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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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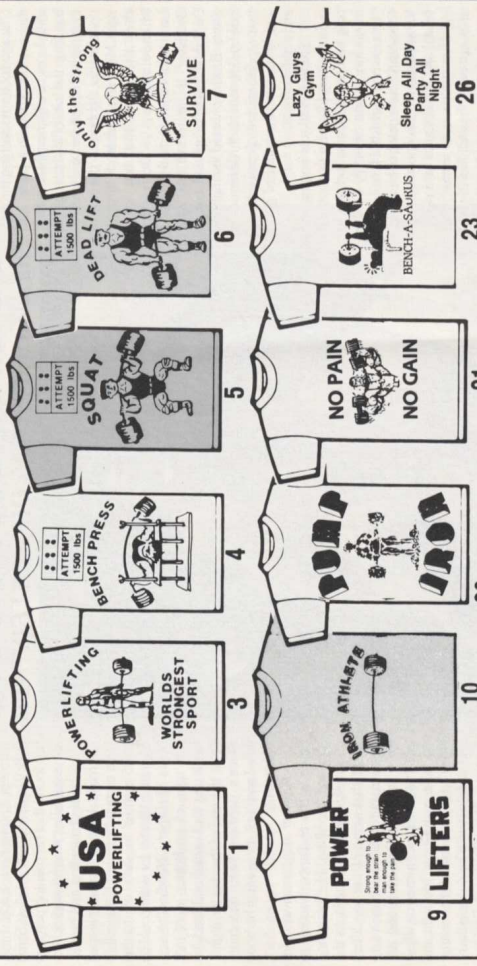
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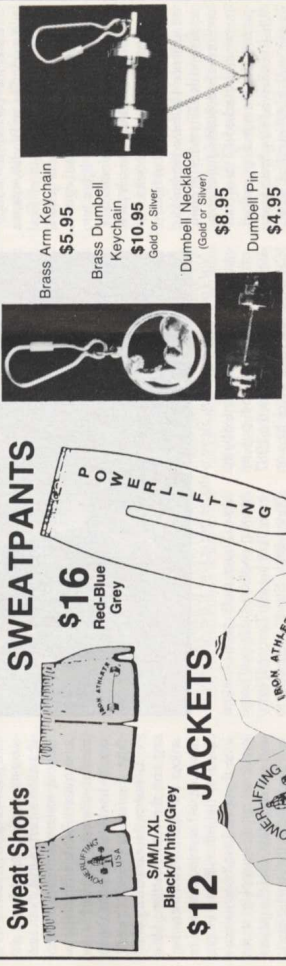
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POWER PROFILE

STEVE BRODSKY as seen by PL USA's DR. KEN LEISTNER

Picture the Teenage Mutant Ninja Turtles, swinging over the Chicago rooftops, dashing through the sewers, shoveling pizza into their faces, and generally wreaking havoc on the foes of all that is good. Cult heroes of national and international status, fighting on the side of right. Marching confidently through the alleys of the big city, Michaelangelo, Donatello, Leonardo, Raphael, and Brodsky. Brodsky? If he had it his way, Superheavyweight up and comer Steve Brodsky would be fighting side by side with his turtle heroes, a fine representative of powerlifting and, of course, the cause of good and righteousness.

Steve Brodsky is among the most exciting lifters on the scene if only because he seems to have so much fun. If one can truly be the "Uncrowned Jewish Hercules of Cleveland", he is going to have fun. What he also has is enormous potential and the ability to be a reigning lifter for years to come. This unlikely "hero" has fulfilled the fantasy of so many physical specimens who accurately reflect the "before" ads in the muscle magazines — that a run at a string of national and world titles isn't unrealistic. Of course, Steve isn't one to blow his own horn, but those who have seen him understand that he has lots of untapped ability. His enjoyment of the super hero Turtles and what they represent, isn't too far from his own reality.

When you grow up as the tall but extremely thin, shy type, some interpret that package as "wimpy" and young Steven Brodsky spent a lot of time as the target of local bullies. After seven years of general weight training, which had begun to transform his stick-like figure into something a bit more muscular, Steve stumbled into a bench press contest and became hooked on demonstrating strength in front of an audience. He immediately added squats and deadlifts to his program, cut out the bodybuilding type movements, and attacked the three competitive lifts like a man possessed. While this served his physique and power well, it did not lead acceptance at the gym. The "earth shaking sounds" and flying chalk dust did not sit well with ownership so it was both coincidental and fortunate that Steve, through buddy Dave Ramona, made the acquaintance of surgical assistant, and moved to the lifting legend Steve Wilson.

At Giachetti's Gym west side

Chicago, a fabled lifting establishment, and has had the help of partners Laurie Kay, Eddie Fink, Dick Ward, and John Molloy. Steve has found that his training partners are essential because his work schedule is both demanding and erratic. He might have a session planned for a certain time, but if the call to scrub comes in, he's off to the operating theater for what could be hours of surgery. Needless to say, this type of profession does not leave one well rested and ready to go at the end of the day (or night). Steve's partners keep him motivated and "up", even when his body is dragging.

Another huge motivator for Steve is the audience reaction to him and his lifting. He freely and cheerfully admits that he lacks the talent that some of the top lifters possess, but feels he can make up for it with determination and the fact that he is really turned on when the fans, as he says, "get wild and crazy". He feeds off of that energy and adds to it with his own platform persona. At the Pittsburgh Seniors, he was certainly the most colorful and loudest contestant; Harpo Marx locks flying in all directions, yelling wildly, and generally having one heck of a time. It's almost as if the expected audience response gets him up in his training sessions and because he likes to train, and he does train hard. Steve feels as if he has a responsibility to both lift well and entertain the fans that have come to see whatever meet he has entered. While powerlifting serves as a physical outlet, it also serves as a creative outlet, and audience participation is part of that. I can state without reservation that the fans love to watch Brodsky lift and do get excited when he approaches the bar. It's hard to say who has a better time, the fans or Steve!

Between the excitement of lifting and the fans' reaction, Steve enjoys the sport. More than that, however, is his enjoyment and respect of the other lifters. Visiting with those he hasn't seen since a previous meet, swapping stories and training ideas, and the general camaraderie that the sport seems to engender are strong attachments. He has great respect for the better lifters of today, but also for the many pioneers of the sport who laid the groundwork for this generation of lifters, and as he says, "have great tales to tell and share with us". The fact that training hard keeps him in

Not Too Big to be a fan, Steve watches the action at the APF Seniors.

blown Super, and in need of serious training partners in his new home town. Training with Terry and Nancy Wilson's team in time for the 1987 Canton Open meet which he won with an 1805 total. With the support of Giachetti's crew and Wilson's excellent coaching, Steve was soon followed with a second place finish at the Worlds and a strong finish at the 1991 Seniors.

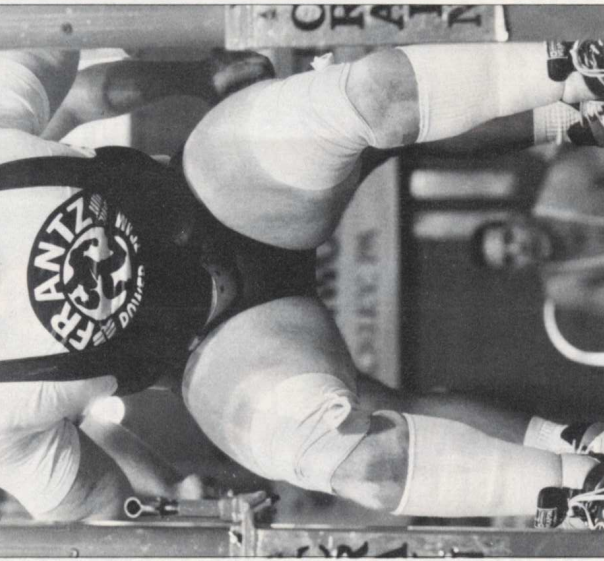
Steve has moved his training quarters to the Leaning Tower Y of

shape and strong, the thrill of competition, and the great fun he has with his involvement to competition, Steve will, it appears, be on the scene for years to come. Having a goal to "continue to become stronger" is motivating enough and of course, never ending, and he is driven to the gym regularly.

Despite the "Cleveland jokes", Steve enjoyed growing up there, and still has the unflagging support of his parents and younger brother Dave. In fact, if one listens carefully at Steve's meets, Sid, Flora, and Dave are usually leading the peanut gallery as Steve ascends to the platform.

Being the class "stringbean" did not allow him to participate in any team sports in high school and at 6'2" and 140 pounds, he was an inviting target for the local toughs. Because this continued at Ohio State, he gravitated to the weights and as is often said, "that was that". In fact, Steve considered demonstrating just how much his strength had improved when recently attending a high school reunion. However, he had more fun watching some of his former nemesis worry as they wondered if Steve would remember them picking on him and if he was, in fact, revenge minded. In either case, at 300 pounds plus, he has transformed his physique and strength beyond anyone's comprehension.

For those who are incredulous when hearing that Mr. Brodsky is a surgeon's assignee, it might help to know that he graduated from his college program with honors and is currently working at the prestigious Rush North Shore Medical Center in Skokie, Illinois. He "scrubs" on many different types of surgeries, but enjoys orthopedic work as it allows him a greater understanding of biomechanics that, in turn, helps his lifting. While the work is extremely rewarding, it is demanding and allows little opportunity for a real weekly schedule. Whatever free time is available, after work and lifting, goes to bowling, surfing, and, believe it or not, Monster Truck races and tractor pulls. Steve is really into these latter two activities, and enjoys himself somewhere down the line, learning the nuances of these activities. While heavy metal concerts and movies add to his leisure



Big Steve and a big load at the APF Seniors, where Dr. Ken met the Jewish Hercules

His co-workers, like Jeff Grubba and Sergey Gilkin have willingly stood in for him during surgery so he can have a Saturday workout at the Leaning Tower Y and the lifters there also enjoy having Steve around. The many meet promoters get Steve's nod of approval because they allow lifters to demonstrate their abilities, and of course, most promoters enjoy Steve and his on-stage mannerisms because he incites the crowd and makes the meet more enjoyable.

Like so many caring lifters, Steve is concerned over the dilution of titles, the confusion caused by so many associations, and the general lack of respect that many lifters have for those in other federations. He would like to see one organization with an open and a drug free classification, with random, year round testing. Fair and fun compete

tion is what it's about from Steve's perspective, and the great would like to see the separation of federations end. Needless for me to add, until the sport is better organized, serious and extensive media coverage of the major events will remain a lament of the imagination and those who get so much pleasure from the sport, like Steve, will be left with little but golf and bodybuilding to fill the sporting tube in the off hours.

Steve has a lot of comments regarding equipment but they are so inclusive that they might be best put into a separate article. I will state that he is the first lifter that I ever heard to note the possibility that slicing the skins during the deadlift, a common occurrence, and perhaps getting blood from the previous lifter's attempt into one's own open wound, in addition to being less than hygienic, might produce the possibility of serious bloodborne disease transmission. Would mandatory plastic skin guards be considered as a safeguard? As I said, Steve had many interesting comments about equipment that could serve the community well.

Having enjoyed his short lifting career so much, Steve hopes that Gary Benford, Jeff Wright and other meet promoters continue to put themselves on the line for the lifters, and give them the opportunity to lift in competition. The many lifters that Steve has in his class have continued to inspire him and

he gives great respect to anyone who trains with the goal of self improvement in mind. Being a Superheavyweight probably fits Steve's personality well as he gets to eat and drink a lot. Milk and meat and "whatever tastes good" forms the basis for his diet and he sticks to the basic lifts in training, always trying to do the 3 of them in one session per week, just as they are done in a meet. It's obvious Steve loves to eat, loves to train, and loves the sport. The many people who he has met have made his involvement worthwhile. I believe that as Steve continues to improve, he will be one of those lifters that others point to as an example to follow.

Certainly, he seems to enjoy the sport to an extent that all should strive for. Like his comic book superheros, Steve Brodsky is having a heck of a time, pursuing all that is right, good, and lots of fun.

POWER-RESEARCH

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Anti-Catabolic Nutrition AN INTERVIEW WITH DR. SCOTT CONNELLY M.D.

According to Dr. Scott Connelly, the statement that follows may be the most important statement about the fields of food supplementation and exercise: **75-80% of all muscle growth in humans, from the weight lifting exercise model, occurs secondary to a naturally-occurring down-regulation of the catabolic glucocorticoid receptor system and not from primary, direct anabolic synthesis.**

By way of introduction, Scott Connelly, a member of the cardiac critical care surgical team at Hoag Memorial Hospital in Newport Beach, California, is one of the most respected surgical anesthesiologists in the world. Dr. Connelly was educated at Harvard, Massachusetts General Hospital in Boston and MIT. For the last 20 years he has extensively studied nutritional adaptations with specific amino acids in degradation models (starvation, end state kidney failure, trauma, sickness, injury and weight training exercise). As part of his role with life-saving nutritional intervention for critical care patients, Dr. Connelly has developed unique amino acid arrays, substrate and metabolic deliveries. An example would be clinical care nutrition for end state kidney patients who can process nitrogen, but not protein.

More importantly for weight trained athletes, Dr. Connelly is the pioneer in anti-catabolic nutrition and engineered foods. In this interview with Powerlifting USA, he relates, amongst other fascinating tidbits, how powerlifters can benefit from anti-catabolic nutrition.

PL USA: What led to your observation that gaining muscle mass through anti-catabolic processes is the prime conduit for growth rather than as typically thought through anabolic synthesis?

Dr. Connelly: The answers are complicated and extensive. In the first place, it's common knowledge that individuals undertaking an intense weight training program will hypertrophy muscles and gain appreciable strength over a period of time, even in the face of deficient protein and energy/balance. Goldberg and energy/balance. Goldberg, for example, has established that with exercise, you can hypertrophy muscles in animals at the same time you starve them and breakdown muscles. It has been

develop muscle. For example, a 180 pound beginning powerlifter or bodybuilder, who had never lifted weights before, and who ingested a low amount of protein, say 50 grams a day, but who trained on a progressive, intense program, would develop significant muscle mass and strength, despite being in constant negative nitrogen balance. This is undeniable fact and is just one of the many reasons so many in the field medical and official governmental agents are negative on items like protein supplements, but for athletes, these opinions are changing.

PL USA: So, if an effort to induce anabolism by taking in a lot of calories and protein is not the best way to synthesize muscle, how does hypertrophy take place?

Dr. Connelly: Any muscle biochemist or physiologist worth their salt will tell you that the processes of muscle growth and hypertrophy are far from completely understood. They are so far from being understood that no one can even answer the most basic question yet, which is, "What is the chemical signal that allows a mechanical property of the muscle cell to be changed into a biochemically-mediated growth response? What is it about tension development in a myofiber that allows a change in the intracellular chemistry of that cell?"

There are some facts we know: In the adult, work-induced hypertrophy is NOT dependent on high levels of nutrients or developmental hormones, e.g. testosterone, androgens and growth hormone. There is some overlap, of course, but if these agents are taken away during development, growth will stop, but this is not the case in an adult weight trainer! So, it should be obvious that at least some of the controlling influences are distinct.

Most of the increases in muscle hypertrophy from weight training takes place in the fast twitch, type II fibers. To induce hypertrophy, of course, magnitude, duration and intensity of exercise must be at appreciable levels AND, there MUST be a prominent eccentric component to the exercise. The fact that powerlifters place emphasis on a slow controlled descent phase heights

both their strength and hypertrophy responses.

Interestingly, eccentric loading appears to produce damage to fast twitch fiber populations. There is an important inflammatory response to this exercise-induced damage. The response is acute with a measurable increase in body cortisol levels. This is an IMPORTANT part of the first muscle hypertrophy response, and has only been recently explored and elaborated. Immediately post exercise, there is a heavy influx of mononuclear cells (fibroblasts, macrophages, lymphocytes) which represents a form of collagen synthesis within the muscular system. It is clearly a response to muscle damage. Net increase in the typical hypertrophy model, actual increases in myofibrillar proteins (contractile heavy chain proteins) does not occur until later (in the rat, approximately 30 days later). This coincides with the human weight training exercise model too — studies show that subjects experience increases of about 20% in whole body proteins beginning at about SIX weeks into a weight program.

Muscle hypertrophy then is a two part process, an acute short term phase, where satellite cells form collagen-like new fibers (a process called hyperplasia by some, but technically, may not actually include splitting of an old fiber into two new fibers) and a chronic long term growth process, which includes the development of larger, thicker and stronger myofibrillar proteins.

PL USA: And do these discoveries have something to do with anti-catabolic processes that you refer to?

Dr. Connelly: Yes, undoubtedly so. Although there is some scientific basis to argue that nutrients such as specific amino acids, large doses of carbohydrates, branched chain keto acids, leucine, boron, chromium, and certain branched chain keto acids are essentially anabolic, the primary adaptation in the human body to muscle remodeling (which is exactly what the hypertrophy response is to exercise is — remodeling), is a gradual, chronic blunting of catabolic mechanisms. Hard weight training is a stress and stress potentiates the release of cortisol. Cortisol creates catabolic cascades which places the muscular system in catabolism. Specifically, cortisol activation increases the net effect of a critical place amino acid out of muscle. This is a breakdown process and

results in driving protein synthesis down. The body however, slowly makes a switch from the inflammatory response to exercise towards increasing the myosin heavy chain proteins and it appears that this feedback response, which over time, desensitizes the glucocorticoid receptor complexes, is a genetic response, which would explain why some individuals can accommodate and develop from harder routines, or by working out more often, while others can not.

Very interestingly, a recent observation has been made that anabolic steroids block glucocorticoid receptor binding in L6 muscle cells. Additionally, it has been shown in vitro that anabolic steroids have high affinity to type I and II muscle glucocorticoid receptors. This would tend to support the widespread contention amongst athletes that using steroids allows them to train harder, more often and yet — recover faster! In effect, steroids blunt cortisol's actions.

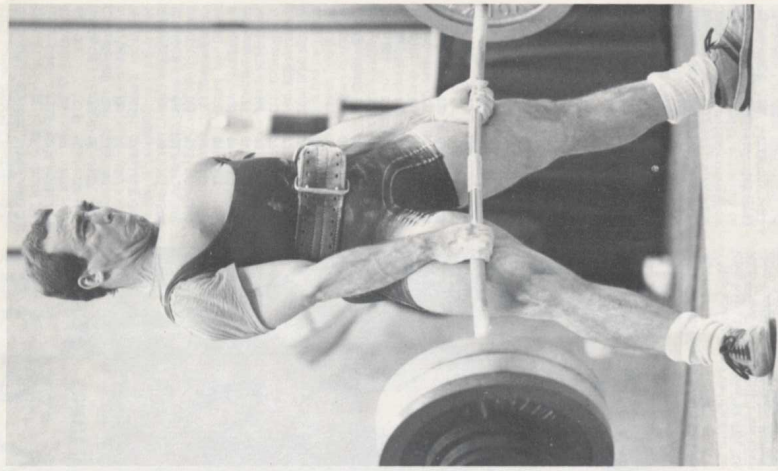
Here is a very simple, but important statement: Steroids amplify the anabolic effects of exercise on muscle tissue. They do NOT produce any anabolic effect in sedentary subjects. Why? Because Cortisol INCREASES according to the intensity of your workouts. Sedentary subjects do not potentiate cortisol, do not go into catabolism and consequently experience no effect from anabolic steroids! This illustrates the role of suppressing catabolism for growth, although steroids do also increase whole body proteins and muscle protein synthesis.

Growth hormone has also been shown to down regulate the catabolic effects of glucocorticoid activity.

PL USA: If it's not as likely to direct protein synthesis to muscle through natural anabolic supplements, are there any foods or agents which are not drugs that can slow the catabolic processes?

Dr. Connelly: The data that I have seen since 1980, primarily in animal and medical/life science research studies, and in specific human studies and nutritional arrays I have personally developed, suggests to me mechanisms for mitigating the catabolic effects of intense exercise.

As I stated earlier, there are long term training adaptations which mitigate catabolic responses which ultimately allow for increases in muscle protein synthesis. There is one amino acid intimately involved in this muscle adaptive process such that its net release from muscle is



Natural Athletes who have matured, like Howard Krieger, above, face real challenges in gaining strength and muscle mass for lifting.

diminished. All available evidence suggests that including copious quantities of this amino acid in regular internals, blunts the catabolic response.

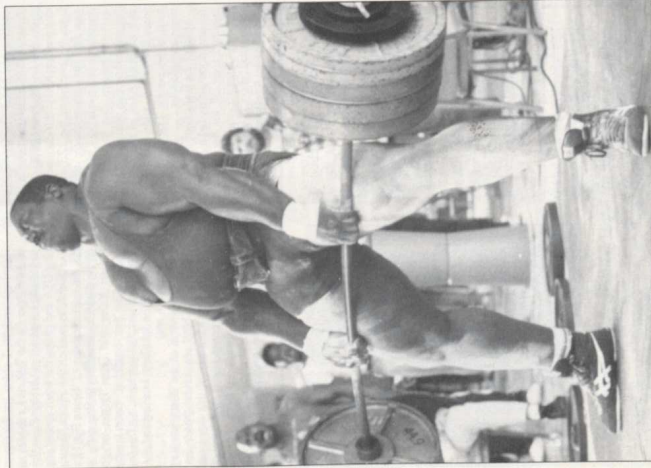
Furthermore, there is at least one keto-analog of the amino acid leucine, or more specifically, a precise metabolite of this analog (and it must include a very precise electrolyte array for maximum effectiveness), that definitely improves nitrogen retention in animals by suppressing endogenous cortisol secretion.

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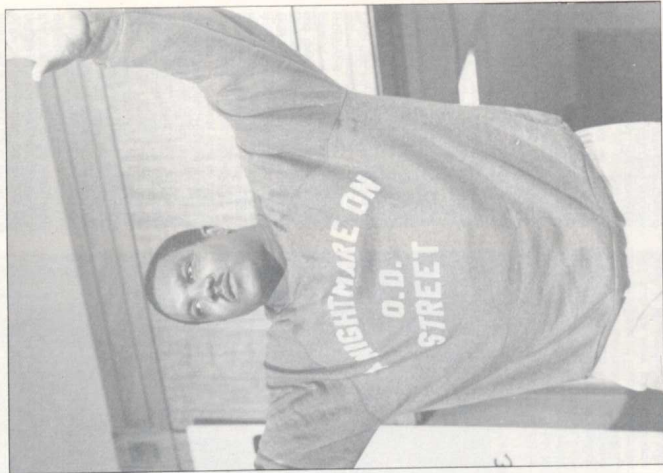
For information on MET-Rx engineered food, call Myosystems at 1-800-METRX11 or write, Myosystems, P.O. Box 277, Golden, Colorado 80402-0277.

O.D. WILSON DIES SUDDENLY!!

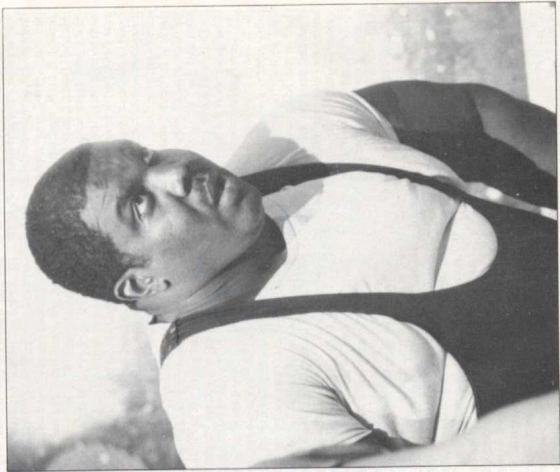
On October 29th, just after giving an early morning interview at a radio station in Durham, North Carolina, former Sr. National and World Powerlifting Champion, and all time record setter in the Superheavyweight division, O.D. Wilson complained of chest pains and then collapsed in the parking lot. He was rushed to the hospital and was still alive when he arrived, but his heart could not be re-started and he died, apparently of a heart attack. We had spoken to O.D. the day prior to his passing and he was full of life and plans for the future. He had just gotten the okay from his doctor to start training once again after recovering from a slipped disc that hampered his efforts at the World's Strongest Man contest earlier in the month. He hoped to hit a couple of big totals in Powerlifting in the near future, but also had plans to join up with the World Wrestling Federation. He had recently worked as a bodyguard for boxer Ray Mercer and was seen on television holding up Mercer's WBO title belt. This issue of *PL USA* is dedicated to the memory of big O.D.



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O.D. Was Too Young at 36, to have left the world of Powerlifting.



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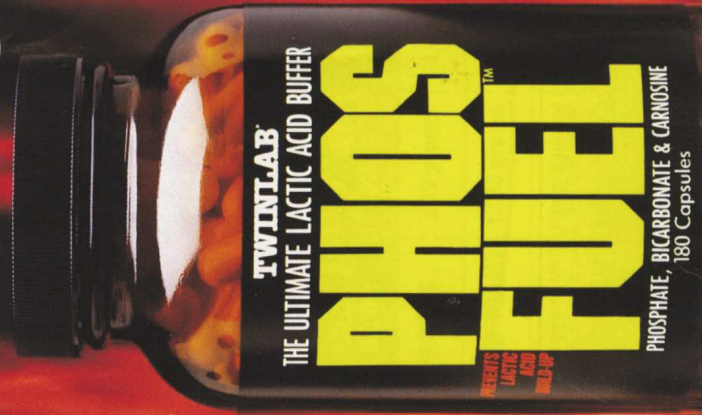
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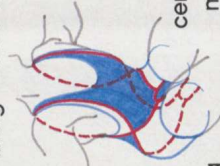
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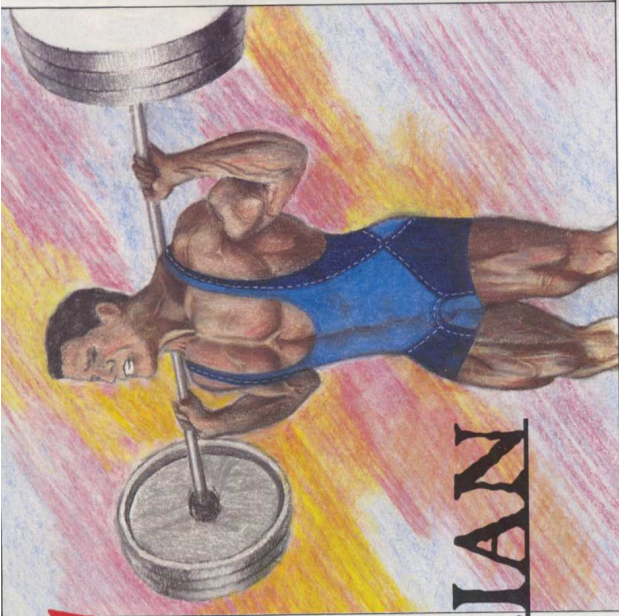
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POWER PROFILE

Great Britain has produced more than a fair share of the world's great powerlifters. Almost since the sports inception, the gritty determination of the British athlete has been more than a handful for many a competitor. A few names that pop to mind - the absolute gentleness of Ron Collins; Eddy Pengelly, who frequently climbed down from his career as a roofer, to win world championships and set world records; and Andy Kerr, Britain's best super, who was never far from the victory podium. There have been others, of course, but these men seem to have set the table for a man who came along to clear it - his name is John Neighbour.

Neighbour was born in London in 1954, and began powerlifting more than 16 years ago. As with so many others, he began weightlifting just to keep fit. Beyond that fitness, his training took a turn toward competition, when he realized that he had talent for the sport. That was while he was still in London, and working for the Mount Pleasant Post Office. Ten years later following those first few times in the weightroom, John emerged to win at major meets.

In 1982, he lifted for England in a meet against Scotland, totalling 800 kg., to win the 90 kg class. By 1987 he had built himself into a 125 kg lifter - a weight he carried well on his 5'7" frame. He won his first national and world title that year, a tremendous IPF victory. He felt so strong that year, that following the world title, he attempted a 400 kilo squat in training, hoping to take it into a meet for a world record. In the attempt, he ruptured ligaments in both knees. They were re-attached by drilling holes through

a detailed PL USA look at some of the best lifters in the world following a bizarre set of circumstances, upon which I shall only touch at this time. The British Amateur Weightlifting Association disqualified Neighbour from competing at the Hague. No, he did not test positive, but he did fail to allow himself to be tested following several negative samples had been produced in the preceding weeks. He did comply with what he thought were the rules when he refused to provide a urine sample to two gentlemen from the association. They had appeared at his home in Solihull, West Midlands, outside Birmingham, unannounced, and claiming, to his wife, to be friends of John. At the time Neighbour was at the Forum Health Club, working out.

He returned home to find two B.A.W.L.A. officials, not friends, waiting to take a urine sample. He refused, his understanding being that they were required to give him twenty four hours notice before requesting a sample. John thought that his rights as an athlete had been violated. That was the explanation for his actions. He was not trying to evade testing, as his previous samples had already affirmed his "cleanliness". Nonetheless, he was summarily dropped from the team and lost a chance for another world title that few ever expect he would not have garnered.

John now lifts with the British Powerlifting Federation. At their annual championship, John became the first British athlete to squat more than 400 kilos (he made 410 in the meet), and he also made the highest bench in British history (272.5 kilos). There is a promising future, now that politics are on the back burner. A friend, Ed Coan, perhaps you've heard of him, has convinced John to think even bigger. Never underestimate the power of the human body, as limits tend to be mentally, rather than physically imposed. So, John thinks in terms of a 1000 pound squat, and a 700 pound bench press. Neighbour is a good listener, willing to take advice as well as offer it freely, without patronizing. A family man, with three children, John seems to have it all. John Neighbour is one of the truly fine gentlemen in our sport - the kind that carry so well the title of World Champion.

P.S. John Neighbour trains at Chris Lawton's FORUM HEALTH CLUB, Chelsmsley Wood, Birmingham, England. Thanks to Jocke Reeves, my friend, my colleague,



John Neighbour has long been a fixture on the British Power scene.

both knee caps. He spent three weeks in hospital, and 8 weeks in a cast. Worse than that, he was told he'd never lift again. Never tell a powerlifter that he won't be able to do something, because he or she will just go out and do it to prove you wrong. How often has the courage and determination of a strength athlete prevailed over the opinions of the medical profession?

He came back alright - this time to win the 1989 IPF World's in Canada. He hadn't worked his weight all the way back into the 125s at that time, but he had by 1990, as he prepared for the IPF's at the Hague, Netherlands. He never made it into that meet,

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POWER RACK TRAINING

Part Two, by Bill Starr, Strength & Conditioning Coach, Johns Hopkins University

By the time I arrived at the Harford Barbell Club, I found Luke and Matthew already training. "Early birds," I commented, setting my gym bag on the leg extension machine.

"We were sort of rushed last Friday," said Matthew. "And we wanted to get our rack squats in before you got here in case we had any questions."

"Do you? Have any questions?" "No, they went smoothly and you were right about them being easier because we knew what to expect. I handled 225 in the bottom position for a full twelve seconds and could have held it longer. Couldn't I?" he asked his training mate.

"Maybe a half second longer," Luke provided with a chuckle. Matthew glared at Luke, who continued to grin at him and I asked, "You both keeping good notes?"

"Yeah! Look, we even bought notebooks. Aren't you proud of us?" "Immense!" I returned dryly, then asked, "how did the other two positions go?"

"Real good. We switched around and did the opposite of what we did last week so we'd know where we were, number-wise, so there's no way to tell if we improved any, but we both felt a lot more comfortable working in the rack today. I understand now that the weight isn't going to jump off the bottom pins. That I have to keep a constant pressure on the bar to break it loose and to hold it tightly against the top pins. I can already tell that the rack

more."

Luke got under the bar. It was too low for his big chest, so he moved it up a pin. He was capable of 415 bench, so he, like Matthew, held the bar against the top pins for the twelve count without any difficulty. "You need another set too," I said, helping Matthew lower the bar to his position. "Try 275 this set," I suggested.

Matthew held this weight for a six count, then the bar began to jitterbug away from the top pins. He twisted and squirmed like a fish out of water, trying to hold the bar against the pins. His face turned crimson, but he still failed.

"One thing you must do in the rack is hold form," I chastised him as he laid on the bench panting. "Form needs to be emphasized over numbers. If you regress to poor form, like you just did, you're not going to build strength in the muscle groups that drive the weight upward. There is no way to cheat or trick the rack. Next time, use 255."

Luke was able to hold the 275 for a smooth twelve count and got up grinning at his achievement. "You start strong," I said. "Where do you have problems in your bench?"

"Locking it out," he answered quickly.

"I think you might be able to handle more in the start Luke, but since we have lots to do today, we'll stop there. Try 295 next time. Move the bar up to the middle position, which is usually the sticking point for most lifters." While we were doing this, Matthew said, "I know

you told us that this program only requires one set at that first, bottom position, but I think I would do much better if I did one lighter, warm-up set before tackling my heavier weight. Anything wrong with that?"

"It appears that your weak spot is not your top-end as much as your middle, although we'll soon be able to find that out for sure. Much like your squat, your bench start is so powerful that you blow the bar right through the middle, so in the process, that part of the lift hasn't received as much work. The rack will do wonders for you. Once you've added some strength to this weaker middle position, your bench will surely take a nice jump."

Let me try it again," he insisted. "My mind wasn't really in that set because I thought it would be light." "Which is an important aspect of rack training. Since each rep and each set are so important, you can't merely go through the motions like you might do on the lighter sets of a regular workout. And, you'll quickly discover, once the weight feels heavy in the rack, any increase is almost out of the question. So, you have to really pay attention. It's very concentrated work."

Luke managed two reps this time, but it was a bone-on-bone struggle. "Damn!" he grumbled, throwing his belt on the floor. Matthew laughed and shouted, "It's a gym record belt toss! Support him for he tried to push the bar right through the pins and when I said 'twelve,' he ignored me and pushed for another six seconds before quitting."

Matthew and I laughed at his discomposure and began moving the bar up to the final, lock-out position for him. "This top position, I explained, "will be your strongest and is extremely good for

is going to be."

Luke didn't reply, still angry at his inability to move a mere 315. I suggested that Matthew try 345, since the 315 was easy. He touched the top pins once, but then the welder man silently slipped into the gym and spot welded the bar to the pins. He did his utmost to do a second rep and for a moment I thought he might explode. Finally, red-faced, he let out a booming laugh and related. "Well, at least I did more than Luke," he said cheerfully.

Luke was still frowning as I directed to him. "Next time, use 275, 295 and then hit 315 for your final set. I bet you'll be able to do it for three reps. Matthew, use the same weights you used today and try and get that 345 for three. Don't increase the weight until you get all three reps. If you never cheat on this system, you'll find you'll make more progress in the long run. Luke, I want you to do one additional set, using the isotonic-isometric in this same middle position just to get some extra work."

We loaded the bar with 225, then I set the pins so he would be locked in this position, then said, "Remember that the weight used in the isotonic-isometric contraction isn't really important, but the time factor is." His anger obviously helped him for he tried to push the bar right through the pins and when I said "twelve," he ignored me and pushed for another six seconds before quitting."

Matthew and I laughed at his discomposure and began moving the bar up to the final, lock-out position for him. "This top position, I explained, "will be your strongest and is extremely good for

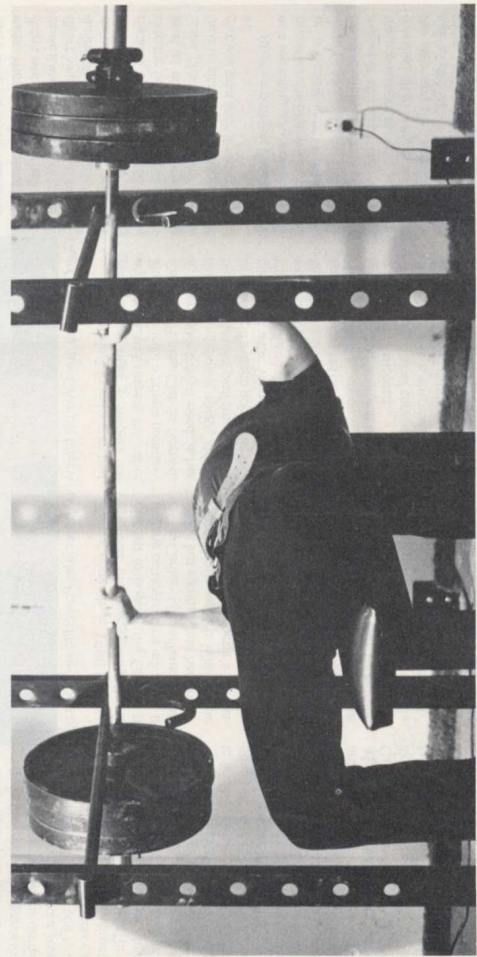
the picture. If you plan to have your legs taken lifting, have it taken when you make your lock-outs." As predicted, they loved this position, doing 405, 455, and finally 505 for three. Both wanted to do more and Luke was so intent with his request that we loaded 550 and he did this as well, his frown now turning into a broad grin. "That'll hold you guys for today. There'll be plenty of time to add weight and remember, like I cautioned you on the squats, move into your rack work slowly, just in case there is a weak spot hiding somewhere. It may be a wrist, elbow or shoulder, but it's better to be conservative in the beginning."

"What's this top position did show me, Luke, is that your weak point is the middle. And Matthew, you're weaker at the start. You might want to give these weaker positions priority once you get into the program."

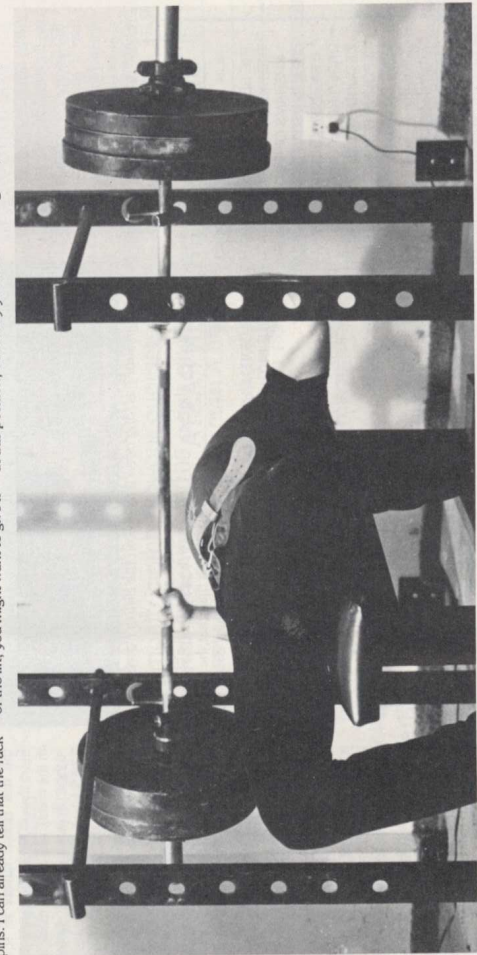
"Mix the isotonic-isometrics in on the top two positions like in the squats," asked Matthew, recording numbers in his notebook. "That's right. And you can even do a couple of lock-outs followed by one isotonic-isometric like Luke did in his weaker middle today."

"How often should we do these?" "Once a week is enough for most lifters, although some like to add in one of the positions on the day they do their regular bench routines. Usually their weakest position for one isotonic-isometric set. Experiment and see what works the best for you."

"Next Friday, we learn the pulling part, right?" "Right," I replied vaguely, "I can hardly wait."



Held Against the Upper Pins, the rack bench works another part of the lift, in yet a different way (photographs courtesy of Doug Nassif)



From The Weakest Point the bar is driven up from the pins that support it in the rack, with a dead stop, eliminating any helpful momentum

The Gym Is Sacred Ground

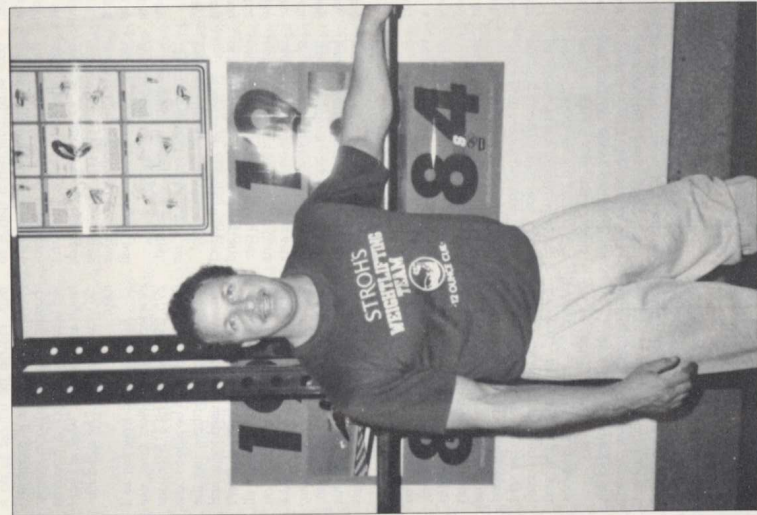
as told by RAY HOLLNAGEL

The gym is as sacred to the powerlifter as the church is to the clergy — as it should be. Where you lift is an important, but sometimes overlooked, ingredient to success. You need a positive environment to make gains. The ideal situation would be owning your own gym, but that would take a bundle of cash and the guts to take the financial risk. Since most of us sweating it out in gyms across America have neither, the next best thing is to join a gym with an excellent lifting atmosphere. It's not easy finding such a place. After living in several areas of the Midwest where the only game in town was either the YMCA or an expensive health club, there have been few places that I could call "lifter's gyms."

Don't get me wrong. In general, the YMCA has done a lot to support powerlifting. It's a great organization, but the ones to which I belonged showed little commitment to the sport. They had beat-up equipment and directors who cared more about appeasing the racquetball crowd than those in the iron room. But we made do with what we had.

I found a different set of problems at health clubs, which offered everything from tennis to aerobics. The equipment was often times inadequate (not enough plates to go around) and there were too many ridiculous rules. There was one place that didn't want us to use chalk because it was too messy. Another didn't want us to make noise during our lifts because it intimidated some of the other members. Yet another didn't allow deadlifts because they were worried it would chip the floor, but they never bothered [at our request] to put down some plywood to protect the surface. It seemed that someone would give you grief each time you walked in.

Another problem I encountered was too many solo workouts — no one around to offer encouragement or a decent spot. I mean there wasn't a soul in the weight room for hours at a time. I remember asking a couple of racquetball players if they could spot me on squats. Neither had lifted weights before and the only way they could help me was to dial 911 if I got squashed. There was no heavy workout that day. It would've been suicidal.



Guy Carlton is a rare Olympic lifter who appreciates Powerlifting (Hollnagel)

Fortunately, I found a gym that has just two rules — respect the equipment and respect the other lifters. It is truly a lifter's paradise. Guy Carlton, Guy suffered a heart attack last summer and had to undergo bypass surgery. Within a few months, with his doctor's permission, he was weight training again. Although he's not 100 percent yet, he is still impressive. Guy, also a former powerlifter, has olympic lifting in the area. As an owner, he does more than just take your money. He gives advice, encouragement, good spots and anything else you might need to succeed.

Guy knows what competition is about. He was a member of the 1980 and 1984 Olympic weightlifting teams, winning the bronze medal in 1984 in the 110 kilo division. He

did not compete in 1980 because that was the year Jimmy Carter decided to boycott the Games. It anyone can overcome adversity, it is Guy Carlton. Guy suffered a heart attack last summer and had to undergo bypass surgery. Within a few months, with his doctor's permission, he was weight training again. Although he's not 100 percent yet, he is still impressive. Guy, also a former powerlifter, has olympic lifting in the area. As an owner, he does more than just take your money. He gives advice, encouragement, good spots and anything else you might need to succeed.

When you walk in you get a "hello" not a "may I see your membership card, please." Guy knows everyone by name and everyone who walks

through the door is welcome, whether he's a three time World Champion or a guy who wants to lose his beer belly before Christmas. However, Guy reserves the right to boot out anyone who disobeys the two aforementioned rules. To perpetuate the competitive spirit, Guy has created two totals boards showing the best lifts in each weight class among gym members. Not everyone there competes in meets, so it gives some of the guys a goal to shoot for. I've seen similar boards at other gyms. My name is on the powerlifting board, but I'm hoping to dabble in some of the olympic lifts during the off-season and earn a spot on that board, as well. Guy also puts on a couple meets a year — a bench press meet in the winter and a clean and jerk meet in the spring. He's thinking about adding a full powerlifting meet in the fall. Your accomplishments don't go unnoticed at Guy's gym. If you win a trophy at a meet, he asks you to bring it in where it will sit at the front desk for the other members to see. He also posts newspaper clippings of members' accomplishments in lifting, football, track, etc. Any victory is a victory for everyone in the gym. If it weren't for the guys that helped you out in training, there would be no victory. There is no room for inflated egos in our gym. Another good thing about this gym is that there are no hassles or distractions. You can get your work done and go home if you have little time to train, or you can shoot the breeze if you have time to burn. It's hard to estimate how many pounds that kind of atmosphere can add to your total, but it has to be an edge. Come meet day, I'll take any edge I can get.

We all can't be fortunate enough to find a great place to train. Sometimes, we have to take what's there and make it better. Changing your lifting environment can begin today with a friendly hello and a little encouragement to your fellow lifter. Before long, that attitude will spread and you'll have that environmental edge. If what I just told you about Carlton's Fitness Club sounds a lot like your gym, you're one of the lucky ones. If not, you get your work cut out for you. Believe me, some gym owners can learn a lot from Guy Carlton. Amen.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

CHOLESTEROL BLOOD TESTS What to Look For and Ask For

by Brent Allen (Author of "POWER RESEARCH ON THE SIDE EFFECTS OF ANABOLIC STEROIDS")

be in the city. The HDL's are not made from VLDL's or LDL's but rather by the liver and cells from the intestinal tract. In essence, they have to be produced just as policemen must go through a police academy and graduate before they become policemen. What actually happens is the HDL's take the fat deposits left behind by the LDL's and take them to the liver where they will, in a sense, be destroyed or, if you wish, put in jail. Anabolic steroids usually have the effect of lowering HDL's. Since HDL's are produced by the liver, where LDL's, as well, are being destroyed (steroids also tend to raise LDL's), you might look at steroid use as a form of liver dysfunction.

Ratios, in my opinion, are, by far you have, the less crime there will

TABLE 1 GROUP AVERAGES ON CHOLESTEROL VALUES (all subjects were men)

GROUP	Total Cholesterol	HDL	LDL	HDL/Total-C
Norms (below & above is a high risk)	< 230	> 35	< 135	> .16
All steroid using (weightlifters)	203	29	144	.10
Bodybuilders (using steroids)	181	36	124	.14
Powerlifters (using steroids)	255	27	170	.08
Weightlifters (no steroids)	171	48	106	.28
Non-active subjects (no steroids)	169	46	116	.23
Runners (no steroids)	175	52	105	.30

NOTE: the bodybuilder and powerlifter groups were carefully selected because many medical studies use the word "bodybuilder" for a catch-all term for anyone that lifts weights; Sub. = number of subjects

a better indicator of your chance of possibly getting a heart attack than looking at your overall cholesterol. Keeping in mind the characteristics of each type of cholesterol is very helpful in understanding what each ratio means. My favorite ratio is LDL/HDL; normal is less than 3.75. It's a straightforward look at the worst and the best cholesterol and I feel it gives you a better indication of exactly what is happening with someone's risk for heart disease. A couple of good facts to remember are (according to William Castell, M.D., the medical director of the Framingham Heart study, a major research project extending over 40 years) that 15% of all heart attack victims have total cholesterol levels between 150-200 mg/dl. of which is well within the "safe" range (normal is less than 230), (Reemphasizing the Role of Exercise in Preventing Heart Disease", H.L. Nash, The Physician and Sportsmedicine, March 1989, v. 17, p. 220). In another article Dr. Castell also stated that "a number of us medical doctors feel we can do a much better job of predicting who is at risk of getting heart disease it (article continued on page 76)

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

KNEECAP PAIN

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

You just finished a heavy squat workout, so you go to a movie to relax. You are there for less than an hour when your knees start to ache. Sound familiar? Kneecap pain is extremely common in powerlifters because of the tremendous pressure put on your kneecaps when you squat and deadlift. While it may be impossible to cure the problem, you may be able to minimize the pain if you know the causes of the pain and some simple remedies.

Pain under and around the knee cap is caused by abnormalities in the patello-femoral joint (joint formed by the knee cap and the large thigh bone), deficiencies in the muscles and soft tissues around the knee joint, and poor alignment of the knee joint. Each of these factors may be related to the others. For example, poor muscle strength in the vastus lateralis muscle (inside quadriceps muscle) may make the knee cap ride toward the outside of the knee joint, which places abnormal stresses on the cartilage cells and bone on the under side of the knee cap.

Abnormalities in knee cap cartilage and underlying bone:

Damage to the cartilage cells is a condition called chondrosis. The condition begins as chondromalacia, where the cartilage cells soften. As the condition worsens, the cartilage cells split and resemble peach fuzz or a shag rug. Eventually, large flocs of

chondrosarcoma may form. This is a cancerous growth of cartilage cells. It is a very rare condition and is usually fatal. It is caused by a mutation of the cartilage cells. It is not related to the other conditions mentioned here.

Deficiencies in muscles and tissues around the knee joint: Athletics, powerlifting in particular, may cause muscle imbalances and

kneecap tends to press harder against the femur bone as the knee flexes and extends. This causes deterioration of the kneecap cartilage and pressure on the underlying bone and surrounding tissue, which results in pain. The solution - stretch your hamstrings and quadriceps regularly.

Poor alignment of the joint:

Kneecap pain can also be caused by a kneecap that doesn't track (ride) in the joint correctly. There may be many reasons for poor tracking. Often the condition is congenital, which means it is present at birth. Other times poor tracking may be due, as discussed, to a weak vastus medialis muscle or pronated feet. In people with pronated feet, the foot rolls over excessively during walking, which causes excessive twisting forces in the lower body. Orthotics, rigid supports placed in your shoes, may help correct problems associated with pronated feet. Orthotics are prescribed by a podiatrist or orthopedic specialist.

A common cause of abnormal tracking, particularly among female power lifters, is an abnormally large Q angle. The Q angle is the angle formed between the pull of the quadriceps muscle group and the insertion point of the kneecap tendon on the femur (the large bone in the lower leg). If this angle is excessive, then the kneecap tends to track to the outside of the joint. (Article continued on page 73)

WORKOUT of the Month

There have been so many times that I was behind at the subtotal, in almost every meet I've competed in, and then came the deadlifts. That's where I made up a lot of ground and shot up the placings. So, the deadlifts are a very important lift for me. Everyone else will agree that the meet don't start, until the bar gets on the floor.

This is an eight week training cycle that will increase your deadlift by 20 to 30 lbs. It assumes that you have a competition best of 400 coming into the routine. It's based on training your deadlift once a week, at least three days apart from your squat. (example: squat - Monday, deadlift - Friday)

Tips: Concentrate on your form and your technique. Use the Sumo style because I think it's easier and smarter than conventional style because there is less distance to pull. To me the Sumo style is like doing a wide stance squat from the floor up. Learn to sit into the weight, so you will use some of that leg power to help your deadlift. I usually have my hands in close on the bar and you have to learn to ride it up your leg. The minute it's in front of your legs it becomes a harder pull. Keep your upper body tight and back straight, and always remember to breathe during the lift. I've seen many lifters pass out from not breathing. I don't wear a light suit at all during the training cycle, just at the meet. Why? Because I'll feel tighter in a suit and I usually lift 10 to 20 lbs. more than I do in training. A somewhat tight suit will do fine. I find that Elite Sales make some of the better suits.

I use supplements only when I'm training for a big meet, and I use Team Bodybuilding Formula Amino 1900's and I also use Optimum Nutrition Anabolic Activator for that extra kick of energy.

WEEK 1: 135x10x2, 185x10x2, 225x10x2, 255x10.

WEEK 2: 135x10x2, 185x10x2, 225x10x2, 255x10, 315x10.

WEEK 3: 135x10x2, 225x10, 275x10, 315x10, 345x8.

WEEK 4: 135x10x2, 225x10, 275x10, 315x8, 355x8.

WEEK 5: 135x10, 225x10, 275x8, 315x6, 365x6.

WEEK 6: 135x10, 225x10, 275x8, 315x6, 375x5.

WEEK 7: 135x10, 225x10, 275x6, 315x5, 385x3.

WEEK 8: 135x10, 225x10, 275x5, 315x5, 395x3.

MEET DAY: 135x10, 225x8, 315x4.

Opening attempts: 374, 424, 446.

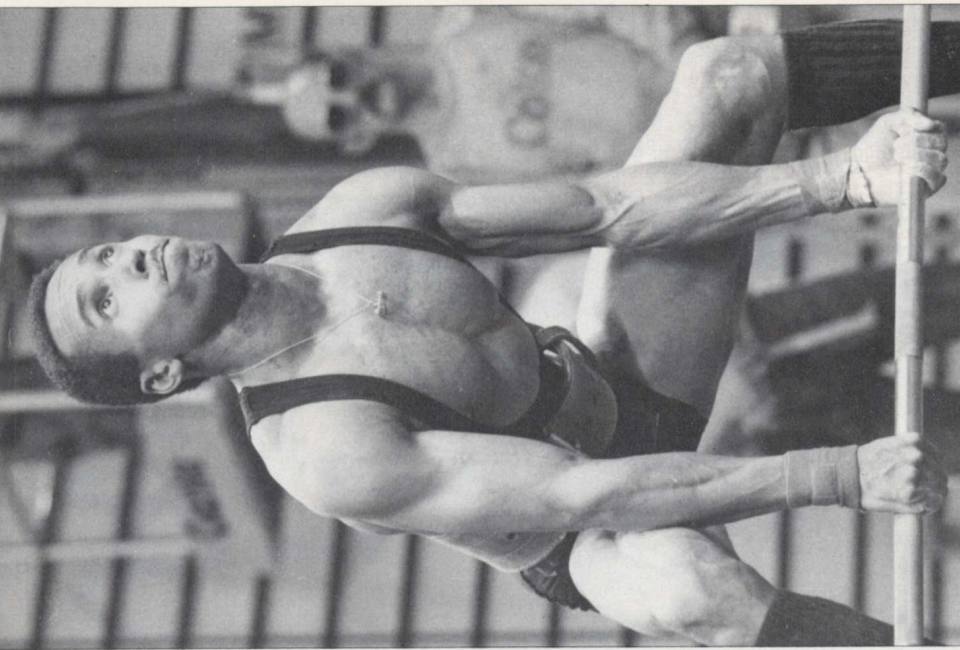
The highest I'll go is triples. Multiply that by 1.13 and that should give you your max, plus or minus 10 lbs.

Assistance exercises - 1 to 4 weeks: Shoulder shrugs 3 sets of 10 reps, lat pull downs 3 sets of 10 reps, wide and close grip pull ups 3 sets of 10 reps, bent rows (barbell) 3 sets of 10

reps, one arm row 3 sets of 10 reps. 5 to 8 weeks - increase weights and decrease reps on the second half of the cycle. Ensure yourself that you're getting enough rest and stick to eating the right foods and supplementing natural, but when you

ments during the 8 week cycle. Remember, you can be a champion without the use of drugs. With drugs all your muscles will grow, except one - your brain! It might take a little longer by staying natural, but when you

Dave Pattaway's Deadlift Routine

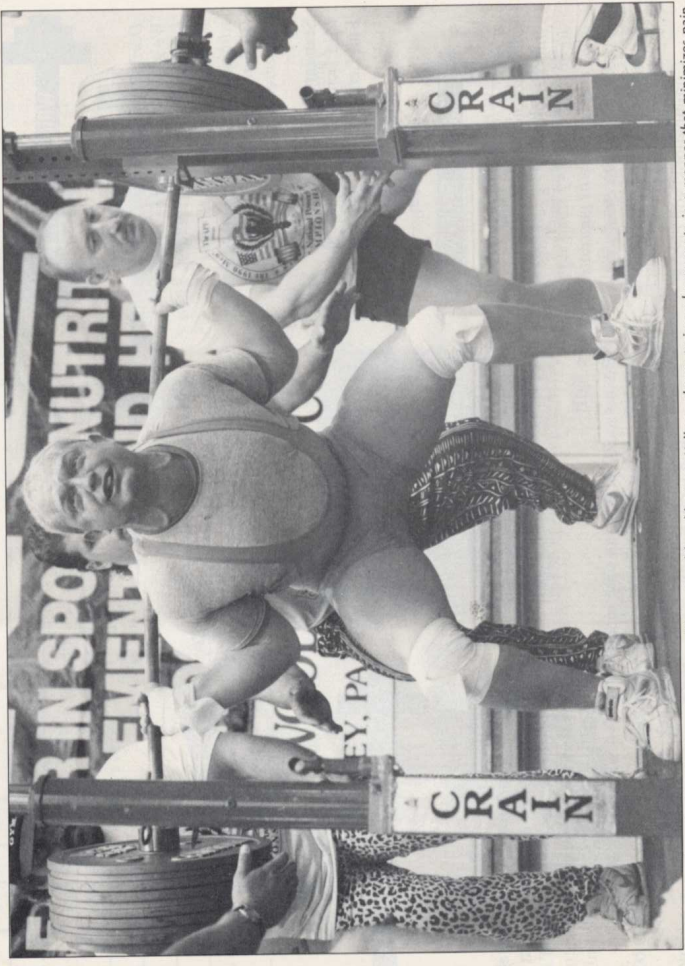


Dave Pattaway is out of the U.S. Air Force and has relocated to the Jacksonville, Florida area.

win you'll know it's all you, and nothing feels better than that.

REMEMBER: TRAIN SAFE, TRAIN HARD, STAY STRONG, STAY NATURAL. DAVID PATTAWAY

Kneecaps can be a focal point for pain in powerlifters. Top lifters like Jesse Kellum, above, train and recuperate in a manner that minimizes pain.



POWER PROFILE

Mary Jeffrey Wins National Championship #11

told by Vincent Michaels Ph.D.

Mary Jeffrey was absent from the platform for fifteen months prior to her world record busting performance at the U.S.P.F. Senior Nationals in Dallas, TX. Mary, who is coached by her husband and USA team coach David Jeffrey, made her last performance (prior to Dallas) in Jonkoping, Sweden in the 56 kg class, bringing her the 9th world powerlifting title of her career.

Mary holds the IPF world records in the Squat, Bench, and Total in the 56 kg class, and had her sights set on holding those same records in the 52 kg class. Lifting in a lighter weight class meant having to lose a few pounds and at the same time increase the amount of weight to be lifted. A challenge indeed, but Mary seems to rise to the occasion of such enormous tasks. Training actually began in April with hopes of attending the World Championships in India, but with the re-scheduling of that meet and the financial considerations needed to attend, she chose to train for the Seniors.

Starting at a bodyweight of 118 1/4, changing her deadlift style from Conventional to Sumo, and the repeated re-scheduling of her training, were nothing but obstacles that were sure to fall. Mary's secret goals for the meet were to break Sisi Dolman's recently set Squat record of 383 1/2, and her own bench record of 218, and Diane Rowell's longstanding total record of 941. This was not wishful thinking. Prior to the meet Mary tripled 363 in the squat, doubled 231 in the bench, and singled 385 in the deadlift. She knew the total record was a strong possibility when her deadlift appeared to be getting stronger each week. In her last five weeks of training Mary's poundages were as follows: Week of June 23rd: sq - 363x3, bp - 225x2, dl -



Mary Jeffrey squatting world record weight at the U.S.P.F. Senior Nationals in Dallas

363x3, June 30th: sq - 374x1, bp - 231x2, dl - 374x1, July 7th: sq - 385x1, bp - 236x1, dl - 385x1, July 14th: sq - 396x1, bp - 233x2, dl - 396x1, July 21st: sq - 363x3, bp - 214x3, no deadlifts. Ten days prior to competition Mary handles only enough weight to stimulate the muscles and build confidence on the bar off her chest. Weeks 6-10 two sets of the top weight are performed followed by a down set of triple pauses. She triple paused 220 during 3 of her workouts. No

squats start with a very loose suit and no knee wraps. Weeks 4-6 go to a tighter suit, straps down, and no wraps. Week 7-9 knee wraps are worn, straps still down. Week 8-12 are spent trying to duplicate meet conditions as much as possible. In the bench press she uses a light touch and go style, never bouncing the bar off her chest. Weeks 6-10 two sets of the top weight are performed followed by a down set of triple pauses. She triple paused 220 during 3 of her workouts. No

performances as reviewed earlier that satisfied Mary Jeffrey's status as the greatest woman powerlifter of all time. Look for future articles critiquing her individual lifts and examining the psychological aspects of this multi-talented lifter.

STARTIN' OUT

A special section dedicated to the beginning lifter

Climbing Powerlifting's PYRAMID OF SUCCESS as told to PL USA by Spero Tshontikidis



Drag Free Champ Colli Ashley of the Cobra Power Team has learned the benefits of climbing Powerlifting's Pyramid of Success. Colli has his teammates are presently training for the NASA Natural/Nationals and hope to bring another national powerlifting title to Charlotte County.

As a drug free teenage athlete, you have many obstacles to overcome when climbing powerlifting's pyramid of success. School, work, boyfriend/girlfriend, and other athletic endeavors (football, wrestling, etc.) are all factors which have an impact on your training. If being successful as a powerlifter is truly important to you, you can reach your dreams by becoming engaged in powerlifting's pyramid of success.

DREAMS - lie at the foundation of the pyramid of success. Dreams are those values or beliefs which you hold dear to you. Dreams give you a reason to live out each day. A businessman's dream may be financial freedom, while a mother's dream may be to see her children go to college. As powerlifters we all have different dreams. A Class Total, becoming a state champion, or lifting in a national meet are all examples of our dreams. Although what your dream is not important, your commitment to work toward making your dream become a reality is paramount. Remember, the only thing more important than winning is the willingness to prepare to win!

GOALS are nothing more than dreams with a date. If your dream is to become a state champion, it is unlikely that you will reach your dream the first time you train. Thus, you must set both short-term and long-term goals in your quest to win a state title. When setting goals, insure that they are realistic yet challenging. Demand excellence in effort from yourself at all times when you train. As an athlete, there is no greater feeling than to be exhausted at the end of a training session fully aware that your discipline, consistency, and effort were the factors which enabled you to achieve your goals and reach your dreams!

OBJECTIVES comprise the third tier in powerlifting's pyramid of success. They are the ingredients of a challenging and intense plan of action which you must develop in order to reach your dreams. Through your experience and sweat in the gym, you will learn what training conditions (frequency, duration, etc) give you the best results. In addition to your time in the weight room, it is also beneficial to be aware of the scientific facet of strength training when developing your plan of action. At the New Challenge School, members of the COBRA POWER TEAM take Human Anatomy & Physiology, as well as science courses related to nutrition and drug education, in addition to powerlifting class (powerlifting is a credited physical education course). Understanding your

body's major systems (skeletal, muscular, etc.) and how competitive strength training affects them will assist you tremendously in developing your plan of action. If you focus on your objectives and develop a challenging and intense plan of action, you have the potential to achieve your goals and experience your dreams!

POSITIVE ACTION is a key element in powerlifting's pyramid of success. Positive action simply consists of allowing your dreams, goals, and objectives to absorb you mentally and emotionally during your training sessions and physically pushing your body beyond its limits every time you enter the weight room. Until you take positive action on a consistent basis, however, objectives, goals, and dreams are irrelevant. When you train it is essential to learn to separate your lifting from the rest of your life. If your training schedule calls for work-outs on Monday, Wednesday, and Friday from 3:00 PM to 5:00 PM, then do not allow outside factors (a "bad" day at school) to interrupt your plan of action. Unless you discipline yourself and demand excellence in effort from yourself, your excuses will continue to disrupt your training. Positive action is the physical element in the pyramid of success - it is what we hunger for between workouts and thrive on when we train. Never allow yourself to miss the high!

SUCCESS lies at the top of the pyramid. At its core, success, like powerlifting, is judged upon by each individual. In the end, you will determine whether or not you were successful in life, just as you will determine whether or not you were successful as a powerlifter. In the movie "Hoosiers," Gene Hackman was sensational as Coach Norman Dale, a high school basketball coach at a small school in Indiana. He summed up success like this: "Forget about the crowds, the size of the school, their fancy uniforms and remember what got you here. Focus on the fundamentals that we've gone over time and time again. And most important, don't get caught up thinking about winning or losing this game. If you put your effort and concentration into playing to your potential, to be the best that you can be, I don't care what the scoreboard says at the end of the game. In my book we're gonna be winners." Simply stated, nothing is more important than the willingness to prepare to win.

POWERLIFTING'S PYRAMID OF SUCCESS is a mountain worth climbing. On your way up always remember, success is dependent upon positive action, which is dependent upon clear objectives, which are dependent upon realistic yet challenging goals, which are dependent on your dreams!

Spero Tshontikidis is the Head Coach of the ADFPA National Champion Cobra Power Team at New Challenge School of Ft. Charlotte, Florida

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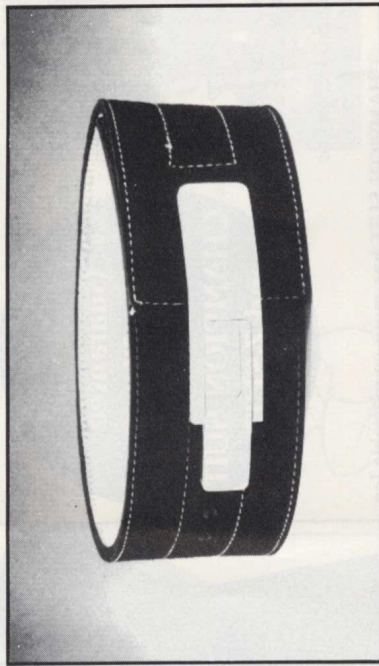
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THE BENCH

THE "FEET OFF THE FLOOR" BENCHPRESS by Doug Daniels



Feet Off Floor Bench Press illustrated by Bob Hillegonds (Daniels) and reduce the distance the bar spine and lumbar discs. Giving your back a break from arching can mean a longer lifter career with less pain

Every lifter is in search of the best assistance exercises to help keep those gains coming on the 3 powerlifts. I've found that a great assistance move for the bench is the feet off the floor variation. Very simply described, this variation is just like the regular bench except your back is flat on the bench with your feet off the ground above the bench with the ankles crossed.

This variation accomplishes several things. One, it isolates the upper body by taking away any assistance your legs can provide. In the regular bench, the legs provide extra stability and pushing power to the lift. With this style, your upper body must stabilize and lift the entire weight of the bar. Obviously, you will not be able to use as much weight as you do in the regular bench. This forces your upper body to develop the stabilizing muscles used in the lift to a higher degree. When you return to the regular bench, less energy and power will be used control the weight from start to completion, leaving more power for the descent and the press up. Control of the weight in any of the powerlifts is half the battle.

Next, this style does not stress the spine like the competitive bench does. Many lifters arch, as they should, to get maximum leverage

and injuries. That should be a goal of every lifter. Also, if you're suffering through a back problem, this variation may enable you to get some productive bench work in the mean time. Check with a health professional first though.

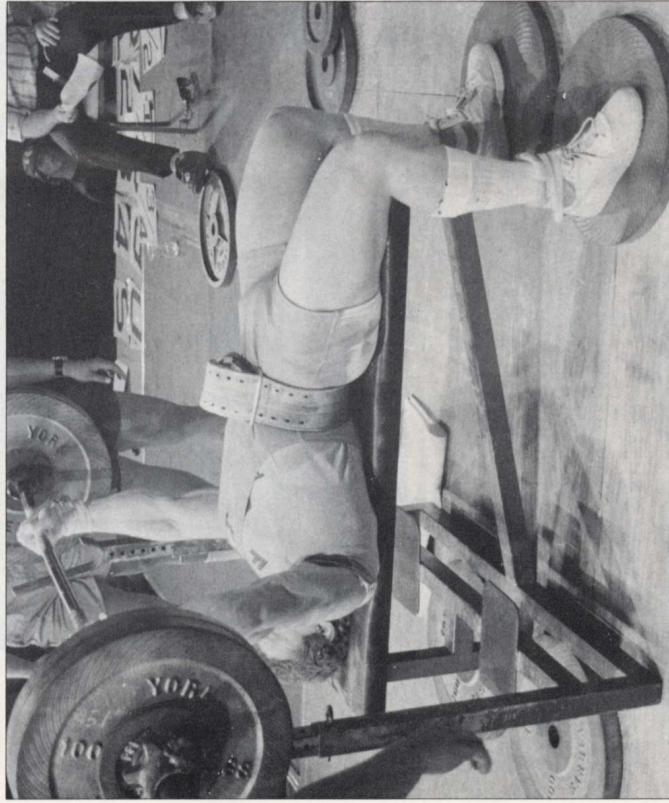
This variation also injects some variety into your routine. This is a great move to use as a substitute for the bench in your off season. You can sub this variation for the bench in your training up to about 6 weeks prior to a meet. Some lifters who may need more or less time to adjust back to competitive style may have to alter this time frame to fit their needs.

It can also be used along with regular benches as a down set or finisher. I don't advise going below 3 reps with this move because of the decreased stability. Use about 30% less weight at first to break into the feel of this variation. The balance will be different and going too hard too fast may cause an injury. Have your spotter be alert and have him inform you if you are pushing crooked or out of the groove. If you bench with your butt off the bench so high you can drive a VW Bug under it, you will notice a big difference in the weight you can use safely. Keeping your back flat and your feet off the floor allow for maximum strictness.

Don't swing your legs to gain extra leverage or you'll just defeat the purpose of the move. This will also give you a better indication of your true benching power, especially if you cheat a lot.

This bench variation allows the same variations that the regular bench does like close grips, wide grips, benches to the neck, etc., so extra variety is available here too. Of course, don't go hog wild and do every type of variation you can think of, remember it's quality, not quantity, that really counts.

Give the feet off the floor bench a try in the off season. You'll have to use less weight, but the benefits will be worth it. In future articles I will be examining other effective assistance exercises and the best ways to get the most out of them, so keep reading PL USA.



Stabilizers, like the legs, are important when you're pushing 2 1/2 times your bodyweight overhead, like Ed Coan.

CLEANZE™

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Designed Especially For Those Athletes
Who Have Used Anabolic Steroids!!**

All Natural And Totally Safe



Dr. Clifford J. Ameduri
Developer of the CLEANZE™ System

If you've been using steroids and are looking for a comprehensive program to restore your body to good health, please read on. On the next page you'll learn the exciting story of how renowned steroid expert Dr. Clifford Ameduri developed the CLEANZE system.

ATTENTION STEROID USERS

Here's The Inside Story Behind Dr. Ameduri's Development Of The New CLEANZE™ System – An All Natural Method Of Revitalizing The Body!

If you are presently using anabolic steroids or have recently discontinued their use, you should be aware of a new, all-natural program to help your body rebuild its health. It's called "CLEANZE" and it was developed by a prominent rehabilitation doctor to assist your body in regaining homeostasis (internal physiological harmony).

CLEANZE is not a drug nor does it work like a drug. Instead, it is an all-natural comprehensive system of health building. The originator of the CLEANZE system is Dr. Clifford J. Ameduri of New Orleans.

Q. Dr. Ameduri, tell us a little about your background.

A. I have been a doctor since 1975 and am currently the Medical Director of the Rehabilitation Institute of New Orleans. I have personally been involved in weight training since 1963, having competed in Olympic lifting, powerlifting and bodybuilding. Thus, I was on the scene right from the start of the anabolic steroid problem. I saw it go from a well-kept secret in the 60's to mass acceptance in the 80's and now the 90's. I have done extensive studies on steroids and athletics throughout my medical career. Furthermore, I have watched with great concern the tremendous amount of misinformation disseminated by some of my colleagues.

Q. How exactly did you go about developing the CLEANZE program?

A. Through my many years of counseling athletes on steroid abuse, I saw over and over again, the damage that these drugs inflict on the body. They are not harmless training aids but powerful pharmaceuticals. In working with athletes who had discontinued steroids, I began experimenting with nutritional support and natural cleansing techniques. As I refined these approaches, my results were very encouraging. This is how my CLEANZE system evolved and now I wish to share it with athletes everywhere.

Q. Can you tell us a little more about the system itself?

A. The CLEANZE program does not use drugs. Instead, it is an all natural, nutritional and health-building system. It is designed to help the body remove harmful toxins and chemicals, strengthen the immune system, rebuild the blood, revitalize overstressed cellular tissue, reset natural hormone production and detoxify the liver.

The actual program is based on the following points:

1. A specialized dietary plan designed to revitalize and rebuild the body. I make specific recommendations for special health-building foods – which ones, how and when to use them.

2. Many health clinics are getting



A. My CLEANZE program may be used by anyone – male, female, young or old. In fact, even people who refuse to get off steroids can benefit from the CLEANZE system. It just might prevent greater damage to the body.

Q. Is your CLEANZE system safe?

A. CLEANZE is not a drug but a total health-building system. The CLEANZE nutritional packets use only 100% natural and safe ingredients and are only a corollary to the total program. However, as in all health-building programs, you may wish to consult with your physician before starting.

How To Order

We at NHP feel very fortunate that Dr. Ameduri chose to work with us in bringing his CLEANZE program to the sports world. Thanks to his effort and persistence, there is now a powerfully effective way to protect and preserve your health. CLEANZE is truly a program whose time has come.

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Q. Is there anyone who should not use your CLEANZE program?

A. I know of no other specialized health building program designed specifically for athletes coming off of steroids. Steroid use by otherwise healthy athletes is a relatively new phenomenon. To date, very little has been done to address this problem. Right now I would have to guess that CLEANZE is the first of its kind.

The approach that most specialists in the field of posture rehabilitation practice opposes powerlifting in general and the guidelines of most powerlifting training philosophy. As a B.A. in Posture Rehabilitation on one hand, and as an avid and hopeless powerlifter on the other, I have experienced the virtues and faults of both worlds. My approach is different. I don't believe in stating what is right or wrong, I believe that if a person decides to take powerlifting as a hobby, he or she already has the knowledge at exercise and the self awareness to take care of this or her shape and physique in the powerlifting way. I believe that if we powerlifters apply some guidelines from the field of posture rehabilitation, we will prevent most injuries, as well as get the most out of our training and reach our potential, i.e., bigger totals! In general we can state that powerlifting is a test of strength. The squat and the deadlift test primarily the strength of the lower body musculature and the bench press tests the strength of the upper body musculature. All three lifts require much work. Many powerlifters neglect to work the faults points of their musculature. The old school of thought in powerlifting was the notion of practicing the three "big" lifts and virtually doing little, if any, assistance work. Many times the outcome of this training philosophy was severe injury that appeared out of nowhere and resulted in an end of the lifter's career. The answer is simple. In order to

INJURIES

POSTURE FOR LIFTERS Part One by ASHER SHARON

perform to the limit of the strength spectrum that powerlifting demands from the human body, that body must be in as fine tuned shape as possible. The meaning of fine tuned shape is not only the ability to maximize big numbers in the squat, deadlift and bench press, but rather that the lifter possess some other factors of overall physical fitness - flexibility, stamina and cardiovascular conditioning. Proper lifting technique should be addressed as well as balanced musculature. This article will refer to the common faults related to the bench press. Let us first analyze the biomechanics of the lift. The prime movers are: pectorals, deltoids, rotators and triceps. These muscles fire in sequence throughout the execution of the lift. Other muscles such as the lats, rhomboids and trapezius act as stabilizers. There are approximately 17 different muscles attached to the joint of the shoulder and all of them stabilize during the lift. Working the competition style press exclusively with little or no assistance work will result in the following: (1) unequal development of the muscles attached to the shoulder joint will

boils, lateral & rear head of the delt, lats, traps.
(3) Strengthen the prime movers not only on the competition bench-press style, but on all possible angles. The prime movers are involved in inclines, declines, flies. The lifter should give a priority to movements that he on site is weak at or hasn't exercised for a long time.

(4) The lifter must work on expanding the range of motion of the shoulder joint even when an adequate ROM has been achieved. It is imperative to keep stretching the area so that the combination of lengthening the ligament by stretching, plus thickening the ligament with weight training will make the joint nearly immune to injuries.

(5) In order to achieve maximum benefit, all the exercises for lifting or stretching must be executed in a smooth controlled manner.

(6) The exercise menu must be changed every 10-12 weeks.

(7) The lifter must not forget to have fun in the process.

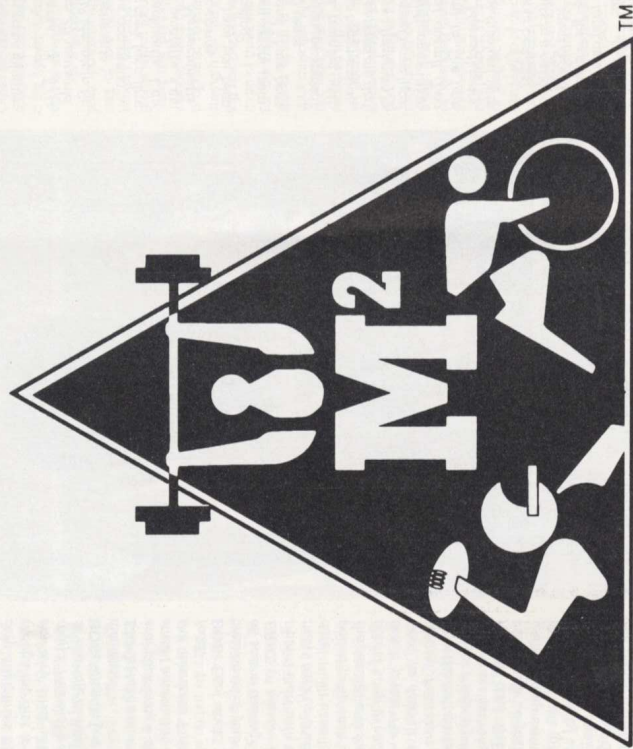
These few precautions, if taken into consideration ahead of time as an integral part of the training program, will be reflected in the lifter's total and general athletic ability and hopefully throughout a long and injury-free lifting career. The next article will address posture rehab principles in preventing squat & deadlift related injuries. For further information I can be reached at:

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INTERVIEW

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

This interview was conducted with Eric Kupperstein in July following the A.D.F.P.A. Men's Nationals. As you will learn from this interview Eric is a very dedicated drug-free athlete and a top contender in the A.D.F.P.A.

BOB: Eric, give us some information on yourself?

ERIC: My name is Eric Kupperstein. I am 25 years old, and I reside at 738 Mountain St. in Sharon, Massachusetts.

BOB: What is your occupation?

ERIC: I am a law clerk for a firm in Boston, Massachusetts. I attend Suffolk University Law School, Boston, Massachusetts, full time in the evenings.

BOB: How long have you been training and competing?

ERIC: I have been weight training for 12 years and I have been competing for 10 years.

BOB: Eric, how did you get started?

ERIC: I started training with weights in order to become stronger for football. I entered my first contest when I was a freshman in high school. The meet was a local bench press/deadlift competition and I placed first overall. Two years later I went to The Iron Gym in Brockton, Massachusetts, where I really got involved with Powerlifting.

BOB: What are your best lifts?

ERIC: My best lifts in a national competition are: squat 629 lbs., bench press 314 lbs., deadlift 584 lbs. My best total as a lightweight is 1416 lbs.

BOB: What are some of the titles you've won and records you've set?

ERIC: I won my first Massachusetts State title in 1984. I subsequently have won the A.D.F.P.A. and U.S.P.F. Massachusetts state titles every year I have entered. I have also won numerous A.D.F.P.A. and U.S.P.F. New England, and Atlantic States titles, the first one in 1983.

I attended The University of Kent, in Canterbury, England in 1986-1987. While there I trained in the Sittingbourne Weightlifting Club where I was coached by British National Coach Ron Reeves. While in England, I had the opportunity to compete both nationally and internationally. I won numerous titles, including the British equivalent to our National Collegiates, and set many records.

I also won the 1989 A.D.F.P.A. Shenandoah Open, the 1990

ERIC KUPPERSTEIN as interviewed for PL USA by BOB GAYNOR



Eric Kupperstein, with his trophy at the 1991 A.D.F.P.A. Nationals day comes when society puts steroids in the same category as other drugs, such as cocaine, young kids will feel that steroids are an acceptable means to achieving their athletic goals. As a drug free athlete, I feel a responsibility to show people that you can accomplish whatever you want with hard work, dedication and perseverance. The A.D.F.P.A. and associations like it, are the best avenues to show that athletic accomplishments can be attained without the use of drugs.

As for testing, the more the better. I am very pleased with the way the A.D.F.P.A. conducts its testing. Two things that I would like to see are 1) more polygraph testing at local meets, and 2) unannounced random testing throughout the year to any registered A.D.F.P.A. athlete.

BOB: Eric, would you share with us your views on proper diet?
ERIC: My diet is very basic. High protein, high complex carbohydrate, low fat and sodium. I get

most of my protein from chicken, fish, eggs, and cheese. My carbs come primarily from pasta and breads, and all kinds of fruits and vegetables. I avoid sodium and fat as much as possible. I am a very disciplined by nature, and though my diet is fairly basic, I am very strict with it all year round. This enables me to train at or near my competition weight.

BOB: What do you do for supplementation?

ERIC: I take a multi-vitamin mineral pack once a day. I feel that since I am healthy eater, I get all the nutrients I need from my food.

BOB: Eric, would you give us a breakdown of your in season and off season training?

ERIC: In season, I like to cycle and I start with a contest and then I back up 8 weeks from that date. I will usually take twenty pound jump each week in the deadlift and squat, and a ten bench press. For example, if I want to deadlift 600 lbs. in a contest, I will start 8 weeks away from the contest date and do 420 lbs. for 8 reps (I will usually only do one set with my main weight for that day). Each week I will increase the weight twenty pounds until I end up with 560 lbs. for 3 reps. The bulk of my training cycle consists of reps of 5, with the first two weeks 8's and the last two weeks of 3's.

I train 3 days a week. In order to fully work each lift, and recover completely, I feel that a drug free lifter should only work each powerlift heavy once per week. Therefore, each powerlift gets its own day. My assistance work varies a lot, depending upon what I feel I need more work on. Bicep work is done on the deadlift day, with shoulder and tricep work done on the bench day.

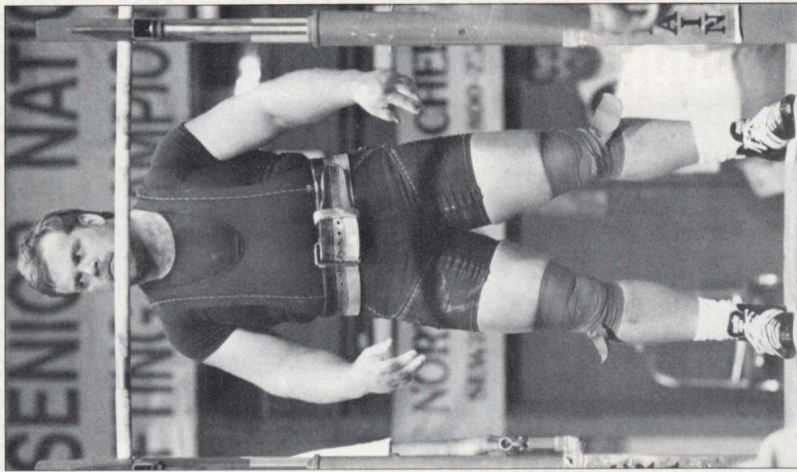
A basic in season training cycle is as follows: TUESDAY: 1. Competition Deadlifts, 2. Either Block or Rack Work, 3. Chins, 4. Pull-downs, 5. Rowing, 6. Curls. THURSDAY: 1. Competition Bench, 2. Incline Bench, 3. Close Grip Bench, 4. Behind the Neck Press, 5. Dips, 6. Tricep Presses. SATURDAY: 1. Competition Squat, 2. Leg Curls, 3. Calftresses, 4. Abs.

For an eight week cycle, assist (article continued on page 59)

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Recruiting Muscle Fibers



One of the keys to increasing your size and strength is to recruit as many muscle fibers as possible in your training protocol. When we recruit a large number of muscle fibers and then overload those fibers, hypertrophy and strength gains become a reality. Generally when an individual first begins to weight train, strength will increase relatively quickly. This is because of the neural aspects of the neuromuscular system. However, when we talk about the neuromuscular system, it is also important to realize the extent to which the muscle fibers themselves become involved in the total strength or output equation.

Motor units are the key to muscular output and thus the production of strength and power. The motor unit consists of a motoneuron and those skeletal muscle fibers innervated by it. When a motoneuron of a motor unit is stimulated, all of the muscle fibers within that unit contract simultaneously. If there are a large number of fibers within the unit a strong contraction occurs. Likewise if only a few fibers are present the contraction is weak. There are generally two types of motor units present in the human body. Slow motor units are often categorized as Type I and fast units are said to be Type II. Fibers in one motor unit are made up of identical fibers, so a slow motor unit will contain all Type I fibers and a fast motor unit will include all Type II muscle fibers. However, there may be a considerable variety in the motor units which comprise a major fiber group.

Type II fibers are mostly the concern of the powerlifter because these are the fibers recruited for quick and powerful movements. As muscular effort increases, the relative importance of the fast motor units becomes increasingly greater. The fast units will not be activated unless the activity is intense and powerful. Speed of movement does not affect the normal recruitment pattern. However, the faster the contraction the less the force that is necessary for the utilization of the fast motor units. Therefore it appears that fast motor units are recruited with a light impetus if it is moved very quickly.

Gain in muscular strength during training results from two factors: (1) a gradual increase in the ability of the contractile elements in each fiber to contract more strongly

bodybuilders whose workout sets consist of 8-20 repetitions on the whole. On the contrary, powerlifters whose workout sets are high in intensity and low in repetitions had significantly larger fast twitch fibers. Other studies have indicated only a moderate correlation between muscular hypertrophy and the expression of strength.

As a general rule to increase your powerlifting totals, multiple sets of low repetitions are used. When I examine many of the programs which incorporate relatively short rest periods between sets, I wonder about the rationale of such programs. To build usable powerlifting strength for the sport of powerlifting rest periods need to be a minimum of three minutes. This allows for the replenishment of ATP-PC stores which is the workhorse of your muscular system. In this manner high intensity exercise can be repeated without the production of an abundance of lactic acid. We know that high intensity low repetition training is fundamental to the production of higher powerlifting totals. The problem becomes one of balancing training at such a high intensity with the proper amount of rest periods. Training too frequently or long at too high of an intensity can lead to physical as well as mental overtraining. This is where a properly formulated program of periodization comes into play. A good periodization cycle generally runs from seven to twelve weeks. The periods are usually divided into three distinct segments, (1) hypertrophy, (2) basic strength and power and (3) strength and power or the peaking phase. The ultimate goal of the cycle is to produce strength and power by recruiting the Type II units with high intensity low repetition exercise. Periodization brings the muscular system to these outputs, over time, which helps to prevent chronic fatigue. In conclusion, to achieve your powerlifting goals, you need to investigate the various cyclic programs and find the one which suits your particular characteristics at that point in time. Rest adequately between your high intensity sets (a minimum of three minutes), and focus the great majority of your exercise on major movements of between two and six repetitions. Everyone is different, and needs can change over time so pay attention to your body. Best of luck!

JOHN WARE

Alright, You Recruits! our author and N.M.S.U. Strength Coach John Ware gets ready to use some of his muscle fibers at the APF Seniors during training in order to be hypertrophied.

Training with low or moderate intensity loads will not necessitate the use of the Type II motor units. The load intensity must be high. A great deal of research has shown that explosive strength can best be developed by using heavy loads with the repetition range being six or less. High intensity promotes the use of the Type II motor units. When one exceeds six repetitions, the tension and intensity has to be reduced. Recent studies have shown a lack of fast twitch muscle fiber in

Dr. Judd

Telepathy, Psychokinesis, Clairvoyance & other things that go Bump in the Night



Dr. Judd Biasiotto author of several World Class Enterprises books

In 1984, a Gallup poll revealed that more than half of the American population believed in extra-sensory perception (ESP). A year later, Dr. Ronald Wuthnow conducted a similar survey and found that more people in the United States believe in ESP than believe in God (my condolences to the Bible Belt). In 1987, the author asked more than 1000 well-liters if they believed in ESP. Overall, 23 percent thought that ESP was an established fact, while 54 percent believed that it probably existed. About 14 percent said they didn't believe in things that go bump in the night and/or ESP. Another 7 percent weren't sure one way or the other, while the remaining 2 percent told me to kiss their aura.

So what does all this mean, you ask? Well, it means that public interest is avid. Not only has there been a revival of interest in the powers of psychic forces, but anyone who is capable of exhibiting even the slightest extraordinary power is good for a few books, a two-year speaking tour, and a spot on the David Letterman Show.

So what, you ask? Well, how about this: it's been reported that some of these reported psychics can bend metal, cut apples in half, move objects, and stop and start watches without touching them. Some of the really big hitters, the ones with super-psychic brains, are said to be capable of bending tempered steel by just passing their hands over it -- NEAT, HU!

What does all this have to do with sport? I'm glad you asked because it shows that you're paying attention. It also gives me an opportunity to tell you about Adam Smith -- one of my favorite authors. If you aren't aware of it, Smith wrote a best-selling book called *MIND POWER*. If you haven't read it -- do so, it's the best book I've ever read on mind control. The book presents an in-depth discussion on just about every psychic phenomena and mind control technique known to man, from hypnosis right up to psycho-ecstasy.

More importantly to this discussion is the fact that Smith also did a little section on para-psychology and sports. To say the least, it was interesting (with a capital I), but then the way Smith writes, everything seems interesting. He seems to be able to take a mundane event and make it a real happening. Anyway, Smith never really put himself on the line when it came to psychic phenomena. Not only is he a good writer, he's smart, too. However, he did introduce his readers to various ways that psychic powers are being used in sports. Actually, most of what he wrote came straight from a guy named Mike Murphy, whom Smith claims was "the great mystic" of the Western World.

Undoubtedly, Murphy had his share of experience in mind-body tripping. According to Smith, Murphy was an alumnus of Stanford and the Sri Aurobindo Ashram in India and founder of the Esalen Institute. Murphy, who is an athlete himself, believes that you can control events or more specifically, balls, pucks, and opponents through thought. He believes that Jack Nicklaus can actually influence the flight of the ball after it's hit by sending out "vibes". The vibes, or energy streamers as he calls them, act as a path that the ball rides on, right to the hole. When Nicklaus visualizes and executes his shot in a moment of high clarity, Murphy says, the ball rides the energy streamer right up to the green. How much coke has this guy shov-

elated to bringing Science to the sport of Powerlifting

POWER-RESEARCH

RECOVERY METHODS

as told to POWERLIFTING USA by Rich Wenner, Assistant Strength Coach, Arizona State University

After I had reached the ripe old age of 24, I began to notice that my body did not recover as well as it had in previous years. At this point, Tim McChellan and I decided that we needed to explore the fascinating world of recovery. Our first discovery was that at approximately 25 years of age the human body's ability to recover from physical stress would slowly decrease. That explained a great deal about the injuries which I had suddenly acquired after a 7-year period of injury-free competition. The next step was to research the techniques which had been used to increase the ability to recover. We found that there were several articles which had been published concerning recovery techniques. We then tried as many of them as possible. After a 24 month period of trial and error we felt that it would be beneficial to other lifters to report what we had found.

There were several recovery techniques which I found to be both practical and beneficial. Additional time was required to add these recovery techniques to my training regime, but it was time well spent.

First, we added a 7-10 minute bike ride to the end of my workout. The light aerobic work assisted the muscle in ridding itself of waste products as a result of the increased blood flow to and from the muscle.

Next, we included a hydrotherapy session after the bike workout. There were two types which had proved to be effective. First was an ice bath or ice whirlpool. A 15-20 minute session of water that was 45-55 degrees F seemed to work best for muscles that were extremely sore and tired.

If your body is not extremely sore or tired, but does need additional recovery, a contrast bath or shower will do the trick. The bath/shower consisted of 1:30 warm/hot water (105-degree F) and 30 seconds in cold water (50 degree F). It seemed more beneficial to use a whirlpool due to the fact that the whole body could be submerged into the water. If whirlpools are not available, then a shower would suffice.

The next phase was nutritional recovery. I would suggest consuming a high carbohydrate source of

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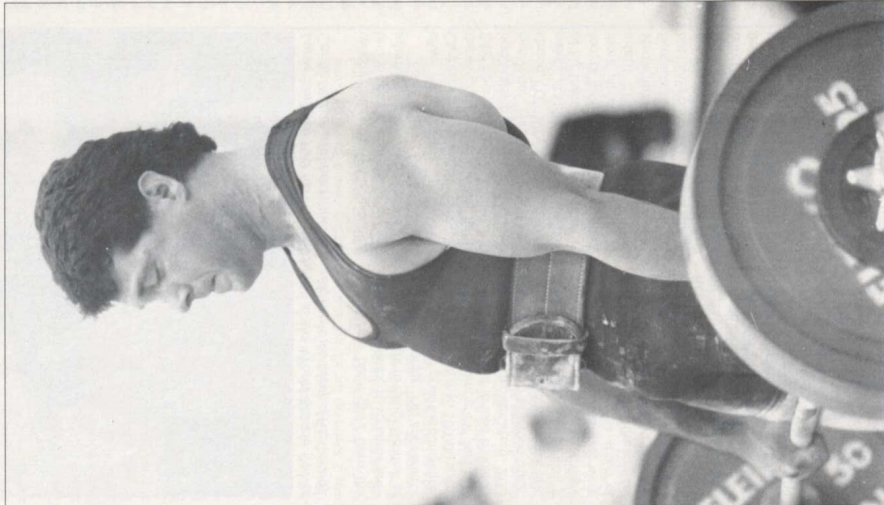
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Rich Wenner at his last major national title, the 1991 Lifetime Drug Frees.

sure the drink contains high carbs, moderate protein, and low fat. I also found that ATP restoration was possible through supplementation. When Dr. Angel Spassov visited ASU from Bulgaria, he suggested the use of a product to restore the ATP levels of the muscle minutes after the workout. Make

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World Muscle Power Champions as reported to PL USA by Derek FitzGerald



Jamie and Jon Pall had a great battle at the World Muscle Power Contest and then almost simultaneously tore their biceps (FitzGerald).

Fergus, Ontario is the kind of place one might accidentally drive through while trying to get on the right road to Toronto. It is a pretty little place, but Ontario is full of towns like it. For three days each summer, though, it draws a collection of proud Scottish Canadians and others, with the force of a superheavy gasping for breath after a heavy set of ten in the squat. The Highland Games and the Scottish Festival of dance, pipe bands and heraldry mark it as one of the largest and most prestigious in North America. What better place to set stage for the 1991 World Muscle Power Championship. The vast experience of David Webster as an organizer and color commentator of such events, plus the powerful presence of former world champion in the caber toss, Dr. Douglas Edmunds, both of Scotland, added greatly to the success of this competition. Highland games and festivals are frequently referred to as gatherings. Well, David and the Doc did a fair job of gathering some very impressive athletes for this years muscle power. Jon Pall, Sigmarsson, four time Worlds Strongest Man, four time World Muscle Power (WMP) champion arrived in fantastic shape at 6'3" and a half and 325 pounds. Always close to a can of AMBROSIA rice pudding, JP isn't fat, and had to eat all the time to keep his hard won bodyweight, (wish you had that problem?)

JP's compatriot, Magnus Ver Magnusson, 6'3", 295, won the title of Best Lifter at this year's European Powerlifting championship. He placed second at last season's WMP championship. Talling (Charlie) Van den Bosch of the Netherlands is 6'3" and weighs in at 370. Charlie has been on the international scene for years - a constant in the strongman circuit. In Murray, Scotland's strongest man is 6'3" and a relatively light 280. England's Jamie Reeves, the Iron Man from Sheffield, won the Worlds Strongest Man championship in Spain in 1989, but tore a bicep tendon in his left arm a month before last years contest. He's essentially been recovering ever since, but turned up in great shape for Fergus at 6'3" and 325 pounds. On a good day only Jon Pall can truly match this man. Henning Thorsen, from Denmark, works at the strongman game only part-time. The 6'4" 330 pound great Dane has world class toughness. He was a national superheavyweight powerlifting champion, and competed at least year's world strongman championship. Greg Ernst of Canada is a strong farmer, and odd lifts champion. He's lifted a team of oxen that

of competition was a packed one - 6 events to complete the 1991 World Muscle Power championship, starting with the mishap making car turnover. Normally European compacts are employed - they are lighter, and turn over easier. This time they used Dodge Omnis, considerably heavier and more of a stress on the boys biceps. Only half of the competitors turned both cars over, and if you pulled the other half, I bet they wish they hadn't bothered with the second one! The first heat saw Ernst manage only the first, while Reeves turned both. Because this event stresses the biceps, and as one of Jamie's has only recently been re-attached, this event may have given him cause for concern. Gary Taylor & O.D. finished 2, 3 in the event, but J.P., while starting fast, turning over the first car in less than 8 seconds, backed off on the second, feeling a twinge in the thigh bicep. Van den Bosch couldn't manage car number 2 in J.P.'s heat. Up next Svegarda and Thorsen - Svegarda struggled for almost 30 seconds to get the first car to turn, while Henning had a good time of 23.88 and 4th place overall, managing both cars. Magnusson and Murray were through, with Magnus ripping through the event with a winning time of 21.02 seconds.

Truck Pull: If the cars were too heavy in the car turnover, there was also felt that the trucks were too light for the truck pull. Even with added weight the pick-ups failed to provide the necessary resistance required to haul them along approximately 50 yards to course. Be level or not there is some style and technique required for success in this event. The initial massive pull, that overcomes inertia (like getting that damn heavy deadlift off the floor) gets the truck moving, but sometimes it moves too fast and the athlete wastes time pulling in slack rope. Jamie Reeves is a master truck puller and was able to adjust to the problem at hand. While he was pulling in one lane, O.D. was pulling in the next. Each athlete pulls each truck for a combined time, thus eliminating any charges, but one truck was lighter or heavier or whatever than the other. Hand over hand pulling - it's all biceps and upper back, and while all the boys had an abundance of both the title of Mr. Truck Pull went to Jamie. He was followed by Magnus, Gary Taylor, and a very pissed off Jon Pall, who announced his frustration about the light trucks to a rather disarmed audience in language other than good Icelandic. O.D., Thorsen, Murray, Van den Bosch, Ernst, and Svegarda rounded out the scoring order. After four events, Magnusson

magnificent black giant from the Southern States, is about as anti-theatrical a sight to things Scottish as one might conjure. His appearance certainly surmounted the concentration of the more than 10,000 spectators. Each competitor had a 2 minute time limit to load 6 objects weighing approximately 200 pounds each onto a flatbed truck. The objects, including a truck tire, stone, steel ingot, a plastic coil, a sack of sand and a water tank, were set so much heavy as they were too, as he's light on his feet, much more athletic, and is learning to adapt from powerlifting to strongman events. Arvydas Svegarda of Lithuania is a nice chap, but totally out of place in this type of competition. He's simply too small at 5'10" and 250 pounds but in an effort to make this a truly international event the organizers are always tempted to try and include an athlete from the Soviet or Communist bloc. Now that neither exists, will things improve in terms of the status of the athletes from the new states nations? For Svegarda, who earns the equivalent of 30 dollars a month working in a sugar factory in Lithuania, he's lucky to make a few hundred dollars, just for showing up to compete, regardless of his results.

The Loading Race: The first of the 8 event competition took place on a Friday night amidst the celebration of things Scottish. The appearance of O.D. in a kilt, this

and Taylor were one, two, while J.P. and Jamie tied in third place.

Log Lift: Take a 7 foot log, hollow out two holes for two vertically steel hand grips, that run vertically within the log, slip some supplementary weights on the ends and you have what has now become a standard in strongman endeavors - the log lift. This is quite tough if you have not done it before. The logs started at 100 kilos, or 220 pounds. Everyone made that, except Greg Ernst, whose rather unique strategy convinced him to pass on the opener and start at 110 kilos, which he did complete. Svegarda, already wounded, could manage no more than the opener. O.D. had a few lock-out problems, and couldn't manage 130 kg. Gary Taylor, a world class former Olympic lifter found the log leverage difficult, and made only 120. His clean and jerk style, while interesting, was not always effective. Thorsen and Magnusson made good efforts with 140. The show might have lasted longer but J.P. did an easy 155, and not intending to risk injury, backed off at that point, leaving the rest to Jamie, who had matched Jon Pall's 155. Reeves, pulling on his belt cap turned round, grabbed the log, cleaned it quickly and rammed 160 kg overhead, with abundant power has spared. Reeves has done 172 and two too much. Jon Pall passed the next hurdle of 8 feet, but made it all the way to 14 feet, missing three attempts at 15. His effort was good for first place, as was Jamie's effort at the same height. With three attempts at each height this single event took more than 90 minutes to complete. Ernst and Magnus finished at 13 feet, while O.D. and Murray made 12 feet. Thorsen and Van den Bosch couldn't pass beyond 10 feet. Because this event dragged on so long, the moment seemed lost by the time the athletes were called for the final event, the Yoke Race.

Yoke Race: The standings changed - Jon Pall moving into first place following the caber for height. They were as follows: Sigmarsson - 59.5 points, Reeves - 58.5, Magnusson - 57.0, Taylor - 45.0, O.D. Wilson - 45.5, Thorsen - 37.0, Murray - 22.0, Svegarda - 7.5. This event only barely got off the ground. The Yokes - wooden harnesses usually used to oxen, were not strong enough to carry two 150 pound men on each side, for a race that covered 100 meters. Taylor and Magnusson put in good times, and the Yokes succumbed to him stress. By the time Reeves set himself up for his attempt, the last remaining unbroken yoke cracked,

and Taylor were one, two, while J.P. and Jamie tied in third place. Log Lift: Take a 7 foot log, hollow out two holes for two vertically steel hand grips, that run vertically within the log, slip some supplementary weights on the ends and you have what has now become a standard in strongman endeavors - the log lift. This is quite tough if you have not done it before. The logs started at 100 kilos, or 220 pounds. Everyone made that, except Greg Ernst, whose rather unique strategy convinced him to pass on the opener and start at 110 kilos, which he did complete. Svegarda, already wounded, could manage no more than the opener. O.D. had a few lock-out problems, and couldn't manage 130 kg. Gary Taylor, a world class former Olympic lifter found the log leverage difficult, and made only 120. His clean and jerk style, while interesting, was not always effective. Thorsen and Magnusson made good efforts with 140. The show might have lasted longer but J.P. did an easy 155, and not intending to risk injury, backed off at that point, leaving the rest to Jamie, who had matched Jon Pall's 155. Reeves, pulling on his belt cap turned round, grabbed the log, cleaned it quickly and rammed 160 kg overhead, with abundant power has spared. Reeves has done 172 and two too much. Jon Pall passed the next hurdle of 8 feet, but made it all the way to 14 feet, missing three attempts at 15. His effort was good for first place, as was Jamie's effort at the same height. With three attempts at each height this single event took more than 90 minutes to complete. Ernst and Magnus finished at 13 feet, while O.D. and Murray made 12 feet. Thorsen and Van den Bosch couldn't pass beyond 10 feet. Because this event dragged on so long, the moment seemed lost by the time the athletes were called for the final event, the Yoke Race.

McGlashen Stones: The McGlashen Stones are historically bound to the strength traditions of a time long past. Strength historians like David Webster are well versed on the subject. In Fergus, the huge balls of moulded concrete ranged in size from the lightest at 209 pounds, to ones weighing 242, 264, 284, and 309 pounds. These were new stones especially crafted for this event. I think this event provides the greatest combination of athlete and crowd appeal. The stones start on the ground, the athlete lifting them to chest height and placing them finally, on a sand filled steel barrel. Sure the 209 pound stone could be done, probably by many in the audience, were not by Svegarda and Murray, who were hurt. This is Jon Pall's event - he raced through the 50 meter course tossing up the huge balls, as if it was a prerequisite for his next meal. He blasted through the course in 34.69 seconds - a dominating victory. O.D.'s 39.12 placed him

second, ahead of Reeves at 42.30 seconds. These were the only men to complete all 5 stones. Magnus managed to get 4 stones in 25.5 seconds. Thorsen did the same number in 29.53. Greg Ernst was respectable at 45.53 - good for a newcomer, while Charlie van den Bosch couldn't get past the third. One of the best moments was watching Henning, with massive crowd support, inch his way up the barrel with the 5th stone - fighting what seemed to be an endless battle - so close to success - yet so far from it, only to lose it. It was a gripping defeat.

Caber for Heights: I had never seen this event performed before. It was very technical. The idea was to toss a caber, weighing about 120 pounds over a bar, set first at 6 feet, and increased by 2 feet following a success. Now the standings were very tight going into this event. Jon Pall leading with 50 points, ahead, by one half a point, over Magnus, and Jamie a half behind Magnus. So, while most of the boys were not too happy about this event, it might have an important impact on the final standings. Svegarda was too beat up to continue - he wisely left the field. The challenge of 6 feet was a warm-up for all, but it was Gary Taylor's final score. Taylor's left bicep was quite sore by this time, so the final heave-ho over the bar was too much. Jon Pall passed the next hurdle of 8 feet, but made it all the way to 14 feet, missing three attempts at 15. His effort was good for first place, as was Jamie's effort at the same height. With three attempts at each height this single event took more than 90 minutes to complete. Ernst and Magnus finished at 13 feet, while O.D. and Murray made 12 feet. Thorsen and Van den Bosch couldn't pass beyond 10 feet. Because this event dragged on so long, the moment seemed lost by the time the athletes were called for the final event, the Yoke Race.

World's Note: Derek FitzGerald wrote this article before knowing of the death of O.D. Wilson, and now wishes to dedicate this article to O.D.'s memory. The World's Strongest Man contest held Oct. 4-6 in Tenerife, Canary Islands was O.D.'s last competition, and he had a back injury which forced him to pull out early. The order of finish at that contest was Magnus Ver Magnusson (ICE), Henning Thorsen (DEN), Gary Taylor (GB), Ted van der Parre (HOL), O.D. Wilson (US), Greg Ernst (CAN), Markku Suonenvirta (FIN), Manfred Hoeberl (AUS)

All TIME USA TOP 100 1145
by HERB GLOSSBRENNER
DUNBAR, C 1245 507 325 431 07/10/84
HLEP, J 1196 448 270 479 28/10/80
ADAMS, R 1146 435 270 441 17/FE/88
NELSON, M 1140 475 290 375 19/DE/87
GARCIA, C 1130 450 240 440 22/SE/90
REDDING, J 1124 435 209 479 28/JAN/79
SCHOENHOE, H 1113 424 220 407 01/UN/85
NGUYEN, D 1107 418 248 441 22/JUN/81
KELC, J 1102 391 252 418 15/MAR/81
PATERNIN, T 1100 405 235 460 27/MAR/82
HEATH, E 1096 413 226 455 06/JUL/82
KIMBLE, K 1075 435 216 425 22/FE/81
KUMAR, L 1070 400 260 410 30/MAR/81
MORGAN, J 1063 407 237 418 15/JUL/89
CADDWELL, M 1060 465 275 320 19/NOV/86
MORAN, M 1058 418 220 418 20/APR/81
PAVOVA, J 1052 374 270 407 06/JUN/86
CATALANO, J 1052 385 295 413 05/JUL/86
JFREY, M 1052 407 237 407 21/NOV/87
MOORE, D 1052 418 231 402 19/OC/87
MORRIS, C 1047 369 231 446 04/JUN/87
BRIGHTWELL, R 1047 369 231 446 04/JUN/87
ROOSEVELT, T 1047 369 231 446 04/JUN/87
FERREIRA, M 1038 369 281 395 14/JUN/85
CASTRO, M 1038 352 209 474 25/JUN/88
YOUNG, S 1030 400 253 375 14/MAR/87
MILLER, B 1030 385 273 370 20/OC/90
SCHMIDT, J 1025 374 229 429 05/JUL/86
MORAN, J 1025 347 242 435 14/APR/90
THOMPSON, R 1020 340 180 500 20/DEC/89
MCDONALD, D 1015 400 320 295 09/APR/89
HUNNICUTT, G 1014 385 258 374 25/JUL/83
MORAN, J 1014 385 258 374 25/JUL/83
KIM HAYKONG 1014 407 204 420 21/MAR/86
MCLAREN, T 1005 370 220 415 17/JAN/87
MCCARTHY, M 1003 347 231 424 13/JUN/81
MORAN, J 1003 381 226 385 01/APR/89
MOORE, H 1003 381 226 385 01/APR/89
MCDONELL, K 1000 360 200 440 28/MAR/77
KULCIPAK, G 997 352 270 374 30/JUL/75
OHATA, S 986 347 248 391 10/OC/81
WILLIAMS, R 986 350 244 413 30/JUN/85
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SPENCER, W 986 363 220 402 13/OC/86
OSBORN, D 986 402 237 281 10/JUL/86
CONNOLLY, S 985 335 250 400 10/NOV/90
MCGILVER, S 995 375 280 325 25/JUL/89
GRIFFIN, A 975 381 196 385 21/APR/89
DARST, J 975 350 255 370 27/JUL/88
CONNARD, R 970 360 198 402 27/JUL/88
FACOT, B 970 360 198 402 27/JUL/88
SCHLEGEL, R 965 360 186 420 01/MAY/82
MULDOON, T 965 360 250 355 30/APR/88
MULDOON, T 965 360 250 355 30/APR/88
PRETASC, J 964 385 214 383 10/OC/81
HUMPHREY, B 964 352 214 396 07/JUN/86
BURRIS, R 964 374 214 474 27/MAY/89
ETCHEVARRIA, M 960 370 220 370 03/NOV/85
SENG, S 960 350 200 410 29/OC/86
BOZZELL, B 960 350 200 410 29/OC/86
ROWELL, D 960 345 230 385 10/JUL/84
BOZZELL, B 959 359 185 435 07/JUL/84
SANDOVAL, M 955 355 235 375 28/APR/80
BIERER, P 955 366 275 300 11/APR/87
ZIELGA, G 953 355 204 396 08/FE/81
DIER, J 953 352 226 374 18/MAR/89
HAMSEY, R 950 430 240 280 22/JUL/70
FRANKLIN, H 949 361 186 400 23/APR/88
BUNGARDNER, T 942 352 248 341 10/NOV/84
FRANKLIN, H 940 360 216 375 21/JAN/86
CORDEJO, J 940 360 170 390 22/JAN/89
JACKSON, J 937 350 187 424 12/FE/86
MARTIN, W 931 300 226 402 13/APR/79
JACKSON, J 931 300 226 402 13/APR/79
THAN, V 930 335 215 480 09/MAR/91
TABELLI, U 926 330 178 418 05/JUN/80
HARDEN, J 926 328 226 395 10/JUN/82
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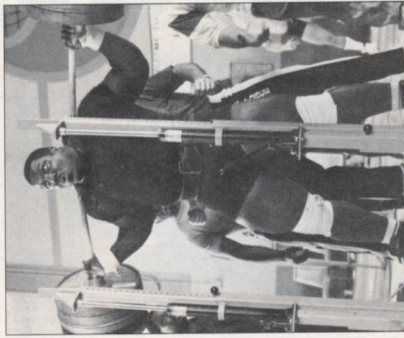
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Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$11.95

COMPETITION BELTS

Lever Belts

Both Styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color(s), made in U.S.A.

• 10 cm x 13 mm • 6 rows of stitching	\$74.00 — \$62.00
• 10 cm x approximately 10 mm • 4 rows of stitching	\$90.00 — \$58.00

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller	
• single or double prong • any color • made in USA • lifetime guarantee	\$62.00
• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA	\$52.00
• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality	\$29.00

Chalk — Imported from Italy. The very best for grip — 1 lb. box of 8 - 2 oz. blocks	\$10.00
1 - 2 oz. block	\$2.00

"Stickum" Spray - 4 oz.	\$5.50
Ammonia Caps - Box of 12	\$5.00

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(limited availability)

Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi color designs	\$10.00
Deadlift Deadlift in the World - multi-color design	\$10.00
Deadlift Deadlift in Texas - multi-color design	\$8.00

VIDEOS

All Deadlift and Hawaii World Record Breakers available on video. All videos show world records being set. Prices range from \$20.00 - \$45.00

Dutch Women's Championship
6 Oct 91

SQ	BP	DL	Total
Chubarsa	47.4	85	240
Vinegop	52	85	227.5
Korte	54.8	90	227.5
Harms	54.3	142.5	70
W. W. Wagner	59	142.5	70
Sprink	67.5	140	80
Keselaar	61.7	112.5	45
Knop	62.2	142.5	70
Pluister	68.4	102.5	42.5
Maas	69.1	110	57.5
Meehan	69.5	160	80
(Thanks to Hank Keizer for results of this meet)			

NASA Kansas City Regional
28 SEP 91 - Kansas City, MO (kg)

Women	SQ	BP	DL	Total
132	92.5	50	107.5	235
148	110	52.5	160	322.5
B. Farr	70	47.5	120	237.5
M. Robinson	30	20.5	30	80.5
W. W. Wagner				
HSP				
148	127.5	77.5	157.5	362.5

Men	SQ	BP	DL	Total
181	220	132.5	227.5	580
B. Muegler	130	57.5	137.5	325
J. Rusong				
B. Myers	182.5	115	192.5	490
Pure				
132	150			150
132	165	82.5	190	437.5
D. Aleman	147.5	75	170	372.5
148	245	142.5	252.5	640
J. Garcia	200	145	200	545
C. Little	192.5	110	207.5	510
181				
R. Johnson	240	130	240	610
J. Smith	230	130	240	600
J. Johnson	220	130	240	590
J. Johnson	210	130	240	580
J. Stahl	195	130	227.5	552.5
D. Mueller	172.5	130	192.5	495
T. McCafferty	177.5	107.5	212.5	497.5
D. Aleman	25	150	25	230
D. Grimm	25	150	25	230
J. Warren	262.5	170	250	682.5
R. King	205	110	205	520
C. Kempbell	205	115	205	525
220				
S. Bryan	255	142.5	285	682.5
242	317.5	193.5	257.5	768.5
J. Oehler	266	140	285	691.5
E. Leland	275	140	282.5	697.5
C. Penday	275	165	240	680
190	275	147.5	230	652.5
275				
M. Mitchell	262.5	170	247.5	680
F. McDonald	367.5	180	365	912.5
L. Wagner				
132				
R. Wagner	75	45	87.5	207.5
132	170	100	182.5	452.5
S. Chapman				
S. Berenberg	120	192.5	202.5	
185				
E. Douglas	227.5	122.5	240	600
190	195	125	200	520
181				
K. Hernandez	160	147.5	285	572.5
P. O'Toole	187.5	130	210	527.5
T. Schick	205	150	200	555
J. Smith	230	130	240	600
198				
M. Comarrie	246	160	282.5	702.5
W. W. Wagner	246	160	282.5	702.5
T. Schick	240	140	240	620
W. Cookson	205	140	247.5	592.5
220				
W. Wagner	255	180.5	265	692.5
W. Williams	272.5	155	227.5	655
242				
C. Penday	275	165	240	680
E. Bruce	275	172.5	255	697.5
D. Gurney	225	167.5	215	610
275				
L. Becker	315	170	312.5	797.5
J. Dowling	210	160	227.5	597.5
J. Ward				
165				
T. Hill	192.5	110	207.5	510
C. Kunc	200	125	230	555
W. Wessels	290	180	270	740
T. Mitchell	250	152.5	260	662.5
S. McFarland	230	145	230	605
B. Bates	222.5	132.5	200	555

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If you've made the previous ALL TIME TOP 20 list, or any of our previous TOP 100 lists, or the ADFPA TOP 20 list, or our annual Women's TOP 20 completion, you are eligible to order one of the beautiful awards seen above. See this month's TOP 100 list for details on how to order yours now!

220	275	172.5	230	677.5	M-1
242	205	137.5	205	547.5	D. Dudd
242	205	137.5	205	547.5	W. W. Wagner
255	120	105	142.5	367.5	S. Balhazar
272.5	177.5	282.5	732.5	220	M. Anderson
132	207.5	162.5	195	565	J. Henderson
200	115	207.5	522.5	M-2	B. Fellows
165	82.5	190	437.5	M-2	Bench Press
200	125	230	555	132	Pure Novice
192.5	110	207.5	510	132	Submaster
197.5	107.5	252.5	557.5	Cox	Sub-Masters
187.5	130	210	527.5	92.5	Becher
195	130	227.5	552.5	100	Billings
250	165	230	645	100	Condon
227.5	177.5	227.5	632.5	117.5	Teen
240	150	260	650	80	Talbot
192.5	147.5	205	545	147.5	Leeds
215	162.5	232.5	610	175	Penday
275	205	282.5	762.5	140	Tate
230	175	245	650	147.5	Gurney
250	110	240	600	160	Shackelford
				107.5	Gamble
				205	Master

(Thanks to NACA for these competition results)

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Opinion from Sandy King
- "Out of Focus" With an involvement in powerlifting in the United States in ways that are as varied as anyone I can think of, Tim and I have the unique opportunity to observe our sport in a way few people are privy to. We own 2 hand-crew gyms, have been coach and manager for numerous USPF World Teams since 1987 and are National level referees. Tim is State Chairman of N.C., USPF Youth Committee Chairman and a competitor since 1980. I am a member of the Executive Committee and meet director for the 1991 Masters Nationals and the 1992 Collegiate, Masters, and Men's & Women's Nationals. We have been awarded the bid for the 1993 IPF Masters Worlds.

Lately I have become very concerned about the direction of actions on behalf of the leadership in the USPF. Certain athletes have been dealt with incorrectly with reference to action taken resulting from drug testing at the 1991 Men's & Women's Senior Nationals. There were some positives reported in the doping control test from this championship. Without due process through the Disciplinary Committee, three athletes were suspended from the USPF by a letter from the USPF President. The process for suspension as described in the USPF Bylaws was administered improperly. One of the athletes that tested positive was a candidate for the USPF Men's World Team. Because of improper action concerning his case, he will be denied a spot on the Men's World Team even if he is vindicated. There is a basic imbalance in a sport where the primary concern and focus is not on the athlete and the good of the athlete. When administrative action and bureaucracy become the central focus of the leadership of a national sports federation, something is terribly wrong. Without the athlete the leadership has no purpose. I do not feel that anyone in the leadership has acted with malice toward any athlete or the sport as a whole but I have witnessed the flooring of some egos in its ranks.

We expect our athletes to be perfect in what they do when our own actions are flawed and the athlete is forced to suffer because of our error. I would hope that the leadership of the USPF would have the vision to bend in this situation and allow these athletes to be reinstated and the entire situation be considered a learning experience. I am not attempting to take sides in this matter, but I am trying to determine right from wrong. I do know that one of our athletes is prepared to sue the USPF in conjunction with their case. I am almost certain that our federation could not withstand the legal fees involved just to defend itself in the event of such a lawsuit. In this situation we are left with a national sports federation that has been bankrupted by legal fees. The federation loses, the athlete loses, but the lawyer wins. Why not put this mucked-up incident behind us and continue on with the business of Powerlifting.

Respectfully, SANDY KING

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Dr. Fred Hatfield, Ph.D. (aka "Dr. Squat") Director, Sports & Fitness Sciences (ISSA) Educator, best-selling fitness author, elite athlete, trainer of champions in many sports, and one of the most popular writers in the history of Muscle and Fitness magazine.



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WHERE THEORY MEETS PRACTICE

ADPPA California State BP
21 Sep 91 - Stockton, CA

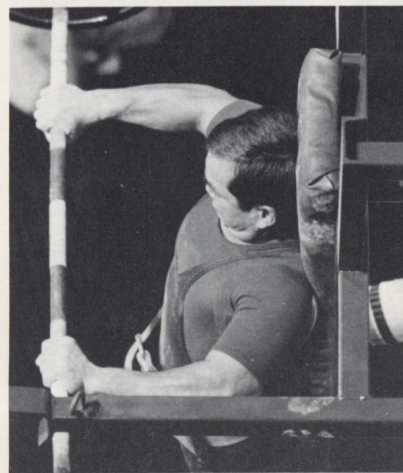
114	A. James	202.5
132	C. Aurilio	240
133	J. Huberty	240
134	K. Fukamoto	195
160	J. Saucido	125
160	S. Ellis	125
140	T. Gorman	75
140	D. Batten	75
130	C. Contreras	137.5
130	J. Stanley	137.5
120	A. Ayala	170
160	H. Hadley	170
155	T. Bowers	170
155	M. Kiehlen	170
181	Women	65
181	Men	72.5
175	R. Marfin	75
175	K. Collins	75
170	L. Simpliciano	70
185	R. Johnson	55
185	15+ Club	70
155	T. Setton	55
155	M. Hernandez	55
147.5	C. Bettencourt	70
147.5	R. Torrence	70
105	Z. Clark	167.5
198	R. Teutsai	167.5
217.5	S. Torrence	35
185	18+ above	137.5
185	K. Pedregon	140
182.5	R. Clark	140
180	D. Covello	112.5
180	D. Torrence	112.5
177.5	F. Kowalski	125
175	L. Mutch	125
175	L. Mutch	105
220	Masters HW	175
205	R. Kiani	175
205	B. Hill	175
185	G. Roscoe	177.5
185	G. Reiter	165
165	S. Roscoe	165
165	S. Warner	160
137.5	D. Villalona	125
137.5	D. Villalona	125
162.5	F. Siebert	162.5
192.5	G. Selvidge	155
182.5	C. Tremblay	155
182.5	C. Tremblay	155
182.5	M. Kautz	182.5
275	Benedict	182.5
315	R. King	182.5
315	M. Mooney	182.5
315	B. Corganath	182.5
315	I. Badaz	182.5
315	R. King	182.5
315	D. Van Brocklin	182.5

Rich Tsutsui has been one of the most active competitors in California over the past couple of decades. He competed at the Malibu Classic and then the ADPPA California State Bench Press Meet 3 weeks later. He usually brings a bunch of friends and fellow competitors to meet and always seems to get a lot of fun out of his powerlifting efforts.

148	I. Streeter	200
198	J. Omundson	280
181	D. Bahls	320
198	M. Grothe	360
198	J. Jackson	375
198	J. Dorshier	375
198	K. Sorenson	375
198	R. Schaid	540
198	R. Rogney	360
198	R. Rogney	325

330	D. Surgeson	320	270	425	1015
242	D. Paline	270	285	525	
242	R. Krueger	710	410		
242	R. Krueger	440			
580	K. Sorenson	580			
580	Submaster				
580	C. Schneider				
220	Master				
375	S. Sokales	305	420	1100	
290	R. Ingle	290			
295	G. Labelle	295	360	920	
270	242				
485	H. Braithovde	485	415	525	1425
485	L. Lindley				
205	TRISTATE OPEN				
205	Women				
205	Teen Men				
220	A. Danrow				
310	T. Olson				
510	S. Johnson	510	300	525	1335
350	R. Boyd	350	360	460	1170
242	T. Hookstra				
225	Master				
275	H. Mason	275	85	500	860
260	M. Bengtson				
220	Z. Labelle				
242	242				
280	B. Norton				

Door Prizes - Joel Omundson from White Bear Lake, MN, who came with a 1000 pound steel bar (value of set is \$250,000), John Dorshier won amino acids valued at \$27.95, Herb Braithovde won a kilo of protein worth \$25.00, and John Mason won a kilo of amino acids. Special Note - God's Little Iron Man, Roy Mason, did his famous DL exhibition. The 73 year old Mason displayed 355 lbs. using only one hand, 365 lbs. using two hands, and 400 lbs. using three fingers on each hand, 505 normal DL, and in the two man deadlift with Cory Schneider pulled 1000 lbs. with these meet!!!! (results by Darwin Jacobson)



ADPPA

SCULPTURED TROPHIES

Official Airlines:
U. S. Air
Door Prizes
For Spectators
T. V. & Newspaper
Coverage

BENCH PRESS CHAMPIONSHIP

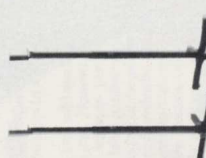
NEW YORK

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


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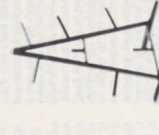
FREE SHIPPING



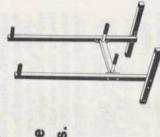
#1 SQUAT RACK will hold the heaviest weights - \$115




#2 Olympic Incline \$219




#3 Plate Tree holds 700 lbs. \$59



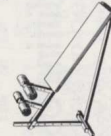
#4 Dip Station develop the chest & triceps - \$129



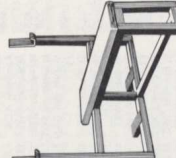
#5 Preacher Curl a must for the bicep - \$139



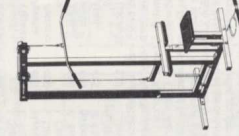
#6 Flat to Incline unlimited uses - \$149




#7 Situp Board keep the abs strong - \$139




#8 Power Bench 2'' square tubing - \$159




#9 Lat Machine a must for all gyms Std - \$279 Deluxe - \$299




#10 Hyper-Extension great for abs and back - \$155



#11 Dumbbell Rack keep your weight room clean - \$119



#12 Flat Bench \$90



#13 Calf Machine \$179

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(article continued from page 21) we took at the LDL and the HDL together." ("Searching for Life's Elixir" D. Brand, Time, December 12, 1986, p. 63).

HDL/total cholesterol (normal is greater than .16) or total cholesterol/HDL (normal is less than 6.25) is another popular ratio used. I feel this is a solid second to the LDL/HDL ratio. One reason I don't like this ratio as much is because total cholesterol is simply made up of 3 different items which, in turn, distorts the results. Another alternative is to just look at the HDL's alone (normal is greater than .35). Both the HDL/total cholesterol and the LDL/HDL ratios are truly superior to only a total cholesterol value.

Here are examples of 2 people with the same total cholesterol with totally different risks for a heart attack. Persons "A" and "B" both have total cholesterol levels of 185, which are well within the safe range (less than 230), but Person "A" has HDL's of 15 and his LDL's are 140 for a ratio of 9.3 which is well above the normal level of 3.75. On the other hand, person "B" has HDL's of 60 and LDL's of 100 for a ratio of 1.7 which is well within the safe range. The problem is that if person

really high rate of deposition of fat (and scarring) for only 10% of his life. That, in itself, is not so bad, but if the ratio of deposition was increased by 10 times the normal rate then that could potentially lead to a problem. In fact, I have seen one documented case where the HDL's were as low as 2.7 (normal is greater than 35) and the total cholesterol/HDL ratio was as high as 140 (normal is less than 6.25). This subject was a 23 year old steroid using bodybuilder who suffered from a heart attack (Arabic). Steroids and infarction. E.J. Bowman. *British Journal of Medicine*, 1990, v. 300, p. 750). Some people like to stick their heads in the ground like an ostrich and make believe nothing is happening, but in reality the problem is still there. Have your cholesterol checked it for no other reason than just to know and when you have it done, be sure to ask for HDL's and LDL's because many labs only do those on request. 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 78666 or call (512) 353-7743.

DEFINITIONS TO KEY WORDS
Cholesterol - is a fatty substance found in all animal cells which is essential for many physical functions, including efficient operation of the brain, making cell linings and the creation of certain hormones.

Fat found in plant sources does not contain cholesterol.
HDL (High Density Lipoproteins) - (normal is greater than .35) the "good" cholesterol which helps remove fatty deposits from vessels.

Heart Disease - any disease that affects the heart. Examples of this include: fatty build-up in the vessels; high blood pressure; heart attack; faulty heart valves; general toxic effects; effects from kidney or thyroid malfunction.

Lipoproteins - are fatty proteins which carry cholesterol in the blood.
LDL (Low Density Lipoproteins) - (normal is less than 135) the "bad" cholesterol which deposits fatty substances in vessels. LDL's are created from VLDL's which have lost some of their fat (very low to low).

Total Cholesterol - (normal is less than 230) this is the sum total of blood levels of HDL's, LDL's and VLDL's.
VLDL (Very Low Density Lipoproteins) - this type of cholesterol found in the blood. It mainly consists of triglycerides which are a form of fat in the blood or stored in the body as adipose tissue. VLDL's are made by the liver.

Memphis Pit Power Meet 28 Sep 91 - Memphis, TN.

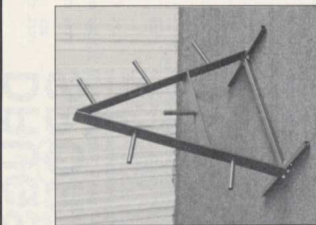
	SQ	BP	DL	Total
B. Kimberlin	380	260	400	1040
R. Bowman	360	180	405	945
A. Topps	270	160	370	800
I. Watson	450	255	475	1190
J. Hardman	330	200	350	880
S. Topps (F)	260	90	240	590
A. Topps	220	125	240	585
A. Calmes BL	700	375	550	1625
D. Mallin	505	305	500	1310
A. Topps	470	305	300	1075
W. Greer	430	315	410	1155
S. King	525	325	530	1380
T. Norris	400	345	500	1245
V. Chiamf	85	75	200	360
R. Castano	300	360	600	1460
C. Pavlinski	505	300	530	1335
J. Williams	605	400	730	1735
D. Moore	575	405	540	1520
A. Reynolds	530	400	550	1480
R. Mulchow BL	805	530	705	2040
B. K. James	400	465	525	1440
C. James	525	350	545	1420
T. Nichols	450	405	550	1405

On September 28, 1991, the FCI Memphis Recreation Department held its annual fall powerlifting meet. Lifters from Dan's Gym and the federal Prison's top-ranked Pit Power Team. After a hard fought battle, Pit Power, coached by Billy Martin, retained its undoubted title. The 165 lb. class. Before the meet, he weighed in at 159 pounds and pledged to squat more than David Rick's recent 666 drug free lift. On his third attempt, he squatted 700 and took the 1485 lb. total. He had a very hard fourth attempt at 700 and to do so he had to move to the heavy platform where there was enough weight, there, with the crowd going wild, he pulled 700. He had a very hard time squat record of 755 during our meet and he had a very hard time pulling 700. He weighed 165 lbs to come do battle against him. Best lifter trophies went to Al Calmes and Kenny Malchow. The Pit Power Team took first place in the 165 lb. class. The meet was held at Dan's Gym in Memphis, Tennessee. Dan's Gym is owned by Dan Irvin for his excellent judging, and to meet coordinators Brett Kimberlin and K. C. Paige. Finalists were: Dan's Gym, Memphis, Tennessee. Who lifted, loaded, judged and cleaned up. Until March 28, 1992. (Thanks to Billy Martin, Recreation Specialist, for results of this contest)

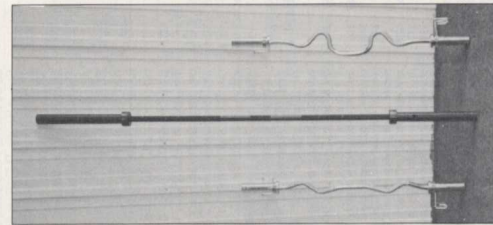
6th PanAmerican Powerlifting (kg)

	SQ	BP	DL	Total
Navaia ARG	142.5	75	192.5	410
Avolio ARG	180	90	200	470
Cappa ARG	180	90	192.5	462.5
60				
67.5				
Gutierrez ARG	200	105	220	525
75				
Sanchez ARG	240	135	245	610
Vazquez URU	220	115	235	570
Di Ruoco URU	210	100	215	525
82.5				
ABC	305	155	340	600
Montalvo URU	200	150	230	580
Lezama URU	210	120	230	560
90				
ABC	257.5	155	360	672.5
ABC	210	130	220	560
Spineti URU	200	115	210	525
100				
Quero URU	240	150	235	625
110				
Quero URU	222.5	120	220	562.5
120				
De Marco URU	280	192.5	270	742.5
130				
Ocampo ARG	270	170	300	740
140				
ABC	220	140	240	600
150				
Brigode ARG	260	162.5	300	722.5
160				
Wolney BRA	240	145	295	680
170				
Soria ARG	315	180	290	775

(Thank to Irene Frang for these meet results)



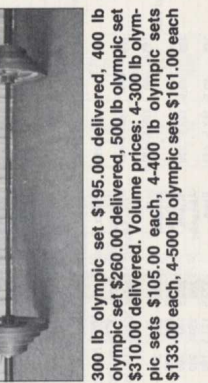
A-frame weight rack \$49.00 "FREE DELIVERY"



olympic cambered bench press bar \$125 delivered. olympic 7' 1,500 lb test power bar \$125.00 delivered



4' x 6' rubber deadlift mats \$44.00 each \$59.00 delivered. Volume discount: 6-mats \$40.00 each. 20-mats \$36.00 each, 40-mats \$31.00 each.



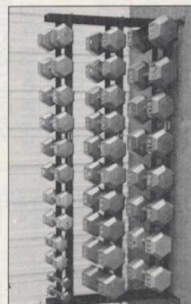
300 lb olympic set \$195.00 delivered, 400 lb olympic set \$260.00 delivered, 500 lb olympic set \$310.00 delivered. Volume prices: 4-300 lb olympic sets \$105.00 each, 4-400 lb olympic sets \$133.00 each, 4-500 lb olympic sets \$161.00 each



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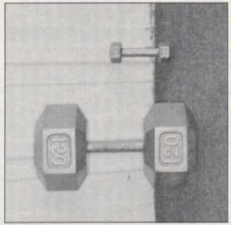


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NASA Big River Classic

Table with columns for gender (Women, Men, Youth), age group (19 Oct 91), and total score.

San Diego Sheriffs Athletic Federation 1st Annual Bench Press

Table listing names and scores for the San Diego Sheriffs Athletic Federation bench press event.

USPF Bench Press (Drug Tested)

Table listing names and scores for the USPF Bench Press (Drug Tested) event.

USPF California Squat Championship

Table listing names and scores for the USPF California Squat Championship event.



Center. Black records were set by Vince Tanabe, Victor Elliott, Brian Meek, Jim Meyers, Richard Schwartz, Howard Bain, John Cavaccia, Jerry Poston, Glenn Neis, Michael Falard, Paul...

Several familiar faces and several that were new to the meet came to enjoy Arkansas hospitality...

to the meet came to enjoy Arkansas hospitality... Several familiar faces and several that were new to the meet...

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to the meet came to enjoy Arkansas hospitality... Several familiar faces and several that were new to the meet...

to the meet came to enjoy Arkansas hospitality... Several familiar faces and several that were new to the meet...

MEET DIRECTORS...

6/7 DEC. (new date) Schwazer Conditioning Center Fitness Challenge Inc. atp. Pulley, RI. Mike Azzola, 708-261-1111...

6/7 DEC. (new date) Schwazer Conditioning Center Fitness Challenge Inc. atp. Pulley, RI. Mike Azzola, 708-261-1111...

Coming Events

8 DEC. (new date) Valley Gym 866-5973. 8 DEC. (new date) Valley Gym 866-5973. 8 DEC. (new date) Valley Gym 866-5973...

8 DEC. (new date) Valley Gym 866-5973. 8 DEC. (new date) Valley Gym 866-5973. 8 DEC. (new date) Valley Gym 866-5973...

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

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

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Owner

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