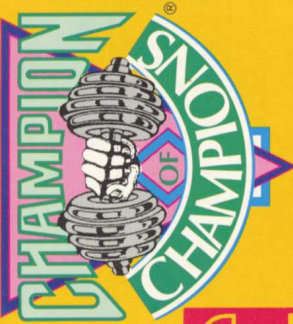


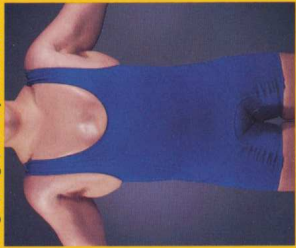
POWERLIFTING



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

Now, a full line of Champion of Champions apparel for today's smart Power Lifters and Body Builders. Our wide variety of belts, suits, briefs and wraps are smartly designed for maximum wearability and made with the finest of materials. Guaranteeing you the utmost in style, safety and all of the function that you've come to expect from Pacifico Enterprises.

Put Pacifico Powerful apparel to work for you during your next workout and train like a PRO! When ordering send us your height, weight, thigh, and hip measurements.



The Centurion - (1,000 lb Squat Suit - Patent # 5,046,194). Of the many brands of suits out in the powerlifting world, only one suit has ever been unique enough to earn a U.S. Patent...The Centurion harness design offers a unique support system so revolutionary that it has produced gains of 15 to 60 lbs over what conventional suits give.

And we back the Centurion with the strongest performance guarantee in the lifting world!

Colors: Navy Blue, Royal Blue & Burgundy. Combination colors available (legal in all organizations)

Centurion-\$60.00 Also available in Custom Tailored Dual Quad-\$75.00



Style A - Double Thick with 6 rows of stitching. Available in any combination of three colors\$65.00



Style A - Double Thick with 6 rows of stitching. Available in any one, two or three color combination\$65.00



Style B - Double thickness with 4 rows of stitching. Available in any one or two color combination\$55.00



Style A - Double thickness with 6 rows of stitching. Available in any combination of two or three colors\$65.00



Style C - Double thickness tapered belt with 4 rows of stitching. Available in any one or two color combination\$44.00



Style D - Single thickness tapered belt with 2 rows of stitching. Available in any color\$34.00



Style E - Single thick, solid leather style designed as a training belt.\$21.00

Call to ask about colors available that are not shown.



NEW Radial Redline Wrap - We tried to make it stronger but couldn't. This is the number one wrap in the world. One pair \$15.00/Two pair \$25.00



Redline Wrist Wrap (Velcro) - Comfortable elastic with convenient thumb loop and velcro fasteners. One pair \$6.00/Two pair \$15.00



Chalk - 8 - 2 ounce blocks\$10.00



Hand Straps - Our new hand straps are made of canvas strap and comes in two sizes (measure fist), 10" or 11". \$6.00 each/Two pair \$11.00



Guarantee one week delivery

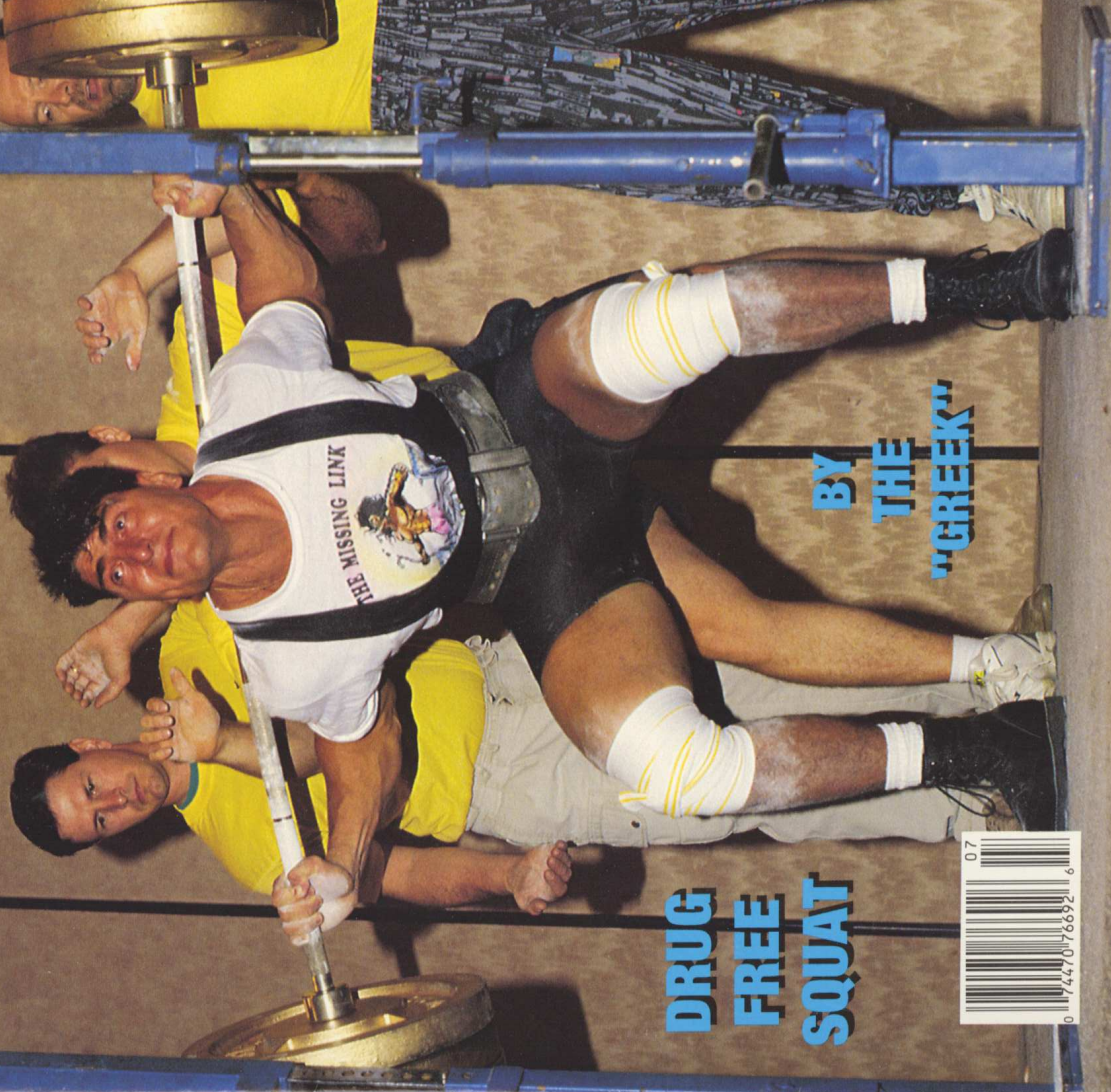


2062 Republic Drive, Dayton, Ohio 45414

To Order Use Order Form on Page 43 or Call 1-800-392-5496

POWERLIFTING USA

VOL.15 NO.12 JUL/92 \$3.50



DRUG FREE SQUAT

BY THE "GREEK"



Powerlifting USA
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
Graphics/Layout In Joo Lambert
Statistician Herb Glassbrenner
Publisher Mike Lambert

'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport this is their magazine.'

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$26.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.\$26.95
USA addresses, 2 yr.\$49.95
First Class Mail, USA, 1 yr.\$48.00
Outside USA, surface mail ..\$36.00
US Outside USA, air mail ..\$72.00 US

Telephone Orders
Subscription Problems
Call 805-482-2378

POWERLIFTING USA advertising rates available upon your request.

TABLE OF CONTENTS

- Volume 15, Number 12, July 1992 -

USPF JUNIOR NATIONALS.....Greg Kostas.....6
ALL TIME TOP 100 220s.....Herb Glassbrenner.....10
THE TEST.....Andrea Sortwell.....8
ELASTIC MUSCLEENERGY.....Thomas Fahy Ed.D.....11
TOP 100 242 LB. CLASS.....E. Jean Lambert.....12
JACK POINDEXTER PROFILE.....Vada Crosby.....16
WORKOUT OF THE MONTH.....Chris Siapanides.....17
IRON GAME COLLECTIBLES.....Judd Biasiotto Ph.D.....18
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....20
EXPLORING TEMPO.....Doug Daniels.....21
AIDS & POWERLIFTING.....Brent Allen M.S.....24
TOM OVERHOLTZER PROFILE.....Dr. Ken Leistner.....26
SAUL SHOCKET INTERVIEW.....Bob Gaynor.....33
BETTER BE ABLE TO BACK IT UP.....Tony Kamand.....34
RESURGENCE OF GARY GUBNER.....Bruce Wilhelm.....36
DAWN SHARON - 1991.....Greg Reshel.....38
EUROPEAN CHAMPIONSHIPS.....Jari Tahtinen.....40
ADFFA LIFETIME NATIONALS.....Brian Washington.....44
HANNU SAARELAINEN TRIBUTE.....Mike Lambert.....55
NATIONAL MEET QUALIFYING TOTALS.....72
UNCLASSIFIED ADVERTISEMENTS.....78
COMING EVENTS.....Mike Lambert.....85
ADFFA TOP 20 LIGHTWEIGHTS.....E. Jean Lambert.....94

ON THE COVER... 1991 WDFPF World Champion Chris "The GREEK" Siapanides squatting at the 1991 ADFFA Nationals

Copyright 1992 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

YES! SIGN ME UP!
Check one:

- NEW
- RENEWAL
- Address Change
(indicate previous address)

\$26.95 for 12 monthly issues.
\$49.95 for 2 years (save 14.6%)

Payable to: Powerlifting USA,
Box 467, Camarillo, CA 93011

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____
Address _____
City _____ State _____ Zip _____

**John Ware
Knows
Strength
Training.**

- Head Strength Coach, Northeast Missouri State.
- Assistant Football Coach, Northeast Missouri State.
- Powerlifter Extraordinaire:

1,000 Lb. Squat
611 Lb. Bench
840 Lb. Dead Lift
2,427 TOTAL
(3rd largest total of all time)

"The SST (Safe Strength Trainer) is the ultimate in Strength Training Shoes. They're the shoes I use."

- JOHN WARE

MADE IN
USA

He Also Knows Strength Training Shoes.

safe usa
SAFE USA, INC., RTE. 4, CANNON FALLS, MINNESOTA 55009
1-800-344-4071

Titan Victor, Centurion, and Dual Quads Available
(PROFESSIONAL, COLLEGE, TEAM DISCOUNTS AVAILABLE)



Junior Nationals

1992 USPF Meet Report by Greg Kostas



Wade Hooper of Louisiana Tech with a 644 squat, winning the 148 lb. class and the Champion of Champion title for his region. Wade has been selected to represent the USA at the IPF Junior Worlds.

This was a contest with many firsts. It was the first time this meet format has been used. By combining the Teenage Nationals with the Men's/Women's Junior Division, the Junior Nationals were created. This was also how the Junior World Team was to be picked, to represent the USPF at the IPF Junior World Championships to be held in Australia later this year. To my knowledge, it was also the first time that Special Olympians have been allowed to compete in any powerlifting National Championships. I have been running Special Olympian divisions at my local meets since Nov. 90 and really appreciate the USPF and Jan Shiner, doing things that athletes have a chance to compete not only locally, but also nationally as well. It was indeed an honor to be one of the co-promoters of this fantastic event! Lifters came from all over the country to attend. CA, NC, VA, MI, RI, MA, ME, NH are just a few of the states that were represented.

In the Special Olympics Division, Chris Joyce and Josh Sanborn bat- tles it out to the last deadlift to see who would emerge victorious. George Tonna Jr. and Jason Shifrin have done a fantastic job coaching these fine athletes and their tireless efforts are very much appreciated by all. In one of the contest's finest moments, Josh Sanborn, the 2nd place finisher in the Special Olympic Division, gave his trophy to a fellow teammate, Joe Chanut, who was unable to finish the contest due to a dislocated shoulder. Josh's act of kindness and dedication to his friend and fellow teammate did not go unnoticed as he received a standing ovation from the crowd! I hope all of us as athletes, and as human beings, can learn a lesson from the truly gifted athlete's unselfish

USPF Junior National Championships

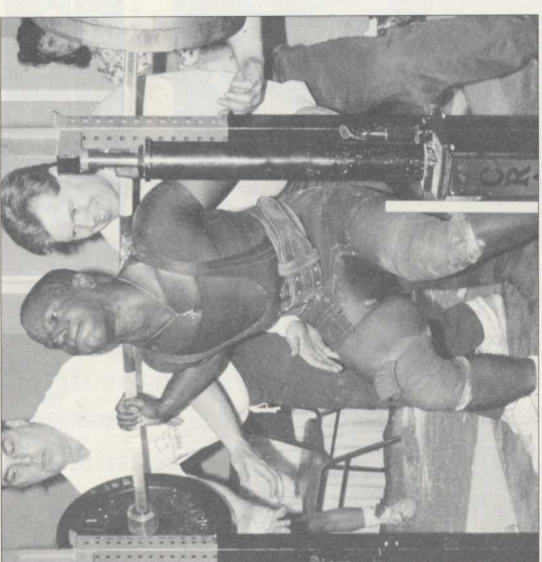
(Drug Tested)

1-3 May 92 - Brockton, MA	
Special Olympic	DL Total
(Schwartz formula)	(Schwartz formula)
L. Johnson	625 105 152.5
K. Luzzarato	575 110 207.5
K. Shedd	35 65 110
V. Vang	137.5 232.5
W. Vang	47.5 95 142.5
44kg 14-15	
H. Couture	87.5 52.5 90 230
48kg 14-15	
H. Courtes	102.5 60 120 282.5
T. Martin	122.5 65 120 307.5
52kg 14-15	
R. Longtin	122.5 60 130 312.5
58kg 14-15	
B. J. S. Peter	95 42.5 102.5 240
16-17	
B. J. S. Peter	122.5 52.5 125 300
J. Rey	135*
18-19	
M. Smith	95 47.5 132.5 275
60kg 14-15	
M. Walker	82.5 42.5 100 225
64kg 14-15	
W. Walker	145* 90* 155* 380*
68kg 14-15	
C. Hodges	112.5 42.5 137.5 292.5
72kg 14-15	
A. Veltius	82.5 47.5 102.5 232.5
18-19	
T. Moly	150 72.5 127.5 350
76kg 14-15	
S. Thibodeau	112.5 55 120 287.5
16-17	
W. Hays	147.5 70 147.5 365
82.5kg 20-23	
C. Williams	165* 62.5* 170* 397.5*
S. Poole	132.5 65* 117.5 315
90kg 18-19	
L. Gohari	200** 97.5 207.5 505*

Both of these fine young athletes have a tremendous future ahead of them as both earned Best Lifter trophies in their respective age categories. Calvin Dial was impressive in capturing the Best Lifter award in the 18-19 yr. old category, with a squat of 297.5 kg, and total of 710 kg! In the Junior Division, it went down to the last deadlift and percentage points separated who was to be the Best Lifter and Champion of Champions! James Benemore of NJ led the change in the 60 kg class with lifts of 217.5, 132.5, 245 and a 595 kg total. Wade Hooper, in the 75 kg class had lifts of 292.5, 155, 220 and a 667.5 total. Matt Jenkins, the 75 kg class winner had lifts of 265*, 142.5, 250 and a 657.5 kg total. Pat Roche was phenomenal in the 82.5 kg class with lifts of 337.5, 175, 277.5 and a whopping 790 kg. total! Ricky Williams was equally impressive in capturing the very competitive 90 kg class with lifts of 342.5, 175, 227.5 and a 795 kg. total! Phillip Farmer showed why he is the reigning JR World 100 kg champ with lifts of 337.5, 215, 320 and a huge 872.5 kg total! Joe Raynor powered his way to victory in the 110 kg class with lifts of 347.5, 212.5, 287.5 and an 847.5 kg total. In the battle of the superheavies, Dan Troxler, at a bodyweight of 139.6 kg, and Kevin McCone at 168 kg, had the place resembling a WWF championship match rather than a powerlifting meet! Dan eventually won the battle with lifts of 305*, 215, 297.5 and a 817.5 total. When the dust had finally settled, and John Buckley's computer chucked out the numbers, Pat Roche was the Best Lifter in the 20-23 age group and Wade Hooper captured the coveted Champion of Champions Award! All of these lifters set Jr. National meet records in the 20-23 age category!

A contest of this magnitude would have never been as highly successful as it was! It was a truly tremendous support staff and unity that was exhibited by all. First and foremost, I think the Lord Jesus for providing me with one of the most outstanding teams of co-workers that one could ever hope to imagine could be assembled at any one time. This weekend clearly showed me that through Christ, all things are indeed possible! We had only four months to put this together as it was a last minute decision. I've run over 50 USPF/JAA powerlifting meets since 1979 but never anything of this magnitude. I would like to thank the following individuals for their support and untiring efforts! The Medical Team consisting of Dr. Mark Werking, Prince Harrison and Dr. Mark

show the class and leadership qualities that we need in a USPF President. Through his efforts, the USPF is once again moving in the right direction. Jan is taking the USPF into the 90's and out of the dark ages, with his drive towards making the USPF a drug tested organization and helping to unify and help USPF members once again. We must all realize that the USPF should stand for equitable and fair competition for the Lifter - that's what it's all about. Without the lifters, there is no organization. Thanks also to Saul Shocket, a lifetime drug-free National champion and owner of Saul's All Sports in Hanover, MA. You and Larry Larson spent countless hours preparing the 21 athletes that entered from your gym, and you were rewarded for your efforts as these young men captured the 1st and 3rd place Men's Team Championships Awards. Saul has provided a knowledgeable, drug-free championship caliber gym for these athletes to train in. With ADEPA National Champions Eric Kupperstein, Eric Altman and WDFPF World Champ Bob Dempsey as positive role models to look up to, these athletes can rest assured that if they remain drug-free, patient and diligent in their training, they too can achieve powerlifting greatness without sacrificing their health or principles. Let's not let Lyke Alzado's death be in vain - he has given us a message and we must heed that message if we are to survive and prosper. Thanks to the meet sponsors: Titan Systems, John Inzer, Elite Sales, Saul's All Sports, Webbs Pro Fitness, Nike, Gorrila Pro-



Calvin Dial with a 655 squat, winning the 165 lb. class in the 18-19 age group and also another spot on the U.S.P.F. Junior World Team, which will be competing in Australia.

Logan. They catered to the athletes every need and also made sure that the drug testing was conducted fairly and properly. The members of Jason's Gym in NH for assisting with the meet setup, breakdown as well as spotting and loading. My platform managers: Larry Larson, Bob Moore, Howie Waldron and Jason Shifrin. You gentlemen made sure that the platform was orderly, safe and efficient for every single lifter. I've never seen such hard work and dedication to the lifters as you four showed through Christ, all things are indeed possible! We had only four months to put this together as it was a last minute decision. I've run over 50 USPF/JAA powerlifting meets since 1979 but never anything of this magnitude. I would like to thank the following individuals for their support and untiring efforts! The Medical Team consisting of Dr. Mark Werking, Prince Harrison and Dr. Mark

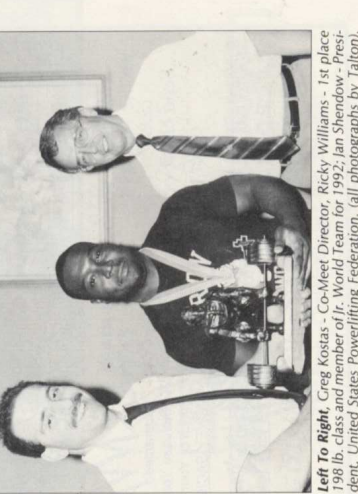


Greg Kostas - Co-Meet Director, **Ricky Williams** - 1st place 198 lb. class and member of Jr. World Team for 1992; **Jan Shendow** - President, United States Powerlifting Federation. (all photographs by Talton).

20% OFF
 Free Catalog on supplements: write or call:
 • HOT STUFF
 1 lb. - \$19, 2 lb. - \$37
 • AMINO DENSITY 1900
 325 tabs \$15
 • YOIMBME 1000
 100 tabs \$20
 Send check or money order and \$4 shipping to
Price's Power Products
 13014 Green Grove Lane
 Newport News, VA 23602
 Phone (804) 877-7875
 Orders Only
 Phone (800) 927-9845
 FAX (804) 874-9949

FREE MYSTERY GIFT WITH MAIL ORDER

ducts/Hambones fitness and Logan Chiropractic. Also thanks to the Brockton Holiday Inn for a fantastic meet site. And last but definitely not least - to Region 1 chairman and meet co-promoter, John Buckley! Without your tremendous technical knowledge of the USPF rules and regulations, this event would never have been this successful! Despite the many differences we encountered along the way leading up to, and including the meet, it was indeed an honor and pleasure working with you and I look forward to working with you again on future National Championships!



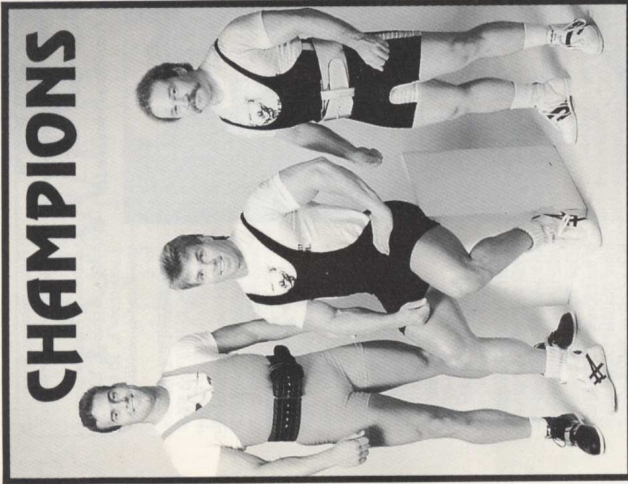
The MISSING LINKS
Weight Gain System
 YOU CAN GAIN 6-8 lbs. IN ONLY 30 DAYS.
 Tells You: Exactly What To Eat; When To Eat; How Much To Eat. Kit Includes: 48 Missing Link Bars and Missing Link Weight Gain Plan. Only \$69.00 complete (\$3 s&h). Order From: Enterprise Productions, 209 Myers St., Monroe, N.C. 28110 or Call 800-229-BODY 12-5PM EDT Mon-Fri. VISA - MASTERCARD

WEAR THE BEST! NO BRAG - JUST FACT!!

The POWER SUIT® \$36.95
 US Trademark Registration # 1544517
 Navy Blue, Black, Red, Royal Blue
 Sizes 18 - 42
 Other Colors Available
 * Two and Three Tone Available

NEW AND
IMPROVED!

3 MONTH
GUARANTEE



The POWER BRIEF™ (not pictured)..... \$16.95
 Sizes 1 - 21

DOUBLE THICK POWER SUIT®..... \$59.95
 (APF Legal)

LYCRA LIFTING SUIT..... \$24.95
 Navy Blue, Black, Red, Royal Blue
 XS - XXXL
 Other Colors Available

INZER BLAST SHIRT™ (not pictured)..... \$38.95
 Patent #4473908 • Sizes 38 - 62
 Red, Navy Blue, Black

* MADE IN THE USA *



RIEHELL DELUXE LIFTING SHOES W/ LINING
 White w/ Black
 \$79.95

RIEHELL DEADLIFT SHOES
 Colors Available
 \$9.95

ELITE DEADLIFT SHOES
 Colors Available
 \$9.95

BRUTE DEADLIFT SHOES
 Call For Color Availability
 \$49.95

SEND SHOE SIZE

VISA MasterCard American Express OPTIMA DISCOVER CARTE BLANCHE Diners Club

C O D • CHECK • CASH • CREDIT CARDS

Call Toll Free - Orders Only 1-800-272-0051
 For Oklahoma Orders Information Call or Fax 1-405-275-3689
 * ALL PRICES ARE FOR MAIL ORDER ONLY *
 * SUBJECT TO CHANGE *

All Time USA TOP 100 220s

as prepared by Herb Glosbrenner

State	Weight	Total
Utter, S	845	2000
Bl, B	831	2000
Goggins, S	821	2000
Drigo, G	865	2160
Leite, C	850	2115
Cash, J	804	2110
Hartfield, F	876	2099
Rose, J	848	2088
Wolfe, L	835	2061
Wilson, B	851	2061
Black, J	844	2055
Tullis, K	835	2050
Mangialardi, S	749	2044
Pharr, A	747	2044
Wagner, S	837	2044
McCaun, C	810	2039
Dimiduk, M	793	2039
Nesic, L	821	2035
Douglas, J	775	2030
Johnson, R	771	2022
Harris, R	771	2017
Siders, J	821	2017
Andersen, S	810	2015
Wagner, S	804	2005
Jacobs, J	790	2005
Stevenson, P	832	2002
Frantz, E	826	2000
Freight, M	755	2000
Johnson, T	788	2000
Carroll, J	788	2000
Hoffman, J	744	2000
Bordone, D	800	2000
Herrig, G	760	1989
Chromiak, R	771	1989
Payne, M	793	1989
Vogelbein, C	765	1985
Johnson, T	818	1981
Bentley, W	690	1978
Hopper, T	716	1973
Hanner, T	760	1973
Hedgenberger, D	786	1973
Miller, S	733	1967
Silva, F	1967	1967
Vukac, A	755	1967
Duke, B	760	1967
Dalson, R	800	1960
Schneider, D	771	1956
Anello, V	722	1956
Logston, J	777	1956
Barbitt, T	727	1956
Roberts, J	771	1956
Johnson, K	749	1956
Elgin, S	810	1956
Moran, R	780	1955
Smith, B	825	1955
Drecksel, C	766	1951
Stimmons, L	765	1950
Sutton, C	733	1945
Montz, R	722	1945
Dyer, R	771	1945
Kelly, J	766	1945
Dicke, D	725	1945
Piero, B	730	1945
Doehdicks, J	745	1945
Reed, D	777	1940
Plumlee, L	644	1940
Moore, T	785	1940
Baird, M	785	1940
Monroe, T	785	1935
Mills, D	733	1934
Krych, M	749	1934
Pech, M	722	1934
Potts, R	765	1930
Carnes, D	680	1930
Hunt, R	765	1930
Johnson, R	771	1929
Berry, D	771	1929
Pogues, J	711	1929
Fisher, K	733	1923
Green, N	755	1923
Stultz, S	830	1920
Burrell, D	705	1918
Schmidt, M	733	1918
Adcock, K	733	1918
McCluskey, B	695	1915

IronMind® Enterprises, Inc.

"Stronger minds, stronger bodies."



Silver Crush Grippers™
 Absolutely the world's finest handgrip exerciser - legendary in strength training circles for its ability to safely and effectively strengthen middle-finger and thumb muscles. Lifetime guarantee on spring mechanism.

Available in four strengths:
 No. 1 - even tougher than any ordinary gripper
 No. 2 - tougher, yet still comfortable
 No. 3 - the toughest of all - only one man in the world has ever

\$17.95 + \$3.50 S&H each, U.S. & Canada
 Over any three and only pay \$8 S&H
 \$8 S&H per gripper, all other countries

IronMind® Enterprises, Inc.
 Needville, Ohio, U.S.A. 44669

WRITE FOR FREE CATALOG

Midwest Power Bar
 * 1500 lb. Test Strength
 * Lifetime Guarantee
 * \$175.00 (plus UPS)

1 1/4 lb. Olympic Plates
 * \$6.50 pair (plus UPS)

Dumbbell Handles
 * For Use With Olympic Plates

Plates
 * 16" - \$60 pair (plus UPS)
 * 20" - \$85 pair (plus UPS)

WEIGHTLIFTER'S WAREHOUSE

1-800-621-9550

INCREASE YOUR BENCH by 25 LBS to 50 LBS in 12 Weeks

with the **BENCHPRESS BLAST WORKOUT**

Introducing the most powerful training system **EVER!**

For just \$12.25

Send check or money order to:

POWER BLAST LABS
 P.O. BOX 206
 WAYNE, NJ 07474-0206

Guaranteed To Increase Your Bench or Your MONEY BACK

THE TEST

A Look at Getting Certified by Andrea Sortwell



Judging, like that of Lynda Chicago-Stendow, is serious, professional work

While studying for the state judge's exam some time ago, I came across many odd descriptions within the rulebook. I decided that it would be more interesting if I made up my own test. And since there are no right or wrong answers to my test, I felt that it would be much easier to study for and pass. The following are sample questions from my new, revised test. The association doesn't matter, these are universal questions. Don't forget to tally your score at the end.

- 1) How many shirts, if any, may a lifter wear?
 - a) Who needs a shirt? Real lifters can bench without one.
 - b) Two, in a high school meet. A baggy shirt over a bench shirt is a must for making the high school best dressed lifter list.
 - c) However many the lifter can convince his friends to help him put on.
- 2) How many spotters are required on the platform?
 - a) one, in a _____ meet. Bring your own, if you want more. So what if it's your grandmother.
 - b) None. It makes for better pictures.
 - c) Seven. Better chance they'll touch the bar by accident and I'll get another chance.
- 3) In a kilo meet, how would you load the bar to 200 kilos?
 - a) I am not a math major.
 - b) I can't lift 200 kilos, so what's the difference?
 - c) I r
- 4) Which of the following three wraps is allowed?
 - a) Knee Wrap
 - b) Elbow Wrap
 - c) Too Legit to Quit
- 5) Name the one hand signal that is allowed on the platform.
 - a) Waving to family and friends, after the lift.
 - b) Waving to family and friends during the lift.
 - c) The bird.
- 6) If a lifter does not make weight, she may:
 - a) Demand a new scale.
 - b) Stand on her head for a minute and then jump back on the scale. The theory being that body fluids in motion don't weigh anything.
 - c) Start spitting and gross every body out.
 - d) All of the above.
- 7) What are the requirements of a pre-meet meal?
 - a) What, you mean you actually get to eat?
 - b) A spoonful of rice, half a banana and a sip of water.
 - c) I'm a superheavyweight, where's the nearest smorgasbord?
- 8) What are the requirements of a post-meet meal?
 - a) Pizza
 - b) Pizza and beer.

15) Please describe, in your own words, the drug-testing procedure. SCORING

Questions 1-12. Give yourself 10 points if you chose a, 12 points if you chose b, 15 points if you chose c, and 20 points for d.

Question 13. 1 point for each weight class, and 5 bonus points for each weight class you have competed in.

Question 14. 5 points for every answer over 15.

Question 15. Self-Graded. Give yourself between 1 and 10 points. Remember the system only works if you are honest.

Take the total points above, add your best competitive total, subtract the number of years you have been lifting, and divide this sum by eight. This is the weight class you should be lifting in.

On a more serious note, I would encourage all of you who are interested and eligible to pursue becoming a judge. There are many areas of the country that could use more qualified judges. Contact your local state chairperson and/or the national office of your association for more information.

ANDREA SORTWELL

Opinion on Meet Inquiries: Most meet directors are hard working everyday folks who hold meets out of the love of the sport and generally are lucky if they make enough to pay their bills. However, some lifters treat them as though they are running a business with a large staff. For example, consider phone inquiries. Most lifters are polite, but a good portion are downright rude, not even having the common courtesy to give their names or what the message is about. Even worse is when they abuse the director's family members. Some individuals apparently think that family members are indentured servants to the sport and should be treated as such. Here are some guidelines that will make the lifter/director relationship better:

- 1) If you are mailing in a request for entry forms, please include a SASE (Self Addressed Stamped Envelope) Paying meet bills is always a problem; adding postage for lifters who will not compete only adds to the costs.
- 2) When calling, if the meet director has provided an answering machine, please speak slowly, CLEARLY, and loud enough for the machine to record the message. Please start with name, time/date, phone number and what information you are requesting. If you are asking for entries to be mailed, slowly state your address, spelling any unusual names. When someone else answers, be courteous. When dealing with children, the best approach is to inquire when the meet director will be home and call back.
- 3) When the entry form arrives - read it! Many lifters simply fill out the form, and then are disappointed at the meet when they realize it wasn't what they assumed it to be. The entry provides useful information - which organization is sanctioning the meet, whether it is drug tested, which lifts are to be contested, meet location (you'd be surprised how many lifters assume the meet director's address is the meet site and show up there), divisions, who qualifies to compete, how the awards will be given out based on either weight class or formula, and closing date. At every meet someone shows up who never read the NO LATE ENTRIES on the form and gets angry at the meet director because they are not allowed to enter at the door.
- 4) Meet directors usually are sincere, hardworking people who try to support the sport with little help, limited time, just hoping to make enough to pay the bills. Help them and they'll put on a better meet for you. Fortunately, most lifters are considerate and it's for them that most meet directors continue to go through the trouble of holding meets. (Joe Pyra)

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

ELASTIC MUSCLE ENERGY: An Important Key To Strength

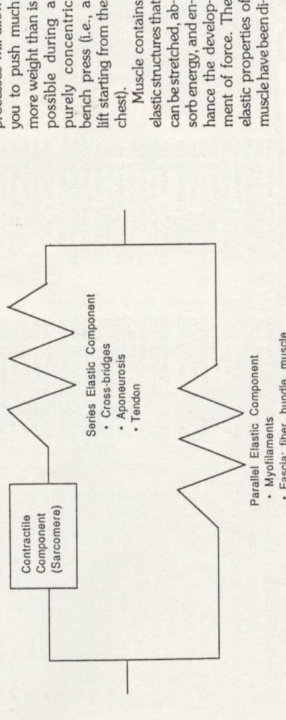
by Thomas Fahey, Ed.D., Professor, California State University, Chico, Exercise Physiology Laboratory

Stretch is no stranger to powerlifters. Even in the controlled environment of a contest, stretch greatly affects how much you can bench, squat, and deadlift. Lifts are combinations of eccentric and concentric contractions. Eccentric contraction is force development while the contraction is force development while the muscle shortens. Lifters often make the mistake of concentrating only on the pushing or active phase of the lift. Concentric muscle contractions (i.e., the active phase of the lift) are not isolated movements. The push always follows an eccentric contraction, during which the muscles that are going to be used in the lift stretch. Energy is stored in the muscles during the stretch phase. This stored energy can be used during the active phase of the lift to produce more force.

Coordination of stretch and muscle contraction is very important during the bench press. The pectorals, major, triceps, and deltoid muscles work eccentrically to control the bar while the weight is lowered to the chest. The muscles are elastically loaded as the bar reaches the chest. If there is a minimal delay, the stored elastic energy can be used to assist with the pushing motion. The elastic recoil of the upper body increases the total force during the throw. The elastic loading causes a whip-like motion that is necessary for long throws.

Large, strong muscles are essential to maximum strength. It is well known that stretch is directly related to the cross sectional area of the muscle. In general, the larger the muscle, the greater its strength. Strength also depends on how fast and to what extent you can turn on muscle units. People who can activate many muscle units very rapidly have a strength advantage. If they can also coordinate muscle activation with muscle stretch and recoil, they will be that much stronger.

Many sports movements provide good examples of elastic loading. Discuss throwers elastically load their arms, chest, and shoulders by driving with the legs during the initial part of the throwing motion. The leg drive puts the upper body on the stretch. The elastic loading of the upper body increases the total force during the throw. The elastic loading causes a whip-like energy effectively is to coordinate the nervous and muscle contraction



vided into the series elastic and parallel elastic components (see Figure). These work together with the contractile component of muscle to produce force. The contractile components include the various structures of the sarcomere. The sarcomere is the part of the muscle fiber that causes contraction. Each muscle fiber has many linked sarcomeres. The linked sarcomeres form a contractile unit that produces force.

The series elastic component includes the tendons and cross bridges of the muscle fibers. The cross bridges are small structures within the muscle fiber that develop muscle force. The series elastic component is the most important component for translating stretch into force. The parallel elastic component includes membrane structures providing stability and protection to the muscle.

The contractile and elastic components are concepts rather than structures. Both components have elements in common. For example, the cross-bridges are included in the contractile and elastic components. They affect contraction and give elasticity to the muscle. Even in a motion that is not preceded by an eccentric muscle contraction (i.e., lowering the weight in preparation for the lift) such as the deadlift, that is elastic loading of the muscle. The cross-bridges are elastically loaded as soon as tension is developed. If the contraction occurs rapidly, the force of contraction is assisted by the elastic recoil of the cross bridges. Elastic muscle energy enhances muscle force development in a process called the stretch-shortening cycle. During sudden movements like jumping or throwing, elastic structures are stretched. The stretch represents potential energy that can enhance the force produced by the contractile component. Immediately after the muscle is stretched it actively contracts. The elastic elements recoil assists in force development.

Many types of human motion incorporate stretch-shortening cycles. When jumping in basketball or high-jumping, the leg muscles are stretched immediately prior to the jump. The elastic loading of the leg enhances the force development during the jump. Hitting a baseball or golf ball includes a stretch-shortening cycle. Movement of the legs and hips precedes movement of the upper body. This elastically (article continued on page 92)

POWER PROFILE

JACK POINDEXTER as told to PL USA by his friend Vada Crosby



Jack Poindexter benching at the ADPPA Bench Nationals (Crosby)

"Set the bar at 250 kilos for the next lifter," said the announcer at the ADPPA National Bench Press Championships in Wilkes Barre, PA in March. Jack Poindexter, the 370 plus pound lifter from Pittsburgh, PA, knew it was time to get busy. His chief competitor, a 400-pound Texan, had opened with the 584 pound bench press in the superheavyweight division and Poindexter needed the 551 pound lift to maintain second place. He mounted the platform with the look of a lion about to pounce on its prey. His eyes became glassy, his focused, as he slid beneath the massive weight and gave the spotter the OK to help him hoist the bar off the stand.

Poindexter lowered the weight to his 60 inch chest and waited momentarily as a judge yelled out "Press!" He trembled slightly as he pushed the weight up and then, on command, racked it. Three white lights signified the lift was good and Big Jack was ecstatic. The lift gave him a solid second place finish after he missed a third attempt of 584 pounds and his chief competitor went on to easily bench 617 pounds.

Poindexter was pleased with his performance. At 41, the drug-free master lifter is still a dazzling bench presser and has been giving the youngsters of the sport a run for their money. Surprisingly, when Poindexter got into the sport nine years ago, he never thought he'd be among the top 10 drug free American bench pressers. Yet he is.

"No one could have ever told me that I would lift 580 pounds," he says. "Five hundred was a milestone and once I got that, I was happy. But then the weight started moving up to 530, 560. I think if I had started younger, I would have achieved the goals even quicker," he continued. "If I had started when I was probably 28, 29, maybe even 30, I probably would have gotten by now."

Six-hundred pounds. That number hangs about Poindexter like an albatross around his neck. "Everybody's waiting for me to get that 600 pounds" he says coolly. Achieving that mark is his ultimate dream - a 600-pound bench press as a master superheavyweight lifter. Poindexter is a man who believes dreams come true. So he waits, he watches and he trains....

It's about 11 a.m. on a misty summer day, as the 6 foot 4 inch Poindexter steps out of his car and

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

as well. "It helps me to excel because someone else is there and you know they're pushing for you," he explains. "I think it goes both ways."

In a short time, Poindexter, to his amazement, has made a name for himself in ADPPA circles as a superior lifter. However, he's a bit uncomfortable with all the attention he garners, seeing himself as a determined, but average person. "I guess I'm just an everyday person. I just don't see myself being a superstar. I suppose, but I think I can be stronger. I'm not satisfied with what I do. I go to a point and I say, 'I should be able to do better than that.'"

"Now 600 pounds is a goal," he adds. "And I know I can get it." Poindexter has a stand in his home that is overflowing with trophies, ribbons, plaques and certificates. Among his favorites are the 1990 first place Submasters win in the ADPPA National Bench Press Championships; the first place finish at the YMCA Bench Press championship and his 1991 win at the U.S. Masters/Submasters ADPPA Powerlifting Championships.

Poindexter is a lifetime drug free lifter and promotes that philosophy when he talks to groups, particularly young children and teenagers. "You can do whatever you want to do, yourself, without any type of drug," he says. "It's your own natural ability to perform. Do what you can with your natural ability and be happy with it... because everybody's only going to be able to do so much."

Recently, Poindexter has tested his lifting talents in full three lift meets, which has taken a few pounds off his benching, he admits. Last fall at the National Master's competition in Florida, he squatted 584 pounds, deadlifted 650 pounds and set a National and American master's record with a 556 pound bench press, taking third in the competition. In addition to reaching his 600 pound goal, Poindexter hopes to add a first place National Master's competition win to his trophy stand, as well as a World Master's Championship win.

"I'd be happy to win the Worlds. To win the Worlds; that's the ultimate. Of course, I want that 600 pound bench, but I'll don't get it, I'm still satisfied with what I've done," says Poindexter. "However, I won't be chasing anyone; let them come and get me."

After college he gained a few mega-weight.

WORKOUT of the Month

Chris "The Greek" Siapanides Intense Ten Week Squat Program



Squatting - some lifters fear it, some feed on the fear. If you really want to improve your total, you must routinely be doing the following routine is designed for a lifter capable of a 600 lb. max in the squat. We will assume this lifter has some competition experience and is now in their 'on season' mode of training. This program will only work if the lifter intends to pay strict attention to the correct performance of the squat. At the end of ten weeks, you could expect a 30 lb. to 50 lb. increase on your squat. 30 lbs. might sound like a lot, but you must think strong to be strong. After all, you didn't squat 600 by accident.

Before starting this intense squat routine the lifter should have trained three weeks of 4 sets of ten with no equipment twice a week. Now we will thoroughly stretch all the muscles prior to this session. Squating places high demands on your muscles as well as your mind. Start off with toe touches, crunches, and leg raises - each for one set of 25. Concentrating on good form is very important even when warming up with the bar. Always start the lift by bending at the hips. This will keep your spines relatively straight up and down. A lot of lifters start the squat by bending at the knees, but this technique places the bar in front of the lifter causing him or her to use too much back in the lift. I believe in using legs and back together for maximum results. Your training partner should be watching your form on every rep. We will be squatting twice a week with Monday being heavy and Friday being light. As for equipment, you need a good pair of squatting shoes, power belt, squat suit and knee wraps. We will add our equipment weight to any of these movements for the duration of this cycle. We can do this light workout until Week Nine.

Week Two: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

Week Three: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

Week Four: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

Week Five: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

Week Six: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

Week Seven: 135 x 15, 225 x 10, 315 x 8, 405 x 5 x 2

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

Week Eight: 135 x 10, 315 x 6, 475 x 4, 550 x 4, 575 x 3, 585 x 3. We add our squat suit with the straps of the suit down until the last two work sets. Remember the suit is for support, keep pushing hard at the bottom of your lift, make it easy.

Week Nine: 135 x 10, 315 x 5, 450 x 4, 525 x 4, 575 x 3, 610 x 3. We don't do singles until the last day so we will make them strongly.

Week Ten: Monday, 135 x 10, 225 x 10, 315 x 5. On Wednesday, do 135 x 10 for 3 sets. No equipment both days.

This light workout will help you repair your muscles and get you ready for the competition on the weekend. You have trained hard for ten weeks, you have no fear of big weights, no fear of big jumps and your techniques rock solid. Meet day you will show your ability to perform on the lifting platform, not the gym. Get ready on time, stretch, do some empty bar squats and warm up. 135 x 10, 315 x 3, 450 x 1, 525 x 1, opening attempt 575 lb., second attempt 620 lb. Your second attempt will be a contest personal record. Feel good about this and do one more just for you!! Your third attempt should be in the 635 - 650 range. Believe you can squat!!!! This routine can be done by any hard working lifter willing to put the time in the gym and not miss workouts. I am not a gifted squatter. Six years ago I had trouble with 225 lbs. Today I hold the American Drug Free Powerlifting Association's National Squat Record at 760 lbs. in the 220 lb. class. I have never taken steroids and believe you can lift well enough without them to excel in this sport. Hard work and "no fear" are the two key elements of my training philosophy. If any lifter needs to talk with me about this training program, I can be reached at Missing Link Headquarters, 21 Rickhull Road, White Plains, New York, 10605. Thank you and squat strong!!!!

Chris Siapanides, a lifetime drug free lifter, shows that world class poundages can be achieved.

Week One: Monday: 135 x 15, 225 x 10, 315 x 8, 405 x 5, 525 x 5, 535 x 4. By Week Five you should have conditioned your body with the high reps, now let's add weight and take bigger jumps.

Week Two: 135 x 15, 225 x 10, 315 x 8, 405 x 5, 525 x 4, 565 x 4. In order to squat heavy you must conserve energy by taking large jumps. Your body is warmed up well just from taking the four sets of empty bar squats.

Week Three: 135 x 15, 225 x 10, 315 x 8, 405 x 5, 525 x 4, 575 x 4. By Week Eight we have forced our muscles to adapt to big jumps and heavy weight. You should feel significant gains in strength, also by not overtraining your assistance work, your squat will improve - not your leg press!!!!

Dr. Judd

The Iron Game Goes Collectible as told by Dr. Judd & Dr. Army, World Class Enterprises



Jeff Lawson with his new collectible bodybuilding cards (M. Miller)

"I don't want to sound conceited, but before I'm finished, I'm going to elevate the sports of bodybuilding, powerlifting, and olympic lifting to an entirely new level. I'm going to make the athletes in these sports as renowned as any in the world. That is my goal; that is my dream."

An idle boast? Maybe. But when Jeff Lawson tells you that in his calm, yet confident manner, you believe him. And why shouldn't you? Everything that Lawson does - he does well, extremely well. A self-made man, Lawson started at the bottom of the corporate ladder and, through hard work and perseverance, climbed one rung at a time to the top of an empire. It is from this empire that Lawson plans to change the image of the "Iron Game." How? By mass distributing collectible cards of the best amateur and professional bodybuilders and powerlifters in the world. A task that will not be easy, but one that Lawson will definitely pull off. At least that's the general consensus of the people who know him.

"My first reaction," said Charles McBrantly, president of Micro Diagnostics, "was weightlifting collectible cards! That's something for kids. I was very skeptical. What changed my mind? Lawson. He's one of the rarest individuals, one of the finest people, I've ever met. The thing that's so significant is his honesty and sincerity, qualities which are indeed rare in today's society. Of course, he's also extremely intelligent and a hard worker. He's the perfect guy to make the project work."

Mark Downes of Sports Support Systems agrees. "If I had to hand-pick one guy to put a physique collectible cards project together, it would be Jeff. He knows more about weightlifting, trading cards business, and marketing than anyone I know. He's an amazing individual, a genius in his own right."

The aforementioned individuals were not the only ones to heap praise upon Lawson. Just about everyone Lawson contacted at World Class Enterprises talked to used words like brilliant, honest, hard-working and unique to describe Lawson. "No one - and I mean no one - will have more of an impact on lifting in the next decade than Lawson," says Downes. "And I doubt seriously if anyone besides Joe Weider and Arnold Schwarzenegger will ever have a bigger impact."

Business entrepreneur, genius, hard worker and sports enthusiast, Jeff Lawson looms as an awesome force in the Iron Game. With that in mind, World Class Enterprises traveled to Atlanta, Georgia, to get a closer look at the man who just may

slam dunk on a card. On these cards, you can see the form, the cuts, the rock-hard muscle tone and striation. In other words, the cards are the next form of competition for professional bodybuilders.

World Class: I know that you have gone to great lengths to produce a high quality card. How do you think your cards stack up against some of the more renowned collectible cards already on the market?

Lawson: I believe our cards rank second to none in the way of quality. We enlisted Creative Products in Atlanta, Georgia to help us design and produce our cards. Creative Products is by far the leader in this field. They have a long background in designing collectible cards for all sports. Still, I believe the card they designed for us transcends anything they've ever done before. The cards are just that good. We also used two of the best photographers in the business Jim Ametiler and Mitsuru Okabe for our prototype set. Ametiler's photographs have graced the pages of such publications as MuscleMag International, Flex, Ironman, and Muscular Development, while European publications, while Okabe's photographs are published mainly in the Far East. They are both superb photographers, and their popularity continues to grow. When you consider design and photography, I don't think there's a collectible card on the market today that is comparable to ours. I honestly believe we're at a different level.

World Class: Can you give me an idea as to the design that Creative Products came up with?

Lawson: The images of the bodybuilders will be presented on a 2-1/2 by 3-1/2 inch, high quality, color format protected by a special coating to guard against stains, scratches, and fading. The backs of the cards will provide a brief history of the athlete and competition statistics.

World Class: You said that your cards are going to elevate the "Iron Game" to an entirely new level. Could you expand on that a little?

Lawson: Well, that's going to happen through the increased exposure that the sport will get from the cards. Everyone admires a good physique and the work that goes into it. Children marvel at the physique of an Arnold Schwarzenegger or Lee Haney. Collecting physique cards will bring another completely new and untapped avenue of publicity not

(article continued on page 79)

HOT STUFF—Simplicity In A World Of Confusion What Could Be Easier? Everything You Need In Bodybuilding Supplements All In One Product!!

Powerful, Advanced Formula Is Now Better Than Ever!

The supplement that rocked the bodybuilding world is now better than ever! **HOT STUFF**, America's number one selling sports supplement, is now loaded with so many bodybuilding factors that the only thing missing is the kitchen sink! Never before has one product contained so many great components. If there's a substance that will benefit you in your weight training program, you'll find it in **Advanced Formula HOT STUFF**.

Where do we begin? There's just so much to praise about this amazing product. Let's start with the fact that **HOT STUFF** contains just about everything you now see being sold individually in the muscle magazines all in one fantastic product. Forget buying a bottle of this and a bottle of that! **HOT STUFF** has it all in one. Just look at what you get: Arginine Pyroglutamate, Dibenzozide, Yohimbe, Smilax, Chromium, Boron, Royal Jelly, Orchic, Glandulars, Co-Q-10, Germanium, Lipoic Acids, Sterols, BCAA's, Ginseng, Carnitine, PAK, Mexican Wild Yam, Muryrapuama, Saw Palmetto, Digestive Enzymes, Zinc, Carnosine. Wow! Check it out! As unbelievable as it seems—they're all there. Buying each item separately would cost you over \$100. Get them all in **Advanced Formula HOT STUFF** for just a fraction of that price.

And let's not overlook the powerfully improved Protein Activating Base. We learned way back in the beginning that the powerful potentiators in **HOT STUFF** required a good protein base for full activation. Initially, we used gland proteins only. While these were adequate, we subsequently found that **HOT STUFF** works even better when activated by a complete protein blend. Thus, we have now set a whole new standard for activating these potentiators. In addition to the gland base, we now blend in egg albumen, milk and whey—proteins of the highest biological value. We then rounded out this unparalleled base by adding free form and peptide bonded amino acids. The result? The most dynamic and effective Protein Activating Base on the market. So please don't confuse **HOT STUFF** with inferior, so-called anabolic activator type imitations who still use glands as their only source of protein. Remember, their effectiveness is far below that of **Advanced Formula HOT STUFF**. And, Oh! We almost forgot! Each recommended daily serving of **Advanced For-**

mula **HOT STUFF** gives you a whopping 60 grams of complete muscle building protein.

But . . . does **HOT STUFF** really work? Just ask the hundreds of thousands of satisfied users. This product would never have come from obscurity to the number one seller in America if it couldn't deliver. Whether your program calls for building muscle or losing fat, **Advanced Formula HOT STUFF** belongs on your training table. This product will truly amaze you. *If there's a better supplement out there we've never seen it.* So don't be fooled by cheap imitations that try to look like us. **THERE'S ONLY ONE HOT STUFF!** Read the labels and compare.

People often ask what exactly is **HOT STUFF** and why does it work? Here's the story. In 1987, there were numerous natural substances being used by bodybuilders and weightlifters to improve performance. So many, in fact, that everyone was totally confused about what to take. It was then that we decided, in an effort to ease the confusion, to see if these substances could all be blended together and taken as one.

Well the results were nothing short of phenomenal. It became immediately apparent to us that these potentiators, as we like to call them, when blended together, worked far better than they did alone. This is called "synergy," by nutritionists.

And thus, **HOT STUFF** was born—the most powerful potentiator ever formulated. We worked on different blends of ingredients until we got it right. And did we ever! **HOT STUFF** went way beyond anything anyone was prepared for.

HOT STUFF is not a drug. It contains no drugs. It is 100% natural and safe. When you combine **HOT STUFF** with a weight training program, you add muscle, increase strength and lose fat. That's why this product is so great! That's why everyone lifting weights should be using **HOT STUFF**. We can honestly say there is nothing that compares to it. And if ever there should be something better—there's a good chance it will come from us.

AVAILABLE AT GYMS & HEALTH STORES EVERYWHERE

NATURE FOOD CENTRES



NATIONAL HEALTH PRODUCTS
731 KIRKLAND ROAD, ORLANDO, FLORIDA 32811

1-800-537-7671

© Copyright 1991

Ask the Doctor

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

DEAR MAURO: I recently purchased your *Beyond Anabolic Steroids and Anabolic Steroid Side Effects - Fact, Fiction, and Treatment* book. The books were nothing short of excellent. The reason I am writing to ask if you carry or you can recommend a good place to obtain some of the over the counter products you mention in your *Beyond Anabolic Steroids* book? I was also curious how you feel about Mile High Publishing material? If you still offer *Drug Use and Detection in Amateur Sports* plus all five updates then please send me ordering info on them. **Nick.**

DEAR NICK: The books and the bimonthly Anabolic Reference Update put out by Mile High Publishing can be extremely useful and informative for athletes - unfortunately at times they also tend to be somewhat anecdotal (although to be fair there is very little published information on many of the topics they cover). Bill Phillips has information in his publications that can't be gotten anywhere else, especially current news on anabolic drugs, supplements and counter-felt drugs. In looking over some of their material and services, I'm surprised at how extensive their operation is - including phone lines for current information, bimonthly updates, and yearly books. I don't carry any products at all since it was never my intention to profit from my research and writing. My intention was and is to provide information and not to make money. What I make from selling my publications barely covers my expenses and time. Also, knowing human nature, I find it difficult to believe that anyone can be objective and factual when hawking a line of products. While some substances mentioned in my book are only available through prescription or in Europe, some of the products, especially the nutritional supplements can be purchased from outlets such as Crain's, NSA (60 Mile High Publishing), Pacifico Enterprises, etc. My original book and the subsequent five updates would likely be most useful if you're a competitive athlete and likely to be drug tested. On the other hand there's a lot of information in there you might find useful, including a comprehensive chart of the anabolic steroids (in Update Three) - allowing you to quickly see the generic names, trade names, aromatization, effect on the pituitary etc. I've enclosed the ad for all my publications (the ad also appears in every issue of PL USA on the same page as my column). Don't hesitate to write if you need more help or information. All the best in your training. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: To start with, I'm 48 years old and have been lifting for almost seven years. In these seven years, I've never taken any steroids, but have used a lot of different supplements in order to try and get that little extra edge. I'm 5'5", 200 pounds and train mostly the bench and squat. Now, for about the past four months before I started on any squat routine, I was trying to get my bench up some more. I've done 340. In my chest, from the nipples on up to my traps, but not including my traps, I've had some strange feelings. When I cross my arms in front of me or reach side to side I get cramps in this area, but no pain at all. This is beginning to worry me a lot. On my last squat day, I squatted 475 and after the squat, this feeling started on my right side and lasted for about 1 hour. I was told that I'm benching too much, but I only bench one light day on Monday which is 80% of my recent 1RM and one heavy day on Thursday. I squat heavy on Tuesday and 80% of my 1RM on Fridays. The rest of my workouts are just some curls and a few triceps exercises and some back work on Wednesday. Also, could you tell me if there is anything on the market that I can use that could help increase my strength? Legal that is! I've used so many different things in the past few years that haven't worked, that I believe the only thing that will make you stronger is to use heavy weights and to eat a lot of meat and drink a lot of milk, thus gaining weight. Could

TWO NEW BOOKS BY MAURO DI PASQUALE, B.Sc., M.D.

BEYOND ANABOLIC STEROIDS \$15 (US funds) plus \$1 P&H
An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Clomidine, L-dopa, etc.), Insulin, Thyroid (Cyromed, Synthroid, Triacoran, Pergonal, Factol, HCG, Cyobolent, Cleburnol, Dibenzonide, Glutathione, Carnitine, Creatine, Inosine, Smlax Officialis, Boron, Chromium Picolinate, Gamma Oryzanol, Stiositol, Ginseng, Amino Acid Neurotransmitters (such as Gaba, Phenylalanine, Tyrosine, Glutamine, etc.), Branched Chain Amino Acids, Stradrol, Sydnorath, Pracetam, Fenofol, Pechorates, Nutritional Supplements (Vitamins, Minerals, Bee Pollen, B12, etc.), and many other compounds.

ANABOLIC STEROID SIDE EFFECTS

Fact, Fiction, and Treatment \$15 (US funds) plus \$1 P&H
This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomasia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

Also Available by Mauro G. Di Pasquale, B.Sc., M.D.

Drug Use and Detection in Amateur Sports Plus Updates
My book and the 5 updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

The book plus all five updates is \$41.50 U.S. funds plus \$3.50 P&H.

The price of Update Five is \$11 U.S. funds, plus \$1.00 P&H
Update Four is \$10 U.S. funds plus \$1.00 Postage and Handling
Updates One to Three - all three for \$12.00 plus \$1.00 P&H

The book, Drug Use and Detection in Amateur Sports - \$14.95 + \$2 P&H
SPECIAL OFFER: Buy all the above publications (three books plus five updates) for \$60.00 US funds plus \$5.00 P&H.

Order from:

**MGD Press
23 Main Street
Warkworth, Ontario, Canada, K0K 3K0**

you tell me if GABA is worth using or just another supplement to make someone rich! I use a vitamin/mineral supplement, Vitamin C, and Chromium Picolinate also Transferric Acid, this seems to help me the most. Your response will be of great help to me. Thank you, Val.

DEAR VAL: You might be getting some nerve compression that is resulting in the strange sensations and painless cramping. I'd suggest that first of all you see a doctor and get a complete physical and blood screen done to rule out, among other things, hypertension, diabetes and hypothyroidism. If all is normal, and the sensations continue, then perhaps you should see a neurologist to see if you're not impinging a cerebral or peripheral nerve. Since you've purchased some of my material, I'm having a complimentary copy of my new newsletter *Drugs in Sports*, sent to you. If you don't get it, call *Decker Periodicals* Collect at 1-416-522-7017 (1-416-522-7839 is their Fax number) and ask for the circulation department. They'll send you a complimentary copy and subscription information. In the premier issue, I discuss GHB, and GABA. GABA by itself is relatively useless although a lot of athletes are using it. If you're interested in getting the lowdown on supplements, and you don't already have it, I suggest you get a copy of my book *Beyond Anabolic Steroids* in which I cover dozens of supplements and drugs used by athletes to give them that edge. Let me know how everything turns out. Don't hesitate to write if I can be of any further help. Sincerely, **Mauro G. Di Pasquale, M.D.**

The concept of training tempo in weight training has really not been expanded on much in the 'magazines'. Training tempo can be a key factor in max gains in all facets of weight training, from powerlifting, bodybuilding, to general training for fitness. What do I mean by tempo? It involves the time between sets of exercises. Properly varying training tempo, according to goals and where the lifter is in his yearly training cycle can be a key ingredient to continued success and breaking out of a training rut.

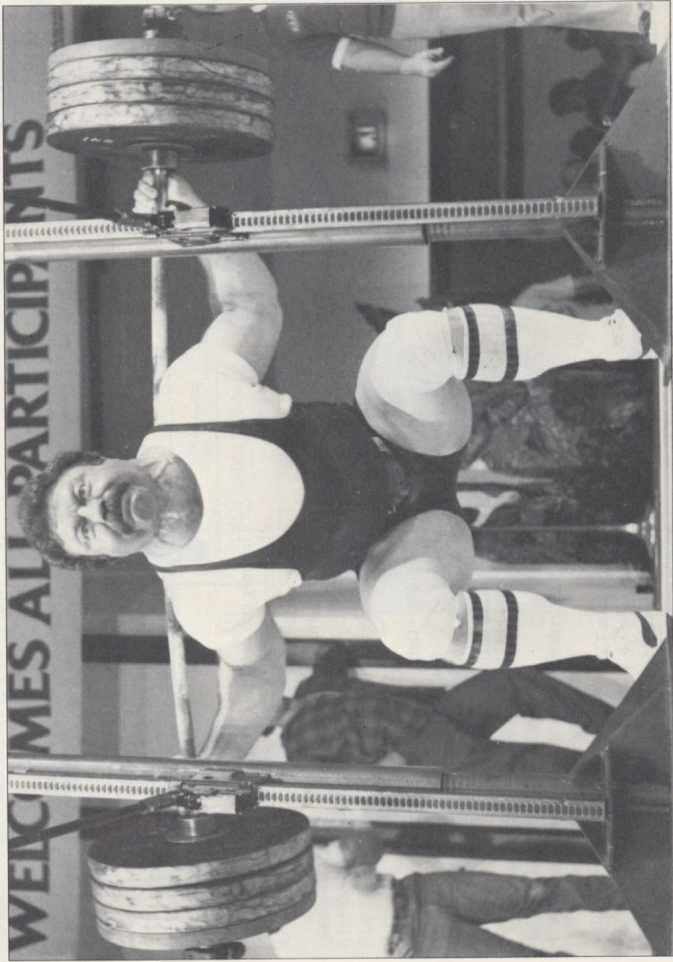
Common sense indicates that the longer a lifter takes between a set, the more he will recuperate, thus producing a higher strength level for succeeding sets or exercises. This may or may not be desirable according to your current goals or where you are in your yearly cycle. Bodybuilders training just before a contest generally rest a short time between sets to achieve an extremely high level of intensity in hopes of getting those invaluable 'cuts' and a little extra size for the stage. Rests between sets of under 60 seconds are almost universal, but this little rest doesn't fit into the pre-contest training of a competitive powerlifter who doesn't worry about 'cuts'. He wants to lift some serious iron and needs more time

TRAINING EXPLORING TEMPO as told to PL USA by Doug Daniels

ing your training tempo can add an extra dimension to your training arsenal no matter what end goals you have. For the powerlifter during the off season, which is the period prior to the 8-12 weeks before a contest, he can set his overall training tempo to a moderately fast pace which would be around 1-2 minutes between sets. Squats may require a little more time between sets. Of course, with neither the bodybuilder or powerlifter usually go to the extremes that weights used won't be extremely heavy. The goal of an off season cycle should be to further develop strengths and isolate and improve weaknesses found during the previous contest cycle. As he enters his specific contest cycle about 8-12 weeks prior to the meet, the rests should increase as he nears contest day. Bodybuilders should follow almost the opposite of this scenario.

The train for fitness lifters can thought on the benefits of proper application of training tempo. Remember, no one specific tempo is perfect for all your weight training goals. Determine your current goals and apply the proper training tempo. Experiment a little and don't worry about taking exactly 60 seconds between sets. As the Rolling Stones said, 'Time is on my Side, Yes it is'.

serious iron and needs more time between sets and a visa versa. Vary-



Master Squatters like Marv Phillips control numerous aspects of their training, including tempo, to optimize results. (Dussia photograph)

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

AIDS and Powerlifting Should You Be Concerned?

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

est sports (also the bloodiest) are: boxing, wrestling, and taekwondo. Moderate risk are: basketball, field hockey, ice hockey, judo, soccer, and team handball. Low risk are: sports with little contact, such as baseball, gymnastics, and tennis.(5)

When considering athlete-to-athlete transmission, one case has received considerable attention, although experts have generally dismissed it. The case involves a 25-year old Italian soccer player, who, in December of 1989, during a game collided with a HIV-positive athlete. This contact caused both athletes severe skin wounds on the eyebrows with a large quantity of bleeding. Two months after this collision the 25 year old man was found to be HIV positive. One year before he had tested HIV negative and denied homosexual activity, and denied homosexual activity, drug abuse, blood transfusions, injections, or dental care. For the previous four years he had a relationship with a HIV-negative woman and stated he never had sex with other women.(6)

Although no studies have estimated the effect of strenuous exercise on an HIV-positive athlete, high fever, fatigue, and shortness of breath, which developed over a 6 month period. Through an interview, the subject stated he did not have any homosexual activity or any other risk factors associated with AIDS. He did, however, admit to injecting cocaine on one occasion, 6 months before this examination. The bodybuilder did comment that he regularly used injectable steroids and that often the needles were shared with other bodybuilders at various gyms. Sliavrek & co-workers suggested that sharing needles that are used or intramuscular injections of anabolic steroids may serve as another mode for spreading AIDS.(11)

One last item to consider for steroid using athletes is a study performed by Metrokka & co-workers. They studied eight homosexual men with immune dysfunction taking 800 mg/day of Danazol (Danocrine/Cyclodren - a synthetic androgen). All subjects did not have a fever or an opportunistic infection. After only three weeks of treatment with Danazol all subjects ex-

perienced side effects which included: seven (88%) experienced increased fatigue; five (63%) experienced shortness of breath; four (50%) experienced skin rash & fever (allergic reaction), anorexia, vomiting; four (50%) experienced a form of skin cancer; one (13%) experienced pneumonia. At the time of the original writing of this study, six (75%) of the eight men had died. Metrokka & co-workers commented that with the side effects seen in this study Danazol increases the degree of immune dysfunction and should be used with caution in persons who either have AIDS or are suspected of having AIDS.(12)

I feel powerlifting itself needs to be considered a moderate to high risk sport because of the fact some bars are heavily knurled which frequently causes broken skin on the shins of socksless sumo deadlifters, ripped calluses from dropped deadlifts, and broken skin on the back of squatters while using bars with heavy knurling in the middle. Although the virus dies very quickly (seconds to minutes) in an open environment, you have to consider that at a powerlifting meet, attempts go quite rapidly, on average 20-30 seconds (if there is no weight change) to perhaps 2 minutes. Now the odds of the person lifting in front of you being HIV positive are "very" minute, but with weightlifting being a sport of pure strength, there will be a higher concentration of steroid using athletes of which increases the odds of athletes sharing hypodermic needles. As seen in Table 1, sharing needles is the second most common way to catch HIV.

Consider that an average powerlifter probably goes to 2-3 meets a year, with 50-100 lifts on his platform at each meet, with 3 attempts (deadlift only) per each person on the "same" bar. This could add up to possibly 900 attempts a year. This doesn't even count training lifts in the gym or multiple years of lifting. Even with all this I feel the odds are still "very" low in transmitting the disease, but one philosopher I've always lived by is a little planning or simply thinking ahead can save you a lot of problems on down the road and I think this applies to this situation. If this article could prevent the spread of HIV to one person I feel it was well worth the time I spent writing it. Now, that I have your attention, the following paragraphs are simply suggestions I have for either rule changes or things you can control directly like the clothes you wear while lifting.

Rule changes to accommodate AIDS in sports is not virgin territory, boxing and wrestling have

THE ALMOST

1/2

PRICE SALE !!!

\$6.95

REGULARLY \$10.95

PLUS INTRODUCING MY NEW BOOK ON GROWTH HORMONE RESEARCH

\$2.95

This book has over 25 summarized medical studies on pituitary growth hormone as well as anabolic growth hormone. Examples of sections are: Muscular Benefits, & Creatinifid-Jabab Disease

GET THE FACTS NOT OPINIONS

\$2.00 S&H (\$3.50 OVERSEAS) For one or both books!

PAYABLE TO: BRENT ALLEN

P.O. BOX 2349

SAN MARCOS, TX 78667



already done so. Here are some rules I feel should be considered: make it mandatory for all deadlifters to wear two pairs of socks or some type of approved shin guards; make it mandatory for all squatters to wear a T-shirt of significant thickness; slightly reduce the maximum depth of knurling on bars used in competition; make it mandatory for all lifters with ripped calluses or blisters to have their hands/wraps to the approval of an official; automatically eject any litter upon any type of head butting of a bar or any other type of action which causes unneeded blood flow on a bar; disinfect the bar whenever possible (?) and/or after when blood has been drawn from a lifter; and also have these rules apply to the warm-up area as well.

Guidelines for cleaning a surface as recommended by the American Academy of Pediatrics is as follows: "If blood or other body fluids visibly contaminated with blood are present on a surface, the object should be cleaned with fresh household bleach solution made for immediate use as follows: 1 part bleach on 100 parts of water, or 1 tablespoon bleach to 1 quart water (hereafter called "fresh bleach solution"). For example, athletic equipment (e.g., wrestling mats) visibly contaminated with blood should be wiped clean with fresh bleach solution and allowed to dry before reusing.

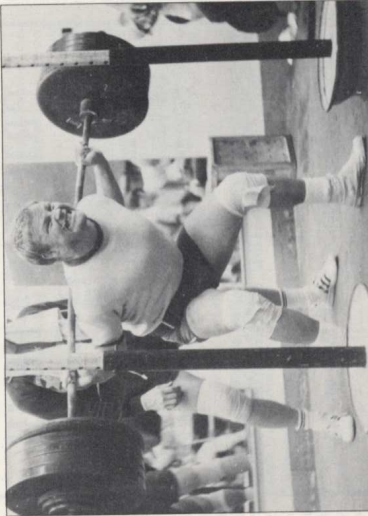
book (see advertisement) please send them to: Brent Allen, P.O. Box 2349, San Marcos, Texas 78667 or call (512) 353-7743 or call the AIDS Hot Line at 1-800-342-AIDS.

REFERENCES

- Hamel, Ruth. AIDS: Assessing the risk among athletes. The Physician and Sportsmedicine 1992; 20(2):140.
- World Health Organization, International Federation of Sports Medicine. Consensus statement on AIDS and HIV. Geneva, Jan. 16, 1989.
- NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. NCAA Sports Medicine Handbook. Overland Park, KS: National Collegiate Athletic Association, 1992.
- American Academy of Pediatrics Committee on Sports Medicine and Fitness. Human immunodeficiency virus (acquired immunodeficiency syndrome (AIDS)) virus in the athletic setting. Pediatrics 1991; 88(3):640.
- Carli, T., Hrisomalos T., Rink L.: Transmission of infectious agents during athletic competition: a report to the national governing bodies by the US Olympic Committee. Colorado Springs, 1991.
- Torre D., Sampietro C., Ferraro G., and coworkers. Transmission of HIV-1 infection via sports injury. Letter. Lancet 1990; 335(8697):1105.
- LaPerriere A., Schneiderman N., Antoni M.H., & coworkers. Aerobic exercise training and psychoneuroimmunology in AIDS research. Baum, A. Temoshok L. (eds): Psychological Perspectives on AIDS. Hillsdale, NJ, Lawrence Erlbaum Assoc. Inc, 1990, p. 259-286.
- LaPerriere A., Antoni M.H., Fletcher M.A.: Exercise and health maintenance in AIDS. In Galantino M.L. (ed): Clinical Assessment and Treatment in HIV: Rehabilitation of a Chronic Illness. Thorofare, NJ, Slack, Inc, 1992, Chapter 7.
- Neumecker P.M.: Anabolic steroid users-another potential risk group for HIV infection. New England Journal of Medicine 1991; 325(5):357.
- Scott M.J., Scott M.J., Jr.: HIV infection associated with injections of anabolic steroids. Journal of the American Medical Association 1989; 262:207-208.
- Sliavrek H.M., Mantoussis P., Eason A.F., Hiesler D., Niederman M.S., Fan A.F.: AIDS in a bodybuilder using anabolic steroids. The New England Journal of Medicine 1984; 311:1701.
- Metrokka C.E., Moore A., Sirkwith J.A., Cunningham-Bundles S.: Risk with danazol in the acquired immunodeficiency syndrome. Annals of Internal Medicine 1994; 101.
- American Academy of Pediatrics Committee on Sports Medicine and Fitness. Human immunodeficiency virus (acquired immunodeficiency syndrome (AIDS)) virus in the athletic setting. Pediatrics 1991; 88(3):641.
- Hamel, Ruth. AIDS: Assessing the risk among athletes. The Physician and Sportsmedicine 1992; 20(2):140.

POWER PROFILE

TOM OVERHOLTZER as seen by Feature Editor Dr. Ken Leistner



Tom Overholzer at the 1969 Sr. Los Angeles Championship (Bob Packer)

If anyone remembers Tom Overholzer, it no doubt has little to do with the record squats he placed down before his fellow lifters. For those who trained or competed with him, it may not be for his enthusiasm and willingness to spot, load, and encourage all of those around him. My personal memories of Tom Overholzer include a round faced, cherubic fellow that did not look very strong, did not look very tough under the bar, and who, despite what anyone thought, was one hell of a lifter.

While living on the West Coast in the late 1960s, I eventually wound up splitting time between the cozy confines of Bill West's garage gym, and Zuer's Hall Of Fame Gym, in Costa Mesa. Long time PLUSA readers may recall my writings about training during this time, and the legendary West, Frenn, Casey, Thurber, Witting, Kin-dred, Lozano, Waters, and other name lifters that I had the privilege to be exposed to. While most history buffs know that the Westside Barbell Club was no more than Bill's car garage in Culver City, California, it might come as a surprise that Zuer's was no more than a house, at least while I was there. Bob actually began his famous gym in the garage of his house. At one point, his wife Jean told him to either pack up and throw all of the high school athletes and top name lifters that had gravitated to him into the street (shades of 54 Fletcher Avenue before the Iron Island Gym opened) or open a "real gym". Bob bought the house across the street and converted it into his well known power gym and house of powerlifting history.

His "gym house" was gutted and turned into a great power gym, or suitable for the strongest man, or any woman trying to "tone up". In the late 1960s, having women in the gym was a rather radical concept, but Bob and Jean had a going enterprise. While most of the guys afforded themselves of the new gym and great homemade equipment, a few of the old members spent time in the old garage. Tom Overholzer was one of these, either training up the coast a bit, or in the dank confines of the original Zuer pit.

I always liked Tom; he was helpful when he was in the gym, and never had a discouraging for or

Barstow, California base. His Marine buddies gave him lots of support during his "rise to power", and his association with Pat Casey was very beneficial. As perhaps the greatest bench presser of all time, in my opinion, Pat helped many lifters through the years, and Tom trained in Pat's gym for some time, eventually pushing that bench press up to the exalted 500 mark. Another "ex-alled" honor that Tom got, was induction to Zuer's Hall Of Fame Gym in 1967. He was the tenth man to be listed there, among many greats of the game.

If Tom was indeed "great", and I have no doubt that he should be viewed in terms of greatness, why isn't he better known, or seen as one of the legends? This is a legitimate question fraught with difficult answers. I will give an opinion, and admittedly, it is no more than that. Tom was never part of the "in crowd". While friendly to everyone, and extremely enthusiastic, he was quiet otherwise, and chose to spend much of his time with his family. I can recall his wife Ginger watching some of his workouts and then leaving with him afterwards. He was more committed to his family than the "fellas". While he was, I believe, the Number One man in his class at the time that the first USA vs. Great Britain Powerlifting Cham-

pionships team was chosen. It was a contest sponsored and paid for by Joe Weider. While this was a great boost for the sport and a nice thing for Joe to do, this first international meeting was stocked with "Weider guys". George Frenn was the primary mover behind the meet, and it should not be a surprise, again in my opinion only, that he would choose his best friend Bill West to represent the U.S. at 198, or Jack Barnes from Arizona at 181. At that time, I believe that Tom had posted better lifts, but was left out of the cold. He was affiliated with Zuer's Gym, not West's and again, under the circumstances, it wasn't going to be Tom.

Another strike against Tom came in the infamous Los Angeles Senior National Championships of 1968. Recall please that the rules were quite different, and often open to much interpretation. One was required to bench press first, and pause that lift for two full seconds at the chest. A slow ref might have you there for a count of four or five. I had been in contests where you were expected to pause the squat at the bottom too. If the head judge said to pause and you were not lighted otherwise, you paused, no matter what the rules might have been. There were no regulations on

wraps, and despite the absence of super type suits and heavy wraps for the knees, it was common that lifters from all over the country packed on as much wrapping as possible. I recall a meet in San Diego where some local lifters wore material jeans which were cut into pairs. They had numbered each shirt so that "number one" was put on, then "number two" which was a bit larger, and finally, "number three". Over this they wore an Ace bandage that was actually two bandage lengths that were sewn together and then wrapped around the buttock and hips to "secure" the pants. Double ace bandages on the fore putting on the suit and belt.

They competed against many lifters, me being one of them, who wore nothing but a jock, wrestling singlet, and flimsy olympic lifting type belt. Gee, was I at a disadvantage. Needless to say, at the top level, and at the major meets, many ways among the most helpful and encouraging. For many of Zuer's young lifters, he was a source of inspiration and no one trained harder. For this, Tom deserves his place in our lore and legend, for he was in many ways, a positive groundbreaker, one that I always liked and enjoyed being around.

perhaps, more obvious. I remember guys from Oregon, guys from Pennsylvania, guys from the different factories in California, and guys from Texas with the infamous cut-off Levi's, and the multi-layered Ace bandages. Overholzer, too, was wrapped like a mummy, but he was the one held up to ridicule and example. He was the one who became most associated with the terms and allegations that led to the formulation of regulations that would govern the use of supportive wraps. Everyone from the "old days" remembers Tom for this, and at times, forgets his unbelievable helpfulness and interest in other lifters. They also recall the litter who used cutoff tennis balls inside his knee wraps, but this litter was never held to the same standards of reputation that Tom was.

Let me say that Tom Overholzer is due a great deal of respect for his level of fine lifting and the dedication he brought to the sport over many years. At meets, he was always among the most helpful and encouraging. For many of Zuer's young lifters, he was a source of inspiration and no one trained harder. For this, Tom deserves his place in our lore and legend, for he was in many ways, a positive groundbreaker, one that I always liked and enjoyed being around.

** BOB'S CUSTOM LIFTING BELTS ** ... WE SUPPORT YOUR EFFORTS ...

NO OTHER POWERBELT COMPARES TO THE QUALITY OF A BOB'S BELT.
BOTH STYLES HAVE CHROME HANDMADE SEAMLESS ROLLER BUCKLES



Available in single row of holes, 1 1/2" or 1" apart, or double row of holes



Original Powerbelt - \$65.00

Reinforced Powerbelt. More Leather and Stitching - \$80.00

Many colors to choose from. Please State first and second choice of colors when ordering

Name _____ Phone No. _____
Address _____ City/State/Zip _____
Original _____ Reinforced _____ Color Choice _____
Waist Size _____ Holes 1" apart _____ or 1 1/2" apart _____
Please add \$3.00 Shipping _____ Amount Enclosed \$ _____

12934 Mesquite St., #1710, Hesperia, CA 92345. Phone (619) 949-4436

C.O.D. Orders Accepted — Allow Three Weeks for Delivery

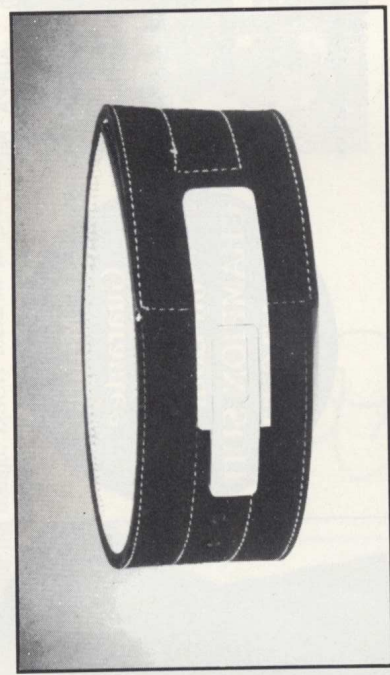
TENZER
ADVANCE DESIGNS
 We Make Power Gear A Science

1-800-222-6897
 903-236-4012

IMMEDIATE SHIPPING

The LEVER BELT

patent #4541152



- Tightens up to 3 1/2" tighter than any other belt made
- Tightens or releases in less than one second
- Stays firmly shut. The tighter you wear it the firmer it holds
- Adjustable tightness
- Competition legal in all U.S. and world organizations
- First introduced to the powerlifting world by "Dr. Squat" Fred Hatfield, Ph.D.
- Provides more safety than conventional belts
- Hi tech design and appearance
- Belt made of thick leather and suede for the maximum support
- Lifetime guarantee

~~\$94~~, NOW ONLY \$62

The Highest Quality Buckle Belts Also Available

INTERVIEW

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

BOB: How many years have you been training and competing?

SAUL: I began weight training sometime during 1956. With the exception of a three year absence from the sport to pursue some musical endeavors, I have been training for 34 years and competing for approximately 28 years.

BOB: How did you get started?

SAUL: Many years ago, I saw a neighbor weight training in his yard. I had been a high school hockey player, and also trained as a fighter, but the concept of an individual pursuit such as powerlifting intrigued me.

BOB: What are your best lifts?

SAUL: 575-325-632-1532. These lifts are my best lifts at 165 lb. and were done at the Adirondack Open (1985) as a master lifter.

BOB: What are some of your records and titles?

SAUL: First 165 lb. World Champ (1967-Barneget, N.J. Postal Power Championship), many time N. E. Champ., North American Champ., Adirondack Championships, many time R. I. and Mass. State Champion and record holder, bronze medal for the U.S.A. Masters Worlds in Perth, Australia (1984, 2nd Place Lifetime Nationals (Enterprise, AL, 1988), National ADFPA Masters Champion and Best Lifter-1985, 1986, & 1988, numerous American & National ADFPA Master Records in both the 165 & 185 lb. classes, USPF 165 lb. National Masters deadlift record, many time Boston Open (I believe the Boston Open was first power meet in USA) 165 lb. Champion & best lifter. Achieved USPF Elite in both 165 lb. and 148 lb. classes, ADFPA International Elite in 165 and Elite at 181 lb. The ADFPA International Elite, Elite, and USPF 165 lb. Elites were done as a master lifter. There have been a number of 3rd through 5th places achieved in the ADFPA Open Nationals. I've omitted smaller meets, single lift meets, and other meets I'm sure I've simply forgotten. Elected to R. I. Jewish Athlete's Hall of Fame.

BOB: What are your future goals?

SAUL: In my heart, I don't believe I've done my best lifting yet. I remain one of the guys in the trenches, trying to get 100% from

SAUL SHOCKET

as interviewed for PL USA by BOB GAYNOR

SAUL: My in season/off season training differs only in the amount of assistance exercises, and emphasis on explosive lower reps. Currently I'm experimenting with a program which I borrowed (at least partially) in concept from veteran National Masters competitor, Steve Brown. Steve is an old friend who has shared his wisdom through the years. It goes like this: Day 1 (Monday) Do the three lifts and one assistance exercise. That's it! Day 2 (Thursday) No lifts, just assistance exercises which rotate from week to week. Lifts are done explosively (some assistance exercises also), often incorporating long pauses which necessitate explosive neuro-muscular contractions.

BOB: Saul, what advice would you have for a beginner?

SAUL: Lift for your own satisfaction. In the beginning of my career, I had some early success, and I was expected to break records each time I competed. This soon became a real burden. I allowed others expectations to eventually take away my joy of powerlifting. I was lifting for others. Call it the Zen of selflessness, however, at some time one must deal with their own needs and quest in order to share this knowledge with others at another time. In my case, I had to take some time away from the sport so that I was able to reassess what was really important to me. When I returned three years later my reasons for competing had evolved and the joy returned.

BOB: Who are some of the people who have influenced you?

SAUL: Over the years, I've met so many great people through powerlifting. As we're limited by space, I'd just like to name some names

and hope some of these people that I haven't seen for years, wherever they may be, might see this interview, notice their name, and smile. Benny (Sugar) Delgado, Nick Agostinelli, Roy Amore, Diz (Richard Uley), Joe Zarella, Mike Cappachione, Scott Lie, Nate Harris, Guy Borelli, Pat Casey, Bill Pearl, John Varrone, Ken Fantano, Bill Andreus, Ed Jubinville, Mike Moraites (my business partner and friend), Special Friends and athletes who understand...and have shared the joy and pain, while being there with support, whether it be local or national platforms: Bob Dempsey, Eric Arnold, Barry Eisenman, Phil Berrio, Bob Backus (Olympian/World Champion weight & hammer thrower...thanks Bob), Tom McCarty, Randy Sequera, Eric Kupperstein, Diane Napolitan, Mark Logan (Chiropractor), Pia Iacoco, Lee Beane, all of the fine young athletes at SAUL'S ALL SPORTS TRAINING CENTER who are so inspiring to us, my old friend like Akuma, and finally, special mention to my good tending son, Ari, who has taught me more than he probably realizes, my wife Alice, who has been so supportive throughout the years ... and Jim, Sybil, & Frances.

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

SAUL: To you older lifters I'd like to share the following... When I was 25 years old, I was pretty strong. My training was considered well, even through many overtrained sessions, though I didn't know myself very well. Now twenty-two years later, by necessity, I've learned to avoid overtraining. My applied leverage has evolved in form and application, and my mental/emotional approach has evolved in a positive way, in terms of both performance and enjoyment. Probably though, the bottom line should be a comparison of totals. I'm now consistently totaling more than 200 lbs. over my best total back in my twenties. As masters athletes we now have the opportunity to extend the age of peak performance. Perhaps to go where others have yet to go. This is still a relatively untouched dimension.

Sounds like great fun to me. Train hard, train wisely and enjoy the quest.



Saul Shocket, 48, out of Hanover, MA, competing at the 1984 IPF World Masters Championship

ational drugs have no future, performance drugs build on a base of sand. They are eventually doomed to fail. Years ago, I was told I could never earn my USPF Elite, drugs free. They were wrong, and today I remain lifetime drug free.

BOB: What's your diet like?

SAUL: I eat no red meat, and other than several exceptional occasions have eaten no poultry since 1969. I do eat fish, grains, vegetables, and fruit on a regular basis. My calcium comes from non-fat yogurt or cottage cheese.

BOB: Do you use supplements?

SAUL: I use multi-amino's, a carbonyhydrate drink, and a liquid form of boron/hicatin.

BOB: How do you train?

STARTIN' OUT

A special section dedicated to the beginning lifter

What would a powerlifter be without a strong back? If you could single out one muscle group that is most important to a competitive powerlifter it would probably be the back (erectors, latissimus dorsi, and traps, etc.). The back is heavily involved in all three of the competitive powerlifts, more so than any other muscle group. So how do we go about building power and size into our back muscles? First, let's break the back (no pun intended) into three simple areas; the upper back, the middle back and the lower back. For the purpose of this article, the upper back comprises the traps, the middle back the lats, and the lower back the erectors.

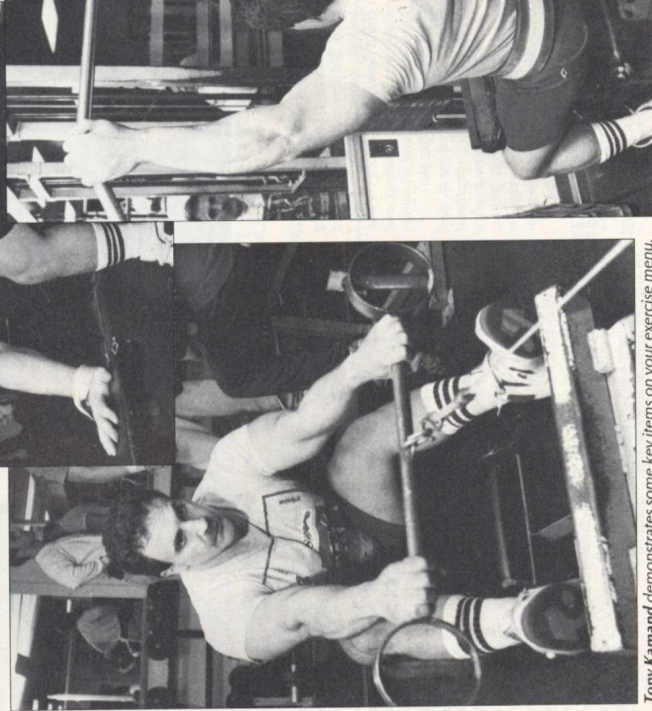
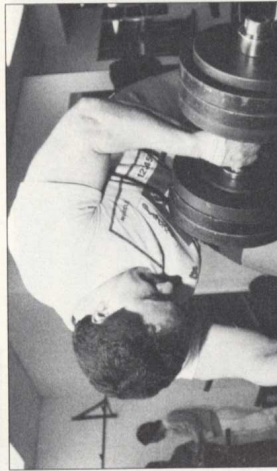
One should work the back muscles twice a week. On Mondays after we squat and bench heavy we will exercise the upper and middle back. On Thursday after we deadlift we will work the middle and lower portion of our backs.

On the Monday workout choose one exercise from column A and one from column B. On the Thursday workout choose one exercise from column B and one from column C. All of these exercises are to be done after your main powerlifts. You will do two to three sets of 6 to 10 reps in all exercises except high rep shrugs where you will do 2 sets of 20 reps. All exercises are to be done in a high intensity manner.

You'd Better Be Able To Back It Up

Build Your Most Important Body Part with Tony Kamand

What's a high intensity manner you need to make the exercise a little more difficult each time you do it. Some days you will be stronger than others and some days you will feel like you should have stayed home. However, any positive change you can do to make the exercise a little more difficult than before will be



Tony Kamand demonstrates some key items on your exercise menu.

beneficial as long as you don't sink into the trap of overtraining. After a few weeks you should change the choice of exercises, since hopefully you have been pushing yourself extremely hard and your body is starting to go stale. When you choose a new assistance start out easy the first two times you do it then begin to crank it up to maximum intensity.

Here is your exercise menu:

Column A (upper back)

- High reps shrugs
- Kelso shrugs
- Upright rows
- Dumbbell shrugs

Column B (mid back)

- Dumbbell rows
- Barbell rows
- Low pulley rows
- Pulldowns
- Weighted chins

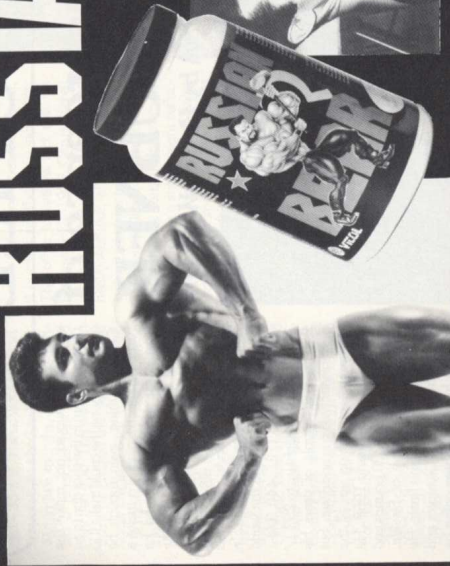
Column C (low back)

- Hyperextensions
- Reverse hypers
- Glute-ham raises
- Good mornings
- Stiff-leg deadlifts

No More Trial & Error

with

RUSSIAN BEAR



Val Vasilef Mr. America says, "RUSSIAN BEAR is like Rocket Fuel compared to regular gas of other products. RUSSIAN BEAR is truly Mind Blowing - So are the results."

Val Vasilef winner of over 80 Body Building and Strength titles including Mr. America performs a record breaking incredible feat by striking 1000 lbs on bench one swing and 1750 lbs on deadlift. RUSSIAN BEAR is my partner as I push for a 1750 lb bench my record.

One of the Soviets Greatest Discovery together with USA's Latest Technology

Closely Guarded Secret

Just a short while ago this PHENOMENAL formula would still be only in the hands of the Soviets. But with USA and the Soviets friendly relationship we now can use their closely guarded secret that enabled the Soviets to whip nearly everyone's butt, including America in the Olympics. Because they use the latest scientific nutritional and training techniques. Adaptogens along with other remarkable Soviet body building ingredients have been tested by Russian descendant Val Vasilef (N.D. winner of over 80 physique, power and weightlifting awards including Mr. America) also a researcher in sport science and hi-tech sport nutrition.

Outrageous Results

The whole world of body building is talking about RUSSIAN BEAR. Why all the excitement? Why are World Class Champions using RUSSIAN BEAR?

Val developed RUSSIAN BEAR by incorporating the latest technology of the Soviets and USA. Thus producing the most remarkable and Advanced body building product not known to sport science until now. Val says: I've worked with a great number of athletes using high tech nutrition and training techniques. Body builders of all types are excited about this product, including older athletes, hard gainers, younger body builders and even myself. Eighty-One year old legendary John Grimek, two time Mr. America and Mr. Universe says "I use RUSSIAN BEAR, and it's really effective together with my training program". Claude Rigon 68 year old and current World Class Champion, says, "I've tried tons of other products. Believe me I've

No Gimmicks

Val says, "I've dedicated my life to body building. I've developed RUSSIAN BEAR because we desperately needed a product with absolutely NO GIMMICKS that also contains everything from A to Z and not in just trace amounts". RUSSIAN BEAR'S INCREDIBLE formula is so AWESOME it is made with not 20 or 30 ingredients but an astounding 60 substances. RUSSIAN BEAR is available at your health food store or gym. 25 day packs \$37.95. 140 tablets size \$24.95. If they do not stock RUSSIAN BEAR they can get it in for you within a few days by calling their distributor. For product information call (609) 228-1150. Vital 8 Brown Avenue, Blackwood, NJ 08012

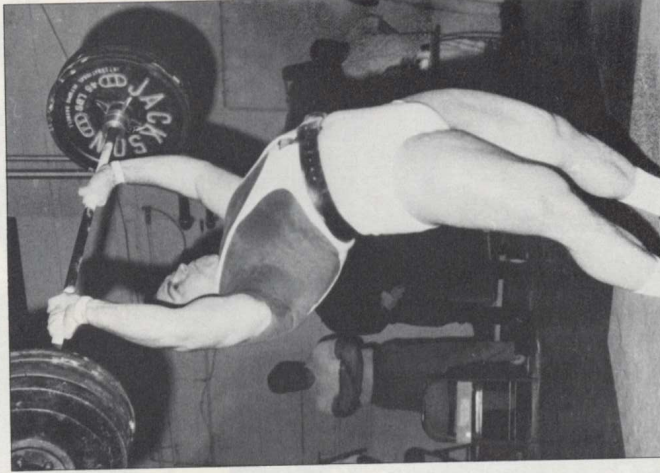
POWER PROFILE

The Resurgence of GARY GUBNER as told to PL USA by Bruce Wilhelm

Through the years I have always admired strength and I believe that is what moved me to become involved in throwing the shot put and later going into Olympic lifting. One person who was partially responsible for the direction I took was Gary Gubner. For those who are too young to remember, Gary was written up in the *New York Times* weekly as being the greatest high school shot putter in New York City. Consistently he destroyed baseball backboards as well as lighting fixtures in gyms where the indoor shot put competitions were being held. Finally, the officials moved him to the city armory where he had all the room he needed.

His strength while in high school was prodigious. He military pressed over 300 pounds, squatted 500 for 5 reps, 450 for ten. Remember, this was in 1960 when there was no such thing as knee wraps and tight lifting suits. Gary also did not use a lifting belt while in high school. He threw the 12 pound shot over 66 feet and hit 57 feet with the 16 pounder as well. These were un-aided lifts and distance by a teenager at that time. Colleges everywhere were chasing him, but none really had a chance as New York University was where he wanted to be. As a freshman at NYU in 1961, he set record after record but 1962 was really the year that he made great gains in strength and became the greatest indoor shot putter of all time. It was terrific for indoor shot putting, because it brought the shot putters out of the armory and put them into the limelight.

He was constantly being hyped as the next "World's Strongest Man" in Olympic lifting and the next Olympic Champion in shot putting. His strength had to be seen to be believed, but his technique in the Olympic lifts was rather rough. It was always being mentioned, "if only he had some flexibility". Still, it appeared that there was no stopping the "Bronx Whale". He was indeed on a roll. He broke the world indoor shot put record numerous times; set fifteen (15) or so Junior world Records in weight lifting; made the United States Track Team for the second year in a row - going to Germany, Poland, Russia, etc. and finally he qualified for the United States Weight Lifting Team as a Superheavyweight and placed third in the World Championships held in Hungary. Not too shabby a per-



Gary was a Presser. Here he jams up 410 pounds (photo by I. Konig).

formance for a few years work. Best performances were, at this time:

Shot put - 64' 11.3/4" world record, over 66' fouls several times, 66' 10" warm up at L.A. Times meet.

Weights - Press 387 1/2 Jr. World Record, Snatch 324 1/2 Jr. World Record, Clean & Jerk 423 1/2 Jr. World Record, Total 1135 Jr. World Record, Bench Press 500, Squat 630, 600x5, Deadlift 675.

His gains had come fast and he felt by 1964 he would be over 70 in the shot and his lifting would continue to go straight up. Well - the bubble burst. He was constantly in a state of being

really cranked up. His progress was nothing short of phenomenal. In February, he began his journey back into strength. He squatted 475 x 2 x 5 reps, bench pressed 415 x 1 and 425 x 0. These were his starting points at a bodyweight of 290+. Within two months, he had squatted a personal best of 680 and benched 450. This was April. From there he cruised into summer and again cranked back up in the fall.

He trained squats by partials, moving up to 1100+ pounds six (6) inches deep on the power rack. Deadlifts from the knees - 885x3, bench squat 695x1, narrow stance 14" high bench. Going into 1988, he moved his squat up to 685-700. Then changed his stance from the Olympic style squat to a modified power squat. When he squats he doesn't use any of the usual supportive apparatus. Plus, he is doing most of his training at home - alone, not exactly ideal conditions! He started to do inclines, working up to 395 - 400 for a single, at 65 degrees. In 1989 he moved his squats up again.

One of Gary's training philosophies is to "cruise and relax during the summer and gear up in the fall". Well, he did just that. In a period of

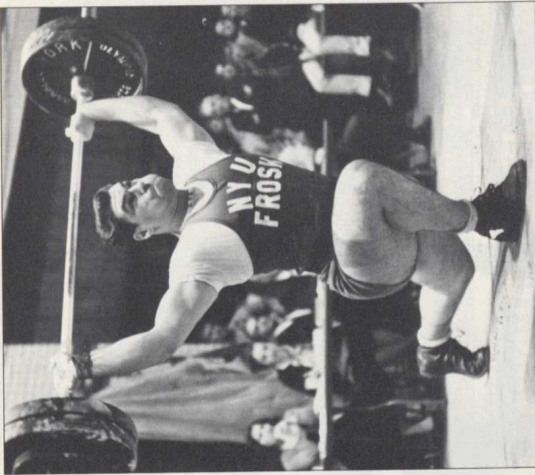
seven weeks his series was as follows: 455 x 5, 545 x 5, 595 x 5, 645 x 3, 725 x 1, 730 x 1, 750 x 1, 775 x 1. When you consider that these lifts were done drug free, no wraps and after 20 years of lay off, it borders on the near incredible. The other incredible fact was on December 21, 1989, Gary suffered a heart attack. It came following a heavy workout, after going up the stairs in his home to shower.

He had some damage but immediately went on a strict weight reduction program, coupled with walking. When I made my first call in January, 1990, his weight was 290+, coming down from the 320+ area. He started training again after his heart attack, but really felt the weight loss and the medication he was taking. In April of 1990 he was squatting 550 for reps and over 600 for a single. Then he decided he was pushing a bit too hard and cut the intensity of his workouts. He increased his aerobics. Remember, he had a heart attack four months prior.

When I saw him in New York City in September 1990, he was down to 240 pounds and looked fantastic. He was really watching



Gary competed with the likes of Bob Bednarski (Fritshe photograph)



A Prodigy - Gary muscled up over 300 in the snatch (Hasse photo)

Press off rack 385.
Age 21 - Senior; Bench Press 500, Squat 615x1, Deadlift 650, Incline 375, Press Off Rack 395.
Age 22 - 2nd in World Weight Lifting Championships - 418 3/4 - 341 1/2 - 440 3/4 - 1201.
Age 23 - Press 421 1/2 - 345 - 440 - 1210.
Age 25 - Press 436 - Training lifts of 450 - 335 - 450, 645

Currently, Gary is training again, but not overly stressing himself. He takes walks daily of two to four miles. He's keeping his weight at 250 or so. He doesn't know what category he wants to compete in, but let's hope he enters some contests soon.

A list of Gary's best poundages, regardless of age are as follows:
Press off rack - 450, Press of rack 2 - 425, Press rack x 5 - 405, Snatch - 352 1/2, Clean & Jerk - 452 1/2, Power clean - 400, Power snatch - 305, Bench Press - 500, Bench press x 3 - 450, 65 degree steep seated incline - 405, Squat - 775, Deadlift - 725, Stiffleg Deadlift - 610, Press behind neck - 355, Curl - 225.

Editor's Note: Bruce Wilhelm was a great shot putter and weightlifter in his own right, with many national and international honors. He was also very successful in the "World's Strongest Man" competitions. He has done weightlifting commentary for ABC for years, and runs a weightlifting specialty store in Daly City, CA

Age 19 - Sophomore; Press of rack 400, Olympic Lifts - 387 1/2 - 323 1/4 - 423 1/2 - 1135, Squat 600x5, 630x1, Deadlift 650, Bench Press 500, Incline 350x2

Age 20 - Junior; Bench Press 490, Squat 525x10, Deadlift 650,

TRAINING

Dawn Sharon - 1991 - Top Totals in Four Weight Classes in One Year as told to PL USA by Greg Reshel, Power Excel



Dawn Sharon flanked by Mary Warman (left) and Janice Roge (right).

All lifters have one thing in common and in fact share this same condition with the rest of society. Everyone has a life to take care of and we all make adjustments to compensate for changes in our life or we face the consequences. In powerlifting as in all athletics we must adjust our schedules, our training routines, and our goals to fit the circumstances of our daily lives.

The beginning of 1991 brought many important changes to Dawn Sharon. In January, Asher Sharon, the top powerlifter from Israel emigrated to the USA to marry Dawn Reshel. The wedding took place in Milwaukee.

New relationships are wonderful, but also time consuming. This is especially the case with two people from different countries and cultures. If we add that the couple had only physically met each other at 2 World Championships we have the makings of a story book romance. As with all things in life, Dawn's story is at the same time less and more than it appears to be.

Training took a back seat in early 1991 for Dawn Sharon. The general business of life was moving a foot fast. Dawn was working as a Wildlife Rehabilitator for the Wisconsin Humane Society as she had for the past 5 years. However, Dawn's asthma was much more of a problem this year and was forcing her to make changes. The cleaning chemicals and animal dander of the Wildlife Center were too much for Dawn's asthma. To cope with and she was forced to change her job to the main office of the Humane Society and away from direct contact with the animals.

In the meantime, Dawn's training was suffering. It is very tough to push that next set or even the next rep when your next breath is uncertain. Dawn would hang on a bench between sets with her face pale and lips slightly blue, gasping for air through pursed lips trying to keep her focus and make it through the workout.

Dawn and Asher had long talks about goals and dreams and then heard conversations on reality and real world goals. Dawn settled for trying to be the top ranked lifter in 4 weight classes in one year. Having trained with Dawn for the past 5 years I can safely say that Dawn is gifted with incredible genetic potential. I believe that she can exceed the 1564 total she performed a couple years ago. In 1991 Dawn needed to set her sights somewhat lower and rather than push top strength we would employ all the knowledge of nutrition and food supplementation to move Dawn's weight through four weight classes with top performances in each.

and fast, prompting Dawn to call a for 573 lb. third attempt that would exceed the existing world record held by Laura Dodd. The lift was fast but slightly out of line, getting 2 red lights from the side judges on depth. Dawn moved to the bench and pushed up a successful 286 lb. second attempt, but 303 was too much for Dawn on her 3rd attempt. The lack of torso strength showed up in the deadlift as Dawn could only manage a hard fought 490 lbs. Dawn pushed her weight up to 181 lbs. for a meet about 6 weeks later. On a hot and humid June morning in a gym with no air conditioning Dawn tried to make the adjustments to a rapid gain in body weight. Dawn was able to squat 557 lb. on a conservative third attempt. More weight translated to more leverage in the bench press as Dawn pushed up 303 lb. on a second attempt, missing 320 lb. due to a bad line. Dawn's deadlift improved slightly with a strong 501 lb. second attempt, but not enough to make a 534 lb. third attempt.

On the way to APF National Championships Dawn decided that she needed to approach each lift from the other direction, gaining all the weight first and then losing gradually and adjusting on the way down. With this in mind she needed to get to the unlimited class in about three weeks. This means a high carb and high fluid diet to blast up to Supers. Leverage increases with weight, but when you blast it can wreak havoc with stabilizers. Dawn's day on the platform was less than ideal as she was forced to adopt different techniques than those used in training. Dawn managed a 518 303 518 1339 day on the platform. With this behind her she tried to train through the summer to hold the weight again and establish a heavy foundation.

Dawn did a tune-up meet in the fall on the way to the WPC World Championships in Las Vegas. She weighed in at 187 on her way to compete at 181 in the World Championships. This time she had the opportunity to work the proper technique and get the equipment right as she came up with 585 350 495 1430. Dawn's deadlift might have been higher, but she pulled only her opener to save a heavy pull for the Worlds 3 weeks later.

The World Championships arrived and Dawn gave her best effort on the day. She did not have a good day squatting. Her asthma may have contributed as it had flared up with the changes in climate from Milwaukee. It is very difficult to squat with a tight suit while you are choked for air. Dawn had nothing to be ashamed of as her numbers were 512 303 534 1350. Dawn has no

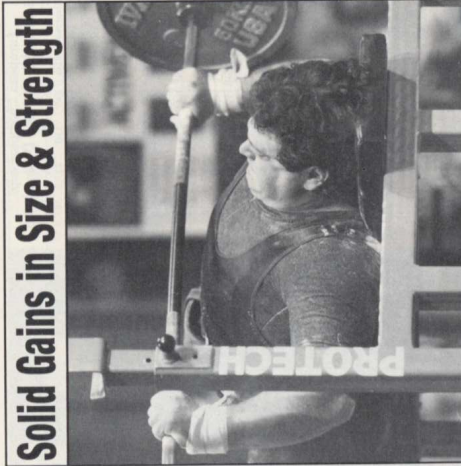
need to make excuses as the numbers were very good, but it was frustrating to lose a world record third attempt bench of 320 lb. My thought is that the loss of weight in the last three weeks after a major effort did not allow her time to fully recover. A strength peak is an elusive thing and many factors must be controlled to attain a true peak on a given day.

In the next article we will outline the specific training cycles that were used in 1991 to show how stabilizers, foundation, and technique were phased into her training. Dawn's training differs from an above average male powerlifter only in that she tolerates more volume at 50-75% and cannot tolerate much volume over 80% without overtraining. The majority of powerlifters who would follow her particular training program would develop great physiques as her training

In response to the opinion of Doug Heeren (published in the April edition of PL USA) are excerpts of the following: "Firstly, the APF was not formed simply out of the issue of drug testing. Heeren seems oblivious to the legal and ethical pressures applied to Mr. Ernie Frantz by the policy vacillations etc., of the IPR. Americans, more than Australians who lack a Bill of Rights, enjoy expansive rights of association. This permits your lifters to join any and all PL associations. Freedom of Choice in this vein has long been a measure of what real Western Democracy is, or at least should be, about. A more lucid mind might have at least considered that a major reason to form the APF or any other PL body lies in a perceived preference to enjoy the society of like-minded athletes. In Australia we do not enjoy such an unimpeded Right of Association. Here the Australian Drug Free Powerlifting Federation and the IPR's Australian Powerlifting Federation ban our lifters from their meets. Words like "banned", "pariah", "lepers" are banded about. Perhaps naively I dream of a unified sport, but here "political" and personal ambitions play a big part in the maintenance of "drug free" facades. Because of the latter and flagrant issues of mismanagement, members of the Victorian Powerlifting Association were determined to form a new PL body wherein they would no longer be subject to the hypocrites of the past. The formation of the Council of Australian Powerlifting Organizations in 1991 was not founded on a desire to use performance enhancing drugs, and get away with it. It was formed by people with a desire to avoid the company of manipulators. A move in this direction always takes a certain amount of courage and moral conviction too!

Secondly, in the light of what I have posited here, and the need for detractors like Heeren to do more "homework", tasteless and immature jibes such as the opprobrious pun on the initials of the APF, and what is likely to be read as a libel by way of fair inference on the burgeoning business interests of Mr. Reshel, do nothing to promote unity in our sport. I have seen no evidence that the APF President denigrates the "growth in leaps and bounds" of your ADEFA or NASA. I believe he would champion the rights of fellow Americans to partake of whatever they offer.

In brief, Mr. Heeren, life is far from perfect, and simplicities such as yours add to the imperfections. May I submit the idea that you cling to your Bill of Rights and all that it entails and leave fellow lifters free to choose with whom they will associate, and realize in so doing that "real challenge(s)" are subject to a myriad of values, that only manic-obsessives and/or political dictators would try to expunge from a democratic society. Create and define your realities as best you may, and champion everyone else's right to do the same. Ahmed Dalvean, M.Sc. (Oxon), Ph.D., M.A., M.S.(PhysEd), B.Lur., President, Victorian Powerlifting Association and The Council of Australian Powerlifting Organizations, Policy Development Officer, World Powerlifting Congress.



Solid Gains in Size & Strength

Power Excel Club

Get The Whole Package with \$25 Annual Membership

- 1. FREE - 12 Week Tailor Made Training Routine - FREE!**
- 2. FREE - Nutritional analysis to complement your training - FREE!**
- 3. BIG BIG Discounts on State of the Art Nutritional Supplements Featuring the Latest in L-Arginine Complexes.**

TOLL FREE - To Order Call Toll Free 24 Hrs. 1-800-424-8308

Questions and more information Call 414-769-1760 1-6pm Central Monday Thru Friday

HOW TO PUT MORE POWER BEHIND EACH LIFT.



Victory Power Base, a blend of 38 bio-chemically 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!



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.

Here's what you get:

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

Victory Restore Aminos 10/30, 10 grams of amino acids, including L-arginine, with 30% branched-chain aminos in every serving.

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.

ADFFPA LIFETIME Drug Free Championships

as told by Meet Director Brian Washington



Rob Wagner had a spectacular day winning the 1985 ADFFPA Lifetime Drug Free Championships.

ADFFPA LIFETIME DRUG FREE
4.5 Apr 92 - Baltimore, MD (kg)

14	502	910	2025	3000
B. Garcia	143.0	110.0	175.0	430.0
R. Rozzelli	142.5	92.5	175.0	410.0
A. M. Leonard	125.0	90.0	175.0	390.0
D. Walker	132.5	85.0	160.0	377.5
Bates	177.5	122.5	202.5	302.5
D. Weiss	160.0	125.0	175.0	400.0
A. Lee	160.0	125.0	175.0	400.0
C. Smith III	157.5	82.5	182.5	422.5
B. Schick	157.5	82.5	182.5	422.5
132				
H. Thomas	182.5	20.0	177.5	480.0
R. A. Smith	182.5	135.0	182.5	475.0
D. Johnson	182.5	95.0	187.5	465.0
L. Lovelace	162.5	110.0	182.5	455.0
148				
B. Blake	230.0	150.0	247.5	627.5
A. Smith	212.5	160.0	225.0	610.0
J. Audia	255.0	125.0	210.0	590.0
D. Kimble	255.0	125.0	210.0	590.0
A. Johnson	217.5	142.5	217.5	577.5
A. McVaney	212.5	130.0	212.5	555.0
S. Bhowani	202.5	145.0	207.5	535.0
C. Livingston	177.5	150.0	207.5	535.0
J. A. Stanley	175.0	120.0	210.0	505.0
165				
J. Sgherri	255.0	145.0	240.0	640.0
R. Rodriguez	232.5	155.0	250.0	627.5
J. Braca	237.5	155.0	250.0	627.5
E. Hammer	235.0	157.5	235.0	647.5
J. M. Smith	237.5	155.0	237.5	640.0
B. R. Chapman	235.0	132.5	237.5	605.0
S. C. McMillan	237.5	120.0	240.0	597.5
F. King Jr.	192.5	132.5	215.0	540.0
D. Dommitt	62.5	192.5	62.5	317.5
307.5	190.0	290.0	787.5	
G. Jones	295.0	160.0	297.5	742.5
H. Gerard	295.0	160.0	297.5	742.5
J. Franchard	285.0	165.0	290.0	732.5
F. Farrah	285.0	165.0	290.0	732.5
T. Taghavan	272.5	160.0	250.0	682.5
M. Pilkenton	250.0	165.0	260.0	675.0
R. Fazio	250.0	165.0	260.0	675.0
K. Daus	250.0	160.0	255.0	650.0
C. P. Ray	245.0	160.0	242.0	647.0
T. Piazza	237.5	170.0	232.5	640.0
A. J. Sc.	237.5	170.0	232.5	640.0
A. J. Boggio	240.0	142.5	240.0	622.5
M. Marchetti Jr.	240.0	142.5	240.0	622.5
T. Braca	242.5	137.5	230.0	620.0
362.5	185.0	300.0	847.5	
R. Wagner	335.0	185.0	312.5	832.5
S. Scalpi	367.5	172.5	322.5	782.5
D. Wilson	367.5	172.5	322.5	782.5
R. A. Kovalev	295.0	205.0	267.5	767.5
M. Jarret	305.0	180.0	277.5	762.5
W. P. Britton	292.5	192.5	272.5	762.5
C. Moore	292.5	192.5	272.5	762.5
J. W. Asworth	305.0	200.0	247.5	737.5
B. N. Glover	270.0	182.5	252.5	707.5
C. G. Witter	270.0	182.5	252.5	707.5
C. Scherr	270.0	155.0	262.5	687.5
C. Moore	275.0	162.5	247.5	685.0
R. Orr	280.0	155.0	245.0	680.0
A. Vace	242.5	152.5	255.0	650.0
C. Sullivan	250.0	142.0	275.0	674.0
242				
B. Paddock	327.5	205.0	312.5	845.0
W. V. Minor Jr.	300.0	205.0	300.0	810.0
E. L. Sorell	350.0	190.0	270.0	810.0
E. L. Sorell	350.0	190.0	270.0	810.0
R. Rabbitt	320.0	192.5	290.0	802.5
S. Ward	282.5	177.5	277.5	737.5
C. Scherr	282.5	177.5	277.5	737.5
T. A. Nance	262.5	165.0	277.5	705.0
275				
T. Schott	372.5	195.0	305.0	852.5
D. Macdon	372.5	195.0	305.0	852.5
R. Macdon	295.0	202.5	272.5	800.0
E. R. Jenkins	302.5	205.0	290.0	797.5
R. Huseman	307.0	167.5	260.0	734.5
W. R. Davis	292.5	170.0	265.0	715.0
R. K. White	272.5	162.5	275.0	710.0
SHW	325.0	215.0	285.0	825.0
W. T. Stewart	292.5	200.0	272.5	760.0
J. Coan				

most titles, and the most titles in consecutive order. Shawn had an excellent day going 9 for 9 and breaking his own national deadlift and total record. He was the only lifter to win a title for a victory on bodyweight that couldn't make his third attempt deadlift. Finishing the weight class was Mattie Paul II of Framingham, Massachusetts, and Robert Kowalczyk of Hazlet, Pennsylvania.

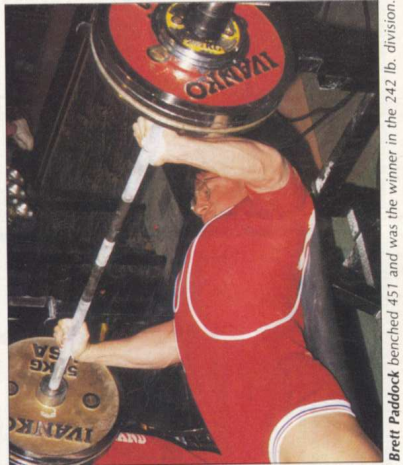
Bret Paddock, Newark, Delaware, put the 125 lb. class to rest with a 242.5 lb. deadlift. Paddock lifted to win the 242.5 lb. deadlift, Maryland, started off in powerlifting as a bench press specialist but is rapidly becoming a bench specialist. Paddock is also a very strong competitor in the powerlift press record. Finishing the class was Benjamin Luck of Virginia Beach, Virginia. Ernie DeLoach, Maryland, won the 175 lb. class with Robert Rabbitt of Wellsville, New York. Ernie set a new master American squat record with 771.5 pounds.

The team champion was Charleston Barbell Club (North Charleston, South Carolina) with a total of 272.5 lb. and set a new national total record with 1879 pounds. Chris Machin of Vahalla, New York, who usually competes at 242, moved up to the 275 and took the 242 lb. bench press record. Finishing the class was Edroy Jenkins of Coatesville, Pennsylvania, and Robert Huseman of Baltimore, Maryland.

West Virginia, to win the supers, Jeffrey Coan of Andrews, South Carolina, won the second place spot. Finishing the weight class was Sean King of North Carolina, and Jeff Coan, the second place team award was won by Missing Link (White Plains, New York) with Steve Scapli and Barry Ray, Lemmy Falcio, Paul Forth, Chris Stanek, and Chris Machin. Steve Scapli and Craig Saran took the third place spot (spotter/coach) with a total of 1879 pounds. I would like to take this opportunity to thank John Mogavero (announcer), Jerry Shockey (photographer), Larry Garo (met coordinator), John King (referee), Linda Phillips (table coordinator), Gail Womble (met assistant), Tim King (met assistant), Calvin Tucker (met spotter), Tom Messick (spotter/loader), Pat Anderson (spotter/loader), Big Bob Myers (spotter/loader), Tom Messick (spotter/loader), Ron Falcone (spotter/loader), INZER ADVANCE (spotter/loader), Bob Gaylor (Head Referee), Paul Griffin, Tom Giordano, Bill Clayton, Ned Cramer, George Richards, and Paul Peadar.

Perfecting the POWER to achieve - UPTIME (in Powerlifting Apparel) INZER ADVANCE (in Powerlifting Apparel) INZER ADVANCE (in Powerlifting Apparel) DON-LEN KING Quality Trophies & Sculptures - DON-LEN KING (1-215-828-3773), and the EAST Coast King of Fitness Equipment - LUDLOW FITNESS EQUIPMENT (1-800-828-3773).

(Thanks to Director Brian Washington for results)



Brett Paddock benched 451 and was the winner in the 242 lb. division.

Rob Wagner had a spectacular day winning the 1985 ADFFPA Lifetime Drug Free Championships. He was the only lifter to win a title for a victory on bodyweight that couldn't make his third attempt deadlift. Finishing the weight class was Mattie Paul II of Framingham, Massachusetts, and Robert Kowalczyk of Hazlet, Pennsylvania.

Bret Paddock, Newark, Delaware, put the 125 lb. class to rest with a 242.5 lb. deadlift. Paddock lifted to win the 242.5 lb. deadlift, Maryland, started off in powerlifting as a bench press specialist but is rapidly becoming a bench specialist. Paddock is also a very strong competitor in the powerlift press record. Finishing the class was Benjamin Luck of Virginia Beach, Virginia. Ernie DeLoach, Maryland, won the 175 lb. class with Robert Rabbitt of Wellsville, New York. Ernie set a new master American squat record with 771.5 pounds.

The team champion was Charleston Barbell Club (North Charleston, South Carolina) with a total of 272.5 lb. and set a new national total record with 1879 pounds. Chris Machin of Vahalla, New York, who usually competes at 242, moved up to the 275 and took the 242 lb. bench press record. Finishing the class was Edroy Jenkins of Coatesville, Pennsylvania, and Robert Huseman of Baltimore, Maryland.

West Virginia, to win the supers, Jeffrey Coan of Andrews, South Carolina, won the second place spot. Finishing the weight class was Sean King of North Carolina, and Jeff Coan, the second place team award was won by Missing Link (White Plains, New York) with Steve Scapli and Barry Ray, Lemmy Falcio, Paul Forth, Chris Stanek, and Chris Machin. Steve Scapli and Craig Saran took the third place spot (spotter/coach) with a total of 1879 pounds. I would like to take this opportunity to thank John Mogavero (announcer), Jerry Shockey (photographer), Larry Garo (met coordinator), John King (referee), Linda Phillips (table coordinator), Gail Womble (met assistant), Tim King (met assistant), Calvin Tucker (met spotter), Tom Messick (spotter/loader), Pat Anderson (spotter/loader), Big Bob Myers (spotter/loader), Ron Falcone (spotter/loader), INZER ADVANCE (spotter/loader), Bob Gaylor (Head Referee), Paul Griffin, Tom Giordano, Bill Clayton, Ned Cramer, George Richards, and Paul Peadar.

Perfecting the POWER to achieve - UPTIME (in Powerlifting Apparel) INZER ADVANCE (in Powerlifting Apparel) DON-LEN KING Quality Trophies & Sculptures - DON-LEN KING (1-215-828-3773), and the EAST Coast King of Fitness Equipment - LUDLOW FITNESS EQUIPMENT (1-800-828-3773).

(Thanks to Director Brian Washington for results)

Schwitzer's Therapy & Conditioning
Center 492 Annual ADFFPA Bench
11 Apr 92 - Newcastle, DE

Open Div.

110	L. Tallian	110	N. Owens
114	D. Caluzzi	130	T. Crawford
123	R. Reynolds	140	D. DeAcassis
125	R. Reynolds	140	D. DeAcassis
127	R. Reynolds	140	D. DeAcassis
129	R. Reynolds	140	D. DeAcassis
130	R. Reynolds	140	D. DeAcassis
131	R. Reynolds	140	D. DeAcassis
132	R. Reynolds	140	D. DeAcassis
133	R. Reynolds	140	D. DeAcassis
134	R. Reynolds	140	D. DeAcassis
135	R. Reynolds	140	D. DeAcassis
136	R. Reynolds	140	D. DeAcassis
137	R. Reynolds	140	D. DeAcassis
138	R. Reynolds	140	D. DeAcassis
139	R. Reynolds	140	D. DeAcassis
140	R. Reynolds	140	D. DeAcassis
141	R. Reynolds	140	D. DeAcassis
142	R. Reynolds	140	D. DeAcassis
143	R. Reynolds	140	D. DeAcassis
144	R. Reynolds	140	D. DeAcassis
145	R. Reynolds	140	D. DeAcassis
146	R. Reynolds	140	D. DeAcassis
147	R. Reynolds	140	D. DeAcassis
148	R. Reynolds	140	D. DeAcassis
149	R. Reynolds	140	D. DeAcassis
150	R. Reynolds	140	D. DeAcassis

win's P.A. system and video hook-up provided crystal clear sound and warm-up room viewing for all spectators. The results of the meet were from Coca-Cola for supplying the beverages for our lifters, helpers and spectators. Vaughn Bolton did a great job on our meet program which boosted our meet marks. A highlight of the meet was an appearance by the uncrowned middle weight boxing champion of the world and T.V. personality, Dave 'The Flyer' Dore was on hand to sign autographs for the lifters and spectators. Special thanks goes to Brenda Howland for designing our meet T-shirt logo. Wayne Kurth from Maryland quickly and Don-Len Trophies, Inc. for providing the best awards that we have ever seen at any competition. Also, thanks goes to all loaders and trainers for their help in making this meet a success. The biggest thanks of all goes to Paul Schwitzer and Ernie DeLe Donne for sponsoring our meet and allowing us to hold it in such a great location. Thanks to all the lifters, helpers and spectators. Director, Gabe Dominelli, for setting a new national bench press record at the Lifetime Drug Free Championships with a lift of 424.25 lbs. in the 185 lb. weight class. We are looking forward to making Schwitzer's Third Annual Bench Press Competition even bigger and better next year. Lifters: Shawn Crawford; Outstanding Trainer: Vaughn Bolton; Outstanding Loader: Vaughn Bolton; Outstanding Assistant: Vaughn Bolton; Outstanding Helper: Vaughn Bolton; Outstanding Spectator: Vaughn Bolton.

to making Schwitzer's Third Annual Bench Press Competition even bigger and better next year. Lifters: Shawn Crawford; Outstanding Trainer: Vaughn Bolton; Outstanding Loader: Vaughn Bolton; Outstanding Assistant: Vaughn Bolton; Outstanding Helper: Vaughn Bolton; Outstanding Spectator: Vaughn Bolton.

ADFFPA Graterford Open Meet
28 Mar 92 - Graterford, PA

148	SQ	BP	DL	Total
S. Crawford	500	315	530	1345
L. Johnson	370	215	380	965
L. Johnson	520	330	510	1360
S. Robinson	650(1)	400	625	1675(1)
D. Long	540	325	325	1190
W. Welton	625	330	630(2)	1585
W. Davis	530	375	550	1475
M. Phillips	605	380	615	1600
C. Long	618(3)	450	760	2128
C. Sawyer	500	275	525	1300
M. Petro	580	340	560	1480

(1)denotes PA State Record, ADFFPA; (2)denotes American Master & PA State Record; (3)denotes PA State Record ADFFPA & American Open & C.B. in the 181½ Sassy "Duck" Robinson stood

POWER BELT™

• GIVE COLOR •
 • WAIST SIZE •
 • SINGLE / DOUBLE PRONG •

POWER BELT™

THE BIG RED™ POWER WRAP™

THE BIG RED™ POWER WRAP™ IS THE TIGHTEST WEAR EVER MANUFACTURED!

GUARANTEED TO BE THE TIGHTEST WEAR EVER MANUFACTURED!

NEW & AWESOME!

OUR COMPETITIVE WEAR DOESN'T BELIEVE, REDUCE, INFLATE, OR NOT KEEP YOU THICKER, TIGHTER, STRONGER, AND MORE TENSE. THE BIG RED™ POWER WRAP IS WHAT CREATES THE PRESSURE AND TENSION FOR THE EXPLOSIVENESS AT THE POINT OF THE SQUAT AND DEADLIFT. IF ALL YOU WANT IS A THICKER AND BULKIER WRAP GO OUT AND BUY A TOWEL. OR BY THE WAY WE DO HAVE TOWELS FOR SALE! (66-99)

• POWERWRAP™ (WIG. BIEE) \$9.99
 • SINGLE 2" VELCRO \$11.99
 • SINGLE 4" VELCRO (DOOP W/VELCRO) \$19.99
 • SINGLE 4" VELCRO (DOOP W/VELCRO) \$19.99

to making Schwitzer's Third Annual Bench Press Competition even bigger and better next year. Lifters: Shawn Crawford; Outstanding Trainer: Vaughn Bolton; Outstanding Loader: Vaughn Bolton; Outstanding Assistant: Vaughn Bolton; Outstanding Helper: Vaughn Bolton; Outstanding Spectator: Vaughn Bolton.

to making Schwitzer's Third Annual Bench Press Competition even bigger and better next year. Lifters: Shawn Crawford; Outstanding Trainer: Vaughn Bolton; Outstanding Loader: Vaughn Bolton; Outstanding Assistant: Vaughn Bolton; Outstanding Helper: Vaughn Bolton; Outstanding Spectator: Vaughn Bolton.

up like the meal wasn't to his liking. Bingo, just like that new records for the Powerlifter of the decade. He did the 910 lb. EZ, he could have done a lot more, but there was no media there the first time. The 1987 was held by the late Darrell Long. He did not have any work so he went on to bench 450, true to his word, he did a 790 deadlift and just missed a 800 deadlift. He wanted to save something for the deadlift, he thought that if he had a 30 day layoff he could do it. He had a record in the 45-49 age group and a new American Master record in the deadlift. Expect to hear from Mr. Nelson in the future. Russell from the Powerlifter, to come in to Graterford to accept Beetle's challenge. Guarantee Beetle will make you sweat. We really think you are all going to win this challenge. If you are we think the ADFFPA for sanctioning the meet. The judges, President of the ADFFPA, Al Siegel, State Chairman, Dennis Siegel and Bill O'Brien were there to officiate. The meet was held at the home of Steve Batcho and Big Fred Riccio for showing their support. Thanks to Larry Lafosse for running the meet. Also thanks to Gary Kretz for running the meet. Thanks to the American Master & PA State Record, ADFFPA, and State ADFFPA record. He put it on his back and sat down like he was at the dinner table and got

up like the meal wasn't to his liking. Bingo, just like that new records for the Powerlifter of the decade. He did the 910 lb. EZ, he could have done a lot more, but there was no media there the first time. The 1987 was held by the late Darrell Long. He did not have any work so he went on to bench 450, true to his word, he did a 790 deadlift and just missed a 800 deadlift. He wanted to save something for the deadlift, he thought that if he had a 30 day layoff he could do it. He had a record in the 45-49 age group and a new American Master record in the deadlift. Expect to hear from Mr. Nelson in the future. Russell from the Powerlifter, to come in to Graterford to accept Beetle's challenge. Guarantee Beetle will make you sweat. We really think you are all going to win this challenge. If you are we think the ADFFPA for sanctioning the meet. The judges, President of the ADFFPA, Al Siegel, State Chairman, Dennis Siegel and Bill O'Brien were there to officiate. The meet was held at the home of Steve Batcho and Big Fred Riccio for showing their support. Thanks to Larry Lafosse for running the meet. Also thanks to Gary Kretz for running the meet. Thanks to the American Master & PA State Record, ADFFPA, and State ADFFPA record. He put it on his back and sat down like he was at the dinner table and got

T-Shirts 'n Tank Tops

ALL SHIRT DESIGNS ARE COVERED BY TRADEMARK OR COPYRIGHT LAWS
 IT IS ILLEGAL TO COPY THEM.

5	4	3	2	1
\$9.99 S,M,L,XL	\$10.99 XXL	\$11.99 XXXL	Tanks \$1.00 Extra	

World Gym Bench Press
7 Mar 92 - Largo, FL

123	Hollyfield	242	Johnson	510
P. Nguyen	385	L. Arthurs	475	480
F. Kelso	205	S. Claster	475	475
132	Supers	530		
F. Robbo	210	R. Burns	470	465
148	M. Davis	340	Women's open	
165	Sacks	305	B. Lemus	145
H. Jones	380	R. Henderson		130
I. Barney	290	K. Adams	790	
D. Knott	375	J. Mortelle	200	205
S. Bell	395	G. Maatu	340	340
C. Thompson	345	C. Maatu	310	265
L. Newton	435	I. Ester		
J. McCullough	430	Over 40's men's		
C. Stegal	430	D. Denham	510	510
I. Jacobs	480	G. Arnold	425	
L. Lungari	340	M. Churchman	370	
65	Local weightlifters	pursued the Largo High Athletic Department fund by \$1,150 at the second annual World Gym Bench Press Contest on March 7. The contest was won by local coach Mike Perlin, Pat Mahoney and Sonny Blackwelder supervised and judged the event. A special surprise visit by bodybuilding great Ed Capone and Bruce Capone promoted the contest and have committed to a third contest in February 1993. (Thanks go out to Bruce Capone for providing the results of this meet).		

L.C.I. Bench Press
4 Mar 92 - Lima, OH

144 & Under	Bollett	340
Bower	230	250
162 Class	224 Class	365
Pooler	Maddox	425
Wade	Dutton	380
L. Higgins	235	315
Lutsehik	Ector	205
Williams	225 +	405
Richardson-BL	Callier	390
Quickle	Clagg	365
Green	Master Div.	390
Atley	Yesslee	240
Marley	Staten	255
204 Class	Weeks	285
Hightower-BL	Hancock	375 +

out to the outside judges who took the time out to come in and help out. Roger Newcastle, Mike Stone, Weightlifting Coach, for these results.

MUSCLE WORLD

ALL PRICES SUBJECT TO CHANGE

GIVE 15T, 2ND, 3RD COLOR CHOICES

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS, CASH

COD * CHECK * CASH * CREDIT CARDS

Call Toll Free - Orders Only 1-800-272-0051

For Oklahoma Orders FAX on Information Call 1-805-275-8689

* ALL PRICES ARE FOR MAIL ORDER ONLY *

OUTSIDE U.S.
 HANOVER, PA 17331
 700 BOX 133 • 1124 N. 14th St.
 Shawnee, Oklahoma 74802-1122

HANDLING \$3.50
 RESIDENTS
 ADD 3.75%

MINIMUM \$35.00

CAN POWERBUILDING™ HELP YOU BUILD SIZE AND STRENGTH?

Ask Those Who Have Tried It.....

"It's incredible! In nine years of training I've never made such gains in strength and mass in such a short time. I've gained 7 lbs and my waist is the same. It's truly muscle. Thank you for sorting all the B.S. out of training." — *A. Dumaine, CANADA*

"Using the PowerBuilding program allowed me to increase my maximum lifts by a total of 165 lbs. in six weeks." — *D. Christonson, NJ*

"Just a little note to give praise on the PowerBuilding Program you offer. It is excellent! I've been training for approximately eight years now. I have my own fitness and gym center here in Canada and am a nationally ranked bodybuilder. This program is by far the best I've used!" — *J. Laprise, CANADA*

"I love the brief, intense workouts with plenty of time for recuperation. PowerBuilding fits in with my real life working schedule great. It has promoted great gains while still allowing me to have a personal life." — *B. Simmons, WA*

"Being an experienced bodybuilder I am ashamed to admit that I was overtraining and didn't even realize it. After competing in the 1991 USA at 165 lbs. I went on PowerBuilding and I am now at 203 lbs. with much more strength and greater definition." — *W. Chrebert Jr., NJ*

"I am completely sold on PowerBuilding. I've been training for eleven years and with PowerBuilding I reached an all time high at 275 lbs. on the bench (20 lbs. increase in 5 weeks). Previously I had been stagnant for years." — *J. Wilson, CA*

"The most rewarding program I've ever used. Total effort with total results." — *G. Rodriguez, CA*

"I've gained 6 lbs. in as many weeks! All quality muscle. My friends all want to know what I'm doing. It's great!" — *F. Stevens, LA*

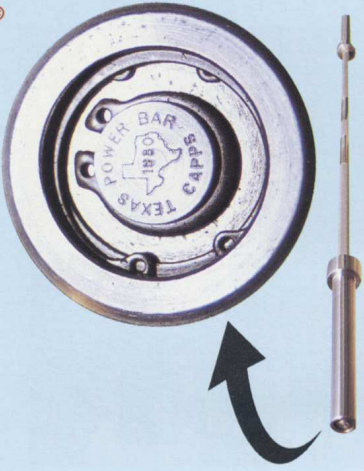
"My partner and I have been using the PowerBuilding program and all the other bodybuilders are looking over our shoulders to see what that black book is. We are the only ones growing in our gym and we are keeping it quiet. In this day and age a competitor needs all the advantages he can get." — *A. Elgie, United Kingdom*

**Don't settle for another generic training program.
Have one designed just for you!**

To Find out how PowerBuilding's highly customized, computer generated, progressive weightlifting routines can help you gain size and strength **CALL 1-800-637-1572** or write to:

Power Systems Technology
P.O. Box 280083
Lakewood, CO 80228

ELITE®



TEXAS POWER BAR.....\$185

ELITE DEADLIFT BAR.....\$245

ELITE SQUAT BAR.....\$245



DEADLIFT SHOES

Features include! Synthetic suede upper, Three color rubber outsole. Padded ankle & tongue for increased support and comfort. Non-skid sole specially designed for increased traction, flexibility and feel.

Available in **White/Natural, Black/White, and Royal Blue/Black-White** Sizes 6-15 \$39.00

THE REAL TEXAS POWER BAR STORY
The first Texas Power Bar appeared on the market back in January of 1981. It was manufactured by Buddy Capps of Texas. He manufactured the bars and sold them to MAC Barbell of Grand Prairie, Texas and various other distributors throughout the US. This was the bar that was used at virtually all championship meets held in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending. Unfortunately Buddy did not have the foresight to trademark the name Texas Power Bar. Since that time people have come out with the California, New York, Mid-West, Oklahoma, and PA power bars. None have come close to the original. Even MAC barbell has gotten into the act. They are selling what they call the Original Texas Power Bars but are now making them themselves. In fact the name "Texas Power Bar" has almost become a generic term. Because of the above Buddy decided to try and improve on his original version. What he has done is eliminate the end caps which used to hold the sleeve to the shaft. On some bars the end caps were held by Allen head screws which required frequent tightening. Buddy's original Texas Power Bar used to have a pin in it. The new version now has pair of internal snap rings in the end of the sleeve and Capps Texas Power Bar 1980 stamped on the end of it (see picture). This has given the bar more room to put plates on, made it more distinctive, and now you can be 100% sure you have the real thing. The bar is 28.5mm in diameter and is made from prestressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it to prevent it from sliding on the back during the squat. The sleeves are of one piece construction and are machined to 2" diameter and rotate around the bar on a bronze bushing. The bar will fit all standard size Olympic plates. As long as it is not abused the bars are virtually unbendable however, if dropped in a power rack or abused in some other fashion they can bend. If this happens you can buy another shaft for \$90.00 and put your old collars on it and presto - you have virtually a new bar. **SORRY - No C.O.D. or Credit Card Orders on Bars.** Shipped via UPS - call for charges

NIKE LIFTING SHOES

These shoes were designed specifically for lifting. Not as an all purpose cross-training shoe loaded with compromises. We have purchased the entire inventory from Nike and they are no longer making these shoes. Hurry, Order Yours Today While The Supply Lasts!! Check out these features: Steel Shank Support, External Heel Stabilizer Collar, Heel Counter and Box Toe Reinforcement, EVA Foam Midsole/Heel Block, Non Slip Rubber Outsole, Tuck Board reinforced Innersole, Dual Density, Anatomical, Molded Sockliner, 5/8" Foam Ankle Cushioning, Hook & Loop Closure, Stability Straps, Foam Lined, Jersey Knit Quarterlining, Nylon Reinforced Vamp/Tip, Performance Leather, Full Grain Upper

HIGH TOP Model \$79.00

REGULAR Model \$69.00

High Tops - 1/2 sizes 10-13 only

Regular Model - 9, 10 1/2, 12 1/2, 13 1/2, 14, 15

Call Toll Free 1-800-433-0324

**Master Card and VISA Accepted
In Mass. Call (617)749-4389**

15 AUG. Atlantic States Overhead Press, Taylors Fitness, Box 195, Sharon, VT 05665
 15 AUG. 3rd World Rowing Breakers Bench Press, Scott Taylor, R.R. 1, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

THE WALTER THOMAS POWERLIFTING CHAMPIONSHIPS
Trophies 1st thru 5th places in all weight classes and Divisions. Team Trophies. Outstanding lifters trophies, best squat, best bench, & best deadlift trophies will be presented.

MEET INFORMATION PACKET: Write or Call 5 TIME WORLD CHAMPION

Walter Thomas
 P.O. Box 45510
 Midwest City, Okla. 73110
 Okla. 73110
 H: 405-732-4582

Men's Open, Women's Open, Lifetime Men/Women Open, Masters Men/Women (All Ages) Benchpress Men/Women.

IRON STRUCTURE POWER IN CHRIST

15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 15 AUG. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

NASA Western United States National Bench Press Qualifier Labor Day, September 5, 1992 DRUG TESTED

Divisions: Pure, Pure Novice, Natural, Women, Teenage, Submasters, Masters I & II

Entry Fee: \$35. Late Fee \$50 after August 28th.

Awards: 1st-5th in all divisions and weight classes (Also Best Lifter - Each Division)

For more information call KEVIN ESTRADA, 702-482-3756 or write P.O. Box 3673, Tonopah, NV 89049

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 18 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

WALLOPS BENCH PRESS CONTEST
SPONSORED BY: Wallops Fitness Club, WHEN: Saturday, July 25, 1992. TIME: Weight-In - 7:30-9:30 a.m. Lifting - 10:00 a.m. WHERE: NASA Wallops Flight Facility (near Chincoteague, VA). PURPOSE: To promote strength and health. DIVISIONS: Open, Women, Teenage, and Masters. PRICE: \$20.00 for one division, \$30.00 for two divisions (Open Division only - late charge of \$10 after July 13th). DEADLINE: July 13th for the Women, Teenage, and Masters Divisions. NO EXCEPTIONS! AWARDS: Trophies for 1st, 2nd, and 3rd place winners. 1st and 2nd and 3rd place winners. CONTACT: Robert Tritle, NASA Wallops Flight Facility, Code 972, Bldg. E-106, Wallops Island, VA 23337 (804) 824-1244 - Days, (804) 824-4833 - Nights

Big River Classic
October 24, 1992
- Drug Tested - NASA -
 Natural, Pure, Masters, Women, Teen, Sub-Masters

Directors: Daryl & Tobey Johnson, Rt. 3, Box 26-B, Blytheville, AR 72315 (501) 763-9084

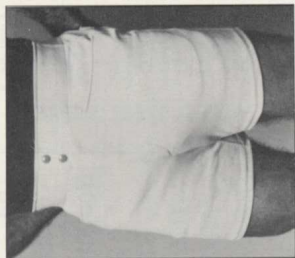
3 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 3 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 3 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 3 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135
 3 OCT. ADPPA New England States Drag Free, S. Taylor, Box 211, S. Royallton, VT 05668, 802-783-7135

Amazing Bench Press Secrets Now Revealed!

By Edward L. Green, Special Feature Writer

Thousand Oaks, Ca—Can you imagine increasing your present bench press maximum by 50 lbs. in the next six weeks? For most people even the thought is merely a dream, but believe it or not, for others it is becoming a reality! Thanks to a revolutionary new training system just released by The Growth Center anyone can increase their present maximum in the bench press by 50 lbs. in just 42 days. No special supplements or diets are required, nor is the use of any steroids or other dangerous drugs. The system is so effective that the company offers it with one of the strongest guarantees I've ever seen. But after using the secret program myself I doubt they will have any returns...E.L.G.

If you would like to receive free details on this amazing product then call The Growth Center free 24hr information computer at 1-805-568-3939 Ext. 992CG or write: The Growth Center-992C, 1534 N. Moorpark Road, Unit #411, Thousand Oaks, Ca 91360-5156.



Coaches Shorts.....
for workouts or casual wear

- Double Knit Stretch Nylon
- Snap Front, Zipper Fly, 5" inseam.
- Sizes: S,M,L,XL, or XXL
- Colors: Blue, Dark Blue, Black, or Silver
- \$18.99 pair



WEIGHTLIFTER'S WAREHOUSE
800-621-9550

CUSTOM POWER TRAINING
Designed by PLUSA writer Doug Daniels and top lifter Jim Vrabel. Get expert guidance from people who know power training and have been designing custom power courses since 1986 with satisfied customers all over the world. Strength Link Inc. courses are not look-alike, secret Eastern European or computerized routines. Each course is designed for each customer and includes valuable info you can't get elsewhere like unreleased power articles by Doug Daniels. Recommendations on supplements and training gear that can save you more time and \$\$\$ than the cost of the course. We cut through the hype with a common sense approach that works. Our courses are geared for the novice or intermediate lifter with a drug-free emphasis. Three courses available in either off-season or contest phase (please indicate when ordering)

- 1) Squat, 2) Bench Press, 3) Deadlift.
- 1 course \$13.95, 2 courses \$25.00, 3 courses \$30.00, payable to:

STRENGTH INK, Inc.
Dept. PL USA - C
Box 1974
Highland, IN 46322

Foreign orders add \$1.00 per course. Allow 10 days to receive questionnaire. Allow 2-4 weeks to receive course after receipt back of questionnaire.

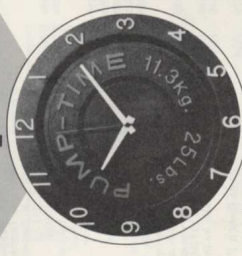
"The WEAPON?"

Never ever has there been a product like this anywhere in the world! It was discovered by Ritchie Creevy & Jim Merlino (2 world record holders in the bench press - masters) by accident. The Weapon? is not your T.V. or muscle mag get rich quick supplement. The Weapon? is the real deal! The Weapon? is a 100% raw product. The Weapon? works immediately. Stay away from expensive doctor bills. Increase your workouts & poundage without pain. Sleep better! No more pillows to help elevate the arms - neck - knees - back - shoulders. The Weapon? is the most effective product I have ever tried! It works 100% immediately. The only hangup the Weapon? has is that it "tastes like shit." Yep! It really does! Other than that, it's the only fool-proof thing America has to offer that really works and helps as a cure. Weapon? is in powder form. 1/2 teaspoon in the A.M. and bedtime and it's history! Weapon? is for every person prone to injury in the sporting field. Weapon? really works! It's over 1,000 years old. You guys have tried every other thing out there! None of them worked. Weapon? works. I'm on it and watch me go! The whole world will soon be a Weapon? You be the first.

454 Grams = \$36.00 plus shipping
Call now:
(818) 889-0026

DISTRIBUTIONSHIPS NOW AVAILABLE

Pump Time



replica olympic 25lb. weight plate
Workout Clock

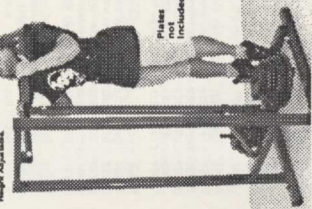
- precision quartz movement
- uses one AA battery
- weighs just 12 ounces
- makes a perfect gift
- custom imprinting available

only \$19.95 plus \$4.00 & shipping inside USA
Order Toll Free 1-800-225-0742 C.O.D. or major credit cards accepted. Add 7% sales tax within Illinois. Mail check or money order to:

Pump Time Products
P.O. Box 1511, Palatine, IL 60078

STANDING CALF MACHINE

Reg. \$249.00 Sale \$179.00
Designed by Doug Daniels. Plates not included.



TITAN BENCH WITH 300 LB. OLYM. SET

Reg. \$459.00 Sale \$319.00
• 3" Sq. Tubing
• Very Strong



•• OUR EQUIPMENT MADE IN THE USA ••

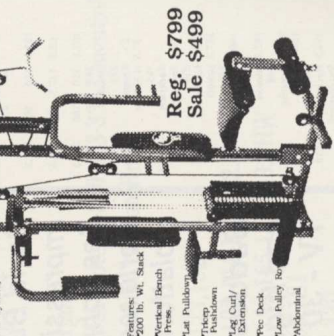
DIP-LEG RAISE UNIT

Reg. \$249.00 Sale \$149.00
*Great for Lower Back and Stomach



BODY PAK-200

Over System



Reg. \$799 Sale \$499

- Features:
- *200 lb. Wt. Stack
 - *Vertical Bench
 - *Lat Pull-down
 - *Treadmill
 - *Leg Curl/Extension
 - *Pre-Deck
 - *Low Pulley Re
 - *Adjustable

3-WAY HIP SLED

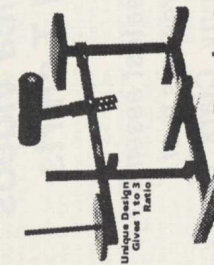
1. Leg Press
 2. Dual Hack Squat
 3. Forward Thrust
- *Bar & Plates Not Included



Reg. \$899 Sale \$579

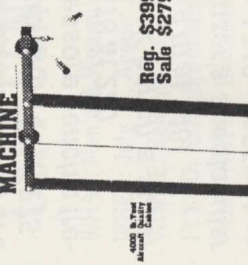
QUALITY EQUIPMENT DIRECT FROM MANUFACTURER.
CALL OR WRITE FOR A FREE CATALOG. The Sale is limited to Stock on Hand. Valid until September 30, 1992.

SEATED CALF MACHINE



Reg. \$169 Sale \$99

DELUXE LAT/ROW MACHINE



Reg. \$399 Sale \$279

Adj. Foot Holder



WEIGHT CARRIAGE Slides On 4 H.D. Ball Bearing Rollers

LEG PRESS W/CATCH

Reg. \$349.00 Sale \$299.00
Plates not included.



Carriage Mounted on Heavy Duty Rollers.

Very Smooth. Great for Legs.

WE BEAT ANYBODY'S PRICES

