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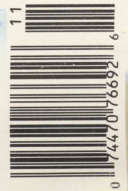
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DOM SARDO PROFILE



Powerlifting USA

Post Office Box 467
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 Research Editor: Dr. Tom McLaughlin
 Sports Medicine Editor: William Taylor MD
 Subscription Services: Jean Lambert
 Graphics/Layout: In. Joo Lambert
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'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.'

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ON THE COVER.....Dom Sardo at the APF Sr. Nationals.
 Special treatment by Graipport and Miller's Color Prep.

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POWER PROFILE

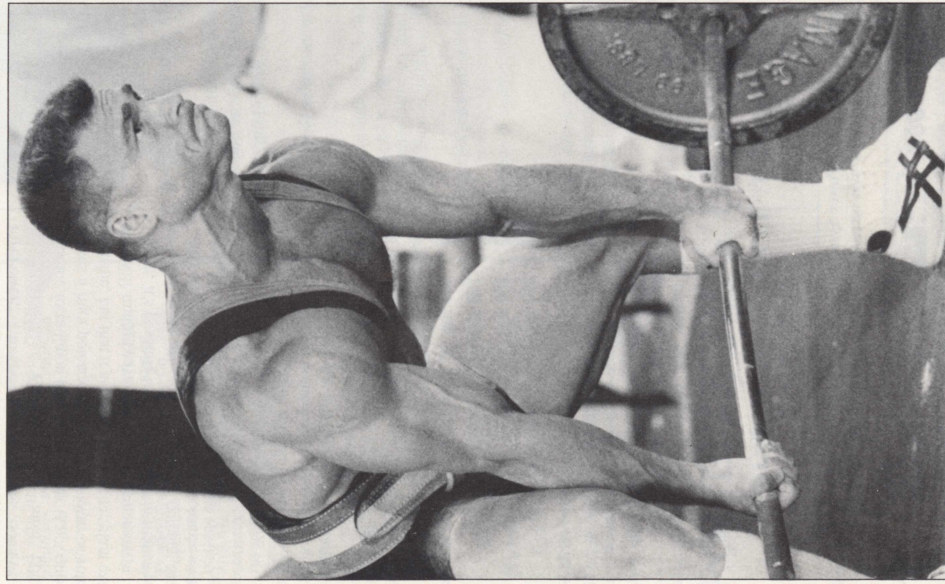
When Mike Lambert and I talk about "things to do" in PL USA some are obvious. Other ideas, however, have to be tossed back and forth before they seem sensible or even desirable. One of the very sensible things we agreed on was to present an up close look at one of the sport's least heralded, but most respected lifters. Dominick Sardo has been a consistently excellent and universally respected lifter for a number of years, yet remains a relative unknown to much of the

DOM SARDO as told by DR. KEN LEISTNER

lifting public. Watching him lift with controlled precision, and then talking at length with him at the APF Senior Nationals made me determined to rectify this situation for Dom: is without doubt, one of the best lifters in the sport today.

mark he forced himself to compete at the past few years. His level of concentration is extremely high and focused. In the warmup room, during his regular training sessions, or on the competitive platform, he is totally locked in to the task at hand. To many observers, Dom Sardo is the "total package"; big totals, excellent technique, terrific functional physique, and a really nice guy too. PL USA and lifters wanted to know more about Dom Sardo, and I was fortunate to gather enough information to indicate that he is as nice as he seems, as smart as he seems, as analytical in his training approach as he seems, and yes, his calves are as small as they seem!

Dom is no flash in the pan. He had already invested close to fifteen years of training before trying the competitive lifts. He didn't view bodybuilding as an "athletic" event, although he respected the hard work that goes into it, and the artistic side of the activity. Beginning with a se-



Dominick Sardo has one of the most muscularly chiseled physiques in powerlifting

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

ries of bench press contests, he eventually graduated to full three lift meets. One of his early influences was Mr. Herbie Noonos, who assisted him with his techniques. Combined with an excellent foundation of strength, built through his years of lifting and wrestling activities, he got off to a fast start before having a disappointing showing at the 1987 APF Nationals in Minnesota.

Dom laughs when describing his early introduction to strength training. In high school, "I had a study period every day, so I would go to the Universal and do the same circuit routine every day, five days per week. As the old saying goes: 'If I only know then what I know now...'". Despite this, Dom became stronger and gained discipline that would serve him well when forced to make weight. At Boston State College, his strength training knowledge and prowess expanded concurrent with his education. As a physical education major, he came under the tutelage of the late Dr. Mike McNamara, who provided both classroom and gym instruction. He provided Dom with an encouraging and knowledgeable training partner who has not, to this day, been replaced, since his death in 1983.

Dom's strength and physique continued to improve through college. Combined with good genetics and the fact that his three older sisters continued to beat him, his motivation to train only grew stronger. Dom realizes that he was fortunate to "pick the right parents", but has benefited too from the tremendous support given him by his parents, sisters, and wife Mary.

Herbie and Kevin Noonos deserve a lot of credit in Dom's powerlifting development, and he freely throws that credit in their direction. Wife Mary continues to be his rock, although there is fiction about the fact that her calves are quite a bit more muscular and larger than Dom's. Without seeming disrespectful towards Mary, her calves are good, but not great, not huge. I guess that means that Dom's leave a bit to be desired, and this has been a point of humor between us. Of course, if one views the Sardo physique, he's one of those lifters who could change into his posing briefs immediately after the deadlift and teach the pumping crew thing or two. His quality of muscle sets him apart from the pack, as he is hard as the proverbial stone wall.

As Dom improved his three



Dom squats in a rigid upright style, and is ranked very high in his class. Sardo's form on and cheer for big max attempts really helps Dom stay focused.

might have gotten as much pleasure in seeing the lift made as Jackson did. The friendships with competitors like Jackson, comrades like Ed Coan, and the respect that lifters give each other are great attractions that aren't found in many other endeavors.

As a seasoned competitor, Dom has some pointed views on the sport. While he has great respect for the various organizations that give lifter the opportunity to compete, and the lifters in each organization who work so hard for that opportunity, he believes that the common goal of all should be to benefit and further the growth of the sport. He would like to see one governing body that has the "final say" for all of the various organizations. A universal set of rules and guidelines for all meet directors affecting equipment, the actual running of the meet, warmup facilities, etc., would help to standardize meet sites and the meets themselves, allowing the athletes to perform at their best. Officials and meet directors would take mandatory tests to insure that they were aware of the rules governing the direction of a meet.

Dom Sardo is one of those lifters who has been able to work hard enough to reach a pinnacle that most of us can only dream about. Yet, he loves the sport and has been willing to give back to it. He coaches others, officiates at meets, and spreads the good word about all that is powerlifting. He has lifted in a number of organizations and supports anyone who is in support of the sport. I'm in support of those like Dom Sardo who give a lot of themselves for the sport and in the truest sense of the term, serve as a credit to powerlifting.



Dom is an exceptional bench presser, and is one of the very few lightweights to bench well into the 400s

MR. OLYMPIA Bench Press Challenge



The following communication regarding the MR. OLYMPIA Bench Press Challenge was received from head official there and ADFP President Ernie Frantz: "This letter is in reference to the Mr. Olympia & World Record bench press with Ted Arcidi and Anthony Clark, in Florida at the Dolphin Hotel, Saturday, Sept. 14, 1991. This event was a tremendous success, combining physique with power made it even more so exciting.

I would first like to thank Louis Balz of Florida who not only helped as a spotter but also supplied the bench and weights needed. I want to thank Ed Schmidt from Michigan, who was a spotter also, and the WPC officials Bill Miotke and Jim Rouse.

I would like to start by saying that this was sanctioned by the WPC and ADFP. The weights were weighed with a certified scale by myself, Bill Miotke, and Jim Rouse. Also present at the time was Joe Weider. He was over seeing that everything was going right, and taking pictures of the powerlifters and the officials. He spoke of the promotional work he did with power in the early years. Joe Weider was happy to announce that Ted Arcidi was the highlight for the intermission of the Mr. Olympia with his power in the bench.

The Mr. Olympia was a huge success, with Lee Haney again capturing the title. Zelon was the set up man responsible for the powerlifting involved. He made sure everything went well and on time as scheduled. Our power show was given 20 minutes during the intermission, but it stretched on to be 30. We set up the time schedule of giving 45 minutes for the warmups, and making sure that the officials knew the exact way that Ted Arcidi would be benching with his handoff and Anthony Clark's way of benching and his handoff. Our officials and one of Anthony Clark's guys checked Ted Arcidi's extension of his arms when pulled to the fullest extent. Showing that with his arm fully extended it is not as full extended as most lifters, but as far

man took approximately five warmups side by side. At the opening attempt during the intermission Anthony Clark called for a 620 lb bench. He took his first attempt and his shirt completely blew out and the bar collapsed to his chest, the spotters removed the bar. At this point he returned to the back room to change shirts.

Next was Ted Arcidi to take his 685 lb opener which flew up with success. From this point Anthony Clark went on again to do the 620 lb bench in a reverse grip, which was made with success also. Anthony then called for a 700 lb bench, and Ted called for the World record of 725 lb. Anthony was not successful with the 700 lb bench. Ted made the 725 lb bench and broke the World record with no problem. Anthony then tried the 725 lb bench with it not even off his chest. On the third attempt Ted Arcidi went for a 750 lb bench press which he did not achieve. He looked very strong and controlled it but just didn't make it. He is sure he will get it at his next meet.

We are looking forward for the Powerhouse Gym to sponsor the lifting again for the WPC in Las Vegas. With the strongest squatters, benchers, and deadlifters, not only from the U.S. but all over the World with the 20 countries participating. This will take place November 21 thru the 24, 1991. This World Championship promises to be the best ever and one of the largest that we have promoted yet. Normally this is a two day meet, but due to the entries we have moved to four day meet.

I would also like to state that any records Richie Greedy are claiming from the Malibu Classic are not world records in the American Powerlifting Federation or the World Powerlifting Congress. The reason for this is that his meet was never sanctioned by either the APF or the WPC."

Additional comments about the contest can be found on the opposite page.



Clark & Arcidi...the two combatants line up at the bench (Bruner)



Anthony & MR. O....Anthony was very well received at the show

A READER'S OPINION

Should it count? That is the question that I've been asking myself since I witnessed Ted Arcidi's Bench Press at the Mr. Olympia on 9-14-91! Ted was credited with a World Record Bench Press of 725 lbs. which, in my eyes and many others, he did not even come close to locking out! In fact, he did not even lock out his opening lift of 675 lbs., yet he was credited with the lift! After he was credited with his opening attempt - there was some commotion in the audience, such as, "Hey Judge, make him lock it out next time!" Screams like that were abundant - so I knew I wasn't just seeing things - Arcidi really didn't lock out the lift! Meanwhile, after some more demands from the audience for full lock-out, the M.C. of the Mr. Olympia Show (Mr. Reg Park) went over to the head judge, Mr. Ernie Frantz, and asked him to elaborate on the "Lock-out" which was being demanded by the crowd! Mr. Frantz plainly stated - "That Ted was shocking to me." That Ted Arcidi suffers from severe arthritis is unable to fully extend his arms in order to complete a full lock out! Therefore, He (Ernie Frantz) stated that he measured Arcidi's range of motion in the warm up area while Arcidi was using 135 lbs. - and found that Arcidi could only lock out 3/4 of the way - so all Arcidi had to do with 725 lbs. was bring it 3/4 up and it would be a legal lift! After a large moan roared through the audience, I thought to myself "Gee, the next meet I go to I'm going to say that I suffer from severe arthritis and I'll beat some of my personal records for sure!" also thought, "let's let Dick Butkus (the great Chicago Bear linebacker) return to the game of professional

FROM ADFP PRESIDENT, AL SIEGEL: "WHY THE ADFP? In today's overcrowded and confusing world of Powerlifting, a lifter must decide which of the many organizations to support. We would like your choice to be the ADFP because we believe we are the finest powerlifting organization in the world today. WHY ARE WE THE BEST?"

1. DRUG TESTING: Every ADFP meet requires that a minimum of 10% of the lifters be drug tested. Many meet directors do much more than the minimum and since the ADFP uses both Polygraph and urinalysis testing, the odds against beating the test are less than where only one method is used. In addition, the ADFP is now using out-of-contest Urine Testing, in which our top lifters are required to give urine samples with little or no warning.

2. NEWSLETTER: The ADFP has its own newsletter published six times yearly which is sent to all registered ADFP members. Besides the usual articles and meet results, it also includes constant updated top-lifter rankings for all divisions (Men, Women, Teen and Masters). **3. INTERNATIONAL COMPETITION:** The ADFP is a member of the World Drug Free Powerlifting Association and sends teams to the Men's and Women's World Championships as well as to the Masters World Championships. So far these World Meets have included such locations as England, France and Australia. In addition, a North American Championship is now being held which will follow all international rules and at which world records can be set.

4. NATIONAL OFFICE: The ADFP is now in its fifth year of having a national office where all ADFP business is done. A lifter is only a telephone call away from any information needed regarding membership, meets and records.

5. MEETS - LOCAL TO NATIONAL: the ADFP sanctions over 150 meets a year, any of which you can use to qualify for a national meet. The ADFP also sanctions 10 National meets a year. They are: Mens, Womens, Masters, Teen, High School, Bench, Deadlift, Collegiate, Police & Fire and Pure Nationals. Each of these meets is run individually in order to guarantee the prestige each meet and each lifter deserves. Each meet features lots of competition as well as tough and fair judging.

6. HISTORY, TRADITION AND PRESTIGE: The ADFP has been around for 10 years and has grown from a small organization to one featuring nearly 6,000 members. Our National Championships have become some of the toughest and most prestigious meets in the world today run by some of the world's best meet directors. Many of the world's best lifters are members of the ADFP, and many of the world's past best lifters have come out of retirement to lift in the ADFP. WE AT THE ADFP ARE PROUD OF OUR PAST AND LOOK FORWARD TO AN EVER BETTER FUTURE

ADFP NATIONAL AND INTERNATIONAL MEETS
Nov. 8, 9, 10 Masters National (Daytona Beach, FL) Tom Trevorah, 411 Belmont, Palatka, FL 32177, 904-328-4804 (after 4 pm)
Nov. 10 & 11 WDFP World Championships, Australia
Dec. 7 WDFP World Bench Press Cup (St. Malo, France) Mr. George Gerard, 21 Cours Printeville, 77100 Meau, France 1-64-33-39-06
Feb. 15 & 16 WDFP North Americans (Chicago, IL) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
Mar. 7 & 8 Collegiate Nationals (Austin, TX) Jan Todd, 217 Gregory Gym, Univ. of Texas, Austin, TX 78712, 512-471-4890 & 512-447-3635

Mar. 28 & 29 National Bench Press Championships Bob Gaynor, 19 Sunrise Ct., Mt. Top, PA 18707, 717-823-6994 & 717-474-6111
Apr. 4 & 5 Lifetime Nationals (Baltimore, MD) Brian Washington, 3506 Essex Road, Baltimore, MD 21207
Apr. 4 & 5 High School Nationals (St. Louis, MO) John Petroff, 13267 Windgate, St. Louis, MO 63146 314-434-5818
Apr. 11 & 12 Womens Nationals (San Ramon, CA) Michelle Buckmann, 104 C Compton Circle, San Ramon, CA 94583, 510-820-9796
June Mens Nationals (St. Louis Park, MN) Erin Feldges, 5525 Cedar Lake Road, St. Louis Park, MN 55416 612-546-2995
July 17 & 18 Boys' Teen Nationals (Chicago, IL) B&W Gym, (see above)
August Deadlift Nationals (White Plains, NY) Pete Giondi, 21 Richbell Road, White Plains, NY 10605 914-686-0727(F), 914-948-2023(W)

This Month's Cover



Dave Wallace of Grafport scanned a 4 x 6 photo using a Microtek 600zs scanner at 300 dpi. The painting effect was created using Aktus Gallery Effects & Adobe Photoshop 2.0 on a Macintosh. Ilci. Proofing was done using a LaserMaster 1200 & a Seiko Colorpoint 5514.

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Everything With Nothing

An Unprecedented Inside Look at Russia

Powerlifting as told to PL USA by Eileen Owen

Anyone who's been in the Soviet Union would be lying if he didn't admit that staying there for any length of time is, physically speaking, a difficult thing to do. Of course, there are many beautiful things to see in various places all around the country, but generally speaking, it's not a pleasant place to be.

As many of you know, I was privileged with the opportunity to go to the Soviet Union two years ago to compete with several other American powerlifters. And because I met with the top Soviet powerlifter, Vladimir Mironov at that time, I was later able to arrange for him to spend quite a bit of time here in the States as my guest over the past year. I learned a lot about how he trains, and about his whole attitude and concept towards the sport of Powerlifting, but it was entirely impossible to grasp what are perhaps the most important details about this man without actually living on his turf for a while. So, I did so.

My ability to speak Russian opened up a completely different world to me as compared to the average tourist traveling in the Soviet Union. I could never have "grasped" the people, or the way they live and feel - as athletes or otherwise - without being able to understand all the little things that nobody ever bothers to translate... all the small-talk and such.

This is a difficult article for me to write, because I want to write the reality that I saw, lived, and felt while living with Vlad in the USSR, but at the same time, it's important to me that none of you who read

the peak of the vegetable and fruit season, so there was plenty of fresh produce available ... and it was better than anything I've eaten here in the States. Come winter though, there will be little to eat, regardless of where one lives.

Vlad's apartment, which he rents from his friend since there isn't one available for him to buy, is small, and old, and very typical of many other Russian families. Oh, Vlad's got plenty of money to buy the best; it's just that there's literally nothing to buy. At least for now, it's a place to live.

It's nothing close to anything most Americans would actually pay to live in. As is so typical of Soviet apartments, the plaster on the walls is cracked. There's a couch, a table and a few chairs for it so you can eat, and a small sort of cabinet type thing for books in one corner. A television in the other corner. The kitchen is probably 5 X 7 feet.

There's an ancient sort of stove thing that's about 1-1/2 foot x 2 feet max, a very small sink, a very small table, and a very small cabinet for dishes. No working space. This is where Vlad's wife spends about 70 percent of her day. The bathroom resembles something from at least 100 years ago. The bedroom is of decent size, and has a small bed, dresser, and portable closet -

which is small, and holds the entire family's clothes.

Some, maybe even many, live better than this ... meaning, in better, newer, bigger apartments, but having the money to live better is not a guarantee you won't live just like Vlad and his family ... it's the way the majority of Russia lives. One can't buy what's not available to buy. And so, every apartment looks pretty much the same.

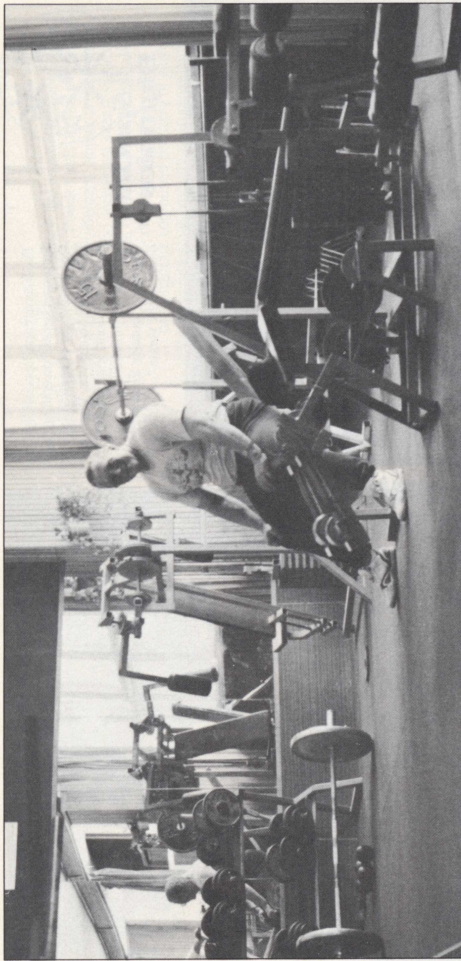
Only the main streets of Omsk (or anywhere) are paved. The pavement is full of huge holes, which drivers dodge with amazing grace and skill, while at the same time dodging each other. The cars and trucks that brave the way under their owner's command are equally battered and worn. I can now say that nobody can scare me in a car.

Vlad either takes a taxi to the gym every day, or his friend and business partner picks him up in his car. If you saw the public bus system you'd understand why. There's a special law of nature that exists only in the Soviet Union: If the bus, elevator, trolleybus, or train is absolutely PACKED full of people, you can still cram in ten more. Maybe even 11. I never did figure out how this is possible. This is really great when it's hot outside.

Vlad is the core of the gym really, which is tucked away in a large, undistinguished building. The place doesn't really come alive until he gets there. His friends and fellow lifters wait for him, then greet him with a warmth and enthusiasm I think is only possible in the Soviet Union. It's the same every day.

The gym is Vlad's world; it's his place of business, and his place to train. He spends a lot of time on the phone there, which happens to be tapped by the KGB - I guess I was surprised by the way Vlad sort of became "electrified" when at the gym ... He's normally so laid back and calm. But there, he was really alive. He was busy. People came and went from the office. Because of his personality, smarts, and ability to work with people, I quickly learned that he is the core of more than one business company. He's both as a lifter, and a businessman. People trust him.

When it came time for him to lift he seemed to go about it in a sort of business-like way. I guess that makes sense, since his entire livelihood depends on him maintaining his stature as the top Soviet powerlifter. Regardless of who or how many were at a particular piece of equipment, when Vlad was ready to lift, they gave it up instantly, without even a sigh of complaint. It may be that in the winter, when there are more lifters, he would share the



Vladimir Mironov... the Strongest Man in Russia checks out a new gym in his hometown of Omsk. (All photographs courtesy Eileen Owen)

... So the girls and guys in the gym next to them is the Slate, National, or even World champion bodybuilder or powerlifter. They just don't put effort into trying to learn.

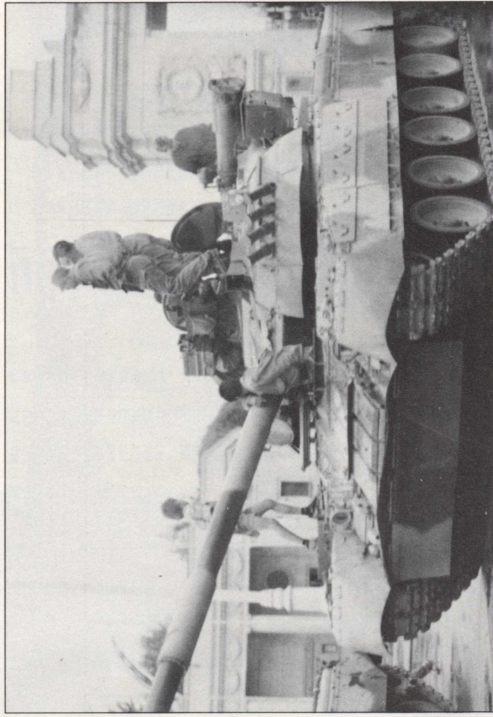
There were some interesting contrasts I noticed at that gym, as well as in other gyms we visited. For one, the respect these people who train at Vlad's gym have for him is pretty amazing. When he lifts, everyone watches. If he's doing a particularly heavy lift, the entire gym becomes silent, and everyone gathers around to watch. Yet the ignorance the majority of them have about lifting is unreal. I guess it's much the same as we see here in the States ... it's so common here to see people lifting improperly, and right

far above that of any Soviet female USSR who possess the kind of strength women powerlifters in America possess. I've been out of the competitive scene for a LONG time now, and weigh about 35 pounds less than I did a year ago. Even so, the strength I have maintained (I can still bench over 200 and squat and deadlift 400 or so) is far above that of any Soviet female

Music. We visited 2 very new gyms, and I was really impressed. They were every bit as nice as anything typical of a decent gym here in America, with the exception of the workmanship on the machinery. Mirrors everywhere, plenty of equipment, and enough room for 20 or 30 people to lift comfortably. My guess is that these newer gyms were only a year or two old.

The most impressive place was a building undergoing remodeling. It's got to be (rather, will soon be) the nicest training facility I have ever seen. I wish you all could see the equipment they were using to actually construct this place with. It was so primitive it would shock you. Anyway, they were putting cut marble into a not too huge room near the entrance when I saw it. This will be the "Banna", or steam room. The rest of the building was pretty much complete.

Beyond the banana was a bar (article continued on page 92)



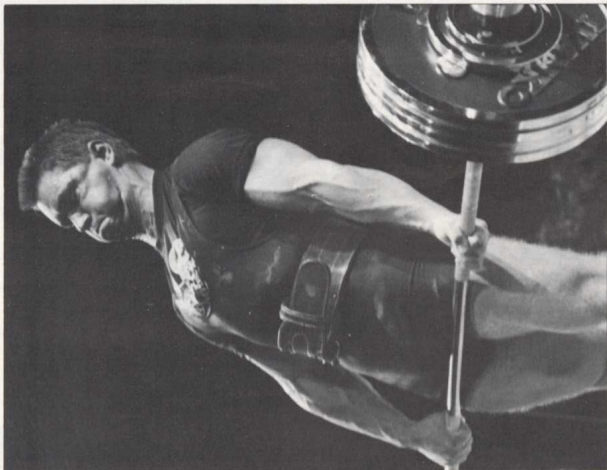
August 19th... a Russian tank in front of Corky Park in Moscow. Eileen was there during the coup attempt



Some New Friends at Vlad's Gym. Vladimir Mironov is 2nd from right, and Eileen Owen, 3rd from right.



The International Special Olympics Summer Games Powerlifting Event was beautifully promoted by Erin Feldges in Minnesota. We understand that John Inzer contributed suits for the athletes to use. Special Olympics founder Eunice Shriver declared the venue "spectacular".



Rocky Larson... had the biggest deadlift at 181 - 529 lbs. (S. Herrick)



Special Olympics International... (left to right, top row) Mike Bovino, Arnold Schwarzenegger, Bobby Shriver, and athlete Julie Flahaven, Coach Judy Dietel, athlete Dominique Davalos (Van Dyke)



Award Ceremonies... were a time of all smiles. 6000 athletes from 90 countries participated in 16 different sports, making the Games the largest sporting event in the world for 1991. (Stella Herrick photo).

International Special Olympics Summer Games 18-23 Jul 91 - Minneapolis, MN		SQ	BP	DL	Total
Women					
Lighthweight	92	182	275		
H. Blahoven	102	177	270		
H. Blahoven	57	130	181		
E. Wesseli	45	130	175		
J. Whiteside	50	115	165		
A. Marino	50	75	130		
D. Moos	27	65	92		
Sr. Johnson					
A. Marino	102	200	302		
S. Coleman	85	165	250		
R. Smith	85	165	250		
J. Lukofsky	85	165	250		
E. King	77	125	202		
C. Howell	82.5	125	202		
K. Lanonea	60	125	185		
J. Johnson	65	160	225		
J. Neff	90	132	222		
S. Drew	74	142	210		
A. Cohen	60	60	80		
G. Wagner	23	23	54		
C. Wagner	27	27	43		
Men					
60	67	192	260		
P. Cummings	77	180	257		
Jr. Braun	65	150	215		
C. Jelen	75	130	205		
M. Williams	75	145			
C. Williams	72	130	202		
B. Williams	75	142	210		
Z. Griffiths	72	130	202		
B. Chipman	72	130	202		
Sr. Austrams	62	102	137		
V. Avans	37	100	135		
C. Joyce	52	102	155		
J. Morgan	62	95	137		
J. Christian	35	35	150		
Sr. Christian					
C. Devers	92	147	240		
J. Podano	82	127	210		
J. Podano	82	127	210		
D. Fromm	2	2	125		
W. Wright	66	55	102		
E. Nebi	25	45	70		
67.5	60	122	182		

H. Brown	75	170	245		
K. Bligh	90	152	242		
L. Robinson	110	110	220		
L. Robinson	85	152	237		
C. Hamore	82	115	197		
C. Hamore	82	115	197		
Grand Master					
Sr.	102	192	295		
B. Rice	92	200	292		
C. Caputo	97	177	262		
M. Forney	90	162	252		
F. Lopez	95	150	245		
L. Nusan	70	110	180		
D. Arlas	62	92	155		
D. Arlas	57	92	150		
Master					
K. Bligh	102	152	255		
L. Robinson	85	152	237		
L. Robinson	85	152	237		
C. Hamore	82	115	197		
C. Hamore	82	115	197		
Sr.	102	192	295		
B. Rice	92	200	292		
C. Caputo	97	177	262		
M. Forney	90	162	252		
F. Lopez	95	150	245		
L. Nusan	70	110	180		
D. Arlas	62	92	155		
D. Arlas	57	92	150		
Master					
S. Banks	115	192	307		
S. Banks	85	177	262		
J. Dunlop	55	140	197		
L. Johnson	67	130	197		
J. Sanborn	67	130	197		
Master	60	97	157		
C. Cushing	62	70	132		
J. Whittenhagen	47	70	117		
Master	112	190	302		
M. Penner	85	182	287		
C. Jelen	110	142	242		
M. Hill	72	182	255		
B. Bowdleon	107	157	255		
Grand Master	92	175	252		
K. MacLeod	77	115	207		
O. Dohart	57	117	175		
C. Bailey	55	112	167		
W. Starbier	55	85	140		
D. Thurston	105	205	310		
P. Brewer	87	185	292		
S. Bagley	82	202	285		
C. G. Granger	77	140	217		
M. McDowell	70	142	212		
E. Karpos	65	147	212		
60	147	217			

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

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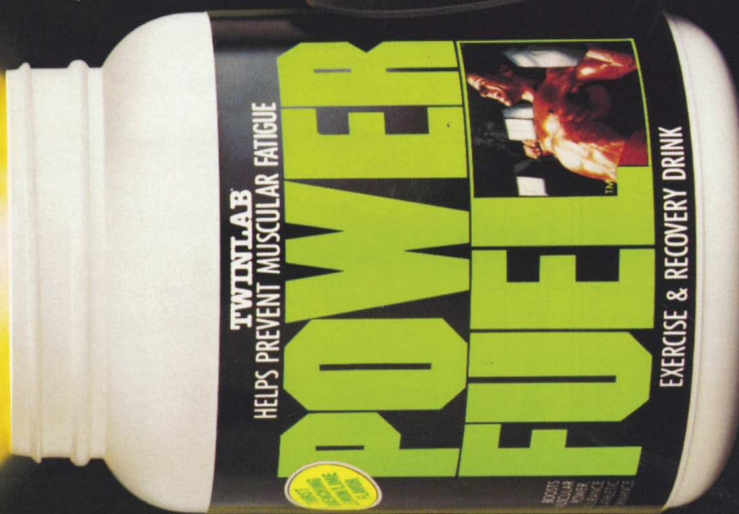
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WORKOUT of the Month

My name is Eric Hammer and I have been competing in the 148 lb. class for the past six years. I have had good results in the squat with a competition lift of 562 lbs. The training cycle I will discuss is designed to increase one's max squat from 500 to 535 lbs. This training routine is ten weeks long and assumes that you have been doing sets of ten or eight repetitions. I would like to go over a couple of general guidelines and my training philosophy, and then present the specifics of the routine.

I am a firm believer in getting used to lifting in full gear. After all, that is what you will be competing in. I also believe that the last 2 workouts should be PERSONAL RECORDS as opposed to just taking your opener. This will give you confidence going into the competition. For the heavy workouts, on Mondays, use only a belt for the first two weeks, add wraps for the following four weeks, and use full gear for the final four weeks. Thursday is the light day. All light workouts should generally be the same from week to week. The purpose of the light day is not so much to gain strength, but to work on your form and to keep your body in tune with the lift. Leg presses, extensions, and curls will serve as your auxiliary exercises. Four heavy sets of each on Mondays and three moderate sets of each on Thursdays following squats provides all the assistance work that is needed. Stretching is also a big part of the workout, both before and after. Below is a detailed ten week squat cycle.

The warmup for each day consists of: 135 lbs. for 8 reps, 2 sets, 225 lbs. for 5 reps, 1 set. The Light Day will be 275 lbs. for 5 reps, 2 sets.

WEEK 1: Monday - 275 lbs. for 8 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 2: Monday - 295 lbs. for 8 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 3: Monday - 275 lbs. for 5 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 4: Monday - 305 lbs. for 5 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 5: Monday - 305 lbs. for 5 wraps, 3 sets, Thursday - LIGHT DAY.

WEEK 6: Monday - 305 lbs. for 5 wraps, 3 sets, Thursday - LIGHT DAY.

WEEK 7: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 8: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 9: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 10: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 11: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 12: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 13: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

WEEK 14: Monday - 305 lbs. for 4 reps, 3 sets, Thursday - LIGHT DAY.

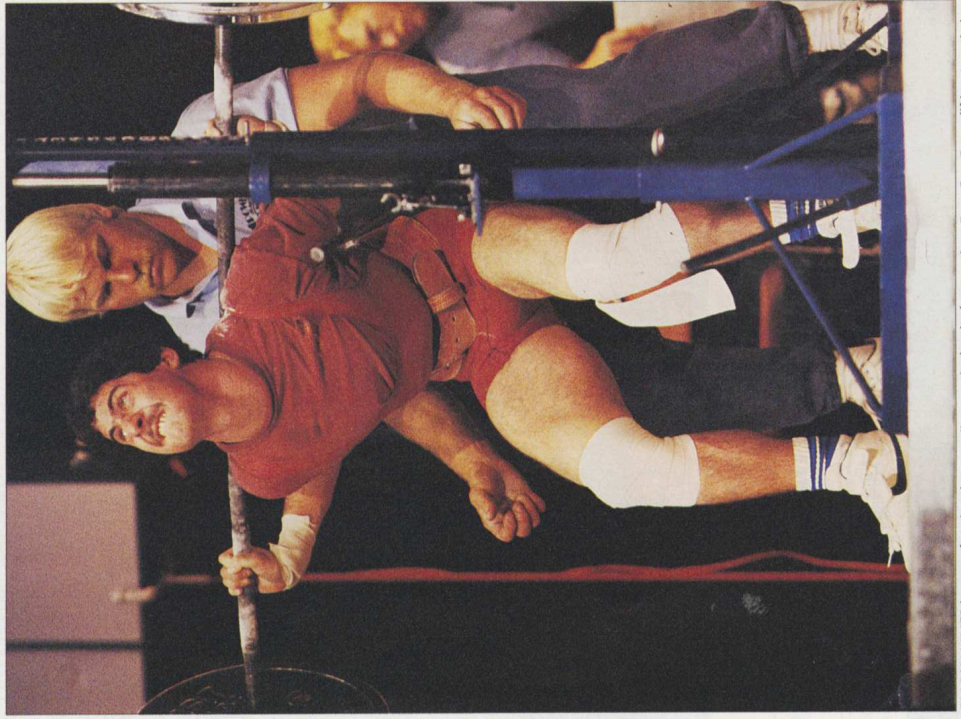
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of 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, increase the training poundages by (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

Eric Hammer Squat Routine

WEEK 9: Monday - 305 lbs. for 3 reps, 375 lbs. for 3 reps with wraps, 445 lbs. for 2 reps with full gear, 495 lbs. for 1 rep with full gear, 520 lbs. for 1 rep with full gear. Give Pete a call and he will set you up! If you have any questions, please feel free to contact me at: 2105 San Sebastian Court No. 523, Houston, TX 77058, 713-333-4193.

WEEK 10: Monday - 305 lbs. for 3 reps, 375 lbs. for 3 reps with wraps, 445 lbs. for 2 reps with full gear, 495 lbs. for 1 rep with full gear, 520 lbs. for 1 rep with full gear. Give Pete a call and he will set you up! If you have any questions, please feel free to contact me at: 2105 San Sebastian Court No. 523, Houston, TX 77058, 713-333-4193.

I use the Titan Support Systems



ERIC HAMMER is a vet of National competition, particularly in the American Drug Free Powerlifting Association.

TOM ELDRIDGE DIES



Tom Eldridge... recently passed away after a long battle with cancer. Earlier he had an operation to remove a diseased lung and other tissue, but regrettably, the cancer returned by an inoperable location in his brain. He held off the disease much longer than expected by his physicians, but eventually several of his organs failed and he passed away. Tom had only recently retired from a long, and very successful career as a lifter. His participation in Powerlifting was all encompassing. As a lifter, he set many records, at the masters level and in the Fireman's Olympics, and he won titles and competed at the national and international level. He was an accomplished referee, who served at innumerable local, state, regional, national, and international events. He helped direct several high quality competitions in California, and served as National Masters Chairman. He inspired many members of his family to participate in Powerlifting in various capacities. Perhaps his greatest enthusiasm was reserved for his leadership of the TOP GUN Masters Powerlifting team - a great group of people who dominated many national team competitions. He gave more to Powerlifting than most people can imagine. Above, Tom squatting in national competition. The squat was his favorite lift. Below, Tom at the 1990 USPF National Masters with his wife, Danni Eldridge.



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CANCER AND ANABOLIC STEROIDS: IS THERE A RELATIONSHIP?

by Brent Allen (Author of "Power Research on the Side-Effects of Anabolic Steroids")

With the recent event of Lyle Alzado's inoperable brain cancer (I hope he makes it), much attention has been focused on a relationship between cancer and anabolic steroids. Cancer is a disease of cells characterized by a change in basic cell behavior and structure and by the unrestricted growth and spread of the diseased cells. This unrestricted growth in most types of cancer results in a lump of tissue, known as a tumor, of which can be either benign or malignant. Benign is a non-cancerous tumor that does not spread and is favorable for recovery (most tumors are of this kind), while on the other hand, malignant is a cancerous tumor having a tendency to become progressively worse and result in death if untreated or not treated soon enough.

The basic causes of cancer are unknown, however, there do seem to be some risk factors for cancer, such as viruses/certain chemicals (carcinogens), and a family history for a specific kind of cancer. Anabolic steroids are thought by many to be a possible carcinogenic risk.

Although anabolic steroids are thought to strengthen the immune system, other studies have demonstrated just the opposite. I believe that steroid use may be beneficial for the immune system at first, but long-term high dosage, combined with overtraining and the stress of competing may cause a lowering of the immune system. For example, if you have known any steroid users, have any ever become sick about the time they peaked for a contest (or at the end of their steroid cycle) or afterwards?

One of the functions of our immune system is to recognize and destroy cancer cells and in the research I have seen, cancer occurs more often in patients with immunodeficiency diseases than patients with normal immune systems. In addition there are several types of cancer which are more common, specifically among AIDS patients. So, with a weaker immune system (from steroids) there might be a possibility of a slower



Mike Collett teaches young people the dangers of steroid use through his Strong Athletes Against Steroids organization. SAAS will be promoting a bench meet in Illinois on November 17th. After 40 years of weight training, Mike recently bench pressed his lifelong goal of 400 pounds, drug free. (Cenitel photograph)

rate at which cancer cells are recognized and destroyed. Keep these items in mind while reading through the summarized version of a few of the case studies directly from the Tumors/Cancer section of my book.

Wilms Tumor in an Adult. Associated With Androgen Abuse, J. Prat, G.F. Gray, P.D. Stolley, J.W. Coleman, "Journal of the American Medical Association, 1977, v. 237, p. 2322-2323. Prat & coworkers reported a case study on a 38-year old bodybuilder who used large amounts of anabolic steroids. The drug history was very vague, but it was believed he took large injections of Dianabol (Methandro-

TABLE 1
EXAMPLES OF RISK FACTORS ASSOCIATED WITH AN INCREASED CHANCE OF CANCERS

BEER CONSUMPTION	CANCER
Smoking/Tobacco	Lung/Throat/Tongue
Eating high fat/low fiber diet	Colon/Rectum/Breast
SUN ULTRAVIOLET RAYS	SKIN

sterone) for "some" years and other oral steroids for "many" years. This bodybuilder had a 2 year history of an increasing pain in his left flank (the side area between the ribs and hip), until the time he was admitted into a hospital. He was diagnosed as having Wilms' Tumor. This is a rapidly developing malignant (cancerous) tumor of the kidney, which usually effects children before the fifth year, but rarely happens later in life as in this case. The patient then went through a multiple course of drug chemotherapy, which did not help his condition. He then had surgery, but died 5 months later. Prat & coworkers commented that the developing Wilms' tumor and the use of anabolic steroids could be coincidental, however, it was to their opinion that a causal relationship seems possible.

Hepatic Tumors Induced by Anabolic Steroids in an Athlete, T.M. Creagh, A. Rubin, D.J. Evans, "Journal of Clinical Pathology, 1988, v. 41, p. 441-443. Creagh and coworkers presented a case study of a 27 year old bodybuilder, taking anabolic steroids (dosages and the kinds of steroids were not indicated) for at least 3 years who developed a cancerous tumor of the liver. The bodybuilder was admitted to a hospital complaining of severe abdominal pain. Upon examination severe bleeding of the right side of the liver was observed. Surgery was performed to remove the right part of the liver, but the patient soon died. An examination after he died revealed 2 small lumps on the left part of his liver measuring 2/10 and 4/10 of an inch in diameter. The right part of the liver also revealed 2 lumps or knots measuring 1 & 1 1/2 inches in diameter. Creagh & coworkers stated that the long-term risk of cancer from steroid use is hard to assess.

Androgens and Hepatocellular Carcinoma in an Athlete, W.L. Overy, J.A. Dankoff, B.K. Wang, U.D. Singh, "Annals of Internal Medicine, 1984, v. 100, p. 158-159. Overy & coworkers presented a case study of a 26 year old white male bodybuilder hospitalized in July of 1983. This subject had competed in contests for several years, and had taken anabolic steroids for 4 years to help him with his bodybuilding. The anabolic steroids used were Dianabol (Methandrostenolone); Anavar (Oxandrolone); Winstrol (Stanozolol); Deca-Durabolin (Nandrolone Decanoate); and Primobolan (Methenolone). A physical examination revealed the subject to have a decreased breathing sound over the right, back part of the chest. It was also noted that he had an enlarged liver. A bloody fluid was acquired from the right side of his chest and a liver sample revealed cancer. The subject refused

chemotherapy and died in September of 1983. An examination after he died showed that the liver had a near total replacement by cancer plus the cancer had spread to the lungs and the internal abdominal area. Overy & coworkers stated that this case study further supports a direct relationship between the use of oral androgenic steroids and liver cancer.

Prostatic Complications of Testosterone Replacement Therapy, J.A. Jackson, J. Waxman, M. Spiekerman, "Archives of Internal Medicine, 1989, v. 149, p. 2365-2366. Jackson & coworkers examined 2 cases of prostate disease from testosterone therapy for a low hormone output. CASE 1. This subject was a 62 year old man. Before testosterone therapy an exam showed no enlargement or other abnormality of the prostate gland. Testosterone therapy consisted of Depo-Testosterone (Testosterone Cypionate) 200 mg every 3 weeks. Ten weeks later he returned complaining of difficulty in urinating and a small knot had formed on the prostate gland. After further testing it was determined to be a form prostate cancer. CASE 2. This subject was a 76 year old man treated with Depo-Testosterone 200 mg every 3 weeks. After 19 months of treatment "firmness" was observed on both sides of the prostate gland. After a biopsy (a method of extracting a small part of something - in this case, the prostate gland) tests showed a form of prostate cancer. Jackson & coworkers stated that most cases of prostate cancer happen in older men and caution should be used with the use of testosterone the older one gets.

Adenocarcinoma of Prostate in 40-Year Old Body-Builder, J.T. Roberts, D.M. Essenhigh, "The Lancet, 1986, v. 2, p. 742. Roberts & Essenhigh presented a case study of prostate cancer in a 38 year old bodybuilder. The bodybuilder had a history of 15 anabolic steroid cycles, lasting from 4-12 weeks, with steroid-free intervals between cycles lasting 6 months or more (total time frame of steroid use was 19 years). Anabolic steroids taken were as follows: Dianabol (Methandrostenolone); Deca-Durabolin (Nandrolone Decanoate); Winstrol (Stanozolol); Halostein (Fluoxymesterone); Proviron (Mesterolone); and Testosterone Undecanoate (Andriol). Prostate cancer for men under 44 is highly unlikely. Although this patient did not die, of 46,968 deaths from prostate cancer in England and Wales during 1968-78, only 36 were of the ages of 36-44. Roberts & Essenhigh feel the exposure to steroids may have played a role in initiating or promoting this man's prostate cancer.

I believe anabolic steroids are simply another risk factor for getting cancer (see Table 1 for examples of risk factors for different types of cancers. This risk with: steroids appears to be

TABLE 2
MOST COMMONLY OCCURRING CANCERS THROUGH FAMILY HISTORY

* BREAST
* Colon/Rectum
* Lung
* Ovary

greatest in liver (oral steroids), and prostate (older males) cancer as demonstrated in the case studies. How great a risk depends on how much and what kinds are used and how your body can handle the stress from the steroids. Ten years of heavy simultaneous use of Halotestin, Anadrol and Oral Dianabol with little or no time off from the steroids is probably going to increase your risk for cancer, however, it is still no guarantee you will get it. The more risk factors (or the more of one risk factor) you have, combined with a family history (Table 2 lists those cancers with a stronger relationship with family history), weak immune system, the more likely your chances of getting cancer. As in being out in the sun with its ultraviolet rays is a risk factor, one exposure will not cause cancer. It's the long-term exposure combined with the time of day of the exposure that increases one's chances, and even then you must be susceptible to that kind of cancer.

One last, item to consider is a theory which suggests that there is a possible relationship between long-term repeated intense physical exercise and the development of cancer. Although there are several different opinions on this theory it seems to center around the fact that this intense exercise causes abnormal stress to the cells in the body (disturbing the natural balance of the cells), somewhat like the stress that chemicals (carcinogens) cause to the body. One variation of this theory believes the stress from intense exercise (as a risk factor), could be from the fact that those athletes overtrain, which as discussed in the first part of this article, could possibly lower the immune system. Personally, some of the risk factors can be taken too seriously. Case in point, there are carcinogens in most of the processed foods we eat, but we must eat to live. In fact, the fat that is contained in the foods we eat, probably causes more harm than all of the carcinogenic chemicals contained in the foods. It is ridiculous to totally shelter yourself from every possible risk factor. At this time, there are probably more athletes who have heavily used anabolic steroids for 10-15 or more years as opposed to 10-20 years ago. So, there may be more athletes in the future that get cancer, just from the simple fact that there is a larger pool of athletes meeting these qualifications, not from an increased chance of getting cancer from steroids. This relates directly to what happened after World War II. At that time it became more socially acceptable for women to smoke, and millions did. Now, after forty lung cancer has become the number one cause of cancer deaths in women, when before World War II, lung cancer was rare among women, because smoking among women was rare. There is still much not known about anabolic steroids and this is reinforced by the comments from each of the case studies reviewed in this article. Although

cancer is a possibility from anabolic steroid use, I think someone using them should worry much more about heart disease. If you have any comments or questions about this article or my book (see advertisement), please send them to: Research Enterprises, P.O. Box 2349, San Marcos, Texas 78667 or call (512) 353-7743 (continued on page 79)



THREE WINNERS SPEAK OUT

Phil Hile 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 Hile, 114 lb., 1990 APF, 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:

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"Me too," agreed Luke as we set about moving the bar and pins up once more.

"Since you guys are in a bit of a rush, why don't you both use the same hole position for this one. It will give Matthew a slight advantage, but it will still work Luke just the same. You can start this one at 500 pounds." I added and they began loading the weights. Matthew set himself under the load and I said, "Again, much of the benefit of rack training is learning the very exact positioning of the bar in relation to your body. If you lean forward in the slightest, the bar is going to travel forward on the pins. This position will really teach you to lean back on the bar and to keep your back tight and your hips under the bar."

They thoroughly enjoyed this top-end position for they were able to move 850 pounds for three solid reps. "I can do more," blurted Matthew, his eyes aglow.

Once more, I cautioned him, "Most likely you can, but it's a wise idea to be a tad conservative your first few tries on the rack. This is very concentrated work and sometimes a weaker area won't show itself until the following day. It could be an ankle, knee, or lower or middle back. Again, it doesn't matter where you begin, just so long as you improve at each position."

"I can see how this will help my weak bottom position," declared Matthew, "and I bet when I back out with 405 that I'll feel light since I handled over twice that amount in the lock-out. Only three positions?"

"Three positions, ultra-bottom, middle and top-end and no more than three sets at the two higher positions if you decide to move the weight to lock-out. No more than one set if you use the isometric which I always recommend for the bottom."

"How often should we do this?" asked Luke. "There are a number of ways you can work it in your program. Some like to do rack work twice a week, then squat the following day. Others get results doing rack work but once a week and others like to use it every other week. Whatever fits your needs."

"Next Friday, will you show us how to work the bench positions?" "Sure, make sure your bring your muscles."

(Part Two Next Month)

himself under the bar. His thighs were almost exactly parallel, so I nodded, saying, "There are two ways you can work this position. One being an isotonic-isometric movement like you did at the bottom. Load the bar to a weight you can hold against the top pins for an 8-12 count. The other method is to remove the top pins and stand all the way up with the weight. If you do the isometric-isotonic one, only to one set just like you did at the bottom. But if you chose the stand-up version, do three sets of three reps, increasing the weight after each set and maxing out."

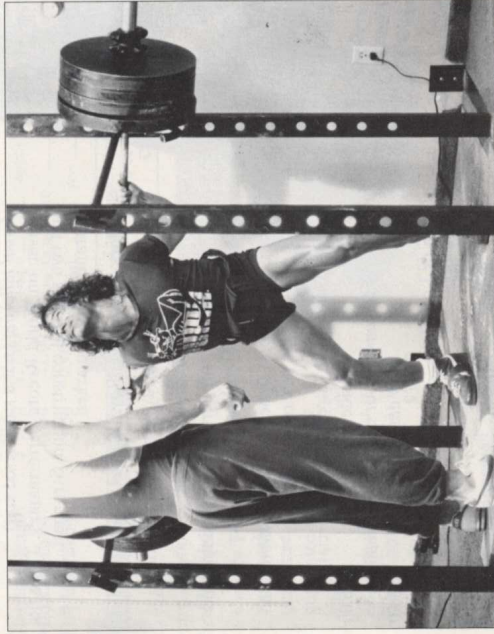
Matthew said, "I want to do the isometric-isotonic one again." He was able to hold 315 for a solid twelve count. "I think I can do more," he announced proudly.

"I think you can too, but not today. Move it up next time. Make sure you start recording everything you do. The hole numbers you use end the weights and how long you held each one. I guarantee you that I'll forget everything quickly."

"Can we borrow a piece of paper and something to write with?" I was jealous of my writing paper, but relented and Matthew tore off a piece from my pad and began scribbling while Luke went about moving the weighted bar from the pins to a standing position. He did 315, 385 for three, but only managed to grind out a single with 435, which surprised him since he was currently handling 505 for 2 in training. "Why is that?" he asked with a frown.

"You found your weak point in the lift. It appears that you blow the weight off the bottom nicely and that momentum carries it right through the middle. The rack is a great educator. Now that you know the middle position is a weaker point, you can spend more time working it specifically and once it becomes stronger, your squat will also improve."

"Makes sense," he said, then asked, "what's next? Top-end?" "Right and again you can do this in an isotonic-isometric fashion or lift the weighted bar to lock-out. You might want to alternate the two methods for some variety as they do work somewhat differently. The lock-outs are terrific ego boosters because most people are able to handle some 4-500 pounds than they can squat. They're great to do when you're visiting a strange gym. "I could use an ego boost," Matthew suggested.



and then pushes up against the pins. The spotter then assists Doug back into the hooks afterwards.

POWER RACK TRAINING

Part One, as told by Bill Starr, the Strength & Conditioning Coach, JOHNS HOPKINS UNIVERSITY

should use 225 next time."

"How many sets?" "Just one set at the bottom position. You'll find that it will get easier the more you do these. After a few workouts, you'll find that you'll do much better. The line in which you push or pull against the bar in the rack becomes exceedingly thin. When you do squats, you might let the bar wander slightly forward on backward and still come up with it, but you cannot do this in the rack. And this fact is one of the major benefits of training in the rack. It teaches you a very precise line of movement and helps to develop strength for that precise line."

"You'll also be able to find the very best position to move the bar when you work in the rack. By experimenting with foot positions and where you place the bar on your back, you'll find what works the best, for suddenly a bar that's welded to the pins will move. Now move the bar up to a position where your thigh is just at or slightly above parallel."

While they did this, Matthew asked with a grin, "Just one set? That doesn't seem like enough. You sure you aren't just making this up as you go along? To entertain yourself?"

"I do like to watch you struggle," I admitted, adding, "but no this isn't my program, this is from the gospel of rack training according to Dr. John Zeigler, the founder of isometrics. According to Zeigler, once the muscles, tendons and ligaments involved in the contraction are stimulated to 80% of their maximum for twelve seconds, that's all the strength gains that can be achieved that day. More work is not only a waste of time, it is counter productive."

"Once you start working on the rack regularly, you'll want to move from one position to another very quickly, allowing no more than 3-4 minutes between sets. If you can, find someone else to work with you two. Three people work out just right. It's the moving the bar up and down the rack that takes up most of the time and three people can do it much faster than two."

"This about right?" asked Matthew, positioning



Training the Squat in the Power Rack... in these photos, Doug Nassiff lifts off from a set of hooks

After positioning the second set of pins in the holes directly above the bar, I instructed, "Get under the bar, set yourself and then push the bar up against the top pins. Do three reps. The first two I want you to just touch the top pins, then on the third, hold the bar against the top pins for a count of ten, or longer if you're able."

He only managed to get to an eight count before collapsing and grumbling, "That's ugly!" Since Matthew was shorter than Luke, we had to move the pins up a few notches in order to give Luke space to crawl into position. "Don't jam the bar into the top pins," I offered after his first rep knocked him off balance. "Push against the bar more smoothly, setting yourself up for the third rep, which is really the only one that matters." Luke was able to hold for the full ten count and stood up grinning, "nothing to it."

"Yeah," complained Matthew, "well, you let him start lots higher than me and he watched how I did it and made it easier for him." I felt as if I were refereeing a fight between two children. Impatiently, I said, "Look, it really doesn't matter where you start on this movement. Or who does what. Your objective is to make improvement over what you did the workout before. Matthew, if you can get to where you hold that 225 for a solid 12 count, then you'll know that you've gained strength in that position. Luke is going to have to use a bit more weight to get the same benefits. You

It was early afternoon on a hot Friday and as I unlocked the door to the weight room, I wondered if I would be training alone. Most of the members of the Harford Barbell Club usually skipped Friday training since the facility closed for this would allow me the opportunity to scratch out some notes. Sometimes, I can rough out an entire article in between sets, especially when things are clicking. After pulling down the blinds to block out the sun, I turned on the radio and set the dial to the country station, just in case a stray trainee did wander in. It was gym policy that the first trainee did wander in. It was gym station of preference.

For the next hour, all went according to plan. I was moving through my workout quickly and getting lots of data down on my yellow note pad. Then Matthew and Luke strolled in, looking slightly surprised at seeing me here. "Thought you trained up at Fielder's on Fridays," said Matthew in the form of a greeting. "I usually do." I returned, slightly annoyed at having my plans interrupted, "but I had to see a dentist in Churchville, so came on down."

They placed their gym bags on the leg extension machine and started in doing some ab work. They were both teachers. Luke night business at a local community college and Matthew was a high school math teacher and assistant football and track coach. They had competed in powerlifting and done reasonably well for the time they had to train. Luke had won a state title as a 242-pounder and Matthew had come in third in the 181-pound class. Luke was some three inches taller than Matthew, who stood right at 5'9". Seeing me gather up my notes and stick them in my gym bag, Luke asked, "What're you writing about?"

"I'm doing a piece on power rack training," I answered, still wishing they had not come in because I was about finished with this first draft. "What was about the power rack? Overload stuff?" "That along with a bit of the history of the rack and a program for powerlifters to help them get their lifts moving when they're in a rut."

They looked at one another for a moment, then Luke said, "I'd like to learn how to do that. All my lifts have sort of plateaued."

"Mine too," agreed Matthew. "You really think rack work will help?"

"I nodded that I did, saying, "It's an excellent way to gain pure strength. It's simple, quick and affords a nice change in routine if you're stale or just tired of what you've been doing." Luke said, "We don't have a whole lot of time today. We have to pick up our wives at four and head down to the ocean. And we have to get in some benches and some beach work," he added with a laugh.

"We can do one of the lifts today. That would allow you time to bench and pump up for the beach. Which one you want to start with?" "Let's do squats," offered Luke, looking at his companion. "We've both hit real stale periods."

"Go do two warm-up sets while I set the pins," I directed. "Two sets of six to ten reps with 135 and 225."

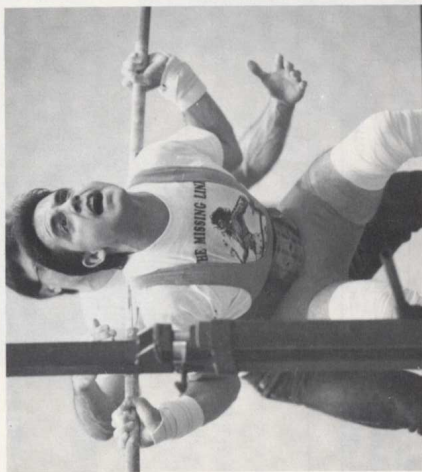
They finished and joined me at the power rack where I had set the bottom pins to a position where I thought the shorter Matthew could barely get under the bar. "This first position should be a bit lower than you actually go when you squat. "See if you can get under the bar," I said to Matthew. "He was able to squeeze under the bar, but it had him trapped in an extremely low position. He got out, saying, "My gosh, I'm not going to be able to

POWER-RESEARCH

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Stretch for Strength

by Thomas D. Fahey, Ed.D., Exercise Physiology Laboratory, California State University, Chico.



the hamstrings, quadriceps, Achilles tendons, groin, back and shoulders. Stretches should be done statically (stretch and hold). Never stretch to the point of pain in the muscle.

The best time to work on your flexibility is after a workout when your muscles are warm. Stretching for five minutes at the end of a training session will help you cool down and relax. Some researchers have suggested that post-exercise stretching will help prevent muscle soreness. However, this idea is controversial. Delayed onset muscle soreness is probably caused by small injuries to the muscle. Stretching may help prevent muscle spasms associated with these small injuries, but probably has no effect on the rate of healing.

Flexibility training works by resetting the response of the muscle spindles to stretch and by increasing the pliability of the connective tissue surrounding the muscle fibers. Both adaptations are developed through working the muscles and joints through their normal ranges of motion. For example, remember when you first started doing squats? It was difficult to get into a good power position and fell uncomfortable doing it. With time, as you gained strength and flexibility, the groove for your squat became almost automatic. As far as flexibility was concerned, you reset the muscle spindles and stretched the connective tissue so you could get into a good squatting position. For hamstrings, you must do specific exercises in order to develop good flexibility. Lifting movements alone won't do it.

When stretching, avoid exercises that increase the risk of back injuries. For example, if you are performing straight leg toe-touching exercises, bend your knees slightly when returning to a standing position. Avoid exercises that cause you to arch your back excessively or twist your joints abnormally. If you feel joint pain while doing an exercise, the exercise may be improper or inappropriate for you.

As with strength training, people differ in the rate they improve flexibility. Don't compete with your training partners during flexibility workouts, particularly when first beginning a stretching program. Develop flexibility slowly, over a long period of time. Practice this exercise regularly, and it may contribute to your strength.

I was always told that weight lifting makes you muscle bound. A look at many powerlifters seems to reinforce this impression - many lifters have large, bulky muscles, and their skin has many stretch marks from trying to accommodate the tremendous bulk. However, it has always been apparent that strong people can also be flexible. In the 1950's, Olympic weightlifter and bodybuilder John Grimek was famous for his displays of flexibility in addition to his great strength. Many of the strength athletes of today are also flexible because they work on it.

Scientists have discovered a link between flexibility and strength. It appears that a minimum amount of flexibility is important if you are to gain strength normally. If your flexibility is extremely poor, then you will not gain strength as fast as you would if you had normal flexibility. Research has shown that lack of flexibility in antagonistic muscles may impede the development of muscle strength and hypertrophy. An antagonistic muscle opposes the action of another muscle. For example, the hamstring muscles are the antagonistic muscle group to the quadriceps.

Lack of flexibility in the hamstrings affects the strength of the quadriceps because of the principle of reciprocal inhibition. Reciprocal inhibition is the process by which stimulation of the muscle spindles of the antagonist muscle (i.e., the hamstrings) inhibits excitation of the agonist muscle (i.e., the quadriceps) through a neural process involving the spinal cord. The muscle spindles are receptors within the muscles that are sensitive to stretch. In a squat, for example, if the muscle spindles in the hamstrings are stimulated during the pushing phase of the lift the quadriceps will be inhibited. This will prevent you from exerting full force during the squat and keep you from getting stronger in the lift.

Many studies have examined the influence of reciprocal inhibition on limb movement. For example, in the knee jerk reflex, tapping the patellar tendon produces a stretch reflex by the muscle spindles in the quadriceps muscles which results in contraction of the quadriceps, inhibition of the hamstring muscles, and extension of the knee.

According to this principle, inflexible hamstring muscles may make it more difficult to strengthen

Team competition in powerlifting has always been a somewhat controversial subject. The definition of what is a team is always in dispute. Teams are put together with the sole purpose of winning. The members know each other by name only. At an National Championship, a team roster was submitted to me by the team organizer. He didn't know the first names of all his team members. Is this really a team?

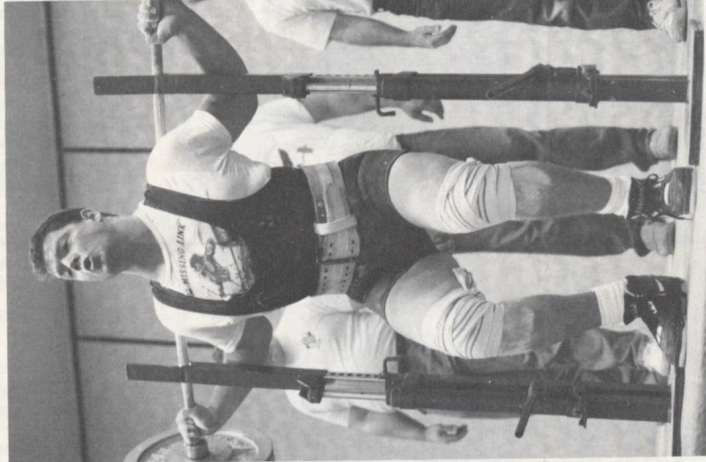
In the early 70's I belonged to 'The Weight Masters Powerlifting Team' coached by Big Jim Williams and John Kiv. This was a truly epic team, based on the fact that at least once per week the team trained together. With few exceptions, this is almost unheard of today. Because of these bought and paid for teams, I have never been impressed by team competition. The 'Missing Link Power Team' is the only team I know of.

The 'Missing Link Team' is comprised of unique lifters, they all train together, plus they are competitive on the national level. They can qualify at least 10 members a year for the Men's Nationals. In 1992, 11 of the Nationals dominated. The Lifters who trained to be coached by Brian Washington in Baltimore, I have asked them to use his own words, how was the team formed?

The history behind the Team called 'The Missing Link' is probably very unique. We started training together in the early 80's at White Plains, New York. My name is Pete Gisondi, Jr. I am one of the original members of this team and will try to relate to you this 'Dream Come True' Powerlifting tale. I wanted to get into the powerlifting, so I met with Don Franz, the owner of the WHFC. He introduced me to a lifter named Chris Machin, whom I was quite impressed with and who witnessed this awesome 700+ squat workout. Chris introduced me to John Audia, Paul Fursi and Nick Saldi. We started training together and Chris coached all of us. He showed us proper form in the

MISSING LINK

The Power Team - by Bob Gaynor



Steve Sciacpi, the Jr. Worlds contender, is now a member of Missing Link

three lifts. We lifted in our first ADFPA meet in '84 in Allentown, PA. My Fred Glass was the meet director. Our team grew fast as lifters from around the area came on board and joined the team. John Steiler, Tony Pallas, Dave Olive, Tom Gizzo and Chris The Greek Spaniards are our longest standing team members. I joined in 1985. I met with Don Bogwarr, Ed Kuhn, Barry Love, Roy, Joe Carrigano, Brian Fini, Anthony DeWanna, and my two brothers, Tony and John Gisondi have been with the team for a few years. We now train at World Gym in New York and share the good time along with the local different due to injuries and our bodeweight structures. But, we all believe in the 'Missing Link' philosophy, stay drug free, don't miss training sessions, and always help one another. I'd like to include a brief resume on each team member: 132 at 475-200, 485, 6 times NYS Champ, highest National placing is second. Sid Bighetti, from England, best lifts at 140 are 480, 325, 510, highest National placing sixth. John Audia:

form. Our team has racked up countless team awards, including six consecutive New York State titles, six of Al Siegel's Central Pennsylvania titles, plus four third place finishes in the ADFPA Nationals. Together we have trained each other at different levels of our careers. Some of our future plans are to bring in fresh ideas from some of the lifters we've met along the way. This will include lifters from different parts of the country. We would like to go back to the newer lifters which we have taken from the sport by helping them strive to be the best they could be at any level they choose. A few good friends have joined us recently. Lloyd Weisheit, at 148, placed first in the 1990 Nationals and was very close on his last deadlift attempt of 606 for the win in 1991. Steve Scabi, the fast rising superstar from New York, placed second at 198 behind the intense Bob Wagner at the 1991 Nationals. Sean Culhan, at 275, placed very high in the Junior Worlds and the 1991 ADFPA Nationals. He is also from New York.

As for the way we decide which meet to compete in, we always try to go with the more experienced meet directors. Gaynor, Siegel, Brady, and Patrofts have organized many National and Open competitions. Our advice to new and old lifters is to go with the experienced meet staff directors. If you're going into battle, go with the best. We started promoting ADFPA powermeets in New York in order to give athletes a chance to compete in a drug free arena. We get a lot of T.V., radio, and newspaper coverage. This enhances our sport and helps it to grow in a positive manner. We always have fun!

Any lifter who would like to come along with us or join 'Our Team,' please contact Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605 or call (914) 686-0727. Our team is comprised of lifters of all body structures, so you can be instructed by someone in your weight class who you can identify with. We would like to thank all of our family and friends for supporting us all these years. (Power people can be difficult to live and work with sometimes.) A special thanks to Mr. Bob Gaynor and Mr. Mike Lambert for allowing us to share with all the power people our 'Dream Come True' power tale."



John Audia is always one of the top ranked benchers in the lightweights.

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'm having problems with a short leg syndrome. Everyone I see and this includes chiropractors and orthopedists have a different opinion. It seems that I have equal leg lengths, but when doing the basic hamstring stretch, one leg pulls up about 1 inch. Should I wear a shoe lift or not or try to stretch and correct the imbalance in that manner? This condition has caused me a lot of pain including a chronic pulled/strained hamstring on the eschial tuberosity of the long side and terrible chondromalacia and a bakers cyst on the short leg knee joint. I'm currently taking Naprosyn and can't find anyone who knows about Surgam.

I'm also experimenting with my squatting style to find what is appropriate for me, but am frustrated. I've experimented with orthotics and sole lifts with squats and deadlifting. Some say that I should wear the lift and the orthotics, others say no. In the interim my knee is getting worse (short side) or at least no better. **Clay**

DEAR CLAY: Over the years I've seen several lifters with functional short leg syndrome. In all cases, the legs were equal in length, but there seemed to be a muscle imbalance that pulled one leg up. I've had some success with this problem by having the lifters do one legged squats trying to work up as heavy as they can for five sets of six reps. The squats are best done with the bar on the back just like in the regular squat (although you might want to hold it higher up on the traps). Squatting with one leg is a heck of a lot easier if you have access to some kind of machine that guides the bar. Also you might want to squat off a block or low box. Any way you do it it'll take a bit of practice to get your balance. If you squat free hand it's a good idea to have three spotters, at least in the beginning. Try to work up to the same weight and reps with each leg. If you can squat more with one leg than the other, then work the weak leg harder until it catches up.


This approach may or may not help, but it's worth a try. Other things you might try is to put the squat bar slightly off center on your back - say an inch over one side or another. Doing this will put more stress on one leg or the other (depending on how you do it). I know one lifter that solved his squatting problems this way. A sole lift might also help. Certainly I'd give it a try and see if it lessened the pain and strain on your hamstring. Let me know how it works out. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR DR. DI PASQUALE: About 2 months ago, I sustained an injury doing either leg presses or hyperextensions. Symptoms were numbness and tingling from my buttocks all the way down the right leg to bottom of foot. Have not had any pain. X-rays were normal. Diagnosis - degenerative disc disease - lumbar, made by an orthopedic surgeon. Prescription - swimming stationary bike, no lifting except chin ups and dips. Took Medrol dosepak one refill. Injury improved - began to burn - tingling and numbness disappeared. Began light lifting in mid-July: just benches, leg curls, seated laterals etc. - no standing stuff. Still swimming daily, if possible. Also doing sit-ups (knees bent) twice daily, hamstring stretches, etc.

About a week ago, I seemed to have re-aggravated it moving some furniture. Seated knee burns again - getting very frustrated. What should or shouldn't I be doing? I'm 38 and have lifted for 20 years moderately heavy, but no competition. Thank you for your help. Sincerely, **Ken**

DEAR KEN: From your age and the time you've been lifting we likely started around the same time (I've been at it a bit longer since I'm 44). I can certainly relate to your frustration. It sounds like you've done all you can to rehabilitate

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*The injury so the problem is not in the program you're following. I would suggest that you get some more diagnostic disc disease. Ordinary X-rays aren't of much use. You should arrange to have a magnetic resonance imaging study done since MRI has shown to be quite effective in diagnosing and assessing disc degeneration. The best therapy for your back will depend on the results of the study. If the disc isn't too bad and is healing, then continue doing what you're doing; with a bit more time and patience, things will improve, and you'll be able to slowly resume your leg and back work. If your back doesn't improve, and especially if the MRI turns up a problem with the disc, then you might be a candidate for one of the milder procedures such as chymopapain injections or percutaneous discectomy. Both can be effective but relatively benign approaches to the problem of bulging or herniated disks that don't respond to conservative measures. Don't hesitate to write if you run into any snags or need more help. Sincerely, **Mauro***

DEAR MAURO: A new legal, safe, etc. compound has been talked about recently called "7-Keto Dioxigenin". This is marketed by one firm under the name "Mesobolin". Do you know of any valid research to support the claims associated with this "steroid"? Regards, **Mike**

DEAR MIKE: I cover dioxigenin in my book Beyond Anabolic Steroids (see the ad in this issue). Briefly, it is a plant steroid that is used (although not as much today) as a substrate for the commercial production of sex hormones. However, humans cannot transform this compound to useable androgens. On a rating of 1 to 5, I'd rate it as 0. Best regards, **Mauro**

THE DEADLIFT

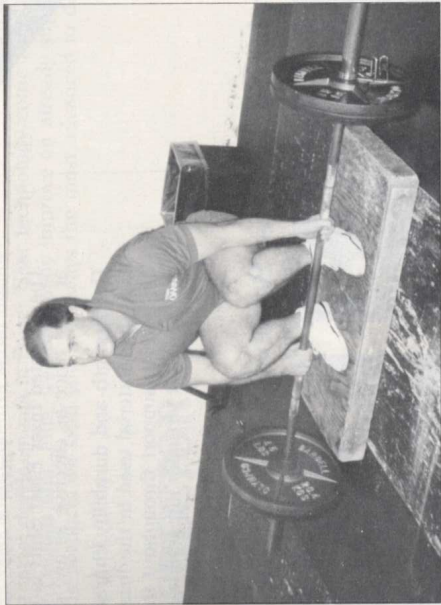
Off The Blocks

as told to PL USA by DOUG DANIELS

Lifters are always looking for a good assistance or accessory exercise for the powerlifts. For the deadlift, the best by far is the deadlift off the blocks. The saying goes, "to deadlift more, deadlift", and this definitely holds true.

There are other moves that are somewhat effective in assisting a lifter in his quest for a bigger pull, but the best results will come from doing deadlifts. Also, adding too many other exercises can result in negative progress due to overtraining.

The beauty of the deadlift off the blocks, is that, in reality, it is no more than a deadlift done from a slightly elevated position. This slight elevation can make all the difference in the world, because it makes the lifter pull from a deeper starting position, overloading that part of the lift. This added distance changes the lift just enough to develop your pulling musculature over a greater range of motion. The main benefit, of course, is the start of your pull, but the midrange and lockout also benefit. If you can improve your pull off the floor, even if that part of the lift is your forte, the bar should progress to lockout with greater power and



Deadlifting Off Blocks as demonstrated by Chris Elkins, is a great training adjunct (Daniels).

velocity, thus breaking through any sticking point later in the lift. It's like pushing a car. It may be hard to get the car going, but once it starts to roll, keeping it rolling is a piece of cake, and we can improve our chances against our mortal enemy, gravity.

Let's begin with a description of this lift. These deadlifts are done while the lifter stands on a sturdy, stable platform such as a wood block or barbell plate. The major requirement is that the platform be sturdy and stable enough to allow balance and support both the weight of the lifter and the weight of the barbell used.

The platform also must not be too high or the bar will hit the top of the lifter's feet when it is fully lowered to the floor. 3-5 inches is all you need. Any more is inviting injury due to a decrease in balance during the lowering phase of the lift. I recommend all deadlifts touch the floor after each rep and not bouncing be done. This will insure better pulling form, power from the floor, and less chance for injury. Perform this lift in the conventional style, that is; hands outside your legs. It does lend itself too well to the sumo style of deadlifting.

Lifters with poor flexibility, especially in the ankles and Achilles tendons, may have trouble getting comfortable and maintaining their balance during the lift. They may tend to lunge forward during the lift and may actually fall forward off the platform, which is not too desirable. For these lifters,

sumo lifters probably need to devote more time working on their style of choice than conventional pullers, because of the greater difference between deadlifts off the block and the sumo style of lifting.

Too many times, exercises are recommended by authors without an in-depth analysis or description. Sometimes we say do hammer curls, for example, but give little or no description of what a hammer curl is or how it is done effectively. I hope this discussion of the deadlift off the blocks has provided you with a little extra info you can use on the platform, where it counts. Remember, assistive exercises are not ends in themselves, but a means to an end. Until next time, may all your lifts feel light.

I recommend working on their flexibility a bit before going hard on this move. If you are too big to get a good pull, then you'll have to forego this one and concentrate on the traditional deadlift off the floor.

You will not be able to use as much weight for this deadlift as you normally do with the pull off the floor due to the increased range of movement. I would suggest starting out with 50% of your best deadlift for one rep for 6 reps to get accustomed to the new angle and balance. Go up in weight slowly from there. I don't recommend going lower than 3 reps with this pull due to the higher chance for injury because of the increased range of motion and the unusual pulling position you must assume to start the lift. As with any deadlift, begin the pull with your legs while keeping your back as flat and erect as possible. Keep your arms locked straight during the lift to completion.

This deadlift variation can be substituted for regular deadlifts in the off-season or about 6-10 weeks prior to a contest. At that time, you can return to regular pulls off the floor, with hopefully, increased power throughout the lift.

For lifters who need less time to convert over to their normal style, they can stay on these a little longer. For lifters who choose not to rely totally on this variation in the off season, I suggest doing a down set of off the block pulls after your regular deadlifts. Sumo deadlifters can use these also and may actually benefit more than conventional pullers. The sumo lift uses more hip and leg muscle than the conventional style with less back involvement. Thus, the erectors may not be stimulated or developed to a high degree and may be a weak link in the sumo pull. By using the off the block deadlift in the off season, the erectors will be strengthened to a higher degree than normal, and this could add up to a bigger sumo deadlift.

Sumo lifters working on their style of choice than conventional pullers, because of the greater difference between deadlifts off the block and the sumo style of lifting.

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There may come a time when you will have to lose weight for a competition in order to make the weight class limit. The two most popular ways to remove the extra weight are by either adjusting your diet through the intake of fewer calories over the course of several weeks or restricting your fluid intake within the last 24 to 48 hours before the weigh-in. Based on personal experience and in conjunction with world class lifters Doug Heath and Dom Sardo there seems to be less strength loss with dropping the weight very quickly. If your body and mind can handle the shock of losing between 4% to 6% of your bodyweight rapidly then this would naturally be the best method.

The method outlined below is used to serve only as an example and should not be followed exactly without the supervision of a medical professional. There are many different ways to lose the weight through fluid deprivation or reduction. Don't follow this plan exactly, but use the information and adapt it to your own particular needs. This is also true of any new training method you read or hear about since we are all very different individuals and should decipher what will or will not work. This particular method is based on a weigh-in 24 hours in advance. If you have to weigh-in the day of the meet you should probably keep your body weight closer to the weight class limit (2% to 4% over).

Before you start your training cycle you should have some idea about what weight class you want to enter. Do not wait to you arrive at the meet to decide on which weight class you are going to lift in (okay Pal). During the last six weeks of your training cycle your bodyweight should be no more than 8 to 10% above your weight class limit. If it is above 10% of the limit your lifts done in training will probably not equate at the contest.

Sometimes during the last few weeks you will have to determine your "striking" weight. This is the weight you want to be at the last few days before the weigh-in. Typically this weight should be no more than 4% to 6% above the weight class limit.

Six days out from the weigh-in: You really should not be overly concerned about your bodyweight until this point in time. You should be done with all of your heavy training sessions and can now start concentrating on making weight. Keep your overall calorie intake reasonable and keep your body full of plenty of liquids. Hopefully, your bodyweight is no more than 7% to 8% above the class limit at this point.

Five days out from the weigh-in: The last five days you should be monitoring your weight frequently to assure against any significant fluctuations. Most lifters are less active during the last week so as to allow their bodies to recover prior to the competition. However, your metabolism tends to slow down during this period so try to keep your normal or regular

STARTIN' OUT

A special section dedicated to the beginning lifter

Making Weight as told to PL USA by Tony Kamand

Four days out from the weigh-in: Reduce all simple carbohydrates from your diet. This reduction of simple carbs will cut your caloric intake slightly which will facilitate in your reduction. If you find the weight coming off too quickly, counteract this with an increase in protein based foods. Protein calories tend to push water out of the daily routine.

Three to six hours before weigh-in: If you are still slightly above the limit at this point don't worry. The use of a sauna, steam room or rubber suit should take the remaining water out of your system. The time spent in the sauna will differ with each individual. Alter a few times you will learn how your body reacts and know how to gauge it.

Weigh-in time: You should have no trouble making weight and weigh in right on the money. After you make weight you need to slowly put the weight (liquids) back on. Most lifters make the mistake of ingesting large amounts of carbohydrates immediately following the weigh-in. Your body cannot absorb large amounts of carbohydrates when it is dehydrated. Instead use plain water with about 10% of juice mixed in and sip this slowly over the next hour or two. You should be able to get all of your weight back with the fluids within a couple of hours. After this period you should begin to eat solid foods and can take in both complex and simple carbohydrates. Remember not to stuff yourself. Eat a good quantity of food slowly over the next few hours.

This method is superior to dieting the weight off for several weeks. When you diet the weight off your training poundages and recovery ability are going to suffer. With fluid reduction you can stay strong throughout the cycle and quickly remove the weight right before the weigh-in. Remember, you only have to be at the weight class limit for a few seconds while you are on that scale.

This method is also better than using diuretics, due to the fact that these products continue to work even after you have made weight and therefore cause cramping due to an over-release of water and electrolytes from your system. With the method presented above you can control it every step of the way. Good luck!

TONY KAMAND
 100 Rowland Avenue
 Clifton, New Jersey 07012
 201-773-9089

Tony Kamand has mastered the art of making weight in the 181 lb. class



Dr. Judd

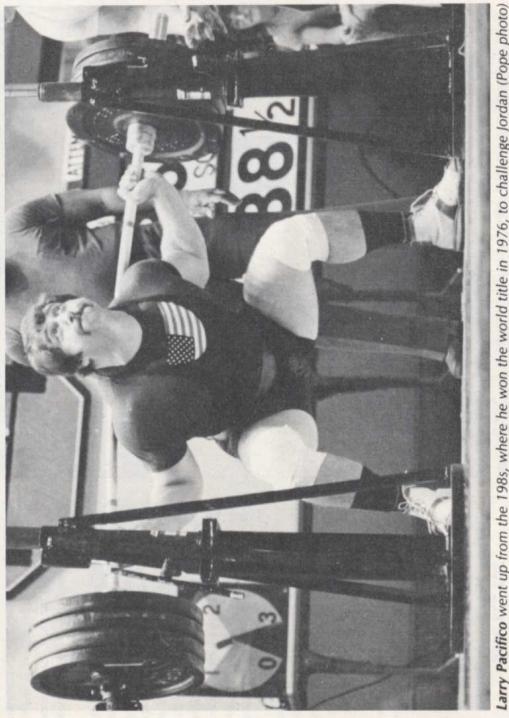
Jordan is King?? as told by Judd Biasiotto, Ph.D. WORLD CLASS ENTERPRISES



Paul Jordan, seen at right with British teammate Tony Fitton, came back after his terrible injury to win another British title. (Doug White photo). Superheavyweight division. In short, was put on earth just to show us Pacifico had no peer. It was as if the lesser folk what powerlifting was all

An inordinate amount of folklore has already developed throughout the short lifespan of the sport of powerlifting. In fact, I'd venture to say that you could probably fill a small library with just the stories that have been circulating over the last couple of years or so. I believe I've heard just about all of them (hell, I've made up a lot of them), but few can compare to the one I heard back at the ADF-PA Region III Powerlifting Championships. It was about one of my heroes, Larry Pacifico. Considering everything the weight classes he competed in, the athletes he competed against, his records, and world titles, Larry Pacifico is the greatest powerlifter in the whole wide world or anywhere else. At least that's my opinion, but then like former heavyweight boxing champion of the world Larry Holmes once said, "opinions are like noses, everyone has one....or something like that."

Well, like I said, I got this story second-hand so I'm not really sure if it's all totally accurate. If it's not, I wish I would have been the one who made up the parts that aren't. According to my source, after the Senior Nationals in 1977, the United States team was picked to compete in Australia at the World Championships. Vince Anello was named to compete in the 220 pound class and Larry Pacifico (my hero) was named to represent the United States in the 198 pound class. Anello's chief competition for the World Championship title was the 1976 World Champion Paul Jordan of Great Britain. Jordan had the edge on Anello, as he had beaten him for the world title the year before. Pacifico, on the other hand, had no serious challengers. His world record total was close to 300 pounds better than the total of his nearest competitor. Actually, his total was good enough to beat all but a handful of lifters who competed in the



Larry Pacifico went up from the 198s, where he won the world title in 1976, to challenge Jordan (Pope photo)

about. During the months preceding the championships, Jordan started bragging about how he was going to destroy Anello at the World's. He was even reported to have boasted that if Anello even thought that he could beat him, that he (Anello) should call and apologize. Anello who is more the quiet, modest type, didn't respond to any of Jordan's taunting. It seemed apparent that Anello was going to let his performance talk for him.

As the competition drew near, Jordan stepped up his psychological warfare. He had a number of shirts printed up that read in large black letters "Jordan is King". He also did a number of television and magazine interviews in which he said he would not only defeat Anello, but humiliate him. On the day that the United States team plane arrived in Australia, a week prior to the championships, Jordan and all his cronies were at the airport to greet them.

As the United States team disembarked the plane, Jordan's entourage started chanting "Jordan is King, Jordan is King." The chant continued until an abnormally larger Pacifico appeared at the plane's hatch. It was obvious that everyone was a little taken back by the muscle mass that Larry had put on since the Senior Nationals. After the initial shock of the larger Pacifico was over, Jordan and his boys resumed their chant, "Jordan is King." Then to the amazement of everyone, a trim Vince Anello appeared in the plane's hatch. The chanting came to an abrupt halt. It was now crystal clear what had taken place. After the Senior Nationals, Anello and Pacifico had switched weight classes. When Pacifico got off the plane, he walked straight over to Jordan, looked at his shirt, plucked at it lightly between thumb and forefinger and said, "Not this year, Jordan. This year, you're queen."

During the week prior to the World Championships, Jordan attempted very heavy lifts in the gym, as if in an effort to somehow miraculously develop the strength that would challenge Pacifico.

At the Worlds, Jordan was reportedly out of control. He attempted ridiculously heavy weights for his warmups, and he was yelling and screaming at everyone. It was obvious to everyone present that he was losing it. Pacifico didn't help matters either, as he kept referring to Jordan as "the Queen."

Of course, the rest is history. Jordan in a rage attempted a squat that was well above his competitive best. The lift nearly killed him, when the patella tendon in his left knee ruptured. His right quadriceps ripped completely out, and his right ankle twisted badly, all gruesomely captured by the NBC television cameras. Amazingly, Pacifico took a new world record, and managed it easily. He went on from there to set two new world records in the total and new Best Lifter of the entire World Championships. Without question, Pacifico was King...and he's my hero.

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

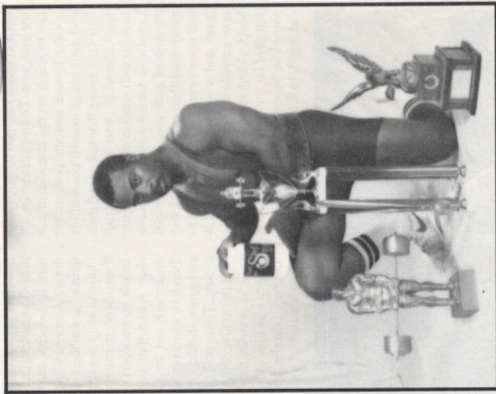
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I am a very precise powerlifter. I couldn't train for world championships without drawing on my many years of experience. I plan everything down to the last detail — diet, training routines, exercise poundages. I know my body well and that's why my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

That's why I was so amazed when after two weeks into my strength cycle, I was trying with weights I should just have been making.

"You make those weights look awfully easy Willie," one of my training partners commented. I stopped for a minute and thought about it. He was right. Something strange was going on here. Then I remembered that the only thing different was HOT STUFF. I was beginning to believe! And by the time that cycle was over I had no doubts. I had never used a product like HOT STUFF. Not only did it increase my strength, I even lost several inches around my gut. Boy, was that a bonus!

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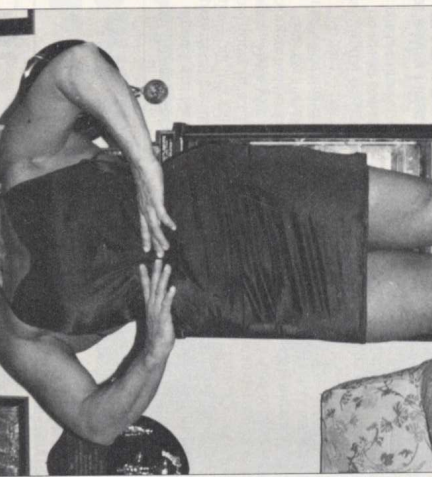
Prove It For Yourself! Try One Can . . .
Talk is cheap, as they say. We could fill up this entire magazine singing the praises of HOT

Women's Corner

Women and Powerlifting

by Dawn Sharon

The previous articles that I have written addressed women and the ways in which they can train to make the best gains. To finish this series, I'd like to speak on the attitudes of our society toward women powerlifters and the feelings women powerlifters have concerning themselves and their sport. About 15 years ago, a woman training with weights was almost unheard of and those that did train were considered quite unusual. The social trend toward being fit has meant more and more women are working out in gyms and a woman working out is now considered acceptable. Female bodybuilding seems to have set the standard for the training that women should be interested in. This fact is due largely to the media attention that



is expressing a new dimension in the concept of femininity in sport.

can achieve her full genetic potential. Powerlifting is a great way for people, men and women, to combat the effects of aging and gravity. A woman that chooses to participate in the 'fringe' sport of powerlifting will find that she will look younger, firmer, leaner, and be more energetic than her more sedentary peers. Powerlifters that train regularly with a balanced and sensible program will find that they also resist the ravages of age and gravity more than their peers that participate only in aerobic sports because gravity takes a heavy toll unless you train to defy it as we do. Women should not compromise fulfilling their own genetic potential just because of social pressures. If a woman has the ability to be strong, then she should work hard and develop her best physique. She should keep a positive attitude at all times and she should strive to be the best she can be and be proud of her accomplishments. Too often, women are constantly criticizing themselves because they don't resemble what is marketed in magazines and spend a good part of their lives and athletic careers worrying and forfeiting their true potential as athletes. My advice to all athletes, male and female, is to work hard and train to be the best you are able to take what you have and hold your head high regardless of what the media may endorse. In this way we, as female powerlifters, will take a stand and help to re-educate our society on what are the ultimate parameters of our gender. **DAWN SHARON**

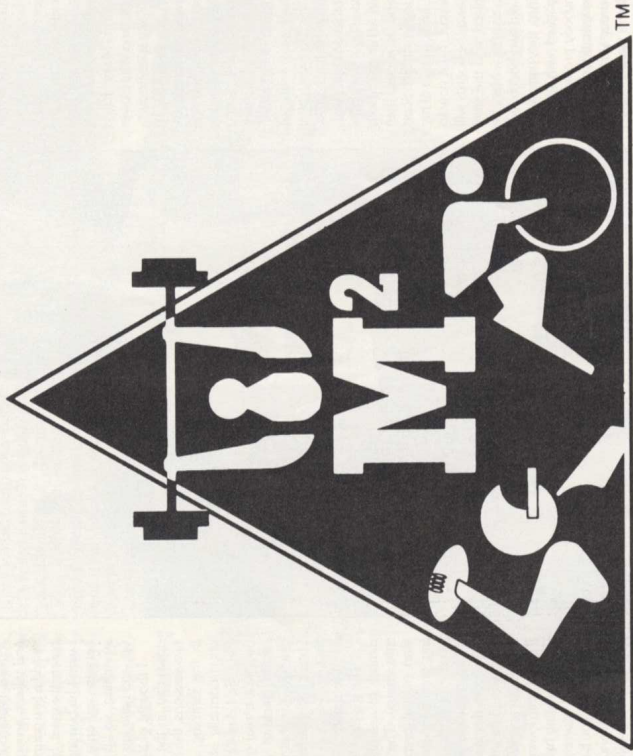
is expressing a new dimension in the concept of femininity in sport. Powerlifting is a great way for people, men and women, to combat the effects of aging and gravity. A woman that chooses to participate in the 'fringe' sport of powerlifting will find that she will look younger, firmer, leaner, and be more energetic than her more sedentary peers. Powerlifters that train regularly with a balanced and sensible program will find that they also resist the ravages of age and gravity more than their peers that participate only in aerobic sports because gravity takes a heavy toll unless you train to defy it as we do. Women should not compromise fulfilling their own genetic potential just because of social pressures. If a woman has the ability to be strong, then she should work hard and develop her best physique. She should keep a positive attitude at all times and she should strive to be the best she can be and be proud of her accomplishments. Too often, women are constantly criticizing themselves because they don't resemble what is marketed in magazines and spend a good part of their lives and athletic careers worrying and forfeiting their true potential as athletes. My advice to all athletes, male and female, is to work hard and train to be the best you are able to take what you have and hold your head high regardless of what the media may endorse. In this way we, as female powerlifters, will take a stand and help to re-educate our society on what are the ultimate parameters of our gender. **DAWN SHARON**

Femininity really is what the media and our society project upon us and subsequently support. In Europe, especially the Eastern Bloc, female strength athletes are highly respected for their talents and abilities. I was fortunate enough to compete in the Soviet Union in 1988 and experienced the true appreciation that the Soviets have for excellence in athletic activity. Other countries in Europe hold female strength athletes in great respect and there is full media coverage for women in these countries. In European nations the robust athletic female is considered just as appealing as her male counterpart. In this part of the world, however, the robust female athlete is still not a popular concept. Female powerlifters work very hard to achieve their strength and physiques. Contrary to popular opinion this sport requires skill, coordination, and a careful diet in order for a woman to make gains and be her best. In my previous articles on women's training, especially the advanced section, you will notice that the training directly applies to men as well as women. Female upper bodies and backs but are much more stable than most men due to their broader pelvic structure. By working with these strengths and weaknesses the female powerlifter



DAWN SHARON, through her performances on the lifting platform,

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POWER PROFILE

PAUL WHITE A Master Lifter Profile by Gene Roberson

His records leave little doubt that Paul White has consistently been the strongest 242 lb. drug free master powerlifter in the world. As a Master, Paul has official lifts of 733, 446 and 733, and has won the Indiana State Championship in the open division seven times. Paul consistently totals in the high 1800s and hopes to break the 1900 barrier at 242 in the near future. This article examines some of the training techniques that have helped Paul achieve a consistent high level of performance.

Paul is 45 years old and works as a recreation manager for the city of Henderson, Kentucky. He started training when he was 31 years old and began competing as a 198 pounder one year later. With the exception of a two and a half year layoff in his mid 30s, Paul has trained continuously for the past 14 years under the watchful eye of Dick Connor at the Pit Gym in Evansville, Indiana.

Three to five meets a year, his training is planned around the one or two meets he considers most important. He will peak for these meets but will enter other meets without any pre-contest peaking. Most of Paul's training involves eight to twelve repetitions per set, much higher than has traditionally been considered ideal for powerlifters. He goes to fewer than eight repetitions only when peaking for contests. Paul estimates that approximately 60 percent of his time and effort is spent on the powerlifts and about forty percent on assistance work. During the summer months Paul discontinues the powerlifts in favor of bodybuilding, to work on areas that he considers to be weaknesses. Paul uses supportive equipment very sparingly. He typically does not use supportive equipment until about three weeks before a meet. When Paul says no equipment, that includes no belt and no knee wraps. Paul has a personal best of 625 in the squat with no equipment. Paul does not use a belt in the deadlift for lifts below 700 pounds and hasn't worn a tight suit in the deadlift in several years. By using relatively high repetitions and strict form, Paul has developed practical strength and has been practicing injury free through his 14 year career. Paul trains three days a week.



Paul White (right) at the ADFFPA Deadlift Nationals, with Gene Roberson

Squats are done on Monday. Most of the year Paul does sets of 10 to 12 repetitions. Following three work sets of squats, he immediately goes to the leg sled for two sets of eight to ten reps. Paul makes sure each squat is below parallel often incorporating three second pauses between his squat reps. He credits his adherence to strict form in the gym to having only one squat turned down in 14 years of powerlifting. Paul begins peaking for a contest eight to ten weeks before the meet. He works sets of ten up to 60 to 65 percent of his goal for the squat in the meet then begins dropping repetitions as the meet gets closer. Paul's last hard workout is almost two weeks before the meet. It consists of a double or triple with a weight near his normal opener of 672. Paul does not do big singles in the gym. All of his warm up sets are done without knee wraps. He wraps his knees for the first time at around 600 pounds and begins using a belt and suit three workouts before the meet. Paul trains the bench on Wednesday. Standard warmups include 135 x 12, 225 x 10, 315 x 8-10, 365 x 6, in subsequent weeks

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

for the deadlift is the stiff legged deadlift. Like the squat and bench press, Paul trains three sets of ten in the deadlift, most of the time, dropping the reps only when he is peaking for a contest. Those who have watched Paul in competition know that he is methodical about his deadlift setups. He spends several seconds kneeling over the bar getting his hands in proper position. Paul has small hands making it difficult for him to hold on to the bar during the initial explosive movement from the floor. Consequently, he must maintain a steady rate of ascent throughout the lift (imagine pulling 733 like that). With the exception of an injury he suffered in a meet last year as a result of a misload, Paul has never had a back injury. He visits his chiropractor every six weeks or so to make sure he has proper spinal alignment and always gets an alignment before a contest.

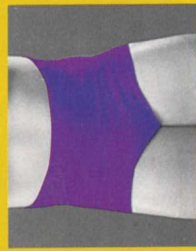
Like many Masters lifters, Paul has done relatively little stretching through most of his career. He now realizes the importance of stretching and stretches before lifting and stretches again after his deadlift workout. Unlike many Masters lifters, Paul has not experienced any ligament or tendon problems and has never used anti-inflammatory medicines. Although he normally uses amino acids, multiple vitamins and dedicated liver supplements, he did not use supplements of any kind before the ADFFPA National Deadlift Championships. In that meet he deadlifted 711 and won both the open and the lifetime drug free categories at 242. Paul does not have a special diet. He tries to eat 3-4 small to medium size meals a day in which most of the calories are from complex carbohydrates.

Paul credits his coach, Dick Connor, with much of his powerlifting success. Dick develops Paul's training program for all major contests and oversees his training. Paul hasn't yet tried video taping his workouts, but plans to begin doing so in the future. In addition to training and competing, Paul enjoys coaching other powerlifters. He coaches his two sons who are excellent lifters in their own right, plus several other men and four women. After achieving his near term goals of totaling over 1900 at 242 and winning at least one world championship, Paul would like to devote more time to coaching.



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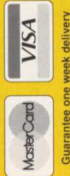
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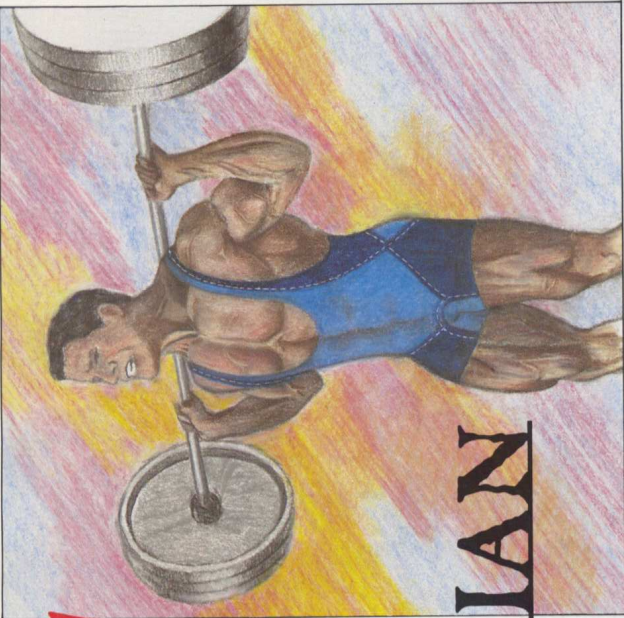


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POWER PROFILE

During the past several years, a quiet unassuming Texan named Bryan Nester has made a steady ascent to the top of the powerlifting world, assaulting numerous national records in the process. In July at the APF Seniors, Bryan took on the heretofore unbeatable Steve Goggins in what proved to be the highlight of the meet. When the smoke had cleared, Goggins was the victor but only by the scant margin of 17 lbs. Bryan's squatting prowess was evidenced by the fact that his 903 lb. squat outdistanced Goggins, the current world record holder, by 25 lbs. Only an off-day for Bryan on the bench press prevented an upset.

Even as a boy, Bryan had the attributes to be a great squatter. He remembers, to his chagrin, having to wear Sears "Huskies" jeans to elementary school because his legs were too big for regular jeans. You remember Sears "Huskies" — the jeans that came in brown, red and green; made from the world's thickest denim. That may be OK for a forest ranger but wearing "uncool" jeans can be a traumatic experience in the third grade. Bryan adapted well, however, and now uses those Doug Furnas-like legs to push record poundages. Maybe there's truth to the adage, "Squatters are born, not made."

In high school Bryan's athletic ability began to bloom. He was an all-district guard and linebacker for the Salem High Lions in Indiana. It was also in high school that Bryan began powerlifting. These early years provided one of Bryan's most memorable meets and much of the impetus that would eventually propel him to the pinnacle of powerlifting. A neophyte to the "iron game," Bryan entered the 1980 Teenage Nationals in Chicago after less than a year of training. Ernie Frantz, one of the greats of powerlifting, was a side judge at the meet. Bryan recalls on his third attempt doing "one of my typical bent-over-good-morning squats" and barely squeaking it out. As he looked over at the lights to see if it was successful, out of the corner of his eye he saw Ernie shaking his head in disbelief. Bryan says the disquieted look on Ernie's face pretty much typified his day.

Far from being the stereotypical muscle-head troglodyte, Bryan's emphasis on academics steered him to Rose-Hulman College, a top engineering school in Terre Haute, Indiana. Excelling in electrical engineering, Bryan was quickly hired by

BRYAN NESTER as told to PL USA by John Hoffman



Bryan Nester squatting at the 1991 APF Senior Nationals in Pittsburg, Texas instruments in Dallas, TX. It was in Dallas that Bryan's rise to the elite echelon of powerlifting took place.

Bryan has progressed from an 1180 lb. total to be one of the best 242's in history. One of Bryan's most impressive achievements is that all of his big lifts have been done at national meets under the scrutiny of national and international judges. None of Bryan's totals are tarnished by the "home cooking" that often denigrates the totals in some meets. Bryan's total -2204 - is the 5th best in history in the 242 lb. class. His 2166 total was tops in the world in 1990. Bryan has won the Jr. Nationals, Open Nationals and been runner-up to the world record holder in the APF Senior Nationals. He has steadily closed the gap between himself and the world's best. Bryan is now looking forward to the WPC World Powerlifting Championships in Las Vegas in November. If his training continues on schedule he plans to go 925-525-825-2275, the highest 242 lb. total ever in a national or world championship.

Bryan's program consists of extremely hard work on minimal sets of basic exercises. And I emphasize hard work! Driven by the taskmaster, Bryan Wadde, one of powerlifting's best coaches, Bryan often works to the point of nausea. In fact, I can remember several leg workouts in which Bryan and all three of his squatting partners (all of whom squatted over 800) were lying incapacitated on the floor. Bryan's training program is comprised of three distinct phases. The conditioning phase consists of high rep sets (up to 20's) of a variant form of the powerlifts. Typically this would be Hatfield bar squats, incline bench presses and straight-leg deadlifts. An ample amount of accessory work is included to bring up any weak points. Bryan feels that this is a good time to rest his joints from heavy weights, bring up lagging body parts and improve his conditioning.

His strength phase is made up of medium reps (3-8) of the powerlifts plus a sprinkling of assistance exercises. Normally, he will do two heavy sets for each of the powerlifts

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

one day per week. This phase builds an excellent strength base as he enters his precontest preparation. During the final 5-6 weeks before the meet, Bryan concentrates on the three powerlifts themselves. In this phase he drops back to two workouts per week, for maximal recovery, and keeps his reps low and the weight heavy. Squats are usually trained with singles at this point. Bryan believes that the mental preparation is the toughest part of this phase, since the poundages are always near maximum.

Bryan's biggest asset is his attitude. He has always believed that to be the best you have to lift with the best. He would rather compete against other top lifters than seek out "easy" contests to garner an endless parade of trophies. One of the keys to Bryan's steady progress over the past five years has been his ability to stay relatively injury free. And when you are routinely squatting over 900 lbs, that's no easy task! Two factors have contributed to his injury free training: "Huskies" jeans — genetics and the extreme control with which Bryan performs all his lifts.

Lifting at world class standards requires many sacrifices, making it a challenge for Bryan to balance his commitment to powerlifting and his job as an electrical engineer. However, his determination to be the best has driven him to excel in a sport whose primary reward is self-satisfaction. "I became involved with a good group of training partners and had some early success. It has given me an opportunity to achieve what so few get to achieve; and that's to be the very best at any endeavor," Bryan wishes, however, that powerlifting was a professional sport so that those who put so much time and energy into it could reap the benefits thereof. He would also like to see more media recognition of the sport, particularly the nationals and the worlds.

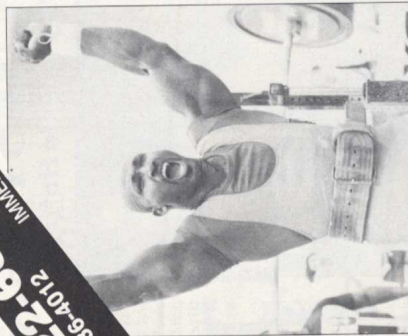
What is Bryan's advice to aspiring lifters? "Totally dedicate yourself to intense workouts, a balanced diet and getting sufficient rest. Extraordinary activities may have to be put aside if you are going to be the best." The secret to success is Bryan knows plenty about. His dedication and humility, coupled with his superhuman strength, have served as an inspiration to all of us at The Austin Gym. In fact, I'm even wearing "Huskies" jeans now — and so far it seems to be working!"

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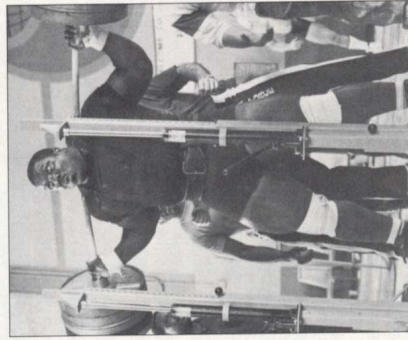
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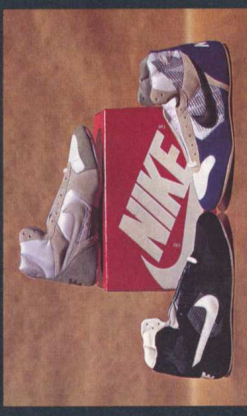
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48 kg	80	42.5	100	222.5
56 kg	120	70	130	320
64 kg	150	95	165	410
72 kg	180	115	200	495
81 kg	210	135	240	585
90 kg	240	155	280	675

Men
 75 kg 187.5 90 185 462.5
 82.5 kg 200 100 200 500
 90 kg 220 110 220 550
 97.5 kg 240 120 240 600
 105 kg 260 130 260 650
 112.5 kg 280 140 280 700
 120 kg 300 150 300 750
 127.5 kg 320 160 320 800
 135 kg 340 170 340 850
 142.5 kg 360 180 360 900
 150 kg 380 190 380 950
 157.5 kg 400 200 400 1000
 165 kg 420 210 420 1050
 172.5 kg 440 220 440 1100
 180 kg 460 230 460 1150
 187.5 kg 480 240 480 1200
 195 kg 500 250 500 1250
 202.5 kg 520 260 520 1300
 210 kg 540 270 540 1350
 217.5 kg 560 280 560 1400
 225 kg 580 290 580 1450
 232.5 kg 600 300 600 1500
 240 kg 620 310 620 1550
 247.5 kg 640 320 640 1600
 255 kg 660 330 660 1650
 262.5 kg 680 340 680 1700
 270 kg 700 350 700 1750
 277.5 kg 720 360 720 1800
 285 kg 740 370 740 1850
 292.5 kg 760 380 760 1900
 300 kg 780 390 780 1950
 307.5 kg 800 400 800 2000
 315 kg 820 410 820 2050
 322.5 kg 840 420 840 2100
 330 kg 860 430 860 2150
 337.5 kg 880 440 880 2200
 345 kg 900 450 900 2250
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 360 kg 940 470 940 2350
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 375 kg 980 490 980 2450
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 412.5 kg 1080 540 1080 2700
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 450 kg 1180 590 1180 2950
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 472.5 kg 1240 620 1240 3100
 480 kg 1260 630 1260 3150
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 495 kg 1300 650 1300 3250
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 630 kg 1660 830 1660 4150
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 712.5 kg 1880 940 1880 4700
 720 kg 1900 950 1900 4750
 727.5 kg 1920 960 1920 4800
 735 kg 1940 970 1940 4850
 742.5 kg 1960 980 1960 4900
 750 kg 1980 990 1980 4950
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Teen	SQ	BP	DL	Total
114	100	230	350	680
122	110	250	380	740
130	120	270	410	800
138	130	290	440	860
146	140	310	470	920
154	150	330	500	980
162	160	350	530	1040
170	170	370	560	1100
178	180	390	590	1160
186	190	410	620	1220
194	200	430	650	1280
202	210	450	680	1340
210	220	470	710	1400
218	230	490	740	1460
226	240	510	770	1520
234	250	530	800	1580
242	260	550	830	1640
250	270	570	860	1700
258	280	590	890	1760
266	290	610	920	1820
274	300	630	950	1880
282	310	650	980	1940
290	320	670	1010	2000
298	330	690	1040	2060
306	340	710	1070	2120
314	350	730	1100	2180
322	360	750	1130	2240
330	370	770	1160	2300
338	380	790	1190	2360
346	390	810	1220	2420
354	400	830	1250	2480
362	410	850	1280	2540
370	420	870	1310	2600
378	430	890	1340	2660
386	440	910	1370	2720
394	450	930	1400	2780
402	460	950	1430	2840
410	470	970	1460	2900
418	480	990	1490	2960
426	490	1010	1520	3020
434	500	1030	1550	3080
442	510	1050	1580	3140
450	520	1070	1610	3200
458	530	1090	1640	3260
466	540	1110	1670	3320
474	550	1130	1700	3380
482	560	1150	1730	3440
490	570	1170	1760	3500
498	580	1190	1790	3560
506	590	1210	1820	3620
514	600	1230	1850	3680
522	610	1250	1880	3740
530	620	1270	1910	3800
538	630	1290	1940	3860
546	640	1310	1970	3920
554	650	1330	2000	3980
562	660	1350	2030	4040
570	670	1370	2060	4100
578	680	1390	2090	4160
586	690	1410	2120	4220
594	700	1430	2150	4280
602	710	1450	2180	4340
610	720	1470	2210	4400
618	730	1490	2240	4460
626	740	1510	2270	4520
634	750	1530	2300	4580
642	760	1550	2330	4640
650	770	1570	2360	4700
658	780	1590	2390	4760
666	790	1610	2420	4820
674	800	1630	2450	4880
682	810	1650	2480	4940
690	820	1670	2510	5000
698	830	1690	2540	5060
706	840	1710	2570	5120
714	850	1730	2600	5180
722	860	1750	2630	5240
730	870	1770	2660	5300
738	880	1790	2690	5360
746	890	1810	2720	5420
754	900	1830	2750	5480
762	910	1850	2780	5540
770	920	1870	2810	5600
778	930	1890	2840	5660
786	940	1910	2870	5720
794	950	1930	2900	5780
802	960	1950	2930	5840
810	970	1970	2960	5900
818	980	1990	2990	5960
826	990	2010	3020	6020
834	1000	2030	3050	6080
842	1010	2050	3080	6140
850	1020	2070	3110	6200
858	1030	2090	3140	6260
866	1040	2110	3170	6320
874	1050	2130	3200	6380
882	1060	2150	3230	6440
890	1070	2170	3260	6500
898	1080	2190	3290	6560
906	1090	2210	3320	6620
914	1100	2230	3350	6680
922	1110	2250	3380	6740
930	1120	2270	3410	6800
938	1130	2290	3440	6860
946	1140	2310	3470	6920
954	1150	2330	3500	6980
962	1160	2350	3530	7040
970	1170	2370	3560	7100
978	1180	2390	3590	7160
986	1190	2410	3620	7220
994	1200	2430	3650	7280
1002	1210	2450	3680	7340
1010	1220	2470	3710	7400
1018	1230	2490	3740	7460
1026	1240	2510	3770	7520
1034	1250	2530	3800	7580
1042	1260	2550	3830	7640
1050	1270	2570	3860	7700
1058	1280	2590	3890	7760
1066	1290	2610	3920	7820
1074	1300	2630	3950	7880
1082	1310	2650	3980	7940
1090	1320	2670	4010	8000
1098	1330	2690	4040	8060
1106	1340	2710	4070	8120
1114	1350	2730	4100	8180
1122	1360	2750	4130	8240
1130	1370	2770	4160	8300
1138	1380	2790	4190	8360
1146	1390	2810	4220	8420
1154	1400	2830	4250	8480
1162	1410	2850	4280	8540
1170	1420	2870	4310	8600
1178	1430	2890	4340	8660
1186	1440	2910	4370	8720
1194	1450	2930	4400	8780
1202	1460	2950	4430	8840
1210	1470	2970	4460	8900
1218	1480	2990	4490	8960
1226	1490	3010	4520	9020
1234	1500	3030	4550	9080
1242	1510	3050	4580	9140
1250	1520	3070	4610	9200
1258	1530	3090	4640	9260
1266	1540	3110	4670	9320
1274	1550	3130	4700	9380
1282	1560	3150	4730	9440
1290	1570	3170	4760	9500
1298	1580	3190	4790	9560
1306	1590	3210	4820	9620
1314	1600	3230	4850	9680
1322	1610	3250	4880	9740
1330	1620	3270	4910	9800
1338	1630	3290	4940	9860
1346	1640	3310	4970	9920
1354	1650	3330	5000	9980
1362	1660	3350	5030	10040
1370	1670	3370	5060	10100
1378	1680	3390	5090	10160
1386	1690	3410	5120	10220
1394	1700	3430	5150	10280
1402	1710	3450	5180	10340
1410	1720	3470	5210	10400
1418	1730	3490	5240	10460
1426	1740	3510	5270	10520
1434	1750	3530	5300	10580
1442	1760	3550	5330	10640
1450	1770	3570	5360	10700
1458	1780	3590	5390	10760
1466	1790	3610	5420	10820
1474	1800	3630	5450	10880
1482	1810	3650	5480	10940
1490	1820	3670	5510	11000
1498	1830	3690	5540	11060
1506	1840	3710	5570	11120
1514	1850	3730	5600	11180
1522	1860	3750	5630	11240
1530	1870	3770	5660	11300
1538	1880	3790	5690	11360
1546	1890	3810	5720	11420
1554	1900	3830	5750	11480
1562	1910	3850	5780	11540
1570	1920	3870	5810	11600
1578	1930	3890	5840	11660
1586	1940	3910	5870	11720
1594	1950	3930	5900	11780
1602	1960	3950	5	

APA World Record Breakers Bench Press and New England Regional 7 Sep 91 - Rutland, VT

Women	105	190*	New England Regional Open	210*
L Pitts	148	210*	Women	210*
Couch	132	340*	J. Lynde, Jr.	260
G. Gould	140	395	J. Kolpore	270
1st Coach	140	395	N. Barnes	100
Schmitt	320*	330*	P. Honor	460
G. Larson	181	330	J. Wagoner, Jr.	270
Master	181	330	Submaster	440*
J. Burke	165	475*	K. Harrum	430
SHW	165	475*	J. Magovero	404-9
Magovero	165	475*	Master 40-49	475*
42-49	260	310	C. Higgins	310
P. Beauregard	385	310	D. Robinson	335
R. Cote	350	330*	E. Schatzel	310
J. Dumaree	350	330*	D. Dwyer	235*
162-4	305*	305*	N. Mackay	330*
N. Mackay	198	330*	B. Rosenfield	330*
B. Rosenfield	165	330*	D. Dwyer	235
40-49	395	395	R. Couch	395
A. Courmyer	260*	305	N. Mackay	305
198	280*	255	T. Barrett	255
B. Mello	198	280*	N. Carrier	300
Novice	290	315	B. N. Jette	260
R. Romano	290	315	P. Beauregard	300
W. Abrams	295	220	K. Harrum	440
D. Cooper	225	460	P. Hubbard	335
198	365	430	B. Winger	460
C. Clapp	220	420	P. Murray	480
F. Murrug	242	480	D. Jarvis	280
E. Perry	242	480	J. Flynn	475
J. Lowe	242	480	M. Nemet	480
J. Flynn	480	480	SHW	475
M. Nemet	480	480	H. Magovero	490



Kim Couch went right from her performance at the Malibu Classic II, above, to the APA World Record Breakers Meet in Rutland, VT the next week.

ing equipment and very knowledgeable staff.
Shopper. Best Lifter: Rick (Taz) Couch, Rum-
ple, Ken Ham, Mike Nemet, Mike Nemet, Meet
Site: The Spa, 132 Granger St., Rutland, VT.
Referees: Joe Salimon, Art Courmyer, Rick
Couch, Kim Couch, Scott Johnson, Mike Nemet
Entrants: 60. This year's combined World Record
Breakers and New England Regional Bench Press
competitions were held in Rutland, VT. I would
providing us with a very nice meet site and some
excellent spotters, loaders and meet helpers. The
Spa is one of the best places to train in the state
of Vermont, and features some excellent train-

in and what a suspension is about. Aside from this package had to be determined by bodyweight as the same lifts, and they were very impressive lifts at that! Greg Gould reclaimed his World Record in the 132 lb. division after losing the record 10 weeks earlier. We saw it if it wasn't for the record. At 68 years young, Bill Mello set another Masters World Record with a nice 280 bench and three white lights. A total of seven lifts were done in a great deal to promote the sport. Joe has done a huge and impressive as always. Joe has New England States and deserves a lot of credit also runs some very nice meets in Connecticut. We look forward to next year's competition. Once again I would like to thank the staff of The Spa for their help and support. It has been a great experience and I hope to have been as efficient without their efforts. (Thanks to Scott Taylor, Meet Director/APA President, for these results)

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17 Aug 91 - New Tazwell, TN	SQ	DL	Total
Women-Light	225	200	425
T. Cronin	225	200	425
Heavy	175	105	280
B. Thompson	175	105	280
W. Bennett	125	90	215
Light	470	290	760
M. Bussell	470	290	760
Heavy	500	325	825
T. Baltrip	335	160	495
Men	470	290	760
191 lb.	325	300	625
J. Smith	325	300	625
220 lb.	525	335	860
J. Moore	500	325	825
G. Sterik	505	295	800
198 lb.	240	275	515
R. Reynolds	240	275	515
K. England	260	280	540
L. McClary	260	280	540

(Thanks to Dyanabody Fitness Center for results)

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