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Post Office Box 467
Camarillo, CA 93011

Editor-in-Chief Mike Lambert
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Training Editor Ron Fernando
Research Editor Dr. Tom McLaughlin
Sports Medicine Editor William Taylor, MD
Subscription Services Jean Lambert
Graphic/Layout In-Joe Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

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ON THE COVER.....Anthony Clark, in fashions from Shawn Boyer's new L A T O R line, photographed by Bruce Gates

NEXT MONTH "The Strongest Man of the Century".

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THE SQUAT

CHECKLIST FOR SUCCESS Squatting with World Champ Dan Austin

The squat is the "King" of all exercises. This exercise deserves a unique and unparalleled position of eminence in athletic strength. Throughout the sport of powerlifting, different biomechanical styles of squatting can be seen, ranging from wide, close and medium stances in addition to high bar and low bar positions.

Suit: Designed to help maintain body tightness and increase your squat poundage. I wear an Inzer suit because I believe that all lifting suits should be tailored to fit the lifter. They should provide comfort, tightness and support in the hips and legs. Buying a suit that is not tailor-made can leave an area that lacks support or feels uncomfortable.

Belt: The primary purpose is to provide support to layers of muscles (mainly the abdomen) that surrounds the lower spine. The belt gives the abdomen a support to push against during heavy lifting. Greater force can be generated and extended. provided your belt is of legal size. The lifter should wear a stable, suede belt that is easy to put on and take off, like the lever belt. Do not wear a Velcro belt or a belt that is small in the front, as these types of belts will not give you the support that is needed when lifting heavier weight.

Wraps: The main purpose is to warm the ligaments, tendons and help support your knees and in turn increase your squat. I suggest you use the longest legal knee wraps that are available on the market. Wrap your knees so that the wraps feel comfortable, tight and supportive. Smaller or lighter lifters wrap in a circumference with a criss cross style and bigger lifters use a complete circumference wrap. The tighter the wraps are, the more effective they are. If the wraps are too close to the calf muscles, cramp-

ing will occur.

Shoes: Regardless of your squat stance, every lifter should squat with a headed shoe. A headed shoe allows the lifter to sit back into the squat, break parallel faster and helps keep your center of gravity in line. The bottom of the shoes should be rubberized. I have found this type of shoe in Reebok cross-training shoes with the "pump." Do not squat in shoes without heels, as this forces the lifter to squat lower and lean forward. Also, no running shoes, as this turns the outer part of your foot over.

Shirt: Wear a shirt that is made of cotton and always chalk the back. This enables the bar to stay stationary, helps protect the skin and absorb the sweat. Due to sweat, squatting without a shirt allows the bar to roll even with chalk present.

Socks: Wear socks that are thick, comfortable and supportive. Thin socks or a lack of socks will cause blisters, cuts and sores.

Hands: Should be positioned in as close as possible on the bar to tighten the muscles. Bigger lifters should place hands in a tight but comfortable position. Placing the hands too wide can cause the muscles to loosen up, reducing control over the bar.

Head/Eye Position: Look straight ahead or slightly upward. Do not tilt your head upward where your eyes are looking at the ceiling, as this puts excess pressure on your spine. Never make eye contact with the audience, since this will break

into the squat with perfect form and ascending out of the bottom to completion with explosive power, placing the bar back into the racks and receiving three white lights. Mental rehearsal should be practiced the night before a workout or the day of a workout for about 15 minutes by yourself in a quiet room. Do not omit anything when performing mental rehearsal.

Concentration: Show Time! Your mind should be fully focused on the meet. Regardless of the number of people in the audience, you should listen to the two people, your coach and the head judge. Sometimes your concentration may be so deep that you do not hear the judge's voice, but only notice his hand signal. Do not listen or make eye to eye contact with the audience, as this will break your concentration. More importantly, do not listen or hang around lifters who talk negative, instead, move across the room to your own corner. Picking or winning is not always a lifter's main objective, because improving one's individual lifts or total can mean a successful meet.

Technique: Shoulder the weight, take no more than two steps backward to set up. Descend in a slow and controlled manner. This enables you to utilize a strong and eccentric contraction in the hip and quadriceps muscles. This is critical because a strong eccentric contraction minimizes the bar's vertical velocity and allows time for the hip and quadriceps muscles to utilize kinetic energy generated by eccentric contraction.

While descending into the squat, push your knees slightly and your hips backward and down. This distributes your body weight from the balls of your feet to your heel. Keep your shins as vertical as possible and keep your chest upright throughout the descent and ascent movement.

Maintain a tight and controlled torso. Once parallel is broken, ascend with a powerful drive out of the bottom utilizing your quadriceps muscles. With your quadriceps extensions, drive your chest back upward into the bar, simultaneously push through the floor with your feet and drive the hips forward under the bar to completion. Do not allow the weight to control you. Excessive forward leaning of the torso raises the hips and knees extended over the balls of your feet requires greater depth. Don't bounce out of the bottom of your squat. Your knee joints are not designed to withstand this type of stress or pressure and performing this technique over a period of time will tear or strain the tendons and ligaments.

Psyching: A lifter's choice, however, I believe in conserving as much energy as possible. A positive psychology technique that requires no energy wasted is mental rehearsal. This involves the lifter visualizing seeing themselves wrapping the knees, having the straps pulled up, tightening the belt, approaching the bar, hand placement, shouldering the weight, setting up, descending

LETTER FROM THE APF PRESIDENT

One of the major concerns of the Board of Directors of the APF is the structure of the 1992-93 powerlifting season. The separation of the powerlifting community into factions with individual identities has had a number of unfortunate consequences. Once consequences is the lack of a structured powerlifting season. The APF would like to provide the powerlifting community with a carefully planned, well designed structure to make lifting more fun and goal directed for the athletes as well as more positive for the meet directors. The most highly considered option is to establish a format of qualifying meets to determine the lifters eligible to compete at the 1993 Senior National Championships.

One possible format is as follows: state championships will determine the athletes eligible to compete in the designated national championships qualifying meets. (In 1992-93 the APF may use alternative means to determine eligibility depending on the comprehensive distribution of APF State Championships). The APF would be looking for six or more national qualifying meets spread throughout the country and distributed between spring and fall. The first two lifters in each weight class at each of these meets would qualify to compete at the Senior Nationals along with the reigning National Champions. The reigning National Champions receive a bye wherein they do not have to qualify for the following year. No qualifying totals would be used for the Senior Nationals. The top two lifters in each weight class at the Senior Nationals would be eligible to compete at the WPC-World Championships.

The APF is now taking bids for the following meets: - all national meets for 1993 and 1994 - Senior Nationals - Mens & Womens, - Junior Nationals - Masters Nationals, - Teen/Junior (under 24) Nationals, - all other "National" Meets (i.e. Police & Fire), - all State Championships for 1992-1993, - all potential "National Qualifying" meets 1993-1994. Please send all bids for meets to my address listed below.

The APF would like to hear the feelings of the powerlifting community concerning the proposed qualifying structure for the APF. Rules and structures are being discussed for the upcoming season at this time. If you have any preference or comment you must make it now. Send all comments and inquiries to the address listed at the bottom of the ballot below.

Should the APF use a qualifying meet structure to determine eligibility for the Senior Nationals?

Yes _____ No _____

Should the APF use Elite qualifying totals to determine eligibility for the Senior Nationals?

Yes _____ No _____

Should the APF maintain the current Qualifying totals?

Yes _____ No _____

Mail to: Greg Reshel - APF President, 2197 S. Kinnickinnic Ave., Suite 801, Milwaukee, WI 53207

"\$50,000 Bench Press Brawl"... recently a professional bench press competition was promoted, offering total prize money of \$50,000, with individual weight class winners receiving a purse of \$3,000. The entry fee for the contest was \$100. Lifters entered the contest from throughout the state and surrounding states. One gym owner was reportedly told by the promoter that 1200 tickets had been sold prior to the event, but less than 50 were seen at the contest. Despite regular assurances that the funds were "guaranteed", it was indicated during the contest by the promoter that there was a slight problem - the "banker" had not shown up with the \$50,000. After this, some of the lifters became belligerent towards the promoter, and apparently some fistcuffs ensued. Police were called and one source indicates that a SWAT team was dispatched to the site. Comments from one observer emphasized how bad this sort of thing was for Powerlifting, and how many people were hurt by this incident. Reportedly, it was difficult to find anyone who would press charges after the event, perhaps due to the embarrassment of being associated with such a debacle.

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I.P.F. WORLD BENCH PRESS

reported by World Champion Dan Wagman M.A.



World Champions, representing the USA, Dan Wagman, left, and Sara Robertson, right. Photos by Garcia, courtesy of Dan Wagman.

The 2nd I.P.F. World Bench Press Championships were held in Ruesselsheim, Germany on December 15th, 1991. This IOC standard drug tested and "no bench shirts allowed" event was quite a success as it registered more than 18 and more lifters (145) than last year's event. During the technical meeting on Saturday (where all coaches and managers met with the I.P.F. officials and the meet director to discuss rules, time tables, etc.) we were informed that starting in 1992, any nation not bringing at least one referee to a world championship will only be allowed to have 4 lifters court towards team points instead of the usual six. Also, any athlete competing in an organization not recognized by the I.P.F. will not be allowed to compete at an I.P.F. world championship. Additionally, it was pointed out that there are two separate world records for the bench press: those set in powerlifting competition and those set in a single lift meet.

Everything about this meet was absolutely fantastic. However, there were some disturbing matters which I would like to get off my chest before I start with the meet report. Just as last year, I had about 6 weeks to get a team together. Even though Ricky Dale Crain held the U.S. Bench Press Championships/I.P.F. World Bench Press Championships/IFP World Bench Press Championships qualification in October, the turnout was poor and produced only two competitors for the Worlds (Munillo and Polke). Hardly any of the lifters contacted were willing to compete at this level and see those familiar faces from all over the world at each meet. The sportsmanship and friendliness of everyone involved is just incredible. For this reason alone I would love to compete forever. Unfortunately, I was not able to watch the entire competition. As team coach and competitor, I had to be available for our team members and I also needed time to prepare for my own lifting. However, everybody on the team was more than willing to help each other out and in my perception none of the team members' needs were neglected. After the opening ceremony, the disabled lifters competed. In this category 8 nations and 22 lifters competed for the gold. I was very impressed with these athletes. At a time where our sport has evolved to 1000 lb. squats, 700 lb. benches, and 900 lb. deadlifts, these athletes deserve just as much recognition as any other powerlifter, especially considering their dedication to the sport and levels of strength they have achieved despite various physical disabilities.

A 336 lb. bench in the 56 kg class earned Taty Parvian not only the gold medal but also the outstanding lifter award for this class. The team competition was won by Great Britain with 6 lifters scoring 54 points. At the same time the disabled lifters were competing, the women were weighing in and at approximately 1 PM they started to compete. Whoever claims that female powerlifters look like men should consult an optometrist. It is clear that these women did not experience a loss of femininity through powerlifting, as common myth seems to suggest. Fortunately, I was able to watch most of this class compete. Forty-one athletes from 9 nations competed in this category. This was quite a bit more than at last year's competition. What was most no-

table was the German presence. Their team won the competition with a perfect score of 72 points. In the 48 kg class Finland's Tuula Saari, Chinese Taipei's Li Min Lin, and Japan's Tsuko Watanabe all benched 170 lbs and were only separated by .3 kg and .2 kg in body weight respectively. To make things worse, 170 lbs broke the existing world record. Due to her lighter bodyweight though, the world record was awarded to Tuula. Boy, talking about tight competition.

The 52 kg class was won by Hilde Krabbenhooff and produced Germany's first world record too with a successful attempt at 176 lbs. Tuja Kariainen (Finland), Tony Hollis (Great Britain), and Dagmar Wang (Austria) were all successful with 171 lbs and separated by body weight placing 2nd, 3rd, and 4th respectively.

Germany's Renate Limmer benched 181.5 lbs for the gold medal and a new

proceeds to smoke 330 lbs for a new world record? Although I would recognize Ken Lain's and Ted Araldi's 700 lb.+ benches as the heaviest weight ever benched, I really never understood what all the fuss was about. After all, they weighed in at about 300 lbs and in comparison to what some of the lighter weight classes lift I was never all that impressed. I decided to play around with the numbers and guess what? According to formula a 285 lbs man would have to bench 798 lbs to equal Aranz's 52 kg gold medal and world record lift in the 52 kg class (181%). Somehow I don't believe Aranz will receive the recognition he deserves.

The 56 kg class introduced another powerhouse: Hiroyuki Isagawa from Japan. This guy benched 353 lbs for a new world record. Can you believe it? The United States' very own Gonzalo Munillo travelled all the way from Callifornia to compete in this meet. He has not been lifting very long, but has established himself as one of the best benchers in this class in our country. Now he was excited to show the world how good he was. During our team meeting he told me he was strong enough to bench around 300 lbs but agreed that, considering he was at the Worlds, he should be conservative. His opener at 270 lbs was good, yet it seemed a little tentative. Gonzalo called for 286 lbs on his second attempt and missed it pretty badly. After Scott Polke and I practiced the line art of "Motivational Persuasion" (in other words, we were in his face) he went back and redefined gravitational law and smoked the 286 lbs. Receiving a 4th place, Gonzalo feels that he has a lot to learn and cannot wait to qualify and compete at next year's Worlds.

Germany's Harald Heindl won the gold in the 60 kg class with a fine lift of 319 lbs. He was followed by Gerard Tromp (Netherlands) who very strongly completed an attempt with 308 lbs. 5th place was awarded to Scott Polke from the United States. Scott bombed out at last year's competition and was determined to make this meet his best yet. An easy opener with 292 lbs got him into the meet. The second attempt with 303 lbs was ridiculously easy, however, Scott was so excited and fired up that he didn't wait for the signal to press. Considering how strong he was we decided to go for 314 lbs which would secure the silver medal. For this attempt Scott was highly motivated, but also more focused on the task at hand. Consequently he waited for the signal and drove the bar to lock out. Unfortunately his left arm locked out ever so slightly behind his right resulting in two red lights. Scott had a slight lockout problem in the past, but I'm sure that if he trains to overcome this weakness he will be able to take the gold next year.

The 67.5 kg class started four lifters with a fine lift of 363 lbs. With 13 lifters the 75 kg class was the largest, but also one of the most tightly contested weight classes of this meet. The 1st place and the 6th place finishers were only separated by about 16 lbs. A 396 lb lift secured the gold medal for Michael Schmitt (Germany). Chiu Chin Chuan (Chinese Taipei), Jury Pestov (Soviet Union), and Olavi Erikson



Jari Tahminen, the 1986 World PL Champ is now a World BP Champ

(Finland) placed 2nd, 3rd, and 4th respectively with successful attempts at 391 lbs. I would like to thank Curtis Young (a U.S. Military/European Powerlifting Champion) for competing in this contest and representing this country. If we would have known that our 75kg lifter wouldn't show, Curtis could have been recruited and been able to prepare for this contest with a higher placing to be expected.

Right about now I'm grinning ear to ear because I'm able to tell you about winning my first gold medal. I was nursing a shoulder injury since my training cycle for the powerlifting worlds in Sweden a month earlier. Consequently, I didn't bench very much between these two meets and didn't really know what the meet was absolutely terrible in terms of strength and technique. Hence, I decided to take a lighter opener than planned - just in case. My warm-ups didn't feel very good either, but when gravitational forces seemed to disappear with my 425 lbs opener, I was speechless. I thought this was a fluke and decided on a 451.5 second attempt. This attempt was just as easy as the first and now I knew I was on. I called for a 3rd attempt of 463 lbs. Germany's Arthur Hinner also made a second attempt at 451 lbs, but since he weighed less than I did I would have to press more weight than Arthur in order to win. Arthur called for 479 lbs but then changed it to 463 lbs (you are allowed two weight changes on your 3rd attempt in single lift competition). He had to bench first and this clearly gave me an advantage. He missed 463 lbs and could win if I made at least 457 lbs. I threw caution to the wind and stuck to my original 3rd attempt (463 lbs) and smoked it. It would be really great if I could figure out where this unexpected power came from. Oh

Esa Hangamaa (bronze medal) from Finland both benched 496 lbs.

Only two lifters finished in the 125 kg class. Jari Spelman (Finland) was very strong with his lift of 551 lbs. The Soviet Union's Andrey Mustrakov smoked 518 lbs for a personal record and the silver medal.

The 125+ lb class produced a new world record with Kyostel Vint's (Finland) powerful gold medal attempt of 556 lbs. A personal record of 545 lbs placed Yngve Gustavson (Sweden) second, and a successful attempt with 540 lbs awarded Yur Chelobitichov (Soviet Union) the bronze medal.

After all the awards were presented, Germany was declared the winner of the team trophy and Aranz Stanzler was the best lifter award with a comfortable margin. Next year China's Tuohi will host this world championship. I doubt he and I sincerely hope that the U.S. will be able to send a full team. Please continue to read Powerlifting USA for further information on this year's and qualification procedures, or contact the USPF office at (800) 835-5826.

In closing I would like to extend my thanks to Jan Shevade (USPF President) for his help in contacting lifters to a last minute effort to get a team together, Rudi Garcia for helping out the lifters and taking pictures, Robert Jackson for getting and helpful advice, Sverker for judging and helpful advice, Benoit for putting up some absolutely beautiful team jackets, Ricky Dale Crain for supplying us with team t-shirts, and lastly my German friends, Gerd and Martina for their support - and beer.

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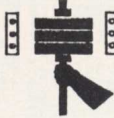
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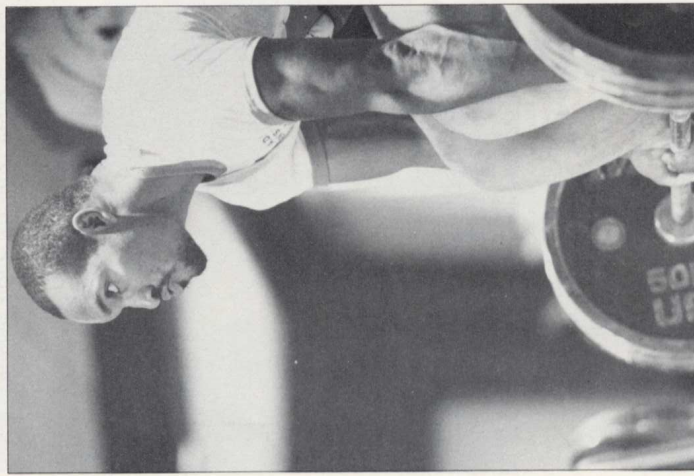
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Calories: A Key To Muscle Growth by Thomas Fahey, Ed.D., Exercise Physiologist, Laboratory, California State University, Chico



Are you spending hundreds of dollars on supplements, but forgetting a critical ingredient of muscle growth? The ingredient is energy - plain old calories. Eating enough food is an important strategy for stimulating protein synthesis. Over many months, it will lead to increased muscle growth.

As I have mentioned in previous articles, there are three factors that determine strength: muscle size, neural activation, and elastic activation. Big lifts require that you manage all three factors. If you ignore just one, you will not be as strong as you could be. Of these three factors, muscle size is most important for increasing strength. If you want to get stronger, your muscles must be larger. In lower weight classes, you have to increase muscle size and minimize fat to be effective.

Increasing muscle size takes a long time. You will not see big changes in 4-8 weeks. It takes months and years to develop the muscle mass that translates to big lifts. The early changes in strength are due to neural adaptation - changes in muscle size take much longer. Increasing muscle cell size requires that you consistently establish a biochemical environment that makes your muscles grow.

Protein synthesis in muscles requires muscle tension, amino acids, calories, and anabolic hormones. You must also reduce the presence of catabolic hormones. Each of these factors must be balanced to achieve optimal muscle growth. Let's look at each factor and examine how the factors balance each other.

Muscle tension is the most obvious stimulator of muscle growth. The role of muscle tension in growth is not completely understood. It was demonstrated over 20 years ago that the amount of tension was directly proportional to the movement of amino acids into the muscle. The more amino acids that moved into the muscle, the faster the muscles synthesized proteins.

Tension has other effects on muscle that increases muscle size. Tension results in direct stimulation of the cellular communications that cause proteins to be formed. Tension also increases the sensitivity of two anabolic hormones important for muscle growth: insulin and testosterone.

While muscles require maximal tension for growth, excessive workload leads to over-training and delayed progress. Doing too much work disrupts cell function and increases the secretion of catabolic hormones. Dr. John Faulkner from the University of Michigan, recently showed that excessive muscle tension causes misalignment of individual sarcomeres. Sarcomeres are

intake for muscle growth.

Calories stimulate protein synthesis. Recent studies have shown that protein content of the diet had little effect on nitrogen balance. Nitrogen balance is a measure of net gain or loss of protein in the body. Increasing the caloric content of the diet stimulates protein synthesis. Increased calories in the diet may promote protein synthesis by stimulating insulin release.

Insulin is a hormone secreted by the pancreas. It is very important in sugar and fat metabolism. It is also important for stimulating protein synthesis and preventing protein breakdown. Frequent meals stimulates insulin secretion and may stimulate protein synthesis.

Timing may be very important. As discussed, most protein synthesis occurs after weightlifting workouts. You should make sure to eat a meal after your workout. Exercise increases the cells' sensitivity to insulin. A good strategy to enhance the effects of insulin on muscle growth is to eat several small meals between workouts. The caloric content should be enough to increase muscle growth, but not so much to stimulate increasing body fat.

Coordinating high tension workouts and diet, a summary: 1. High muscle tension is essential for muscle growth. Cycle workouts so you set yourself up for heavy training sessions. Rest enough between sessions that you are adequately recovered. 2. Increased calories stimulates protein synthesis. 3. Eat 4-5 smaller meals a day. Frequent meals increases insulin release, which stimulates protein synthesis. Total caloric intake should be slightly higher than normal. Muscle growth occurs slowly. You will not get the desired changes overnight. 4. Eat a meal after your workout. Exercise increases cellular sensitivity to insulin. Protein synthesis is also highest after your weight workout. 5. Consume adequate protein in your diet. Protein intake for serious weightlifters should be approximately 1.5 grams per kilogram body weight. For most lifters, protein intake is not a problem. Protein intake should be balanced. Do not take in excessive amounts of specific amino acids. This has been shown to cause negative nitrogen balance (protein breakdown).

Caloric intake is an important factor in protein synthesis. Consuming small meals throughout the day will stimulate insulin and may lead to more muscle growth over time. Eating patterns are part of a general strategy that combine diet, muscle tension, and rest for maximum muscle growth. All the supplements in the world are worthless if you don't cover the basics.

Drug Free Lifters, like Ed Riley, realize it takes time to build muscle structures within the muscles that cause muscle contraction. Within a few days, the fibers repaired themselves. Pushing it when the fibers are damaged will only lead to further damage.

Over-training also causes inhibition of muscle growth. Nutrients, such as cortisol, are secreted in response to stress. They break down protein rather than build it up. To stimulate muscle growth, you have to have the proper hormonal environment. Practically speaking, that means balancing heavy tension workouts with rest.

Tension must also be coupled with diet. Protein synthesis in muscle is greater during the days following a workout. It is critical that adequate calories and amino acids are present during the post exercise period for

adequate muscle growth to occur. Changes in muscle mass occur very slowly, so the tension-nutritional environment must be consistently available for optimal long-term muscle growth.

Amino acid concentration is important for muscle growth. Nutrition experts have long said that protein intake in American athletes is more than adequate. Protein requirements have been estimated to be 0.8 - 1.0 grams per kilogram. Recent research has estimated that protein requirements for weightlifters are closer to 1.5 grams per kilogram. For most athletes, this is not a problem. In experiments on weight lifters in my laboratory, most weight lifters take in about 1.8 grams of protein per kilogram body weight. That provides more than enough cushion to meet optimal protein

Dr. Judd

Chuck Braxton as excerpted from Dr. Judd Biasiotto's new book "THE SEARCH FOR GREATNESS"



In case you didn't know Chuck Braxton, he was the closest thing we humans had to Darth Vader. At 6'3" and around 297 pounds, Braxton was one of the strongest men to ever walk the face of the earth. In power-lifting competition he squatted and deadlifted well over 800 pounds, and managed a 500 plus bench press. He also lifted over 2000 pounds in the Hercules lift. Only one man in the history of the world ever lifted as much. That, of course, was Paul Anderson, the greatest strength athlete of all time. Braxton wasn't just super strong, though, he was also iron tough. You know, the Roberto Duran-Marvin Hagler type. Believe me, Braxton was so bad, he could make a living charging people to breathe. I've heard guys say that he was meaner than a junkyard dog. The truth is, Braxton was meaner than a junkyard full of junkyard dogs.

The first time I met him was at the 1977 Southern States Powerlifting Championships in Atlanta. During the course of the meet, Braxton amazed the crowd by setting a Master's world record every time he made a lift. After the meet, he surprised me by asking me to join him for a few beers to celebrate his victory. Although I didn't know anything about Braxton at that time, I wasn't about to say no. When Braxton says about to say no, when Braxton says "jump," people ask how high, and I'm sure it was on the back of Braxton's Harley Davidson heading for what he said was one of Atlanta's "hot spots." When we got there, I could hardly believe my eyes. At best the place looked like an oversized outhouse. I doubt seriously if the place had been cleaned since Day One. Worse yet, it smelled like an outhouse, but the worst yet was still to come. Everyone in the place was right out of a biker movie, even the bartender. You know the type - long greasy hair, oily skin, rotten teeth, scraggly beard, filthy jeans, shirt, and jacket. They also carried the traditional biker paraphernalia - knives, chains, brass knuckles, spiked wrist bands, and most importantly, a laminated library card. The library card is used strictly for breaking and entering - without the breaking.

When we walked in the place, we got a few stares but nothing else. When you think about it, that's not too surprising. First of all, don't forget that Braxton was 6'3", 297 pounds of rock hard muscle. Any human being in his right mind would walk a mile, no 10 miles, to avoid a confrontation with such mass and power. Of course, it was questionable whether anyone in this joint was in his right mind. The other thing we had going for us was that Braxton kind of looked like a super giant. "Hell's Angel" without the paraphernalia, fill, and library card. Well, he kind of did and he didn't. To me he looked more like Santa Claus with muscles. He had long, snow-white hair and a beard just like Santa. In fact, the only real difference that I could see between Santa and Braxton was that, given cause, Braxton would fill you at the drop of a hat, while Santa would pro-

dent, which meant that the guy was a good ten feet into Braxton's psychological territory space, which, as I mentioned, is defensible to the hilt. Not only was this guy invading Braxton's space, worse yet, he was fouling it up with a lot of trash talk.

So you, like my old lady, do you? Well, hell, I hope you get an eyeful because that's the last (bleeping) thing you're going to see for a long time.

I can't imagine what the guy was thinking because this chance of stomping Braxton, were about as good as a snowball's chance in hell.

I guess we'll never know what he was thinking, because before he could say another word, Braxton sending him flying across the room. It was like a big old grizzly sweating a five-year-old kid. I swear I could hear the guy's brain slap against his cranium when Braxton hit him. The guy went down, out for about ten minutes some. As soon as Braxton hit the guy, four or five guys jumped out of their chairs. Then Braxton stood up with a look on his face that I immediately melted tempered steel. In- mediately, everyone sat right back down as if nothing happened. Apparently, not everyone in the room was out of their minds that because what happened after that, because from that time until we left, I had my eyes closed. That was the beginning of my long, beautiful and bizarre acquaintance with Chuck Braxton.

During the years I knew Braxton, I came to realize that the really great thing about him was not his ass-kicking ability or the fact that he was a world-class athlete, but rather that he was totally outlandish - crazy even. The rest of Chuck Braxton didn't surface until about a decade ago. It was that time that Braxton got into doing dare-devil stunts. I know there's a lot of dare-devils floating around this country, but when it comes to sheer galloping excitement, they could hold a candle to Braxton. The reason being that when it came to Braxton, you never know what the hell was going to happen. I'd venture to say that in the dare-devil business, 95% of the stunts attempted are successful, and the other 5% Braxton attempted. I'm serious. I've never seen one guy be a victim of a screw up so many times. Of course, that's what made him so exciting - you just never know what was going to happen. Every stunt he did was like a life and death situation, really great stuff. Take the first stunt he ever tried for instance. He was hired by an auto company to test out an experimental fire resistant jump suit. The stunt called for Braxton to ram a car into the middle of three other cars that had been doused with gasoline and rigged with dynamite.

The gasoline and dynamite were used to insure that an explosion and fire would start with the impact of Braxton's car. Also, in order to insure that the experimental jumpsuit would catch fire, Braxton was instructed to douse the suit with 6 ounces of gasoline. Braxton, never really being too good on instructions, doused the

suit with 6 gallons instead of 6 ounces. As soon as his car made contact with the other three automobiles, it fell broke those - no pun intended. There were three good fifty feet high and a hundred feet wide. At first, everyone in the stands (including the researchers) thought that Braxton had bartered through the fire. In fact, it was a good 20 seconds before the raging inferno, and another 20 seconds before Braxton emerged from the wreckage. When he left the much on it and running the world class speedsters, the guys with the fire extinguishers didn't possess that type of speed. Apparently, it can really increase your speed. Braxton must have run a good mile and a half before he could get 20 minutes after they had put him out. He was still smoking. Luckily, he ended with only a few superficial burns, his life, and a chair. Braxton's wild antics that one day he took place only a week after he had won the World Master's Powerlifting Championships. Braxton had read that the world record weight for a truck running on a road was five tons, set back in 1939. It might be noted that the article did not say whether or not the guy survived. Braxton, apparently not satisfied with his gold medal from the World Championships, decided to let an eight ton truck drive up a small ramp, over Braxton's chest, and then down, over Braxton's chest, and side. Believe it or not, over 5000 Greenville, North Carolina, residents turned out to watch Chuck and the truck. That says something about the residents of Greenville, but I'd rather not say what. Anyway, the stunt went off as planned - well almost as planned. The truck went up the ramp over Braxton's chest and down the other side all right. The only trouble was that in the process, it tipped half of Braxton's ribcage out. When the truck passed over him, the rig's fuel tank got hung up on his chest. Braxton yelled for the driver to stop, but the guy thought he was telling him to go. Consequently, he went and so did a good portion of Braxton's chest. It wasn't a total loss, though. The Guinness Book of World Records gave him credit for the record.

If you think that's something, here's one better. During one of Braxton's strength demonstrations, he decided to drive a 20 penny nail through a pine board with his bare hand. It was a feat that he had accomplished numerous times, and one that the audiences really went wild over. First, he wrapped the head of the nail with a thick cloth in order to protect his hand. He then took a one inch pine board and placed it across two cinder blocks. Next, he positioned himself directly over the board, drew his arm back over his head, and then slammed the nail into the board with as much force as he could muster. The nail hit the board dead center, making a tremendous thud. The nail went straight through the board, at least half the nail did. The other half went

right through Braxton's hand. Ouch! He did other strength things that he rather considered mundane, like eating light bulbs, bending tempered steel bars, and picking up cars, trucks, and small mobile homes. In world record. He also laid on a bed of razor sharp nails while supporting strength, power, and crazed. Braxton over 2000 pounds on his chest - another world record. Aside from stunts, Braxton also

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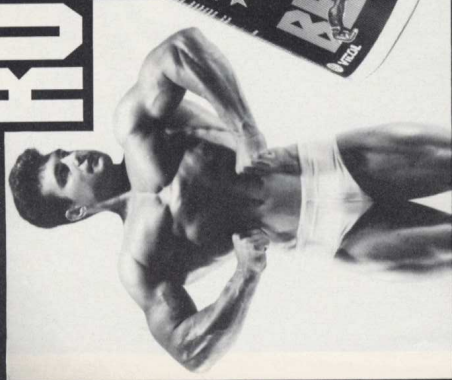
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I was recently having a conversation with my friend and East Coast training guru, Dave Abramson, about how information on strength training has become so complex. Dave, who has been competitive in powerlifting on the national level, and who trains many athletes in the New York-New Jersey area agrees. There are many magazines and authors out there that seem to make weight training more complicated than it needs to be. Now, this does not mean that there isn't valuable information contained in these articles or that no thought should be put into your training programs, but many magazines I have been reading recently tend to over-analyze strength training.

In talking with Dave he said, "Getting strong is very simple. All you have to do is lift moderate to heavy weights for low reps without overtraining. Allow for enough rest in between workouts, so the body can recover and stay dedicated to your goals and objectives." Sounds pretty simple to me. In theory getting strong is simple, but it can be difficult for some to implement.

Most lifters start out on a very simple and basic routine. They usually make tremendous progress in the beginning and then start to level off. At this point they begin to add exercises, sets and workout days. This causes the individual to experience a greater decrease in progress. They begin training five or six days a week, twenty sets per bodypart, etc. and can't understand why they aren't gaining anymore. If you take a look around your gym at the majority of people who train like this, they will look the same and have the same strength levels five years from now, just as they did five years before. Something is wrong with this type of training.

The average beginner has the capacity to increase his strength levels by some 300%, yet his capacity to recover from the stress of exercise improves only about 50%. What this means is as you make progress and begin to level off you must increase the intensity of your workouts and not the amount of exercise. I remember when I first started power training and would squat, bench and deadlift heavy twice a week. Today, I would not be able to train that way due to the increased intensity and the amount of weight I now use in those exercises. If I did continue to train this way I would not be able to recover between workouts. When the intensity of your effort increases (as it has to - since it is the only way you are going to keep making gains) the workout time and amount of exercise has to decrease.

Remember, don't add sets, ex-

ercises and workout days when you plateau. Just find a way to gradually increase your intensity level. Three popular ways to do this are by increasing the weight in an exercise, decreasing the time between sets or carrying each set to a point of failure, if you get mentally stale with your routine you can just change your exercises. In fact, you can change your exercises every workout if you want as long as you can maintain a high degree of intensity in whatever you are doing.

I don't know why people make weight training more perplexing than it should be? Maybe there is a reason? I'm sure some publishers and magazines do it for monetary gain, usually at our expense, but I guess a majority of us are gullible and looking for a quick solution or

themselves to a goal. If you can't dedicate yourself to something in your life and strive to be the best you can be at it then how do you explain your existence? This does not only pertain to lifting, but to your business, career, school, job, family, etc. Why not always try to maximize your fullest potential? Have some pride in everything you do and don't ever settle for anything less than your best effort. Don't just be another face in the crowd, strive to be different and be the best in whatever endeavor you take on. Dedication in one area of your life always seems to manifest itself in other aspects of your life. However, just keep in mind that being fully dedicated is the complete opposite of being obsessed. Being obsessed with just one factor of your life is very self destructive.

Of course, I am aware of the genetic limits imposed on all of us, but I think most lifters could improve beyond their wildest dreams if they just simplified their training and increased their intensity of effort. Your genetics will take you to a certain point and then your true desire and will take you beyond that point. I know several lifters with average genetic potential that have developed into great lifters due to three things: training intensely, training smart and being dedicated. And I am sure we have all seen lifters that have tremendous genetics that never fulfill their true potential. These are lifters who claim that they train hard and are dedicated, but in reality they don't have a clue as to what hard training and dedication is all about.

The secret of getting strong is no secret. In fact, as Dave says, it is very simple. There is no reason to make your training programs more perplexing than they should be. You don't need to do a special assistance exercise, follow a famous lifter's super deadlift routine or take special supplements. All you need to do is to train intensely and stick to the basics. This is the only way you are going to make consistent strength gains.

So, don't change your routine every time you pick up a new magazine. Any new routine or idea you read or hear about should only be utilized to fine tune your present program. Set some goals for yourself and have a simple plan of action. Find the exercises that work for you and dedicate yourself to getting as strong as possible in those self by sticking to your game plan and not letting any negative influences deviate you from your goals. Training and getting strong is not that complex as long as you keep it simple and stay dedicated to your objective.

Personally, I don't understand how a person can not dedicate

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STARTIN' OUT

A special section dedicated to the beginning lifter

TRAINING SIMPLICITY as told to Powerlifting USA by Tony Kamand



accomplished lifters like Bob Rockefeller, A.P.F. Senior National contender, have already learned the 'simple' secrets of how to train. There are those who have a need to have a different and bizarre training program, but most lifters would be better off to keep things simple. Perhaps these complex training ideas are directed more so to beginners and intermediate lifters as most advanced lifters have already found their pathway to success. However, I have seen some lifters with many years of experience in this sport never progress much past the beginner stage. You can't measure success or advancement by how much an individual can total in the three lifts, but these lifters don't know how to train intensely nor do they have the ability to dedicate themselves to a goal.

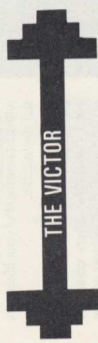
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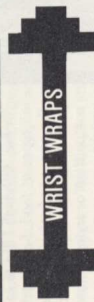
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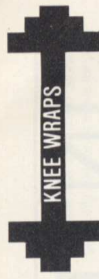


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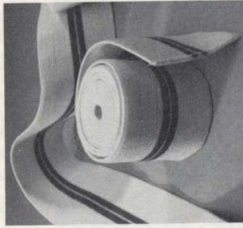
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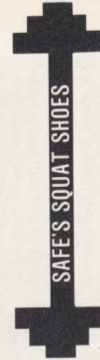
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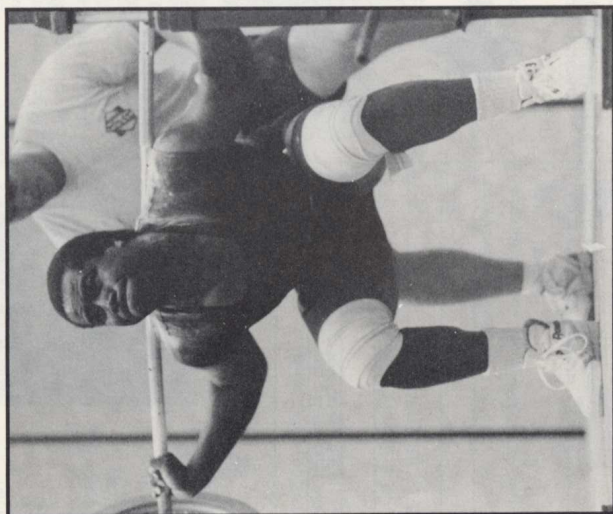
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INTERVIEW

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

SHANNON PRATT as interviewed for PL USA by Bob Gaynor



Shannon Pratt in tough competition at the 1991 A.D.F.P.A. Men's Nationals

This interview was conducted with Shannon Pratt immediately following the 1991 ADFFA Men's Nationals. Shannon has been a long time ADFFA competitor and supporter. He leads a healthy and balanced life which should be an example for all athletes.

BOB: Please give us some information about yourself?

SHANNON: I am 29 years old. I was born and raised in Phoenix, Arizona. I have lived in Arizona all my life.

BOB: What is your occupation?

SHANNON: I'm currently a software engineer at Honeywell Commercial Flight Systems. I went to Arizona State University where I majored in applied mathematics, training and competing?

SHANNON: I have been training for 10 years and competing for over 5 of those years.

BOB: How did you get started?

SHANNON: I first used weight training in very loose and casual manner. It was something that was done to temporarily relieve my mind from all the rigorous studying I was doing. I didn't really care at first. I would just go into the gym and do whatever I felt like doing. Everything was very unstructured, but after awhile I slowly started to notice that I was starting to achieve either great strength or a good looking physique, but I could not tell at such an early stage. After a short one year career in bodybuilding, I then knew that I had more strength than beauty. My first powerlifting competition was a college intramural meet. I did a good job first time of it and won the meet by totaling about 1350 lbs. After that meet I then trained for about a year and won the 1986 ADFFA Collegiate Nationals at 220 lbs. class even though I only weighed 200 lbs. My total was over 1500 lbs.

BOB: What are your best lifts?

SHANNON: Squat- 673, Bench- 403, Deadlift- 645.

BOB: Give us some titles you've won and records you hold?

SHANNON: 1986 ADFFA National Collegiate Champ at 220 lbs.; 1986, 88, 89, 90 ADFFA Arizona State Champ at 198 lbs.; 1986, 87, 88, 89 ADFFA Southern Regional Champ (1989

article continued on page 77)

glory and honor from the athletes who are trying to make the same gains from within their own selves. The side effects are sometimes fatal and all the good gains athlete would like them to last. It is best that we try to prevent all this by testing as many athletes as possible. I feel the ADFFA does a fair job of testing its lifters. They test almost every lifter that competes in the organization.

BOB: Shannon, what kind of diet do you follow?

SHANNON: I don't consider myself to be a nutritional guru that pays attention to every grain of food that goes into my mouth, because I like to eat everything. Although I like to eat both health and junk food, I do make sure that I eat things from all the major food groups each day. I guess it is due to the way I was brought up, because I would eat whatever my mother had prepared for me. Although I like to eat all types of food, I do watch the amount of calories of the food I eat when I'm close to competition or trying to lose weight.

BOB: Do you use any supplementation program?

SHANNON: I just started using supplements this past year because they help me to recuperate from workouts better. The supplements the companies produce today are much more advanced than the ones I had stopped using about 7 years ago. The protein powders and amino acid tablets work fine for me.

BOB: Shannon, share with us your views on training?

SHANNON: During the off season I tend to do more bodybuilding exercises, using high sets and high repetitions (for example, 10 sets for 10 reps.) I also like to do some aerobic work to strengthen my heart and lungs. I am among the few strength athletes that actually prefer running. I enjoy jogging a couple of miles and doing a few wind sprints. Running has become common place in my training now, due to my early years of being a football, wrestling, and hurling the shot/discus. I also like to swim during the summer months.

(article continued on page 77)

Of the three powerlifts, the bench, by far, has the greatest number of assistance exercises aimed at its increase. They range from pec exercises like flies and inclines, lat exercises like chins and rows, shoulder exercises like laterals and overhead presses, to tricep exercises like dips and extensions. Because of the great variety of assistance exercises available for the bench, many lifters tend to overtrain the lift and may end up with a stalled bench press. As I've said before, the best way to increase your bench is to work on it with some assistance work can definitely help. The trouble is, what assistance move gives the best bang for the buck? In this author's opinion, it's the close grip bench press.

Unlike the other exercises I mentioned earlier, like dips and laterals, the close grip bench press is very similar to the actual bench press itself. This similarity results in more transferable gains from close grips to the regular bench. However, their distinct dissimilarities result in that slightly different effect on the benching musculature that yields positive results. Let's begin with a description of the close grip bench.

Basically, 'close grips' are regular benches done with a slightly narrower than shoulder width grip. This narrow or 'close' grip effectively overloads the all-important triceps by lessening the contribution of the pecs. The shoulders and lats stay status quo, more or less. The triceps are prime movers in the bench with most of their contribution coming during the beginning and end of the press and may be the key limiting factor in the lift. Close grips are mostly a tricep exercise with some assistance from the chest, delts, and lats. Since close grips are not a strict isolation move like tricep extension and are a multi-joint exercise, more weight can be used. I have also found that when I tried to put more work into my triceps by doing extensions, dips, etc., I tended to suffer from sore elbows eventually. Because close grips are multi-joint, the brunt of the weight was shared by a greater muscle mass, hence less soreness and pain.

Many lifters who do use close grips as an assistance exercise for the bench, do not perform it in the best and safest manner. Too many lifters interpret close grip as a really close grip with their hands inches apart or even touching. Such execution is counterproductive. Too close of a grip causes undue strain on the wrists due to the decreased control of the bar itself. Also safety is sacrificed, again due to the decreased control of the bar during the lift. With a grip slightly narrower

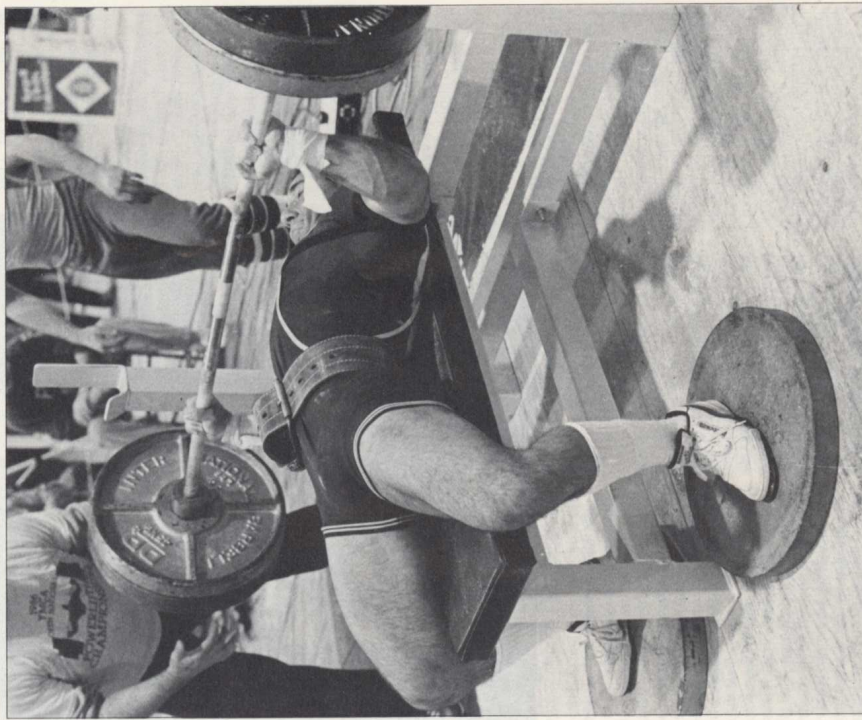
They're best done after your regular benches and can stand alone as your only assistance move for your pushing muscles. For those of you who are hard gainers, I would suggest one workout on the bench itself, with a second workout, 3-4 days later, of just close grips. This simple schedule can give superior results if you apply close grips as I just described.

I realized the value of close grips when I started to learn about training from my friend, Jim Vrabec. They were and still are Jim's favorite assistance exercise for the bench. Another friend of mine and a world record holder, Chris Confessore, also works hard on these. These two guys speak volumes for this exercise's value to the lifter. I hope I provided you with some clues to more productive powerlifting training. Give close grips a try.

THE BENCH Close Grip Bench Pressing as told to PL USA by DOUG DANIELS

than shoulder width, which is still close relative to a normal grip, more weight can be used and a higher degree of lifting safety can be achieved, all with intense stimulation of the triceps. It's a win-win situation! I have found the best place to hit the chest in close grips is just below the nipple area. The leverage of this lift is different enough to require a little adjustment to it. Since there is less pec contribution in this lift and the triceps do more of

last. Reps and sets are up to you.



Chris Confessore recently benched 605 weighing 205 in competition, and will go 198 later on this year

POWER PROFILE

The Tenacious Texan Henry Garcia as seen by Herb Glossbrenner

Four hundred forty six pounds is a pretty respectable amount of weight for anyone to consider lifting. It was nearly four times the bodyweight of 26 year old Henry Garcia, a powerlifter of Hispanic origin. With a look of determination, the personable young man dusted his hands with powdered magnesium, set himself and tore the weight from the ground. In the twinkling of an eye, the lift was completed and with it Henry was proclaimed the 1991 WPC World flyweight champion. His result - 500 kg, 1102 lbs. The deadlift was a personal record for Henry. He made the lift with such ridiculous ease that there was no question that it was good for more.

Henry Garcia was born December 24, 1964 in Robstown, Texas. It was a very special early Christmas present for the Garcia family. As he grew up, a small little fellow, what he lacked in size he made up in bulldog tenacity and perseverance. His mother was small in stature and his father was 5'8", and he excelled in athletics during his high school years. He had a brother five years younger that was a good tennis player. Henry was proficient in many athletic endeavors. He pole vaulted 11'5" and also played baseball, football, basketball and tennis.

After finishing high school he joined the Marine Corps in 1983. It was here that he was introduced to powerlifting, particularly because of his light bodyweight. Garcia had his first taste of competition in the summer of 1984. He found himself in the same category with Chuck Dunbar who is the best 114 pounder this country has ever produced. This was quite an initiation. Fortunately for Henry, Chuckie had entered only to bench press so the 19 year old novice came out a winner in his first outing with modest results: 200-115-225 for a 540 total. He knew nothing about lifting paraphernalia and wore only a wrestling singlet and a regular lifting belt.

While stationed in Jacksonville, NC and representing the Marine powerlifting team he won his first

big meet, the North Carolina Championships. He improved to 250-135-255 and now the taste of victory excitedly urged him to strive for more and more. In 1985 he was shipped off to Okinawa, Japan and was stationed there for one year. He was introduced to Shaun Degan, a 275 pounder, who took an interest in young Henry's progress. Shortly thereafter he had the privilege to train with some of the premier members of the All-Marine powerlifting team - Lawson, Anderson, Johnston, Dent and McClusky. Needless to say, the advantage of training with elite lifters such as that one of such each day. By the time he got off work at 7:30 P.M.

with the encouragement, support and knowledge he gained. By the time October rolled around, Henry, now in the infantry, returned to Camp Lejeune. His schedule was rigorous: 4:45 A.M. reveille, then a regime of P.T. (calisthenics and such), then shower and clean the barracks (yes, they really have you scrub the floors with those tiny brushes). Then it was time to clean the weapons. After all this Henry reported to his regular assigned detail, job supply. His duties included issuing of provisions and equipment and the checking in and out of such each day. By the time he got off work at 7:30 P.M.

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Henry Garcia... setting for a pull in Senior National Championship competition.

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

he was dog tired. Somehow he always managed to drag himself to the Area 6 gym for a workout. His buddies Lawson and McClusky always urged him on and somehow the adrenaline would always kick in for a good workout. Shortly thereafter he was introduced to supportive powerlifting equipment.

Despite his demanding schedule, he secured the All Armed Forces title with 285-150-275. He kicked his lifts up another notch in 1986 again winning the All-Marine championships - 300-175-315.

Henry was shipped out on a NATO-Mediterranean deployment in 1987. He got to see a bit more of the world - Iceland, Norway, England, Germany, France, Morocco and Spain. For the most part of the next seven months he was confined mostly to a ship. He learned about setup maneuvers in training for combat. He had to do most of his weight training aboard ship. Sometimes they lit a big wave and Henry would miss an otherwise easy lift. He was glad when he was finally able to get in some land-based training in Spain, which he enjoyed almost as much as the plentiful mud beaches that dotted the coast.

Late that same year he returned to home base. Shortly thereafter he was discharged from the Marines. Enough is enough right? Wrong! Henry promptly re-enlisted - this time joining the U.S. Army. He went to Ft. Gordon, GA to get specialized training in computer programming. Unfortunately, he was stuck training at the base by himself. He was able to obtain spots and get handoffs from the local gym rats and, quite surprisingly, his long dormant lifts started climbing again.

He was transferred to the Pentagon in Washington D.C. in February 1988 and has been there ever since. It was a good year for Henry. He traveled to St. Louis in August and finished 3rd in the ADFFA Nationals 374-214-391 for 981. Henry also crushed the thousand pound barrier that with 405 squat, 215 bench and 380 deadlift.

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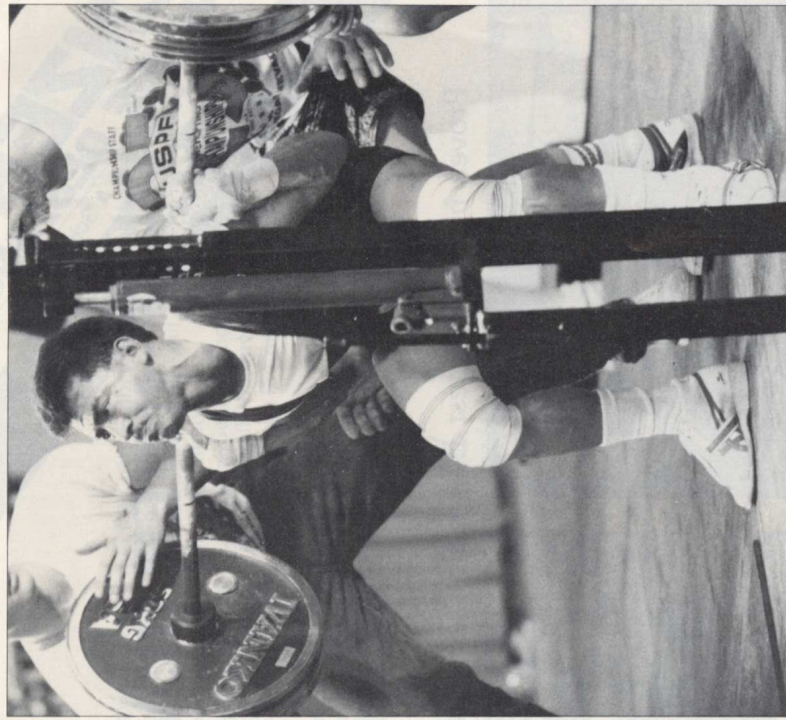
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Henry Garcia has made sensational gains on his lifts in a short period.

Now he had an Army teammate to push him - Roosevelt Thomas. On February 15, 1989 he defeated Thomas and captured the Armed Forces Championships at Long Beach, CA. His result of 1052 via 413-226-413, which moved him up to No. 6 in the USA Rankings among tough company (15 other guys were over 1000 in his 114 lb. class that year). He entered and won the USPF Junior Nationals in Shawnee, OK that May and scored 424-214-386-1036. His squat was a personal record. He finished a disappointing 4th at the ADFFA Nationals with 386-226-413, missing two key squats with 413. His squat was off track at the USPF Seniors as well. He managed 380-198-402 there missing 418 squat twice as well as his 413 last deadlift. Later in November he got his squat back in the groove and hit a P/R 425 to rank in 2nd place among the 114 top 100 squat list in POWER-LIFTING USA.

Nineteen ninety started out well enough with a personal best 1069 total which included P/R's of a 259 bench and 424 deadlift. His squat was "only" 380 and he finished 2nd this time, relinquishing his Armed Forces National Title. At the Marine-Dixon Open May 26 Henry made 415-225-415-1055. The USPF Nationals was a nightmare for Henry as he could only manage 402-204-407 for 1014. He was 4th once again - outdistanced by winner Hiler (1162) with Dunbar and Fielder, 2nd and 3rd with 1113 each. Being shut out of placing by a hundred pounds was a bit embarrassing and hard to explain to those who asked "what happened?" Two weeks later Henry still smarting from his drubbing at the Nationals improved significantly to finish 2nd at the APF Senior Nationals in Pittsburgh. Here he scored 435-226-SQ and 451 D.L. This meet qualified him for the WPC Worlds in Las Vegas. It was here, as you know, that he captured the World Title.

Mr. Garcia usually weights about 122 and diets down to 114 for competition. He watches his diet carefully and stays away from the high calorie, fattening foods. Now, his days are spent sitting behind a computer and he does not get to burn up the number of calories he could with strenuous physical activity. Sitting at one place for the entire day seems to tempt him to get the munchies quite often. Making the 114 lb. limit now seems to present as much of a challenge as his foremost goal - that of winning.

He does not currently have a steady girlfriend feeling that this would detract from the discipline of his training and dieting. But, he wants it to be known that he is still single and available. Army food has

presented him with another challenge. Henry has developed a secret passion besides his love for computers - he loves to cook. In fact, he claims he can cook anything and make it tasty.

The U.S. Military Sports Association gives Henry some financial aid for his powerlifting excursions. He gets his airfare paid to the competition he attends, but foots the bill for his food, lodging and other expenses.

Henry has been in the service for nearly one third of his life (8 years). He merely grinned and shrugged his shoulders, when asked him if he intended to make it a career. He is now a software analyst and computer expert and hopes someday to own his own business. The idea of helping others with their computer programs appeals to him. This is no surprise considering his outgoing personality.

Henry reminds me of the story about the tenacious little mouse gnawing away at a big loaf of bread. Just a little nibble here and there,

and at first you hardly notice anything missing. Then one morning you wake up and the bread is gone, but the mouse is still sitting there. So it will be with Henry's competitors, he will continue to nibble away until they are all gone!

Regarding his powerlifting goals - his current best lifts at 114 add up to 1155 (450-259-446). He would like to be World Champion in all three major federations (ADFFA, USPF and APF). He has some figures in mind: 534-286-501! That's 1322 or 600 Kg. He speaks of beating the legendary Inaba as though he intends to remain a 114. However I believe Henry would be wise to move up to 123 and watch his strength and lifts increase dramatically. With this goal he could beat anyone in the world in the next category as well. After watching the naturalistic nibbler in action, I would not be the one to bet against him. To sum up Henry's determination and tenacity - NEVER SAY NEVER!

Herb Glossbrenner

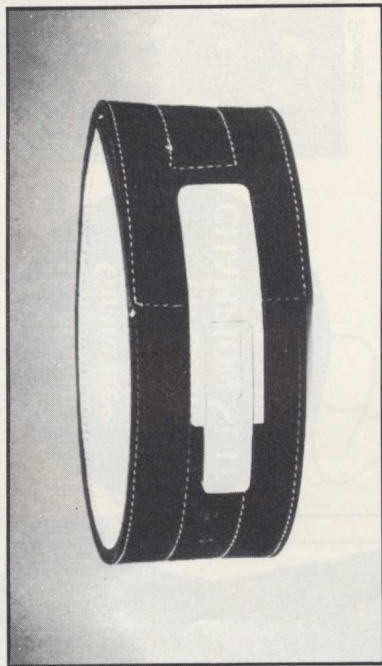
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WORKOUT of the Month

This program is intended for a lifter capable of a 600 pound squat:

WEEK 1: 135x10, 225x10, 275x10, 300x10, 300x10, 300x10

WEEK 2: 135x10, 225x10, 285x10, 310x10, 310x10, 310x10

WEEK 3: 135x10, 225x10, 295x10, 320x10, 320x10, 320x10

WEEK 4: 135x10, 225x10, 310x10, 330x10, 330x10, 330x10

WEEK 5: 135x10, 225x10, 315x5, 405x5, 430x5, 450x5

WEEK 6: 135x10, 225x5, 325x5, 410x5, 460x5, 480x5

WEEK 7: 135x10, 225x5, 325x5, 420x5, 470x5, 490x5

WEEK 8: 135x10, 225x5, 325x3, 425x2, 525x2, 550x2

WEEK 9: 135x10, 225x3, 325x2, 425x2, 525x1, 580x2

WEEK 10: 135x10, 225x2, 315x2, 405x1, 505x1, 570x3

CONTEST DAY: warmup pound-

ages: 135x10, 225x5, 325x2, 425x1, 505x1. Make your first at-

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For the month of November, the squat is the lift being analyzed. The program simply increase or decrease the training poundages as you progress. 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).

Sylvester Anderson SQUAT ROUTINE

sion 2x30, Leg Presses 4x10, LifeCycle 30 to 45 minutes, Cal Raises 4x10.

You should take one week off from squat training before the contest so your lower back can rest.

When doing your squat workout, I feel that the correct technique is important. There are two different styles of squat stances: (1) the close stance and (2) the wide stance (having your feet placed shoulders width apart). When I train and compete, the wide stance works best for me. I am fortunate to have met and trained with Aushy Alexander, Dan Austin and Ed Coan.

For supplements, I use Dibenocozide (10mg), L-Carnitine (500mg), Inosine (500mg), Base Pollen Octacosanol (5mg) and Hot Stuff. I would like to thank Natural Alternatives for their support.

tempt at 550 pounds, your second at 580 pounds, and your third and final attempt at 610 pounds.

The first three weeks of your workout should be without the use of a suit and wraps. Weeks 4, 5 and 6 should be with your suit (straps down) and knee wraps. Weeks 7, 8, 9 and 10 should be with your suit (straps up) and knee wraps for the last three heavy sets.

You can start your assistance workouts your first week of training, and conclude the workouts at the end of your sixth week. This is your assistance workout routine: Leg Curls 4x10, Crunches 2x30, Leg Extensions 4x10, Hyperexten-



THE 1991 IFF WORLD CHAMPION in the 198 pound division, Sly Anderson is a proud representative of the United States Marine Corps.

IMPORTANT NEW DISCOVERY

Here's How To Make Your Weight Gain Powder Work Better...

Exciting Experiment Reveals Amazing New Use For HOT STUFF!

You'd have to be living on the moon not to know about the "War of the Gain Weight Powders!" Every month, one company or another pushes the calories-per-ounce still higher. Not surprisingly, many people have contacted us and asked us why we too don't come out with a gain weight powder.

Quite frankly, we don't want to get dragged into these Gain Weight Wars. As a matter of fact, we feel there are already several great gain weight powders on the market!

We Decided To Test A Hunch!

Instead, we decided to test out a lead. Time after time, people would call or write us and report phenomenal results from mixing HOT STUFF with their gain weight powder. This made sense when you consider that the nutritional potentiators in HOT STUFF greatly enhance muscle growth.

So we decided to see for ourselves what would happen if HOT STUFF were taken along with the gain weight powders - actually mixed in and drunk at the same time. It was time for a test.

We enlisted 80 volunteers both from Florida and around the country. Half the group was instructed to mix in two heaping scoops of HOT STUFF with each serving of gain



It really doesn't matter what your preference is in weight gain powders. HOT STUFF definitely makes them all work better. Remember, HOT STUFF can increase their effectiveness by as much as 25%.

HOT STUFF didn't get to be America's number one seller by making promises we couldn't keep. HOT STUFF delivers every time. The weight you gain with HOT STUFF is the kind of weight you can be proud of.

The results were startling! Those people on the HOT STUFF/Gain Weight combo were gaining solid muscle weight at an almost 25% faster rate than those on the gain weight powders only. It was obvious that HOT STUFF was enhancing the growth capabilities of these gain weight powders. And it gets even better! The gains of the HOT STUFF users, as determined by fat caliper testing, were greater in muscle as opposed to fat. Amazingly, HOT STUFF was converting these gain weight powders into gain muscle powders. WOW!

This really was great news.

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15th week) of this cycle. Four weeks after stopping all steroid usage the gynecomastia had decreased to pea size again.

CASE 3. This subject is a 20 year old bodybuilder who had completed 6 steroid cycles in 23 months. During his first 3 cycles he had experienced no gynecomastia. These cycles included Deca-Durabolin, Primobolan Acetate (Methenolone Acetate), Dianabol and Anavar (Oxandrolone) for periods of 6-8 weeks. The fourth cycle is when the gynecomastia started. His cycle lasted for 10 weeks with the following drugs: Parabolan (Trenbolone) (2100 mg) and Primobolan Acetate (5600 mg) and Anavar (735 mg). The gynecomastia on this cycle was limited to breast tenderness which started on the sixth week. After this cycle he had 2 injections of HCG (human chorionic gonadotropin) (2000IU each), in which the tenderness went away. On his fifth steroid cycle, which consisted of different forms of injectable Testosterone (Testosterone, Testosterone (2300 mg) and Dianabol (2000 mg) over 10 weeks, his condition worsened. The masses in his chest now started to grow and continued until they had reached quarter size of which remained 4 weeks after stopping his intake of steroids. The sixth and last cycle lasted for 10 weeks and included Depo-Testosterone (Testosterone Cypionate) (6800 mg) and Halotestin (Fluoxymesterone) (980 mg). Peak dosages were reached in the sixth week of which his breast masses grew to bigger than half dollar size, with tenderness, from weeks 6-9. After the ninth week, the breast masses decreased in size as the dosage was decreased.

CASE 4. This 30 year old subject had only one previous steroid cycle several years before this study. The second cycle consisted of Anavar 12.5 mg/day for 10 weeks and the last 6 weeks consisted of injectable Winstrol-V (Stanozolol) 100 mg/week increased to 200 mg/week. Three months after discontinuation of steroid use, he noticed a quarter size breast mass on the left side. The only drug used in the 3 month time period was Lasax (Furosemide-a diuretic). When the condition did not change, he thought he might be suffering from a low androgen level, so he self-administered 3 injections of HCG (Human Chorionic Gonadotropin) 1,000IU each, 3-4 days apart. This treatment resulted in an almost immediate increase in breast mass to silver-dollar size, which remained for 5 months until they were surgically removed.

(Article is continued on page 80)

POWER-RESEARCH
 dedicated to bringing Science to the sport of Powerlifting

Steroid-Induced Gynecomastia

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

discontinuation of steroids, not additional drugs.

CASE 1. This subject was 23 years of age and of national bodybuilding caliber and had completed 7 steroid cycles in 34 months. He developed gynecomastia on his fourth steroid cycle (his first time to use testosterone). At the fourth week of each cycle after this, the breast masses continued to increase in size. The condition peaked in severity when he was on his eighth week of the last (7) cycle and was taking Deca-Durabolin (Nandrolone Decanoate) 700 mg/week, Depo-Testosterone (Testosterone Cypionate) 600 mg/week, and Fimamet (Trenbolone Acetate) 100 mg/day. Self-treatment included Nolvadex for the entire 14 week cycle, starting with 20 mg/day and increasing to 40 mg/day when the condition got worse. The Nolvadex helped the soreness go away, but breast enlargement was still present (dime size). Ten weeks after this cycle the breast size had reduced but could still be felt.

CASE 2. This subject was 25 years of age and had completed 3 steroid cycles. He developed gynecomastia on his first steroid cycle, but it went away afterwards. His first cycle included a mixture of the different forms of injectable Testosterone (4800 mg), Deca-Durabolin (1500 mg), Primobolan Depot (Methenolone Enanthate) (1000 mg), and oral Dianabol (Methandrostenolone) (1800 mg). On the fourth week of this cycle gynecomastia was present and continued for several more weeks (quarter size at largest). Before his last steroid cycle his gynecomastia had reduced to pea size. This cycle lasted 15 weeks with his oral totaling 5200 mg and his injectables totaling 3700 mg. Again on the fourth week the masses in his chest increased to dime size, with tenderness. At 8 weeks Proviron (Mesterolone) (25 mg/day) was used to help relieve the gynecomastia and the next week (9th) the dosage was increased to 75 mg/day and this was continued for a month (13th week). At 10 weeks the gynecomastia had increased to half dollar and quarter size (left/Right). There was no noticeable reduction in breast size until he replaced the Proviron with Nolvadex (20 mg/day) for the last 2 weeks (14th &

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Gynecomastia is a condition where there is an excessive production of mammary gland (the same material that makes a female breast) in a man. In fact, the first part of the word gynecomastia (gyneco) refers to a relationship to women or the female reproductive parts, just like the word gynecology, which is the branch of medicine dealing with diseases of the female reproductive system. The last part of gynecomastia is a form of the word mastectomy, which is to surgically remove part of the breast. Hopefully, this will help in remembering what gynecomastia means.

What causes this to happen is the female sex hormone, estrogen. Some steroids have a tendency to convert into estrogens. This could be a sign of liver dysfunction in that the liver (when functioning normally) keeps the steroids/testosterone from turning into estrogen.

While I am not medically licensed to advise someone on what to do if they have gynecomastia, I have taken two studies from the gynecomastia section of my book that deal directly with this subject.

TRAINING

The Rise of the Natural Athlete as told to PL USA by Dawn and Asher Sharon

The 90's have brought about a change in the athletic community. Athletes today are rediscovering the benefits of proper nutrition, supplementation, and advanced training and recovery methods.

Athletes of the 70's and 80's focused more on instant gains and performance, often overlooking their long term careers.

In many cases, foundation work, relaxation techniques, and the holistic approach were either set aside or totally ignored.

This attitude of 'win at any cost' was a result of the fierce competition of Eastern Bloc and Western athletes in the Olympic arena. Most athletes in the Western world did not have the same training advantages of their Eastern Bloc counterparts. Eastern Bloc athletes were totally subsidized by their government, whereas Western athletes trained while holding down jobs and seeking sponsors to defray the enormous expenses of traveling, training and medical support.

There grew a deep frustration with athletes of the West and they felt they need to do whatever they could just to keep up with the Eastern Bloc. The ongoing rumor was that the Eastern Bloc had some great secret that enabled their athletes to excel at whatever sport they were involved in. Many athletes appeared on the scene for only a short while, before the abuses to their bodies began to take its toll.

Drug use became rampant, but not only in professional sports, as it trickled down into universities and high schools.

The medical profession in the West made the mistake of stating in their PDR (Physicians Desk Reference) that anabolic drugs were erroneously thought to enhance athletic performance. Many athletes knew this to be untrue and lost faith in the medical profession. They began to dose themselves with drugs without being fully aware of the effects and consequences of drug use.

The collapse of the Communist countries revealed that there was really no great secret to their training. These countries, in trying to

style of maintaining their youth through working out. This brought about the birth of a new type of physician, the Sports Medicine Specialist.

The medical establishment has now taken a great interest in working to improve the quality of the individual's life and aid in increasing an athlete's performance.

The goal is not to prescribe drugs, but to take a holistic approach, through proper diet, exercise and safe nutritional supplements. According to Dr. Dan Rudman, the nation's leading researcher in the field of gerontology, a variety of resistance exercises and proper diet provide 80% of the battle on fighting loss of bone mass as we age. Dr. Rudman concludes that proper exercise and diet will help increase metabolism, keeping an individual leaner and feeling younger longer.

The nutrition industry has come along way since the 70's. Today, supplements are more effective than ever before. The medical establishment is currently performing long awaited research in the field of nutrition and maximum human performance. Due to the studies now being conducted, athletes and coaches are discovering new and more effective training and recovery methods. Athletes are now seeking the ultimate in performance regardless of the sport that they compete in but with a new emphasis. The new focus is on avoiding the long and short term effects of performance enhancing drugs in exchange for health and longevity.

Power Excel/Fitness for Life has been devoting its interest in exploring all aspects of making human achievement the natural way. We work with the best nutritional supplements, nutrition programs, and provide a total approach to training through recovery and relaxation techniques, foundation and peaking cycles.

Stay tuned to coming issues of Powerlifting USA. We will detail the most recent research and information in this exciting field of life extension and athletic performance.



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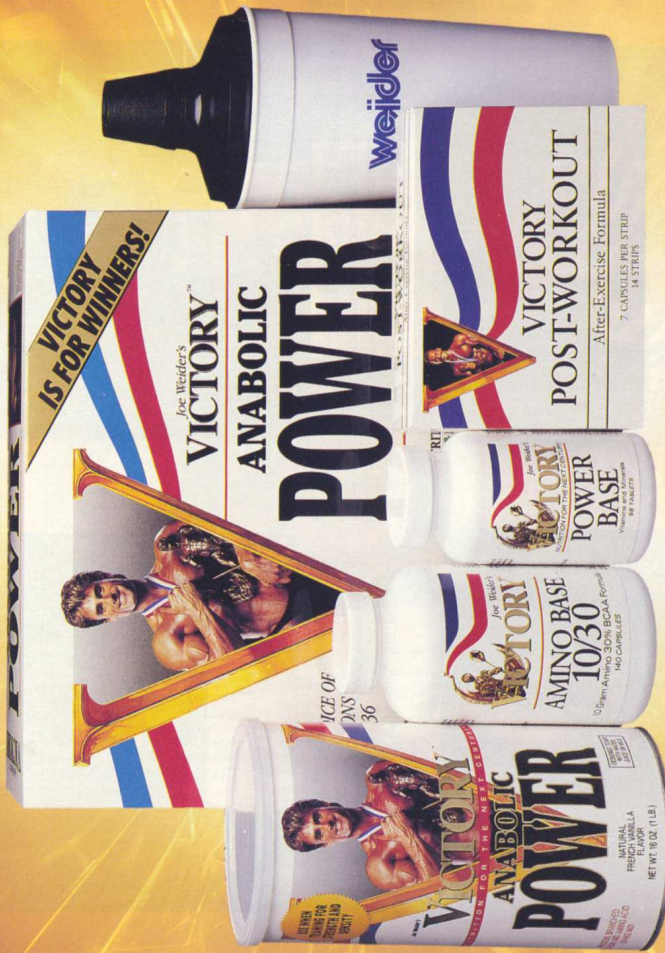
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Titan Victor, Centurion, and Dual Quads Available

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HOW TO PUT MORE POWER BEHIND EACH LIFT.



Joe Weider's Victory™ Power kit was designed especially for power training. We matched up four scientifically advanced formulas to give you rock-solid nutritional support specifically for these explosive workouts.

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Victory Power Nutrient-Dense Shake Mix, packed with the highest quality protein available plus branched-chain amino acids, dibenzoyl, chromium polynicotinate, inosine and other nutritional performance factors and workout fuels.

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Victory Power Base, a blend of 38 biochemically crucial vitamins, minerals, trace elements and coenzymes including chromium, gamma oryzanol, inosine, Siberian ginseng and boron.

Victory Post-Workout, L-methionine, L-tyrosine, EPA and DHA, medium chain triglycerides and more for that all important recovery phase of your training.

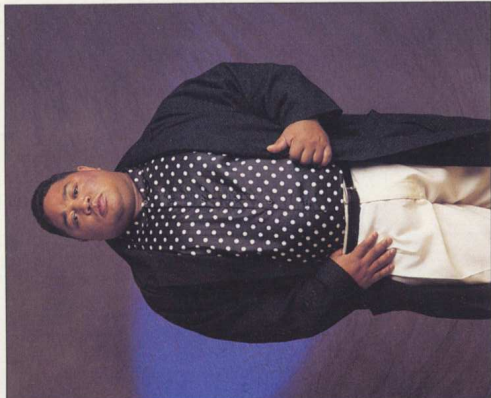
Plus a convenient shaker and Joe Weider's comprehensive Guide to Cycle Training.

It takes the best nutritional support to become a champion, it takes Victory!



As with all supplements, use of this product will not promote faster or greater muscular gains. This product is, however, a nutritious low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

POWER OFF THE PLATFORM.. Shawn Boyer of L A T O R was challenged to create an out-of-gym look that emphasized the powerful image of Anthony Clark (5'8", 330 pounds), but would not sacrifice fit or style. Here are the results. **POWERED PERFECTION!**



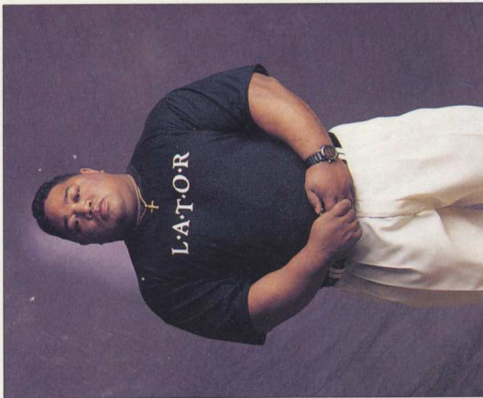
Who says Big Guys Can't Be Elegant? L A T O R makes it easy with this black cluster made with extra wide arm holes for massive upper biceps. The look is complete with double V pleat cotton blend off white slacks and classic button down European Taper Micro Fiber Shirt.



Leather That Fits Unbelievable! Black, leather tapered waist jacket is beyond bold... a perfect match for Anthony's competitive style. L A T O R has the right combination of strength and style. All photographs by Bruce Gates, 356 South Main St., Akron, Ohio 44311.



The Savage Cut of L A T O R's Zebra Print shirt brings out the **Animal in Anthony Clark!** Shawn also does designs for NBA players and for athletically built clients all around the world!!!



From Powerlifter to Power Dresser. Anthony is cool in his white logo designer t-shirt and double pleat gabardine slacks.

Designer Shawn Boyer says **'Now that you have seen what I can do for Anthony, imagine what I can do for you!'** L A T O R's goals are to add power clothes to your power lifestyle. Call us, Design Direct, 216-455-4701, or write for catalog, 800 Savannah Ave. N.E., Canton, Ohio 44704. **ORDERS ONLY CALL - 800-388-9654 - ORDERS ONLY**

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Cleanze™

Steroids can cause severe damage to the various systems of the body. Now there's a complete program for revitalizing the body and protecting it from steroid abuse. CLEANZE was developed by renowned steroid expert, Dr. Clifford Aneshkin, and is the only natural program currently available for steroid abuse. Each kit comes complete with a full instruction manual.

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Smilax-Yohimbe™

Various herbs and plants are reputed to enhance hormone production in the body. Two of the best are Smilax from the Sarsaparilla plant and Yohimbe from the bark. Now we've blended these two great factors into a powerful liquid sublingual. Taken together, they work much better than alone. In a bottle today!

1 oz. for \$15.95



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Recently, sports nutrition researchers have claimed that certain amino acids such as Arginine and Ornithine may actually increase the natural release of growth hormone. HORMOPLEX GH is loaded with these powerful amino acids as well as the additional co-factors — Pinitular, Hypothalamus, Vitamin C, and Vitamin B-6. No GH-releaser gives you more.

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If you've built good muscle size and shape but just can't bring out the cuts, look no further. RAZOR CUTS has become the definition pill of choice among top bodybuilders. It's loaded with powerful, all-natural ingredients which go to work immediately, stripping your body of that smooth look. RAZOR CUTS really work!

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<input type="checkbox"/>	1 oz. Smilax-Yohimbe	\$15.95	\$15.95
<input type="checkbox"/>	90's Exsterol	\$19.95	\$19.95
<input type="checkbox"/>	30 Day Supply Super Trainer Pacs	\$29.95	\$29.95
<input type="checkbox"/>	90's Hormoplex GH	\$18.95	\$18.95
<input type="checkbox"/>	120's Razor Cuts	\$16.95	\$16.95
Subtotal		\$199.65	\$199.65
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POWER PROFILE

Hear that noise? That thundering crash reverberating across the valley? That's the sound of something different. Something different and big and powerful and exciting! Something new has just sprung up in the Valley! That's right!

Something brand new. See it over there, towering above everything and everyone else. See the shadow, hands on hips, legs spread wide? That's him all right!

No, he isn't green and there is probably a very good reason for that. You see, this valley isn't the valley of the Jolly "Green" Giant. ...

I'm talking about belongs to Rich Rosas, the jolly "Clean" Giant! You don't believe in giants? They don't exist, green or otherwise? Besides, you don't believe in anything you haven't seen!

Well, take a look at this! This giant has a name and a body as big as the valley he comes from. Still don't believe? Still not sure? Still not sure he's a "giant"? Well, why don't you try these statistics on for size and see if they don't change your thinking a bit. Rich stands six (6) feet tall in height, weighs in at a colossal three hundred and ninety (390) pounds, and has a twenty-four (24) inch neck. His arms are twenty three and three quarter (23 3/4) inches around and his forearms are

almost as massive as an even twenty (20) inches around! His chest measures just two inches short of his height at an astounding seventy (70) inches and his waist is a dainty fifty (50) inches in circumference. Rich supports this mighty bulk on two thirty-six (36) inch thighs and is still growing. You see, he's still a relatively young giant at the tender age of twenty four!

You're still not sure? Size alone does not a giant make! You saw a giant needs to be strong as well as just big. Somehow, I thought you would say that!

Rich Rosas is not only big, he's strong as well. How strong? Very strong! Strong enough to hold the National Athlete Strength Association Drug Free Bench Press record at 578.5 pounds. And strong enough to have posted a best bench to date of 600.7 pounds overall.

He's single minded of purpose and "serious as a heart attack" about achieving his goal to become the strongest drug free bench in the world by capturing the world title with a bench of 635 pounds at the upcoming NASA sponsored Natural Nationals, March 5-8th, 1992, Oklahoma City, Oklahoma.

joined together to form an organization called Pure Powered Athletes. PPA promotes and supports drug free sporting events of all kinds and is currently presenting seminars and clinics at high schools and colleges throughout the area on why you should and how you can ... just say NO to drugs!

Rich is as quiet as he is big, perhaps that's why so many people listen to him when he finally does speak. He is both focused and determined to achieve the best he is capable of without cheating and that means drug free competition. His philosophy of life, both on the platform or in the gym, is simple enough too; whatever comes down, must go back up again!

That seems to be a pretty sound approach to life for any giant as single minded of purpose as Rich Rosas. Certainly, the kind of a philosophy that can propel one toward a world record.

Giants, Titans. They will all come together in Oklahoma City at the Natural Nationals and our "genie" gym. Almost any evening and every week end you can find Rich and his team makes working out at Mapes Gym (The logo for Mapes Gym is appropriately enough a huge ape, hence the nickname Mapes Apes seems to fit many of the powerlifters there all too well).

A number of these athletes have joined together to form an organization called Pure Powered Athletes. PPA promotes and supports drug free sporting events of all kinds and is currently presenting seminars and clinics at high schools and colleges throughout the area on why you should and how you can ... just say NO to drugs!

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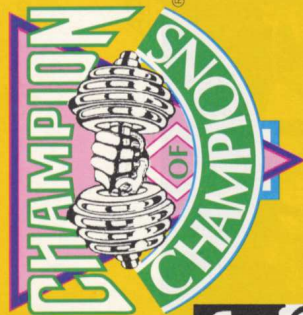
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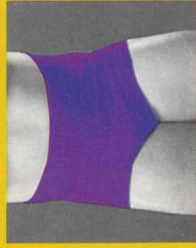
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T-shirts are available with the above logo. M-L-XL-XXL \$13.00

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The Jolly "Clean" Giant is Rich Rosas, who is rapidly climbing to the highest ranks of drug free bench pressing. (photo courtesy Andy Meyer)

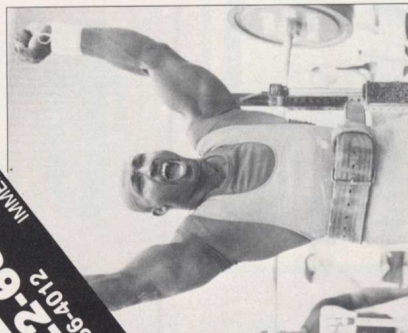
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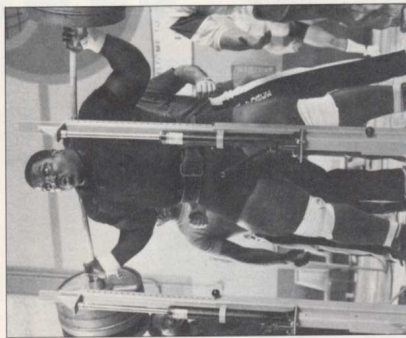


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The Marathon Detailed Catalog of Nutritional Product Information

On the following pages you'll find an array of powerful, natural, and safe products that will assist you greatly in making the kind of progress you want in your strength training and muscle-building routines. These products have been specifically designed to deliver key nutrients in the ideal nutritional balance to help you achieve your goals.

In a day and age when confusion runs rampant in the sports nutrition market, Marathon Nutrition is proud to offer you a clear picture of the various nutritional categories and what each product will help you accomplish. To assist you in arriving at a program we've divided the sports nutritional supplements into three categories:

1. THE AMINOS Often called nature's perfect muscle foods, aminos help your body achieve the positive nitrogen balance so necessary for muscle building and tissue repair. Therefore, these powerful nutrients will help you increase strength and lean muscle mass. For best results, take your aminos throughout the day and especially within two hours following your workout.

2. PERFORMANCE ENHANCERS are fast-acting nutrients designed to be taken before your workout. When taken one to two hours prior to your workout you can ensure yourself more productive, more efficient, more mentally intense training sessions. You'll do more reps, you'll handle more weight, and you'll have greater energy and endurance. And you'll recuperate faster. During intense or peak periods of training, they can also be taken on a daily basis to provide increased recuperation.

3. GROWTH ENHANCERS safely maximize the power of your body's growth chemistry. Unlike harmful chemicals, growth enhancers are designed to stimulate many nutritional functions that maximize your body's growth chemistry. They're safe and effective replacements for the harmful chemicals that many strength athletes have to resort to to be competitive. As such they are your number one natural alternative. They are ideally taken daily with meals or within a two-hour period following your workout.

Our main concern is to bring you the highest quality products (and we emphasize quality) so you can get the results you want. And all this at the best possible prices.

Please read the following pages carefully and make your product selections. For further help or assistance in making your selections or placing your order, call our toll-free number:

1-800-321-5064

We're here to give you the best service possible.

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Marathon

NUTRITION PRO-FITNESS® Series of Advanced Nutrients

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Introducing the Most Powerful Yohimbe Product Ever Developed: Marathon's FirePower!

As you probably know, yohimbe is one of the most desirable and powerful products used by powerlifters, bodybuilders, and serious athletes. It's recommended by sports nutritionists, lifters, and trainers for its powerful and natural result-producing effects.

To answer that demand, Marathon Nutrition introduces the most powerful yohimbe product ever developed. It's called FirePower™

What makes FirePower the most powerful yohimbe formula on the market today is not only that it uses a high potency of the purest form of yohimbe available, but—and this is very important—that it also uses three other plant extracts!

Sure, it's possible to find yohimbe in higher potencies. But don't get caught up in the potency race. What you want is results.

And by intelligently combining Yohimbe with Damiana, Saw Palmetto, and Sarsaparilla, we've made it a more powerful product. And you'll realize this almost immediately. We guarantee it.

Each of these plant extracts is very powerful on its own, but when combined in the proper ratios with yohimbe—as they are in FirePower—the effects will be far beyond what you've experienced in the past. Each capsule of FirePower contains (you really only need one to two capsules a day for even the toughest training regimen):

- 500 mg. of Pure Form Yohimbe Extract
- 250 mg. of Sarsaparilla
- 250 mg. of Damiana
- 250 mg. of Saw Palmetto

That's a total of 1250 mg. of the most powerful herbal activator combination ever put together in a capsule form that will naturally enhance your progress.

This product stands alone as the top yohimbe formulation on the market today.

Your satisfaction is 100% guaranteed with a 30-day full refund policy.

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GET ONE FREE
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With NutriBlast You Can Literally "Pump" Your Way To Greater Results! Just Two Pumps from Our Convenient Spray Bottle Gives You a Full Dosage of Five of the Most Powerful Natural Anabolic Supplements Available Today!



It's true! We've synergistically combined five of the most powerful anabolic supplements known in a specially concentrated liquid formula!

It's the most powerful formula of its kind on the market today! And all five ingredients are at full strength as if you bought each one separately. These are the natural nutrients that top powerlifters, bodybuilders, and serious athletes alike implement in their programs for greatest results.

Just take a look. Two pumps (1 c.c.) from the convenient spray bottle gives you:

- 400 mg. of Double Potency Smilax 30-Power Extract
- 400 mg. of Pure Form Yohimbe Extract
- 5 mg. of Boron
- 100 mg. of Transferulic Acid
- 100 mcg. of Chromium Picolinate

It's quite an array of full-strength natural anabolic enhancers in one supplement. Top powerlifters, bodybuilders, and serious athletes everywhere instantly recognize these ingredients as an important part of their training program.

And while each of these five nutrients is powerful on its own, when combined together in the proper ratios and potencies—as they are in NutriBlast—they'll help you naturally achieve your goals.

Plus, there's also a distinct economic advantage. These five nutrients will cost you a lot less when buying them in this combination. In fact, if you were to buy each of these ingredients individually, you'd spend at least twice as much! One of the added benefits of NutriBlast is that it can give you an energy boost.

No Droppers. No Hassle.

And NutriBlast is the easiest and most efficient supplement to use. It comes in a convenient pump spray bottle that totally eliminates the need for a dropper. Just two squirts under your tongue and you're on your way. No mess. No fuss. No hassle.

If you're not 100% satisfied with NutriBlast, simply return the unused portion within 30 days for a full refund.

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THE AMINOS

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Amino Supreme: The Specially Formulated 3-Way Amino Stack™
Scientifically Balanced for Greater Growth

When you work out hard you need to repair and rebuild muscle. And nothing does this better than Marathon's 3-Way Amino Stack—especially when taken within the critical two hour period after your workout. It will aid greatly in rebuilding muscle tissue.

But what makes this amino complex so unique and powerful is its composition. Let's take a look:

1. Branch-Chain Amino Acids: Over 27% (600 mg.) of each 2200 mg. tablet is devoted to the three branch chain amino acids (BCAAs)—Leucine, Isoleucine, and Valine—so important to your bodybuilding progress. Standard amino complexes typically contain only 5%-8% of these critical amino acids. In this formula you get more branch chain amino acids than ever.

2. The 17 Other Key Aminos: Part two consists of the 17 essential amino acids found in high-performance amino complexes to promote greater muscle growth.

3. The Aspartate Aminos: These often overlooked, but very powerful aminos—L-aspartic acid, magnesium l-aspartate, and potassium l-aspartate—help promote even greater results in exercising muscles.

All in all, the **Three-Way Amino Stack** is a powerful formulation that makes conventional amino complexes obsolete.

Every time you take a portion (5 tablets) you'll be getting 11,000 mg. of powerful aminos with over 27% BCAA content! Try **Marathon's Three-Way Amino Stack** today—the most effective and powerful amino complex available.

DEEP DISCOUNTS PLUS FREE GOODS
100 Tabs: (\$22.95) **NOW \$16.95**
250 Tabs: \$49.95 **PLUS 100 TABS FREE!**
500 Tabs: \$94.00 **PLUS 250 TABS FREE!**



3-Gram Amino Complex: The Highest Potency You Can Buy!

The potency leader in the amino complexes—nothing beats the 3-Gram Amino Complex for people who want the highest potency available. It's amazing! Each tablet of Marathon's mega-potency 3-Gram Amino Complex contains 3000 mg. of amino acids—including the three branch-chain aminos—and is guaranteed to have:

- A fast breakdown time for maximum utilization.
 - 20% more potency than ever thought possible.
- It's the highest potency amino acid complex you can buy. A five tablet portion provides you with 15,000 mg. (15 grams) of amino acids.

The powerful formula will help you build strength and muscle mass by rebuilding muscle tissue after intense workouts.

DEEP DISCOUNTS
100 Tabs (\$16.95) **NOW \$14.95**
250 Tabs (\$35.95) **NOW \$31.95**
500 Tabs (\$68.95) **NOW \$59.95**
1000 Tabs (\$134.00) **NOW \$112.00**

Amino Acid Power Caps: The Most Potent Amino Capsule Ever Developed! A Powerful Amino Blend in Capsule Form

If you prefer your aminos in capsule form, try **1500 mg. Power Caps**. It's the first mega potency amino acid available in capsule form, with up to 50% more potency than ever thought possible in a capsule. It contains the same powerful blend of aminos as our 3-Gram Tablet, but in capsule form!

Amino Acid Power Caps: Triple the standard potency at no increase in price.
100 Caps (\$14.95) **NOW \$12.95**
250 Caps (\$29.95) **NOW \$23.95**
500 Caps (\$56.95) **NOW \$46.95**



Shop by phone or mail & save!

FREE BONUS OFFER
See Order Form Page

GROWTH ENHANCERS

Boost Your Progress With Marathon's Double-Potency Smilax Officialis—The 100% Natural Nutrient That Serious Athletes Use Daily in Their Training and Competitive Programs

When you train hard, your body needs the right amount of your own *natural* testosterone to feed your muscles and make them grow.

Unfortunately, your normal supply of testosterone gets rapidly depleted after about 45 minutes of hard training. And the only way you'll consistently make significant gains in size and strength is if your testosterone levels are rapidly restored to their own naturally high levels.

You Can Be More Competitive!
Marathon's Double-Potency Smilax Officialis is one of the few 100% natural nutrients that powerlifters, bodybuilders, and other serious athletes use daily in their training and competitive programs, thereby allowing them to successfully train harder and longer and make greater progress than ever before.

Marathon Nutrition has probably the best Smilax on the market. Take a look...

- **Double Potency, 30-Power Extract** the highest concentration of Smilax you can buy—for the best results.
- **Sublingual Form** absorbed directly into your system and goes to work immediately.
- **Totally Natural** made from the highest concentration of natural plant extracts.
- **100% Safe** No harmful side-effects—just greater progress.
- **Convenience** Spray bottle eliminates the need for a dropper.

Incorporate **Marathon Nutrition's Double-Potency Smilax Officialis** into your program for greater progress.

BUY ONE FREE!
2-oz \$12.95 **2nd 2-oz. Bottle Free**
3-Bottle Pack (6 oz.) \$29.95
2nd 3-Bottle Pack Free



Powerful, Natural, and Safe!

WARNING: Not All Dibencozide Will Give You The Same Results!

Marathon's Dibencozide Supreme continues to be a powerful and effective contribution to many powerlifters' and strength athletes' training and competitive programs.

And if you want that special boost to make explosive gains, few things will help you more than dibencozide.

However, not all dibencozide is the same. It comes in different forms, and one form in particular beats all the other forms by a mile—giving you *much* better results for your money! It's **Marathon's Dibencozide Supreme** capsules.

Here's how to know the difference. Probably the *least* effective form of dibencozide is the "sublingual" form—a liquid or tablet that you place under your tongue. *Other* nutrients such as Smilax work well in sublingual form, but *not* dibencozide, because of its high molecular weight.

When you use the sublingual form, at least 30% of your dibencozide goes to waste! In addition, dibencozide is very unstable in liquid form. It deteriorates rapidly and loses its potency before you even get a chance to use it!

Capsules are the best way to take dibencozide, but not just *any* capsules. You need *stabilized-release* capsules to get the maximum results from your dibencozide. Here's why... Unless dibencozide passes through your stomach undisturbed and gets absorbed in your body's **upper intestinal tract**, most of it will go to waste.

The solution is Marathon Nutrition's Dibencozide Supreme—the original *stabilized-release* form of dibencozide. It's *guaranteed* to pass through your stomach intact and get absorbed in your upper intestinal tract. Because of this, thousands of powerlifters, bodybuilders, and strength athletes have come to rely on **Marathon's Dibencozide Supreme** for optimum results.

Dibencozide Supreme comes in 10 mg. capsules. It's dibencozide in its purest, strongest, and most correct form.

BUY ONE FREE!
50 caps \$34.95 **PLUS 50 CAPS FREE!**
100 caps \$59.95 **PLUS 100 CAPS FREE!**



Marathon NUTRITION PRO-FITNESS® Series of Advanced Nutrients

FOR FASTER SERVICE CALL TOLL FREE 1-800-321-5064 We accept checks, C.O.D.

Shop by phone or mail & save!

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See order form page

GROWTH ENHANCERS

Ongoing Tests and Studies Continue to Prove That This Essential Nutrient Will Help You Build Lean Muscle Mass and Increase Strength

From the first university tests done in Minnesota to current studies at Louisiana State University and other ongoing studies — continue to prove the effectiveness of the key ingredient in Chromo-Mass Supreme (chromium picolinate) in building lean muscle mass and strength!



Chromium picolinate demonstrated the ability to safely multiply the normal actions of insulin, your body's primary anabolic hormone!

You see, insulin promotes important anabolic effects and protein build-up in your skeletal muscles by...

- Improving the uptake of amino acids into your muscles!
- Enhancing protein synthesis by your body!
- Decreasing the breakdown of amino acids and extending their life in your body!

No wonder the athletes involved in one study gained an average of 5.69 pounds of lean muscle mass, while total body fat decreased by 22%.

The most efficient and powerful way to use chromium picolinate is with Marathon's **Chromo-Mass Supreme**. Each capsule contains the ideal dosage of 1200 mcg. of chromium picolinate—the highest potency available. Plus, the essential supporting nutrients glutathione (10 mg.) and niacin (10 mg.), which provide the necessary synergistic effect that guarantees you maximum utilization.

Not only is **Chromo Mass Supreme** effective on its own, but you can see the added value you'll get from your daily protein or amino acid intake. We guarantee the results or your money back.

BUY ONE GET ONE FREE
50 Caps (\$22.95) **NOW \$17.95**
100 Caps (\$39.95) **PLUS 100 FREE**
250 Caps (\$79.95) **PLUS 250 FREE**

Marathon
NUTRITION PRO-FITNESS®

Series of Advanced Nutrients

Human Research Study Shows 500-700% Greater GH Release When Using GH Supreme!

Highly advanced over other forms of natural GH releasers that are available on the market today, this particular formula — proven in European testing — has demonstrated great results.

As a matter of fact, this test demonstrated that the key ingredients in Marathon's **GH Supreme** can boost your growth hormone level by 500-700%—and keep it there for hours!



What The Study Showed

Each participant in the study was given arginine pyroglutamate with lysine hydrochloride (the key ingredients in **GH Supreme**) orally. Then they were tested an hour later, and it was discovered that the growth hormone levels in their blood had already increased as much as **700% above their "baseline" amount!** Surprisingly, the researchers found that GH levels were **still** as high as **300%** above baseline when tested **eight hours later!**

And as you probably know, increased GH levels will help you develop more lean muscle mass and burn fat!

Unlike other GH releaser formulas on the market today that use less expensive and untested forms of arginine, **Marathon's GH Supreme** contains arginine *pyroglutamate* in its purest form, combined with a proper proportion of lysine.

How to Use GH Supreme

Take one portion of **GH Supreme** prior to bedtime. In addition, many lifters use it prior to workouts.

Each portion (3 capsules) contains: 3000 mg. arginine pyroglutamate/lysine hydrochloride—at least **25% more potent than comparable formulas, but at great savings!** **GH Supreme** is a great asset to any training regimen.

DEEP DISCOUNTS PLUS FREE GOODS
90 Caps (\$29.95) **NOW \$24.95**
180 Caps \$49.95 **PLUS 90 Caps FREE**

Shop by phone or mail & save!

BONUS OFFER
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PERFORMANCE ENHANCERS

Lift More Weight, Do More Reps, and Recuperate Faster With Triple-Strength Pure-Form Inosine 1500 Mgi

Marathon's Triple-Strength Inosine turbo-charges your workouts for greater results!

And to achieve peak performance you should use it *every* time you work out. There's nothing like it for *instantly* improving your workouts.

You see, by taking Triple-Strength Inosine *one hour* before your workouts, you'll...

- Have an increased ability to handle heavier weights!
- Gain increased endurance for longer workouts. More reps. More sets.
- Achieve greater recuperation between sets, for more efficient workouts.
- Have greater and sustained muscle action.
- Gives you the ability to *recover much faster* between workouts than you are now! Greater recuperation = greater growth.

How Does Inosine Work?

Inosine *dramatically* increases your body's production of ATP (Adenosine Triphosphate) at the cellular level. ATP is the key element that gives muscles the capacity they need for increased performance.

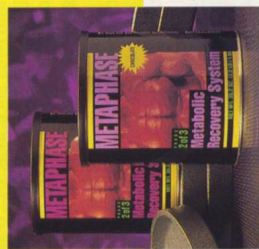
Without Inosine, your muscle cells are rapidly depleted of ATP when you work out. But if you have Inosine in there to help re-charge your cells with ATP, it acts as a "spark plug" for your muscles, enabling you to work harder. Thus you can go much further and get a lot more out of your workouts without using artificial stimulants!

Another exciting benefit of Inosine is its ability to speed up your *recovery* between sets, as well as increase your endurance *during* your workouts. It does this by helping your body transport oxygen more efficiently.

You can also benefit from Inosine if you have a hard time recovering between workouts. Just take one or two capsules of Inosine on a daily basis—even on days you *don't* work out—and you'll avoid that "run-down" feeling.

Triple-Strength Inosine

DEEP DISCOUNTS PLUS FREE GOODS
30 caps (\$11.95) **NOW \$9.95**
60 caps (\$19.95) **NOW \$16.95**
90 caps \$27.95 **PLUS 30 CAPS FREE**
180 caps \$49.94 **PLUS 60 CAPS FREE**



Metaphase: A Very Powerful Instant Drink Mix That Offers You Two Benefits for the Price of One

Let's get straight to the point. With the great variety of instant drink mixes available on the market today, there may be some confusion as to what to use.

Metaphase is a powerful, instant drink mix formula that cuts straight through all the confusion and rhetoric to give you the results you want.

Scientifically formulated to provide you with the nutrients most essential to increase recuperation and performance, Metaphase has been found highly successful by thousands of powerlifters and strength athletes.

By taking this drink prior to your workout, you'll ensure your body has the right type of fuel to feed your muscles and power you through the most grueling workouts. But that's just the beginning. By utilizing Metaphase within two hours after completing your training, you will increase your recuperation by as much as 67%. Increased recuperation is the key to progress.

What makes Metaphase so effective in accomplishing these two tasks is that we heavily loaded it with the essential nutrients most important for performance and recuperation. They are Succinates, Branching Glucose Polymers, and Medium-Chain Triglycerides. This is how they work.

#1) Succinates stimulate your body's main energy source up to twice normal levels, helping you tolerate heavy training loads more. In addition, it will reduce lactic acid buildup.

#2) Branching Glucose Polymers (BPGs) are highly efficient carbohydrates that enter muscles fast for maximum reloading of muscle glycogen, for extra energy and recuperation.

#3) Medium-Chain Triglycerides (MCTs) provide more than twice the energy of standard carbohydrates and are the preferred energy source for red muscle tissue (primarily located in the back of your legs and chest).

We've also incorporated a complete amino acid profile in the proper ratios to help you stabilize blood sugar levels during workouts, so you don't hit any "lows."

Metaphase is a unique, effective, and delicious instant drink that will help you perform your best. We also guarantee it. Available in plain or chocolate.

DEEP DISCOUNTS
2.2 lbs. (1 kg.) (Reg. \$24.95) **NOW \$19.95**

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USA

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**DRUG-FREE DOESN'T MEAN
SECOND BEST . . .**

**STERIOD
REPLACER PACS**

Not just another so-called steroid substitute!
It's not often that something comes out so new . . . so exciting . . . so revolutionary that it changes the direction of our sport. But that's precisely what has happened with **STERIOD REPLACER PACS!**



STERIODS
ARE
HISTORY!

long as you want. No highs and lows. Just steady progress.

Just read what Steve Downs, one of America's best natural bodybuilders, has to say about this product. "I've been lifting weights for a long time. . . and right from the start I made a commitment to do it naturally. But I knew as a natural bodybuilder and powerlifter, I would have to train smarter and rely heavily on good nutrition."

"A few years ago, I began using a product called **STERIOD REPLACER PACS** by National Health Products. Well, right from the start, I knew this was a special product. First of all, this product contains just about every bodybuilding nutrient in convenient packets. But even more importantly, using it brought me great results. Now I've made **STERIOD REPLACER PACS** a regular part of my training. If natural, drug-free weightlifting is your thing, then I highly recommend you do the same."

ORDER TOLL FREE

24 HOURS

1-800-537-7671

RUSH ORDER FORM

YES! I want to give **STERIOD REPLACER PACS** a try. Please send my order as described below:

— 30 day supply \$39.95 (plus \$5 postage and handling)

Check \$ _____ Total \$ _____

Card Number _____ Money Order _____ Mastercard _____ Visa _____

Expiration Date _____

ORDER TOLL FREE 1-800-537-7671 (24 hour service)

Name _____

Address _____

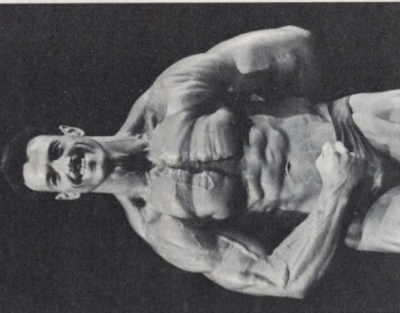
City _____ State _____ Zip _____

Phone _____

Mail to: NATIONAL HEALTH PRODUCTS

731 Kivimui Road, Orlando, FL 32811

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"STERIOD REPLACER PACS are great for natural bodybuilders like myself." —Steve Downs
US Nationals & Natural North America Class Winner

With **REPLACER PACS** and a sensible training program, your gains last. You can stay on **REPLACER PACS** as

**Nothing Compares With
Replacer Pacs**

Please, do not confuse **STERIOD REPLACER PACS** with other so-called steroid substitutes. They are not just another copy-cat product but the most unique blend of nutrients ever formulated for weightlifters.

DEALER INQUIRIES WELCOME

IMPORTANT NOTICE:

The product you are about to read about is not a drug nor is it intended to work as a drug. Instead, it is an all natural blend of specially selected dietary and food supplements which, when combined with a weight training program, will greatly benefit your training efforts.

Steroids are a menace to the sports of bodybuilding and weightlifting! They are dangerous and powerful drugs which can do great harm to the body. As more and more people come to realize this, they are looking for ways to build muscle and strength naturally. In fact, our research has shown that there are literally hundreds of thousands of natural weight trainers out there who choose never to use such drugs.

Should these people be forced to accept second best for their principle? Definitely not! We've observed your frustration and now bring you a supplement that's 10 years ahead of it's time. Fortunately, there are several nutritional factors which, when taken along with resistance exercise, will promote anabolism (growth) in the body. And best of all, this is done naturally and safely.

Our **REPLACER PACS** blend 60 of the most potent and proven muscle-building factors into convenient-to-take packets. They are truly state-of-the-art in sports nutrition.

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Reg. \$249.00 Sale \$179.00
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Patent Pending

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*3" Sq. Tubing
*Very Strong

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SPIDER BOWING MACHINE
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Great to protect your lower back, prevent injury, and Machine Clean and Arms.

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PROMPT SHIPMENT GUARANTEED
We guarantee prompt shipment of all equipment. Personal Check, Money Order or Credit Card. Personal Check allow two weeks for processing.

All equipment made of 2" Heavy Gauge Sq. Steel Tubing Painted with dark Grey Epoxy Powder Coating. All equipment is Heavy Duty, built to last.

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ECONO LAT/ROW MACHINE
Reg. \$249.00 Sale \$189.00
Heavy Duty Construction.
4000 lb. Test
Smart Pulleys.
Deluxe 4-1/2" Leg Supports.

LEG PRESS W/CATCH
Reg. \$349.00 Sale \$299.00
Patent not included.
Cushion Mounted on Heavy Rollers.

Very Smooth. Great for Legs.

WE BEAT ANYBODY'S PRICES

Message from the U.S.P.F. President

At a special teleconference of the USPF Executive Committee on 19 January 1992, I proposed that the Executive Committee publicly promote an agenda item for the National Committee in July which reads as follows: *The USPF will, after 1 February 1993, no long issue sanctions to meet directors unless there is a drug tested division offered. And, after the National Committee Meeting of 1993, the USPF will no long sanction untested powerlifting or untested single lift meets.*

Whereas I am aware that this agenda item will evoke strong sentiment on either side, it is my interest to hear from all lifters to learn your preference on this issue. It is also imperative that you let your State and Regional representative know how you feel on this subject. As most folks know, I have been working towards a unified sport of powerlifting in the US, I think that it is both necessary and an agreed sport of our top athletes recognized in the Olympics, and is essential for the improvement of our sport for the ordinary competitor. Please let your representatives know how you want them to vote on this issue.

Sincerely, *Jan W. Shenzou*, President, United States Powerlifting Federation, Post Office Box 389, Roy, Utah 84067, 1-800-835-5826

loaders and staff of Call's Gym. Finally, thanks to the lifters for making this a great meet. God bless all of us here and at all deadlifters. This meet was one of the biggest weightlifting tournaments held in the Herdman area in years. Lifters came from all over Pennsylvania, New Jersey and Rhode Island. I would like to thank Mark Calligaris, the owner of Call's Gym, who was the man responsible for the meet. I met top lifters Dave D'Amico, Mike Macri, Phil Gwynn, Mark and Page Becht, Mike Macri, Jerry Sullivan, John Farino and all the spotters,

Call's Valley Gym Meet
8 Dec 91 - Herkimer, NY

Bench	360
B. Granko Jr.	360
R. Langan	400
D. Wilson	400
J. McMiller	315
J. Granko	305
A. Davis	335
L. Dillard	335
W. Lyon	330
L. Schize	340
C. Byrnes	340
B. Spang	330
C. Sperrall	315
D. Christner	270
D. Lane	285
L. Duck	190
D. Wetman	240
T. Zahn	340
T. Williams	315
S. King	300
R. Egg	240
A. Davis	225
J. Madia	370
T. Lapolla	360
R. Lazzaracci	415
D. Christner	270
C. Byrnes	315
B. Lane	385
D. Wetman	240
T. Zahn	340
T. Williams	315
S. King	300
R. Egg	240
A. Davis	225
J. Madia	370
T. Lapolla	360
R. Lazzaracci	415
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B. Lane	385
D. Wetman	240
T. Zahn	340
T. Williams	315
S. King	300
R. Egg	240
A. Davis	225
J. Madia	370
T. Lapolla	360
R. Lazzaracci	415
D. Christner	270
C. Byrnes	315
B. Lane	385
D. Wetman	240
T. Zahn	340
T. Williams	315
S. King	300
R. Egg	240
A. Davis	225
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T. Williams	315
S. King	300
R. Egg	240
A. Davis	225
J. Madia	370
T. Lapolla	360

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NASA Florida Deadlift

25 Jan 92 - Ft. Charlotte, FL

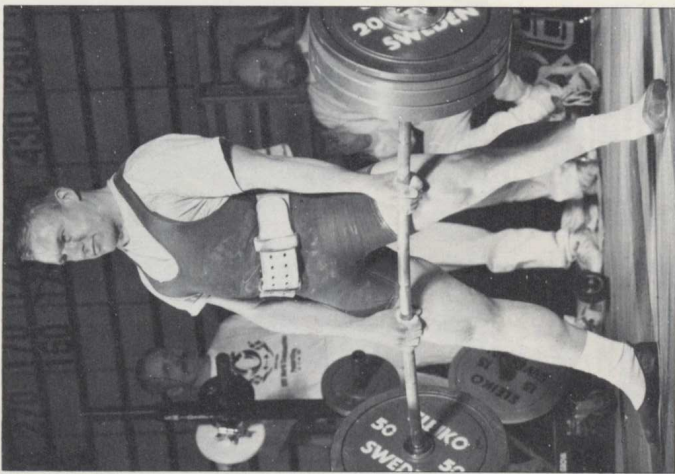
Women's Div.	E. Petermak	330
T. Minotte	R. Rowe	430
C. Frye	J. Cook	405
A. Davis	N. Clark	365
M. McCann	S. Schuch	325
H. Farrow	S. Tshonikidze	550
165	198	400
181	242	465
M. Yeater	P. Quartuccio	475
194	275	625
T. Williams	M. Reamy	625
114	198	
P. Stone	M. Meyers	465
D. Whitaker	P. Quartuccio	475
L. Behr	Spec. Olympics	165
A. Heredia	R. Buckley	255
E. Burke	P. Behr	360
S. Fiedler	D. Francois	310
J. Nelson	J. Brower	225
T. Nelson	J. Brower	225

APA 50th Anniversary of the Attack

on Dec/91 - Hammond, CT

Men's Div.	D. Altieri	290	123
J. Bryant	S. Hawkins	115**	
N. Wells	H. Donatum	140*	
198			
T. Cuomo	D. Badamo	60*	
S. Warren	T. Duffy	205	
242			
M. Willis	465	198	
275	Marzocco	305	220
K. Green	A. Best	170	

NEW IPF WORLD CHAMPIONS



By declaration of the IPF... Piet van Haaren of Holland (above), 181 lb. class, and Hans Zerhoch of Germany (below), SHW, are new World Champions for 1991, as a result of drug tests eliminating the previous title holders. The IPF announcement, in their Newsletter 1/92, was as follows: "DRUG TESTING 1991 WORLD POWERLIFTING CHAMPIONSHIPS. These lifters were found to be positive: H. Amason (ISL) - testosterone, A. Lekonev (URS) - diuretic, H. Liang (PRF) - diuretic. They are suspended from international competitions and records for three years, beginning November 13, 1991." 26 lifters, including van Haaren and Zerhoch, were tested and passed. USA lifters who were tested and passed include Sly Anderson, Dan Austin, George Herring, Kirk Kanowski, and David Ricks. The revised results, moved the USSR from 2nd to 4th in the team points competition, with Finland moving up to 2nd and the Netherlands up to 3rd place.



Central Valley Bench Press

7 Dec 91 - Fresno, CA

Women's Div.	165	181	320
T. Reba	181	320	250
P. Rodriguez	265	315	375
C. Smith	240	315	225
P. Wilson	345	330	198
M. Sperrling	185	265	495
133	181	320	430
L. Zapata	225	405	430
D. Villalona	225	405	300
S. Maldonado	225	405	300
D. Gonzales	300	360	555
J. Lloyd	160	260	260

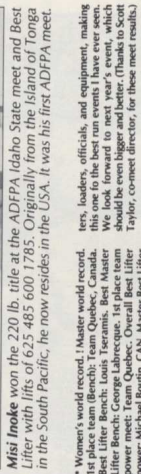
Green Mountain Open

4-5 Jan 92 - Sharon, VT

Bench Press	181	305	181	475
M. Wrecker	250	315	220	340
D. Medeiros	220	315	220	340
B. Smith	235	315	220	340
198	235	315	220	340
J. Smith	235	315	220	340
220	275	340	165	475
242	340	165	475	450
275	340	165	475	450
181	260	242	275	670
A. Kowalski	265*	242	275	670
T. Teen	365	275	670	670

POWER PEOPLE

Table with columns: AP/WPA/CPA CAN-AM Internat., 9 Nov 91 - Magog, Quebec, Canada. Lists names and scores for various categories like Teen, Young Men, Open, etc.



Miss Inoke won the 270 lb. title at the ADPFA Idaho State meet and Best Lifter with lifts of 625, 485, 600, 785. Originally from the Island of Tonga in the South Pacific, he now resides in the USA. It was his first ADPFA meet.

Women's world record. Master world record. In the best men events I have ever seen. We look forward to competing with you. Taylor, co-meet director, for these meet results.)

ADPFA Pennsylvania State 7/8 Dec - Clearfield, PA. Table with columns: Name, Age, Class, BP, DL, Total. Lists names like M. Nemet, J. Berggren, etc.

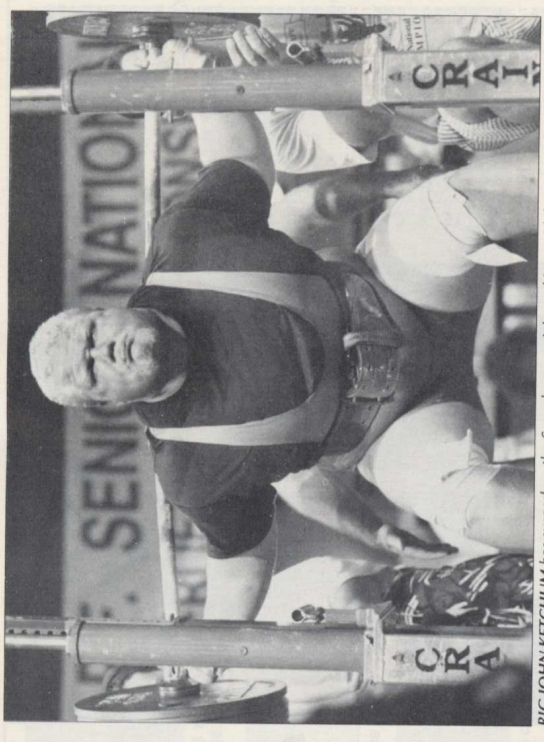
Application for Registration in UNITED STATES POWERLIFTING FEDERATION. Includes fields for name, address, phone, and checkboxes for membership status.

LCI 4th Annual USPF Meet 18 Jan 92 - Lima, OH. Table with columns: Name, SQ, BP, DL, Total. Lists names like S. Bianculli, J. Schork, etc.

Northwest Alabama Meet 25 Jan 92 - Vernon, AL. Table with columns: Name, Bench Press, Squat, Deadlift. Lists names like T. Andrews, E. Jones, etc.

APA-UBPF Second Class Bench 14 Dec 91 - Selma, CA. Table with columns: Name, Bench Press, Squat, Deadlift. Lists names like J. Lacy, R. Jordan, etc.

SOCC Squat Competition 29 Dec 91 - Lucasville, OH. Table with columns: Name, Bench Press, Squat, Deadlift. Lists names like Open, Oliver, etc.



BIG JOHN KETCHUM has surged up the Superheavyweight rankings with his guest lifter appearance at the LCI meet in Lima, OH, where he squatted 925, gave 1000 a good ride, and then totaled 2160 lbs.

WORLD CLASS ENTERPRISES PRESENTS GOING BEYOND. Advertisement for fitness products and services, including a list of items and their prices.

USPF Illinois State
1 Feb 92 - Mattoon, IL

Open	Men	DL	Total	
148	325	200	325 850	
J. King	165	340	150 340 830	
Schroeder	165	340	150 340 830	
Me	148	340	150 340 830	
Teen	285*	195*	315*	795*
Kebheimer	455*	245*	435*	1135*
G. Roberts	500*	315*	530*	1345*
B. Stuck	450	290	450	1190
148	380	240	460	1080
T. Lewis	625	360	625	1610
165	700	370	630	1700
165	700	370	630	1700
Schroeder	170	95	250	515
132	225	125	275	625
132	335	225	420	960
165	450	275	475	1200
K. Richardson	395	215	390	1000
S. Harmon	465	270	500	1235
M. Craig	405	320	460	1185
J. Schwabinger	405	320	460	1185
S. Parkhurst	385	150	225	760
165	405	320	450	1185
T. Stapleton	380	300	410	1090
R. Giergertch	330	215	425	970
Submaster	540	350	510	1400
165	525	300	555	1380
B. Wikker	485	275	425	1185
M. Waddell	485	275	425	1185
165	485	275	425	1185
K. Pickens				



Best Lifter in the lighter division, USPF Illinois State Meet - Joe Denton.

181	420	280	510	1210
D. Galloway	340	225	385	950
242	340	245	375	960
L. Aurio	540	315	510	1365
Open	540	315	510	1365
165	415	295	440	1150
J. Denton BL	375	225	430	1030
148	425	320	440	1185
M. Helgeson	600	280	515	1395
165	600	280	515	1395
W. Wessels BL	625	450	675	1800
165	625	450	675	1800
C. Gordon				

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AGE	YR	SEX
DATE OF APPL	ZIP CODE	U.S. CITIZEN
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CLUB MEMBER	YES/NO	DATE OF CLUB YOU REPRESENT
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J. Herrman	535	345	560	1440
L. Webb	470	280	480	1230
242	680	420	710	1810
C. Koehnren	500	325	490	1315
B. Yates	550	430	565	1545
275	600	385	535	1520
L. Boyler	600	385	535	1520
SHW	600	385	535	1520
B. Uhlig				

Indiana teen records. Illinois state records. 43.50 kg. 1991 USA National Masters State Championships were held at the DeWaters Center with our largest turnout yet. With 50 competitors, and over 200 spectators, the day was an open division for out-of-state lifters, which totalled nine competitors. In the open women's division, Joy King (1991 USA National Masters Champion) took the 165 lb. open class. Schroeder was in her first contest after only a few months training in the 165 lb. open class. Division: Brian Kohbner, Glenn Roberts, and Brian Stuck set all new Indiana state teen marks. Tim Lewis took the 148 lb. open men's division. Tom Schick finally got his 625 deadlift after resolving his grip problems at 198. The final lifter in the open division was Rick King, who pulled 242 lb. in the 181 lb. class. Congratulations to all of those fine lifters. Congratulations to all of those fine lifters.

In the Illinois state division, we began with the teenage women who, who established all new state records. In the 114 lb. full meet, Karen DeWaters took the 114 lb. full meet, 123 lb. winner and 1991 National ANPPC champion Tracee Green took the 132 lb. Christy Phelps took the 148 lb. class. Two time ADPPA lifter, Judy Woodward took the women's division. Judy Woodward took the 165 lb. and in the master's division. Treva Jackson took the 181 lb. class. The men's teen division also saw some fine state marks. Kurt Richardson set all new state marks. In the 181 lb. class, he took the 181 lb. class. In the 181 lb. class, he took the 181 lb. class. In the 181 lb. class, he took the 181 lb. class.

The men's teen division also saw some fine state marks. Kurt Richardson set all new state marks. In the 181 lb. class, he took the 181 lb. class. In the 181 lb. class, he took the 181 lb. class. In the 181 lb. class, he took the 181 lb. class. In the 181 lb. class, he took the 181 lb. class.

In the 132 lb. open division, Joe Denton led the way with a big 1150 total, which also took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class.

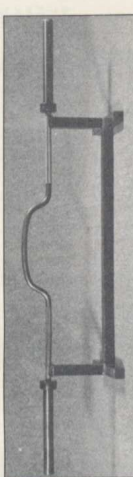
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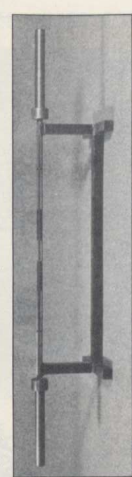
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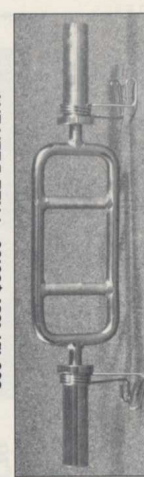
In the 132 lb. open division, Joe Denton led the way with a big 1150 total, which also took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class. In the 132 lb. class, he took the 132 lb. class.



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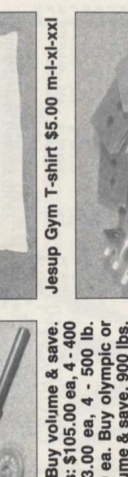
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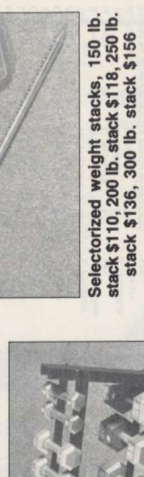
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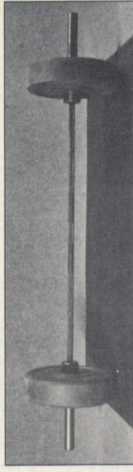
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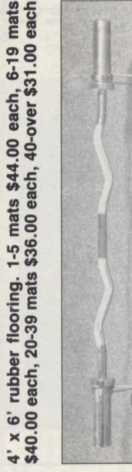
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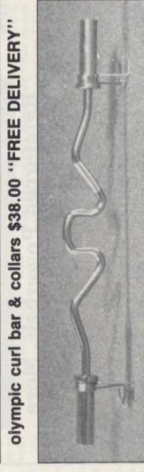
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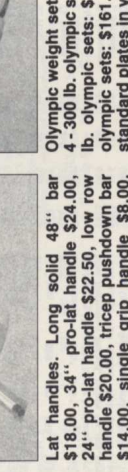
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25 Jan 92 - Melbourne, FL

Men's Open	425	250	450	1125	R. Frazzini	400	260	160	820	242
18-24	365	270	335	975	D. Schmidt	405	285	425	1115	F. Gaffney
25-34	325	200	420	945	L. Munson	340	260	375	975	J. Robinson
35-44	300	200	400	900	R. Opat	340	260	375	975	SHW
45-54	300	200	400	900	M. Anaya	330	175	400	905	C. Hernandez
55-64	300	200	400	900	M. Buchmeier	330	175	400	905	(M) Masters Lifter
65-74	300	200	400	900	M. Anaya	330	175	400	905	Head Judge
75-84	300	200	400	900	M. Anaya	330	175	400	905	Everett Lowery
85-94	300	200	400	900	M. Anaya	330	175	400	905	C. Leeper
95-104	300	200	400	900	M. Anaya	330	175	400	905	2nd place
105-114	300	200	400	900	M. Anaya	330	175	400	905	3rd place
115-124	300	200	400	900	M. Anaya	330	175	400	905	4th attempt
125-134	300	200	400	900	M. Anaya	330	175	400	905	5th attempt
135-144	300	200	400	900	M. Anaya	330	175	400	905	6th attempt
145-154	300	200	400	900	M. Anaya	330	175	400	905	7th attempt
155-164	300	200	400	900	M. Anaya	330	175	400	905	8th attempt
165-174	300	200	400	900	M. Anaya	330	175	400	905	9th attempt
175-184	300	200	400	900	M. Anaya	330	175	400	905	10th attempt
185-194	300	200	400	900	M. Anaya	330	175	400	905	11th attempt
195-204	300	200	400	900	M. Anaya	330	175	400	905	12th attempt
205-214	300	200	400	900	M. Anaya	330	175	400	905	13th attempt
215-224	300	200	400	900	M. Anaya	330	175	400	905	14th attempt
225-234	300	200	400	900	M. Anaya	330	175	400	905	15th attempt
235-244	300	200	400	900	M. Anaya	330	175	400	905	16th attempt
245-254	300	200	400	900	M. Anaya	330	175	400	905	17th attempt
255-264	300	200	400	900	M. Anaya	330	175	400	905	18th attempt
265-274	300	200	400	900	M. Anaya	330	175	400	905	19th attempt
275-284	300	200	400	900	M. Anaya	330	175	400	905	20th attempt
285-294	300	200	400	900	M. Anaya	330	175	400	905	21st attempt
295-304	300	200	400	900	M. Anaya	330	175	400	905	22nd attempt
305-314	300	200	400	900	M. Anaya	330	175	400	905	23rd attempt
315-324	300	200	400	900	M. Anaya	330	175	400	905	24th attempt
325-334	300	200	400	900	M. Anaya	330	175	400	905	25th attempt
335-344	300	200	400	900	M. Anaya	330	175	400	905	26th attempt
345-354	300	200	400	900	M. Anaya	330	175	400	905	27th attempt
355-364	300	200	400	900	M. Anaya	330	175	400	905	28th attempt
365-374	300	200	400	900	M. Anaya	330	175	400	905	29th attempt
375-384	300	200	400	900	M. Anaya	330	175	400	905	30th attempt
385-394	300	200	400	900	M. Anaya	330	175	400	905	31st attempt
395-404	300	200	400	900	M. Anaya	330	175	400	905	32nd attempt
405-414	300	200	400	900	M. Anaya	330	175	400	905	33rd attempt
415-424	300	200	400	900	M. Anaya	330	175	400	905	34th attempt
425-434	300	200	400	900	M. Anaya	330	175	400	905	35th attempt
435-444	300	200	400	900	M. Anaya	330	175	400	905	36th attempt
445-454	300	200	400	900	M. Anaya	330	175	400	905	37th attempt
455-464	300	200	400	900	M. Anaya	330	175	400	905	38th attempt
465-474	300	200	400	900	M. Anaya	330	175	400	905	39th attempt
475-484	300	200	400	900	M. Anaya	330	175	400	905	40th attempt
485-494	300	200	400	900	M. Anaya	330	175	400	905	41st attempt
495-504	300	200	400	900	M. Anaya	330	175	400	905	42nd attempt
505-514	300	200	400	900	M. Anaya	330	175	400	905	43rd attempt
515-524	300	200	400	900	M. Anaya	330	175	400	905	44th attempt
525-534	300	200	400	900	M. Anaya	330	175	400	905	45th attempt
535-544	300	200	400	900	M. Anaya	330	175	400	905	46th attempt
545-554	300	200	400	900	M. Anaya	330	175	400	905	47th attempt
555-564	300	200	400	900	M. Anaya	330	175	400	905	48th attempt
565-574	300	200	400	900	M. Anaya	330	175	400	905	49th attempt
575-584	300	200	400	900	M. Anaya	330	175	400	905	50th attempt
585-594	300	200	400	900	M. Anaya	330	175	400	905	51st attempt
595-604	300	200	400	900	M. Anaya	330	175	400	905	52nd attempt
605-614	300	200	400	900	M. Anaya	330	175	400	905	53rd attempt
615-624	300	200	400	900	M. Anaya	330	175	400	905	54th attempt
625-634	300	200	400	900	M. Anaya	330	175	400	905	55th attempt
635-644	300	200	400	900	M. Anaya	330	175	400	905	56th attempt
645-654	300	200	400	900	M. Anaya	330	175	400	905	57th attempt
655-664	300	200	400	900	M. Anaya	330	175	400	905	58th attempt
665-674	300	200	400	900	M. Anaya	330	175	400	905	59th attempt
675-684	300	200	400	900	M. Anaya	330	175	400	905	60th attempt
685-694	300	200	400	900	M. Anaya	330	175	400	905	61st attempt
695-704	300	200	400	900	M. Anaya	330	175	400	905	62nd attempt
705-714	300	200	400	900	M. Anaya	330	175	400	905	63rd attempt
715-724	300	200	400	900	M. Anaya	330	175	400	905	64th attempt
725-734	300	200	400	900	M. Anaya	330	175	400	905	65th attempt
735-744	300	200	400	900	M. Anaya	330	175	400	905	66th attempt
745-754	300	200	400	900	M. Anaya	330	175	400	905	67th attempt
755-764	300	200	400	900	M. Anaya	330	175	400	905	68th attempt
765-774	300	200	400	900	M. Anaya	330	175	400	905	69th attempt
775-784	300	200	400	900	M. Anaya	330	175	400	905	70th attempt
785-794	300	200	400	900	M. Anaya	330	175	400	905	71st attempt
795-804	300	200	400	900	M. Anaya	330	175	400	905	72nd attempt
805-814	300	200	400	900	M. Anaya	330	175	400	905	73rd attempt
815-824	300	200	400	900	M. Anaya	330	175	400	905	74th attempt
825-834	300	200	400	900	M. Anaya	330	175	400	905	75th attempt
835-844	300	200	400	900	M. Anaya	330	175	400	905	76th attempt
845-854	300	200	400	900	M. Anaya	330	175	400	905	77th attempt
855-864	300	200	400	900	M. Anaya	330	175	400	905	78th attempt
865-874	300	200	400	900	M. Anaya	330	175	400	905	79th attempt
875-884	300	200	400	900	M. Anaya	330	175	400	905	80th attempt
885-894	300	200	400	900	M. Anaya	330	175	400	905	81st attempt
895-904	300	200	400	900	M. Anaya	330	175	400	905	82nd attempt
905-914	300	200	400	900	M. Anaya	330	175	400	905	83rd attempt
915-924	300	200	400	900	M. Anaya	330	175	400	905	84th attempt
925-934	300	200	400	900	M. Anaya	330	175	400	905	85th attempt
935-944	300	200	400	900	M. Anaya	330	175	400	905	86th attempt
945-954	300	200	400	900	M. Anaya	330	175	400	905	87th attempt
955-964	300	200	400	900	M. Anaya	330	175	400	905	88th attempt
965-974	300	200	400	900	M. Anaya	330	175	400	905	89th attempt
975-984	300	200	400	900	M. Anaya	330	175	400	905	90th attempt
985-994	300	200	400	900	M. Anaya	330	175	400	905	91st attempt
995-1004	300	200	400	900	M. Anaya	330	175	400	905	92nd attempt

ADPPA Minnesota Junior State

19 Jan 92 - Bloomington, MN

Men's Open	250	290*	330	870	R. Whittington	200	145	300	645
18-24	240	280	320	840	C. Reyes	350	275	415	1120*
25-34	230	270	310	810	L. Vayquez	330	250	390	970
35-44	220	260	300	780	K. Drapeau	310	230	370	910
45-54	210	250	290						

POWER PEOPLE



Maj. Curtis Bradham USAF, 36, has made steady gains in his last 4 years of training. At the USPF Utah regional, he established new PRs in the squat (556) by 22 lbs., and the deadlift (607) by 48 lbs., in the 181 total (15-48) by 50 lbs., and in the sub-1 class, winning the open and 181 masters divisions as well as taking the Outstanding Lifter trophy. Also, at the 1991 Nellis AFB Bodybuilding Championships, he took every available category: 1st place Middleweight, 1st place over 35, 1st place overall, and Mr. Nellis. According to his friend and fellow competitor, the photograph, "1992 may well be the year that the powerlifting world wakes up and discovers there's a Curtis Bradham in their midst."

114	220	275	315	355	405	455	505	555	605	655	705	755	805	855	905	955	1005	1055	1105	1155	1205	1255	1305	1355	1405	1455	1505	1555	1605	1655	1705	1755	1805	1855	1905	1955	2005	2055	2105	2155	2205	2255	2305	2355	2405	2455	2505	2555	2605	2655	2705	2755	2805	2855	2905	2955	3005	3055	3105	3155	3205	3255	3305	3355	3405	3455	3505	3555	3605	3655	3705	3755	3805	3855	3905	3955	4005	4055	4105	4155	4205	4255	4305	4355	4405	4455	4505	4555	4605	4655	4705	4755	4805	4855	4905	4955	5005	5055	5105	5155	5205	5255	5305	5355	5405	5455	5505	5555	5605	5655	5705	5755	5805	5855	5905	5955	6005	6055	6105	6155	6205	6255	6305	6355	6405	6455	6505	6555	6605	6655	6705	6755	6805	6855	6905	6955	7005	7055	7105	7155	7205	7255	7305	7355	7405	7455	7505	7555	7605	7655	7705	7755	7805	7855	7905	7955	8005	8055	8105	8155	8205	8255	8305	8355	8405	8455	8505	8555	8605	8655	8705	8755	8805	8855	8905	8955	9005	9055	9105	9155	9205	9255	9305	9355	9405	9455	9505	9555	9605	9655	9705	9755	9805	9855	9905	9955	10005																																																																																																																																																																																																						
Harrison	52.5	197.5	220	245	270	295	320	345	370	395	420	445	470	495	520	545	570	595	620	645	670	695	720	745	770	795	820	845	870	895	920	945	970	995	1020	1045	1070	1095	1120	1145	1170	1195	1220	1245	1270	1295	1320	1345	1370	1395	1420	1445	1470	1495	1520	1545	1570	1595	1620	1645	1670	1695	1720	1745	1770	1795	1820	1845	1870	1895	1920	1945	1970	1995	2020	2045	2070	2095	2120	2145	2170	2195	2220	2245	2270	2295	2320	2345	2370	2395	2420	2445	2470	2495	2520	2545	2570	2595	2620	2645	2670	2695	2720	2745	2770	2795	2820	2845	2870	2895	2920	2945	2970	2995	3020	3045	3070	3095	3120	3145	3170	3195	3220	3245	3270	3295	3320	3345	3370	3395	3420	3445	3470	3495	3520	3545	3570	3595	3620	3645	3670	3695	3720	3745	3770	3795	3820	3845	3870	3895	3920	3945	3970	3995	4020	4045	4070	4095	4120	4145	4170	4195	4220	4245	4270	4295	4320	4345	4370	4395	4420	4445	4470	4495	4520	4545	4570	4595	4620	4645	4670	4695	4720	4745	4770	4795	4820	4845	4870	4895	4920	4945	4970	4995	5020	5045	5070	5095	5120	5145	5170	5195	5220	5245	5270	5295	5320	5345	5370	5395	5420	5445	5470	5495	5520	5545	5570	5595	5620	5645	5670	5695	5720	5745	5770	5795	5820	5845	5870	5895	5920	5945	5970	5995	6020	6045	6070	6095	6120	6145	6170	6195	6220	6245	6270	6295	6320	6345	6370	6395	6420	6445	6470	6495	6520	6545	6570	6595	6620	6645	6670	6695	6720	6745	6770	6795	6820	6845	6870	6895	6920	6945	6970	6995	7020	7045	7070	7095	7120	7145	7170	7195	7220	7245	7270	7295	7320	7345	7370	7395	7420	7445	7470	7495	7520	7545	7570	7595	7620	7645	7670	7695	7720	7745	7770	7795	7820	7845	7870	7895	7920	7945	7970	7995	8020	8045	8070	8095	8120	8145	8170	8195	8220	8245	8270	8295	8320	8345	8370	8395	8420	8445	8470	8495	8520	8545	8570	8595	8620	8645	8670	8695	8720	8745	8770	8795	8820	8845	8870	8895	8920	8945	8970	8995	9020	9045	9070	9095	9120	9145	9170	9195	9220	9245	9270	9295	9320	9345	9370	9395	9420	9445	9470	9495	9520	9545	9570	9595	9620	9645	9670	9695	9720	9745	9770	9795	9820	9845	9870	9895	9920	9945	9970	9995	10005

NASA New Mexico Classic
25 Jan 92 - Roswell, NM (kg)
Total
85 50 102.5 237.5
107.5 47.5 102.5 257.5
67.5 37.5 72.5 177.5

NASA Texas State
25,26 Jan 92 - Dallas, TX (kg)
Total
190 137.5 182.5 510
262.5 152.5 245 665
250 160 210 620

3rd Whaling City Open Deadlift
19 Jan 92 - New London, CT
Total
165 117.5 187.5 470
190 137.5 182.5 510
262.5 152.5 245 665
250 160 210 620

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(article continued from page 24)

During the in season when I'm close to a meet I usually cut down on my sets, do a low number of repetitions and increase the weight being lifted on a weekly basis for a two month period. For example, squats are performed for 8 sets and no more than 3 reps in each of the last 3 sets. Bench presses are performed 7 sets and no more than 3 reps in each of the last 4 sets and the deadlifts are performed for 8 sets and no more than 3 reps in each of the last 5 sets. I never do more than 6 reps in a set or lift past my maximum weight when I'm close to a meet. I usually lift slightly (about .5%) below my personal best couple of weeks before a competition. I tend to cut out heavy aerobic activity a couple of months before a meet, because I have found through experience that I lose strength in my legs if I run too much.

BOB: What advice would you have for beginners?

SHANNON: The beginners should start off doing many different exercises for all parts of the body using a moderate amount of sets, reps, and weight. I think beginners should train this way for about 3 months in order to achieve a solid overall strength base for the body before doing any heavy lifting. Although the ADFFPA has made it possible for the beginner to enter his first meet, I feel he should train at least 6 months before he enters his first meet in order to be really competitive. The new nutrition supplements work great for the novice lifter.

BOB: Who are some of those in powerlifting you admire?

SHANNON: I think Jesus for giving me my good natural strength and physique. I'm grateful for an organization like the ADFFPA that sanctions drug free meets for natural lifters like myself. I respect and admire all the lifters and officials in the organization and consider them to be among the best in the world. I also admire Powerlifting USA, and I think them for allowing me to share my views.

BOB: What about other interests?

SHANNON: I enjoy reading, visiting museums and galleries, listening in on various lectures and doing different kinds of outdoor activities.

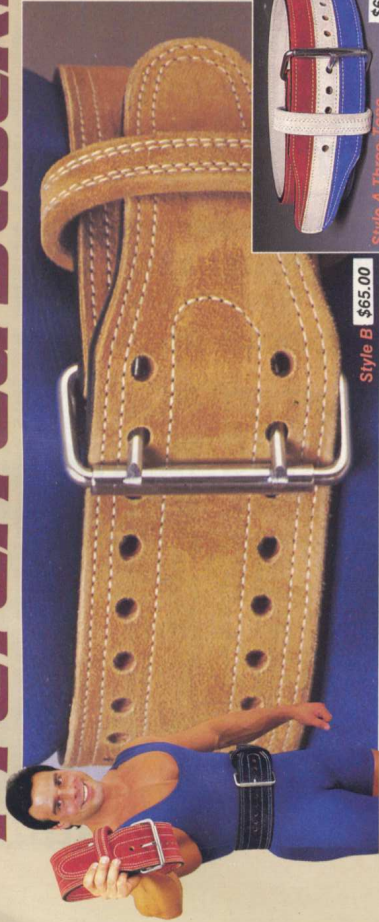
BOB: Are there any other comments you would like to make?

SHANNON: I live a well balanced life and enjoy striving for excellence mentally, physically, and spiritually. Drug free powerlifting is a chosen part of that physical balance I strive for.

USPF Louisiana State
4 Jan 92 - Alexandria, LA

114 class	SQ	BP	DL	Total
T. Smith	435	235	410	1080
T. Smith	455	240	420	1115
J. Mann	625	210	355	850
W. Hooper	625	330	485	1440
D. Holland	460	240	465	1165
D. Walters	315	245	350	910
165 class	115	85	215	415
D. Courville	515	285	475	1275
J. Woodman	420	285	465	1170
181 class	200	165	290	655
615 class	615	365	620	1600
T. Brinkley	485	325	515	1325
D. Bunker	440	310	500	1250
C. Gregory	380	290	500	1170
198 class	380	290	500	1170
C. DeFousselle	630	375	650	1655
M. Williams	570	360	630	1560
R. Miles	570	360	630	1560
C. Sandau	560	340	620	1520
T. Madden	550	330	610	1490
C. Banks	520	300	580	1400
M. Hain	490	275	555	1320
L. Hall	275	165	310	750
220 class	705	440	675	1820
P. Douglas	555	340	560	1455
P. Purkey	485	340	535	1360
C. Banks	520	300	580	1400
Z. Martinez	500	290	500	1290
J. Graham	750	360	670	1780
D. Johnson	605	475	650	1730
C. O'Toole	630	410	670	1710
P. Bercey	115	70	140	335
165 class	115	70	140	335
B. Raca	515	300	490	1305
S. Marchand	535	245	420	1200
M. Roybal	315	200	305	860
181 class	425	290	535	1250
R. Grant	485	275	565	1325
198 class	485	275	565	1325
C. Underwood	475	305	625	1405
148 class	260	120	250	630
D. Alexander	205	100	240	540
S. Johnson	170	95	220	485
123 class	200	100	240	540
L. Harrison	205	100	300	605
L. Brown	195	175	310	680
G. Brown	225	135	275	635
L. Davis	245	110	290	645
K. Garrett	515	285	475	1275
M. Courville	405	260	440	1105
W. Callihan	380	240	420	1040
A. Tors	350	200	335	885
198 class	585	335	500	1420
J. Ayala	500	305	450	1255
220 class	465	245	475	1185
R. Johnson	485	340	535	1360
D. Purkey	400	370	420	1190
J. Hernandez	400	370	420	1190
W. Low	375	225	450	1050
W. Bunch	315	250	380	945
W. Stasi	270	215	345	830
M. Tidwell	570	385	520	1475
H. Lemoine	450	270	350	1070
H. Hernandez	400	370	420	1190
D. Hernandez	400	370	420	1190
W. Bunch	375	225	450	1050
W. Bunch	315	250	380	945
W. Stasi	270	215	345	830
M. Tidwell	570	385	520	1475
H. Lemoine	450	270	350	1070
H. Hernandez	400	370	420	1190
D. Hernandez	400	370	420	1190
W. Bunch	375	225	450	1050
W. Bunch	315	250	380	945
W. Stasi	270	215	345	830
M. Tidwell	570	385	520	1475
H. Lemoine	450	270	350	1070
H. Hernandez	400	370	420	1190
D. Hernandez	400	370	420	1190
W. Bunch	375	225	450	1050
W. Bunch	315	250	380	945
W. Stasi	270	215	345	830
M. Tidwell	570	385	520	1475
H. Lemoine	450	270	350	1070
H. Hernandez	400	370	420	1190
D. Hernandez	400	370	420	1190
W. Bunch	375	225	450	1050
W. Bunch	315			

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- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

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Style C Double thickness smooth leather. Available in single or double prong. \$65.00

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Three-Tone Belt Any two colors. Style A & B only. \$65.00

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

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Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

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PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
Shipping					\$4.00
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Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer
Owner

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