

Powerlifting USA

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TABLE OF CONTENTS

Volume 15, Number 3 • October, 1991

ADEPA DEADLIFT NATIONALS.....Pete Gisondi.....	6
MALIBU CLASSIC II.....Ritchie Creevy.....	8
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	9
POWERFUL ART.....Bill Starr/Dr. Ken Leistner.....	10
STRONG ADVICE.....Louis Simmons.....	16
AMY GRAY INTERVIEW.....Gene Bell.....	17
CATHY MILLEN PROFILE.....Graham Fong.....	18
BALLISTIC TRAINING.....Mark Holowchak.....	20
TOP 100 SUPERHEAVIES.....E. Jean Lambert.....	24
ASK THE DOCTOR.....Mauro Di Pasquale MD.....	26
ACHES & PAINS.....Doug Daniels.....	27
PERIODIZATION.....John Ware.....	33
ISOMETRIC ASSISTANCE.....Byron Chandler.....	34
STABILIZATION.....Dawn Reshel.....	36
SEAFOOD DIET.....Judd Biasioffo Ph.D.....	38
ERIC HAMMER INTERVIEW.....Bob Gaynor.....	39
PATELLA TRACKING.....Victor Poletajev DC.....	41
WHEN YOU DON'T HAVE TIME.....Frank Langhorst.....	47
WORKOUT OF THE MONTH.....Rick Couch.....	52
AIDS RISK.....Brent Allen.....	53
WDFPF WORLD MASTERS.....John Petroff.....	54
UNCLASSIFIED ADVERTISEMENTS.....	76
COMING EVENTS.....	85
ADEPA TOP 20 181s.....E. Jean Lambert.....	92

ON THE COVER.....Ken Lain after his 655 bench at 242.

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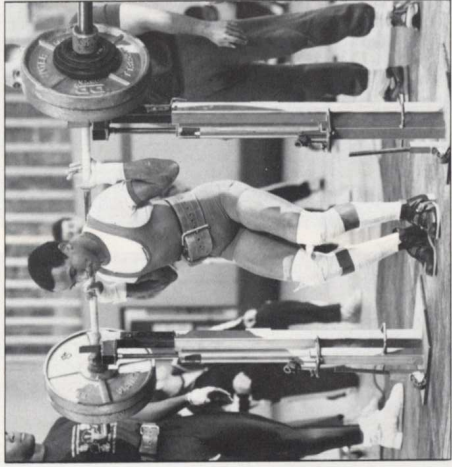
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More From Ken Leistner

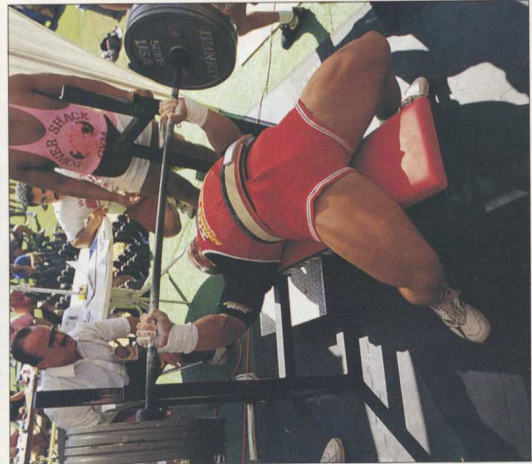


Dave Pataway has lifted and won in all the major lifting organizations.

When many of us think of "conservative," we think about a group of people who strangled collars, suits, in to the status quo, and not looking for a hassle. When the term liberal comes up, it's hippie type radicals, on the fringe of society, looking for total change of the laws, or at least taking them to their limits. However, realizing that I know almost nothing about politics and labels, I was assured by someone who does know that the typical, media-induced representation isn't very accurate, and that true conservatives and liberals share an awful lot in common. The application to powerlifting is simple. The factionalization of the sport has seriously hurt all lifters. Some of the organizations have the interests of lifters in mind, some don't, although they claim otherwise. This is strictly personal opinion reflecting neither the views of Mike Lambert nor Powerlifting USA, but after years of observation, this is my carefully considered opinion. Things aren't always as they appear.

To many in our sport the APF is the "liberal" group. The perception many have is a drug-gulping group of misfits that represent all that is wrong with the sport of powerlifting. While I have for many years maintained that the USPF, as the original organizational body, should be supported, my obvious reaction to the APF was "radical offshoot from the mainstream" and all that implied. Like perceptions liberal and conservative, most lifters need to view the APF critically, but accurately. As an observer at the recent APF Men's and Women's Senior National Championships, there is no question where the organization is coming from. Others give lip service to this, and occasionally see it on the local level, but when you have a national meet, and it seems like a national meet, lifters training heavily in someone's garage, you're obviously got a really good group. The starting point for the APF, in my opinion, is that each lifter will be honest and is lifting because they enjoy this leisure activity. Having a "no hassle" attitude, they do not respect their peers and the policing action is just not done. The integrity and respect afforded to the lifters by the officials and among themselves serves as a deterrent. Is this liberal or conservative thinking, or both? The formula used to determine best lifters was developed by the lifters, in order to be fair to as many as possible. The self-empowerment given to the lifters, in a sense making the statement that "it's your hobby, it's your sport, if you want it to be fun and something meaningful, make it good for yourself and others" serves to produce an atmosphere of mutual respect. This was the first meet I have seen in many years that has harkened back to the "old days" where mutual cooperation between competitors, the consistently high level of sportsmanship, and the concern shown for everyone by all those involved was the overriding factor of the meet. It is my opinion that this

MALIBU CLASSIC II KEN LAIN BENCHES 655 WEIGHING 242!!



KEN LAIN pushing up 655 strongly on a 4th attempt after a 53 pound miss! Ken Lain, 41 years old, is a 1986 Malibu Classic II competitor. Anthony Clark was also spectacular doing a reverse grip bench of 617 and just missing 666 twice (he looks stronger that way, and there's nothing in the rule book that says you can't grip the bar in that manner - reportedly Anthony will be going against Ardi at a bench-off to be conducted at the MR. OLYMPIA contest). Michael Brugger had his own TV crew filming his reverse grip satellite hook-up to his spigot. C. Freidinger reported a record 177 world record in the bench at 275 in Germany before coming over.

Malibu Classic II		31 Aug. 1 Sept 91 - Malibu, CA (kg)	
Men			
14	T. Clark	185	
15	F. Leard	178	
16	A. James	174	
17	D. Clemens	170	
18	D. Orjeban	160	
19	R. Zorn	158	
20	M. Walker	155	
21	W. Walker	147.5	
22	M. Kriedel	140	
23	M. Kreido	135	
24	M. Yancy	130	
25	M. Soriali	127.5	
26	M. Soriali	125	
27	M. Simpson	122.5	
28	A. Tiano	120	
29	G. Callender	119	
30	T. Binyan	116	
31	M. Soriali	114	
32	M. Soriali	112	
33	L. Kasari	110	
34	M. Phillips	107.5	
35	J. Lawrence	106	
36	J. Lukan	97.5	
37	K. Lain	92.5	
38	M. Phillips	92.5	
39	M. Phillips	90	
40	M. Phillips	87.5	
41	M. Phillips	85	
42	M. Phillips	82.5	
43	M. Phillips	80	
44	M. Phillips	77.5	
45	M. Phillips	75	
46	M. Phillips	72.5	
47	M. Phillips	70	
48	M. Phillips	67.5	
49	M. Phillips	65	
50	M. Phillips	62.5	
51	M. Phillips	60	
52	M. Phillips	57.5	
53	M. Phillips	55	
54	M. Phillips	52.5	
55	M. Phillips	50	
56	M. Phillips	47.5	
57	M. Phillips	45	
58	M. Phillips	42.5	
59	M. Phillips	40	
60	M. Phillips	37.5	
61	M. Phillips	35	
62	M. Phillips	32.5	
63	M. Phillips	30	
64	M. Phillips	27.5	
65	M. Phillips	25	
66	M. Phillips	22.5	
67	M. Phillips	20	
68	M. Phillips	17.5	
69	M. Phillips	15	
70	M. Phillips	12.5	
71	M. Phillips	10	
72	M. Phillips	7.5	
73	M. Phillips	5	
74	M. Phillips	2.5	
75	M. Phillips	0	
76	M. Phillips	0	
77	M. Phillips	0	
78	M. Phillips	0	
79	M. Phillips	0	
80	M. Phillips	0	
81	M. Phillips	0	
82	M. Phillips	0	
83	M. Phillips	0	
84	M. Phillips	0	
85	M. Phillips	0	
86	M. Phillips	0	
87	M. Phillips	0	
88	M. Phillips	0	
89	M. Phillips	0	
90	M. Phillips	0	
91	M. Phillips	0	
92	M. Phillips	0	
93	M. Phillips	0	
94	M. Phillips	0	
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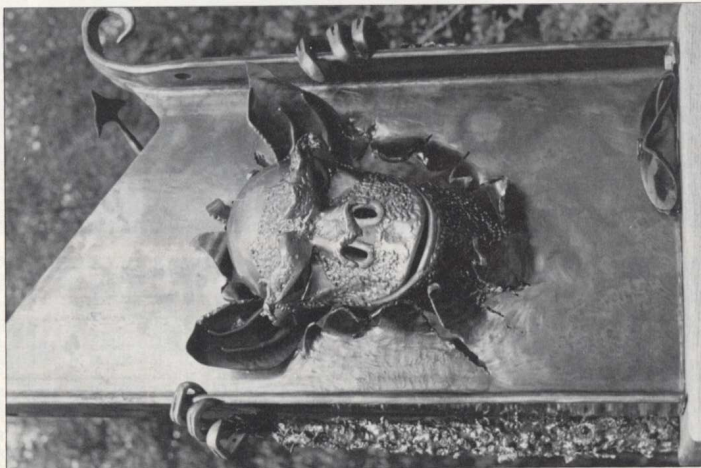
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Legend was an outrageous success. The setting, Calumpong Ranch, the stage, warm up areas, the athletes, the fans, the atmosphere... it was all there. Ken Lain, 41 years old, is a 1986 Malibu Classic II competitor. Anthony Clark was also spectacular doing a reverse grip bench of 617 and just missing 666 twice (he looks stronger that way, and there's nothing in the rule book that says you can't grip the bar in that manner - reportedly Anthony will be going against Ardi at a bench-off to be conducted at the MR. OLYMPIA contest). Michael Brugger had his own TV crew filming his reverse grip satellite hook-up to his spigot. C. Freidinger reported a record 177 world record in the bench at 275 in Germany before coming over.

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Powerful Art

Created by Powerlifting Legend Hugh 'Fitz' Cassidy



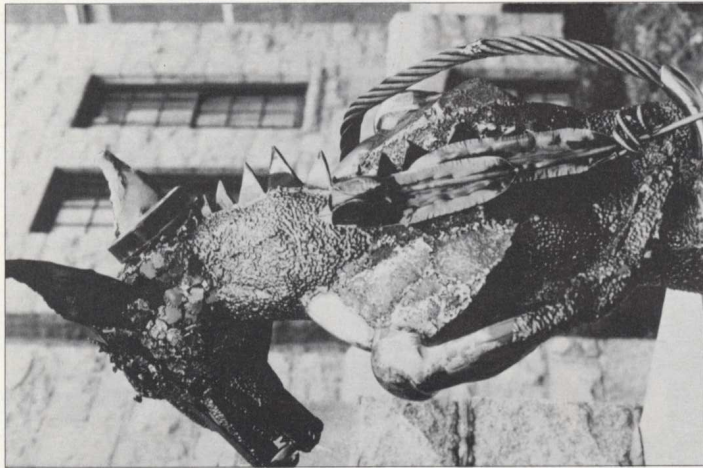
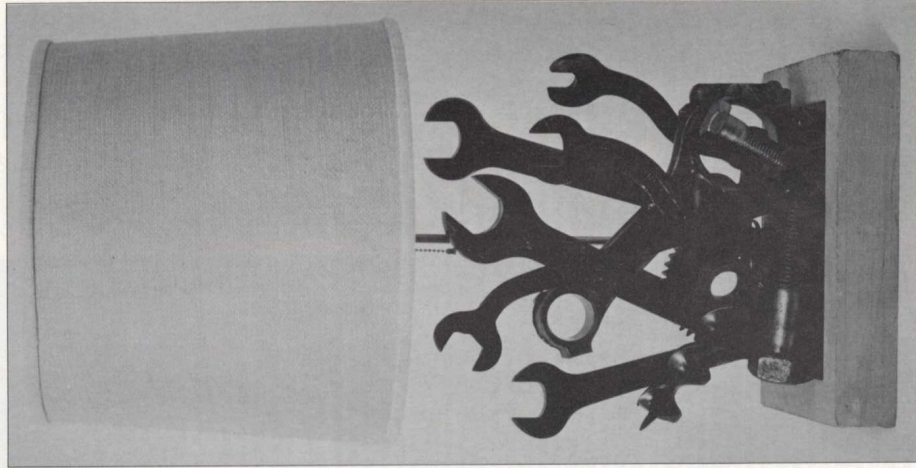
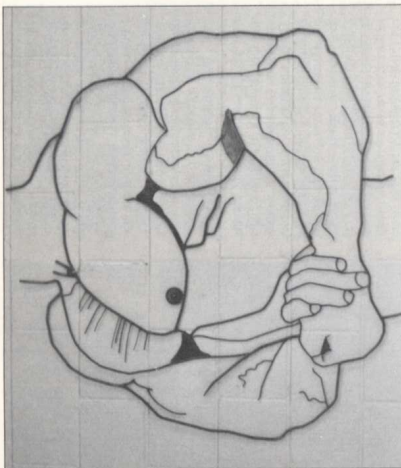
Many readers of *Powerlifting USA* will remember Hugh Cassidy as one of the most articulate and innovative strength athletes ever to set foot on a lifting platform. My most impressionable memory of Hugh was at the 1971 Senior Nationals in Dallas. Everyone was talking about the recent exploits of Jon Cole of Arizona and how many records he was going to set at this meet. To suggest that he may not win was laughed at as a silly notion.

Yet, there was another entry in the supers, Hugh Cassidy from Maryland. Quiet, yet confident. When the dust cleared that day it was the unheralded school teacher wearing the gold. His lifts: 800 squat, 570 bench, and 790 deadlift. He was even more impressive when one understands that these were done without the aid of tight suits, knee wraps, or, get this, Hugh never wore a lifting belt of any kind. He went on to win the world title that same year.

Now Hugh is putting his creative energies to work in another endeavor - metal sculpture. But his pieces aren't the garden variety La-de-da type of art. His pieces cry out, no, scream out, power! If he isn't in a classroom or weight room, he is creating magnificent hunks of art.

His sculpture has received a great deal of attention and accolades in the Baltimore-Washington area. Critics have used such tags as "Bold," "Astonishing," "Stunning," "Bizarre," "Art from the future or the past." There is most certainly a Frazzetta influence in his works and there is little doubt that they depict the inner character of a former world champion powerlifter.

He can create a piece small enough to sit on a coffee table, or better yet, make the coffee table. Or something so imposing it will dominate a town square. Everything he makes is one of a kind. No assembly-line art for this artistic athlete. Which is fitting because Hugh "Fitz" Cassidy is also one of a kind. — BILL STARR



Perhaps eclectic is a more accurate term than 'renaissance man' to describe the personality of Hugh Cassidy. Since 1978, I have made reference to this man as having had a profound influence upon my lifting activities, and as the Superpowerweight Champion in the first World Powerlifting Congress in the center of the country. He made his mark in the sport. He was squatting and deadlifting the 800 pound weight when one hundred pounds was considered to be awesome. His bench press hovered around the 600 mark, and he was a literal handful of men could claim such a feat. That he trained in his garage on the weekends, and that he had a successful career in the business, that much more to me, and also made him something of a legend among those he competed against.

After a serious knee injury curtailed his lifting career, he was already establishing himself as an effective and innovative special education teacher in the Maryland area. He played musical instruments, collected odd pieces of metal that served as strength training tools, and named them, developed a widely acclaimed "strongman" act and raised a number of children, all of whom demonstrate a variety of talents. A few years ago, his love and respect for metal had him welding together scrap pieces of discarded iron. This self-taught welder employed stoned birds, dragons, and creatures of the day and night in twisted hunks of steel that others had cast aside.

What began as another of his many interests has become a full time passion. Today, Hugh is in the final years of his teaching career, still bringing much benefit to youngsters in his high school district, still directing lifting classes and competitions for them. His love, however, resides in the shop beside his home where he cuts, welds, and forms beautiful, massive pieces of art from raw metal.

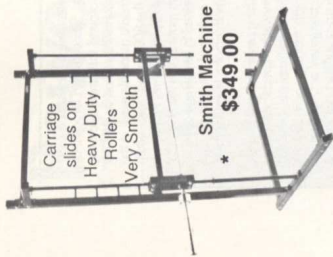
With my wife and children visiting relatives, I drove to Maryland where Hugh and I spent two days together. We trained (and yes, at 205 pounds he is awfully strong and sinewy), ate local delicacies that I found quite delicious, visited local farms, chatted with friends of his, searched the scrap bin of a local friend and welder for potential pieces of art, ate some more, hung out in his shop, and did a lot of talking. Lifting was the least of our conversation, although Hugh has many effective training ideas that have validity to this day. His art is the focus of his life and we spoke a great deal about that.

Photographs do not do justice to the power and impact his pieces have. A videotaped television program about Hugh left my wife and friends speechless when it concentrated on his artwork, but one has to see and feel the metal to appreciate the many hours of work, thought, and feeling that it demonstrates. His visions of animals and nature do not mesh well with that of others, as his is a singular and unique view of the world. I immediately bought a small piece for my brother, who placed it with the Salvador Dali that graces his living room. The power and force of his work is, like all artwork, in the eye of the beholder, but there is no denying Cassidy's images.

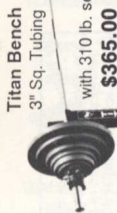
In future issues of *PL USA*, I plan to discuss some of Hugh's training programs and ideas, some which continue to be used successfully by a number of lifters under his ongoing tutelage. His basement gym and homemade equipment continues to be used by him and others in their quest for ongoing and ever increasing strength. An understated gentleman of strength, Hugh's artwork is, at this time, his statement to those around him, one that should be heeded. — Dr. Ken Leistner



Those interested in purchase of the artwork of Hugh 'Fitz' Cassidy can contact him at 6604 Highbridge Rd., Bowie, MD 20715 (301) 262-0953 or his representative John Miller, 8150 Lakecrest Drive, Suite 108, Greenbelt, MD 20770, 301-345-7161



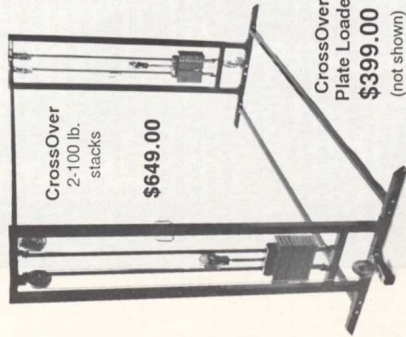
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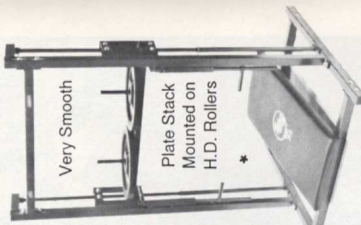
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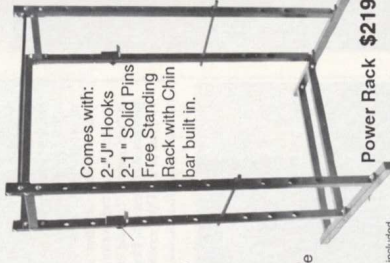
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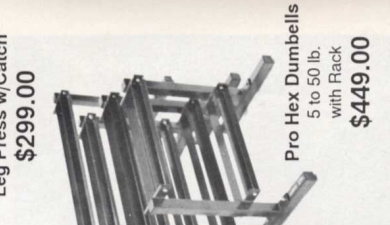
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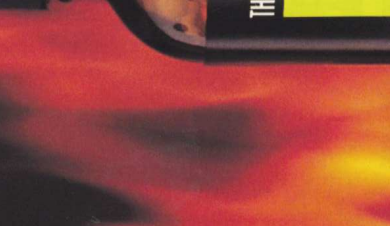
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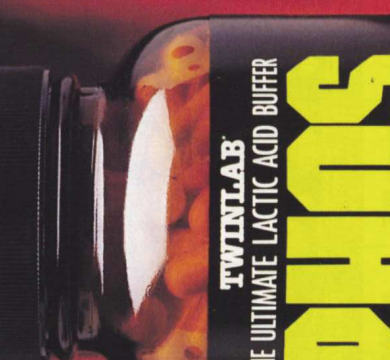
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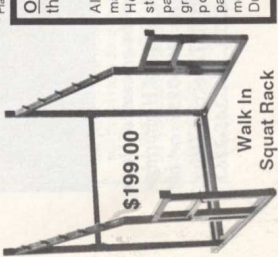
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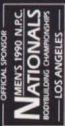
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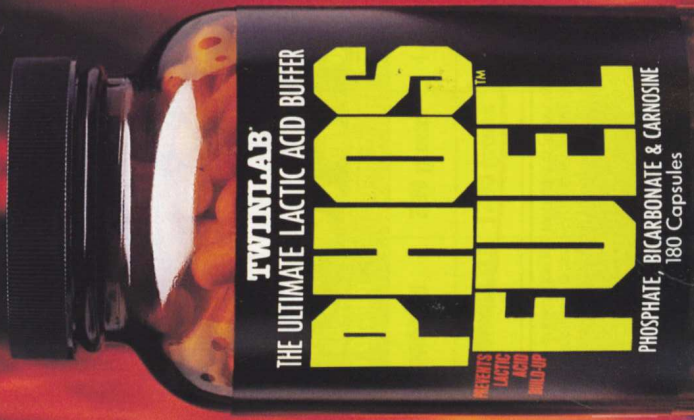
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FIRE EXTINGUISHER



This column is dedicated to solving problems that may haunt lifters for a lifetime. With 30 years of experience, I can possibly cut your time to 10 minutes of reading a month.

I am a female lifter and my deadlift is going nowhere. What can I do?

I had a similar problem around 1970. I was a light heavyweight and my deadlift was 550 and stuck. I was desperately looking everywhere when I came across an article by Bill Starr. It was entitled "Want To Increase Your Deadlift? Don't Deadlift." In- stead of regular deadlifts, he sug- gested substituting good mornings, back raises, deadlifting standing in a box, and pulling on p-bar neck pins at the knees or slightly below. Starr's theory was that increased back strength was all you needed to in- crease your deadlift. It worked for me. In 1973 I pulled 670 - a 120 lb. im- provement in 2 1/2 years. If you're not built to deadlift, you must simply be stronger than your competition.

How can I build up my ex- plosive power?

Isokinetics are a favorable way to build explosive power. They are us- ed somewhat in the reverse of weights. This means it is set at slow speed. This means it will take two seconds or so to complete a lift on the apparatus. Eight weeks prior to a contest, reduce the force setting, but at the same time achieve the

Strong Advice

— by Louie Simmons

same force on the meter. By moving the bar faster through the same distance, you are building explosive power. This can also be achieved by using dynamic exercises with 50 to 65 percent of one rep max. Plyo- metrics are valuable if done correctly. Bodyweight has much to do with the height of particular jumps and bounds. Do research before doing plyometrics.

When I'm at a meet, how do I decide what weight to take on my attempts?

First of all, you should have all your attempts written down before you leave for the meet. Know your limit, and don't worry about others. Let others worry about you. It's important not to try a new technique or style for the first time. That goes for equip- ment as well. A new pair of shoes or a different type of suit can cause your form to change. A suit or bench shirt that's never been tested can be a disaster if it blows out.

And remember, it's not what you start with, it's what you finish with that counts. If this is your first meet, don't feel embarrassed about the amount you can lift. If you bench press 240 and Ken Lain is there ben- ching over 700, believe me, the au- dience will only remember Ken's bench, not a beginner's. Remember, a journey of a thousand miles begins with just one step.

How much does a bench shirt help and why does it help some more than others?

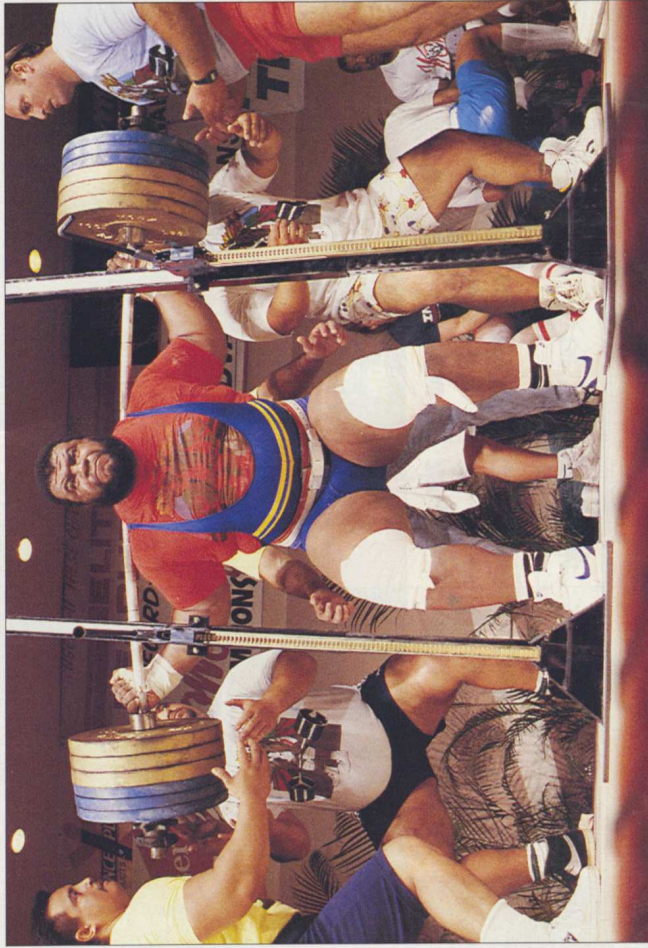
The answer lies in the triceps. The reason you may only get 20 lbs. is because you have weak triceps. Once the weight springs off the chest, the triceps must lock out the bench press by themselves. I train with a super heavyweight who gets 85 lbs. with a shirt and a 198 who gets 90 lbs. I get 80 lbs. over my best close grip without a shirt. I do a lot of triceps work. If you have a weak close grip or weak triceps, then you won't get a big increase with a shirt. It's that simple. A shirt is basically artificial shoulders and pecs. Nobody stalls at the chest anymore, which was com-

Why has my close-grip bench press gone up, but I still can't lock out my regular-grip bench press?

The answer is really quite simple, if looked at through body mechanics. If the bar is placed on the chest at the same point with either grip, then the work done by all muscle groups is the same, regardless of grip. Maybe a lit- tle more triceps and a little less pecs are used, but there's not much dif- ference. To truly place more stress on the triceps, place the bar higher on the chest. This will really stress the triceps. Hold your elbows close to your sides and push with the hands before the shoulders. This takes the delts and pecs out of the lift, and leaves the triceps to do the pressing.

How do you know whether your delts or triceps are holding back your bench?

After training with some great pressers - Slinger, Heath, Ligger - I discovered that when one presses the bar over the face, there's a reason. The bar is pushed by your strongest muscle groups - in this case, the delts. When this happens, do more triceps. If you press straight up, your triceps are strong; do more delt work. If the bar comes off the chest and falls for- ward, you have weak delts. Jeff Chorpennung used this system and went from 391 to 500 in the bench press in two years. Remember, train what's weak and you will be strong.



Superior Lifting Performances are the product of hard work, physical talent, competitive focus, and long range planning - just ask Big Mike Hall.

INTERVIEW

Amy Gray interviewed by Gene Bell

GB: What are your views in and out of the gym?
AG: Is there life outside the gym?

AG: I work at a health bar which specializes in vegetable and fruit drinks. I also do some personal training under the name 'The Training Partner'. Ultimately, I would like to concentrate solely on personal training, so I am currently seeking certification.

GB: What is your background in athletics and what keeps you motivated in the strength game?
AG: I love competition. Testing yourself, and giving everything God has given you into prepar- ing for the day when you put it all on the line, hop- ing to win, hoping to have a tangible payoff for all your hard work. I have competed in track and field and karate, but bodybuilding and powerlif- ting allows me more self-expression.

GB: How did you get interested in strength?
AG: I've always been fairly strong and I've ad- mired strong people, not just physically, but men- tally and spiritually as well. And both powerlifting and bodybuilding require one to develop their strength in all these areas.

GB: I understand you have done well in bodybuilding both at the state and national levels.
AG: I've done well in the sense that I've learn- ed a lot and earned some attention, but person- ally I feel very hungry and anxious to achieve a na- tional title. There's so much I want to do.

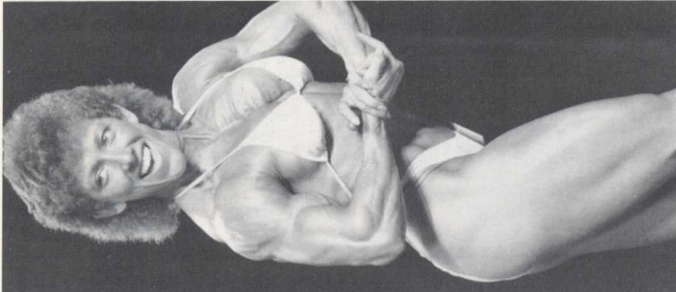
GB: What are your long and short term goals?
AG: My ultimate goal right now is simply to be in a position to support myself financially through the sport; whether it be personal training and seminars, or I also have a comic book that shops both bodybuilding and powerlifting and shares training tips and information. I'd like to really get that going. So to earn a living doing what I love - that is my goal.

GB: What are your views about the support women are getting in the sport of powerlifting?
AG: There's still some stigma about women who compete, especially in powerlifting. Some people erroneously believe a woman lifting weights is showing a desire to be 'manly'. Does it occur to them she's simply expressing herself - not as a woman, but as an individual. A woman who powerlifts doesn't represent every woman, just as Pee Wee Herman doesn't represent every man.

GB: What about all these power federations?
AG: Competition is great. Just like bodybuilding's NPC, AAU, and WBF. Athletes know they have options. It would be rather depressing to think one governing body held your 'career' in their hands.

GB: Getting back to your feats of strength in training, what are your best lifts?
AG: Prior to my training with you I would have said my squat, which hangs between 405 and 420 lbs. for competition, however, I now feel that my deadlift is my best lift. I have a lot of confidence in it and have pulled 405 lbs. for sets of 5 reps in training and 435 in competition. I can still see my deadlift getting stronger.

GB: What does your off season training consist of during the year?
AG: Well, off season for a powerlifter is com- petition season for a bodybuilder. So, like most lifters I train heavy in the winter and slightly lighter and with much more volume in the summer. In this way I feel powerlifting complements bodybuilding and vice versa. I think of size and strength during the fall and winter months, and



AMY GRAY... in addition to her bodybuilding capabilities, illustrated above, she won a very competitive 132 lb. class at the 1991 U.S.P.F. Nationals in Charlotte, North Carolina, over the likes of Bettina Altizer and Brenda Tanner. (photograph by Doris Barrilleaux, courtesy Gene)

as the bodybuilding season begins, I start to think of muscle quality and definition.

GB: Amy, do you have any closing remarks for the powerlifting fans?
AG: Maybe a tip. I've been blessed to have been able to train with the best and learn from the World Champion. Every workout has been a learning ex- perience. I've been able to avoid mistakes and make terrific gains because of Gene Bell. I admire you greatly and would encourage all new lifters to seek out a knowledgeable training partner. You might not get a World Champion, but you will save yourself the frustration of making mistakes and finding the techniques out the hard way or ever the 'hurt' way. A good training partner can be as valuable as proper training gear and a very good training partner can become a priceless friend.

GB: I've had the chance to train and be associated with two of the greatest strength athletes on the scene today, one being Jackie Pierce and the other my current training partner Amy Gray. Ms. Gray has only competed in three power meets, and has just scratched the surface of her potential. I've witnessed her doing 415x3 in the squat, 220x3 in the bench press, and 430x3x3 in the deadlift at a bodyweight of 141 lbs. By the time this is printed I will be residing in the city of Soesterberg in the Netherlands, as part of my new Air Force assignment.



NUTRITION

GET THE MAX

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POWER PROFILE

A PHOENIX RISES The Story Of Cathy Millen by Grahame Fong

At the 1990 IFF Women's World Championships, a virtually unknown lifter from New Zealand won the 82.5 kg class. That lifter, Cathy Millen, also set the only world record lifted at the Worlds and finally attained the World Title which had eluded her for a number of years. Her World Title success was repeated in 1991 when she won the 75 kg class as well as setting world marks in the deadlift and total, and winning the Best Lifter award. Winning world titles and setting records are remarkable feats in themselves, but Cathy's circuitous and tortuous route to the pinnacle of her sport is just as remarkable.

Cathy first touched a weight as a 15 year old in 1982 when, as a promising junior tennis player, she joined a gym to improve her wrist and arm strength. Almost immediately, however, she was encouraged to try powerlifting, as the established lifters in the gym recognized her enormous strength potential. This potential was confirmed within a few weeks when she pulled a 150 kg (330 lbs) deadlift in her first contest at only 56 kg (123 lbs) bodyweight. Cathy's first international contest was the World Champs held in Adelaide in 1983. As she was only 16 years old at the time, and was lifting in only her third contest, not a great deal was expected from her, but she showed her class by placing second to the great Ruthie Shafer in the 60 kg (132 lbs) class and setting a British Commonwealth deadlift record of 180 kg (396 lbs). Reporting on the 1983 Worlds in the June 1983 PL USA, Mike Lambert wrote, "16 year old Cathy Millen looks like she can do whatever she wants to in women's sports in the future. She shows awesome basic strength and has just started to train heavily." It certainly seemed that Cathy would become a household name in the powerlifting world. However, the best laid plans are often thwarted by the cruel hand of fate, and for the next few years Cathy was dealt some pretty lousy cards.

Her preparation for the 1984 worlds went exceptionally well and great things were expected of Cathy. By this time she had moved to Auckland from her native Christchurch and had come under my care. She had worked very hard to reach her peak, at the same time holding down two jobs to raise the funds to get her to the Worlds which were to be held in Santa Monica, California. As Cathy had not been on a long overseas trip before, we decided that it would be best to break up the trip with a few days in Honolulu, and it was here that Cathy's World Championships aspirations went out the window as she was struck by a car just three days before the Worlds. Despite being injured, we decided that Cathy should still lift as she had put so much into her training and had spent so much time and money in getting to the Worlds. Although her fifth placing was a very creditable one under the circumstances, Cathy was naturally extremely disappointed that she couldn't perform up to her normal standards, and the situation wasn't helped by the fact that the organization and some officiating at the Worlds was sub-standard to say the least. Worse, however, was to come. In 1985 her best



Cathy Millen... squatting at the 1991 World Championships in India.

enormous potential. In a complete turnaround, Cathy threw herself into her workouts with the intensity and frequency which had brought her early success, and I knew that she was back on the right track when I had to restrain her enthusiasm to prevent over-training. November 1988 saw a reborn Cathy competing in the 60 kg class at the North Island (New Zealand) Championships where she posted a world class 487.5 kg (1073 lbs) total via 190 kg (418 lbs) squat, 100 kg (220 lbs) bench, (4th attempt), and 200 kg (440 lbs) deadlift. This total would not only have won the World Champs by a comfortable margin, but clearly showed that Cathy could still be a world champion despite having suffered a number of setbacks.

1989 started off well. Despite gaining weight rapidly (social drugs had artificially kept her bodyweight down), Cathy continued to post impressive training and competition poundages, and was duly rewarded with selection for the 1989 World Champs. However, Lady Luck was still not Cathy's dearest friend, as she was again injured a couple of months before the championships, this time through over enthusiasm when I was not present to supervise a heavy workout. With commendable mental fortitude however, Cathy took the latest setback in her stride, and at the 1990 Worlds in Jönköping, Sweden, she finally won the title which had eluded her for so long. Setting the only world record (230 kg - 507 lb deadlift) at the World Championships was an added bonus.

1991 was to be an even better year, as Cathy won another World Title, this time in the lower 75 kg (165 lbs) class, with lifts of 232.5 kg (513 lbs) squat, 130 kg bench, 240 kg deadlift and 602.5 kg total, the deadlift and total being world records. Cathy's training philosophy is very simple. The

essential points are:
1. Each lift is trained only once weekly to allow for full recovery.
2. Singles are only done on the contest platform, never in training. "Singles don't build strength, they only test it."

3. Proper technique is the cornerstone of all top class, injury-free, lifting. Technique is monitored at each training session via coaching input and video playback.
4. Never go right to the edge at training. Always leave the gym knowing that you can do just a bit more. This will keep you motivated for the next session, and reduces the chance for injury.
5. The gym is for training. Spending hours in the gym exercising your jaw muscles won't help your total.

6. Train according to how you feel on the day. Have a clear objective for the day, but be flexible and go higher or lower, according to how you feel, rather than having any poundage or percentage etched in stone.
7. We all have off-days, but don't let them affect your overall cycle. Even bad sessions can have positive aspects, e.g. "My squat poundage was down a bit, but the technique was spot on."
8. Prioritize weak lifts. Most lifters don't fulfill their potential because they concentrate on their strong lifts and neglect their weak ones."

9. Don't get too far out of shape in the off-season.
10. Don't overtrain. This is the biggest mistake of many lifters.
11. Listen to sound advice. Even world champs can learn from others. However, do whatever works best for you, not what works best for someone else.
12. Put back into the sport what you get out of it, e.g. via refereeing, loading, administration, etc.

Although Cathy likes to indulge occasionally with Big Mics etc., she knows that "You can't flex fat", and she endeavours to maintain a good year-round diet of quality food and supplements, particularly close to contest time. This helps her to maintain a bodyfat level of approximately 12.5%. Favourite supplements include amino acids (particularly BCAAs), metabolic optimizers, inosine, lipotropics, chromium picolinate, and a vitamin/mineral pack.

Ruthie Shafer was Cathy's early role model and Cathy still regards her as the best ever female lifter. Now that she's found her way, again, Cathy's ambition is to establish herself as one of the greats of powerlifting alongside Shafer. Her recent achievements have gone a long way towards helping her reach the goal. Certainly, by coming back from a world of drug addiction to winning world titles, Cathy has shown that she has what it takes to fulfill Mike Lambert's 1983 prediction, and do "whatever she wants in women's sports".



Finally... Sweet Success comes for Cathy Millen (left) and her long time coach, Grahame Fong (right) at the 1991 IFF Women's Worlds. (photographs provided courtesy of G. Fong)



NUTRITION

THREE WINNERS SPEAK OUT

Phil Hille on MegaMAX - The Real Stuff

"MegaMAX - The Real Stuff is a unique anabolic activator that blows away all the imitators. It's hotter than the other stuff because it offers more. Compare for yourself - it's stronger, better tasting, more economical, and packed with the formulation I prefer. You'll see results that prove that MegaMAX - The Real Stuff is #1. ...it works great for me."

Phil Hille, 114 lb., 1990 A.P.F., ADFFA, and USPF National Champion (Triple Crown)

Billy Whitaker on ProMAX 1600:

"ProMAX 1600 is my winning weight gain formula. The highest calorie, lowest fat weight gain formula on the market. Its balanced blend of milk and egg proteins with vitamins and minerals makes a great-tasting formula. Whether I mix it with milk or add it to food, ProMAX 1600 is the one I gain with."

Billy Whitaker, bench 575 lb., @ 220 lb.

Herb Blake on

MEG-A-BOL MAX PACKS:

"MEG-A-BOL MAX Packs are the most potent anabolic packs I've ever tried. They're formulated for the maximum useful dosage. These packs get me going and help me keep that extra edge. With MEG-A-BOL MAX Packs, I've had faster, better results....They're the best value on the market."

Herb Blake, 123 lb., ADFFA and USPF repeated multi-national Champion.

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POWER-RESEARCH

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Powerlifting and Ballistic Training as told by Mark Holowchak



Most Top Level Lifters like Jeff Jacques, actually train ballistically.

one often differentially affect the role of a specific muscle or muscle group involved in the bench. For example, benching with one's arms at an angle less than perpendicular to the body gives the front deltoids a much greater role in the initial stages of the lift than they would otherwise have. Those who opt for this type of technique still need a solid explosive foundation. The difference is that their foundation is comprised of a bit less pectoral power and a bit more deltoid power.

For a person to move, say, 300 pounds off of his chest he must exert an upwards force through muscular contraction in excess of 300 pounds. The greater initial force that he exerts is off of the chest, the greater the velocity the bar will have coming off of his chest. And, as you might have guessed, when handling contest poundages, the greater the velocity is off of the chest, the higher the probability of successfully completing a smoother transition from the earlier part of the bench when the larger, stronger pectorals are the prime movers to the later stage of the bench when the triceps take over and complete the lift. The mechanisms that are involved in this explosion off of the chest are still for the most part unknown, but one may be sure that simply the great number of muscle fibers that must be fired to generate the explosive upward force are at least part of the explanation. In this capacity what I believe ballistic benching affords the lifter is in part simply an increased ability, through practice, to engage a greater number of muscle fibers at the beginning of the bench press.

Genune Problems of Ballistic Training: The Momentum Argument

Proponents of the momentum argument attempt to show that lifters who train ballistically should expect, in the best circumstances, no improvement in performance over those who train in a slow, controlled manner. The reason they give is that when benching explosively, although the lifter generates a goodly amount of force at the beginning of the lift, the velocity of the bar is usually sufficient to insure that the resistance encountered by the upper half of the lift is no better than minimal. Thus, they conclude, ballistic training inevitably diminishes one's strength gains.

To make this point clearer, let us consider two lifters, say, Chuck and Luge. Chuck trains his bench press in a slow, controlled manner both when lowering the bar to the chest as well as when pressing the bar off of the chest. As such, the amount of stress the muscles feel, the amount of force exerted by the muscle throughout the lift, remains relatively constant throughout. In this manner all of the muscles involved in the press are evenly involved in the lift and therefore properly worked. In contrast, Luge, who trains explosively, generates a much greater force at the beginning of his press (which means the bar comes off of the chest with a much greater velocity), but fails to sufficiently work the relevant muscles by the upper half of the lift due to the momentum generated by the explosiveness and the improved leveraged one has in the upper one-half of the bench. So, the argument goes, if you want a bigger bench, you must eventually involve all of the bench pressing muscles by training the

Pick up a strength training book these days and you may well find its author admonishing the uselessness and dangers of ballistic training methods for lifts like the squat and bench press. While much of what such authors write on ballistic training methods is pertinent and not inaccurate when applied to the ordinary weightlifter, the competitive powerlifter must be more cautious. In spite of what these authors say concerning the demerits of ballistic training methods, such methods are employed by almost all successful competitive powerlifters today. The reason, I suggest, is simple: ballistic methods work.

What I would like to do is examine the relative strengths and weaknesses of ballistic training and suggest a type of ballistic training that maximizes the competitive powerlifter's potential for gain in the squat and bench press, while minimizing the risk of injury that accompanies such methods. For the sake of simplicity, I will limit my discussion to the bench press, but everything I have to say is equally applicable to the squat.

The Preferential Recruitment Argument

The preferential recruitment argument, very popular of late and designed to show the inefficacy of ballistic methods, may be stated as follows. Since there is no evidence to show that ballistic training can preferentially recruit fast-twitch muscle fibers over slow-twitch fibers it follows that ballistic methods are unavailing to the powerlifter. By "preferential recruitment" I mean that by training ballistically one can actually bypass the slow, oxidative (slow-twitch) fibers in favor of the faster, glycolytic (fast-twitch) fibers and thereby preferentially develop the more useful fast-twitch muscle tissue.

One painfully clear problem with this argument is that it proposes to show that a certain argument, say S, is false by bringing it to light the fact that there is currently no evidence in favor of it. In logic this fallacy, or false statement, is called the "Argument of Ignorance." The key question is, "Is there an telling indication to show that the statement is contradictory, say S, or a rival theory which is not compatible with S, is true?" If there is no telling evidence in favor of preferential recruitment, then at least a telling evidence against recruitment, then at least a guarded open-mindedness on this issue is warranted.

A more critical problem with the preferential selection argument is that there seems to be evidence that shows that heavy resistance training does selectively recruit fast-twitch fibers in both men and women (Thorstenson et al., 1976; Houston et al., 1983; Tesch et al., 1987; Vollestad et al., 1984; Vollestad and Bloom 1985; Storton et al., 1989). Since training ballistically mimics heavy resistance training through the sheer force needed in its application, there is every reason to believe that ballistic methods too may preferentially recruit fast-twitch fibers.

The Conversion Argument

Those who put forth the conversion argument rely heavily on the assumption that supporters of ballistic methods believe implicitly that by training ballistically chemical changes occur that mysteriously make slow-twitch fibers turn into fast-twitch fibers. And, because this assumption too lacks empirical support, they believe it follows that ballistic methods are of no avail.

The mistake these authors make is similar to the one

The Mechanics of Resisted Ballistics

After one has sufficiently warmed up his bench, one may begin resisted ballistic training. Let us assume that a certain lifter plans on doing 3 sets of 5 repetitions in the bench at a given weight. On each repetition the lifter should slowly take the bar down to his chest by himself. As he prepares to press a spotter, with his hands completely around the bar (one hand on each side of the lifter's chest), begins ever so slightly to resist the upward force (movement) of the barbell as imparted by the lifter. This resistance should be just enough to allow the lifter to slowly move the bar of his chest. As the bar moves upward, the spotter must be careful to apply an ever increasing amount of downward force (resistance). But, because of improved body leverage as the bar moves off of the lifter's chest, the lifter should be able to compensate for the increased resistance of the spotter by applying more force to the upward movement of the barbell. The end result is that the bar, as viewed by an onlooker, should have a relatively constant velocity - not too slow and not too fast - as it moves upward. Upon completion of the press, while the lifter is locked-out, the spotter should not immediately cease resistance, but gradually lessen his resistance to zero within a span of a second or two. This will help lessen the immediacy of the shock to the body feels when the lifter makes the transition from the extra stress of the spotter's force on the concentric (upward in the bench) part of the lift to the eccentric (downward) part of the lift. (When applying this technique to the squat, the lifter should have a spotter on each side of the bar, resisting his upward motion and additional spotters to guard against a possible mishap. If no additional spotters are available for this added security, then this technique should not be used.)

Two words of caution. The spotter who is resisting must be sensitive to fatigue on the part of the lifter - especially when repetitions of 5 are being performed. For my part, I do not see why more than 5 should ever be done for this technique. Also, as I suggested above, when performing resisted ballistics in the bench or the squat, there should be at least 2 other spotters besides the resister(s) just in case the lifter experiences total fatigue during the repetition.

How Often to Apply Resisted Ballistics

Being a drug-free lifter I have found, at least provisionally, that when applying resisted ballistic techniques from 65-75% of my cycle, I achieve the most significant results. (Non-drug-free lifters may find that resisted ballistic techniques may be used with success 100% of the time.) However, due to the added stress of this technique, I find that intermittent periods of complete rest and recovery are essential - that is, periods wherein either absolutely nothing is done for a few weeks at a time or periods in which the powerlifts are excluded and heavy lifting in general is avoided. I suggest each individual discover for himself how to best incorporate this training technique: being ever chary of overtraining and the increased stress demands, while enjoying the benefits of more efficient work.

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Ask the Doctor


This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your 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 would like to solicit your opinion of Ephedrine HCL as an ergogenic aid. I have recently read about this substance and all of its ergogenic claims from an article in *Advanced Supplement Techniques*. According to this article, they have finally bottled a pill for "intensity." If so, I think that's a shame. I always held the feeling that it is much more satisfactory to call on a Master Intensity from within one's heart and desire to exceed. So, in your learned opinion, are these claims true, and are there any side effects that one should be concerned with when using Ephedrine HCL. And, are there any preconditions that may exist, i.e., high blood pressure, pregnancy etc., where one should avoid use of this substance. Sincerely, Jim

DEAR JIM: You can't get intensity from a pill. At least not in the long run. Ephedrine is a sympathomimetic amine that occurs naturally in plants of the genus *Ephedra* and thus may be present naturally in many herbal preparations and teas containing Ma Huang (Chinese Ephedra). Products containing Ma Huang include Excel, Energy Rise, Bishop's Tea, and Brigham Tea. As well, ephedrine may be added to some preparations and tonics with or without indication. Ephedrine shares some of the properties of adrenalin and the amphetamines. It's use can make you jittery and give you heart palpitations like adrenalin, and it can give you some of the central nervous system effects of the amphetamines. Like the amphetamines, chronic use has its unpleasant psychological and physical effects, although ephedrine has less CNS effects and a much lower level of abuse. Adverse effects of ephedrine include overstimulation, cardiac arrhythmias, hypertension, hyperthermia, and the occasional death. The clinical uses have included the non-emergency treatment of allergic reactions, asthma, hypotension during spinal anesthesia, arteriovenous block, and nasal congestion. The major use today is as a nasal decongestant, although it has largely been replaced by compounds with less CNS stimulatory effects. It's no pill for intensity, although it can act as a mild stimulant. If it's not abused. Sincerely, Mauro Di Pasquale, M.D.

DEAR MAURO: In November of 1989, I injured my right shoulder. I started doing warm up bench presses and felt a jabbing pain in the front of my shoulder and wasn't able to drive the weight off my chest without feeling a lot of discomfort. After this incident, I quit training for about two weeks. The period of rest seemed to help some and the pain in the shoulder wasn't as bad when I returned to training, however, it didn't rest the shoulder for at least a week between workouts, the pain would be bad enough so that I could not train with any intensity. The movements that seem to bother it the most are benches, bent arm flies, and dips. As for other shoulder exercises, I can do behind the neck presses without much discomfort and also lateral raises in any position. However, the pain gets a little worse when doing military presses. The shoulder doesn't really bother me through the course of my daily activities except for any sudden movement I might make which causes the jabbing pain. It also makes a popping sound when I rotate my arm around in full circles over my head. I also have full range of motion without any discomfort. During the course of all this I decided to see a doctor and was diagnosed as having tendinitis on the supra-spinatus tendon of my rotator cuff. The doctor prescribed anti-inflammatory medication and rest. This seemed to help to some extent, but the popping noise in my shoulder always remained and I always experienced some discomfort when training, but to a lesser extent. I also haven't been to the doctor since I have been training on and off for the past year, but my workouts have been ineffective and haven't realized any strength gains. As of now, I am trying to train through the injury with

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light weights. I am a young lifter and was making good progress until this problem occurred. The injury doesn't seem to be that serious yet I can't seem to overcome it and have gotten very discouraged. I was wondering whether training through the injury with light weights will eventually make the shoulder better over time and would greatly appreciate any information you can share with me about the injury and how to rehabilitate it. I would also like to thank you for taking the time to read this letter. Sincerely, Richard

DEAR RICHARD: I recently had an injury that sounds a lot like the one you have now. In fact, the movements that hurt you the most are the ones that bothered me as well. In my case, I had injured the insertion of the pectorals major muscle at the front part of the shoulder. Without examining you, I can't really be sure if you have the same injury or if, in fact, it is your supraspinatus tendon, or even an injury to some other part of your shoulder, such as a capsular injury. However, it's really not necessary to pin down the exact tendon that was injured since the treatment for most musculoskeletal injuries is basically the same.

I treated my injury by not doing any of the exercises that aggravated the injury, at the same time pushing the exercises that didn't hurt but that still worked the chest and shoulders. As they injury improved, I began doing bench presses with less than half my usual weight, going for as much of a pump that I could get without feeling any pain. I gradually moved the weight up each session. Over a period of three months, by sticking diligently to this game plan, the injury healed completely and my bench is getting back up to what it was prior to the injury. I intend to stick to sets of five for a few more months, and won't likely try to do any limit singles for several months. Let me know if things don't work out. Best regards, Mauro

INJURIES

Very few physical activities can be more punishing on the body than a long powerlifting cycle. Our sport can definitely contribute more than it's fair share of aches and pains. We must find a way to cope with the aches and pains as well as find a way to prevent them or delay their occurrence. In addition, we must strive not to allow them to become more serious. There really is no way to escape aches and pains totally, however, there are some causes of pain that we can avoid. This article is not a medical overview, but a layman's guide. Let's look at some causes of aches and pains of the major joints.

First, let's examine the knees. Some knees can have many causes, among them abuse. I constantly hear lifters saying that they must wear knee wraps on all their squat sets because their knees are sore and they need the support the wraps provide. Never mind that they perform their squats in rapid descent fashion, crashing hard on their hamstrings and calves and blasting up to finish, performing many of these sets several times a week without a break. In addition, they perform ballistic style leg presses, leg extensions, hack squats, and leg curls afterwards. Maybe what they really need is to back off their training in both volume and frequency and use better form. This would give their knees time to recuperate. Wraps are a useful tool for lifting, but are not meant to be a "Bandaid" for the real problem.

Second, are the wrists. Just like the knees, they have many possible sources of trauma. In addition to lack of rest, they can be unnecessarily stressed while performing some exercises. Many lifters use wrist wraps while squatting and benching. As with knee wraps, wrist wraps do have a use. They help to support massive weights and can add to your lifts, but they, too, can be used as "Band-aids". Stress can be added to the wrist while squaring by letting the bar roll down your back during the set. This will also add up on your shoulders and elbows. To solve this problem, have your partners warn you when the bar starts to roll down your back from the position you started the set with. Concentrate on maintaining the bar's position while squatting. Keep the chest high and don't lean forward. The bench press can also stress the wrists. Some lifters hold the bar too high in the hand. This causes their wrists to bend at an angle away from the line of movement. In such cases, try to hold the bar more on the meaty end of the palm. It will also result in a more efficient pushing position for the arms and chest, and a bigger bench press.

The final problem area is the elbows. As I mentioned earlier, they can be stressed by squatting. They can also be stressed by pain overuse. A lot of benching, shoulder, and triceps work can add up over time.

Last are the shoulders. They can be stressed a great deal by upper body work. This area should also be kept flexible. This is a key to shoulder problems. If you're working the lateral and rear heads of your deltoids a bit in the off season to help balance out your shoulder strength, as most power moves stress the front deltoids.

A solution to most of these problems is to be aware of what your body is telling you through pain. Pain is really an appropriate whatever you are doing. You must first know the difference between simple muscle aches after tension and chronic, deep muscle pain. Chronic pain usually takes a while to develop and even longer to recover from. When your body gives you these signals, it's time to back off for a few days or a week. Also, examine your training habits to see if there are too severe or too many recovery techniques. The most "ideal" period would be a cycle that starts with moderate weights, higher reps, and eases into heavy, lower rep training. In this manner you're giving your body a chance to heal. Heavy light duty sets help to build a good blood flow to the muscles. Of course, everybody has different balance levels and abuse. Some might have over suffer from overwork and injury training periods while some will fall victim quickly. Older lifters and drug free lifters will probably suffer sooner.

Flexibility is important. This will keep muscles and joints supple. Full range movements are also critical. Attention to proper form in all exercises helps too. Adequate warm up and

Aches & Pains as told by DOUG DANIELS



Hurts So Good when you make a big lift like Matt MacLean tried at the 1991 APF Seniors. preventing and alleviating aches and pains. This magazine is a good source of more information on injuries and pain. Many aches and pains are avoidable if you remain aware of their warning signs and causes. Doug Daniels

cool down, contribute to recovery between workouts. Don't overlook good nutrition. Give your body what it needs to maintain and grow. Aspirin, moist heat, cold packs, massage, and whirlpools can be very beneficial in both

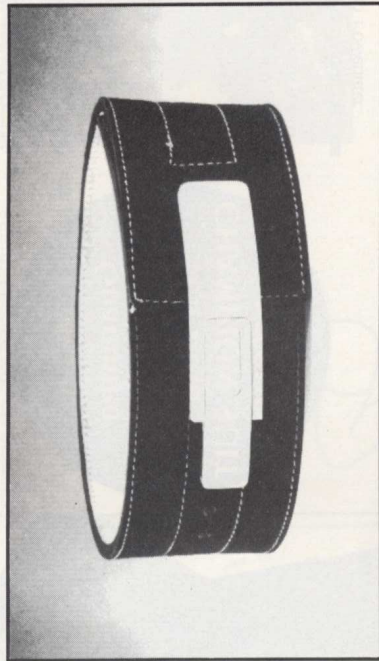
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STARTIN' OUT

A special section dedicated to the beginning lifter

Periodization, or a cyclical method of training, is the best way for the majority of lifters to train. The trick is to come up with a well designed periodization cycle based upon the individual characteristics of a particular lifter. Not every periodization cycle will work for every lifter. The goal of a well formulated cycle is to produce physical adaptations that lead to improved performance at a specific point in time. A good coach or knowledgeable lifter can add or subtract the nuances of a particular program to increase its effectiveness. This can help to insure that the athlete is at his best at the right time.

The good periodization cycle will forge significant bio-mechanical, biochemical, and structural changes and, hopefully, an enhanced psychological state. A cycle needs to be designed to prevent overtraining at all costs. Overtraining is the nemesis of many a lifter. A good coach or a skillful lifter will not forget that other stresses besides the training can also contribute to overtraining.

Different variables in the training process must be altered at various intervals throughout a cycle. These variables can include frequency, duration, intensity, specificity, and variation. They must be adjusted to reduce the possibility of overtraining.

There are a number of periodization models to choose from. A lifter's training status or individual characteristics help to determine which cycle is most applicable. No matter which model you choose there are certain characteristics common to all periodization cycles.

There is generally a hypertrophy stage which serves as a basis for the program. During this phase, which can last generally from three to six weeks, or longer, depending on the training calendar - the volume or number of repetitions used in the program is high and the intensity or weight used is fairly low. Sets range from three to five and reps range from 8 to 12 for the powerlifter. The goal of the hypertrophy phase is to increase lean body mass. An increase in the potential to gain strength and power. Another side benefit of the hypertrophy phase is an increase in anaerobic capacity. This can allow you to train harder with less fatigue, and add to your training intensity.

Some models of periodization divide the next phase up into two phases, however, the cycle I prefer simply calls the next phase the strength and power phase. Typically, this phase lasts from four to ten or more weeks. Volume ranges from moderate to low, and intensity ranges from moderate to high. Generally from three to six sets of two to six reps are used. I believe that the more

Periodization

by John Ware, Asst. Head Football Coach,
 Northeast Missouri State University



Doug Heath uses periodization cycles to peak for competitions like the APF Seniors, where he was Best Lifter. Experienced and the larger the lifter, the greater the need to stay with lower range repetitions such as two and three for a longer period of time. Remember, one of the prime repetition schemes for lifting progress is three sets of five.

Lastly, most models contain some form of peaking stage. During this phase, strength and power is brought to a peak by an increase in intensity and a sharp reduction in overall volume. From one to three sets of one to three repetitions are used. Maintenance of strength can also be

achieved for varying periods of time during the phase by adjustments in the cycle. Fewer training days per week are generally designed to maintain an existing level of strength.

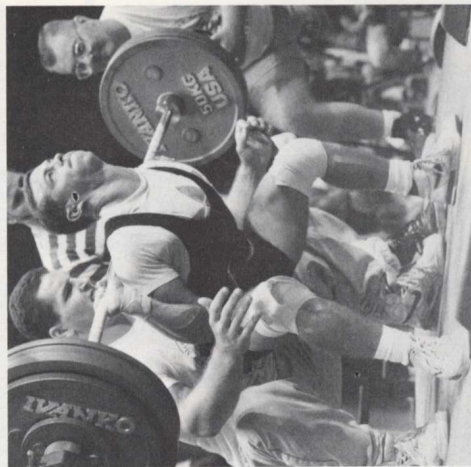
Successful periodization cycles generally emphasize the muscle during the early stages of the program, and the central nervous system (very high intensity) during the later stages of training. It is believed that sharp breaks in volume and relatively sharp increases in intensity from phase to phase produces the best possible progress. This may be due to a shock

of sorts to the central nervous system. In this way, more motor units are recruited and, hence, strength and power can be increased.

The more advanced the powerlifter, the greater the need for planned variation in the training protocol. Many periodization cycles for advanced lifters contain easy weeks or unloading weeks of training. These are designed for restoration of existing strength levels and to avoid overtraining. Educate yourself as to different training models and determine what is best for you.

TRAINING

Isometric Assistance as told by BYRON CHANDLER



Lifters On the Way Up, like Mark Hartman, may find isometrics valuable.

Assistance exercise can make or break a powerlifter's performance. Properly selected assistance exercises strengthen the "weak links" that hold back an athlete, allowing him to lift more efficiently, but doing too much assistance work will leave him over-trained, weakened, and possibly injured. The trick to getting the most out of assistance work is to use exercises that pinpoint and strengthen the lifter's problem areas without draining his recuperative energy. In this way the weaknesses are eliminated and plenty of energy is left over to devote to the powerlifts.

It's clear that assistance exercises that strengthen effectively without undue recuperative drain are especially valuable to the powerlifter, but few of the standard exercises work this way. Most of the really helpful movements require so much energy that they detract from the powerlifts. For this reason, it's worthwhile to experiment with some unusual types of assistance work.

Isometric exercise is ignored in most strength training programs. It enjoyed a brief vogue years ago, but since then has been practically forgotten. However, when applied in an intelligent manner, isometrics can be a tremendous aid to the powerlifter. They return big improvements in performance for a small investment in time and energy. What's the catch? You absolutely must know how to use isometrics to reap these benefits. Fortunately, scientific research and practical experience tell us all we need to know to use isometrics to our greatest advantage.

First, it's clearly exactly what is meant by isometric (static) exercise. Muscles work in three ways: concentric, eccentric, and isometric contraction. In a concentric contraction, the muscle shortens while it works. For example, when cutting a barbell up from the thighs to the shoulders, theiceps shorten and bend the elbow, pulling the bar. When the bar is lowered back to the thighs, theiceps work while becoming longer to control the weight on the way down. This action is called eccentric contraction. If the barbell is stopped at the halfway point with the bar low across the shoulders and held there, an isometric contraction of theiceps holds the weight in place. An isometric contraction occurs when a muscle works without lengthening or shortening.

Research has revealed that the effect of isometric work is highly specific. Isometric work in a certain position greatly builds strength in that position. For example, holding a barbell at the halfway point in the clean will build strength in the mid-range. However, strength at the start of the lift will be largely unaffected. This is why isometric work of itself means little. To build overall strength you'd have to work the clean in position, the bottom, and a few inches in the middle. Such a practitioner is in a mental mess. You can build overall strength by performing standing squats, but not by holding them.

That does not mean that isometrics are not useful to the powerlifter. This just means that they should be

settle into a full squat, because he does not squat that deep in competition. He stays for as long as the can maintain control, hopefully for between 10 and 15 seconds as counted by his spotter) and then stands and racks the weights, possibly with the help of the spotter.

Dirk then takes a needed two minute rest before getting under the bar again. This time, he sinks below parallel and rises six inches to the level of his other sticking point. Again, he concentrates on maintaining perfect form - not leaning too far forward, keeping his shoulders back, etc. And again he waits for his spotter's honest count to reach the 10 to 15 second range before rising. Maybe a few sets of leg extensions and leg curls afterwards, and his squat workout is complete.

Now a funny thing happens to Dirk, the next day, he is a little sore in muscles he didn't even think he was using. He persists with the isometrics and finds that his form improves every week. No more back-lead, no more stalling - just smooth squatting. His back stays healthy, and his squat improves steadily.

Chances are Dirk's original problems sound familiar to you. The design of the human body makes certain positions in the powerlifts very difficult. By applying isometrics, you can eliminate these rough spots and become a more efficient lifter. Do just what you would do in the starting point and at your sticking point. (Note that in some cases, the starting point is the sticking point; that is, there are no other trouble spots.) If this is the case, all work should be applied to the starting position.

A similar approach can be applied to the bench press or deadlift. For the bench press, pauses might be held with the bar just grazing the chest, off the chest 3 inches, and at the wrists and elbows. For the deadlift will be a little tricky. Mark the starting point. Perform the static contraction on a bench that is 45 degrees, one or two inches thick. Pull the weight just until it clears the floor by the thickness of the plank or board. Standing flat on the floor and pulling to just clear the knee or to a few inches short of lockout.

Let's recap the key points of static training:

1. Hold in perfect form to strengthen the exact position you are targeting. Concentrate on the bottom position and on your sticking points.
2. Use a moderate weight (start with 50% of your 1RM) and hold for 10-15 seconds. Perform two pauses for best results, resting two minutes between.

Note: Isometric work causes drastic temporary increases in blood pressure. Anyone with high blood pressure or a heart condition should avoid isometric work.

Questions and comments are welcome. Send a SASE to: Byron Chandler, P.O. Box 284, New London, Pennsylvania 19360.

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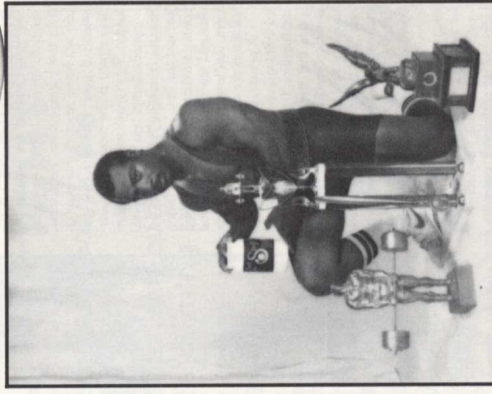
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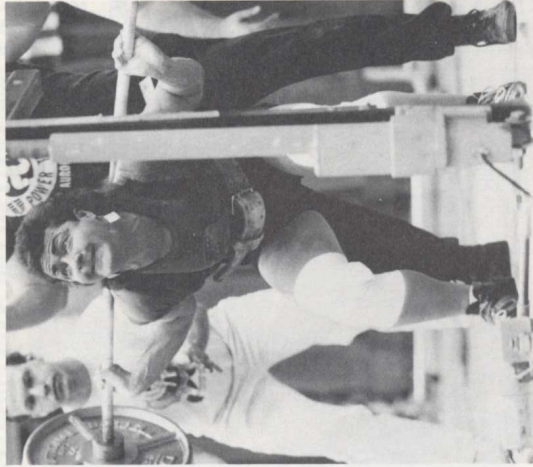
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TRAINING

STABILIZATION

by Dawn Sharon with Asher Sharon and Greg Reshel



DAWN SHARON works hard on stability as part of her training effort.

It is in the nature of the game that all powerlifters want to move big weights. In order to move big weights the first order of business must be balance and stabilization. You cannot move big weight if you aren't stable. In simple terms, your body will not push training programs stress increased stabilization and leverage in all the support muscle groups. Our off-season training is devoted to gaining greater strength and leverage in the secondary support muscles. Genetically gifted athletes are usually substantially stronger in their stabilizers than the average lifter. Regardless, you will never reach a true peak in season if your stabilizers give out before your prime movers are overloaded. If you speak with a lifter after a missed attempt you will frequently hear the comment "It wasn't heavy, I just lost the line." If we are talking contest attempts or our heavy training sets and we cannot maintain good form, we "lose the line" because our stabilizers are overloaded.

A primary concern of every athlete training drug-free should be greater stabilization. Drug-free training requires that the athlete address this problem because there is no ergogenic supplementation to provide that "lightness" that is required to move maximum weights. There are a number of direct and indirect methods of addressing the issue of stabilization. Historically, athletes trained taking long rest periods between sets to allow for full recovery and maximum training weights. Stabilization was addressed indirectly by performing overloads. Many athletes believed themselves to be addressing greater primary strength. In reality they were addressing central nervous system adaptation and stabilization by fighting to maintain form and balance. Frequently, in a moderate overload situation, the prime movers continue to function throughout the lift, but we lose our line or cannot maintain balance because our stabilizers are overloaded.

When we address stabilization directly we must seek out the muscle groups principally involved in a specific athlete's form and technique. We then need to design sport specific exercises to increase the strength and size of the weakest of these groups. The goal of the entire direct stabilization program is a carefully designed workout that results in the balancing of secondary muscle groups leaving no weak links to prevent a contest cycle from peaking. This direct format requires that an athlete have an experienced coach with a good eye for biomechanics. The athlete also needs a healthy ego because many efficient exercises addressing small muscle groups can only be performed with strict form and relatively light weights. People in the gym are generally unimpressed with the competitive powerlifter grunting in front of the mirror with 10 or 15 lb. dumbbells.

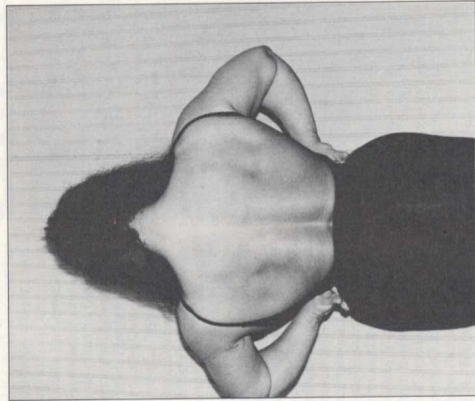
There are several indirect meth-

tion. Whenever I am performing work sets on almost any exercise I slow the negatives as I get tired. At the finish of my heavy sets I concentrate on performing slow form on the negatives. This increases stabilization effort and increases perfect form. The second way of modifying super-slow work is to perform all negatives with extreme care and slowness while performing the positives with explosion and acceleration. This works especially well in the deadlifts because you are required to accelerate the deadlift from the bottom position with no momentum or rebound and in this way your slow negative training will mimic your actual deadlift and teach stabilization and acceleration from a dead stop.

Pre-exhaustion is the third and last indirect form of training stabilization that I will discuss in this article. Pre-exhaustion is a technique used quite frequently by bodybuilders to cause hypertrophy and increased strength. Powerlifters can benefit from pre-exhaustion by tiring the major movers before working your contest lifts, thereby causing an overload condition with weights that are regularly within the strength range of the athlete. In this way we can safely work the stabilizers through an overload set with minimal risk of joint trauma. Try performing heavy leg presses immediately before a squat workout or performing inclines and declines before a bench workout. You must concentrate on technique as you struggle with weights that would normally not present a problem to you. If you are certain that you have a muscle group or groups that are significantly stronger out of balance with the others involved in your contest lift, try to work them specifically before a contest lift workout so that you must rely on the weaker muscles to perform the lift. As before you may have noticed that, in substance, a female athlete's training differs very little from a male athlete. What a woman must consider is her lower testosterone ratio. This causes less tightness than a man under the same set of conditions. Therefore a female athlete must take even greater care to work stabilization into her training routine. Women have a better pelvic structure but cannot capitalize on this without stabilizing action around the joints. For a female lifter to reach a true performance peak she must utilize stabilization training year round as part of her comprehensive training program. Look for articles on some direct methods of training stabilization for different competition styles and also how to train to avoid injuries and still make steady, consistent gains in contest performance. These articles and others will appear in upcoming issues of the magazine of Powerlifting USA.

The authors can be reached through Power Excel/Shadowdance, Int'l - 501 W. Mitchell, Suite 604 - Milwaukee, WI 53204; 1-800-424-8308

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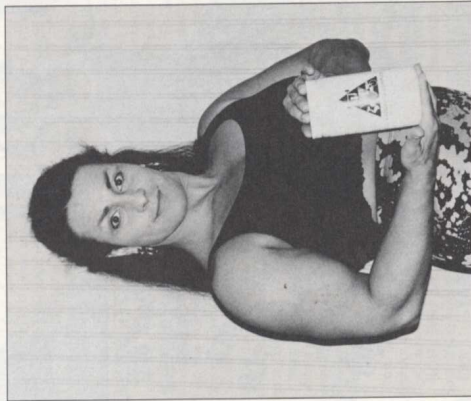
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Power Fun

The Seafood Diet by Judd Biasotto Ph.D. of WORLD CLASS ENTERPRISES

I tried fast diets, fasting, exercise spas, and various diet pills, with the results only to be short lived. Then I tried the **Hodges Seafood Diet** and lost 94 pounds and 130 inches on this magnificent program. I went from a size 42 men's jeans to a size 7-8 Jr. Miss and I feel C-R-E-A-T-I-V-E!

ARNY FERRANDO

That's just one of the many satisfied customers who have found freedom from the horrors of obesity and rigorous dieting. This was all made possible with a revolutionary dieting technique known as the **Hodges Seafood Diet**. What you are probably not aware of is that the **Hodges Seafood Diet** was scientifically designed, investigated, and validated by none other than my former training partner, Greg Hodges. It was during this partnership that he devised this now famous diet. In fact, I was right there when this diet was conceived.

As is the custom with most powerlifters, Hodges and I trained about 5% above the bodyweight at which we would compete, then a week or so before the contest, we would go on a starvation diet so that we could make our weight class. For Hodges, who was a voracious eater, that week of starvation would drive him absolutely crazy, at least until he devised the **Hodges Seafood Diet**. No, it's not one of those foolproof diets where you can lose weight and still eat all of your favorite foods, as long as your favorite foods are car-

'Just a glass of unsweetened tea. I'm just here to watch.'

Hodges would get his plate, walk over to the seafood counter and start loading up. By the time he would get back to the table, nothing would be left on the counters. Hodges was a real vacuum cleaner, too. Within ten minutes he could inhale the entire contents of his plate, which was often a foot or more high when he'd start. It was usually around his third trip to the counter that the people in the restaurant would start taking notice. In fact, a lot of them would move their chairs around just to get a better view of Hodges' performance.

After Hodges had eaten just about everything in sight, we would leave. Once outside of the restaurant, Hodges would walk across the street to an Exxon gas station. He would immediately go to the men's room, stick his finger down his throat, and then 'blow lunch.' I'd be standing outside listening to all the noises he was making, losing all that 'fish.' That's why it's a seafood diet, Hodges would explain. Seafood comes back up so much easier than regular food.

Actually the diet worked pretty well for both of us. After Hodges hit the bathroom, he would lose the food he had eaten and I would lose my appetite. In fact, it worked so well I developed a kind of modification of the **Hodges Seafood Diet** for myself. It went like this: On Monday, watch Hodges eat and repeat at the Paragon. The rest of the week, I would think about Monday.

ate, he'd get tight down there in the trenches with that stuff, and some of the noises he made would turn the strongest of stomachs. He'd fart or belch, whatever it took to get more food down. He'd have fish all over his place too - on his nose, in his hair, down the front of his shirt, and even in his ears.

When we were waited on, the dialogue was always the same. 'How much is the seafood special?' 'How much is the seafood special?' 'How much is the seafood special?' 'How much is the seafood special?' 'How much is the seafood special?' 'How much is the seafood special?'

'\$5 for all you can eat.' 'I'll take it, but if you run out of food, I want my money back.' 'Certainly, but we won't run out of food. Eat as much as you like.' 'The waiter would then turn to me and ask me what I wanted.

INTERVIEW

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

ERIC HAMMER interviewed by BOB GAYNOR



BOB: Eric, give us some personal information on yourself?

ERIC: My name is Eric Hammer. I am 24 years of age, and I have been living in Austin, TX for the past year.

BOB: What's your occupation?

ERIC: I am currently working on a Master of Science degree in Aerospace Engineering with an emphasis on Orbital Mechanics. I will be moving to Houston, Texas in the Fall to begin working at NASA's Johnson Space Center.

BOB: Eric, how long have you been competing?

ERIC: I have been weight training for more than 10 years, with the last 6 years being devoted to competition in the 148 pound weight class.

BOB: How did you get started?

ERIC: Weightlifting has been a part of my life since 9th grade when I began four years of high school football. It was after my last season that I realized, along with encouragement from my brother Ross, that I needed a new sport to fill the void; it was powerlifting.

BOB: What are your best training and competition lifts?

ERIC: My best training lifts are 585, 350, and 530 pounds, but due to substantial weight loss, my best to competition lifts are 562, 336, and 523 pounds. My best total was 1410 pounds at the 1991 ADPPA Collegiate Nationals.

BOB: Eric, what is your competitive history?

ERIC: I have competed in 22 competitions since November of 1985, 13 of which were National Championships. I have placed first 9 times, and of those 4 were national titles. 1988 ADPPA Collegiate Nationals, 1989 USPF Collegiate Nationals (pure division), 1989 ADPPA Nationals.

BOB: What are your future goals?

ERIC: After placing 10th, 7th, 6th, 5th, and most recently 4th, I realize that my ultimate goal in powerlifting is to win the WDFP World Championships and the 148 pound class. As far as financial goals go, I feel I can reach lifts of 600, 365, and 585 pounds.

BOB: Eric, share with us your views on steroids.

ERIC: Personally can not understand how anyone could choose to use steroids. The fact that they affect the joints that they are illegal is as simple as that! I have never used steroids, and I hope that you never will. At best they will give you temporary satisfaction and success, but in the long run they will pay for themselves. As for drug testing, I would hope that someday there will be a foolproof inexpensive test that could be used on everyone at every meet. Until then I prefer the polygraph over urinalysis because urinalysis can't detect steroid

person he is very intelligent and a good representative of the PL USA Men's Nationals. David Ricks has a similar praise.

BOB: What about other interests?

ERIC: I have always enjoyed the outdoors and such activities as hiking, biking, rafting, and skiing. I also do an endorsement for a 1973 Pontiac Firebird with a Chevy 327 V-6.

BOB: Are there any other competitions you would like to make?

ERIC: Powerlifting has been a large part of my life for the past 6 years. I have met many people that I will have to meet in the future. The sport is the impetus for some of the support that I have in my class and they have always supported me. When it's all said and done, we are all usually in the hotel bar, rambling about the other sides of our lives. Thanks to you, this is what it is all about. I would like to thank Mike Lambert of POWERLIFTING USA and Bob Gaynor for giving me this opportunity to express my views to the readers. Tech Weightlifting Club of the Virginia Tech Weightlifting Club for 5 excellent years. Titan Support Systems, Inc. for their support over the summer months financial support, and

and sometimes fraternal support, and most of all, Ross for being my motivator, coach, and, of course, brother. I couldn't have done any of this without you!

repetitions for this cycle are all 10s with 3-4 heavy sets of the core lifts.

The competition cycle is structured similarly, except the squats and benches on Thursday and Friday become eight days, and are dropped totally.

4 weeks are sets of 5 reps, and the first 4 weeks are combinations of singles, doubles, and triples. I firmly believe that you should squat in full gear for at least 4 weeks before each competition to get used to the equipment. After that, that is what you will be using at the meet. I use a Titan Centurian suit for the last 4 workouts and a bench shirt for the last 2 workouts.

BOB: Eric, what advice do you have for a beginner?

ERIC: A beginner is much less susceptible to injury than someone who has trained hard for a number of years. Therefore, the beginner gets easy with training both parts of the body. I use a week as opposed to 2, as I have stated. This will produce a solid base. The transition from 3 times a week to 2 should come when a peak is hit. Most important, every lift from accessories to the main ones, should always follow consistent, steady, controlled form. Flexibility, utilize your equipment. I use a Titan Centurian torso support and explosion.

BOB: Who are some of your powerlifting heroes?

ERIC: I would have to say that the most impressive 148 pound lifter in history is Dan Austin. He has perfect form and is always consistent. As a

use beyond even half of the three year plan period.

BOB: Eric, do you follow any special diet?

ERIC: Unfortunately, a diet is a very big part of my competition cycle. This is due mainly to the fact that my off-season diet is whatever I want, when I want it. I begin dieting for a competition approximately 8 weeks out, weighing about 162 pounds. At this point I start watching my calorie, carbohydrate, fat, and protein intake, and basically begin eating sensibly. I usually take off the last 4 pounds in the last 4 weeks.

BOB: What do you do as far as supplementation?

ERIC: I generally don't believe in supplementing. However, I do feel I need at least 120 grams of protein per day during the few weeks preceding a meet, and this sometimes requires a protein drink.

BOB: Give us a breakdown of your training.

ERIC: I try to compete in three meets a year, spaced equally apart. Each competition cycle consists of 10 weeks, leaving an off season cycle for each meet between 6-8 weeks. This off season cycle is as follows: MONDAY/THURSDAY - squat, leg press, leg extensions, and leg curls. TUESDAY/FRIDAY - bench, incline dumbbell press, triceps pushdowns, and military press. WEDNESDAY - hang cleans, lat pulldowns, dumbbell rows, arm curls, and hyperextensions. SATURDAY - deadlift, lat pulldowns, machine rows, and shrugs. SUNDAY - off. The

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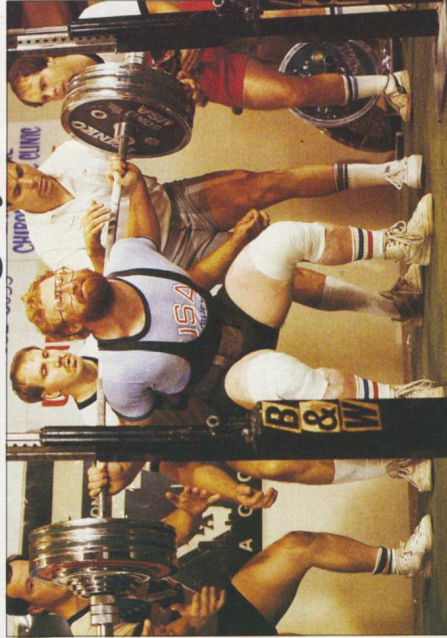
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INJURIES

as told by Victor Poletajev D.C., N.A.S.A. Chiropractic Physician

Patella Tracking Syndrome



Avoiding knee problems is an essential factor in the success of drug free champions like Shawn Cain.

In this feature we will explore patella tracking or the patella tracking syndrome. To understand the anatomy function, both normal and abnormal, and, of course, the modes of treatment to correct this malady. Let's begin with one of the most misunderstood problems of the knee, which can happen even the most qualified athlete.

The patella is the largest sesamoid bone of the human skeleton. It rests on the junction between the femur and tibia. The quadriceps muscles attach superiorly, via the quadriceps' ligament, attaching the patella to the tibial tuberosity inferiorly. This creates the motion for the knee joint. The action of the patella is to cause extension of the knee and assist in flexion. The quadriceps muscles is made up of 4 muscles as the name implies. The patella glides over the femur between the femoral condyles. There are bursa present to protect the bone contacts as well as stabilizers in the knee. Ever see a deadlift attempt with the athlete violently shaking? This is often caused by the knee is very intense, ligamentous structure of the knee is very intense, collateral ligaments attached to weight cushioning hyaline cartilage, meniscus as well as anterior and posterior cruciates holding the femur to the tibia and coronary ligaments holding the meniscus in place. Getting on with our topic, when an athlete performs a squat, the muscle fibers activate a contraction on the conclusion of the descent, sending the patella superior. As this is done, all four quadriceps muscles pull on the patella.

In a patella misalignment situation, usually weak lateral or medial vastus muscle is the element that sends the patella dancing away from between the femoral condyles. First thing is to diagnose which muscle is the culprit and remedy the situation. I find 70% of the time the vastus medialis is much more powerful than the lateralis, therefore causing an inward rotation of the lateralis. Once this has presented itself, the weaker lateralis can not compensate and the tendon's attachment usually becomes sore as tendinitis sets in. Concurrently, the medial femoral condyle is rubbed by the patella, causing a bursitis

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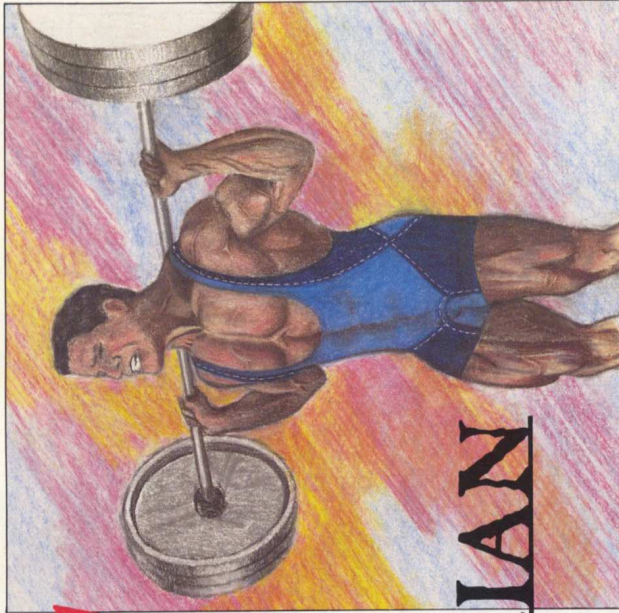
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How to Train When You Don't Have Time



Dan Mitrozentzic has dealt with the demands of his career, as well as serious injury, in his comeback. It's happened to almost all of us at one time or another. First, one gets bit by the Iron Bug and hopelessly falls in love with Powerlifting. This often happens when we are in high school or college, and generally aren't as committed to other time consuming necessities of life. These include, but are not limited to: marriage, children, making a living, etc. The bottom line is that in the real world we suddenly find the time for our beloved sport is harder and harder to come by.

However, one can still make the time to continue to enjoy and make progress in the World's Strongest Sport. We just have to modify when and how we train. Remember, our actions verify our priorities. So, if one is not ready to retire a little earlier and a good night's rest will be easier to come by, it makes more sense to work about 1 1/2 hours in the morning and 1 1/2 hours in the evening, and in a workout prior to starting the day's activities. Your energy level will be at a peak at this time and your workouts will noticeably improve. A good workout in the morning also gets you pumped up for an energized day at work.

Since fruit, when eaten on an empty stomach, is the only food on earth that requires no digestion in the stomach, it is the ideal pre-workout energizer. It contains its own digestive enzymes and, when ripe, is virtually pre-digested, requiring only about twenty to thirty minutes in the stomach before passing on to the intestines, where its nutrients are absorbed and utilized by the body.

To make time efficient workouts possible it may also be a necessity to set up your own home power room. This actually takes very little room and the one time investment will more than pay for itself in saved membership fees, traveling to and from the gym, etc. After factoring in the financial benefits, coupled with the relief from the emotional stress that comes with the trauma of missed workouts, setting up one's own home power room is a real bargain.

Another benefit to an early morning training schedule is that when you return from work you can spend the evening time with your spouse, children, interests, other less important hobbies, etc., and not worry about missing workouts. You'll also be ready to retire a little earlier and a good night's rest will be easier to come by.

By following these simple, efficient workout plans, it is possible to return to the top of the sport. In training these three basic powerlifting exercises, the strength gains that can be achieved and maintained while sticking only to the three "real" lifts. By throwing out the multiple sets of the 57 varieties of assistance work you will not only save much valuable time, but energy as well. This saved energy can and will result in greater powerlifts. Leave the vanity of assistance work to the bodybuilders! By getting back to the basics, one can easily have good and complete workouts in 45 minutes or less.

In summary, one can still train when you don't have time by: 1. prioritizing your time, 2. setting up your own home power room, 3. getting up a little earlier and starting each training day with your workouts, and 4. returning to the basics.

Don't give up on the sport you love because of time! Give up on the excuses, take matters into your own hands, start training again and produce some results! Good luck in your lifting! - FRANK LANGHORST

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Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
ADPPA Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADPPA Collegiates	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADPPA Teen 14-16	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADPPA Teen 17-19	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
APF Sr. Nationals	841	968	1075	1274	1405	1505	1587	1660	1705	1748	1802
APF Jr. Nationals	798	931	1041	1140	1311	1427	1526	1606	1642	1686	1780
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
APF Sr. Nationals	584	633	678	722	760	848	871	892	985	1003	
ADPPA Women's	97	104	111	116	122	129	139	154	176	176	+
Women's Nationals	496	535	562	617	639	694	739	766	777	876	
Women's Collegiates	415	445	465	485	505	525	560	610	675	755	

WORKOUT of the Month

The Tazmanian Devil Bench Press Workout



Rick Couch, at the Malibu Classic, has overcome a serious malady to become a top benchmarker in several classes.

Bench pressing is an up and coming sport. There are a lot of lifters specializing in one event. My sport is bench pressing. I have been competing since 1980. I think of this sport as my hobby as well as my profession. I love to train other lifters in this sport. I am a very patient lifter. I have learned this makes a true champion. I love this sport, for it has given me a chance to compete after a childhood filled with pain from rheumatoid arthritis. It has helped build muscle to prevent injuries on my weak joints and better my range of motion. I hope to give back to my sport what it has given to me. I have trained at least 50 different ways. I have narrowed my cycles to three, which I use for different contests, depending on the chemistry. Looking at these factors will tell me what ways work better for me at that time. One must remember it is the accessory exercises that make your bench press stronger. Every body part is used during the bench press to give you your maximum lift. For example, leg drive, lat push, abdominal push, and chest, tricep and shoulder drive. I believe these exercises will be the best and most helpful to your bench press program.

Chest: 1. Dumbbell press - it builds better size because your range of motion is deeper and it equals arm strength (remember to pause briefly). 2. Low Dumbbell incline. 3. High Dumbbell incline. 4. Flat or incline

4. I use no a thumb grip, which is dangerous, but allows you to use the stronger part of your forearm. 5. Position the bar at the bottom of your chest (the high point). 6. Your grip should be to the point that when the bar touches your chest your entire wrist lines up with the outer elbow. This gives you equal push between your chest, triceps and shoulders. 7. You should have a smooth and slow lift off to give you better feel and control of the bar. 8. Keep your belt tight to give your abdominals something to push against. Remember, your abdominals are the center of all muscle groups and the stronger they are the stronger all lifts will be! 9. Wrap wrists tight when going heavy to ensure safety. (If the wrists buckle during a heavy lift, it's over!) 10. My lifting motion is as follows: when taking off from my chest, I travel 3-4 inches straight up, and then slowly move the bar back towards my nose. When I hit the lock out point, the bar is positioned directly above my nose. I use leg drive during the entire lift. 11. I train without the bench shirt to allow me to use my natural strength. I put the shirt on 3-4 weeks prior to the contest to practice with heavy weights. 1. Practice good form and technique with the shirt to help prevent injury. 10 week Bench Press Cycle (starting maximum weight 300 pounds). I would do as follows:
Week 1: Mon- 135x8, 135x8, 185x2, 225x8, 250x1.

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

RICK COUCH

- Thurs- 135x8, 135x, 185x2, 225x5, 225x5, 250x1.
- Week 2:** Mon- 135x8, 135x8, 185x2, 230x7, 230x7, 255x1; Thurs- 135x8, 135x8, 182x2, 230x5, 230x5, 255x1.
- Week 3:** Mon- 135x8, 135x8, 185x2, 235x6, 235x6, 260x1; Thurs- 135x8, 135x8, 185x2, 235x4, 235x4, 260x1.
- Week 4:** Mon- 135x8, 135x8, 185x3, 240x5, 240x5, 265x1; Thurs- 135x8, 135x8, 185x3, 240x3, 240x3, 265x1.
- Week 5:** Mon- 135x8, 135x8, 185x3, 225x1, 255x2, 255x2, 275x1; Thurs- 135x8, 135x8, 185x3, 225x1, 250x2, 250x2, 275x1.
- Week 6:** Start using shirt. Mon- 135x8, 135x8, 185x3, 225x1, 255x2, 265x2, 265x2, 280x1; Thurs- 135x8, 135x8, 185x3, 225x1, 260x2, 260x2, 280x1.
- Week 7:** Mon- 135x8, 135x8, 185x3, 225x2, 250x1, 275x2, 275x2, 290x1; Thurs- 135x8, 135x8, 185x3, 225x2, 250x1, 275x2, 275x2, 290x1.
- Week 8:** Mon- 135x8, 135x8, 185x3, 225x2, 250x1, 285x2, 285x2, 300x1; Thurs- 135x8, 135x8, 185x3, 225x2, 250x1, 285x2, 285x2, 300x2.
- Week 9:** Mon- 135x8, 135x8, 185x3, 225x2, 275x3, 270x1, 290x1, 310x1, 275x3; Thurs- 135x5, 135x5, 135x5, 285, 2, 305; 3, 315-320. Take off Wednesday, Thursday and Friday before the contest to ensure healing. Don't forget to stretch!

FINALLY!!!
"THE TRUTH"
About Steroid
Side-Effects.

The facts speak for themselves in over 100 scientific studies (with most dealing directly with strength athletes) translated into easy to understand language, but at the same time very detailed.

-Due to my strong belief that this book will become the "Gold Standard" on the side-effects of anabolic steroids with athletes. I am offering a money-back guarantee if not totally satisfied.

If you have any questions please call (512) 353-7743 (please no collect calls)

Brent Allen

MAKE CHECK OR MONEY FOR \$10.95 PLUS \$2.00 S&H (\$5.00 FOR OVERSEAS) PAYABLE TO: RESEARCH ENTERPRISES SPORTS DIVISION P.O. BOX 2349 SAN MARCOS, TX 78667

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

AIDS and a New Group AT RISK: STEROID Using Body-builders & Powerlifters as excerpted by Brent Allen (Author of "POWER RESEARCH ON THE SIDE EFFECTS OF ANABOLIC STEROIDS")

With the growing concern about AIDS, this article will expose a new group at risk, steroid using body-builders/powerlifters. In the past several years there have been two directly documented scientific cases of AIDS with this group, plus I will include a third study documenting an increased degree of immune dysfunction due to the use of Danazol - a synthetic androgen. Instead of talking endlessly about this, I will simply give you the summarized versions of these studies from the Immune System/AIDS section of my book and let you read them for yourself.

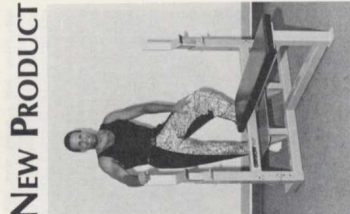
HIV infection associated with injections of Anabolic Steroids M.J. Scott, M. J. Scott, Jr. Journal of the American Medical Association, 1989, v. 262, p. 207-208. This is a case report of a 26 year old male bodybuilder who requested an AIDS

test and tested positive. He and a bodybuilding friend of his had shared a hypodermic needle for intramuscular injections of Depo-Testosterone & Testosterone Propionate on approximately 60 times without sterilizing it. No other people ever used the needle. Four months prior to this

of the original writing of this study, six (75%) of the eight men had died. Metrolka and coworkers commented that with the side-effects seen in this study Danazol increases the degree of immune dysfunction and should be used with caution in persons who either have AIDS or are suspected of having AIDS.

The central theme for catching AIDS in the first two cases was sharing unsterilized needles for intramuscular injections with other steroid using athletes. Also suggested in the other study is that Danazol (a steroid) could increase the rate at which AIDS destroys the body's own immune system. AIDS is a terrible disease and if you must use steroids, also use some common sense. If you have any comments of questions about this article or my book (\$12.95) please send them to: Research Enterprises, P.O. Box 2349, San Marcos, Texas 78667 or call (512) 353-7743.

Definitions: AIDS - acquired immune deficiency syndrome. HIV - human immuno-deficiency virus. Opportunistic Infection - a microorganism that ordinarily does not cause disease but under certain conditions (example: impaired immune system) a disease is present



NEW PRODUCT

Super Bench Press (Model 303) is the latest edition to the Gibson Pro-Line equipment series. Constructed of 3" by 3" steel, with 2 1/2" square telescoping uprights that are zinc plated and adjustable to 6 positions, it features a large spotter's deck and ball-four safety catches for missed lifts. It meets all JFF specifications, and is available in high gloss enamel or power coat finish. For information, contact Johnny Gibson Equipment Co., 11 S. 6th Avenue, Tucson, AZ 85701, 602-622-1275.

It got off to in the opening flight Ellen Chaillet smashed all the women's records with an unimpeachable ease in the 100 m dash. She closed on her bests with a blistering 37.0. Piel. Going into the final lift of the Masters category, Alan Cooney's built up the momentum. He was too much for anyone to handle. As we moved into the open division, Kevin McClain took the 14 class with his smoke cleared. Woodrow Chin not only had his first state championship, but the record to go along with it. Fred King came out on top in the 165 lbs. of 1275 but on a 4th attempt. Squat of 567 was given two reds for depth. (Thanks to Greg Reibel for the results of this competition).

Animal House Open

11 May 91 - Milwaukee, WI
Women: D. Sharon-164 501 286 490 1327
Men: M. Hren 259 375 570 370
D. Sharon-164 501 286 490 1327
M. Hren 259 375 570 370
D. Sharon-164 501 286 490 1327
M. Hren 259 375 570 370

Minnesota State Bench Press

20 Jul 91 - Minneapolis, MN
Women: M. Sackett 95
Men: B. Ragny 305
B. Zwick 335
R. Frank 325
R. Olson 325
D. Hren 259
S. Olson 370
M. Koester 235
D. Myre 235
D. Myre 235
D. Myre 235

USPF Maryland Bench Press

4 May 91 - Glen Burnie, MD
Women: E. Chaillet 179
D. Williams 140
C. Brooks 150
M. Alter 75
Men: M. Purcell 370
B. Booth 340
R. Mungell 310
R. Morris 200
J. Jones 215
J. Jones 215
J. Jones 215

Maple City Open Classic

25 May 91 - Cooshen, IN
Drug Tested: D. Robey 380 185 440 1005
J. Biddle 400 205 440 1045
M. Widler 340 180 380 900
Men: R. Bees 445 300 530 1225
R. Nolan 435 325 465 1275
J. Biddle 400 205 440 1045
D. Phillips 450 290 440 1140
M. Swift 600 410 555 1565
J. Smith 440 290 440 1170
Open: M. Williams 445 300 530 1275
S. Jenkins 590 355 585 1495
E. Everson 585 420 560 1565
F. Valente 395 210 360 965
T. Ballard 340 180 380 900
Open: G. Ford 340 180 380 900
D. Murray 305 275 340 965
R. Forrest 375 275 340 965
J. Clague 290 275 340 965
J. Clague 290 275 340 965
J. Clague 290 275 340 965
J. Clague 290 275 340 965

Ohio Law Enforcement Olympics

13, 14 Jun 91 - Toledo, OH
Women: S. Camargo BL 190 65 200 455
Men: J. K. Seliger 330 215 310 655
A. Schleg 295 180 270 745
J. Parkkonen 345 225 320 890
J. Klev 340 200 280 820
J. British Jr. Record 310 215 310 655
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European Junior Championships

Table with columns for name, weight, and performance metrics for the European Junior Championships.

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Summer Bench Press Classic

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USA Oklahoma Open

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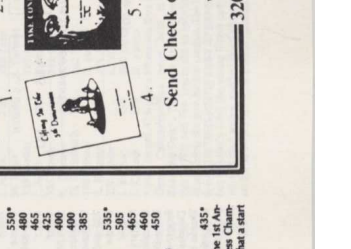
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POWER PEOPLE



Charlie Schroeder is a new appointee to the A.D.F.P.A. Executive Committee and the New York State Chairman. He has been involved in powerlifting for 25 years and the...

Table of USPF Western States Bench Press results for 15 Jun 91 - Rialto, CA (kg). Lists names and weights for various categories like Masters, Open, and Junior.

Table of 1991 Mason-Dixon Open results for 11-12 May 91 - Colorado, MD. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

Table of 2 Jun 91 - Deer Lodge, MT results. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

Table of 16 Jun 91 - Lima, OH results. Lists names and weights for categories like Novice, 139 and under, and Open.

Table of 7 Apr 91 - Wilkes-Barre, PA results. Lists names and weights for categories like Men's Open, Women's Open, and Masters.



David J. Vanzo is the Lifetime Drug Free winner in the 132 lb. division at the ADPPA Superstars Bench Press Championships (photograph by Joe Pyra).

Table of ADPPA Superstars Bench Press results for 7 Apr 91 - Wilkes-Barre, PA. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

Table of Minnesota Bench Press Open results for 13 Jun 91 - Fridley, MN. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

Table of ADFA New England Bench Press results for 15 Jun 91 - Maynard, MA. Lists names and weights for categories like Women, Men's Open, and Masters.

The meet went very well with the four evening sessions. There were only two masters, both from Peys. Tony Ross, in the 350 lb. class, did an easy 315 and...

The open men's class was close, tough, and exciting. Rob DeFuria, just under 130 lbs., took the 2nd with 275 lbs. Tom Tidwell was close behind...

The 1988 and 1989 meets were stacked close. Pat DeFuria, just under 130 lbs., took the 2nd with 275 lbs. Tom Tidwell was close behind...

ADFA New England Bench Press results for 15 Jun 91 - Maynard, MA. Lists names and weights for categories like Women, Men's Open, and Masters.

Minnesota Bench Press Open results for 13 Jun 91 - Fridley, MN. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

ADFA Superstars Bench Press results for 7 Apr 91 - Wilkes-Barre, PA. Lists names and weights for categories like Men's Open, Women's Open, and Masters.

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NEW A.P.F./A.M.P.F. Membership Application form with fields for name, address, phone, and registration fee.

POWER PEOPLE



What Powerlifting Can Do For You... is exemplified by Robert Fyoo, receiving his 3rd place award at the 1990 USA Grand Nationals at age 23, and below, in his pre-lifting days, at age 12. (Courtesy Janet Fyoo).

pic Team member, Fred Lowe. It was in this garage that technique, control, and discipline were probably first applied to Powerlifting and Bob Matz eventually introduced Larry Pacifico to him. Larry traveled from Dayton, Ohio to Toledo to meet with Bob Matz and introduce himself to a competitor into a champion. It's ironic that many of today's competitors have never met the man who paved the way to make these sports what they are today. Not knowing who these people are is one thing, but in some cases, recognizing and with love of this sport, its people, and the memories I have of my adventures in this sport that I was motivated to try to keep history alive while giving these great athletes the recognition they deserve.

Last year, the Toledo Weightlifting Hall of Fame was organized to honor Powerlifters, Olympic lifters, and strongmen. The first induction was held August 19, 1990, and the following athletes were inducted: Bob Matz-Olympic lifting, Dick O'Brien-USA National Champion, Lowell Sticker-World Nulldoing Champion, and Terry Dennis-USA National Champion. Their pictures, a brief history of the Toledo Weightlifting Hall of Fame, and the following athletes were inducted: Bob Matz-Olympic lifting, Dick O'Brien-USA National Champion, Lowell Sticker-World Nulldoing Champion, and Terry Dennis-USA National Champion. To commemorate this event, we organized the 1st annual Hall of Fame Induction in downtown Toledo.



Hall of Famers... this photo (provided courtesy of Toledo Weightlifting Hall of Fame meet director Ken Roberts via the TOLEDO BLADE newspaper) shows three very special people who represented Toledo at the first World Powerlifting Championships, and they all came back as gold medal winners - left to right - Larry Pacifico, George Crawford, and Milt McKinney.

Table with columns: Women, Men, Masters, Open. Lists names and weights for various categories.

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Application for UNITED STATES POWERLIFTING FEDERATION. Includes fields for personal information, membership status, and a signature line.

Vertical text on the left side of the bottom section, possibly a page number or reference.

Table with columns: Name, Weight, DL, Total. Lists names and performance metrics for various categories.

Table with columns: Name, Weight, DL, Total. Lists names and performance metrics for various categories.

Advertisement for POWER GYM SPECIALISTS! featuring a photo of a gym and text about factory direct prices, free weights, and complete gym options.

POWER PEOPLE



On Sunday, July 14, 1991, weightlifters from all over New York gathered in Lockport, NY for the 3rd Annual Lock City Classic Bench Press...

Jamie Reeves ... 14 months after tearing his left bicep, he has now done the same thing to his right bicep, while completing an 846 lb. deadlift.

Lock City Classic Bench Press 14 Jul 91 - Lockport, NY

Table listing names and weights for the Lock City Classic Bench Press event, including categories like Men's, Women's, and various age groups.

Table listing names and weights for the Japanese Men's Nationals 23 Jun 91 - Utsunomiya City, Japan.

Table listing names and weights for the USPF North Coast Championships 3 Aug 91 - Cleveland, OH.

Table listing names and weights for the Southeast Iowa Bench Press 13 Jul 91 - Waterloo, IA.

Table listing names and weights for the Wallops Bench Press 27 Jul 91 - Wallops Island, Va.

Table listing names and weights for the Southeast Iowa Bench Press 13 Jul 91 - Waterloo, IA (continued).

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POWER PEOPLE ... 14 months after tearing his left bicep, he has now done the same thing to his right bicep...

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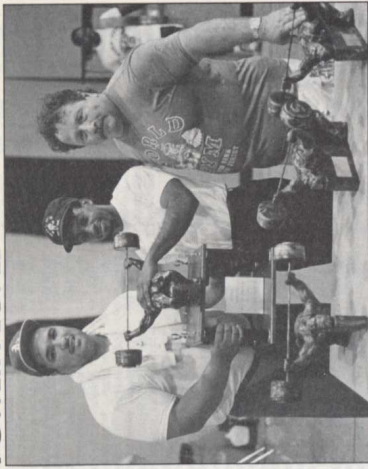
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POWER PEOPLE



WNPF People from left to right, include Kevin Jones, WNPF President Troy Ford, and Tom Santini, at the WNPF Northern USA meet. Troy considers the WNPF to be the legitimate drug free association because "We test every competitor at every meet and our polygraph exam is clearly the longest and most comprehensive in powerlifting or any other sport." It consists of 20 questions. If you fail the test, you are banned from the WNPF for life. The WNPF has now come out with their own newsletter, **WORLD POWERLIFTING REVIEW**, and has recently purchased new equipment to enhance the quality of their meets, which Troy emphasizes are held at fine facilities, some of them with computer scoring. He expects to make a major announcement about WNPF's international meets scheduled for N.M.I., OH, PA, MA, FL, DE, NY, NJ, VA, MD, IL and CT. No one gets a WNPF sanction unless they also can pass the polygraph test. At least 7 meet are scheduled for New York, and 3 in New Jersey for 1992, and the WNPF Nationals may be scheduled for Ft. Lee or Atlantic City. To quote Troy "Let any association which claims to be stricter and better liters in history, according to Schwartz formula, are: Men - Ted Sobel, International - Larry McGovern, Masters - Joseph White, Grandmasters - Bert Rosenfield, Collegiate/Junior - Ben Wax. (Thanks to Troy Ford for photograph and info)

ADPFA Mid-America Summer Bench Press/Deadlift/Ironman Extravaganza

27 Jul 91 - Des Moines, IA

Bench Press	260	440	805
Deadlift	350	685	770
Ironman	320	450	770

Women

S. Denton	120	215	375
B. Dalton	120	215	375
K. Engel	165	315	440
L. Steintz	145	285	425
R. Halpin	175	300	450
B. Buckley	150	275	425
R. Gomez	300	435	675
L. Hancock	330	465	725
C. Wagner	330	465	725
LifeTime	330	465	725

The 1991 Summer Bench Press, Deadlift and Ironman Extravaganza was a big hit with lifters from all over the Midwest. The 150 lb. Bench Press was held at the 148 lb. division. Nebraska to hit a huge 315 at the 148 division. Ron Gomez was a big winner with a five 300 lb. bench in the 195 lb. In the 150 lb. Bench Press, Jeff Buckley filled the title in the deadlift contest, to go away with the title. In the deadlift contest, Jeff Buckley filled the title in the deadlift contest, to go away with the title. In the deadlift contest, to go away with the title.

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Jack's Iron Open Bench Press

4 Aug 91 - Westbrook, CT

Women	240
Lightweight	132
C. Abbott	135
R. Chobot	135
K. Brunson	100
D. Allen	148
L. Crough	320
V. Boyd	400
A. Angel	230
M. Bauleman	350
K. Stalworth	250

Jack's Iron Open Bench Press was a success for the results of this meet. The best heavyweight lifter was Westery, R. The best heavyweight lifter was Westery, R. The best heavyweight lifter was Westery, R.

Clewiston Championship
11 Aug 91 - Ft. Pierce, FL

Men	175	310	510
Women	115	205	360

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Spanish Champion at 48 Kilos is Gloria Doncel.



Spanish Women's Championships
1 Jun 91 - Santa Pola, Alicante (kg)

44 kg	SQ	BP	DL	Total
G. Doncel	97.5	53	95	245.5
S. Morilla	92.5	50	125	267.5
C. Grisol	112.5	55	125	292.5
C. Ovellana	130	62.5	175	367.5
A. Ulla	148	65	195	408.5
S. Garcia	110	45	142.5	297.5
L. Garcia	152.5	65	185	402.5
M. Macos	115	55	160	330
T. Sumner	110	50	130	290
A. Moreno	85	50	115	250

USPF Baddest Bench in Texas

20 Jul 91 - Abilene, TX

Open Women	165
C. Parenti	245
J. Jones	135
L. Williams	135
W. Sahar	155
S. Harris	155
N. Robin	100
D. Sullivan	60
D. Schweller	275
A. Ramirez	275
B. Valde	205
C. Anderson	205
M. Ricker	240
B. Lilly	225
B. Whitaker	125
L. Johnson	125
C. McElrath	285
M. Miller	330
R. Robin	320
R. Coyer	245
P. Clow	245
J. Scheal	123
M. Morgan	240
M. Action	485
R. Kelly	300
B. Jones	285
M. Amode	375
M. Amode	375
M. Amode	375
M. Amode	375

NASA Nevada State Championships
10 Aug 91 - Tonopah, NV

Men	200	165	230	595
Women	115	55	160	330
E. Newmyer	110	50	130	290
M. Knight	275	155	285	715

75 kg	90	120	250
M. Sanchez	245	165	350
C. Parenti	135	135	270
J. Jones	135	135	270
L. Williams	155	155	310
W. Sahar	155	155	310
S. Harris	100	100	200
N. Robin	60	60	120
D. Sullivan	275	275	550
D. Schweller	275	275	550
A. Ramirez	205	205	410
B. Valde	205	205	410
C. Anderson	240	240	480
M. Ricker	225	225	450
B. Lilly	125	125	250
B. Whitaker	125	125	250
L. Johnson	285	285	570
C. McElrath	330	330	660
M. Miller	320	320	640
R. Robin	340	340	680
R. Coyer	245	245	490
P. Clow	123	123	246
J. Scheal	148	148	296
M. Morgan	240	240	480
M. Action	485	485	970
R. Kelly	300	300	600
B. Jones	285	285	570
M. Amode	375	375	750
M. Amode	375	375	750
M. Amode	375	375	750
M. Amode	375	375	750

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1991 British Bench Press Championships

The first British national bench press championships were held at Chris Lawton's FORUM Gym in Birmingham and the highlight of the event was the confrontation between John Neighbour, the many time World Powerlifting Champion, and Jamie Reeves, former World's Strongest Man winner. Neighbour had told the media that he would bench 240 kg and made it. Jamie made 255 kg, and John would have made 272.5, but John failed on his second lift (3.20 lbs.), and was a bit bummed out from his terrific lifting 3 weeks earlier, at the British Nationals, where he became the first Brit to squat over 900, bench 600, and total over 1000 kilograms. Chris Lawton, age 45, achieved 230 kg himself at 242, and also invited Finnish SHV sensation Kiko Kiri as a guest lifter. Without a bench shirt, he made 270 kg, 290 kg, but hit the uprights with 305 kg (672 lbs.), courtesy DEREK FITZGERALD.



John Neighbour won and benched 512 at 242, without a supportive bench shirt at the 1989 I.P.F. World Championships.

Bulletin Board

This is the place to look for organization news and notes. * Meet/Director info in this ADPPA National Masters Meet in Daytona Beach. Early entries sent out did not indicate the new schedule, which is: November 3th, lifting at 9AM, all women, men's 114-148; afternoon session, men's 275-311; November 10th, lifting at 9AM, men's 196-242; afternoon session, men's 275-311. * Sheila Herzick has found one way to help get Powerlifting in the Olympics, and that is to contact the 1996 Atlanta Olympic Organizing Committee's Suggestion Hotline at 404-222-2069. You can write Olympia Watch at the Atlanta Journal Constitution at Box 4689, Atlanta, GA 30302 indicating that you would like to see Powerlifting become part of the Olympic Games. * "History will be made this February when the strongest athletes in the world gather for a three day, jam-packed training camp in Orlando, Florida. It is called the **USA Power & Strength Symposium**, and it's a must for anyone interested in strength training. Highlighting the event will be a special presentation to Paul Anderson as the "Strongest Man of the Century." Most authorities concede presentation to Paul Anderson as the "Strongest Man who has ever lived." See a highly moving video review of Paul's illustrious career. It then is on hand as the great man himself makes a rare public appearance to accept this award as well as the just praise the deservies. Some of the speakers who have already agreed to appear are Ted Atzold, Dan Alzumi, Mike Briggs, Ed Coan, Lamar Gant, Mike Hall, Fred Hatfield, and Dr. Paul Weir. Many other top power and strength authorities will also be on hand to share their knowledge. Seminars will be held throughout the three day program, enabling attendees to choose from a wide variety of topics. Some of the topics discussed include basic strength training techniques, training for competition, proper nutrition, gaining solid muscle weight, periodization and cycle splits, this event, "1000 will be good or bad?" Also scheduled is the "100 for 100" lbs. addition, the highest squatter by formula get an extra \$2500. There will also be some surprise lifting exhibitions that are certain to entertain the audience. Rounding out the Symposium will be a full exhibit hall featuring the latest in equipment, supplements, courses, training aids, and lifting suits. Admission (excluding travel and lodging) is just \$195. For registration form and complete details, call 1-800-472-0068, or write Strength Symposium, 719 Kutzman Road, Odessa, FL 32911. * Stephanie Whiting has been selected for the American Red Cross, "Living HIV Infection Prevention" in the last two years that she has been involved in powerlifting as both a competitor and official, there have been a few years that she has been selected for the Red Cross, but she has become blocked. Now as a volunteer HIV/AIDS educator for the American Red Cross, she is especially concerned for the safety of people who train with weights. By 1992, she estimates that there will have developed AIDS and as many as 265,000 people will have contracted AIDS. The incidence of HIV infection is still increasing rapidly. There is no cure for HIV infection, but you can protect yourself by not engaging in risky behavior. This is by not having sex or sharing syringes or needles with someone who has HIV. There is further news of exposure that is of concern to people who train with weights. HIV infection can be transmitted from HIV transmission, weight trainers and gym owners should be aware that HIV infected blood on bar can be a potential source of infection. Paracetamol (through broken skin) exposure to infected blood is a possible source of HIV infection. If you notice that a bar has blood on it, use a freshly made bleach and water solution (one part bleach to ten parts water) to wash the blooded area and then dry thoroughly. The bleach solution should be no more than one day old when used. Probably the most typical situation in which a weight bar might have blood on it is during a deadlift workout or the deadlift portion of a meet. When deadlifting heavy, many lifters to experience abrasions along their shins or thighs. Any infected blood on the bar that is exposed parenterally to other lifters creates a risk of infection. How often is that risky? People infected with HIV usually look and feel healthy. They may not know that they are infected, but they can spread the virus to others. HIV infection is a non-treatable disease. Protect yourself and others by using a bleach and water solution whenever weight bars become exposed to blood. * FL USA.



George Herrington was this close with 975 at the Southern All-Star Open

Nickerson (132), Bernard Johnson (135.5 at 148), and Gary Pierce (120 at 148 in his first meet, Paul Herrington took 315 as an all time best lift, 315 lbs. at 196, 275 lbs. at 242, 315 lbs. at 275 lbs. at 311 lbs. at 361 lbs. at 405 lbs. at 450 lbs. at 495 lbs. at 540 lbs. at 585 lbs. at 630 lbs. at 675 lbs. at 720 lbs. at 765 lbs. at 810 lbs. at 855 lbs. at 900 lbs. at 945 lbs. at 990 lbs. at 1035 lbs. at 1080 lbs. at 1125 lbs. at 1170 lbs. at 1215 lbs. at 1260 lbs. at 1305 lbs. at 1350 lbs. at 1395 lbs. at 1440 lbs. at 1485 lbs. at 1530 lbs. at 1575 lbs. at 1620 lbs. at 1665 lbs. at 1710 lbs. at 1755 lbs. at 1800 lbs. at 1845 lbs. at 1890 lbs. at 1935 lbs. at 1980 lbs. at 2025 lbs. at 2070 lbs. at 2115 lbs. at 2160 lbs. at 2205 lbs. at 2250 lbs. at 2295 lbs. at 2340 lbs. at 2385 lbs. at 2430 lbs. at 2475 lbs. at 2520 lbs. at 2565 lbs. at 2610 lbs. at 2655 lbs. at 2700 lbs. at 2745 lbs. at 2790 lbs. at 2835 lbs. at 2880 lbs. at 2925 lbs. at 2970 lbs. at 3015 lbs. at 3060 lbs. at 3105 lbs. at 3150 lbs. at 3195 lbs. at 3240 lbs. at 3285 lbs. at 3330 lbs. at 3375 lbs. at 3420 lbs. at 3465 lbs. at 3510 lbs. at 3555 lbs. at 3600 lbs. at 3645 lbs. at 3690 lbs. at 3735 lbs. at 3780 lbs. at 3825 lbs. at 3870 lbs. at 3915 lbs. at 3960 lbs. at 4005 lbs. at 4050 lbs. at 4095 lbs. at 4140 lbs. at 4185 lbs. at 4230 lbs. at 4275 lbs. at 4320 lbs. at 4365 lbs. at 4410 lbs. at 4455 lbs. at 4500 lbs. at 4545 lbs. at 4590 lbs. at 4635 lbs. at 4680 lbs. at 4725 lbs. at 4770 lbs. at 4815 lbs. at 4860 lbs. at 4905 lbs. at 4950 lbs. at 4995 lbs. at 5040 lbs. at 5085 lbs. at 5130 lbs. at 5175 lbs. at 5220 lbs. at 5265 lbs. at 5310 lbs. at 5355 lbs. at 5400 lbs. at 5445 lbs. at 5490 lbs. at 5535 lbs. at 5580 lbs. at 5625 lbs. at 5670 lbs. at 5715 lbs. at 5760 lbs. at 5805 lbs. at 5850 lbs. at 5895 lbs. at 5940 lbs. at 5985 lbs. at 6030 lbs. at 6075 lbs. at 6120 lbs. at 6165 lbs. at 6210 lbs. at 6255 lbs. at 6300 lbs. at 6345 lbs. at 6390 lbs. at 6435 lbs. at 6480 lbs. at 6525 lbs. at 6570 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10035 lbs. at 10080 lbs. at 10125 lbs. at 10170 lbs. at 10215 lbs. at 10260 lbs. at 10305 lbs. at 10350 lbs. at 10395 lbs. at 10440 lbs. at 10485 lbs. at 10530 lbs. at 10575 lbs. at 10620 lbs. at 10665 lbs. at 10710 lbs. at 10755 lbs. at 10800 lbs. at 10845 lbs. at 10890 lbs. at 10935 lbs. at 10980 lbs. at 11025 lbs. at 11070 lbs. at 11115 lbs. at 11160 lbs. at 11205 lbs. at 11250 lbs. at 11295 lbs. at 11340 lbs. at 11385 lbs. at 11430 lbs. at 11475 lbs. at 11520 lbs. at 11565 lbs. at 11610 lbs. at 11655 lbs. at 11700 lbs. at 11745 lbs. at 11790 lbs. at 11835 lbs. at 11880 lbs. at 11925 lbs. at 11970 lbs. at 12015 lbs. at 12060 lbs. at 12105 lbs. at 12150 lbs. at 12195 lbs. at 12240 lbs. at 12285 lbs. at 12330 lbs. at 12375 lbs. at 12420 lbs. at 12465 lbs. at 12510 lbs. at 12555 lbs. at 12600 lbs. at 12645 lbs. at 12690 lbs. at 12735 lbs. at 12780 lbs. at 12825 lbs. at 12870 lbs. at 12915 lbs. at 12960 lbs. at 13005 lbs. at 13050 lbs. at 13095 lbs. at 13140 lbs. at 13185 lbs. at 13230 lbs. at 13275 lbs. at 13320 lbs. at 13365 lbs. at 13410 lbs. at 13455 lbs. at 13500 lbs. at 13545 lbs. at 13590 lbs. at 13635 lbs. at 13680 lbs. at 13725 lbs. at 13770 lbs. at 13815 lbs. at 13860 lbs. at 13905 lbs. at 13950 lbs. at 13995 lbs. at 14040 lbs. at 14085 lbs. at 14130 lbs. at 14175 lbs. at 14220 lbs. at 14265 lbs. at 14310 lbs. at 14355 lbs. at 14400 lbs. at 14445 lbs. at 14490 lbs. at 14535 lbs. at 14580 lbs. at 14625 lbs. at 14670 lbs. at 14715 lbs. at 14760 lbs. at 14805 lbs. at 14850 lbs. at 14895 lbs. at 14940 lbs. at 14985 lbs. at 15030 lbs. at 15075 lbs. at 15120 lbs. at 15165 lbs. at 15210 lbs. at 15255 lbs. at 15300 lbs. at 15345 lbs. at 15390 lbs. at 15435 lbs. at 15480 lbs. at 15525 lbs. at 15570 lbs. at 15615 lbs. at 15660 lbs. at 15705 lbs. at 15750 lbs. at 15795 lbs. at 15840 lbs. at 15885 lbs. at 15930 lbs. at 15975 lbs. at 16020 lbs. at 16065 lbs. at 16110 lbs. at 16155 lbs. at 16200 lbs. at 16245 lbs. at 16290 lbs. at 16335 lbs. at 16380 lbs. at 16425 lbs. at 16470 lbs. at 16515 lbs. at 16560 lbs. at 16605 lbs. at 16650 lbs. at 16695 lbs. at 16740 lbs. at 16785 lbs. at 16830 lbs. at 16875 lbs. at 16920 lbs. at 16965 lbs. at 17010 lbs. at 17055 lbs. at 17100 lbs. at 17145 lbs. at 17190 lbs. at 17235 lbs. at 17280 lbs. at 17325 lbs. at 17370 lbs. at 17415 lbs. at 17460 lbs. at 17505 lbs. at 17550 lbs. at 17595 lbs. at 17640 lbs. at 17685 lbs. at 17730 lbs. at 17775 lbs. at 17820 lbs. at 17865 lbs. at 17910 lbs. at 17955 lbs. at 18000 lbs. at 18045 lbs. at 18090 lbs. at 18135 lbs. at 18180 lbs. at 18225 lbs. at 18270 lbs. at 18315 lbs. at 18360 lbs. at 18405 lbs. at 18450 lbs. at 18495 lbs. at 18540 lbs. at 18585 lbs. at 18630 lbs. at 18675 lbs. at 18720 lbs. at 18765 lbs. at 18810 lbs. at 18855 lbs. at 18900 lbs. at 18945 lbs. at 18990 lbs. at 19035 lbs. at 19080 lbs. at 19125 lbs. at 19170 lbs. at 19215 lbs. at 19260 lbs. at 19305 lbs. at 19350 lbs. at 19395 lbs. at 19440 lbs. at 19485 lbs. at 19530 lbs. at 19575 lbs. at 19620 lbs. at 19665 lbs. at 19710 lbs. at 19755 lbs. at 19800 lbs. at 19845 lbs. at 19890 lbs. at 19935 lbs. at 19980 lbs. at 20025 lbs. at 20070 lbs. at 20115 lbs. at 20160 lbs. at 20205 lbs. at 20250 lbs. at 20295 lbs. at 20340 lbs. at 20385 lbs. at 20430 lbs. at 20475 lbs. at 20520 lbs. at 20565 lbs. at 20610 lbs. at 20655 lbs. at 20700 lbs. at 20745 lbs. at 20790 lbs. at 20835 lbs. at 20880 lbs. at 20925 lbs. at 20970 lbs. at 21015 lbs. at 21060 lbs. at 21105 lbs. at 21150 lbs. at 21195 lbs. at 21240 lbs. at 21285 lbs. at 21330 lbs. at 21375 lbs. at 21420 lbs. at 21465 lbs. at 21510 lbs. at 21555 lbs. at 21600 lbs. at 21645 lbs. at 21690 lbs. at 21735 lbs. at 21780 lbs. at 21825 lbs. at 21870 lbs. at 21915 lbs. at 21960 lbs. at 22005 lbs. at 22050 lbs. at 22095 lbs. at 22140 lbs. at 22185 lbs. at 22230 lbs. at 22275 lbs. at 22320 lbs. at 22365 lbs. at 22410 lbs. at 22455 lbs. at 22500 lbs. at 22545 lbs. at 22590 lbs. at 22635 lbs. at 22680 lbs. at 22725 lbs. at 22770 lbs. at 22815 lbs. at 22860 lbs. at 22905 lbs. at 22950 lbs. at 22995 lbs. at 23040 lbs. at 23085 lbs. at 23130 lbs. at 23175 lbs. at 23220 lbs. at 23265 lbs. at 23310 lbs. at 23355 lbs. at 23400 lbs. at 23445 lbs. at 23490 lbs. at 23535 lbs. at 23580 lbs. at 23625 lbs. at 23670 lbs. at 23715 lbs. at 23760 lbs. at 23805 lbs. at 23850 lbs. at 23895 lbs. at 23940 lbs. at 23985 lbs. at 24030 lbs. at 24075 lbs. at 24120 lbs. at 24165 lbs. at 24210 lbs. at 24255 lbs. at 24300 lbs. at 24345 lbs. at 24390 lbs. at 24435 lbs. at 24480 lbs. at 24525 lbs. at 24570 lbs. at 24615 lbs. at 24660 lbs. at 24705 lbs. at 24750 lbs. at 24795 lbs. at 24840 lbs. at 24885 lbs. at 24930 lbs. at 24975 lbs. at 25020 lbs. at 25065 lbs. at 25110 lbs. at 25155 lbs. at 25200 lbs. at 25245 lbs. at 25290 lbs. at 25335 lbs. at 25380 lbs. at 25425 lbs. at 25470 lbs. at 25515 lbs. at 25560 lbs. at 25605 lbs. at 25650 lbs. at 25695 lbs. at 25740 lbs. at 25785 lbs. at 25830 lbs. at 25875 lbs. at 25920 lbs. at 25965 lbs. at 26010 lbs. at 26055 lbs. at 26100 lbs. at 26145 lbs. at 26190 lbs. at 26235 lbs. at 26280 lbs. at 26325 lbs. at 26370 lbs. at 26415 lbs. at 26460 lbs. at 26505 lbs. at 26550 lbs. at 26595 lbs. at 26640 lbs. at 26685 lbs. at 26730 lbs. at 26775 lbs. at 26820 lbs. at 26865 lbs. at 26910 lbs. at 26955 lbs. at 27000 lbs. at 27045 lbs. at 27090 lbs. at 27135 lbs. at 27180 lbs. at 27225 lbs. at 27270 lbs. at 27315 lbs. at 27360 lbs. at 27405 lbs. at 27450 lbs. at 27495 lbs. at 27540 lbs. at 27585 lbs. at 27630 lbs. at 27675 lbs. at 27720 lbs. at 27765 lbs. at 27810 lbs. at 27855 lbs. at 27900 lbs. at 27945 lbs. at 27990 lbs. at 28035 lbs. at 28080 lbs. at 28125 lbs. at 28170 lbs. at 28215 lbs. at 28260 lbs. at 28305 lbs. at 28350 lbs. at 28395 lbs. at 28440 lbs. at 28485 lbs. at 28530 lbs. at 28575 lbs. at 28620 lbs. at 28665 lbs. at 28710 lbs. at 28755 lbs. at 28800 lbs. at 28845 lbs. at 28890 lbs. at 28935 lbs. at 28980 lbs. at 29025 lbs. at 29070 lbs. at 29115 lbs. at 29160 lbs. at 29205 lbs. at 29250 lbs. at 29295 lbs. at 29340 lbs. at 29385 lbs. at 29430 lbs. at 29475 lbs. at 29520 lbs. at 29565 lbs. at 29610 lbs. at 29655 lbs. at 29700 lbs. at 29745 lbs. at 29790 lbs. at 29835 lbs. at 29880 lbs. at 29925 lbs. at 29970 lbs. at 30015 lbs. at 30060 lbs. at 30105 lbs. at 30150 lbs. at 30195 lbs. at 30240 lbs. at 30285 lbs. at 30330 lbs. at 30375 lbs. at 30420 lbs. at 30465 lbs. at 30510 lbs. at 30555 lbs. at 30600 lbs. at 30645 lbs. at 30690 lbs. at 30735 lbs. at 30780 lbs. at 30825 lbs. at 30870 lbs. at 30915 lbs. at 30960 lbs. at 31005 lbs. at 31050 lbs. at 31095 lbs. at 31140 lbs. at 31185 lbs. at 31230 lbs. at 31275 lbs. at 31320 lbs. at 31365 lbs. at 31410 lbs. at 31455 lbs. at 31500 lbs. at 31545 lbs. at 31590 lbs. at 31635 lbs. at 31680 lbs. at 31725 lbs. at 31770 lbs. at 31815 lbs. at 31860 lbs. at 31905 lbs. at 31950 lbs. at 31995 lbs. at 32040 lbs. at 32085 lbs. at 32130 lbs. at 32175 lbs. at 32220 lbs. at 32265 lbs. at 32310 lbs. at 32355 lbs. at 32400 lbs. at 32445 lbs. at 32490 lbs. at 32535 lbs. at 32580 lbs. at 32625 lbs. at 32670 lbs. at 32715 lbs. at 32760 lbs. at 32805 lbs. at 32850 lbs. at 32895 lbs. at 32940 lbs. at 32985 lbs. at 33030 lbs. at 33075 lbs. at 33120 lbs. at 33165 lbs. at 33210 lbs. at 33255 lbs. at 33300 lbs. at 33345 lbs. at 33390 lbs. at 33435 lbs. at 33480 lbs. at 33525 lbs. at 33570 lbs. at 33615 lbs. at 33660 lbs. at 33705 lbs. at 33750 lbs. at 33795 lbs. at 33840 lbs. at 33885 lbs. at 33930 lbs. at 33975 lbs. at 34020 lbs. at 34065 lbs. at 34110 lbs. at 34155 lbs. at 34200 lbs. at 34245 lbs. at 34290 lbs. at 34335 lbs. at 34380 lbs. at 34425 lbs. at 34470 lbs. at 34515 lbs. at 34560 lbs. at 34605 lbs. at 34650 lbs. at 34695 lbs. at 34740 lbs. at 34785 lbs. at 34830 lbs. at 34875 lbs. at 34920 lbs. at 34965 lbs. at 35010 lbs. at 35055 lbs. at 35100 lbs. at 35145 lbs. at 35190 lbs. at 35235 lbs. at 35280 lbs. at 35325 lbs. at 35370 lbs. at 35415 lbs. at 35460 lbs. at 35505 lbs. at 35550 lbs. at 35595 lbs. at 35640 lbs. at 35685 lbs. at 35730 lbs. at 35775 lbs. at 35820 lbs. at 35865 lbs. at 35910 lbs. at 35955 lbs. at 36000 lbs. at 36045 lbs. at 36090 lbs. at 36135 lbs. at 36180 lbs. at 36225 lbs. at 36270 lbs. at 36315 lbs. at 36360 lbs. at 36405 lbs. at 36450 lbs. at 36495 lbs. at 36540 lbs. at 36585 lbs. at 36630 lbs. at 36675 lbs. at 36720 lbs. at 36765 lbs. at 36810 lbs. at 36855 lbs. at 36900 lbs. at 36945 lbs. at 36990 lbs. at 37035 lbs. at 37080 lbs. at 37125 lbs. at 37170 lbs. at 37215 lbs. at 37260 lbs. at 37305 lbs. at 37350 lbs. at 37395 lbs. at 37440 lbs. at 37485 lbs. at 37530 lbs. at 37575 lbs. at 37620 lbs. at 37665 lbs. at 37710 lbs. at 37755 lbs. at 37800 lbs. at 37845 lbs. at 37890 lbs. at 37935 lbs. at 37980 lbs. at 38025 lbs. at 38070 lbs. at 38115 lbs. at 38160 lbs. at 38205 lbs. at 38250 lbs. at 38295 lbs. at 38340 lbs. at 38385 lbs. at 38430 lbs. at 38475 lbs. at 38520 lbs. at 38565 lbs. at 38610 lbs. at 38655 lbs. at 38700 lbs. at 38745 lbs. at 38790 lbs. at 38835 lbs. at 38880 lbs. at 38925 lbs. at 38970 lbs. at 39015 lbs. at 39060 lbs. at 39105 lbs. at 39150 lbs. at 39195 lbs. at 39240 lbs. at 39285 lbs. at 39330 lbs. at 39375 lbs. at 39420 lbs. at 39465 lbs. at 39510 lbs. at 39555 lbs. at 39600 lbs. at 39645 lbs. at 39690 lbs. at 39735 lbs. at 39780 lbs. at 39825 lbs. at 39870 lbs. at 39915 lbs. at 39960 lbs. at 40005 lbs. at 40050 lbs. at 40095 lbs. at 40140 lbs. at 40185 lbs. at 40230 lbs. at 40275 lbs. at 40320 lbs. at 40365 lbs. at 40410 lbs. at 40455 lbs. at 40500 lbs. at 40545 lbs. at 40590 lbs. at 40635 lbs. at 40680 lbs. at 40725 lbs. at 40770 lbs. at 40815 lbs. at 40860 lbs. at 40905 lbs. at 40950 lbs. at 40995 lbs. at 41040 lbs. at 41085 lbs. at 41130 lbs. at 41175 lbs. at 41220 lbs. at 41265 lbs. at 41310 lbs. at 41355 lbs. at 41400 lbs. at 41445 lbs. at 41490 lbs. at 41535 lbs. at 41580 lbs. at 41625 lbs. at 41670 lbs. at 41715 lbs. at 41760 lbs. at 41805 lbs. at 41850 lbs. at 41895 lbs. at 41940 lbs. at 41985 lbs. at 42030 lbs. at 42075 lbs. at 42120 lbs. at 42165 lbs. at 42210 lbs. at 42255 lbs. at 42300 lbs. at 42345 lbs. at 42390 lbs. at 42435 lbs. at 42480 lbs. at 42525 lbs. at 42570 lbs. at 42615 lbs. at 42660 lbs. at 42705 lbs. at 42750 lbs. at 42795 lbs. at 42840 lbs. at 42885 lbs. at 42930 lbs. at 42975 lbs. at 43020 lbs. at 43065 lbs. at 43110 lbs. at 43155 lbs. at 43200 lbs. at 43245 lbs. at 43290 lbs. at 43335 lbs. at 43380 lbs. at 43425 lbs. at 43470 lbs. at 43515 lbs. at 43560 lbs. at 43605 lbs. at 43650 lbs. at 43695 lbs. at 43740 lbs. at 43785 lbs. at 43830 lbs. at 43875 lbs. at 43920 lbs. at 43965 lbs. at 44010 lbs. at 44055 lbs. at 44100 lbs. at 44145 lbs. at 44190 lbs. at 44235 lbs. at 44280 lbs. at 44325 lbs. at 44370 lbs. at 44415 lbs. at 44460 lbs. at 44505 lbs. at 44550 lbs. at 44595 lbs. at 44640 lbs. at 44685 lbs. at 44730 lbs. at 44775 lbs. at 44820 lbs. at 44865 lbs. at 44910 lbs. at 44955 lbs. at 45000 lbs. at 45045 lbs. at 45090 lbs. at 45135 lbs. at 45180 lbs. at 45225 lbs. at 45270 lbs. at 45315 lbs. at 45360 lbs. at 45405 lbs. at 45450 lbs. at 45495 lbs. at 45540 lbs. at 45585 lbs. at 45630 lbs. at 45675 lbs. at 45720 lbs. at 45765 lbs. at 45810 lbs. at 45855 lbs. at 45900 lbs. at 45945 lbs. at 45990 lbs. at 46035 lbs. at 46080 lbs. at 46125 lbs. at 46170 lbs. at 46215 lbs. at 46260 lbs. at 46305 lbs. at 46350 lbs. at 46395 lbs. at 46440 lbs. at 46485 lbs. at 46530 lbs. at 46575 lbs. at 46620 lbs. at 46665 lbs. at 46710 lbs. at 46755 lbs. at 46800 lbs. at 46845 lbs. at 46890 lbs. at 46935 lbs. at 46980 lbs. at 47025 lbs. at 47070 lbs. at 47115 lbs. at 47160 lbs. at 47205 lbs. at 47250 lbs. at 47295 lbs. at 47340 lbs. at 47385 lbs. at 47430 lbs. at 47475 lbs. at 47520 lbs. at 47565 lbs. at 47610 lbs. at 47655 lbs. at 47700 lbs. at 47745 lbs. at 47790 lbs. at 47835 lbs. at 47880 lbs. at 47925 lbs. at 47970 lbs. at 48015 lbs. at 48060 lbs. at 48105 lbs. at 48150 lbs. at 48195 lbs. at 48240 lbs. at 48285 lbs. at 48330 lbs. at 48375 lbs. at 48420 lbs. at 48465 lbs. at 48510 lbs. at 48555 lbs. at 48600 lbs. at 48645 lbs. at 48690 lbs. at 48735 lbs. at 48780 lbs. at 48825 lbs. at 48870 lbs. at 48915 lbs. at 48960 lbs. at 49005 lbs. at 49050 lbs. at 49095 lbs. at 49140 lbs. at 49185 lbs. at 49230 lbs. at 49275 lbs. at 49320 lbs. at 49365 lbs. at 49410 lbs. at
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ADPPA New England Championships
27 Apr 91 - Maynard, MA

SHW	50	BP	DL	Total
G. Thorne	550	375	400	1325
C. Hobart	475	240	515	1230
S. Huston	515	300	510	1325
E. Williams	410	225	440	1075
D. Rose	405	195	440	1040
B. MacPellan	525	285	550	1360
P. Berrio	455	235	445	1135
M. Mason	460	280	500	1240
H. Logan	450	245	470	1165
F. Drezloch	520	315	435	1265
L. Larson	395	355	475	1225
M. Morgan	430	325	425	1180
S. Elwin	285	165	320	770
L. Lewis	270	180	250	700
A. Lewis	270	180	250	700

ADPPA Baltimore Bench IV
20 Jul 91 - Baltimore, MD

Women	Men
G. Padillo	140
M. D'Angelo	145
Masters	140
M. D'Angelo	140
Masters	140
40-49	315
J. Short, Jr.	400
R. Shanks	395
R. Elliott	335
40 & over	325
S. Spears	340
C. Beck	255
J. Robinson	365
T. Mason	235
J. Short III	170
J. Baker BL	148
R. Shanks	340
S. Stewart	315
S. Gregori	255
D. Jullo	235
P. Ireland, Jr.	375
J. Baker BL	340
R. Shanks	315
S. Stewart	315
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ADPPA Baltimore Bench IV
20 Jul 91 - Baltimore, MD

Women	Men
D. Ferguson	220
E. Hamilton	170
A. Hines	150
W. Klock	330
G. Bowers	325
J. Meets	305
B. Black	300
M. Smith OL	520
K. White	330
C. Bates	170
C. Barnett	285
K. Myrick	405
B. Polak	340
B. Humann	300
D. Clayton	415
M. Stewart	500
H. McChese	385
Swift 43-186	405
McChese 48-298	395
Bates 50-218	320
Clayton 47-183	320
Dalton 47-157	270
Barnett 41-203	285
Barnett 41-203	285

ADPPA Baltimore Bench IV
20 Jul 91 - Baltimore, MD

Women	Men
T. Donay	550
T. Shilly	310
J. Wasserman	265
18 Davis	370
D. Conway	365
K. Randazzo	315
C. Webb	315
W. Miller	285
R. Roth	195
B. Bowers	115
J. Roberts	250
B. Williams	225
K. Deamert	210
D. Clayton	275
C. Kambauer	365
C. Villanov	280
J. Berhenke	275
S. Dood	255
M. Magee	195
Unlimited	295
D. Sullivan	295
L. Sullivan	295
Op. Young	132
B. Bowers	115
Edg. Greg Gordon	285
Edg. Greg Gordon	285
Edg. Greg Gordon	285
Edg. Greg Gordon	285

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Women	Men
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B. Humann	300
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Clayton 47-183	320
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Barnett 41-203	285
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Director, for the results of this competition.
Nucleus East Third Annual Bench
11 May 91 - East Peoria, IL

Women	Men
T. Palubak	160
M. Barnett	140
A. Hines	140
A. Hines	165
D. Graham	300
S. Crawford	285
L. Dalton	270
M. Barnett	100
T. Vujkovich	181
S. Shamer	95
C. Jones	365
D. McClinton	360
D. Merritt	350
D. Merritt	125
D. Ferguson	220
E. Hamilton	170
A. Hines	150
W. Klock	330
G. Bowers	325
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G. Padillo	140
M. D'Angelo	145
Masters	140
M. D'Angelo	140
Masters	140
40-49	315
J. Short, Jr.	400
R. Shanks	395
R. Elliott	335
40 & over	325
S. Spears	340
C. Beck	255
J. Robinson	365
T. Mason	235
J. Short III	170
J. Baker BL	148
R. Shanks	340
S. Stewart	315
S. Gregori	255
D. Jullo	235
P. Ireland, Jr.	375
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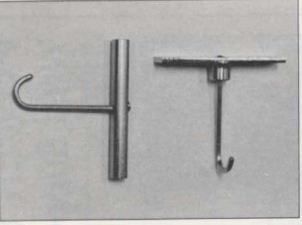
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Barnett 41-	

NEW PRODUCT



C. PRICE BELT TIGHTENER has been developed by Massimo... It is used for lifting and power racks or handhold. They will be guaranteed for three months...

Stegle's game! His 551 was made more... Being the competitor that he is, he'll just go all the doctor after the contest. Good luck to all...

High Sierra Masters 14 Jul 91 - Carson City, NV... Women 105 lb. 841 35 1321 2811... Men 105 lb. 105...

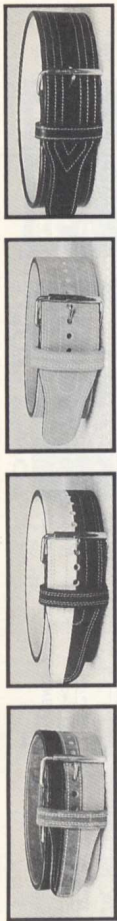
USA FITNESS AND CRAIN'S MUSCLE WORLD presents the 1991 USPF GREATER TEXAS CLASSIC Men/Women - Powerlifting/Bench Press/Deadlift... DECEMBER 14-15, 1991

took 4th with long time NYS lifter Clifford... Steve Dulling is out to the end. Jack Egan set two national records... Eric Arnold talks to the press...

Table with columns for state abbreviations (NEBRASKA STATE, IDAHO STATE, PENNSYLVANIA, ILLINOIS STATE, OKLAHOMA STATE, WYOMING) and names of powerlifters with their respective weights.

HEAVY METAL GYM advertisement featuring a 'TRAP BAR T-SHIRT' image and promotional text: 'POWER HOTLINE... is the twice a month bulletin of the Iron World... 100% COTTON HEAVYWEIGHT SIZES S-M-L-XL-XXL add 1.00'

POWERBELT™

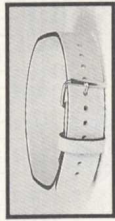


Style A
\$64.95
3 Color Suede

Style B
\$64.95
2 Color Suede

Style C
\$61.00
1 Color Suede

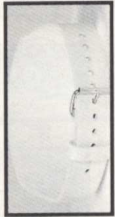
Style D
\$49.95
Double Thick Leather
With Stitching



Style E
\$39.95
2-1/2" Tapered Front
Single Thickness
Suede



Style F
\$18.95
4" Leather
Single Thickness



Style G
\$24.95
6" Tapered
Single Thickness



Style H
\$15.95
4" Tapered
Single Thickness



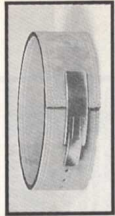
Style I
\$49.95
ECONOMY
SUEDE BELT



Style J
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ADJUSTABLE BELT



Style K
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6" NYLON
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Style L
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BELT



- GIVE COLOR
- WAIST SIZE
- SINGLE / DOUBLE PRONG

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BIG WRAP™
POWER \$14.99**

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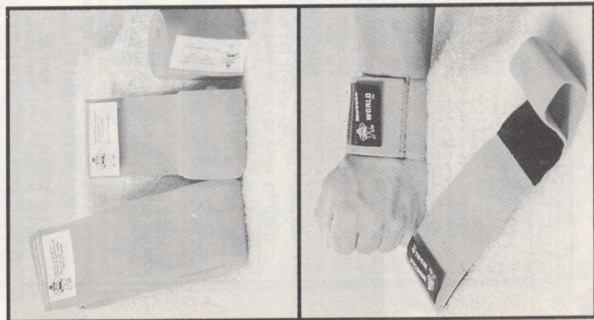
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AT THE BOTTOM OF THE SQUAT AND DEADLIFT!
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POWERWRAP™4 (TURBICANE, MUSCLE)	\$9.99
POWERWRAP™1 (JBSW10, REDLINE, GOLDLINE)	\$12.99
POWER WRIST WRAP™	
STYLE 1 (VELCRO)	\$6.99
STYLE 2	\$6.99
STYLE 3 (INCORPENE w/ VELCRO)	\$9.99
STYLE 4 (THUMB LOOP w/ VELCRO)	\$9.99
STYLE 10 (WRIST LOOP w/ VELCRO)	\$7.99



CHAMPIONS



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SHOES**
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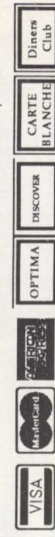
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Style B \$61.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

- Made from the world's finest leathers, for total and safe support
- Made to legal thicknesses
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and workmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$61.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two- or three-tone. \$61.00

Style C Double thickness smooth leather. Available in single or double prong. \$61.00

Style D Single thickness, heavy leather. Double prong recommended. \$23.00

Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$61.00

Three-Tone Belt Any three colors. Style A & B only. \$61.00

Two-Tone Belt Any two colors. Style A & B only. \$61.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$51.00

Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$51.00

Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$51.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$51.00

Prices Subject to Change Without Notice



Style A Three-Tone \$61.00



Style A \$61.00



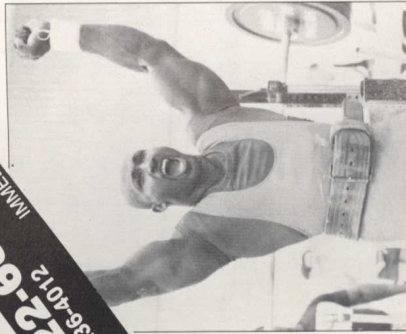
Style E \$61.00



Mark I \$51.00

- Silver
- Black
- Pearl White
- Grey
- Kelly Green
- Forest Green
- Brown
- Rust
- Sand
- Gold
- Pink
- Red
- Orange
- Maroon
- Purple
- Navy
- Light Blue
- Royal Blue

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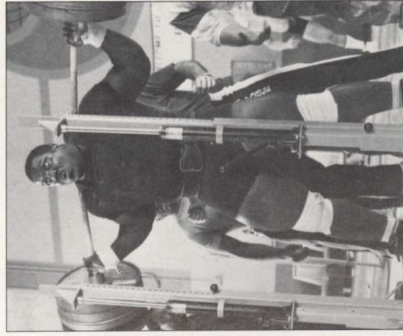
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