squats, and assistance work.

The final stage begins on the seventh week, and separates the lifters from their mothers: 135x5, 225x4, 315x3, 390x2, 375x2, 415x5x2 half squats, 225x5 pause squats, assistance work. During the eighth session, squat 135x5, 225x4, 325x3, 405x2, 390x2, 430x5x3 half squats, but no more pause squats and no more assistance work.

The week before the contest squat 135x5, 225x4, 335x2, 415x2, 405x2 with no half squats, pause squats, or assistance work. Flexibility and warmup squats for the contest should begin 20-30 minutes before the first lifter is called. Warmups and attempts should be as follows: 135x5, 225x4, 315x2, 365x1, 1st attempt - 400, 2nd attempt 415, 3rd attempt 430. BE PATIENT AND YOU WILL BE STRONG! I graduated in May with an M.S. in Adult Fitness - Cardiac Rehabilitation. Any leads for employment at a well established facility in Cardiac Rehabilitation or Fitness and/or Medical Research should be referred to: PHIL HILE, 28 West Grant Street, Latrobe, Pennsylvania 15650.

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181	315*
B. Lindsey	315*
M. Harrison	305
M. Cunningham	220
B. Smith	335
D. McCormick	320*
R. Phillips	315
R. Nicowander	310
R. Loucaze	305
T. Waller	305
T. Blaha	275
198	225*
L. Blathy	375
L. Blathy	365
C. Pernell	360
D. Currance	370
D. Lewis	340
J. Swart	335*
L. Smith	148
T. Starkey	330
L. McKellic	285
M. Bryant	425*
W. Cook	400
J. Chumbers	400
J. Miller	335
242	115*
J. Messenger	410*
J. Browning	400
R. Miller	350
J. O'Dell	350
V. Engle	115*

\* indicates New Meet Record. OL indicates Outstanding Lifter. Special Awards Presented: 1-1935 Lifter of the Year, 2-1935 Lifter of the Year, 3-1935 Lifter of the Year, 4-1935 Lifter of the Year, 5-1935 Lifter of the Year, 6-1935 Lifter of the Year, 7-1935 Lifter of the Year, 8-1935 Lifter of the Year, 9-1935 Lifter of the Year, 10-1935 Lifter of the Year, 11-1935 Lifter of the Year, 12-1935 Lifter of the Year, 13-1935 Lifter of the Year, 14-1935 Lifter of the Year, 15-1935 Lifter of the Year, 16-1935 Lifter of the Year, 17-1935 Lifter of the Year, 18-1935 Lifter of the Year, 19-1935 Lifter of the Year, 20-1935 Lifter of the Year, 21-1935 Lifter of the Year, 22-1935 Lifter of the Year, 23-1935 Lifter of the Year, 24-1935 Lifter of the Year, 25-1935 Lifter of the Year, 26-1935 Lifter of the Year, 27-1935 Lifter of the Year, 28-1935 Lifter of the Year, 29-1935 Lifter of the Year, 30-1935 Lifter of the Year, 31-1935 Lifter of the Year, 32-1935 Lifter of the Year, 33-1935 Lifter of the Year, 34-1935 Lifter of the Year, 35-1935 Lifter of the Year, 36-1935 Lifter of the Year, 37-1935 Lifter of the Year, 38-1935 Lifter of the Year, 39-1935 Lifter of the Year, 40-1935 Lifter of the Year, 41-1935 Lifter of the Year, 42-1935 Lifter of the Year, 43-1935 Lifter of the Year, 44-1935 Lifter of the Year, 45-1935 Lifter of the Year, 46-1935 Lifter of the Year, 47-1935 Lifter of the Year, 48-1935 Lifter of the Year, 49-1935 Lifter of the Year, 50-1935 Lifter of the Year, 51-1935 Lifter of the Year, 52-1935 Lifter of the Year, 53-1935 Lifter of the Year, 54-1935 Lifter of the Year, 55-1935 Lifter of the Year, 56-1935 Lifter of the Year, 57-1935 Lifter of the Year, 58-1935 Lifter of the Year, 59-1935 Lifter of the Year, 60-1935 Lifter of the Year, 61-1935 Lifter of the Year, 62-1935 Lifter of the Year, 63-1935 Lifter of the Year, 64-1935 Lifter of the Year, 65-1935 Lifter of the Year, 66-1935 Lifter of the Year, 67-1935 Lifter of the Year, 68-1935 Lifter of the Year, 69-1935 Lifter of the Year, 70-1935 Lifter of the Year, 71-1935 Lifter of the Year, 72-1935 Lifter of the Year, 73-1935 Lifter of the Year, 74-1935 Lifter of the Year, 75-1935 Lifter of the Year, 76-1935 Lifter of the Year, 77-1935 Lifter of the Year, 78-1935 Lifter of the Year, 79-1935 Lifter of the Year, 80-1935 Lifter of the Year, 81-1935 Lifter of the Year, 82-1935 Lifter of the Year, 83-1935 Lifter of the Year, 84-1935 Lifter of the Year, 85-1935 Lifter of the Year, 86-1935 Lifter of the Year, 87-1935 Lifter of the Year, 88-1935 Lifter of the Year, 89-1935 Lifter of the Year, 90-1935 Lifter of the Year, 91-1935 Lifter of the Year, 92-1935 Lifter of the Year, 93-1935 Lifter of the Year, 94-1935 Lifter of the Year, 95-1935 Lifter of the Year, 96-1935 Lifter of the Year, 97-1935 Lifter of the Year, 98-1935 Lifter of the Year, 99-1935 Lifter of the Year, 100-1935 Lifter of the Year.

WV won his first major contest by edging out the 5 ft. Outstanding Lifter award for the Masters category (results courtesy Fall Supply).

ADFFA New Hampshire State  
20 Apr 91 - St. Johnsbury, VT

Mens Open	SQ	BP	DL	Total
D. Duval	380*	245*	398*	1015*
144	470	300*	465	1235*
Carer	470	300*	465	1235*
181	470	300*	465	1235*
R. Simmons	420	225	440	1085
144	470	300*	465	1235*
Beaudette	700*	375*	625*	1700*
275	500	320	500	1320
M. Ladisheff	500	320	500	1320
144	470	300*	465	1235*
M. Ladisheff	500	320	500	1320
144	470	300*	465	1235*
R. Marier	345	245	410	1000
T. Rutherford	400	255*	430*	1085
M. Sczeczka	320*	165*	345*	830*
M. Marier	345	245	410	1000
Mens Teen by formula	360*	240*	400*	1000
M. Sczeczka	360*	240*	400*	1000
S. Verotta	240	305	405*	870
R. Marier	345	245	410	1000
Best Lifter: Roland Beaudette. *new State Record. (Thanks to Meet Directors Don Wallace and Brenda Owens for results of this contest.)				

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R. Marier	345	245	410	1000
Best Lifter: Roland Beaudette. *new State Record. (Thanks to Meet Directors Don Wallace and Brenda Owens for results of this contest.)				

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DESERT FORM is the new commemorative poster featuring Olympic contender Tom Berger...

ADPFA Region III 13, 14 Apr 91 - Hinesville, GA

Table with columns: Name, SQ, BP, DL, Total. Lists names and their respective scores for the ADPFA Region III meet.

ADPFA Central Florida Meet 30, 31 Mar 91 - Lakeland, FL. Table with columns: Name, SQ, BP, DL, Total. Lists names and their respective scores.

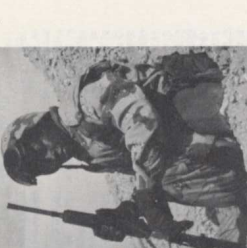
POWERBELT advertisement showing various styles of belts (Style A, B, C, D, E, F, G, H, J, K, L) with prices and features. Includes a large image of a person wearing a belt.

SHOES advertisement for Riedell shoes, featuring images of various shoe styles and text describing them as 'ASICS TIGER DEADLIFT SHOES'.

Table with columns: Name, SQ, BP, DL, Total. Lists names and their respective scores for a powerlifting meet.

POWERLIFTING CONTEST VIDEOS SEE THE CHAMPIONS IN ACTION. WORLD AND INTERNATIONAL MEETS. RICEY DOLE TRAINING VIDEOS.

NATIONAL MEETS table listing various powerlifting events and their winners, including names like Jim Cash, Larry Pacifico, and Jackle Pierce.



Ltcol. Benjamin Jenkins is a U.S. Marine serving in Operation Desert Storm. He is the 1989 South Carolina State Champion at 132 and the 1990 USARMC Champion at 132.

Local firefighter Mike Whitten exceeded masters total in winning the 165s. Robert Baker in his first contest, totaled 1410 for the 165s.

NHSP Spring Power Meet 7 Apr 91 - Concord, NH. Table with columns: Name, SQ, BP, DL, Total. Lists names and their respective scores.







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USPF West Virginia Bench Press

Table of bench press results for West Virginia. Columns: Name, Weight, Reps, Total.

Master Trainer

is a new publication concerning "Lifetime Bodybuilding and Masters Athletes" and health and fitness produced by Richard A. Winnet Ph.D. It is designed for men and women in their middle and older years who are athletes and serious exercisers.

Clearfield Power Day

Table of power day results for Clearfield. Columns: Name, Weight, Reps, Total.

USPF West Virginia Bench Press

Table of bench press results for West Virginia. Columns: Name, Weight, Reps, Total.

POWER PEOPLE



GySgt. Carlton Jones, USMC was active in PL in the late 70s and early 80s, before his retirement following an injury at the 1983 Jr. Nationals. Carlton served in Iraq as a SF scout-sniper and was a member of a Special Recon team. He was shot twice in the leg, was able to overrun by the enemy within an hour, but fought them off. "I was keep up with my team, when we moved positions. I attribute it to my early PL training. The next day our guys almost got us, but all 4 of us survived." In the hospital, Carlton met a fellow soldier-lifter with an old copy of PL USA, and now he hopes to get back into the sport. "I'm coming back to my roots." -SEMPER FI

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Registration form fields: LAST NAME, STREET ADDRESS, CITY, STATE, ZIP, etc.

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

Registration form fields: DATE OF BIRTH, AGE, SEX, etc.













**Tarheel State Strength Classic**  
4.5 May 91 - Davidson, NC

Deadlift	280
Women	
L. Miller	225
S. Lowe	225
T. Wilson	220
M. Eason	220
J. Brown	225
M. Boyles	385
M. Williams	385
Open	
K. Skoliski	445
M. Bradford	425
J. Conoran	350
T. Cook	340
K. Smith	310
L. Shirin	350
T. Sherran	460
M. Campbell	410
S. Campbell	210
B. Brealist	530
R. Pendleton	380
C. Short	480
C. Shames	435
198	
T. Booth	630
L. Cain	680
T. Porter	260
R. Chase	400
M. Treaddale	575
220	
H. Faison	645
T. Reaver	360
J. Moore	370
J. Bell	510
J. Moneay	200
242	
B. Hillbrand	480
C. Presley	720
A. Glass	715
D. Britt	670
C. Phillips	425
R. Steen	680
C. Barrow	410
450	
C. Hunter	450
C. Rabin	630
M. Watts	480
M. Hays	600
Women	
C. Ballard	430
V. Innocente	360
L. Boles	325
C. Rabin	515
L. Adams	510
C. Secker	475
M. Boyd	466
M. Boyd	466
D. Walk	145
133	
C. Johnson	240
H. Torres	210
H. Wray	210
D. Walk	145
J. Pumptus	145
148	
D. Leightinger	450
C. Johnson	190
S. Bell	485
M. Neidwink	1125
J. Sammons	320
N. Walker	320
C. Gambin	205
161	
C. Work	440
B. Alt	285
M. Neidwink	490
M. Brazer	155
M. Nelton	150
D. Rigger	200
J. Fleener	415
H. Wainwright	300
K. Platon	470
B. Hall	465

with myself and all the lifters. The meet was a huge success, with 96 trophies handed out and 1000 lifters competing. (Thanks to Jim Brannon for the results of his meet)

**South Dakota State Meet**  
6 Apr 91 - Rapid City, SD

114	SQ	BP	DL	Total
M. Maddock	265	170	315	750
S. Hartwig	185	120	235	540
L. McAdams	80	50	180	310
L. Green	68	50	80	198
325				
W. Richards	320	300	805	1425
H. Torres	210	145	285	640
H. Wray	210	145	285	640
D. Walk	145	85	210	440
240				
C. Johnson	240	120	285	645
H. Torres	210	145	285	640
H. Wray	210	145	285	640
D. Walk	145	85	210	440
133				
C. Johnson	240	120	285	645
H. Torres	210	145	285	640
H. Wray	210	145	285	640
D. Walk	145	85	210	440
148				
D. Leightinger	450	190	485	1125
C. Johnson	240	120	285	645
S. Bell	485	190	485	1125
M. Neidwink	1125	320	320	1765
J. Sammons	320	230	380	930
N. Walker	215	165	340	720
C. Gambin	205	170	340	715
161				
C. Work	440	285	490	1215
B. Alt	285	240	505	1030
M. Neidwink	1125	320	320	1765
M. Brazer	155	145	320	615
M. Nelton	150	150	255	555
D. Rigger	200	330		
J. Fleener	440	305	480	1225
H. Wainwright	445	270	460	1175
K. Platon	315	290	400	1005
B. Hall	260	125	270	655
185				

Best Lifter, Team Champ, N. Mecklenburg Iron Vikings, North Mecklenburg High School, Scott Sherrill. The 1991 Tarheel Open had 120 lifters from throughout the Southeast with profe- cially trained lifters from the semi-pro strength team. The 2 day meet was in attendance by an elevated stage in an impressive auditorium setting. The meet went very smoothly with no con- flicts and many compliments. Many thanks to all the staff and many volunteers. Special thanks to Scott and Judy Sherrill and "Mom and Pop" Brannon who gave their entire weekend to help. Also thanks to my wife Ginger, who kept her cool dealing

**POWER PEOPLE**



**Pennsylvania State Championship Team** - Gold's Gym of Pleasant Hills (left to right) Lenny Cappola, John Schmitz, Leo Wysocki, Rob DeBianco, Rob Cappola, Harry Fleming (kneeling), Al Callo, Keith McNeish, Jeff Wright.



**South Dakota Lifters** left to right, bottom row - kneeling - David Leightinger, Al Grudniewski, Myron Brewster, Luke McAdams, Barak Alt, Wayne Richards, top row, James Jackson, Brent Nelson, Cody Work, Mike McAdams, Ron Weilenbach, Paul Coats, Jason Roth, Kathy Platon, Justin Green, Lori Green, Tim McFarland, Brook Hall, Steve Hughes, Harry Wainwright, Dean Rigger, Arlyn Dyce, Jason Fleener. (photo courtesy The Weight Room)

**REFERENDUM**

The early returns are in for U.S.P.F. President Jan Shendow's call for lifter response to the question of whether they feel unification of the sport in the United States is essential for Powerlifting to grow - by a 7 to 1 margin, lifters from all federations feel unification is essential. Greg Beetle Lowe wrote a particularly impassioned letter to voice his feelings on the issue "We, the lifters, must take a stand on this issue and stop allow- ing the promoters, sponsors, and leaders to dictate these decisions for us. With so many federations to con- fuse the lifter along with their Euro- pean counterparts, we need to stand up and be counted. I would like to see the best seller for getting Big Order Bonus. GH levels still 300% higher 8 hours later. 3 mo. cycle #55001 \$17.95

**USPF Laurel Fitness and Swim Club "Push and Pull Challenge"**

5 May 91 - Laurel, MD

Men's	
I. Burgess	131
C. Solin	85
S. Shaw	112
A. Walker	121
M. Adkins	121
M. Serra	145
C. Parish	100
Teen	
H. Wilson	169
Harbaugh	167
J. Johnson	183
G. Scott	157
G. Miller	162
G. Smith	132
132	
I. Burgess	220
H. Harris	148
M. Harris	260
W. Bowen	270
J. Adkins	230
J. Miller III	145
M. Naumann	455
K. Hill	350
B. Foster	220
J. Perbach	245
R. Armstrong	590
B. Anderson	500
K. Smith	485
J. Perbach	470
B. Anderson	275
W. Patterson	520

This was our first sanctioned contest. We will be holding a larger, full meet in October at our ex- order at Ian's ago, further thanks to Fish, Pat Anderson, my wife and head ref Christine, Tommy, Sean, John, loan for all his equip- ment and Morrie for use of his facility, (thanks to USFC for the results of this competition).

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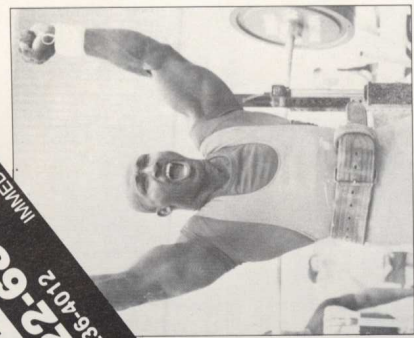


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