

Powerlifting USA

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ON THE COVER.....*IPF Worlds Best Lifter Dan Austin, left inset (USA team at IPF Worlds), top right inset (USA team at WDEPF Worlds - Siegel photo), bottom right inset (Masters competitors at WPC Worlds - Varrone photo).*

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would arrive at the meet site. Once he got there, he won his first outright world title comfortably.

George Herring wasn't sure he was coming until the last minute. Despite pressing problems at home, he had a super day and a super attitude. Behind him, competition for medals was fierce, a trend which followed throughout the contest.

Dave Jacoby was in the middle of a freight in the 242s, but when Kapala showed up with some busted ribs that took the defending champion out of the picture. Kendal was a known factor, but Sigurjonsson, the former sprinter from Iceland, was a newcomer. Dave's technical miss at 821 in the squat was pivotal, but his pec tear on his last bench attempt could have been disastrous. Tentatively, he found he could still deadlift, but with the flurry of 3rd attempt changes, he ended up with more weight than he could handle. Steve Goggins started with too much weight in the squat, but vows to return and get it right next time.

Kirk Karwowski had difficulty with the morning start and in setting up with his 2nd squat, but cruised to his 1st world title thereafter. Kirk was the favorite of the local press, and was featured indulging in a large meal on a photo spread over two full pages one day. Naleykin didn't look young, but certainly was strong, and pulled past the Dane for 2nd.

As there was no USA lifter in the Supers, things were perhaps more interesting than usual. Strongman competitor Hjalali Arason had his wits about him and used them to secure the gold over the prodigious strength of German stone lifter Hans Zerhoch. Both Arason and Sigurjonsson returned home as heroes, met by the Minister of Foreign Affairs, and they immediately posed with Ms. Iceland for the cover of the country's most popular magazine. Notable was the presence of former olympic lifting great Evgeny Popov of Bulgaria, who could be pulling over 800 next time we see him.

Competition for medals was fierce, as the meet results attest, and it was one of the most intriguing challenges ever for the coaches to try to wedge their charges in ahead of the many other contenders. In the team competition, the USA finished strongly in 1st with 69 points, followed by the USSR (up a notch over last year) with 55, Finland (48), Holland (45), Germany (35), Great Britain (35), Iceland (32), Poland (29), Japan (27), and Sweden (25).

IPF President Vierthaler, General Secretary Moody, and Treasurer Boström were all re-elected. Join them and great lifters worldwide for the next IPF Men's Worlds in 1992 in Birmingham, England!



New Number One at 132 - Tromp

various military honors in the works. 27 Finns followed up, with 3rd going to Ari - Jarmo's younger brother. In the 181s, Lekomtsev became the first Russian to win a gold medal in world powerlifting championship history, but he had to wait out the Dutchman van Haaren's charge. The USA's Dan Wagman came out on the short end of circumstances on crucial attempts, and this left the door ajar for the Vierikko to take the bronze. Jarmo Virtanen started heavy and aggravated a back injury that's been frustrating him lately. In the 198s, Siv Anderson came to Europe on a military flight and kept us in suspense as to when he



17 Time World Champ - INABA!

In a powerlifting meet, the deadlift is a lethal weapon. Lifters who are blessed with the power to pull the big deadlift are able to come from behind to win after being 100 pounds behind at subtotal. For lifters who are not blessed with the power or technique, hopefully, this article will give some insight on how to improve the deadlift.

I am going to address issues pertaining to the deadlift, as well as some Do's and Don'ts. Let's look at the equipment.

SUIT: wear a suit that is tight and feels comfortable. A tight suit helps maintain correct position, gives you support, helps prevent injuries and adds pounds to your deadlift. Your suit should be tailored to fit you; with wide straps and tightness in the hips and legs. Do not wear a loose suit, for this will not provide the tightness or add poundage to your lift.

BELTS: your belt should be suede or leather and fit comfortably. The belt is designed to protect your back, and help maintain an upright position by allowing you to push your abdomen against the belt. Do not wear a belt that is big in the back and small in the front. This style of belt will not keep you in an upright position throughout the entire movement nor will it give you the support you are looking to get out of your belt. Experiment with different belts before deciding what you like.

SHOES: wear slippers or wrestling shoes with a rigid, rubberized bottom. These have proven to be most effective. Do not wear tennis shoes. Tennis shoes have a hidden heel that raises the sole higher, which extends the distance of your pull. Adjust your feet for better position, leverage and comfort.

SHIRT - SOCKS - WRAPS are optional and should be the choice of the lifter. Wearing socks gives support and comfort. Wrist wraps help support your grip strength. Lifters who wear knee wraps to aid their deadlift are wasting their time. The knee wraps lifters use for deadlifting are not wrapped as tight as they are for the squat, leading to a diminished effect. Wraps can cause friction if the bar is kept too close to the body. To avoid this, you must keep the bar out in front of you.

TECHNIQUE: regardless of how you approach the bar and set up, it should be the same every time. Once you have set up and started your descent toward the bar, you should do so in a very tight position. Whether you are a sumo or conventional style deadlifter, do not squat all the way down to the point where the top of your thighs are parallel or lower. Instead, start your pull with your hips slightly

above parallel. Your back should be flat and locked so that it looks stiff; chest up and full of air, arms straight with tension placed on them and your head positioned locked with your

THE DEADLIFT

Checklist for Success

World Champion Dan Austin reveals how you can become a great deadlifter



DAN AUSTIN topping off yet another world championship, this time in Orebro, Sweden with a world record deadlift of 696 pounds. Dan's technique is immaculate and he does it the same way every time, just as he recommends you do in this article. Check out the ad for Dan's new company and the supplements he recommends back on p. 95.

with the heels). Once the weight reaches mid-point above the knees, in one motion you should drive your hips and legs up and forward, pulling the weight upward into the body until you have locked out the weight. Your legs should be the last thing that straighten out at the completion of the lift. Do not allow your hips to come up first. This changes your center of gravity, putting the weight out in front of you, causing you to do a stiff leg deadlift.

The deadlift is a one movement lift, from bottom to top. Every additional movement that is added to the lift makes the lift more difficult to complete. Do not descend quickly, gripping the bar and pulling. You gain no additional momentum and, worse, you could grasp the bar unevenly or pull a muscle.

PSYCHING: this is the choice of the lifter; however, lifters who yell, scream, jump up and down, etc. are wasting a lot of energy that could be applied to the lift itself. Psyching is a mental thing. Believe you can do the weight. This way more energy can be applied, mentally and physically towards a successful lift.

CONCENTRATION: Game Face is the key term here. On every attempt, all of your energy, center of focus, and concentration should be applied toward making every lift successful. No matter how many friends or family members you have in the audience, there are only two voices you should hear, your coach and the head judge. Never make eye contact with anyone when approaching the bar. Always look through or over the people sitting in front of you. Finally, concentrate on what you HAVE to do to win or place in the contest. Do not put additional pressure on yourself by worrying about what your opponent might go to on his next attempt. You have no control over your opponents, only yourself.

BREATHING: just before pulling the weight, inhale and hold it. Exhale only after receiving the down signal. If you feel that you are an experienced lifter, inhale as you descend toward the bar. Any exhaling or inhaling during the pull will cause you to lose your tightness, forcing you to hitch the weight up.

In closing, keep these three power thoughts in mind:

(1) No matter how strong you are, if you are not using good form and technique, a great deal of energy is being wasted.

(2) It is a must that your offseason program is geared toward your weaknesses.

(3) Bad habits are hard to break and good habits are hard to develop, but they are obtainable with patience, persistence, and practice.

The start of every deadlift should begin with the muscles in the upper body (pushing through the floor

twice missing 804, with his best legged from an 805 deadlift with only 10 reps prior to the meet. Baker might not be the highest total of the whole meet back to Oregon. His 2237 total was also a World Masters Record. Why wasn't Randy as well as Milani allowed to lift in the men's Open division where no doubt they would have been inspired to greater numbers?

Since I have been away from the major National and World Powerlifting meets for nearly a decade, I was a bit apprehensive of what to expect from the women. The last women's competition I attended was the Women's Nationals back in Indiana in 1979. What a rambunctious bunch they were. What I remember about such an enjoyable time to truly be a non-political organization. I can remember having such an enjoyable time to truly be a non-political organization. On with the show... Sue Benford, wife of the many time YMCA National record holder from Columbus, Ohio, barely registered on the weight-in scales at 43.6 kg. She sure could move that iron. Twice she made the bench plates hum with two

World Records - 140.0 kg. squat and 153.5 kg. deadlift. Her 360.0 kg. total was another WR. An effort which gave her the outstanding award among the lighter females. Good show! Petro Thysse of South Africa was far superior at 48.0 and set two WR's of her own squatting with 150 kg then a 4th with 156.5 and topping that off with a 158.0 World Record Deadlift. She topped a USA triple-challenge led by Doris Simmons who may have narrowed the margin considerably but was having one of those days. Except for Thysse the remaining categories were USA all the way. First, Lori Fisher was unopposed at with an excellent 410.0 kg. total. What a treat we got to see for her. SA and GB.

60.0. Many women, who have only been back at it a short time, squatted a marvel on WR 210.0 kg. I simply could not believe my eyes. She is not attacked 479 lbs. with the greatest of enthusiasm. She even baptized a friend right in the kisser with a hard chalk hand for retribution so

caught up was she in the excitement of the moment. Many will improve her other lifts dramatically in the future. For the moment, Kathy Baker is champion of the World - an achievement she made perfectly - nine for nine - 490.0 kg. - outstanding! 67.5 - Mariah-Liggett. Brock is a marvelous strength athlete. Her 217.5 3rd attempt squat was followed by a 4th attempt 227.5. She certainly has come a long way in the last decade - still under the watchful eye of Louie Simmons whose injuries haven't slowed him down a bit since I knew him back in the Seventies. What a gift, smiling through his misadventures. He, smiling through his misadventures. He, smiling through his misadventures. He, smiling through his misadventures.

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(article continued on page 94)

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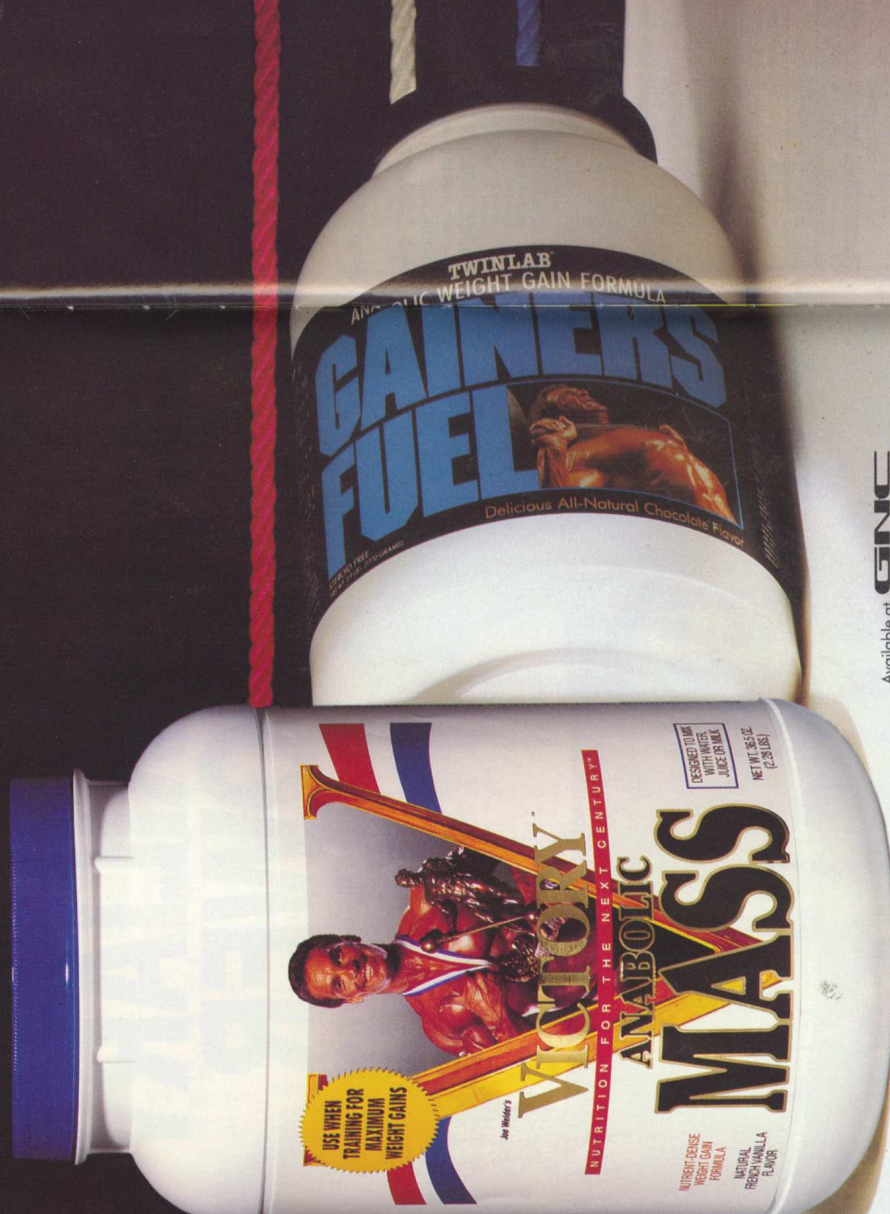
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18. Omega-3 21 mg. Capsules with Intrinsic Factor, Ferulic Acid 50 mg.	12.00	9.00	8.00	7.00	12.00
19. Omega-3 21 mg. Capsules with Intrinsic Factor, Ferulic Acid 50 mg.	23.00	21.00	19.00	17.00	23.00
20. Omega-3 21 mg. Capsules with Intrinsic Factor, Ferulic Acid 50 mg.	24.00	22.00	20.00	18.00	24.00
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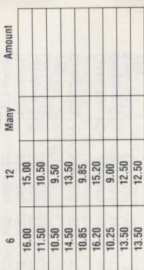
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Mike Ward - A Prototype for the Future
by World Class Enterprises, Dr. Judd and Dr. Arnie

A super-man with world class speed, strength, and power, Mike Ward has been dubbed a prototype of a 21st century superstar. At the age of 28, Ward has already established himself as one of the country's top performers in baseball, football, and wrestling, and now has his sights on becoming a world class bodybuilder and powerlifter.

Tony Powell, Ward's coach, believes that his athlete has few equals when it comes to sheer raw talent and potential. "When God threw Mike Ward together, He must have had something very special on his mind. He is by far the most gifted athlete I've ever coached. There is nothing he can't do. His potential as an athlete is near limitless. If he wants, he can go beyond the stars."

If Ward's past performance is any indication of what the future holds for him, the sky may be the limit. At 6'3", 295 pounds, Ward has run a sub 5 minute mile, a 51 second 440, and a 4.6 forty. His strength and power is every bit as impressive. He has squatted 630 pounds for six reps, bench pressed 540 pounds for a single, and deadlifted 670 pounds for a triple. Ouch, yeah! He has also run a marathon and can slam dunk a basketball from a standing position. Not surprisingly, he was named to just about every all-star team in both high school and college in baseball, football, and wrestling.

If Ward has any problem in the world of sports, it's deciding on which sport he'll eventually settle in. At present Ward is forging a career in professional wrestling, but he is also planning to compete in both powerlifting and bodybuilding in the very near future. With the aforementioned in mind, World Class Enterprises traveled to Camilla, GA to get a closer look at this genuine superman.

World Class: I guess the question that most people want answered is what sport are you going to eventually participate in?

Ward: Right now, I really haven't decided what I want to do. Professional wrestling has really been a challenge, and of course, there are some really big bucks in the sport. Before I call it quits there, I'd like to make it to the top. That's no easy task. Wrestling is a lot tougher than most people think. You have to be a super athlete to go all the way in the sport. I also like powerlifting and I believe I could really do something in that sport. And then there's bodybuilding. That's really my last love. There's no doubt in my mind that some day I'm going to put all of my energies into that sport. Until that time though, I'll probably compete in

all three sports.

World Class: In which sport do you have the best potential?

Ward: Well, if the truth be told, I'm probably a better football player than anything else, but a knee injury ruined any chance of me going to the NFL. As far as the three sports I'm participating in now, I'm really not sure. At this time, it's probably powerlifting, but over the long haul, I believe I'll reach my greatest heights as a bodybuilder. I don't want to sound conceited, but I honestly believe I can reach a world class level in all three sports.

World Class: How do you train for both powerlifting and bodybuilding at the same time?

Ward: At the present time I am training for powerlifting and will continue to do so until I reach my peak in this sport. My training is divided into 3-4 week periods. I start off by building a base where, unlike most powerlifters, I incorporate high repetitions. I make the Big 3 (Bench, Squat, Deadlift) and do 25, 15, 12, 10, 8, 6, 4, 3. To these reps I add 5 lbs. per workout. This type of training may be criticized by a lot of my peers, but for me it works! Also during this time, as well as though

the entire cycle, I add 2 auxiliary movements for 4 sets each of 6-8 reps. The next 4 weeks are 4 sets of 8 on the 5 powerlifts. Then the last 4 weeks are 4x5 and 3x3's alternated each workout with the 5's being the lighter workout and the weight used is constant throughout the 4 weeks. The 3's are done as the heavy day and I add 15 lbs. per week.

World Class: How does your wrestling career fit into your plans for the future?

Ward: Actually, I've only been wrestling for one year, but I love it. In case you're wondering, I'm a good guy. I go by the name of Michael Strong, the biggest, baddest dude in the South. Anybody who says I'm not a wrestler, like I said, I love wrestling. There is so much athleticism that would stick with me. They always quit. If I had a chance to pick a training partner, it would be John Gambale. That's one guy I really admire. His ability to put so much intensity into his power training and still achieve an almost perfect physique is incredible.

World Class: Well, is there anything else you would like to add?

Ward: Quit knocking professional wrestling and don't forget me because in the near future, I'm going to rock this old world.

your chances are for becoming the next Hulk Hogan?

Ward: Well, I don't know about being Hulk Hogan, but I think my chances are pretty good of making it big in the sport. I know I have what it takes. I have the muscle, and speed. I think it's just a matter of time until someone discovers me. Perhaps this article will do it for me. Then again, I remember that article you wrote on professional wrestling a few years ago. Perhaps this is the article that will ruin my career. I know a lot of wrestlers had you on the top of their hit list after that article.

World Class: I know — that's why I get my secretary to start my car every morning.

Ward: That's smart.

World Class: When you're not on the professional "rasseling" circuit, how do you spend your time?

Ward: (smile) You mean "rasseling" circuit?

World Class: (smile) Oh, right! Football coach. I also coordinate our school's weight training and conditioning programs. After the football season, we immediately begin an off-season program where it is mandatory for our players to lift 4 days per week. I am at the weight room from 4 until 8 every afternoon Monday through Friday. This is my job and one that I enjoy. The money and rewards do not mean as much to me as seeing a 9th grader come in weighing 125 lbs and not being able to bench his weight and seeing him 4 years later at 190 lbs and benching over 350 lbs. I draw energy from these kids. Working out with them not only provides them with inspiration, but myself also. Some of my kids want to look like me and be as strong as me. This keeps me charged up to continue improving myself.

World Class: Do you train with anyone?

Ward: Just my wife Jana and two sons Mikey and Joshua. They're very supportive. Besides them, I never had a real serious training partner. By that I mean one that would stick with me. They always quit. If I had a chance to pick a training partner, it would be John Gambale. That's one guy I really admire. His ability to put so much intensity into his power training and still achieve an almost perfect physique is incredible.

World Class: Well, is there anything else you would like to add?

Ward: Quit knocking professional wrestling and don't forget me because in the near future, I'm going to rock this old world.

World Class: What do you think

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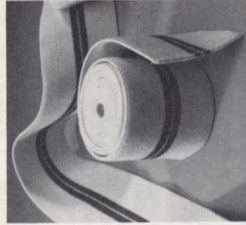
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Ask the Doctor

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

DEAR MAURO: Approximately eighteen months ago I developed some pain in both forearms. It began as a little tenderness near the elbow as would warm-up with dumbbell curls. It would disappear after warming-up, but next time it took a little longer to make it go away. Foolishly, I didn't lay off. Soon the pain was affecting not only bicep exercises, but back and tricep exercises as well. After several months of trying to work through or around the pain, I saw a doctor. He diagnosed it as tendinitis, and prescribed Motrin, 800 mg, three times a day and rest. That didn't work, so he tried Naprosyn, and three weeks of heat and ultra-sound, three days a week. That didn't help either. X-rays were taken, and the results were negative. I tried Voltaren, 50 mg 2x day for 30 days. This seemed to help, but my line of work required me to be very active physically at that time. I had a bone scan taken, and the results were negative. I went to see another doctor, and he diagnosed the problem as bilateral flexor muscle strains in both forearms. He prescribed galvnic electrical stimulation, ultra-sound, heat, deep-friction massage, and progressive resistance exercises. I had two treatments a week for three weeks. I felt fine doing the exercises, but upon reaching the 4 lb. dumbbell, I had minor pain the following day, so I had to drop back to a 2 or 3 lb. dumbbell.

I had read in your column in the March 88 issue of *Powerlifting USA* about using low doses of an oral anabolic steroid to add strength to two injured tissues and to slowly rehabilitate them. I showed this article to the doctors I saw, and neither one would agree to prescribe anabolic steroids (I must add that their heart rates increased significantly when I mentioned the word 'steroids', and they turned quite red).

It has been eighteen months now. I would really like to get back in the gym (I am only 24 years old). Do you have any advice for me, and do you think that an oral anabolic steroid would help? If so, do you know of any doctors in my area that would be willing to prescribe them to me? Your help would be greatly appreciated. Sincerely, Gordon

DEAR GORDON: Enclosed is a general brochure on forearm injuries that you may find useful. I've also enclosed my contribution to the newly published *Cum Therapies in Sports Medicine*. I've used the injectable cocktail (anabolic steroid, corticosteroid, anesthetic) to successfully treat different kinds of musculoskeletal problems. Since this book was published I've received several calls from clinics in the USA who are trying out my techniques.

Perhaps you can show these chapters to a sports medicine doctor in your area - with hopefully better results since physicians may feel more comfortable with the injectable approach. In your case, it's likely that oral anabolic steroids would also be useful. Unfortunately, because of the current climate, I know of no physician in your area (or almost anywhere in North America) that would be willing to prescribe any of the oral anabolic steroids. Sincerely, Mauro

DEAR MAURO: May I start by saying that after reading Update Five to your book *Drug Use and Detection in Amateur Sports*, plus the book

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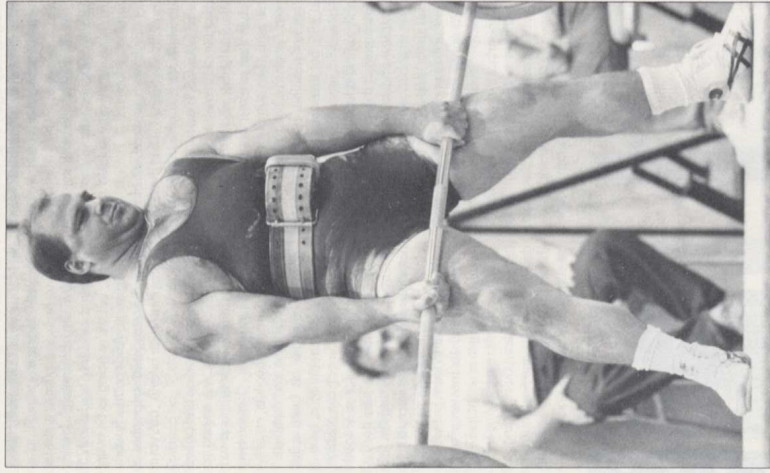


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INTERVIEW

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

RAOUL DONATI



BOB: Raoul, give us some personal information on yourself.
RAOUL: My name is Raoul R. Donati and I reside in Mishawaka, Indiana. I am 27 years of age.

BOB: What is your occupation?
RAOUL: I graduated from Indiana University in 1987 and I am a Physical Education teacher at North Side Elementary School in the Mishawaka School Corporation. I also work part-time at Gold's Gym in Mishawaka, Indiana.

BOB: How long have you been training and competing?
RAOUL: I have been lifting for 12 years and competing for 6 years. I now train at Gold's Co-Ed Fitness in Mishawaka, Indiana.

BOB: Raoul, tell us how you got started?
RAOUL: I started lifting weights in high school because I wanted to be more competitive in athletics. I have a twin brother, Marc, who always outshone me in wrestling and football. One day at Indiana University in McNutt Quad, I benched more than he did! I had broken the long spell. I left him behind long ago in powerlifting and that felt good. Don't feel sorry for Marc who continues to have many other successes. I continue to lift weights because it makes me feel confident about myself.

BOB: What are your best competitive lifts?
RAOUL: Squat 661, Bench Press 490, Deadlift 705, 1856 total.

BOB: What are some of the titles you hold and records you set?
RAOUL: ADFFA Indiana State powerlifting champion 1989, 1990; ADFFA Indiana State Bench Press champion 1988, 1989, 1990; USPF Indiana Jr. State champion 1983; ADFFA Midwest Bench champion 1987, 1988, 1990; ADFFA Midwest Collegiate champion 1987; ADFFA 1991 Viking Open champion (best bench); ADFFA Men's Collegiate National Runner-Up 1987; ADFFA Men's Open Nationals 1988; 3rd place, 1990-3rd place, 1991; Runner Up ADFFA Indiana Men's Open State record in the bench press, Collegiate bench, deadlift, and total; ADFFA Collegiate (American records) Bench press and total; 1987 (National) - bench press-1987.

BOB: Raoul, what are your future goals?
RAOUL: I prefer to take Gold's drug testing to eliminate steroid abuse. Anyone testing positive (article continued on page 60)

RAOUL DONATI has one of the most massive physiques in the ADFFA for many years. My ultimate goal is to win both the national and world championships with a short term goal of hitting a 2,000 lb. lifting total.

BOB: Share with us your feelings on steroid use and drug testing.
RAOUL: I believe any athlete can reach their potential with hard work, proper diet and natural supplementation. I find it very contradictory to use steroids in a sport that is designed to enhance the body to its fullest potential and not destroy it. I believe all sports should have mandatory drug testing to eliminate steroid abuse. Anyone testing positive

for drug use should be permanently suspended.
BOB: What are your theories on world championships with a short term goal of hitting a 2,000 lb. lifting total?

RAOUL: My dietary intake consists of high protein and high carbohydrates with low fat consumption. I try to consume an average of 4,000 calories which I break into 5 meals a day. I also consult my nutritionist Mary Michalski on a weekly basis to ensure a proper diet which fits into my current lifting schedule.

BOB: What kind of supplemental program do you follow?
RAOUL: I prefer to take Gold's Branch Chain amino acids and free form amino acids, which in-

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Beyond Anabolic Steroids along with several years of the column in *Powerlifting USA*, I am very impressed by your knowledge and the way you present information without lecturing or judging. My question is about Cyclofenil. I realize that it is now illegal to sell the drug without a prescription. I'm sure you've seen the advertisements in *PL USA* selling Cyclofenil, but on the chance you haven't, one is enclosed. Is this company selling this product in a useable form, thereby making it ineffective but legal? I have a hard time believing they are actually selling an illegal product through a magazine ad. The reason I would like to know is that I would like to try Cyclofenil and I need to know if it is being sold in a form that is ineffective or not. I am not a big believer in so called steroid substitutes anyway, and I do not want to waste my money. Dick

DEAR DICK: Cyclofenil is now supposed to be a prescription item, so I'm not sure how these companies are getting away with selling it as an over the counter drug. I contacted some knowledgeable people in the USA and they feel that some of these products have no Cyclofenil in them. Apparently this is also the case with some of the GH/B that was sold by mail (GH/B is definitely off the market since the FDA clamped down on it. I'm not sure how legal it is in the USA for companies to use Cyclofenil as a trade name for some other compound(s). The term Cyclofenil is the generic name for the active compound. I'm also not sure how to advise you since it's obviously a case of buyer beware. My gut instinct is to keep away from it. Mauro

POWER RACK TRAINING

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

When I entered the weight room, I was a bit surprised to see Brad lying on the bench under the power rack, doing lock-out sets. Matthew was counting and Luke encouraged him. When he finished, Matthew looked over at me and volunteered, "We decided to do what you suggested, get a third person to work with us who did the rack work, so we could move faster. We did all our squats in a finishing set on an hour and are finishing our benches in less than that" he added proudly.

"That's good," I admitted. "Did you do all isotonic-isometric movements?"

"No," he answered, "only the first, bottom position. We locked out the top two positions on both of the lifts. It moves a lot faster with three of us, plus we know what holes we want to use and what weights too. Next week, Brad is going to number the holes and that'll help too. Brad was a house painter and had, like the other two, lifted in several power meets. He weighed 205 and although he wasn't as strong as Matthew or Brad, he possessed an outstanding physique. Most people thought he was the strongest of the group.

"How did everything go?" I asked, starting my warm-ups. "Real good," Luke remarked. "Especially the benches. We did like you said and added in one set of isotonic-isometrics after our regular benches on Monday. I did the sticking point and Matthew did the start and I think it made a difference today. I got that third for three good reps and held the third for an eight count," he bragged with a wide smile.

"Did the rack benches get either of you sore?"

"Yeah," Luke said frowning, "right where my pecs tie in with my frontal deltoids."

"That's good. It shows there was a weakness there. How about you Matthew?" "I can't say that I got sore, but I got a little ding in my wrist." "That was because you twisted and squirmed on that one set. Ready to pull?"

"We're ready. Want us to do some warm-ups like we did for the other two lifts?"

"Right, a couple of light sets of power cleans or deadlifts will work. And we'll be starting at the bottom again. This time, a very low bottom. We're going to set the bar a bit below where it would normally hit you when you pull off the floor. This extra-low position will develop some new muscles and really help you explode the bar off the floor."

locking the muscles of the back and pushing your feet through the platform."

Brad had used straps on his set, but Matthew and Luke were pulling using the staggered grip. "You're going to be better off using straps from the very beginning," I said. "You might be able to hold this 275 a little longer, but we're going to be overloading soon. And too much work using the staggered grip puts a disproportionate strain on your back."

Matthew stopped on and pulled on the 275. At six, he started to allow his middle back to round so I stopped him there. "Remember, just as in the other two lifts, emphasize form over time and numbers." Although the bar hit Luke a bit lower than his companions, he was very strong in the bottom position and held the 275 for a smooth twelve count. Seeing him do this Matthew wanted to try it again. "It's not a good idea to get competitive in the rack in the early stages. It's more important to learn just where you stand and to master proper form. If you get competitive too soon, you'll start using sloppy technique and then you're going to defeat the entire purpose of using the rack. The only person you should be competitive with is yourself."

"The middle position can vary from workout to workout. What you are looking for is your weakest position. If you use the thirteen hole today, try the twelve or fourteen hole next week. Once you find the one that you're the weakest in, work it until it improves. The middle position can vary from mid-shin to a point just below the kneecap. This is a very beneficial position for the deadlifter and most find it extremely tough. Few people can handle within a hundred pounds of their best deadlift here. But, once again, it's not how much you begin with, but how much you improve that matters." They all managed 315, 365 and it was clear that the 405 was a limit for Brad while Luke and Matthew were capable of more. We loaded 455 on the bar. "It is critical that you maintain absolutely perfect mechanics when you do this position, otherwise they won't help you get stronger. Don't lean back and let the bar ride up the rack because this isn't how the bar moves upward in a deadlift. This position will teach you to keep the bar very close to your body as well. If it slides forward even a half inch, you'll discover that it will not move off the pins."

Matthew went fast and the welder man vibrated the picture once more. He vibrated and veins distended on his thick neck, threatening to erupt. He altered his grip,



Deadlift Training in the power rack begins with the bar resting on the pins in the desired start position

changed his stance, reset his back, but the bar wouldn't budge. "Welder man, welder man," Luke teased. Finally he gave up, caught his breath and grunted, "You try it!"

Luke set himself, but I could see that he was too far away from the bar. He pulled, but the bar merely slid on the pins. "Welder man!" Matthew laughed, delighted. But Luke saw his mistake, pulled the bar in closer to his body and brooked out three smooth reps, holding the third for a long count, his face set in a wide smile. "Nothing to it," he said, resting the bar back on the pins gently. Before they had a chance to get into a heated argument, I said, "That'll be enough at the middle position. If you can increase it by a few pounds every time, you'll find that it has a very positive influence on your deadlift. Let's work the bar up to work the top position. The bar should hit you right at mid-thigh. We're going to do 3-4 sets of five in this one, followed by one set of isos. Try to pull the bar just as high as you can. On the lighter weights, try to hit your chin with the bar. Think about power cleaning the weights. As the weights go up, you won't be pulling it nearly as high, but by thinking height, you'll involve your traps much more."

They did 225, 315, 405, and 495, getting a nice action at the top on all their sets. "I like the feel of those," provided Brad, feeling his traps and Matthew and Luke quickly agreed.

"There's something about working the traps that's extremely stimu-

lating," I explained. "I think it has something to do with forcing all that blood up into the base of our skulls. There are lots of nerve endings there so maybe it invigorates our nervous systems. Stop there. These will get you quite sore and I want you to do one final isotonic-isometric set. Eventually, you'll use 3,400 more pounds in the strong than you plan to deadlift. It gives you a great deal of confidence at the top. When the bar comes past your knees, you just remember how much you handled in the strong and it climbs right on up."

After setting the top pins about six inches over the bar and loading it to 225, I said to Brad as he strapped on, "Extend high on your toes and lift your elbows up just as high as you can. Now the line has to be very precise, so set the bar against the top pins smoothly, then lean into the pull." He held it perfectly. Matthew stepped in and while he strapped on, I moved the top pins up two holes, saying, "I want you to have to reach up higher. You're taller than Brad." On his first try, he pulled backward too much and lost his balance, but he got it right the second time around and held it for twelve. "Good," I said, once more moving the top pins up a few holes for Luke was taller yet. He jammed the bar into the top pins and they bounced off, sending him forward. "Wow!" he shouted. "Ease pins before you really lay into it," I remarked. This time, he did just that and held it for fifteen, just to irritate

Matthew. Which it did. "Jerki!" Matthew grumbled, causing us all to laugh.

"How do we work the three rack workouts into our total program?"

"There are several ways of incorporating rack work into your routine. You can set aside one day just for rack work and work the squat, bench, and pulls on that day, along with some beach work. Some lifters like to do their squats on one day, benches on another, and pulls on yet another. Others prefer doing rack work but once every two weeks. And there are those that like doing some isotonic-isometric work directly behind their regular routine for that lift. Do some experimenting and see what fits you the best."

"Could we do rack work more than once a week?" asked Brad.

"Sure. The founder of isometrics, Doctor John Zeigler, had his original trainees do nothing but rack work on Monday-Wednesday-Friday and then do all three of the Olympic lifts on Saturday along with some back squats."

"Should we do rack work year-round or just for short periods?"

"Again, lifters differ. Some work in the rack year-round, but others prefer to go on a concentrated program of rack work for six to eight weeks, then go back to their conventional training. Some like to do it right after a contest while others find it useful going into a meet. Try some different approaches. When you find yourself going stale, make some changes. One thing you have to keep in mind when doing your rack work,



and ends with the bar held against the pins at the desired top position. (photos courtesy Doug Nassif)

More is not always better. It's very concentrated training and there is a thin line between doing enough work to increase strength and over-training. It's often very tempting to want to slip in a few extra sets on some position that's especially strong, but this is usually a mistake."

"How long has this kind of training been around?" asked Matthew.

"Since the early Sixties. While it's a documented fact that many old-time strengthmen, dating back to the days of Sandow and Cyr, used some form of rack work to increase their strength, it was always some type of overload training. It wasn't until Doctor Zeigler came up with his systematic system of using a power rack for a great variety of positions and fixing a time element that rack work became popular."

"Then why don't more people use the rack to get stronger?"

"Simply because there are very few people who know how to teach the program. If a person did not come into direct contact with Doctor Zeigler or someone who he taught, there is really no way for anyone to fully understand the subtle concepts of the program. And, unfortunately, Zeigler did not put his concepts down on paper. For the most part, Zeigler's ideas are lost and there are very few of us left who learned directly from him who take the time to do any writing."

"Did any powerlifters use the rack?"

"Sure, lots of them in the Sixties, if they had someone to teach them the program. And they used the rack with great success."

"Can you do any other lifts in the rack?"

"You can," I replied. "Remember, Zeigler developed the program specifically for Olympic lifters, so the original program featured the military press and not the bench press. Some bodybuilders used the rack to increase strength in such exercises as the curl and the upright row. I guess you could use your imagination and come up with more."

Matthew spoke for the others, "We decided to try doing all our rack work on Fridays. It seems to go fast and it's a nice change. We'll give it about eight weeks then decide if we want to keep doing it that way or change it around."

"Sounds like a good plan."

"Anything else we should know about working in the rack?" Luke asked.

"Just one more thing. Always be on guard for the welder man."

Thanks to Bill Starr for this excellent series on the forgotten art of power rack training. Hopefully, it will inspire many new lifters to try this proven training method.

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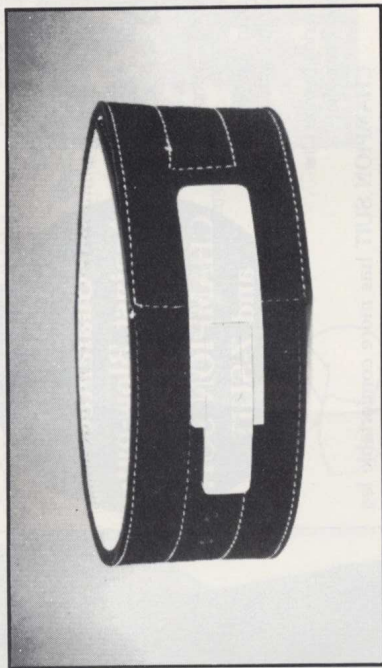
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WORKOUT of the Month

The squat is the first lift of the meet and often the most troubling. It is important to get the most from the squat for a big total. Going 3 for 3 and ultimately 9 for 9 is the objective. To achieve the objective, our goals must be realistic. For any lifter, setting realistic goals is difficult. It is extremely difficult for the inexperienced lifter. Putting 20 lbs on your squat in one training cycle is realistic. The following program is designed to take a 600 lbs. squatter to 620 lbs. This increase will carry over into the other lifts and increase your total. Having realistic expectations and picking makeable attempts will eliminate a great deal of the squat's difficulty.

To follow this routine, squats will be performed twice a week. The first day is heavy. The second day is light. By light, I mean 250 lbs. for 2 sets of five. This does not change throughout the training cycle. The purpose of the light workout is to workout any soreness and practice form. The strictest form and depth should follow the number laid out. Allow at least 2 days rest between the heavy and light days. Monday and Thursday is an exception.

Week 1: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 345, 1 x 1 x 415, 1 x 255, 1 x 3 x 355, 1 x 1 x 450, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.
 Good Luck. For any further comments: Steve Elgin, 35 Big Ace Square, Gaithersburg, Maryland 20878. For \$15.00 per lift or \$30.00 for a full meet cycle I will draw out a program. Please include your age, weight, experience, best gym lifts, and best contest lifts.

Week 2: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 345, 1 x 1 x 425, 1 x 1 x 485, 1 x 3 x 355 - suit, belt and wraps. Add 10 lbs to assistance work. Light day - see Week 1.

Week 3: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 360, 1 x 1 x 450, 1 x 3 x 500 - belt and wraps. Add 10 lbs to assistance work. Light day - see Week 1.

Week 4: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 375, 1 x 1 x 465, 1 x 3 x 515 - belt and wraps. Add 10 lbs to assistance work. Light day - see Week 1.

Week 5: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 345, 1 x 1 x 425, 1 x 1 x 485, 1 x 3 x 355 - suit, belt and wraps. Add 10 lbs to assistance work. Light day - see Week 1.

Week 6: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 455, 1 x 1 x 505, 1 x 3 x 550 - suit, belt, and wraps. Add 10 lbs to assistance work. Light day - see Week 1.

Week 7: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 345, 1 x 1 x 415, 1 x 255, 1 x 3 x 355, 1 x 1 x 450, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.

Week 8: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 355, 1 x 1 x 455, 1 x 1 x 535, 1 x 2 x 585 - suit, belt and wraps. Subtract 10 lbs from assistance work. Light day - see Week 1.

Week 9: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 355, 1 x 1 x 455, 1 x 1 x 555, 1 x 1 x 605 - suit, belt and wraps. No assistance work. Light day 2 x 8 x 135, 2 x 5 x 250 - belt only.

Week 10: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 470, 1 x 1 x 570, 1 x 1 x 620 - suit, belt and wraps. No assistance work. Light day 1 x 8 x 135, 1 x 5 x 225 - belt only.

Meet day: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 490, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.

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Meet day: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 490, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.

A new concept in weight training instruction. A workout by workout, set by set, by rep, with exact training poundages specified over the entire span of a month. A different lift is featured each week. Those of different strength levels than the starting poundage specified simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

Steve Elgin Squat Routine

The assistance work will be leg extensions, leg curls, and calf raises. They will be done for 3 sets of 8. Try to increase them 10 lbs. every week for the first six weeks. Then they will be reduced by 10 lbs. for the next 2 weeks. The last 2 weeks no assistance work is to be done. This will allow maximum recovery from the squats. The above is only for heavy squat day. The light squat day is only light squats and calf raises. No other assistance work is to be done on the light day.

The lifter will need a suit, belt, and wraps for this program. The week prior to the training cycle, the lifter should squat 440 lbs. for 5 with a belt and wraps.

In training try to use 100 lb plates, jack stands, and a power bar. They will be used in a contest. You should try to simulate meet conditions in training. Always squat deep and use good form. Having your training partners continuously watch and report your depth.

Week 1: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 345, 1 x 1 x 415, 1 x 255, 1 x 3 x 355, 1 x 1 x 450, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.

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Week 10: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 470, 1 x 1 x 570, 1 x 1 x 620 - suit, belt and wraps. No assistance work. Light day 1 x 8 x 135, 1 x 5 x 225 - belt only.

Meet day: 2 x 8 x 135, 1 x 5 x 255, 1 x 3 x 365, 1 x 1 x 490, 1 x 1 x 500 - 1st attempt 550, 2nd attempt 600, 3rd attempt 620.

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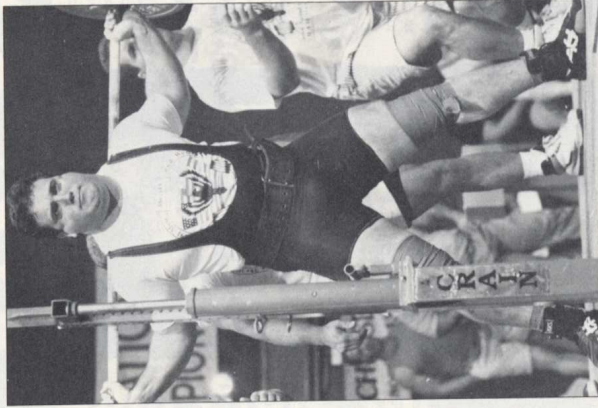


Steve Elgin is a legitimate 800 plus squatter in the 220 lb. class, who used his big squat to win the 1991 APF Senior National Championship

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Posture for Lifters, Part II



Author Asher Sharon in appropriate posture for a squat.

Part II will stress the issue of preventing spine, hip and knee damage that can be avoided if we take the right precautions.

The squat and the deadlift build 80% of a total in a meet. These lifts stimulate the growth and the strength of the largest muscle groups in the body - back, hips and legs. The big weights that are moved in these lifts leave no room for weak links. No stone should be left unturned in our quest for a bigger squat and deadlift. The prime movers & the stabilizers of these two lifts are the hip flexors, the spinal erectors, quadriceps, biceps femoris, semimembranosus, semitendinosus, the glutes, adductors & abductors, soleus, gastrocnemius, the abdominals, the musculature of the upper back and the muscles between the vertebrae that stabilize the spine. Another body part that is greatly stressed in the execution of these lifts is the shoulder girdle.

The neck and lumbar spine are prone to becoming "fault points" due to the load and tightness associated with the squat and deadlift. This intense pressure can lead to pathological changes in the spine, which if not addressed can lead to a crippling, career ending injury. This can be avoided by adding some light stretching of the back of the neck and the lumbar area (waist) on a daily basis. Be careful not to do excessive and long sessions, especially before a heavy lifting day, for excessive stretching might make you unstable under the bar. Stretching should be done in slow smooth manner, when you reach your maximal range of motion hold this position for a count of 15.

A strong and fully developed abdominal wall is often times overlooked when a lifter plans his/her training cycle for an upcoming meet. A well developed set of abdominals is as important to a lifter as much as extra heavy duty stock absorbent do wonders for your squat and deadlift, keeping you in an erect position under the bar whether setting up or sitting at the bottom of the lift. Tight abs will prevent you from leaning over too much, and will take the load off of the spine and back muscles, which will increase force that the lifter can apply to the execution of the lift. The result will enable the lifter to safely handle heavier loads.

When going to work on our abs we must remember that there are 5 different muscles that comprise the structure of the abdomen - the rectus abdominis, external obliques, internal obliques, quadratus lumborum, transversus abdominis. All these muscles must be equally and properly worked. We must also keep in mind that there are misconceptions about working this particular area:

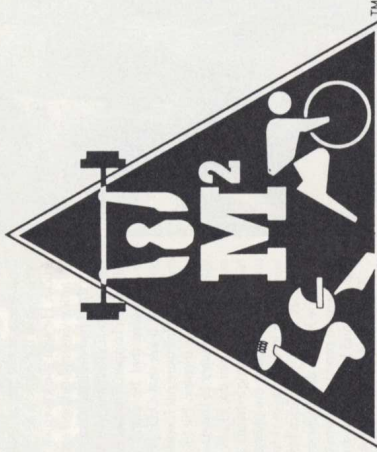
1. The origin of the abdominal muscles is along the rib cage under the line of the pectorals, the insertion is the pubic bone. "Exercises" that involve any movement in the hip joint will not have the wanted

power created from various muscles that fire through the execution of the squat and deadlift, we must create a straight line in which the spine will remain straight from the pelvis area to the top of the skull. In order to keep this line straight, it's a must to keep the chin in, squeeze the shoulder blades, and arch the back. Pointing the chin out at any point of the descent or ascent will cause a break in form which will push the lifter out line. Pointing the chin forward or looking up will change the leverage of the lifter resulting in muscling the weight. This will make the lift harder to execute and will take away from weight that can be lifted. In order to start the momentum upward at the bottom of the lift we must push our heads back, not up, while maintaining the chin in. This can be done if we push from the imaginary upside-down "T" drawn by the line between the shoulder blades and the cervical spine and when at the bottom of the squat or deadlift all you need to do is push this "T" against the bar (the squat), or squeeze your shoulder blades together while grabbing the bar (the deadlift). In both cases hip-drive is fully utilized.

As far as the fault points from the hips down, we should look at keeping balanced musculature of all the muscles of the leg, because an unbalanced development may cause a big discrepancy between antagonist muscles, which will lead to an injury. For instance - a narrow stance squatter that doesn't work his hamstrings might end with a torn hamstring or a problem in the hip joint due to the difference in tonus between hams and quads. A wide stance squatter might develop a problem with his patella tendon if he will not work specifically on his/her quadriceps. The difference in tonus can also cause a limited range of motion in these joints (hip, knee) and to bad circulation, which will slow the recovery from workouts. Following a heavy workout or a meet, a lifter must have a leg workout that will be much lower in intensity and higher in volume, in order to increase the circulation to sore muscles and accelerate the healing process. The last action that a lifter must take if he/she wants to prolong his/her career, lift bigger weights, and avoid injuries, is to stretch the connective tissues of the muscles mentioned above on regular basis, make sure not to neglect this part of your training. The most important areas to stretch are - hamstrings, calcaneus tendon, the hips - maintaining the maximum possible range of motion of the hip joint.

A written article can not be a substitute for the eye, touch, and experience of the lifter or his coach, but can provide a lot to think about and new horizons to explore. Yours with power, ASHER SHARON. The author can be reached for further information at Power Excel/Shadowdance, 2197 South Kinnickinnic Ave. #706, Milwaukee, WI 53207, 800-424-8308

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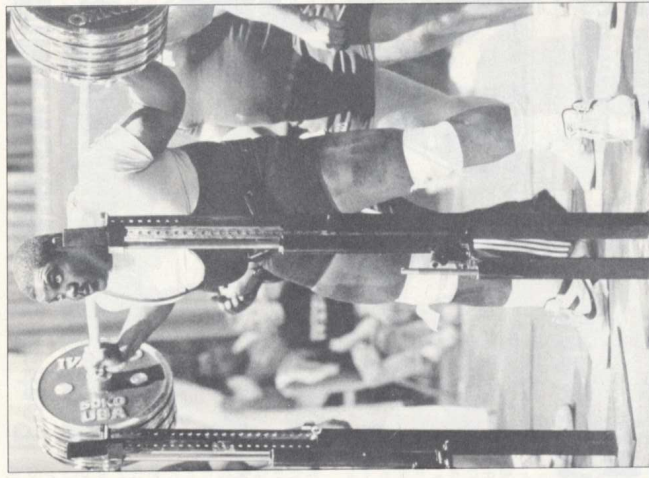
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The O.D. Wilson I Knew a tribute by his friend MIKE HALL



O.D. Wilson ended with a victory over his friend at the 88 Seniors

I met O.D. Wilson in 1987. It was during the USPF Sr. National Powerlifting Championships in Chicago. The first thing that struck me about O.D. was how much bigger he was than me. There are a lot of fat guys that are bigger than me, but not very many men who are in good physical shape.

O.D. shook my hand and introduced himself, telling me how much of a pleasure it was to meet me. It was his excitement that gave me a first impression that led to O.D. becoming my closest friend in powerlifting. O.D. was just starting his powerlifting and had not yet reached the big totals he was about to hit later on.

I kept a close eye on all of his meets because I wanted to be aware of what totals he was getting. It was a great feeling, competing against someone as physically impressive in size as me. I guess I saw a lot of me in O.D. Wilson.

O.D. loved powerlifting, but he needed to make a living. Unfortunately, our sport is lacking when it comes to being marketable. We shared a variety of ideas about what we could do with our powerlifting. O.D. was an idealist. He wanted to be the best in whatever he did, whether it was powerlifting or participating in the strong man contests.

I recall that after the USPF Sr. National Powerlifting Championships in Las Vegas, O.D. was very excited because he had beaten me. The competition was close and was eventually decided by body weight. It didn't matter; the win brought us even closer as friends.

Valerie and I asked me to be his best man. I stayed with O.D. and his wife for three days. We got together with some friends and spent a night on the town. I'll tell you, O.D. was a sight on the dance floor. I was not worried about anyone messing with us that night. For a couple of 400 pound powerlifters we sure had some good times.

It was not long afterwards that O.D. came to Dulaware to visit with me for two weeks. We stayed up all night talking. I remember joking with him and telling him that because he was my friend, I was going to let him go to his first World Championships in 1988, but only because I was going to let him.

O.D. had an idea that he and I could make great wrestling team. He said we would be awesome; but at the time, I was still on my mission to prove to myself and the kids throughout the country that I could be the strongest natural man in the world. This commitment to the kids is what has always kept me going for my dreams. O.D. also had this

to call him, but all I got was an answering service. I tried to convince myself that I wanted to talk to him to let him know that I was planning to see him at the 1992 National Powerlifting competitors; but in reality, I just wanted to talk to him.

I prayed that God would help me deal with the article and help me to know that O.D. was still my friend. God answered my prayers when two weeks before he died, my old friend called me. He asked my forgiveness about things that had been said in the *Muscle & Fitness* article. He said the information in the article was misleading. I assured him that I had dealt with the media enough to understand that these things can happen. His last words to me were that he didn't want people to think that O.D. Wilson and Mike Hall were not friends. He said I was his mentor. He told me that when we went to the strength exposition in Orlando, FL, in February, we were going to have a great time. When I hung the phone up, tears came into my eyes. I felt so good. A lot of people called me about the *Muscle & Fitness* article, and I was so proud to inform them that O.D. and I were still friends.

Then Valerie called and told me that O.D. had died. I couldn't believe it. I had to ask her twice if it was really true. There were so many things that went through my mind. My concern was there for Valerie and the rest of O.D. family. Then, as a Christian, I wondered if O.D. had been saved. It made me very happy to find out, once arriving in North Carolina for O.D.'s funeral, that his manager, Tony Robertson, helped O.D. two months before to give his life to Jesus Christ.

So, O.D., my friend, we will have a good time. Not in Orlando, but in Golden Paradise in the sky with God. We will talk about who will win the competition the next time. Until then, save me a big room. So long, my big friend.

Mike Hall

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STARTIN' OUT

A special section dedicated to the beginning lifter

Training Around Injuries

as told to PL USA by Doug Daniels

In most sports, athletes suffer injuries both minor and major. Powerlifting certainly exposes the lifter to a wide variety of possible injuries. There are many ways to avoid or lessen the chances of an injury, but sometimes even the most careful of lifters suffers a setback. The trouble is how to train around the injury, if possible and advisable, to avoid losing too much in the way of strength while on the mend.

The most important thing to remember is to seek out professional advice, whether it's a M.D., physical therapist, or a chiropractor. Some times injuries can be so severe as to require complete rest for minimal extension at most. Another important factor is that let pain be your guide. If hurts, your body is saying it doesn't appreciate the stress. Let's proceed by examining injuries and possible ways of training around them.

A very common injury is lower back pain. This can hamper training on all 3 lifts, so each lift must be approached separately. In the squat, it may be painful to maintain an upright posture for the back. In the case of the bench, if the athlete or your medical professional allows it, assistance with work presses, back squats, leg extensions and cut leg case found in the front of the machines used for these exercises vary from manufacturer to manufacturer. A slight difference in the angle of the seat or other parts may make one allow easier use. For example, I have found that leg curl machines with a flat board to lean on put stress on my lower back, while another brand with an "A" shaped or bent board to lean on was comfortable. These machines will isolate your thighs to a high degree so you will develop your lower body from different angles which may be beneficial.

A bad back can hamper your bench by affecting the degree of back arch you can attain. With permission from your doctor, you can try benching with your feet off the floor or with just a little weight on your feet and limit your back arch. Again, a slightly higher degree of isolation can be achieved.

The deadlift may well be inadvisable or impossible to perform altogether. Sumo style lifters may have less of a problem because the legs are used to a higher degree than the conventional style. In this case, you might be allowed to try lat pulldowns, or one arm bent over dumbbell rows with your back supported for some back work. Don't jerk the weight. Regular rows and

shrugs may put too much stress on the back, so again let pain be your guide. Your supplemental leg work will also help to keep your deadlifting muscles in gear.

Chest injuries can certainly slow down your benching. In this case a more narrow grip to limit involvement of the pecs would be in order. Many lifters have competed hurt with a narrow grip. You may also try a shorter range of movement. That is, don't let the bar go all the way down into the painful position. This method can be used for other lifts too.

Elbow and knee injuries can be approached similarly. The elbows are involved in just about every upper body exercise with the exception of a few Nautilus moves, so they are hard to isolate out of most exercise movements. Similarly, the knees are stressed by all lower body exercises except, again, in a few Nautilus type exercises. Because of their high degree of involvement, any exercise done should be performed with care, using low weight and little, if any momentum. Knee and elbow wraps can help support the joint during exercise, however, some experts believe that their long term use and abuse can be detrimental, so consult an authority.

Shoulder injuries will really limit upper body work also. Range of motion without pain can be limited. Lateral exercises may not be as stressful as pressing movements.

Common to all these situations is the necessity of maintaining an awareness of what your body is telling you. Pain is your best guide in this case. Higher reps and light weight may be beneficial in recuperation. Substitute less stressful exercises in place of those who aggravate your injury. A dumbbell alternative may be less stressful. A change in style or execution may be a way of working or competing around a minor injury. A slight change in grip or stance can make a difference. Warmup is critical as is some stretching. Be sure to consult a professional on your injury for best results. They may prescribe specific rehabilitative exercises. Your injury may be so severe as to totally prohibit you from using that bodypart. In that case, concentrate your efforts on exercises for non-affected bodyparts. Exercise in one area of the body does have some beneficial effect on other parts.

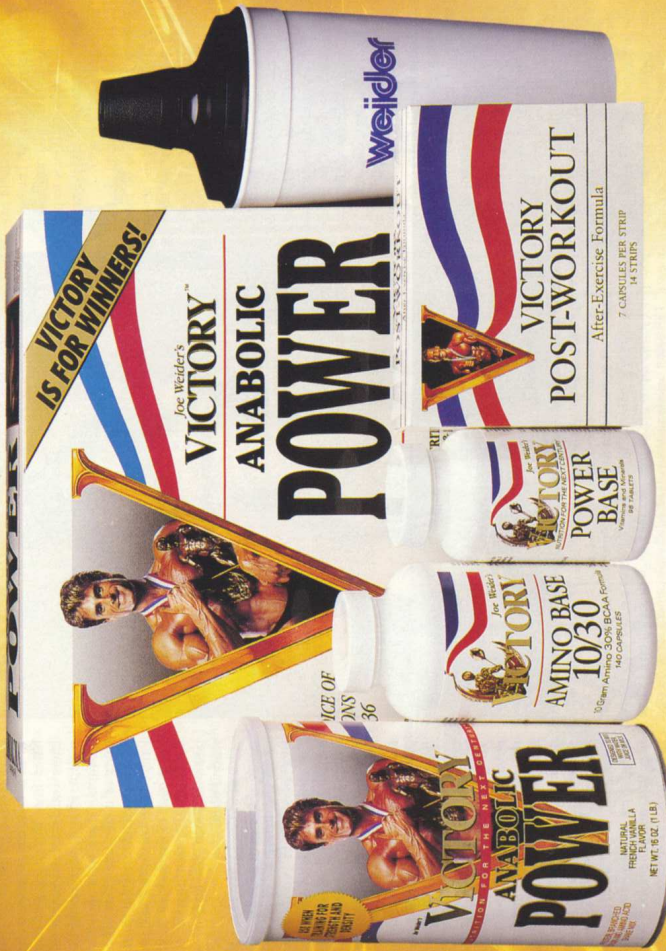
The most important thing to remember is to not aggravate an injury. Train smart and you'll be around to lift and compete another day.

Doug Daniels, Box 1974, Highland, Indiana 46322



Susie Benford has trained around serious physical problems for many years, yet she culminated her career with a record breaking finale at the WPC Worlds in Las Vegas.

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More From Ken Leistner



Steve Brodsky...pulling in a big one at a recent A.P.F. Senior Nationals

Although a lot was said about Steve Brodsky in the December PL USA feature article, more can be said, with or without tongue-in-cheek. What follows are "Brodskysims".

"I couldn't train properly at a gym where the owners were trying to suppress my efforts." Steve was referring to his hard and heavy training sessions when he first got caught up with the idea of trying to be a competitive lifter. The owners complained about "the chalk, baby powder, and making the ground shake every time I did a deadlift". A lifter needs safe, strong, but relatively limited equipment. This being the case, almost any training facility will do as long as it serves to promote the enthusiasm and desire for improvement of the lifter.

Most facilities don't do this. There is little money to be made from lifters; many barely scrape together their monthly dues, aren't interested in purchasing a new pair of training rag tops or shorts each week, and aren't candidates for the tanning booth. If the pretty people bring in the bucks, that's where the commercial emphasis is going to be. It doesn't, however, help one's training very much if what you have to do, can't be done. One is supposed to make noise when lifting heavy weights, use chalk, and get a bit crazy. Most gyms would rather not have you do that. Steve Brodsky recalled this by finding a gym that supported powerlifting and had other lifters on the premises.

"I feel a certain responsibility to lift well and put on a good show, for the fans, because they pay good money to come and see the meet and want them to leave with the feeling that they had a good time, saw some excellent lifting, and would watch another powerlifting meet in the future." For Steve, getting "wild and crazy" something he is fairly good at, helps to psyche him to the max and help well. I've seen too many meets where the better lifters take a token lift because they just don't need to exert themselves that day in order to win. If the purpose of competition is to bring out the best in each competitor, why compete if one does not intend to do their best?

"I can't stand a meet where the crowd is silent and quiet during the lifting. It's not a good tournament - it's a power meet." I agree and yet, we all know that when it's time to pull that big lift, everyone claps up. We also know that when it's time to lift heavy, you don't even notice what's being said, screamed, or moved around you. I prefer the audience to scream and yell, and continue to scream and yell until the lift is finished. So does Brodsky.

"If the trend towards using more supportive equipment continues, we might as well give the lifter a forklift to drive out onto the platform to lift the weight. The lifter with the most powerful forklift wins." If one needs PROTECTIVE equipment, it can be justified. Hugh Cassidy pointed out years ago that many lifters weren't hampered by the lack of knee wraps or suits, they just had to train harder to lift as much. This isn't a negative thing. I don't think the injury rate relative to knee and low back damage increased in the early 1970s when all knee bandages were eliminated from the event, and many lifters would not even use the thin, olympic lifting type of belt for their attempts. There were no special shirts or underswear either. Those who cheated, cheated, but the majority of lifters did awfully well even going back to the days when one had to actually pause the squat, and pause the bench press for a full two second count.

"I would really like to see the gurus of the various federations allow the lifters to wear collar type plastic shin guards during the deadlift. I know from my experience that I have cut my shins to shreds and even gotten a staph infection in my right leg. Using the guards will not increase the amount of weight one can lift, but will prevent problems like I have had. In addition, when the deadlifting starts and shins get cut, there is blood on the bar. This theoretically can spread HIV virus from one lifter to another if the fresh blood, assuming it is infected, is transmitted from the bar into the open shin cut of the next lifter. Shin guards will decrease the frequency of shin cuts drastically, thus cutting down on the chance of spreading AIDS, hepatitis, and other blood borne pathogens." Only Brodsky would use all of the correct medical terms, as a surgeon's assistant, while scaring the hell out of you. Perhaps this should serve as food for thought. Who will be the first to get sued if there is a positive case of HIV transfer during a meet? The lifter who failed to notify officials? The meet director? The federation officials? An interesting question, one that perhaps is not so far fetched in today's litigious society.

"As far as nutrition goes, I'm a superheavyweight so I eat what-ever the hell I want, and whatever amount I want." My kind of guy, Steve Brodsky.

Dr. Ken Leistner's new IRON LAND GYM is set to open after the first of the year at 3465 Lawson Blvd., Oceanside, NY 11572.

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Peary Rader, the original IRON MAN, passed away.

The plaque read: "From all the Iron men in Region 6 to Peary Rader for your devotion to the game, July 31, 1965" and was presented by devotees of powerlifting, which was, at that time, a small, struggling fraternity.

Rader began IRON MAN Magazine in 1936, and LIFTING NEWS in 1954. The former made a profit, the latter never did, so was incorporated into IRON MAN in 1969. Both magazines were the efforts of an iron man; not of an olympic lifter only, or of a powerlifter only, but of a bodybuilder only, understood the way Peary and his wife Mabel understood it. And feverishly promoted it.

Powerlifters owe Rader. In the later 1940's when the future of powerlifting was being discussed among those who charted lifting's course, Peary, unlike Bob Hoffman, wanted to allow powerlifting an identity and to attract practitioners who may not have had the interest, or the agility and speed to become olympic lifters. In the following decades, the result of that was largely shaped through his relentless efforts.

His 1300 articles appeared mostly in his own magazines, though he wrote some for *Welder*, some for *Kirkley's STRENGTH ATHLETE*, and was listed as a contributor to *Roger Ellis's VIM*, though his byline never appeared.

At my house, when the new IRON MAN

arrived, the first section to be read was "READER'S ROUNDUP". Peary's open door policy of allowing some readers to become writers resulted in some nearly invaluable information, but that policy also sparked a hope in other readers that their personal experiments with exercise and diet might also find a home in print. IRON MAN, more than any other magazine in our sport, was an iron man's forum. Peary would listen to you, and would spend an inordinate amount of time with personal correspondence. He would not, as others have, hold incoming letters up to the light to determine if they contained money, then discard them if they did not.

Collectors of old muscle mags generally agree that if their libraries just had to be reduced to only one title, that, when the dust had settled, it would be settling on the cherished issues of IRON MAN. That's because IRON MAN was not a specialized magazine. It showcased iron men and iron women, and the dozens of odd lifts which would later be reduced to the current three powerlifts, or in some cases to one lift - as in bench press contests. But, whereas these competitors can declare, "I am a bench", Peary could state, "I am an iron man", and thus he will forever remain in the minds of those blessed to know his history through the decades of observing his love for our iron sports.

So, Peary, "From all the Iron men and Iron women in all regions", thank you... Joe Koark

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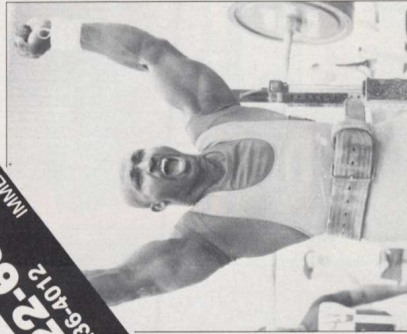
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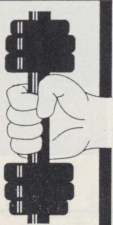
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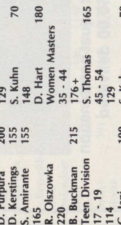


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S. Schafnitz	400	220	H. Lande	340
T. Chapman	395	242	D. Michalk	425
P. Kitz	380	325	M. Collet	380
R. Michelle	325	50	M. Hays	380
B. Buckman	215	165	M. Hays	380
M. Hays	455	400	R. L. Cox	285
R. L. Cox	425	181	D. Perry	225
J. Mathiak	425	181	D. Perry	225
D. Perry	225	181	J. Williams	265
J. Williams	265	181	C. Hays	405
C. Hays	405	275	S. Davis	285
S. Davis	285	275	E. Davis	285
E. Davis	285	275	SHW	520
SHW	520	181	A. Vira	220
A. Vira	220	132	Open Men	280
Open Men	280	132	Open Women	130
Open Women	130	148	M. Davino	130
M. Davino	130	148	D. Kerrings	155
D. Kerrings	155	148	S. Kohn	70
S. Kohn	70	165	D. Buckman	180
D. Buckman	180	165	Women Masters	165
Women Masters	165	129	S. Thomas	70
S. Thomas	70	129	G. Jani	100
G. Jani	100	100	Team Standings - SAAS (Strong Athletes Against Steroids) 70 Points, High School Team Results, High School: 2 Points, Maine West High School -0 Points, On November 17, 1991, SAAS & Strong Athletes Against Steroids hosted its Third Annual Bench Press Championship at Park Ridge, with over seventy lifters all weight classes and divisions were represented in the meet, including men's masters, teen open, submasters and master men's.	

with a powerful 455 lb. bench and twenty year old Rahn Ribani's close attempt of 400 lbs. which he has done in training. It's just a matter of time before he gets it in competition. Another lifters being a role model for the profession. Each was lifted attempting his 400 lift. Just two nights previous to the meet he had successfully done 400 lbs. in the women's competition. Delish Fibroski, in the women's division and Vaine East and Hart's 180 lb. bench was a powerful lift and in the men's division, 198 lb. lift. At the age of 22, he had a great 405 lb. lift. The SAAS meet would have been a success if not for the fact that the SAAS record of 280 lb. in the men's 220 lb. class. In the teen division, Marc Helms's 115 lb. bench of 148 lb. was a smooth and easy lift, and in the 198 lb. class, James Fahrenbach did a powerful 250 lb. lift as a 181 lb. lifter and Big time Gym's 19 year old strongman, Tom Cummings, did a 275 lb. lift. The SAAS meet was a superheavyweight, brought the fans to their feet with his 520 lb. bench, Maine East High School took second place. The SAAS team took first place in the over all team championships with a perfect score of 70 points for the third year in a row. The SAAS meet was hosted by member Fred Westmuller, a lifetime Weismuller's cousin, for his long and hard work for SAAS. Though the meet was well run, as all SAAS meets have been, this meet was opened with a tribute to the community youth, Michael Collet.

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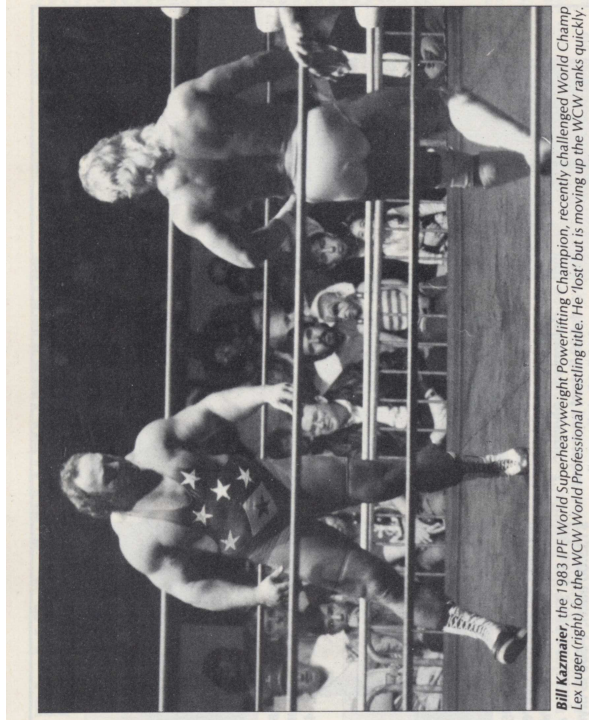
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25 AUG 91 - Hamden, CT

Women	SQ	BP	DL	Total
Submasters	122	110	235	327.5
S. Harkins	122	110	235	327.5
M. Harkins	110	115	100	315
H. Donarum	100	115	100	315



Bill Kazmaier, the 1983 IPF World Superheavyweight Powerlifting Champion, recently challenged World Champ **Lex Luger** (right) for the WCW World Professional wrestling title. He 'lost' but is moving up the WCW ranks quickly.

awarded four certificates of excellence to four outstanding high school athletes who have spoken out against drugs in sports. Each student was praised for his hard work, dedication and excellent attitude. Each student was also presented with a certificate of appreciation. Each student was awarded a framed certificate, a SAAS water-shirt, a SAAS tee-shirt and a SAAS water-bottle. The four students named Vaine East and Fibroski, in the women's division and Vaine East and Hart's 180 lb. bench was a powerful lift and in the men's division, 198 lb. lift. At the age of 22, he had a great 405 lb. lift. The SAAS meet would have been a success if not for the fact that the SAAS record of 280 lb. in the men's 220 lb. class. In the teen division, Marc Helms's 115 lb. bench of 148 lb. was a smooth and easy lift, and in the 198 lb. class, James Fahrenbach did a powerful 250 lb. lift as a 181 lb. lifter and Big time Gym's 19 year old strongman, Tom Cummings, did a 275 lb. lift. The SAAS meet was a superheavyweight, brought the fans to their feet with his 520 lb. bench, Maine East High School took second place. The SAAS team took first place in the over all team championships with a perfect score of 70 points for the third year in a row. The SAAS meet was hosted by member Fred Westmuller, a lifetime Weismuller's cousin, for his long and hard work for SAAS. Though the meet was well run, as all SAAS meets have been, this meet was opened with a tribute to the community youth, Michael Collet.

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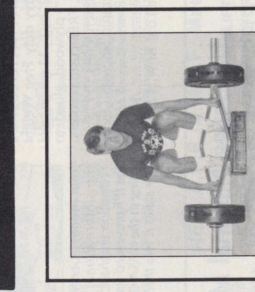
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Norma Dekker is a 64 year old grandmother of 27 and great-grandmother of 3. She competed in the 1991 WDPF World Masters Championships, but her world record lifts of 209.93.3, 275.378 in the 63 kilo, 60 plus age group were omitted.

Mailed 125 lbs. Gong Giech, Recreation Specialist, for a medal for her as meet director on rather short notice. Thanks go out to Kevin Hardy, who again returned to help judge the meet. Photos were recorded by Joe Schmitt, photographer. Thanks to participants, spotters, and Mr. Phillip Kees, Recreation Supervisor, for helping make a successful meet. (Thanks to Joseph Kraus for the results).

220	242	264	286	308	330	352	374	396	418	440	462	484	506	528	550	572	Total
M. Smith	T. Roosevelt	M. Hampton	M. Ross	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	M. Smith	1350

FCI Ashland Meet
26 Oct 91 - Ashland, KY

148 lb. class	SQ	BP	DL	Total
Rivera	400	285	450	1135
Jones	320	210	320	850
Smith	275	165	370	810
Parler	275	215	425	640

181 lb. class	SQ	BP	DL	Total
Fry	500	325	500	1325
Edgell	410	280	460	1150
Payton	320	260	405	1085
Lawson	320	300	430	1050
Sherrill	280	145	325	750

200 lb. class	SQ	BP	DL	Total
T. Thompson	500	405	525	1430
Samuels	415	225	410	1045
Hildebrand	410	235	370	1015

220 lb. class	SQ	BP	DL	Total
Conzales	520	300	600	1420
Warren	450	200	465	1115
Thomas	315	270	455	1040



The Daughter of Tom Eldridge - Mary Harris is looking for copies of the December 1986 edition of POWERLIFTING USA, which has her late father Tom on the cover. Contact her at 6532 Hellman Ave., Alta Loma, CA 91701, 714-945-2598.

NavSubase Bench Press
5 Nov 91 - Groton, CT

148	168	188	208	228	248	268	288	308	328	348	368	388	408	428	448	468	488	508	528	548	568	588	608	628	648	668	688	708	728	748	768	788	808	828	848	868	888	908	928	948	968	988	1008																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
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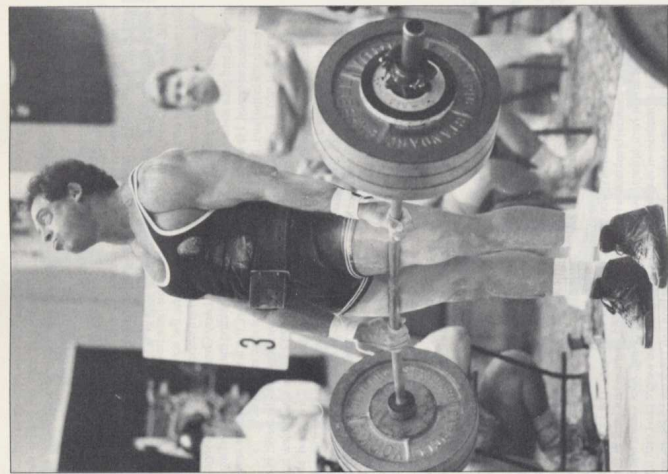
(article continued from page 17)
 Galant, Mike and Carolyn Van Cleave and Kip Hughes and myself go to a Pizza Hut and pig out. Everyone is talking at the same time. This is interesting because we have a wake up call at 5:00 A.M. This will probably be one hung over group going to Montevideo tomorrow morning.

October 9th - 5:00 A.M. the alarm goes off. Kip Hughes and I are up like a couple of banty roosters. Everything except toiletries had been packed the night before. Folks, this is early. One by one, couple by couple, they come staggering down with their baggage. It is this time that we have the "great phone caper". The hotel tries to charge Bill \$150 for a call that he charged to his Sprint card. Bill is our super in the 40 year old division with a disposition of a happy puppy, but Bill is also the strength coach for the University of Richmond and is 6'3", 295 lbs. and is now not a happy camper. The hotel clerk is standing behind a glass window with a small hole and I can just see Bill pulling this guy through the hole. Finally, justice prevails and the hotel realizes its error and Bill's color returns to normal.

We are running late due to nobody's fault. Claude is gathering up our passports and tickets and looking real nervous and wanting money for the bus fee (ah yes, the hassle is alive and well in Argentina). Running late, we finally get to the airport and check in our luggage without getting tags. The boarding passes, tickets and passports are returned. My boarding pass says that I am Debbie Ramos. So I go through customs handing the official my passport and ticket saying Hal Hudson and my boarding pass saying Debbie Ramos. So I put my head and hands them back to me and I finally board the plane. Sandy King vows to put her body in front of the airplane whenever to make sure that we all get in and the plane leaves.

The trip is quick to Montevideo, Uruguay. We are taken to the meet hotel, the Victoria Palace, which is really nice. The rooms are small, but the lobby, bar and restaurant are first class. We check in, and Don Ramos somehow manages to get the restaurant to re-open to feed us breakfast.

After a huge breakfast, everyone, like a bunch of grade school children, goes back to their respective rooms and takes a nap. That afternoon, Kip Hughes and I take a walk through the area surrounding the hotel. Montevideo is a much cleaner city than Buenos Aires. The hotel is directly across a park from the presidential palace. Also very noteworthy, here in Uruguay are many more beautiful women than in Argentina (this comment is made from an observer's view point solely).



Dan Hamblet... a gold medalist for the United States Masters Team.

begins. Tim King says that no one knows for sure where the meet site is or how we are to get there. Don Ramos says he rented a car and found what he thought was the meet site. It was a barn 25 miles outside of town. As gloom and anxiety got to be a great experience for a child would really get a kick out of meeting Ed Wettsch says "Ah, things aren't so bad. Back home in Montana, I lifted outdoors once and when you step out of the squat rack, you tried to avoid the cow patty." Obviously we are not a team of happy campers. My heart now is really going out to the first day lifters (Alex Galant, Rick Anderson and Joe Clemente).

Our team doctor, Phil Agrios, then gives us a nice, enlightening talk about looking at the positive aspects of a situation as opposed to the negative. Everyone stays to listen. This is a light group that will stick together well. It is really amazing to have 20 lifters at a world championship without any ego problems.

Support that night is with Ben Brent. We meet a very interesting brain surgeon, Dr. George Locke, and his lovely wife from Los Angeles. He is here to deliver a speech at a medical seminar. October 11th - Kip Hughes is up and at'em again. Kip lifts at 6:00 P.M. but the bus leaves at 9:00 A.M. and will not return until after today's competition. Yankee ingenuity is absolutely amazing. A group of us (Dr. Phil Agrios, Junior Faamushi, Mike Van Cleave and his wife Carolyn, Lyle Gibson, Na Washington, Frank Ramirez and myself) pitch

together and rent a van. We have a map. With that and a lot of prayers, we take off looking for the meet site.

Surprisingly, we find it. La Remission is some type of resort that resembles a Spanish mission. The actual lifting is to take place under a large tent. The warm up area is spacious and adjacent. There are orange and lemon groves in the background. The whole atmosphere is one of peace and tranquility. This is where you would like to take your family for a picnic, but I question whether this is where you would like to have a powerlifting tournament. I managed to buy a few T-shirts and take a lot of pictures. All of us besides the doc decided to come back to the hotel. We elect Mike Van Cleave to be our driver and the ride back is hilarious. Somehow we get off into lower downtown Montevideo right in the middle of the Barrios. We all keep saying turn right, turn right, turn right. With divine guidance we arrive back at the hotel.

Finally the lifting gets started. Alex Galant wins the gold in the 114 pound division in the 40's but not after giving Tim King a heart attack by being red lighted on his first 2 attempts in the squat and his first 2 attempts in the bench press. Both benches are smoked, but he cannot understand why he has 3 reds. A little dove tells him that his feet are hanging over the plates he is stepping on (is this nit picking or not?) He smokes his third and makes all three dead lifts toppling off at 385 lbs. on his third attempt. Rick Anderson looks like a choir boy. I wondered why this kid was on the masters team, and then I found out that he was 41 years old. Rick, in his very first world masters meet, wins the whole ball with lifts of 320 lbs. in the squat, 220 lbs. in the bench and 330 lbs. in the dead lift in the 132 pound class in the 40 year old division.

Joe Clemente was in his first world masters in the 50's and came in fourth in the 132 pound class. His wife Sally is very proud.

Veteran Carlos Tanton came in second behind unbeatable Roger Powell of Great Britain in the 132 lbs. in the 50 year old division, and Larry Christ came in 3rd in the 148 lbs. in the 40 year old division.

The 165 division was very crowded and competitive in both classes. My roomy Kip Hughes and fellow Houstonian James Christian contributed team points by placing 5th and 6th in their respective divisions. Veteran Ben Brent placed 5th with two injured shoulders in the 50 year old division. For some unknown reason there is chalk on the lifting platform. Nobody does anything about cleaning it up. Ben lifts sumo style, and his foot slips on the chalk on the second attempt. He moves the weight out of the chalk swamp on his third attempt and pulls a strong 545. The maintenance of the platform is totally inadequate.

October 12th - The 181's and 198's are being run together. Mike Van Cleave is red lighted on his opening squat attempt at 540 but comes back and smokes 551 and 584, the latter being a real gut buster. Frank Ramirez, who has become our team spirit leader, makes his first and third lifts of 402 and 424. Nakao of Japan, the 1989 world champion makes (article continued on next page)

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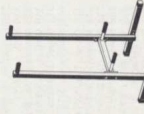
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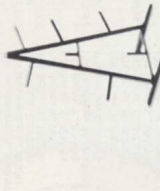
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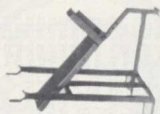
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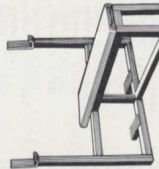
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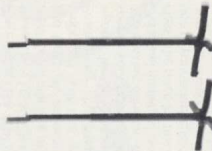
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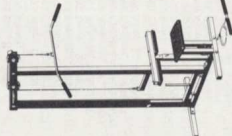
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King bumps Nat's last attempt from 633 to 655 and Nat wins by pulling the weight and tying the Brazilian and, by being lighter than him, wins the gold medal.

In the 275's we have Junior Faamausili and yours truly. This is the first time I have paid real close attention to the warm up area, and it is a joke. The platforms have holes in them; there are no collars; the squat racks shake and rattle. As I am warming up in the squats, I look at Larry Christ and Bob Strange, who are holding the squat racks and say, "Gentlemen, the first thing we are concerned about now is survival."

Junior Faamausili was fantastic. He opened with 733 in the squat, blew his suit out while missing the second attempt of 788, then put on a new suit and squatted 804. In the bench he opened with 473, went 496, then 507, and took a 4th attempt for a new world record of 529. In the dead lift he opened with 611, went to 666, then missed 688 trying for a 2000 lb. total when he lost his grip. Junior obviously won his weight division and was the outstanding lifter the entire meet, the "Champion of Champions".

In my class, my opponent was the Finn, Salessa. All of his openers were higher than mine. We had a classic shoot out. I made all my squats, 450-518-551; all of my benches, 292-319-336, and was 7-1/2 kilos, or 15 lbs., ahead going into the dead lift. I opened with 523; the Finn opened with 551. I came back with a 567, and it was heavy. The Finn came back with 584, putting him back in the lead. Now Tim King, Alex Galant and I have to figure what weight can I pick up that the Finn can't pick up 15 lbs. more. Ego would say 600, but brains exceed ego at this level; and 567 was heavy. We all select 584; I get cranked up, scream and shout, roar out, pull. This is real heavy, and somehow I get it up. The Finn, the strong competitor he is, goes out and pulls 600, thought it is heavy. He wins the gold; I win the silver; I went 9'9" square. In a way, I feel proud because I know how hard each third attempt was.

Bill Slish had some real competition in the supers. Bill had to take his opener 562 three times to get it passed, and he was a very happy camper. He went three for three in the bench, finishing with 314. He really came through in the deadlift, 540-606-617; placing fourth behind the Argentinian, the Finn, and the Canadian. Bill's deadlift did place him in the bronze in the deadlift category. Bill became the author's chief rival for the best beer drinker on this years team.

That night we had the awards banquet. They pass out the medals; the meal is fair, and the best thing is team USA wins the team trophy. This year they combined the scoring between the 40's and the 50's, and the USA teams wins very handily. The announcement is made years team.

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For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

(continued from previous page)
all three and end up with 595. Quarchon of Argentina and van der Brand of Holland missed their second and third attempts. In the 198s, Victor Elliot, the MSCG of the USMC, gets off balance on his first attempt, falls, and he is red lighted on his second and third attempt. This is a real shame because Victor is a class act. Bob Strange makes an opener at 462; is red lighted on his second at 485; comes back and get three whites on his third. The platform itself is uneven and covered by a rubber padding. Brent racks the better your balance will be.

In the bench, Frank Ramirez makes 102.5 and 115 kilos, missing his third. Mike Van Cleve does 130 and 137.5 kilos, missing 142.5 kilos. Nakao from Japan makes all three ending up with 155 kilos, and van der Brand from Holland does 160 kilos.

Don Ramos, in the 50's, makes all three ending up with 120 kilos. Don looks like a model for GQ Magazine. The Montana cowboy Ed Wettsch ends up with 110 kilos. Bob Strange in the 198's gets his opening of 140 kilos but misses the next two. In the deadlifts both Nakao and Van Cleve open up with 595 and van der Brand opens up with 551. Obviously the Dutchman is quite a deadlifter. All openers are pulled easily. Don Ramos opens up with 405 and Ed Wettsch opens up with 501 in the 50 year old division. Ramos does 428 on his second.

Nakao misses his second. Van Cleve goes for 600 and misses, but waits. The bar was misloaded; Mike will get another lift. Meanwhile, van der Brand smokes 617 lbs. Mike then takes 600 lbs again which he passes in order to get more rest. Frank Ramirez pulls 473 lbs. for his third lift. Frank has totaled! Frank is the happy fellow. Ed Wettsch has the bronze locked in and is shooting for a chance for the silver at 562 lbs., but it is too heavy and he misses despite our SHW Bill Slish's emphatic cheerleading. Nakao misses his third attempt, really giving Van Cleve a real opportunity to move up. Mike pulls almost all the way up with 600 lbs. but not enough. Van der Brand misses his third attempt.

On the good side, both Mike VanCleve and Ed Wettsch win bronze medals. Mike's lovely wife Carolyn has been nicknamed Dolly Parton. Enough said. Bob Strange opens with a real strong 529, goes to 551 for the bronze, and gives a try at 575 for the silver; but the bar is too heavy.

We have Dan Hamblet and Lyle Gibson in the 40's and 50's, respectively, in the 220 lb. division. This is the fifth consecutive year that Danny and I have made the trip on the United States Masters World Powerlifting Team. This year I have a feeling that Danny will take the whole thing and win his first gold medal.

Getting my old Texas Aggie buddy Lyle Gibson through the squats ended up being a Hollywood production. On his first two attempts Lyle went down; Lyle came up; and Lyle had three red lights both times. He is just not breaking parallel. We are all looking up in the air when Sandy King comes bounding over and says, "Lyle can you take an up signal?"

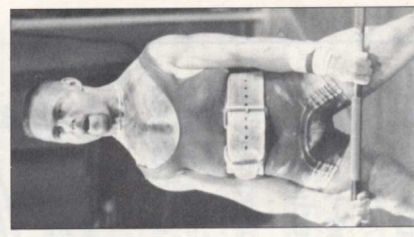
Lyle says, "Yes, yes, yes."

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NEXT MONTH...TOP 148
Corrections: Kim Couch's bench at the Malibu Classic was 215 in the 132s, not 210. At the APA Perfect Body Bench Press, Barbara Brown had an 85 lb. bench press, not 230. There was an error in the published results of the ADFFA Men's Nationals - Damian Franzaglia should have been credited with squats of 507 and 529 on his 2nd and 3rd attempts. Send corrections you find on our ranking lists to "ERRORS", Box 467, Camarillo, California 93011.



Will Taylor is one of the top ranked lifters on this month's TOP 100 list.

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing November 1990 to October 1991

132 lb./60 kg.

SQUAT	BENCH	DEADLIFT	TOTAL
545 Westbrook, K., 2/28/91	380 Deane, S., 4/27/91	622 Gant, L., 11/14/90	1440 Shackelford, N., 11/00/90
546 Siegel, S., 3/9/91	370 Barton, M., 6/1/91	540 Shackelford, N., 4/20/91	1427 Gant, L., 11/14/90
547 Heath, D., 7/6/91	363 Heath, D., 7/6/91	535 Benvenuto, J., 10/25/91	1395 Suttles, J., 2/23/91
548 Smith, T., 11/10/90	360 Walker, M., 6/91	530 Blake, H., 12/20/90	1385 Siegel, S., 3/9/91
549 Baker, K., 7/6/91	358 Couch, K., 4/7/91	525 Simmons, 6/91	1375 Blake, H., 7/6/91
550 Moore, M., 10/19/91	355 Moore, M., 10/19/91	518 Payne, P., 8/17/91	1360 Mourishige, M., 8/17/91
551 Mills, E., 12/15/90	350 Scalzo, T., 7/14/91	510 Mourishige, M., 8/17/91	1289 Millan, E., 6/15/91
552 Parris, P., 12/19/90	345 Bouster, U., 12/15/90	501 Oliver, J., 4/28/91	1285 Benvenuto, J., 10/25/91
553 Williams, J., 4/14/91	340 Sherr, J., 4/28/91	500 Butler, K., 6/29/91	1272 Payne, W., 6/27/91
554 Taylor, T., 11/10/90	330 Shackelford, N., 11/10/90	490 Butler, K., 6/29/91	1256 Taylor, W., 5/41/91
555 Taylor, T., 11/10/90	330 Suttles, J., 2/23/91	490 Butler, K., 6/29/91	1250 Taylor, W., 5/41/91
556 Taylor, T., 11/10/90	320 Smith, T., 11/10/90	490 Aronow, G., 6/29/91	1250 Williams, 6/91
557 Taylor, T., 11/10/90	320 Mourishige, M., 8/17/91	490 Heath, D., 7/6/91	1250 Williams, 6/91
558 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1250 Westbrook, M., 11/00/90
559 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1234 Westbrook, M., 11/00/90
560 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1220 Butler, C., 3/23/91
561 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1218 Ramsey, D., 9/21/91
562 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1215 McCoy, C., 3/9/91
563 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1215 McCoy, C., 3/9/91
564 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1210 Whitley, B., 3/23/91
565 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1201 Collins, 4/20/91
566 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1195 Walker, J., 6/91
567 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1188 Williams, 4/27/91
568 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1184 Fleming, 7/28/91
569 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1180 Mason, M., 10/19/91
570 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1179 Pouth, M., 3/23/91
571 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1175 Pouth, M., 3/23/91
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573 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1170 Ross, 6/91
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598 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1075 Reyes, C., 9/28/91
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622 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1045 Holman, R., 3/23/91
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627 Taylor, T., 11/10/90	315 Walker, L., 3/9/91	485 Powell, B., 10/11/91	1045 Holman, R., 3/23/91
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Women's Strength Championships



Rachel Mathias banging out 34 reps with 141 lbs. to win the bench contest. (Wagner)

Clifton, New Jersey, November 9th, wasn't a place for the weak and timid as the 1991 Kay Baker Women's Invitational got underway for its fifth consecutive year. The excitement was directed by Bob Bonham, owner of Strong and Shapley gym and bodybuilding promoter Ken Kassel. The top 8 winners in the strength contest shared a cash prize of \$5,000. Prize money and travel expenses were paid by the Physical Water/Women's Physique World Magazine, Beau-Fit Talent Agency and Strong and Shapley. The prestigious strength event, women must be a competitor to be eligible for the championships among the likes of Rachel Mathias, Claudia Wagner, Du'Lynn Miller, and Toni Mason. 16 women competed in the morning events with weights including pullups, dips and curls with 1/2 bodyweight. The top 8 finishers then proceeded to the evening show to do squats with 1/2 bodyweight and benches with bodyweight. The woman who accumulated the most reps was the winner. Parallel was all the judges were looking for in the squat and all that was expected on the bench was a full lock-out of each rep and that the hips remain on the bench. I got a chance to talk to 29 year old Virginia Claudia Wagner, who is both an ADPPA and NPC competitor. She didn't make it to the finals that evening, but did place 11th. She didn't feel it was a true test of strength, as the morning preliminaries only covered upper body strength. Claudia had just finished the NPC Bodybuilding Nationals and was a little weaker than normal. She had only trained two weeks for this contest, but look out next year, as she and hubby Bert have a new strategy planned. American Gladiator "ZAP", aka Raye Holitt was also one of the competitors, but got out himself from the squat event due to a sprained knee, but did complete the bench with a sizeable 200. Former World Champion Rachel Mathias benched a who's who of the top 10, including Toni Mason. Winner of this grand show was the very strong and enduring Virginia Du'Lynn Miller with prize money of \$2,000. Jan Harrell was invited, with all expenses paid, and had pre-meet publicity in Women's Physique World magazine, but to the disappointment of many, she was a no-show. Bodybuilding greats Rich Caspari and Tom Twiggell did show and awarded the prizes. Also delighting the audience with her fine dance routine was 48 year young Linda Wood-Hoyte. Firm and sexy, this woman gets better with age! One especially impressive competitor was Karla Nelson from Minnesota. With no powerlifting experience, at 194 lean pounds, she did 48 curls with almost 100 lbs., 21 pullups, and 31 dips. The 1991 show as dedicated to the unforgettable Kay Baker, and I'm sure she would have been proud of all these women who graced the stage and amazed the audience with their camaraderie, competitiveness, and showmanship. I hope that great powerlifters like Jan Harrell and Nancy Jeffrey will be able to show the crowd their talent in next year's contest.

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LETTER FROM APF PRESIDENT The events of November 1991 re-affirmed my belief that Ernie Frantz may be the finest representation of the spirit of athletics in the country today. Ernie shouldered the task of producing the 1991 WPC combined World championships. It was a four day event with Teens, lifting Thursday, Masters on Friday, Women and lightweight men on Saturday, and heavyweight men on Sunday. Ernie spared nothing in providing the best lifting opportunity possible. Even though Ernie was facing serious problems with his personal life, he made every effort to satisfy the needs of the athletes. Competitor that Ernie is, he could not resist competing in his own competition. Anyone who has run a meet will tell you it is nothing less than insanity to compete in your own meet yet. However, Ernie put on a masterful performance displaying the power and courage that has been his trademark for many years. In my next letter, I will address changes in the APF/WPC but in this letter, I want everyone to take a moment to honor the founding father of the APF/WPC and one of powerlifting's greatest athletes and ambassadors, Ernie Frantz. **GREG FRESHFEL**



John Ware, backed up by Matt Dimele, went 2,300 plus as a Superheavy

winning column. He looks so much like pro-wrestling's Gx Baker, I had to ask him if he "rassled" I got one of those looks that made me wish I had kept my aggression shut. Luckily for me Peter took his aggression out on the bar. Before each lift his handler gave him a shot in the pats that would seem to red the region (6-10 lbs). No matter staged their own private little war and hoisted 2083 each. The South African was 8 some odd kg, lighter and thereby occupies 2nd place. Kieran Kelder, a youthful wonder, was in mighty tough company. He finished 4th but sure made his presence known. He benched three junior world records which included a 540 4th. He deadlifted 661 and totaled 2011 for two more records. Keep your eye on this kid. He is built on the lines of a fireplug. The SHW class accommodated the big boys. John Ware was the stellar performer, but he did not have a good day. His 1045 kg total is a long way from his best of 1109.8. Tim Dimele had 986 kg on him down. He has done a 600 bench before but couldn't quite make it on this occasion. His final deadlift was 810. P/L USA December 1991 governor Steve Brooksky is just as jubilant as Ken Lesiner says he is. A very tentative and low bench press kept him considerably below what I had expected. Jim Voronin did well in the first two events but had a weak deadlift. Big Harold Hogue was very good indeed. At age 25, he has only been lifting about 8 months. He likes to bench press, and sure has the credentials at 144.9 (31.9) body weight and a pair of incredible 241/2 inch biceps and 18 inch forearms. It's too bad he wasn't able to lift more. He would have loved to have handled this boy. His hips were hard as stone. Harold thinks he has been squatted 975, but pulled a hamstring shortly before coming to this competition running a footrace against his brother. Sounds reasonable! Anyways, Harry moved his opener 600 up three times but couldn't lock those last few inches. Coincidentally he trains with Curtis Leslie when visiting his folks in Georgia. Harold wants to go into pro-wrestling. I'd like to see him and Tregloan grappling on the mat. Wouldn't that be a classic?

The awards were nice and would make a fine addition to any lifter's trophy case. Besides the trophies, each lifter got a certificate and a letter from Ernie Frantz. Frantz has developed a fine organization. A lot of effort was put into this contest and it was one of the most enjoyable I can ever remember. Ernie has relinquished his position as President to his associates. The meeting of the W.P.C. Executive Board has some new ideas which will be incorporated in the future, which surprisingly enough may include drug testing somewhere down the road. With a few minor flaws ironed out, the W.P.C. may well be a leader among our multi-federations. In many respects, in my opinion, it already is. A special thank you to my sidekick, Dr. Ken Sommer. Few chiropractors possess his knowledge of nutrition and iron (some say he's the best). He has kept my back in perfect alignment for the past decade and is a former Master's world record holder in the chart, training advice or just want to chat about P/L, look him up if you are in Glendale, CA. His patients have included movie stars and world powerlifting champs. His capacity as chief photographer and report personal chauffeur helped make this

22.5 kg advantage over Nevil going into the deadlift. Frimlich, the heavier man made 622, but couldn't pull the winning 633! What a battle. The 181s were no exception as it was an awful lot to give away. Nevertheless he posted a fine 771. 3rd attempt while Bill dunked his way to a Master World Record. His 848 took a commanding lead. Bernie stiff armed his way to a great 518. Now he has only 2.5 kg to go from the boys, but these two were dead when 749. This left Bill in the position that he has faced many times before. It was do or die. Bill pulled long and hard and made the 749 which popped out of his grip right after the signal to lower. This made two more world records - his deadlift and the total. Jeff Jacques scored a nice total for third spot. Brian Nester took the measure of fellow Americans Tony Hardidge and Curtis Leslie to capture the 242 crown. All three were big squatters and stayed very close. Nester had the biggest squat and maintained 2.5 kg advantage over Hardidge going into the lift. Leslie's 172 and needed 3kg behind him to win, which he needed 3kg against him the bodyweight advantage going into the deadlift. Curtis Leslie is a powerfully built lifter who needs to work his lockout which is where he lost his 545, his effort. It was showtime and Nester pulled up all three. His final effort of 766 gave him the win.

The 125 kg category was another duel of the continents. Britain's strongest powerlifter - John Nighbor vs. Scott Conroy's best. Nighbor was right on top of his best squatting and matched his bid. Warren got the nod on his 570 and a big jump to 950. The heaviest lift in the contest (600) was won by Nighbor who has joined the exclusive "600 Club" back home was not up to snuff there but managed 529. Next came the deadlift where Warren was easily superior. Nighbor got 727, but 771 was a no go. Warren negotiated 799, then rested a round and tugged up 826 on his last try.

The 140.0 division had some pretty big fellows and carried a 30 kg margin into the report possible. Few chiropractors possess his knowledge of nutrition and iron (some say he's the best). He has kept my back in perfect alignment for the past decade and is a former Master's world record holder in the chart, training advice or just want to chat about P/L, look him up if you are in Glendale, CA. His patients have included movie stars and world powerlifting champs. His capacity as chief photographer and report personal chauffeur helped make this

(article continued from page 12) gave her a runner-up position, but did not satisfy her hunger! Laura Dodd, with machine like precision, set WR's in the squat and deadlift. Her 257.5 squat was a gut buster. Her "dive" sumo style in the deadlift was precise. She has her technique down pat. She was a hairbreadth away from 600.0 kg! Dawn Sharon is quite a woman! She wasn't near her top form and lifted unchallenged. She totaled 6125 without hardly breaking a sweat and made it look so easy. Husband Steve was a WR bench presser a try. Her 137.5 2nd was the only 300 plus lift by the ladies on this day! What more can I say about Maris Stenberg. I joked with her quite a bit at the contest, but seriously Maris I really respect you as a great lifter, but even more so as a wonderful human being!

Julie Schulz is a lifter you will be hearing a lot more about in the future. She had great squats and benches and with a bit more specialization on the deadlift will really be outstanding!

I got to know liveweight champ Henry Goetsch pretty well during the four days in the gym. He's a former lifter, still in the D.C. as a competitor who trains alone. It's remarkable that he is able to do so well. His perseverance will register his name among the legends of P/L. One of these days. He reduced his weight from his normal 122 lbs. and really didn't do as well as he hoped, losing two big squats. His last deadlift flew up so easily that Henry thinks the plates might have been made of aluminum. Look for a feature soon on a remarkable young man in POWERLIFTING USA!

The competition was a real barnburner at 36.0. Jose DeSouza rode a WR 240.0 squat to lock and a WR 240.0 bench with USA. Dave Palumbo 562.5 to 547.5 after Dave made jump to a 242.5 deadlift, finishing twice. Herb Blake had done it all on bodyweight. Herb Blake had a field day after pre-meet favorite Doug Heath couldn't get his three squats down there where they could have been passed. The bench pressing phenom from Columbus, Ohio disappeared and wasn't a rest of the meet. He was around somewhere because he rode out with Lou Simmons. A word to the wise Doug - I strongly suggest that you let Lou train you, his expertise goes back 20 plus years. It would be a big asset to you. With Doug having evaporated into limbo, Baker dashed down 230 kg. He was a WR 625.0 lift. Look for me to be back. The 67.5 belonged to Jesse Jackson whose taste in regals made him stand out like a sore thumb. His lifting stood out as well. After laming a 295.0 squat, he audaciously tried a WR 325, which was a bit too much even for his mighty legs. A subsequent 4th attempt with 323 was also too heavy. South Africa's Ed Downing took the lead with the margin of his bench press, but his weak by comparison 230 kg deadlift left him a bit short at the finish line.

165s - Jose Perez, the bench pressing marvel, is mighty good in all the lifts as shown by his 317.5 squat. He was neck and neck with Nevil Frimlich, another South African competitor, right to the very end. Jim Rouse the P.F.F. World Powerlifting champion in this category, age 50, still right at the edge of his chair. Dave some young upstart challenge his record some 10 years ago? Not on this day! Perez, after a not so easy 197.5 deadlift 212.5 beyond is capabilities on this day, maintained a

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