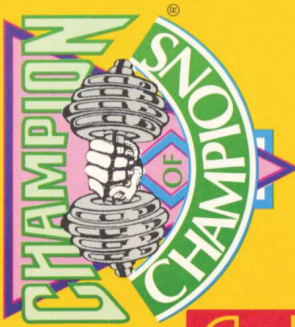


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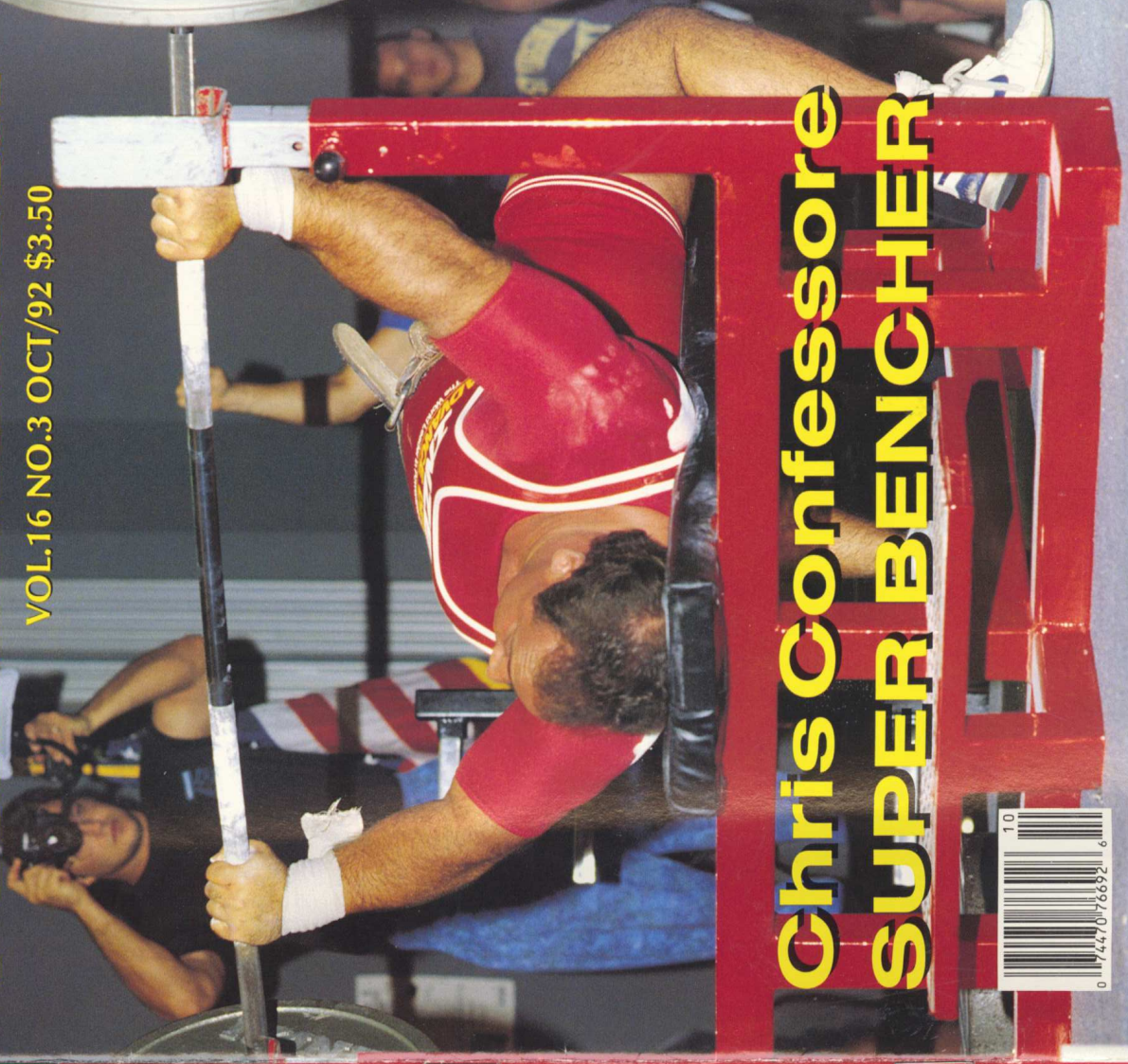
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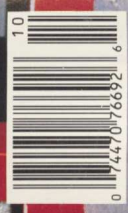
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# Chris Confessore SUPER BENCHER





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ON THE COVER... Chris Confessore benching an all time world record 619 lbs. at 220 lbs. at the APF Senior Nationals

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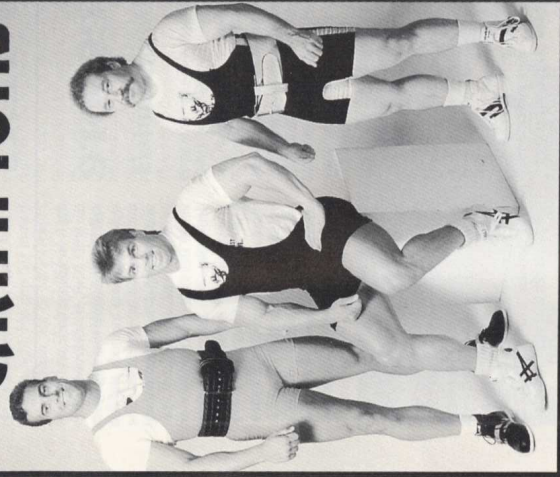
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# POWER PROFILE

The bench press is definitely the glamour lift of our sport. Over the years, there have been elite benchers who have had a major impact in that lift and on powerlifting history. Those names read like Pacifco, Rick Weil, Julian Lee, Joe Bradley, Mike MacDonal, Bill Seno, Pat Casey, Ted Archdi, and Ken Lain.

One benchner who definitely ranks in this group is New York's Chris Confessore. Over his 9-year career, Chris stands, along with Mike MacDonal, as one of the most prolific benchers of all time, with records set in the 181, 198, and 220 pound class as well as the most triple bodyweight benches of all time. Beginning as a 148'er, Chris started his bench legacy with a modest 350 in 1983. In 1985, he moved up to the 165 class where his 460 stands among the all-time best at that bodyweight. In 1987-88, he exploded with a series of triple bodyweight benches, resulting in a massive 562 world record at the 1988 APF Seniors. Moving up

is to keep it basic and simple, use strict form, and believe in yourself. Don't be afraid to change your style or training methods and use the off-season to experiment. The unusual thing about his bench training is that he benches only once per week. This insures full recuperation and makes him hungrier for that one chance per week to improve. This is much different than the more common practice of benching twice per week or more. He views benching too often, too heavy and cheating as the major mistakes most lifters make which hinder their results. He has also shared his training views with PL USA readers over the last few years with several informative articles.

Since his injuries, Chris' training load is lighter, with fewer sets. More attention is paid to maintaining proper form and to his body's recuperation. He avoids all exercises that aggravate his shoulders and works around them. Overall, his training is not that much different,

## Chris Confessore as told to PL USA by Doug Daniels

months later, he was back at it. Unfortunately, in the fall of 1990, that we are not indestructible. He's also learned to listen to his body, to avoid overtraining, and to appreciate the importance of recuperation. Since I've known Chris, I have always been impressed with the great detail and planning he devotes to his training. Just having great physical attributes will not result in great athletic achievement. That also requires a plan that suits the user. Let's examine what his bench training books like in his quest to set even more world records.

His basic philosophy of benching to 198, he set more world records with a 588 to his credit. That world record no longer stands, but he is now setting new world standards in the 220 class, starting with a 618 at John Inzer's 'Baddest Bench in America', a 619 at the APF Sr. Nationals, and a subsequent 625. What sets Chris apart from many top benchers is that he is a top three-lift competitor with Junior National and YMCA National titles to his credit. His best lifts at 181 are 677, 562, 639, 1879, and at 198: 733, 588, 672, 1962. He's definitely not a 'one lift wonder' as some of the top benchers are.

Chris' lifting career has not been all smooth sailing. In 1989, he underwent successful arthroscopic surgery on his right shoulder. 6

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

14, 600 x 2; April 21, 600 x 1, Opener; April 25, Contest - 600, 618 (miss), 618, 643 (close miss)

On Mondays, he benches. Every other week, he includes flat dumbbell 3x8 or isometric benches. Per deck 4 x 8 every week. He finishes with biceps for 12 sets. On the isometric benches, he sets a pin on a power rack at the 3/4 point of his bench and presses an empty bar against it at full force for 5 seconds. These help develop power at whatever point the pin is set and are a favorite of his.

On Tuesdays, he does legs and back for 12 sets, including pull-downs to the front, chins, and reverse grip pull-downs. Lats are extremely important to a big bench. Here he varies his back moves.

On Thursdays, he does assistance work for the bench. These include close grip benches for 3 sets cycled with his bench. Then military presses cycled likewise. 6 sets of tricep work follow with 3 sets of rear delts. He concludes with 3 sets of front dumbbell raises. He handles 500 pounds in the close grips and military presses 315 for 5 reps, so some serious iron is moved during a typical Confessore workout.

The training week concludes on Friday with deadlifts and light back work. All assistance work is dropped the last 2 weeks prior to a meet to insure proper recuperation. He also emphasizes that a lifter listen to his body during a workout, not a piece of paper. Be flexible and make adjustments.

Use of a bench shirt is an integral part of Chris' training. With more and more lifters using them every day, it is a disadvantage competing without one. A bench shirt also provides him with extra support for his shoulders and enables him to lift heavy weights and continue his career. He will use a bench shirt the last 10 weeks before a contest.

As I mentioned above, Chris believes back work is extremely important for a big bench. He lowers the bar slowly and flares his lats to get tight for the press upward.



Chris moved up to 619 at the APF Seniors (Norbert Wagner photo).



AND... he recently further improved the record to 625 (Wagner).

Without well developed lats, the descent of the bar could not be controlled smoothly which could in turn, hinder the explosion of the bar off the chest.

His goals for the future are ambitious, but attainable. Held like to bench triple bodyweight at 220, which would be 660. Also, to break the record at 242 with 655. He feels he can take that record as a light 242'er, around 225 body weight. He also feels he can squat 850 at 220 and take more 3-lift titles, as well as adding to his bench press accomplishments.

To Chris, powerlifting is not as much an individual sport as it may seem. Without great people behind him such as his wife Diane, brother Neil, Dave Schneider, Larry Amoroso, Cord Anderson, Jeff Balzer, John Mizzi, and many others, he definitely would not be at the level he has achieved. He also thanks all the people out there who make powerlifting work. Also, special thanks to Inzer Advance Designs for the greatest bench contest ever - 'The Baddest Bench in America'.

As it stands right now, Chris ranks with the all-time greats of the bench. As he adds more records and national 3-lift titles to his collection, he could join the ranks of the best in powerlifting, period.



TV Time for Chris at the APF Seniors, interviewed by Peter Thorne.



Chris punched up one all-time world record in the bench press at the Baddest Bench in America, a 618 pound effort in the 220 lb. class



# PAUL ANDERSON

## Patron Saint of Powerlifting - by Marty Gallagher



Paul Anderson remains one of the epochal figures of strength sport.

Imagine, that in addition to powerlifting, the incomparable Ed Coan also dabbled in Olympic lifting. Suppose, though possessing minimalist technique, Ed could snatch 500 pounds and clean and jerk 600 at his current 220 pound body weight. Further imagine that Ed would routinely dedicate the best lifters the Iron Curtain countries could throw at him in an offhand, casual manner. He would win world championships in both sports and post totals so outrageous that no could even dream of approaching them. He would rule in such a fashion for twenty years. Impossible? A ridiculous flight of fancy? Science fiction? Comic book hero fantasy? Hardly. Such a man once existed... and in the not too distant past. His name was Paul Anderson.

For 20 years Paul Anderson ruled the Powerlifting and Olympic lifting worlds with an iron grip; unassailable in either realm. To add to his mystique Anderson was a Superheavyweight, a gargantuan presence; appearing otherworldly in physique as well as accomplishment. Even the blasé and jaded Soviets drooled over Anderson. A bona fide folk hero amongst the Russians, Nikita Khrushchev met with Anderson at the Soviet Premier's request.

The Russians were incredulous over the Anderson's raw power. How could a man get so strong? How could this young giant crush the cream of the Soviet sports jargon with such ease? What secrets had this American bumptious stumbled across? The answer was a combination of fabulous genetics and a system of training so radical that it changed the entire course of modern strength sports.

Anderson advanced the proposition that an Olympic lifter could improve his performance by doing squats, bench presses and deadlifts. This was a revolutionary concept. Up until this time it was assumed that the way to improve the three Olympic lifts was to practice them exclusively. This, the prevailing reasoning went, would be all that was necessary to improve strength, timing and fine tune the precision of the lifter. Young Anderson roared out of the Georgia backwoods to shatter forever all previous notions regarding human strength development. Self-taught and unique, Paul's influence is still felt decades later.

Paul practiced massive squatting, benching and deadlifting. He also was the inventor of power rack training. He loved to perform super heavy partial movements of all the lifts, breaking the lifts into smaller components. He grew like a fertilized weed. At his peak he weighed 375 pounds at a

sion was magnified by his lifting attire which was much more appropriate for a stroll on the beach than smashing world records. He wore a bathing suit and a tee-shirt. While he pressed he wore boots. That was all. No belt, no knee wraps, no nothing. Most incredibly, he wore no shoes when he squatted. Anderson squatted 900 wearing nothing but brown socks!

Paul, at the time, was barnstorming the country performing these paid exhibitions to raise money for the youth home he founded back in his native Georgia. Four to five times weekly, forty weeks a year, Paul was on the road preaching the word of God and handling world record poundages each night. Paul told his amateur athletic standards as a result. By today's standards his violations seem laughable and naïve. In the climate and mind-set of those times his infractions were considered deadly serious. He apologized for reinstatement on numerous occasions and was turned down flat in each instance.

Had Paul Anderson been reinstated in 1958, he would have certainly won the 1960 Rome Olympics, the 1964 Tokyo Olympics, and the 1968 Mexico Olympics and possibly the 1972 Munich games. Only the rise of Alexeev could have jeopardized his total domination of that sport. And to think, his real forte was powerlifting. What he could have totalized in a formal Powerlifting meet utilizing wraps, a belt, a supportive lifting suit and a bench shirt boggles the mind. Suffice to say, he lists his best lifts as 1200 pounds in the squat, 615 in the bench and 800 in the deadlift without equipment. This totals out to 2615. Rather than involve ourselves in this meaningless mental exercise, we will relate a few episodes from Paul's career and let the reader draw his own conclusions.

In 1957, Paul appeared on the number one ranked T.V. show in the United States, "The Ed Sullivan Show". Ed brought Paul out, talked a bit about Paul's accomplishments and asked Paul to demonstrate some of his lifting prowess. Paul walked over to a specially constructed squat rack. On it rested two massive safes connected by a thick bar. The safes had plex-glass doors which revealed each safe contained 7,500 silver dollars. The total weight of the safes and bar was 1170 pounds. Without any warm-up Paul shouldered the unwieldy contraption, set up, and full squatted the thing with no spotters or safety equipment. After replacing the bar in the rack to tumultuous applause, Ed mentioned to the audience that Paul had an open challenge. Anyone who could duplicate the feat could keep the

vicinity of the ball, Paul led Todd

into the adjacent patch of woods. To Todd's amazement, Paul had a set of weights on a squat rack. The barbell was loaded to 400 pounds. Anderson proceeded to crank out a perfect set of five reps in the over-head press. Finished, he stroled back to his golf ball and nonchalantly blasted the ball 350 yards to another patch of woods. You guessed it, Paul had a second set of weights on yet another squat rack. This bar was loaded to a cool 800 pounds. Anderson proceeded to crank off a perfect set of five reps in the full squat.

Again, the big man teed up his ball and to Todd's mystification knocked the little white ball 350 yards back to the press rack set. Again, Paul did another set of 5 reps in the press with the 400

half gallons in 14 hours.

bound bar. Again, he teed-up and blasted the ball back to the squat rack area. Round and round they went walking, lifting, walking, lifting. Terry recalled they spent the whole afternoon in this fashion. Apparently, this was Paul Anderson's way of relaxing in his free time, pursuing strength even in the most innocent of recreational pursuits.

His appetite was also legendary. The late Bob Hoffman related that on a European lifting tour he observed Paul consume two quarts of milk with his breakfast, two more with lunch, four quarts during his workout, two more with dinner and, finally, four more quarts between dinner and bed. In total, he consumed 14 quarts, or three-and-one-half gallons in 14 hours.

# THE STRONGEST MAN

## In Recorded History

A New Videotape Documentary on the incredible life and achievements of PAUL ANDERSON, who skyrocketed to the highest levels of strength athletics, leaving a mark so indelible that he remains a legend of lifting until this day

At the top of his game, he took his Olympic Gold Medal and left the world to amateur athletes, dedicating his life to the range of the wayward youth, in the has been stricken by chronic foot problems with disease and injury, yet he possessed a live attitude and faith in himself. He has traveled the globe, touching the hands and hearts of mankind whether great or small, and this ego reveals the enormous impact that Paul had on the world and American public - impressions that have formed the very foundations of all iron sport as we know them. Now, from the forgotten recesses of film vaults across the nation, master documentary maker Larry Coleman has put together the actual historic footage of his Paul's major lifting performances, of how this youthful athlete rose from Toccoa, Georgia to the highest pinnacle of athletic accomplishment, and how he went beyond that plane of achievement to even greater humanitarian glory, culminating with USA Power & Strength Symposium in Orlando, Florida in February 1992 as the Strongest Man of the Century.

Send your name and address and a check for \$39.95 plus \$3.50 handling for this 90 minute, VHS videotape history to: Powerlifting USA, Box 467, Camarillo, CA 93011 (California Residents add 7 1/4 % sales tax)

Paul Anderson was the last of the old-time strongmen and the first modern powerlifter. This unique and gifted man is a link to our past and provided a glimpse as to the possibilities of the future. Plagued by Bright's disease (a kidney disorder) from birth, Paul was forced to undergo a kidney transplant in 1984. He recovered from that and will, hopefully, grace our presence for some time to come. A final thought, the great jazz pianist Cecil Taylor was once asked to assess the impact Duke Ellington had on jazz, it's players and fans. Taylor responded "One day a year all musicians and fans should get down on their hands and knees and thank God for Duke!"

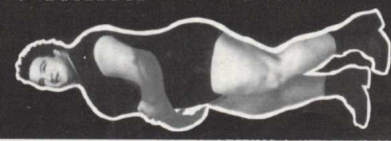
Powerlifters would be well advised to do the same for Paul.

After only three years of competitive lifting, Paul Anderson had made a name for himself in the world of strength sports. He was known as THE STRONGEST MAN ON EARTH. He was a member of the Australian, New Zealand, and American Olympic teams. He was a member of the Australian Olympic team. He was a member of the Australian Olympic team. He was a member of the Australian Olympic team.

Since the late '50s, he has traveled thousands of miles, each year sharing his message: love of God, country and the free-entire system. In 1961 he and his wife Gloria established the Paul Anderson Youth Home, which provides Christian rehabilitation for young men who would otherwise be sentenced to juvenile or adult penal institutions.

This is the fantastic story of one of America's greatest athletes and humanitarians. Included are never-before-seen photos of Paul Anderson preparing for the 1958 Olympics using homemade weights in his home and backyard, as well as rare footage from the archives of many of the major film studios of his most famous competitions at Texas and Missouri.

Color. Approximately 90 minutes. Package design and contents © 1992 by Coleman Video Productions.









# POWERLIFTING USA MAGAZINE

114 lb./52 kg.

## TOP 100

for USA lifters competing August 1991 to July 1992

	SQUAT	BENCH	DEADLIFT	TOTAL
1	597 Dunbar, C., 7/11/92	320 Gohwalski, J., 2/11/92	490 Green, B., 3/13/92	1173 Hill, B., 7/11/92
2	457 Garcia, H., 7/11/92	308 Dumbak, C., 7/11/92	473 Hill, P., 3/14/92	1135 Tran, V., 6/19/92
3	443 Borgue, M., 3/5/92	305 Maddock, M., 3/5/92	468 Nguyen, D., 6/6/92	1130 Nguyen, D., 6/6/92
4	423 Nguyen, D., 6/6/92	295 Nguyen, D., 6/6/92	455 Nguyen, D., 6/6/92	1118 Borgue, M., 3/5/92
5	418 Tran, V., 6/19/92	285 Tran, V., 6/19/92	446 Garcia, H., 7/12/91	1102 Garcia, H., 7/12/91
6	415 Tran, V., 6/19/92	285 Hollyfield, C., 3/28/92	446 Borgue, M., 3/5/92	1100 Kimbrell, B., 3/28/92
7	407 Nguyen, D., 6/6/92	281 Benson, L., 3/7/92	445 Spill, K., 3/14/92	1095 Spill, K., 3/14/92
8	402 Jeffrey, M., 7/11/92	270 Garcia, G., 4/25/92	433 Vera, J., 5/2/92	1025 Vera, J., 5/2/92
9	374 Young, C., 3/14/92	265 Kimberlin, B., 3/28/92	410 Kimberlin, B., 3/28/92	1008 Young, C., 3/14/92
10	370 Young, C., 3/14/92	265 Kimberlin, B., 3/28/92	410 Kimberlin, B., 3/28/92	1008 Young, C., 3/14/92
11	360 Benvenuto, S., 12/28/91	265 Kimberlin, B., 3/28/92	410 Kimberlin, B., 3/28/92	1008 Young, C., 3/14/92
12	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
13	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
14	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
15	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
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18	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
19	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
20	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
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23	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92
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100	358 Green, G., 5/2/92	259 Stubbins, J., 11/8/92	390 Barst, S., 5/24/92	1000 Jeffrey, M., 7/11/92

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# THE BENCH

## Isometric Assistance

as told to PL USA by Chris Confessore



CHRIS IS BIG at 220! as seen in a recent workout session photo.

So that awesome Bench Press has finally become as stale as that first pair of knee wraps that you still have sitting at the bottom of your gym bag. Not to worry, it's just time to re-evaluate your training routine. Are you overtrained, undertrained, undernourished, undersexed or all of the above? If the answer is yes to any of those except the last, this magazine has touched on it. If the answer is no, let's hit the dinosaur of power training, the gold old Power Rack. Power Rack training has been used and abused since the 1960's by all the legends of the power game. For some reason a majority of the lifters today have seem to have forgotten about this extremely potent cure to our sticking points. The type of rack training that we will go

push with everything you have and hold that force for about five seconds. Let's do 3 sets of 5 here. Remember, never slam the bar into the pins unless you're looking for injury problems. A good idea is to obtain a cylindrical piece of styrofoam or rubber to fit around the pins to absorb any vibrations and ensure that the bar does not slide once driving into the pins. If you find that you are weak at the start of the lift, try setting the pins one inch above your chest and repeat the process. Make sure to breathe during this exercise and go all out once touching the pins. When should we do these? Because of the extreme stress and abuse this exercise can cause, let's try these every other week after our heavy bench workout. It is a good idea to wear wrist wraps when performing this barbaric exercise due to the extreme power on the wrist area. Remember, there is no weight being used here, just the bar itself. Make sure your power rack is bolted down to the floor or have it secured with your training partners. If it is bolted down, see who can get kicked out of the gym first for tearing the bolts from the floor. Remember, this exercise is very easy to overtrain on, so make sure to gauge your workouts to avoid burnout. My training partners and myself have seen tremendous results from this exercise, so go for it.

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## FORMULATOR CALLS RULING AN OUNCE!

Los Angeles, CA



The most controversial figure in bodybuilding history has got to be Daniel Duchaine, known to many as the "Steroid Guru." Duchaine originally shocked the athletic community with the publication of his original *Underground Steroid Handbook* back in 1982 and has continued to expose bodybuilding's hidden truths ever since. Duchaine's eye-opening publications have established him as the industry's leading authority on "real world" facts about bodybuilding. Many of the sport's biggest stars come to Duchaine for advice. In fact, he has trained over a dozen Olympia competitors, both women and men. Duchaine's expertise has gained him worldwide notoriety and he has appeared on dozens of television shows including *20/20*, *Nightline*, *Geraldo*, *The Ron Reagan Show*, *Now It Can Be Told*, and even *60 Minutes*. He has also been the subject of countless newspaper and magazine articles.

But, notoriety for Duchaine hasn't always been positive. Many have branded him "too hard-core," and contend his outspoken views on performance enhancing agents are not good for the image of sports. Still, Duchaine holds his ground and contends athletes have the right to know the truth about bodybuilding drugs and performance enhancing nutrients. And, that's exactly what he's been delivering for the last 10 years!

## ULTIMATE ORANGE - AN UNFAIR ADVANTAGE?

It seems that Duchaine cannot escape controversy. The latest skirmish is over his new "underground supplement," Ultimate Orange. Apparently, the problem with this product is that it works too well! Unlike most supplements on the market, not only does Ultimate Orange deliver, but it is so

powerful that a number of athletic committees say it gives competitors an unfair advantage and have banned the supplement's performance ingredients!

Some athletes might recognize Ultimate Orange as the secret supplement bodybuilders have been raving about since Duchaine introduced it back in 1982, long before there were any such things as metabolic optimizers, anabolic activators or even simple carbohydrate supplements. The development of Ultimate Orange was years ahead of its time and as manyfad supplements have come and gone over the years, Ultimate Orange has continued to gain popularity. Duchaine recalls, "I literally used to make Ultimate Orange in my kitchen, but word-of-mouth advertising about its effectiveness quickly put an end to that. The demand for the product far exceeded what I could put together in my home laboratory. So, I contacted a good friend who runs a high-tech nutritional laboratory and talked him into manufacturing the product for me. I've also had to have someone take over distribution of the product for me."

## THE FIRST "DRUGS" HUMANS EVER USED

So what's the secret of Ultimate Orange? Duchaine contends that there are several. First of all, Ultimate Orange contains a potent herbal blend which users claim gives the product a profound "kick." "Shortly after mixing a serving of Ultimate Orange powder in water and drinking it, the user can feel the 'power' of this product," claims Duchaine. Ultimate Orange's "special ingredients" are so effective at enhancing athletic performance that they have been banned by the IOC, USOC, NCAA and IPC. But, these herbs are allowed in over-the-counter products in the United States and are considered very safe by experts. Duchaine cites, "Herbs are the first 'drugs' that humans ever used and many herbs have significant potential to benefit athletic performance!"

In addition to Ultimate Orange's potent herbal blend, the product also contains a complete blend of vitamins and minerals, a number of essential amino acids and a high-tech carbohydrate blend called QuadraCarb™. This proprietary nutrient

# STERIOD GURU'S UNDERGROUND SUPPLEMENT SO POWERFUL IT'S BANNED BY ATHLETIC COMMITTEES!

combination contains stage released carbohydrates from the branching chain glucose polymers of amylopectins. Quadra-Carb also contains high glycemic index maltose with dextrose and low glycemic index fructose. Duchaine calls Quadra-Carb the perfect carbohydrate source to fuel the body before, during and after intense workouts and contends that any athlete who is not subject to drug testing should be using Ultimate Orange! And virtually everyone who has tried Ultimate Orange is calling it the most powerful pre-workout drink ever!

## AVAILABLE TO THE PUBLIC FOR THE FIRST TIME EVER

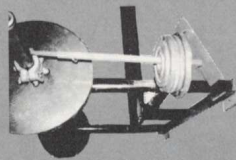
For 10 years, Ultimate Orange has been available only to Duchaine's personal clients and special contacts but, now, for the first time ever, Ultimate Orange is available to the general public. A company called the NSA has recently taken over distribution of the product. They are selling a one pound container (16 servings) for \$19.95 plus \$6.50 postage and handling. So now, any athlete who is interested in discovering the "power" of Ultimate Orange first-hand can simply pick up the phone, call 1-800-637-1572, ask for Dept. #149 and order it. (The NSA takes almost any credit card.) To order the product by mail, all a person needs to do is write down their name and address along with the words "Ultimate Orange" on any piece of paper and send it along with a check or money order (payable to NSA) to: NSA, Dept. #149, P.O. Box 277, Golden, CO, 80402.

So far, the NSA reports that Ultimate Orange sales are going wild! So wild that they fear the manufacturer may not be able to keep up with the demand. Duchaine is not at all surprised by the response and remarks, "It just goes to show how starved athletes are for a product that really does something."

Duchaine is currently researching new and improved ways to enhance athletic performance and if he remains true-to-form, two things are certain--one, he'll continue to uncover performance agents that really work, and two, his findings will continue to stir-up controversy--that is something you can bet on!



## WEIGHT RELEASE DEVELOPS EXPLOSIVE STRENGTH



Louie Simmons says, "They are, no doubt the best apparatus I have ever used for the bench press."

Weight Release, patent no. 4,856,774 a plyometrics device, enables you to lower a heavy weight, and the instant the bar touches your chest, the additional weight loaded disengages from the lifting bar.



Diagram 1



Diagram 2

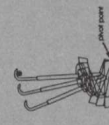


Diagram 3

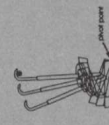


Diagram 4

For Olympic Style bar   
For 1" bar without sleeves

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**WEIGHT RELEASE** (pat# 4856774) is the reason this unique workout incorporates so many aspects of power. **WEIGHT RELEASE** is a plyometric device and also a spotters aid. When adjusted for plyometrics it enables a lifter to lower a heavy weight (eccentric phase) and then instantly have weight disengage from the bar. This causes the lifter to explosively push the remaining weight to completion. The spotters aid setting will be discussed later.

Let's plan for a meet in 9 weeks and since our model lifter hit 450 at his last meet, a realistic goal for the next contest would be 460-470. He will bench heavy once per week and stretch on his light day. A cambered bar will be used for stretching the pecs, delts, and triceps. Load the cambered bar to 30% of your contest max. Take your usual grip and

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified for 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 differing strength levels than the starting poundage specified, simply increase or decrease the training poundages in direct proportion. For example, if your lift is 600 and a starting weight in 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).

## WEIGHT RELEASES BENCH PRESS ROUTINE

as told to PL USA by Inventor Bob Kowalczyk

slowly lower the bar to your chest, count to 25, then slowly push the bar back up. Do this for three sets of three reps. Move your grip in three inches and repeat. Move your grip three inches and repeat once again. Remember to go slow, the purpose is to help recuperation and prevent injury. Now for the heavy day:

**WEEK 1:** WARM UP 1x8 135 (30%), 1x5 225 (50%), 1x5 275 (61%), 1x10 315 (70%), 470 eccentric x 1 (104%) x 3 (use weight release for 370 concentric x 1 (82%) - (3 sets). The lifter lowers 470, weight release is loaded and adjusted so 100 lbs. disengages the instant the bar touches his chest. He explosively rans 370 to arms length. 1x5 315 (70%) Semi-narrow grip (shoulder width) for delts and triceps.

**WEEK 2:** SAME WARM UP: Then 1x10 325 (72%), 470 eccentric (104%) for 3 sets - 380 concentric (85%), 1x5 semi-narrow 325 (72%), Pump set: 290 (64%) x 2 x 1 - 230 (51%) x 2. Assistance work - same as Week 1.

**WEEK 3:** SAME WARM UP: Then 1x10 335 (74%), 470 (104%) concentric x 1 x 3 - 390 (87%) concentric x 1, semi-narrow 1x10 335 (74%), Pump set: 295 (66%) x 2 x 1 - 235 (52%) x 2. Assistance work - same as Week 1.

**WEEK 4:** SAME WARM UP: Then 1x10 345 (77%), 470 (104%) concentric x 1 x 3 - 400 (89%) concentric x 1, semi-narrow 1x10 345 (77%), Pump set: 295 (66%) x 2 x 1 - 235 (52%) x 2. Assistance work - same as Week 1.

**WEEK 5:** SAME WARM UP: Then 1x10 355 (79%), 470 (104%) concentric x 1 x 3 - 415 (92%) concentric x 1, semi-narrow 1x5 355 (79%)

**WEEK 6:** SAME WARM UP: Then 1x10 365 (81%), 470 (104%) concentric x 1 x 2 - 425 (94%) concentric x 1, put bench press shirt on for 1x1 425 pause, 1x1 435 pause.

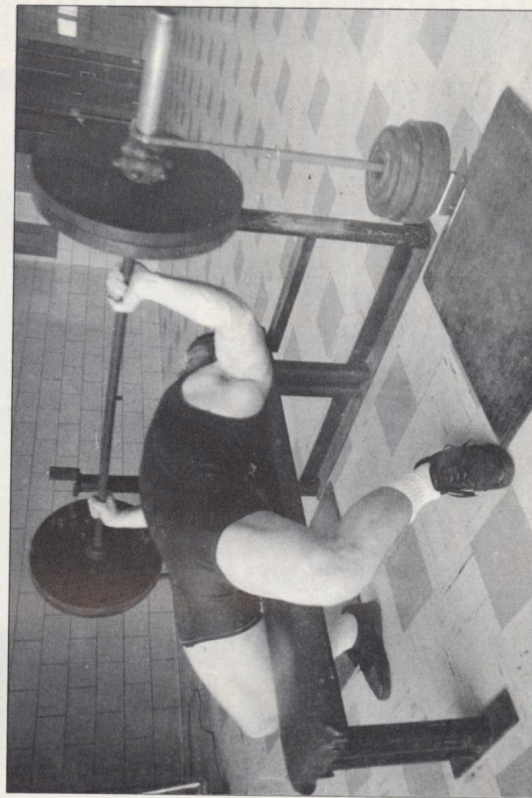
**WEEK 7:** SAME WARM UP: Then 1x10 360 (80%), 470 (104%) concentric x 1 x 2 - 420 (93%) concentric x 1, put the bench shirt on for 1x1 420 pause, 1x1 430 pause.

**WEEK 8:** SAME WARM UP: Then 1x10 365 (81%), 470 (104%) concentric x 1 x 2 - 425 (94%) concentric x 1, put bench press shirt on for 1x1 425 pause, 1x1 435 pause.

**WEEK 9:** SAME WARM UP: Then 1x10 370 (82%), 470 (104%) concentric x 1 x 2 - 430 (95%) concentric x 1, put bench press shirt on for 1x1 430 pause, 1x1 440 pause.

**WEEK 10:** SAME WARM UP: Then 1x10 375 (83%), 470 (104%) concentric x 1 x 2 - 435 (96%) concentric x 1, put bench press shirt on for 1x1 435 pause, 1x1 445 pause.

**WEEK 11:** SAME WARM UP: Then 1x10 380 (84%), 470 (104%) concentric x 1 x 2 - 440 (97%) concentric x 1, put bench press shirt on for 1x1 440 pause, 1x1 450 pause.



Bob Kowalczyk demonstrating how the "Weight Release" mechanism is used. Bob has 20 in. arms and a 51" chest.



# Power Fun

## How Much Can You Lift as told to PL USA by Lloyd Weinstein



Lloyd Weinstein has been one of the ADFFA's top 148 lb. contenders

In this day of big-time sports and big money athletes, it's not surprising that powerlifting still struggles for recognition. While most powerlifters train as hard or even harder than Joe Montana, Dan J. Strawberry, Michael Jordan, or Payne Stewart. Ed Coan, Bill Stewart and Mike Hall would twin a name recognition contest against the aforementioned celebrity/athletes or come within one-tenth of their annual income. After all, an ad for Super Spectrum can't stack up against Wheaties or L.A. Gear.

The competition between countless federations, and the lack of Olympic Status doesn't help much either. Remember the old show, "Battle of the Network Stars," where ABC, NBC, & CBS stars competed against each other in several events? Maybe we could finally get major network coverage by producing "The Battle of the Powerlifting Federations—the ADFFA v.s. USPF v.s. APF with John Madden as the M.C." That could be the ticket to greater exposure!

Just think of our sport having the popularity of baseball, with tens of thousands of cheering fans, large concession stands, and giveaway days like "Amino Acid Day!"—a bottle of free-form amino acids to the first 1,000 paying fans!

Imagine if powerlifting stars could have days like Mike Schmidt, when he played for the Philadelphia Phillies. After winning a big contest, you'd be adorned by the fans—standing ovations, signing autographs, tipping of the cap (or in our case, the belt). You could throw a part of your lifting gear into the crowd after your winning lift. And just think how great your sweaty lifting suit would look on the average fan!

Of course, the next time around, you could strike out or go three for nine in your next contest and get booed, yelled at, and pelleted by those same amino acids, after you miss a lift. The judges could have more excitement too, with lifters kicking chalk dust at them or going nose-to-nose over a missed lift! If powerlifting was big in South America, like soccer, the judges would be separated from the lifters and fans by a moat and escorted out by armed guards, to escape fans of the losing lifters.

Well, maybe we should keep it the way it is. Sure, it would be nice to go one for three and achieve superstar status, but powerlifting probably never be a huge spectator sport. Therefore, we will have to keep enduring all kinds of dumb comments and questions from an uneducated population. While I've heard a number of classics both in

duced to a couple earlier in the day, I heard a woman's voice calling: "Lord! Lord!" After a while more calls, I realized she was calling me. I replied: "Im Lloyd!" She said: "Oh, I thought your name was Lord, a special 'lifting name' like pro wrestlers have!" After a moment of disbelief and the realization that she was serious, I replied: "Yeah, Lord Weinstein has nice ring to it!" Then I thought, I could start "Lordamania" and hire a manager named "Prince" or "Duke." Nicknames like "Dr. Squat" could be mandatory for all top lifters. All other lifters would keep their real names just like in wrestling. "Now up is Pete 'The Piston' Wilson. Next up...Zane 'The Crane' Richards. In the hole...John Davis. Who do you think the crowd would pay attention to?"

I think if a poll were taken of all powerlifters, the most commonly asked question would have to be the infamous: "HOW MUCH CAN YOU LIFT?" This is the one that is the most difficult to answer. After you explain that there are dozens of body parts and related exercises to which that question can apply, they'll try again with: "Oh well, what's the most you've ever lifted?" After you tell them that you've deadlifted 700, they'll ask: "What's your deadlift?" You will then explain that you lift the

weight off the floor until you're standing erect. They'll then respond (as they mimic a clean and jerk), "You mean you've lifted 700 off the floor and over your head!" "No, just up to a full stance..." "Oh, (sounding relieved) you only had to lift it up above your waist?" You then think to yourself: "Yeah! Only 700 lbs. up to my waist!"

The conversation will invariably drift off to the bench press, which many more are familiar with. "How much can you bench?" If a 175 pound lifter responds with "350 pounds," the person might answer, "Oh, really?! My cousin has done 415!" This educated reply would then be: "Well, how much does your cousin weigh?" "Oh, about 300 lbs..." Enough said!

Some of my other favorites include: "Do you have to shave your body before your contest?" "Did you ever compete against the Russians? They're the best!" This gives you the opportunity to explain the difference between Olympic Lifting, Bodybuilding, and Powerlifting.

Another classic is: "How much money do you make for winning contests?" DON'T WE WISH! Another personal favorite is when people ask me if I lift against bigger guys. After explaining that

there are many different weight classes, people generally ask how much more the superheavyweights can lift. That usually puts me on the defensive and I then start comparing lifters pound-for-pound. Now there's another great idea: Have all athletes go head-to-head, regardless of size. Think about these possibilities in powerlifting, boxing and free-style wrestling.

Joe Catalano v.s. Gene Bell; Dave Pattaway v.s. Bob Dempsey; Sugar Ray Leonard v.s. Mike Tyson; John Smith v.s. Bruce Baumgartner

Sounds far-fetched? To us, maybe, but not the public. After all, some people like to view one-sided competition. In our sport, we can be thankful for the Schwartz & Malone formulas!

These are just some of the situations that we are going to have to contend with. In the meantime, try to come up with some clever rebuttals for the typical questions. For example: When someone asks how you can lift so much weight, you can simply answer: "Through years of mastering experiential expertise in dynamic and isokinetic practices, which have created balanced muscle hypertrophy and proper biomechanical techniques!"

On the Six Million Dollar Man, Lee Majors used to answer: "Good

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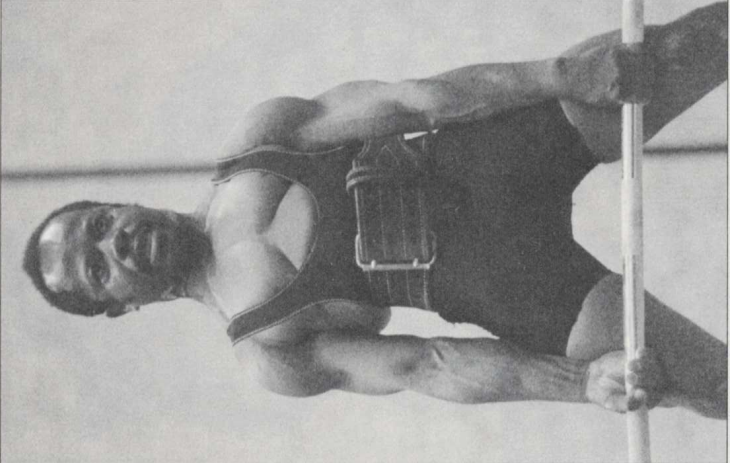
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# INTERVIEW

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

## Freddie Higgins as interviewed by Bob Gaynor



Freddie Higgins competing at the 1991 ADFFA Nationals in St. Louis

**BOB:** Freddie, give us some personal information on yourself?  
**FREDDIE:** My name is Freddie Higgins and I live in Peoria, IL. I am 40 years old and will be 41 years old in October, 1992.

**BOB:** What do you do for a living?  
**FREDDIE:** I am employed with the State of Illinois as a case-worker with the Department of Children and Family Services during the day. I am in private practice as a clinical therapist in the evening.

**BOB:** How long have you been training?  
**FREDDIE:** My training dates back somewhere in the vicinity of 15 years in regards to bench pressing, but I have been in competition since the fall of 1981.

**BOB:** Freddie, tell us how you got started?  
**FREDDIE:** I was a wrestler in high school and my interest in weightlifting began due to the fact that I needed the strength on the mats. Also, a friend of mine named Steve Hopson was built like Mr. Universe, and we began lifting together in my garage. I didn't stay with it and found myself quitting a few times before staying with bench pressing while wrestling in college. It never occurred to me that I could be competitive with my bench press until I left the Peoria YMCA to join Central Illinois Weightlifting Gym in 1981. The gym was full of great lifters and Mike Bridges had trained in the gym just before I arrived. So I began training with Mike's two brothers Bob and Ed with powerlifting movements. Joe McLeod trained with me on the bench press along with Bob Kuhn, a middleweight arm wrestler.

**BOB:** What are your best lifts?  
**FREDDIE:** My best lifts in the gym have been: Squat 445 lbs., Bench press 335 lbs., and Deadlift 475 lbs.

**BOB:** Freddie, what are some of the titles you have?  
**FREDDIE:** My titles include: 1982-USPF-Jr. State Champion; 1983-USPF-Senior State Champion; 1983-USPF Outstanding Lifter in Illinois award; 1983-USPF - Jr. National Champion; 1984 & 1985 - ADFFA-Men's National Champion 1985 '86, '87, '88, & '90 - ADFFA-State Champion. I have placed 3rd in the YMCA Nationals in 1983 and 3rd in the 1986 USPF Senior Nationals. I have finished 2nd in

the ADFFA Nationals in '83, '87 & '91. My 3rd place finishes are having drug free athletes competing against one another. I am a Certified Addictions Counselor and in working with individuals who are chemically addicted, they always seek and find ways to try to beat the drug tests. I think the same would apply to athletes.

**BOB:** Freddie, would you share your dietary views with us?  
**FREDDIE:** My diet includes eating anything that I want in moderation. I particularly eat a lot of chicken, turkey and fish with plenty of vegetables and fresh fruits.

**BOB:** Do you use supplements?  
**FREDDIE:** I use vitamins and minerals taken with a daily Leactin capsule. I also take a daily supply of vitamin C.

**BOB:** How are your yearly training programs set up?  
**FREDDIE:** I train just about the same year round with the exception of doing lighter weight during the summer months. During the fall and summer months, my body seems to change towards being stronger automatically. I basically adjust my reps and the number of sets according to the season.

**BOB:** What advice would you give a beginner?  
**FREDDIE:** My advice to a beginner would be to first believe in yourself and maintain a positive attitude about your training. Be consistent when training working on good form instead of being concerned with increasing your weight as it will come in time. You just have to be patient. And furthermore, have a good training partner. I currently have a good partner in Tony Vaughn. Finally, don't take lifting so seriously that it forces you to make decisions that you may regret later because it really isn't worth it in the long run.

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know me from the inside out, instead of the outside in." Amazingly, last month Troyon completed a beginners computer course at the Five Points West Library in Birmingham, Alabama by using a stick between his teeth to type.

"I've always wanted to go back to school and really challenge myself, but the most important thing is to communicate," he said. "Finishing the class was a good experience, but nowadays everything teaches me more about what true life is all about....not taking things for granted."

Taking things for granted has never been a luxury that Troyon could afford. Eight months before his illness his brother died of a sudden brain hemorrhage. Then last year tragedy struck again when his father was killed working as a security guard at the Red Kool Inn in Homewood, Alabama. For most mortal men such crushing blows would be over bearing, but Troyon doesn't function like most mortal men. He is a different breed of man. He sees light where other men see darkness.

Troyon told me that an intense faith in God, his mother, and self-determination are the three primary factors for his positive outlook on life.

"My mother is so strong and positive," he said. "Just wish I could share her with you. She brings me happiness and courage ever day. And with God on my side, who possibly could be against me. I am a lucky man."

For now Troyon plans to continue taking computer courses to challenge himself and enjoy life. He also plans to once again to pump steel - heavy steel.

"I know I'll lift again, and I know that I'll get my body back to where it was, but more importantly I've put weightlifting in it's proper perspective. It's fun and challenging, but there are more important things in life than having a great body or winning a championship. There are so many more beautiful things in life. I'm lucky because now I realize that and I have the opportunity to teach other athletes the same. Life is really beautiful when you take the time to appreciate it....I'll be back though, I love lifting."

And this time I'll save you your spot.

It's noticeable effects normally are limited to slight physical defects, such as a limp or slurred speech. In Troyon's case, however, the disease has been more severe, rendering him speechless for almost a year and without use of his arms and legs for the last three years. The good news is that there is a chance for recovery over time. Of course, Troyon believes he will recover - "if we have faith as a grain of a mustard seed....nothing shall be impossible unto you."

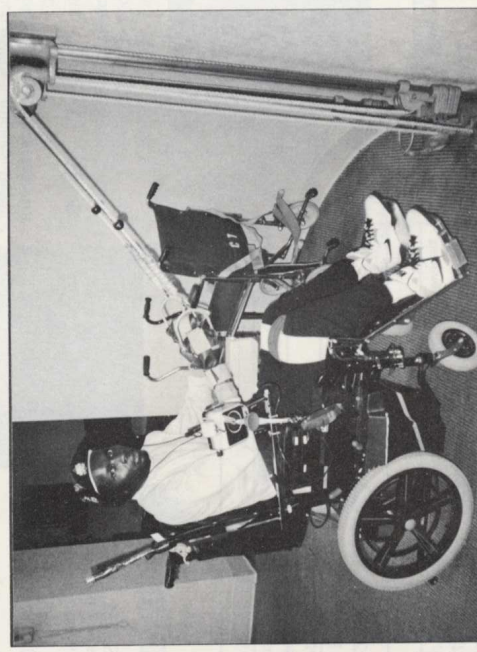
While Troyon has no bitterness about his condition he told me that fear has been no stranger. "It happened so fast that it left me disillusioned. I refused to sleep for the first eight months because I feared I would die," he said.

In March 1989, just three days after I had received my letter from Troyon, he was stricken with Guillain-Barre Syndrome. The disease is a virus system and it's ability to ward off other diseases. It strikes suddenly and restricts respiration, speech and movement of the arms

# Dr. Judd

## We Can All Learn From Troyon Myree

by Dr. Judd Biasiotti, World Class Enterprises



Troyon Myree is working out again, despite the devastation of the Guillain-Barre Syndrome he has been suffering. (Martin Miller photograph provided to PL USA by Dr. Judd Biasiotti)

I first met Troyon Myree in 1988 at Tony's Gym in Albany, Georgia. It's an amazing thing - I imagine you may sometimes feel the same thing I do - but when I meet someone who is special I get vibrations from them. It's a marvelous feeling, like something beautiful is happening between us; and that it's going to be very good. That's the way it was with Troyon. I liked him immediately. He was a strange mix, big and powerful, with a body of a Greek god, yet he was gentle and kind and so full of wonderful things to share. A magnificent human being.

We became good friends and trained together for close to a year. I made some phenomenal gains that year. Not so much physically as I did intellectually, emotionally and spiritually. I have to contribute most of that growth to Troyon. He was so positive, so loving, and so caring. His entire life seemed to be one of giving - the way I want my life to be, and I am sure the way you want your life to be. My vibrations were right. It was very good.

At the end of the year, Troyon was transferred to Okinawa, Japan to continue his career as a military communications specialist. I received one letter from him after the left. I've kept that letter till this day. Let me read to you some of what he wrote. His words are poignant and inspiring.

"Judd, When you begin to realize the potential of God within you, nothing will be impossible to you, not even a 600 or 700 pound squat. Our Lord said 'if ye have the faith as a grain of a mustard seed...nothing shall be impossible unto you.' When a person is defeated in his mind or overwhelmed by a self defeating situation, he is doomed unless he can perceive and cultivate the inner powers that God has given him...I refuse to even entertain the thought of quitting. Never quit Judd...Never despair because with God you will succeed. Believe in your greatness and you will become great. As we have discussed many times, nothing is impossible...P.S. I'll be back before you know it, so save me a spot...God bless you."

After receiving the aforementioned letter, I didn't hear from

people have been forced to get to



## More From Ken Leistner

One of the things that the Iron Island Gym has become known for is the quest for providing the best equipment possible. Those who have known me for many years also know that I am somewhat of an "equipment nut". I'm not the only one who could carry that distinction. Steve Zinn, owner of the Zinn Muscle Factory in Ridgewood, NY, is a gym proprietor whom I have mentioned often in this column and he, too, can spend hours discussing the nuances and frailties of the equipment that is on today's market. My friend Drew Israel is another lifter who has torn out plumbing fixtures and discarded furniture in order to create in his ground floor apartment a great training atmosphere. Drew has perhaps a dozen Hammer pieces in his studio apartment and garage, with thousands of pounds of plates. Steve's gym has more selectorized standard and Hammer equipment than any two or three gyms combined. The fact that we all love equipment and talk about it endlessly, draw diagrams, discuss angles of resistance, and mentally move canis, pulleys, and foot blocks, has many believing that we're likely in the gym too often.

I intend to write at length about some new equipment being manufactured by Kell which will be a boon to the powerlifter. Without a doubt, this equipment is the heaviest made, with the full knowledge of a strength athlete's requirements. A brand new piece that we have put in specifically to help our lifters' lower body strength, is made by the South-eastern Exercise Equipment Co. in Cleveland, TN. The Tru Squat is one of the most innovative squatting pieces I have seen with direct application to the competitive athlete. My long time readers know that I always push the basics. You have to do the three competitive lifts if you intend to pursue them in competition. You have to be strong, aggressive, fearless, and technically correct in the three lifts to fulfill your lifting potential. One cannot, in my opinion, do "major" squats and spend the majority of training time and energy doing leg curls and leg presses. There are some lifters, and Steve Sciacpi comes to mind, who spend the majority of their squat time doing the Nautilus Duo Squat, or a Hammer Leg Press and still perform well on the competitive lift. As Hugh Cassidy has said, however, "If you want to squat, squat!"

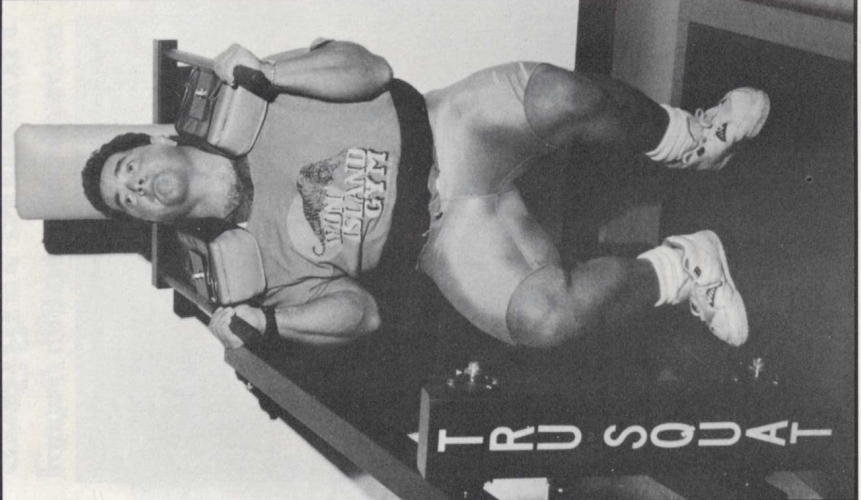
We used the TK Squat Machine as an adjunctive and assistance

arm or cam does. One can design a machine so that five hundred pounds is relatively easy for an average trainee to use. The TK Squat Machine was a real innovation, but the fact that one could and had to use what I felt was "a lot" of weight, was not a positive. The fact that you can't buy one is also a negative.

The Tru Squat was developed by Larry Nichols and Larry Kaczur. Larry has been a fine 132 pound lifter and really brought his expertise to the product. This is a machine that allows you to maintain absolutely perfect squat form, use moderate weight to provide very, very heavy resistance to the muscles directly involved with the squat. Larry's son Ray also helped with some of the safety and design aspects of the machine. The feature that I liked best was the safety factor; you can't get pinned. If one does fail at the bottom of the lift, in a very low position, they can literally step out of the body restraint and away from the resistance, and do so without a spotter! As a teaching tool, especially for neophyte lifters and those men and women somewhat hesitant to squat, the counterbalance arm allows one to use added resistance in order to assist one out of the low position of the squat, sort of a built in spotter.

The Tru Squat is one of the most innovative pieces of equipment that, most importantly, has excellent application for the competitive lifter and athlete. One of the things that has given me great pleasure, and this might be a reflection of what some think is my "different" personality, is a new piece of equipment like the Tru Squat. I can envision, and spend time doing so, new training routines, different applications for a diversity of athletes, and improvements in existing equipment. I presented a few minor suggestions to Larry at the Club Industry show in New York City in early June, and he immediately altered a few things or his machine, making it better in form and function. This type of attitude is what allows equipment that can be truly functional to be developed. This device, because it is a squatting piece, not a leg pressing or other type of equipment, can and probably should, be used by many lifters. I am hopeful, and I get nothing for stating this, that it will soon be seen in many gyms and training facilities throughout the country.

Larry Nichols can be reached at 1-800-348-4907 for information about the Tru-Squat.



Pat Susco evaluates the new Tru-Squat Machine (photograph by Ann Tuite)

One recurring theme of my previous articles in PL USA is one of safety and performance. I am amused by the new onslaught of equipment that boasts four and five inch tubing. Nowhere do they state the thickness of the tubing used for their equipment. This and the welds will ultimately determine the strength of any bench or rack. The overall size of the piece means little in comparison.

Functional equipment, even for the powerlifter who does not need much, is still often difficult to come by. We bought a number of things from Iron Age in Middletown, NY and they understand the needs of the lifter and are very nice individuals. Others who advertise in PL USA could state the same. I'm sure. A relatively new player in the equipment industry has actually been around for some time and I am extremely impressed with their products. Kell Equipment is actually Chip Kell, the former All America center from the University of Tennessee circa 1971 and 1972. Chip was for the powerlifting public, a known figure because as a college player, he bench pressed five hundred pounds! This was an unheard of figure in the "old days", especially for a non-powerlifting specialist.

After college, Chip played for the San Diego Chargers and continued his strength training activities,

literally since childhood, but more than anything, and this is something I can relate to, was not football, not training, but the equipment! Chip was a great football player, a finalist for the coveted Lombardi award. He was a great lifter as evidenced by his five hundred pound bench press at 240 pound bodyweight. He had been playing football and lifting weights literally since childhood, but more

than anything, he had a "feel" for the equipment. In an instant, an innate understanding of what felt right, and what was right biomechanically. So, my past columns have discussed this "thing" or infatuation I have always had with football and strength training equipment. One of my former students and players, Bob Wegler, utilized strength training equipment personally welded for him in my dad's shop when he played football at Cornell Uni-

All-American CHIP KELL back in his playing days.

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the "minor" innovations, in many cases, became industry standards.

Many believe that the large companies, with their engineering departments and machine prototype shops come up with all of the advances in the equipment industry. It is easily forgotten that men like Jim Sutherland of Michigan and Chip Kell were years ahead of many of the large company advances. Auburn, Florida, Tennessee, and other schools soon took advantage of Chip's products and their further refinement. When I was at Auburn visiting their weight room (where else would one go for a few days of relaxation?) I saw "the" power rack, the ones with the adjustable squat racks contained within them. Perfect for the lifter. The benches were bomb proof and in the case of the incline, angled correctly. I could go on and on.

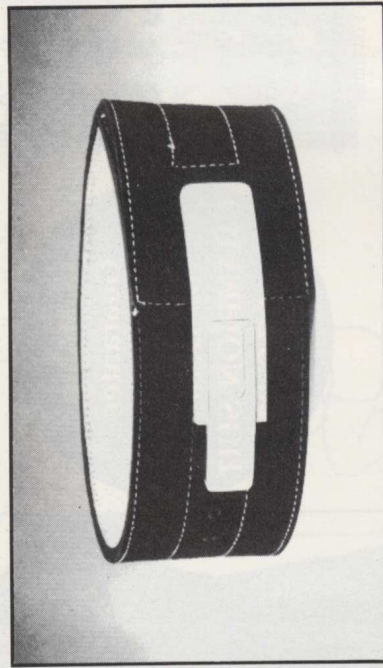
The point I once again want to reiterate, is that there are many equipment manufacturers out there who can provide a fine product. Some advertise in PL USA and some don't. I am always excited when I see equipment that makes me appreciate the fact that we are involved in a difficult activity that requires the highest standards of safety, and they are met. In this case, the Simulator, the neat racks, a very special incline/press bench, and other Kell equipment is so special for the lifter that I don't mind gushing over it and sounding like a commercial because I know that the wider use of the equipment will help the lifters and the sport. Chip Kell and his equipment company can be contacted at 1-800-837-1663 and Chip is willing to give personal advice and comment on equipment and will customize.



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Testosterone is an important key to increased strength and big lifts. Testosterone helps your muscles grow and provides the aggressiveness you need when training get tough. Many have taken anabolic steroids during the past 20 years. Steroids increased strength and size at sometimes unbelievable rates. Now, the risks outweigh the gains. The health and legal risks of taking the drugs outweigh the benefits. You must learn to manage your own natural testosterone to get the most from your program.

Testosterone is the most important androgen (i.e., male hormone). Androgen hormones help develop primary and secondary sexual characteristics in males. They also stimulate of muscle growth, sex drive, and typical male aggressiveness. Testosterone is the principle androgen hormone in males. It is produced in the testes, and to a small extent, in the adrenal cortex (see Figure). It is also formed in the liver from androstenedione and dehydroepiandrosterone (two other of androgens).

Androstenedione is the principle androgen in females. It is produced in the adrenal cortex and ovaries. In males, it is produced in the adrenal cortex and testes. Testosterone metabolism is important in males interested in improving performance. Testosterone levels in blood can be influenced by exercise, diet, emotional stress, sexual activity, and exogenous testosterone administration. Testosterone promotes muscle, bone, and blood cell growth. For years, many athletes have taken anabolic steroids to improve athletic performance. However, these drugs can produce dangerous side effects and cannot be legally prescribed to enhance performance.

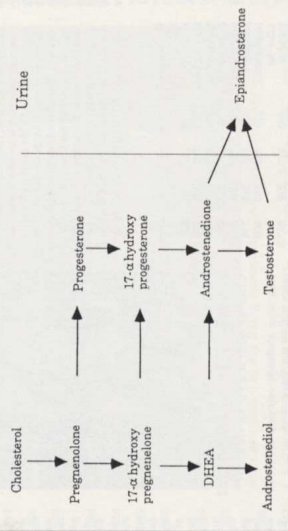
Naturally circulating testosterone is affected by training and nutritional status. Overtraining, low calorie diets, low protein diets, vegetarian diets, and emotional stress depress testosterone. Declining testosterone is accompanied by increased production of catabolic hormones, such as cortisol. The result is decreased performance and reduced muscle mass. Normal levels of testosterone are necessary for normal development of skeletal muscle in response to training, repair of muscle damage, and maintenance of bone mass. Your goal should be to maintain normal levels of anabolic hormones, such as testosterone, and prevent excessive production of catabolic hormones, such as cortisol.

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### Managing Testosterone Levels as told to PL USA by Thomas D. Fahey, Professor California State University, Chico

Figure 1  
 Production and Metabolism of Testicular Androgens



pleted a study in my lab in which we supplemented endurance cyclists diet with a supplement containing mainly branched chain amino acids (Muscle Nitro, Champion Nutrition). We measured plasma volume by staining the blood albumin with a blue dye. Trained cyclists are often in negative nitrogen balance (losing more protein than they take in), just like powerlifters. The supplement appears to increase plasma volume by increasing circulating albumin. Albumin is an important testosterone carrier. Albumin bound testosterone, along with free testosterone, is the most biologically active. It is possible that the same process that increased blood albumin in cyclists would make more biologically active testosterone available to weight lifters.

Vitamins E and C have been shown to influence testosterone levels. The mechanism of action may be their prevention of lipid peroxidation by anti-oxidants. Presently, the evidence for use of these vitamins to increase androgens is far from conclusive.

Short-term high intensity exercise increases circulating testosterone levels. Intense weight training increases the number of active androgen receptors, which are important if the hormone is to exert its maximal effect.

High volume distance running depresses testosterone. Several studies have shown that distance running decreases the ability of weightlifters to improve strength. One reason may be depressed testosterone associated with distance running. However, the answer may be as simple as over-training.

Over-training, regardless of sport or type of exercise, also depresses total and free testosterone levels. Over-training decreases anabolic hormones and stimulates the production of catabolic hormones. Catabolic hormones can stop progress in your lifting program. Active people can avoid depressing testosterone by properly managing their training programs - cycling the volume and intensity of exercise, getting enough sleep, avoiding excessive emotional stress, and not becoming over-trained.

Sexual activity and arousal are strong stimulators of testosterone production. Traditionally, sexual activity has been discouraged in active males participating in athletic programs. In light of the evidence, these practices should be reviewed and probably reversed. Who knows, having sex and getting turned on may be important training aids.

amounts of muscle mass. Some of this may be due to reductions in blood androgens and increases in catabolic hormones. People with low testosterone levels may combat the problem by taking in at least 1,500 - 2,000 kcal/day (average, depending on body size and activity level). For most people, this will create a small caloric deficit to aid weight loss without depressing testosterone.

Vegetarian diets also depress testosterone levels. Eating too much fiber in the diet and not taking in enough protein can also contribute to low testosterone levels. People interested in maximizing testosterone should eat 0.8 - 1.5 grams of protein per kilogram body weight (depending on activity level). Specific amino acids, such as arginine, have also been shown to increase testosterone levels.

Nutritionists have been recommending for many years that people eat less fatty foods and red meat. Staying away from red meat completely will decrease your testosterone level in the blood and could affect your training program. A compromise is necessary - don't give up meat, but try to eat leaner cuts. In general, tasty cuts, such as filet mignon and New York cut steaks have more fat and shouldn't be mainstays of your diet.

Supplementing the diet with branched chain amino acids increases plasma volume in endurance athletes. We recently com-



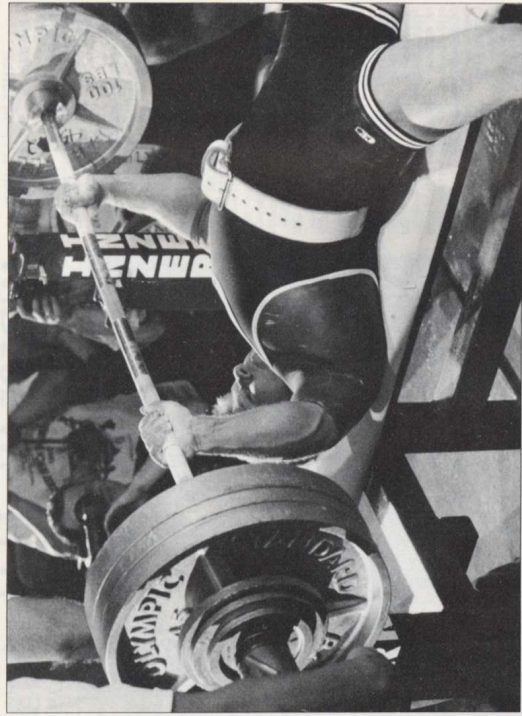




## FOR REVIEW

*Baddest Bench in America* - 1992. As the finishing touch on a magnificent overall effort, John Inzer has produced and presented a videotape of the biggest bench press meet in recent memory. With a quiet determination, John is doing the things he feels are necessary to make Powerlifting a bigger and better sport in the eye of the public, and the tape - just like the meet it documents - is designed to showcase some of the amazing talents that Powerlifting has to offer and bring in a big crowd to show appreciation for their efforts. The tape is very high in production value: multiple camera angles are utilized, voice-overs tie all the segments together, editing puts the big lifts and the big lifters right in your face. Somehow, these record-breaking lifts look easier on videotape, but with the tape, you can check out any of the multiple all time world records set at the meet to see just how strong these guys are. John's philosophy in meet promotion includes taking a break and changing the pace on occasion, so you get the highlights of the *Baddest Beauties* in Texas competition, and John's personal forte, the deadlift, was also showcased in this presentation. The image you will see on this tape of John pulling an all time world best middleweight deadlift of 748 lbs., with the music blaring, the crowd screaming, and the lifting platform itself erupting in jet blasts of flame will never leave your memory banks and it will be tucked away in a space where there will never be anything else like it to be filed in the future. The sensational subsequent attempts of Bullock, Clark, Lain, Confessore, and many others are captured from the moment in time of their performance for year after year of inspirational viewing. A nice addendum to the action is the post-meet commentary about the contest by Ken Lain, Anthony Clark, Chris Confessore, and Bob Decourt. The 30 minute tape is available from Inzer Advance Designs, Box 2982, Longview, Texas 75606 for \$30 plus \$3 handling.

**SEARCH FOR GREATNESS...**  
*An East-West Trip with the Greatest Mind-Body Authority* - the columns of Judd Blassietto have been a standing fixture in *POWER-LIFTING USA* for years, so you might think you would know what to expect in a new book from Dr. Judd (EDITOR: not really...) Actually, several sections of material from his new book - *SEARCH FOR GREATNESS* - have been excerpted



David Bullock blasting a bench up at the *Baddest Bench in America* in a shot taken by Linda Finnegan from a similar angle to that of one of the videocameras that covered the event for Inzer Productions.

as Judd's columns in recent editions of *PL USA*. A rational, *PL USA* reading man or woman might logically conclude that they really know what his new book is about. (EDIT: Sorry, but no way...). You see, the story that Judd tells in his newest tome, while certainly involving the likes of Chuck Braxton's various exploits, a death bed conversation with a young girl dying of leukemia, Secret Service Agent Ben Lockett etc., all of which may ring a bell in your mind from previous issues of the mag, intertwines all these episodes and builds up far beyond the sum of its parts in a way that is so incredible that it really can't be explained - it has to be read. Suffice to say that it involves yet another miraculous comeback by Dr. Judd in quest of an even more remarkable lifting achievement than he's ever accomplished before, an unexpected source of support and sponsorship involving a "Chicken Connection", followed by such items as the Great Wall of China and the rebellion in Tiansamen Square!

Throughout this twisting tale, Dr. Judd underscores and illuminates the lessons that he has learned about mind control and physical performance and the climax of his achievement is as inspirational as anything he has ever had written. The book is published by Sports Support Syndicate, and for further information they can be contacted at 108 S. 12th St., Pittsborough, PA 15203

(reviewed by Mike Lambert)

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# TRAINING

## Residual Effect Training as told to Powerlifting USA by Dawn Sharon

After I first mentioned residual effect training some months ago I received a number of inquiries into the theory and practical application for lifters and other athletes. Residual effect training refers to a type of training and, more specifically, peaking for contests, where the athlete purposefully overtrains a specific muscle group or movement.

Six to eight weeks before a meet you back off and switch to a relatively light, straight forward peaking cycle in the powerlift related to the movement that was previously overtrained. During this peaking cycle the weights will feel very heavy, but if the cycle is performed properly and gives sufficient rest to allow the movement to rest and heal properly the athlete will experience a substantial increase in their potential performance. We are talking a 8%-12% gain over a conventional peaking routine. You can imagine what an 8%-12% boost to your total can give to your overall meet performance. Last year with a straight peak I was able to total in the 1330 range at 165 lbs. I concentrated on my training over the winter and used residual effect and training for all three lifts and got lucky by having a good day on the platform this past June. I hit 1512 at 165 lbs, that is a net 14% gain in total. I figure I got a 2-4% gain by improving my technique. I got a 2% gain by fitting my equipment properly. I improved my total another 8-10% by using the right residual effect training rather than a straight peaking cycle. Residual effect training is the most potent peaking training I have ever seen or been able to try.

Do not be fooled by the simplicity of the practical theory. Each time that you apply this training to a specific contest you will be gambling like a roll of the dice. If you overtrain too severely you may not recover in time for the meet. Your strength peak may hit 1-3 weeks after the contest. At the contest you will not likely hurt, but you will be fatigued and "flat". You will have no snap or explosion. Your warmups will feel fine but your opener will probably feel

heavy, very HEAVY. If you miss the peak by two weeks you will probably lift as much as 10% less than a normal peak. The timing of the recovery is everything.

On the other hand, if you allow too much time for recovery or do not push far enough into the overtraining you may peak 1-2 weeks early and be coming back down at the contest. Your last meet preparation workouts will be explosive, but your strength will be falling off at the time of the meet. You will know you are at your peak when your muscles are very stiff and your joints ache a little. The biochemical mechanism that is triggered reflexively by residual effect overtraining causes hypertonicity in the targeted muscle groups. During peak time this translates to tight muscle groups causing pressure, and a little soreness on the joints that they bridge. After you have completed your heavy lifting you will have blown off or discharged the reflexive imbalance caused by the overtraining and you will feel great.

Residual effect training is not for everyone. You must realize that is a gamble. An athlete never knows what will happen in their life that will delay the recovery process or push the overtraining too soon. You might get a virus, job trouble, a fight (or fights) with your spouse, schedule changes, weather changes that affect your appetite or sleep patterns. The real world hands us lots of surprises and those surprises can affect the timing and effectiveness of this type of peaking. It is most sensible to reserve residual effect training for those times in your life when you can keep pretty good control on the majority of your situation and really focus on the training for three or four months. After trying residual effect training several times you will begin to understand your own patterns and limitations. Each and every time you must approach this training with your eyes open and be prepared to swallow your pride and to make adjustments when necessary.

The fatigue recovery/peaking cycle will play



**Jumping For Joy...** Dawn celebrates one of her earlier lifting triumphs, but she's especially happy now that she's mastered the "Residual Effect" peaking technique.

have with your head. You may plan to do a 500 squat only to have great trouble with a double at 405 just three weeks before the meet. Most people panic because they cannot see how a hard double in the low 400's translates to a 500 contest single three weeks later. If you are mentally strong enough to stick with it you have the potential for hitting the best lifts of your life.

For everyone that has the courage to dream and the nerve to risk missing that dream I have written three simple cycles for squat, bench press, and deadlift. Give these training cycles a try. If you need help preparing the cycle or in adapting them to your own training call me on my information line (414) 769-1760 between 1 and 6pm Central time Monday thru Friday. A true strength peak is a slippery reality, but you only live once so why not find out how strong you really are?

**Squat** - assuming a 500 lb. max at the start of the cycle, Warmups are not listed.

**Week 1** - 375 x 5 x 5 sets - Leg Press 5 sets of 15 reps with the top three sets at 750 lbs.

**Week 2** - 375 x 5 x 5 sets - Leg Press 6 sets of 15 reps with the top three sets at 800 lbs.

**Week 3** - 375 x 5 x 5 sets - Leg Press 6 sets of 15 reps with the top three sets at 850 lbs.

**Week 4** - 375 x 5 x 5 sets - Leg Press 6 sets of 15 reps with the top three sets at 900 lbs.

**Week 5** - 375 x 5 x 5 sets - Leg Press 6 sets of 15 reps with the top three sets at 950 lbs.

**Week 6** - 375 x 5 x 5 sets - Leg Press 6 sets of 15 reps with the top 3 sets at 950 lbs.

\* note - if you are properly overtrained you will feel your strength declining and may have trouble getting all the reps and sets with good form during the last two weeks!

**Week 7** - 375 x 1, 325 x 3  
**Week 8** - 415 x 1, 355 x 3  
**Week 9** - 455 x 1, 375 x 3  
**Week 10** - 375 x 1, 325 x 3  
**Week 11** - 415 x 1, 355 x 3  
**Week 12** - Meet - Open 460, 2nd 510, 3rd 550

**Deadlift** - assuming a 500 lb. max at the start of the cycle, Warmups are not listed.

\* note - Deadlifts are stiff leg only for first 6 weeks.

**Week 1** - 6 sets of 3 reps at 315  
**Week 2** - 6 sets of 3 reps at 335

**Week 3** - 6 sets of 3 reps at 355  
**Week 4** - 6 sets of 3 reps at 375  
**Week 5** - 6 sets of 3 reps at 385  
**Week 6** - 6 sets of 3 reps at 365

\* note - if you are properly overtraining you will feel your strength declining and may have trouble getting all the reps and sets with good form during the last two weeks!

\* note weeks 7 through 12 are all using strictly contest technique.

**Week 7** - 365 x 1, 325 x (5-8) reps  
**Week 8** - 385 x 1, 325 x (5-8) reps  
**Week 9** - 405 x 1, 325 x (5-8) reps  
**Week 10** - 315 x 1, 275 x (5-8) reps

**Week 11** - 315 x 1 x 3 singles  
**Week 12** - Contest - Open 450, 2nd 510, 3rd 550

**Bench Press** - assuming a 300 lb. max at the start of the cycle, Warmups are not listed.

Incline press with 22" grip and pause reps BEFORE bench.

**Week 1** - 5 x 5 at 205. Incline 6 sets of 7 at 115

**Week 2** - 5 x 5 at 205. Incline 6 sets of 6 at 125

**Week 3** - 5 x 5 at 205. Incline 6 sets of 5 at 135

**Week 4** - 5 x 5 at 205. Incline 6 sets of 4 at 155

**Week 5** - 5 x 5 at 205. Incline 6 sets of 3 at 175

**Week 6** - 5 x 5 at 205. Incline 6 sets of 2 at 195

\* note - if you are properly overtraining you will feel your reps and sets with good form during the last two weeks!

\*\* note weeks 7 through 12 are all technique.

**Week 7** - 235 x 1, 220 x 3, 205 x 5, 185 x 7, 155 x 15

**Week 8** - 245 x 1, 230 x 3, 215 x 5, 195 x 7, 165 x 15

**Week 9** - 255 x 1, 240 x 3, 225 x 5, 205 x 7, 165 x 15

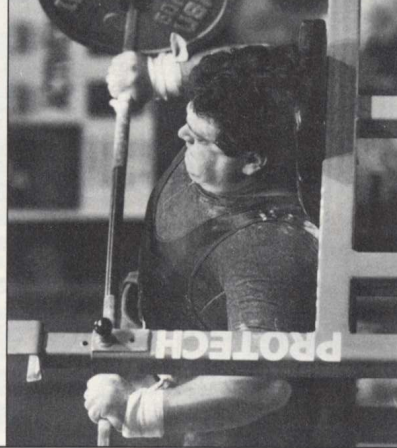
**Week 10** - 260 x 1, 245 x 3, 235 x 5, 215 x 7, 170 x 15

**Week 11** - 270 x 1, 255 x 3, 240 x 5, 225 x 7, 175 x 15

**Week 12** - Contest - Open 280, 2nd 310, 3rd 330.

Dawn Sharon can be reached at Power Excel, 4715 W. Lisbon Ave, #706, Milwaukee, Wisconsin 53208 or (414) 769-1211.

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Dawn Sharon Asher Sharon Greg Restful



# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Watkworth, 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'd like to start off by saying thanks for your truly enlightening column. I find it to be very educational as well as beneficial. Now to the problem at hand. At the age of seventeen I began taking anabolic steroids. At first I only took small doses of D-Bol, but at the urging of other lifters and through my own stupidity I soon moved up to taking 1 tablet of Anadrol-50, 2cc of testosterone cypionate a week and 5 tablets of D-Bol. When I started lifting (age fifteen) I weighed only 138 lbs on a 5'9" frame so I was desperate to gain some size. While training naturally I had increased my weight to 155 lbs. After beginning the steroids my body began to make incredible gains. It seemed like every time I stepped on the scale I had gained 2-3 pounds. Needless to say I was excited and began to turn in to the same type of jerk I had once laughed at. You know the type, the guy who walks around in a semi-flex position all day and wears short sleeve shirts 3 size's too small, even in the winter. Yep, that was me and back then the sad thing was I didn't even realize it. Over the next 4 years of nearly non-stop steroid use I had used Anavar, Primobolin, Anadrol-50, D-Bol, Testosterone cypionate and enanthate, Equipoise, and Maxibolin. It wasn't too much of a surprise when I came down with gynecomastia (itch tits). Everyone in the gym said it was no big deal and for me to come off for a couple of months and use some HCG. Well, I did and the condition just got worse, but being the foolish "Road Warrior" I was I just told myself that it would clear up after a while. By the age of nineteen I was becoming a little more responsible (and worried) so I decided to have a doctor monitor my liver functions every three months. Luckily, they always came out perfect. The doctor even looked at my gynecomastia and said "oh, it's just breast tissue you can have removed anytime". The problem was it's expensive and hard to convince the insurance company that it wasn't pre-existing. Oh well, it was back to the gym for more steroid workouts. Over the next two years the gains became minimal, if any at all. I became stuck at 220 lbs. and my strength wouldn't budge, then I began to get smaller looking, not only to myself but to everyone else as well. Looking back now, it's easy to see that the steroids had knocked my own natural system out of whack. I would have probably kept on taking them, but I took a good look in the mirror one day and noticed that my hair had begun to thin. This was absolutely the last straw. It was as if a blindfold had been lifted from my eyes. For the first time I saw myself as a cheater who had a chipmunk face, acne on the back, and bitch tits. I immediately stopped taking the "roids" and even quit lifting for a while (didn't think I could do it naturally). I'm pleased to tell you that I have been off the juice for 2 years and 3 months and I did go back to lifting. Believe it or not, I gained every bit of my strength back and I've gone from 187 lbs. back to 205 lbs. and it looks a lot better now that I'm natural. My question is this: although my hair stopped thinning it still hasn't come back completely. My doctor said it would probably take 3 years because of the length of time that I was on. Is this true or should I be getting some sort of treatments? Thanks, **Hans**

**DEAR HANS:** As I've said before, and as you've shown by your letter, you don't need anabolic steroids to make significant gains in strength and size, you just have to workout hard and smart. Unfortunately, it's unlikely that your hair will come back to any great extent. I've found that if the hair thins out in male athletes while they are on anabolic steroids, it usually doesn't fill in when

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

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athletes) or to enhance the effects of anabolic steroids. Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Chondine, L-dopa, etc.), Insulin, Thyroid (Cytomel, Synthroid, Triacron), Pregnenolone, HCG, Cyclohexyl, Clenbuterol, Dibenzoyl, Glutathione, Carnitine, Creatine, Inosine, Sinald, Glycerol, Boron, Chromium Picolinate, Gamma Oryzanol, Silibinin, Ginseng, Amino Acid Neurotransmitters (such as GABA, Phenylalanine, Tyrosine, Glutamine, etc.), Branched Chain Amino Acids, Stralazine, Sildenafil, Prozac, Fenofenol, Pterochlorin, Nutritional Supplements (Vitamins, Minerals, Bee Pollen, B12, etc.), and many other compounds.

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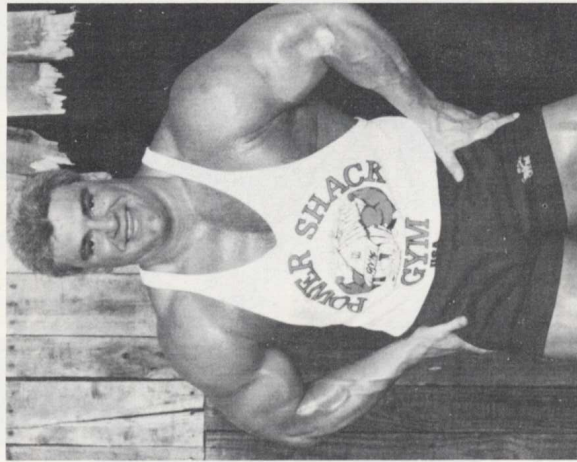
they come off. That's because of their genetic tendency to balding - the thin hair is kept thin because of their own natural testosterone levels. In some cases, the use of some compounds, such as Rogaine and some other advertised products, helps, however these products appear more useful in stopping further hair loss than in growing more hair. There may still be some hope for balding men in the near future. Some newer compounds, such as the 5 alpha-reductase inhibitor finasteride, may successfully grow hair. In one clinical study (1), finasteride was shown to markedly suppress serum dihydrotestosterone levels in man without lowering testosterone levels. This means that finasteride may block the effects of dihydrotestosterone on hair follicles, thus taking away the stimulus for balding, without affecting other androgen functions.

In women, it's another story. Usually the hair fills out nicely once they come off the anabolic steroids. As well, in women the use of anti-androgens successfully reverses the thinning hair (and other androgenic side effects) in those whose hair remain thin after going off anabolic steroids. **Mauro Di Pasquale M.D.**

(1) Stoner E. The clinical development of a 5 alpha-reductase inhibitor, finasteride. J Steroid Biochem Mol Biol (ENGLAND) Nov 20 1990, 37 (3) p375-8.

# ALMOST ILLEGAL • TRAINING FORMULA •

Custom-made anabolic activator formula used by top powerlifters produces gains so impressive that no one believes that the athletes are drug-free. F.D.A. wants to ban use of product without prescription!



KEN LAIN - THE GREATEST BENCHER OF ALL TIME - ALMOST ILLEGAL GAINS

Powerlifters are among the biggest, strongest and hardest on athletes on the scene. Constant and rigorous training with heavier and heavier weights in the Bench Press, Squat and Deadlift movements produces mind-boggling, gargantuan physical proportions among today's top powerlifting athletes. 5'7" chest, 160 lbs. and 16" forearms and 30" thighs are not uncommon sports metrics.

Although powerlifters and bodybuilders are both built to the limit of the size game, they each use very different techniques to achieve their respective objectives. Even nutritional (vitamin and supplement) products do not equally satisfy the needs of each respective discipline.

Nearly 3 years ago natural anabolic activator supplements were introduced to the market, claiming to produce super human size and power improvements for those who used the products. These activator products seemed to work fairly well for bodybuilders who trained with very light poundages to tone and shape their muscles.

However, powerlifters who constantly push their bodies to the limit by handling heavier and heavier poundages from week to week did not experience dramatic strength size and power increases promised by the leading brands.

### WHY DID BODYBUILDERS SEEM TO BENEFIT IN THEIR TRAINING WHILE POWERLIFTERS DID NOT?

Finding out the answer to that question prompted Ken Lain - The Greatest Bencher of All Time (725 lbs) and an inner circle of other competitive powerlifters to contact nutritionists around the country.

The consensus among these experts was that the formulas offered by the leading brands were structured in their designs among the ingredients to satisfy the bodybuilders' desire to increase energy and endurance for marathon workouts. For this purpose, the leading brand activators work very well.

But where power and mass increase were concerned these activators did not fit the bill. Sure, the activator ingredients such as clenbuterol, yohimbe, gamma Oryzanol, etc. were among the substances listed on the

Since no testing based on power gains was put through the activator formula, it was not possible to determine if it was really responsible for the gains and power increases. It was possible that the gains and power increases were due to the possible combination of factors such as the activator formula, the training, the diet, the genetics, etc.

You bet it does. By including intrinsic-Ester in our activator formula, over 11 months ago we were producing results among users of the product that athletes have an increased ability to handle heavier weights during training, do more sets and more reps. Reaction time workouts have been off by 1/2 in some cases. Almost ridiculous increases in muscle size among users has prompted false allegations of illegal substance abuse by jealous onlookers outside of powerlifting's inner circle.

### WHY ALMOST ILLEGAL?

At this very moment, the U.S. Food and Drug Administration is doing everything in its power to enact legislation that will prohibit the over-the-counter sale of our activator formula with intrinsic-Ester. We fear that eventually it will be a serious crime to offer you our Almost Illegal Training Formula.

### LIMITED TIME BONUS OFFER

As a bonus for ordering your first container of Almost Illegal Training Formula you will receive absolutely FREE Our Famous Power Shack Gym Heavy Duty Bag Shirt and a matching pair of Baggy Pants. That's not all - as a second bonus you will also receive a copy of Almost Illegal Gains - a course dealing the heart-core powerlifting approach to adding slabs of lean body mass to your physique through the use of cardiovascular and highly effective training methods (co-authored by Ken Lain - The Greatest Bencher of All Time 725 lbs).

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Almost Illegal Training Formula is guaranteed to your satisfaction for 12 months - or your money back. You keep all bonuses regardless!

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Send to:  Yes! I'm interested in trying your Almost Illegal Training Formula (2 lbs., 4 oz. container) with intrinsic Factor. Please be sure to send the FREE bonuses with my order - sizes are indicated below. On that basis here is my  Check or  Money Order for only \$38.95 plus \$3.25 shipping for a total of \$42.20) U.S. FUNDS ONLY / TOLL FREE 800-359-4792

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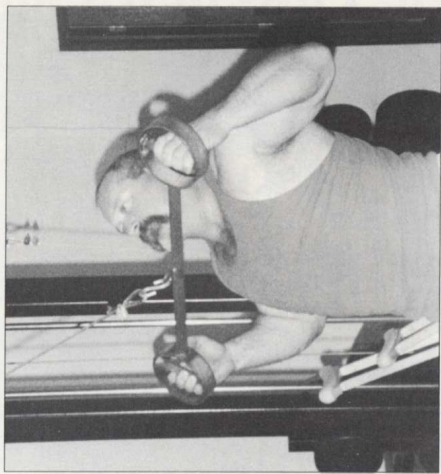
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# THE BENCH

## So, You Want To BENCH PRESS!!

as told to PL USA by Louie Simmons



LOUIE SIMMONS performing lat pulls to the face for the rear delts

My goal was always to be a great bench presser. (I consider 550 great.) I was always impressed by Larry Pacifico. In 1972 in the Cincinnati Open, I saw him bench 530 at 198. Six weeks later he did 590 at 228 in Dayton. What a feat - especially without a bench shirt! Larry said triceps were 75% of his bench press. He had amazingly strong arms. He could do 300 reps in the triceps extension.

A man who really helped turn my bench around was Bill Seno. He held the 198 bench press record at 435 in 1967. He also won several best chest awards in the Mr. America bodybuilding contests. I asked Bill what would help my bench press, which was a meager 360 at 181 in 1972. He told me to do extremely wide benches outside the rings. He said to work up to a 6 rep max in a few weeks, then to do 8 reps for a while until I maxed out, then 10 reps for a max. I was then to go back to 6 reps and start over. I thought he was either a genius or he was trying to pull the wool over my eyes, because he was so massive and benched close - just the opposite of what he told me. It eventually took my bench from 360 to 480 at 220.

After talking to these two great lifters, I became very observant of great bench press technique and body type. I asked a lot of questions then, and I'd like to relate what I learned.

Why are some lifters better bench pressers than others? Body type plays a big role. A long torso and short arms are optimal - just the opposite for the deadlift. You seldom see a great bench presser with a good deadlift. Lamar Gant may argue this, having held world records at the same time, but Lamar is the exception, not the rule.

It's important to position yourself correctly on the bench. The most common method is to keep your feet flat on the floor, arch the back to elevate your chest, clench your knees to the sides of the bench, pull your shoulder blades together, bring in lots of air, and hold your breath before taking a handout until the press is completed. Don't experiment with a different grip or lat strainers change your form at a moment.

Where do you place the bar on the chest? This must be determined individually. The elbows must be under the bar at all times. As Mike Brimides said, the forearms should remain vertical. For example, someone with long upper arms will place the bar well below the chest. This would be wrong for a lifter with short arms, because the elbows would be closer to the face than the

can't lock out a bar. It's not always due to weak triceps. It could be that the shoulders are unable to keep the bar in the groove. There are many good shoulder exercises such as front plate raises, front side raises with straight arms, and side raises - standing, seated or lying on your side. Don't forget rear delts - inverted flies or stand up and pull a lat bar to your face. I also do Bradford presses. These are like military presses, except you never extend the arms fully. Press the weight just over the head, down behind the neck, over the head to the front shoulders and repeat. This keeps the triceps out of the exercise, so the delts do all the work. Behind the neck presses get a lot of attention because of great lifters like Ted Arcidi. However, I know a lot of lifters who are great at behind the neck presses, but can't bench press well. I believe muscles other than the shoulders are doing the work. Anytime you do pressing, your triceps could be doing a lot of the work. Raises of all types are better at working the shoulders, because only the delts are used. Reverse grip bench presses work well. The delts don't rotate with this exercise. I recommend using just 2 or 3 exercises for front delts at one time. Then, switch to 2 or 3 others after a few weeks.

The side delts are also important for a big bench press. When bench pressing, the sticking point occurs when the elbows turn out. A wide grip bench presser turns them in the beginning of the press. That's where it will be hardest without a shirt. Of course, a close-grip bench stalls near the top. His elbows turn out late. I use a cable device for side delts. Also, I lie on my side on a bench and do side raises with a dumbbell. Make the movement with a straight arm in the largest circle possible. I use a pec deck in reverse for rear delts. I also do standing pulls to my face on a lat machine, pulling the arms outward.

Dumbbells are a must. I like high reps, heavy weight on a slight incline and 20 reps. I've done 125 lbs. for 20 reps in the incline. I believe high reps are best because dumbbells should be used to build connective tissue as well as muscle. This can't be done with 3 to 5 or even 8 reps. I keep my elbows turned inward to simulate my bench press style and to use more muscles in unison.

My main triceps exercise is extensions with a straight bar to the chin or throat. I prefer bringing the bar to my throat because more elbow rotation is needed, and, of course, the elbow is what extends the arm. I do them lying down in the same fashion as a French press. I

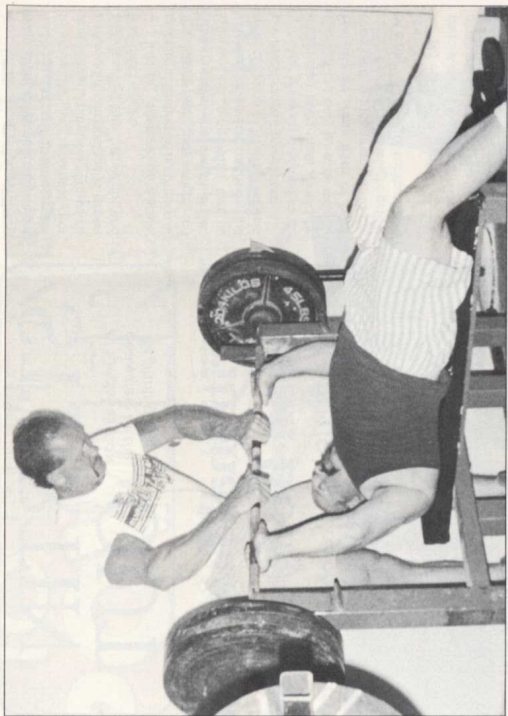
roll the elbows backward and upward. This is how you put stress on the triceps around the elbow. Once the bar touches the throat, press straight up. Most lifters I watch do triceps extensions incorrectly. They don't move the elbows on the way down, but cheat by lowering the weight down toward the chest before pressing it back up. It becomes a modified press and not an extension. I also do regular seated French press with a cable. Larry Pacifico and former Mr. USA, Jim Seitzer, did a lot of hand stand push-ups. However, you need a partner with these, and there's no way to add weight. I use a similar method where I elevate my feet and place a bar across the bottom of a power rack to do push-ups. Have someone place a weight on your upper back. I have done 58 reps with a 100-lb plate. It works like an incline press. Try a cambered bar, too. I have had great success with using the cambered bar in a power rack where I lower it to pins 2 inches below chest level. My thumbs are inside the curved part of the bar. There's no guard for triceps. And there's no strain on the shoulders.

I also do rack work at three different levels. First I take the bar off the supports and lower it to a pin 6 inches off my chest, pause with it out relaxing, and press it back up. Work up to a certain weight. Lower the pin to 4 inches off the chest and do a reduced weight. Lower the pin 2 inches, and do a weight according to the pin to chest level. Then lower the pin to chest level, reduce the weight, pause, and do a single rep. Establish a max off each pin level. This workout is harder than you think on shoulders and arms because your body can't help press the bar.

To increase the concentric portion (ascent) of the bench, I do isokinetic bench presses. They're great for explosion and compensatory acceleration. The machine has a force meter to gauge your force output, which should increase at the top. If it doesn't, you're not using compensatory acceleration - a deficit of a big lift of any type. Fred Hatfield discussed the value of isokinetics with me years ago.

The descent is very important to a good lifter. A controlled descent is best. Naturally the faster you lower a weight, the greater its downward force. For example, you may be able to walk on thin ice, but you better not jump on it. Jumping magnifies your weight.

As far as the pause, or static portion of the lift, just hold your breath from the time you take the bar off the rack until you finish the set. (I hold my breath for 5 reps.) I thought this was common know-



Nothing Stops Louie From Training... even when his leg is in a cast. (photographs courtesy of Louie)

edge, but after watching people at meets, I found I was wrong. Larry Pacifico told me about holding my breath in 1973. I first saw it stated in *Powerlifting USA* in March '91 in an article by Alan Zeilin. This is an example of something so simple, but overlooked by so many.

Chest work is popular among powerlifters. You see some with massive pecs and others with hardly any. I don't believe a great chest is necessary, but I'm sure it can't hurt. Wide grip benches for reps will build the chest. I found by doing 40% of my max for 2 or 3 sets of 25 reps 4 times a week, I could really build my chest. A cambered bar works fine, if you're not restricted by tight shoulders. Remember, incline works the upper chest and decline works the lower. Don't do either too steep.

Biceps and forearms have some effect on lowering a bench press. I tore my right biceps in 1979 and never had it repaired. Now, I regret it because the right side of my upper body is smaller than the left. The reason is probably the limited resistance I have on that side when lowering and pulling weights. Forearms are apparently very important. They act as stabilizing muscles for a controlled descent. I have also noticed that when my grip is weak, I can't bench as well. I've never seen a great bench presser with small forearms. Have you?

To train the assistance bench day, I choose only 2 main exercises at the most, such as incline and decline dumbbells. I stay with them 3 or 4 weeks or until I burn out

the group up. I used to watch a great lifter train by himself. He claimed he didn't need a partner. Well, he eventually burned out. He had to psyche up so much just to do a workout, he went from being on top of the world to watching from the sidelines. Or, by training alone, you could find yourself never pushing hard enough to make progress. Don't let this happen to you.

Have patience. It takes years to master anything worthwhile, especially the bench press. I've seen many lifters overestimate themselves and when things got tough, they often quit. Think about your goals as often as possible. I see lifters who only think about lifting when they're in the gym. It must occupy your mind full time. Make small goals and you will probably succeed. Look at men like Ernie Frantz, John Ware, and a handful of others. They look like they do and lift what they lift because of perseverance. They are dedicated to a single goal - their ultimate strength.

Watch lifters with good form. There are many methods and exercises from which to discover which will work for you. Eighteen years ago, Bill Seno told me it takes about 7 years to learn how to bench. It's been 25 years, and I'm still learning. I want to thank everyone who took the time to teach me what I know today and others for what I will learn tomorrow. (Look for my comprehensive bench press video, coming soon.)

Louie Simmons, 1238 Demorest Rd., Columbus, OH 43204, 614-272-1123.



In the sport of powerlifting, maintaining a desirable bodyweight and body composition are essential to maximize your potential. For simplicity and purposes of research, bodyweight composition is generally classified into fat weight and lean body weight.

Weight, measured on a scale, gives no indication on how much of the mass is lean body weight and how much of the weight is fat. Bodyweight composition can be assessed by several methods, the most common of which is skinfold site measurement by callipers.

Any program designed to increase lean body mass should be checked not only by scale weight, but also by some form of body composition measurement, to determine whether the weight gain is of a high quality and substantial in lean body mass.

No nutrient or nutrient combinations from foods or supplements alone can induce muscular development. The most critical factor to acquiring lean mass is an appropriate hypertrophy or weight training stimulus. There is no substitute for hard, diligent, consistent effort in the weight room. However, adequate nutritional support of essential substances must also be in effect. Nutritional requirements for increasing muscle mass are adequate intakes of energy, protein, fluids, vitamins and minerals.

The rate at which a particular person synthesizes new muscle mass varies greatly from one individual to another. There appears to be a marked individual variation in gaining muscle weight. This variation is the net result of many factors, including the efficiency of caloric utilization, body size, body composition, hormonal differences, biochemical differences and the type, frequency, duration and intensity of the workout program.

In fact, recent research has revealed that if additional bodyweight is added in the form of fat weight, further or future muscular gains may actually be hindered. Recommendations as to how fast a person will put on muscular bodyweight

involved in an intense weight training program. Regular consistent strength training can diminish or decrease glycogen stores. Glycogen for the most part is replaced mainly from carbohydrates supplied by the diet. A high carbohydrate diet has been shown to increase the rate of glycogen replacement. However, remember that too many excess calories consumed as carbohydrates can still be converted to triglycerides and can be stored as fat or adipose tissue. By focusing on nutrient dense foodstuffs, and your diet in general, more than enough carbohydrates can be consumed.

Protein is a minor energy source during weight training compared to carbohydrates and fats. Body proteins are continually being formed or synthesized and broken down or catabolized. Recent research indicates that both an increase in rate of synthesis and a decrease in the rate of catabolism are responsible for the increase in muscle mass that occurs with strength training.

As a whole, the average American athlete or powerlifter takes in more than enough protein in his diet. However, during particularly severe periods of training or dieting, additional protein may be needed. Increasing caloric or food intake (if possible) to meet increased energy needs will usually result in an increased protein intake that will meet the athlete's higher requirements.

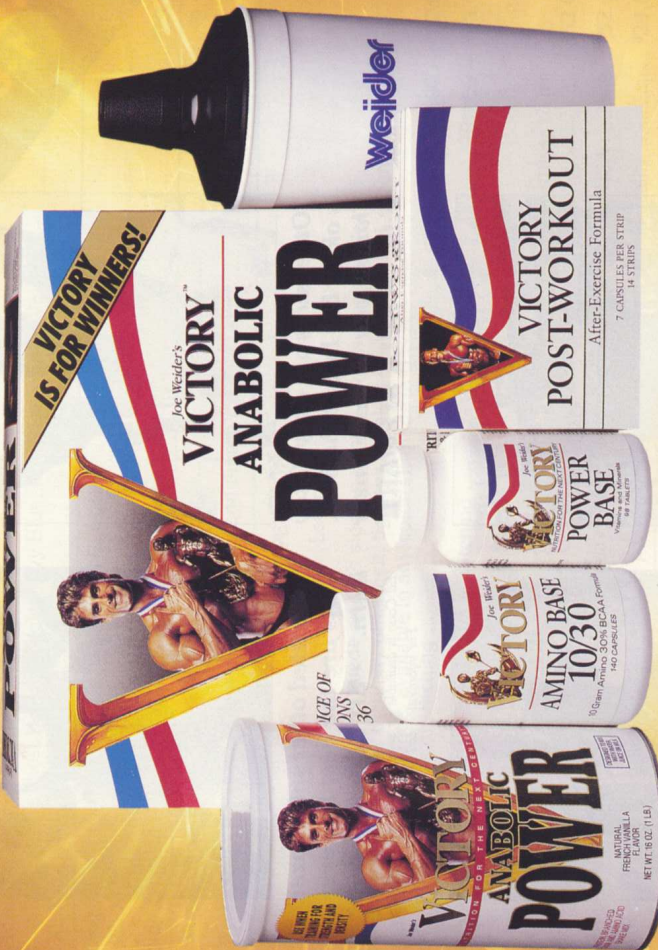
Choosing nutrient dense foods will help supply not only the needed energy and protein but also the essential 13 vitamins and 15 or more minerals, needed to efficiently utilize these nutrients to build muscle tissue. Try to eat many different types of foods. Recent research seems to indicate that certain nutritional substrates may trigger physiological processes responsible for an anti-catabolic environment in the body. As these compounds are isolated, nutritional science will be tremendously advanced.

Larger amounts of foods included in a nutritionally balanced maintenance diet should make up a variety of wholesome high-nutrient dense foods such as breads, cereals, pasta, rice, vegetables, fruits, legumes, meats and dairy products. The food should be consumed in three to six meals or snacks per day.

Coach John Ware of Northeast Missouri State won the 1992 APF Seniors title. can only be made on an individual basis, based on frequent monitoring of the diet, body composition and the workout training protocol.

Generally speaking, a person who wants to add muscular bodyweight should focus his diet mainly on high nutrient dense foods. A high nutrient dense food is one which contains vitamins, minerals essential for the muscular action

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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.

## STARTIN' OUT

A special section dedicated to the beginning lifter

### Nutritional Support of Lean Body Mass as told to PL USA by Coach John Ware



Coach John Ware of Northeast Missouri State won the 1992 APF Seniors title.







# Message from the ADFPA President

amateur powerlifting. If you want to be the biggest, baddest, strongest mother on your block, do so with your steroids, but stay off my block.

What about all of those letters that I stated before? In the seventies if you wanted to compete in powerlifting you purchased a membership in the AAU (Amateur Athletic Union) and were registered as a weightlifter, not a powerlifter. The IPF (International Powerlifting Federation) was the big organization in Europe and recognized the AAU as the organization in the U.S. About 1980 or 1981, our cards were changed to the USPF of the AAU to separate powerlifters' monies. It was then when the powers to be of our sport decided to split with the AAU and go our own way for the sake of powerlifters.

In 1981 two organizations appeared on the scene, only weeks apart from each other. The ADFPA (American Drug Free Powerlifting Association) was first and the USPF (United States Powerlifting Federation) followed shortly thereafter. The main difference in the two organizations was the handling of drug testing. The ADFPA was dedicated to fair drug testing competition and the USPF did not actively promote drug testing.

The ADFPA has had a constant growth in membership, financial security and respect because of what they stand for and how they are organized. The ADFPA is a not-for-profit corporation which has already sent its national champions to world wide competitions. This year the ADFPA partially funded 48 master lifters to attend the world drug free powerlifting federations's 21 men and women open lifters to attend the WDPF world championships in England. The WDPF is the organization that the ADFPA belongs to because the IPF will only recognize one member in any country and they recognize the USPF. I am happy to say that the WDPF is finally seeing the growth that it deserves with 9 nations competing at the worlds in 1992.

Why has the ADFPA grown the way it has? The answer is simple. It's members and it's elected executives have strived as pioneers in drug free lifting to keep the organization's standards high and

consistent. Most of the current executive board's nine members have been with the ADFPA since the beginning. All board members do not see eye to eye on all matters concerning the organization, but they have always, to the person, followed the wishes of the general membership in performing their jobs.

The ADFPA has always tested at random a minimum of ten percent of the lifters at every meet. Some meets have tested much more than the minimum figure with a national average of about 14 percent being tested. In the beginning, people tried to beat our testing and gambled on not being tested. We have tried many methods of testing during the years starting with voice stress, polygraph, urine analysis, blood analysis, etc. and have more or less limited our testing to polygraph and urine testing today. This is done because of the relative reliability of both at livable costs for testing.

Blood analysis is acceptable by most meet directors. Voice stress was discontinued years ago but polygraph testing with three parameters as a minimum has proven to be the most popular form of testing.

Part of our credibility is based on our procedure of "out of meet" testing that we perform throughout the year. When a person joins the ADFPA they sign a statement (and re-sign one at every meet) that they will submit to any test deemed appropriate and will accept the results of said testing. Many lifters are out of meet tested with some getting no advance warning of the test. The "OMT" must be urine analysis with the thought being to "OMT" 4 to 6 weeks prior to a meet, so that if a lifter is using an illegal substance in his or her training, it will be more apt to show up them, rather than later after they may have stopped using the substance. People have learned that we do catch lifters away from "banned substances" and stay away from our meets and lift elsewhere. Our current suspension list includes about 2 dozen lifters.

Being the first organization to promote drug tested meets, we were pioneers and have been followed by many of the above listed organizations as well as others who are no longer around.

Most of the above lettered organizations (even I don't know what all of them stand for) claim to drug test. They are also privately owned organiza-

nizations, where the owner of the organization gets the major part of the fees and monies that you the lifter are paying.

When you come to one of our meets, you pay a meet fee to the meet director who in turn pays all of his or her expenses out of it. They pay for drug testing, awards, rental, food, drinks, insurance and countless other items. You buy a membership card for \$15 or \$20 which makes you a member of the ADFPA for the remainder of the calendar year. This fee goes to the national office which reimburses the meet director for part of the card sale and for 15 or 20 percent of his drug testing costs. As a member you receive a card, a patch and a rule book as well as six issues of our newsletter "Powerlifting Today".

From what's left of the money we have managed to build a very financially sound organization without any of us getting rich from it. As the president, I receive a stipend of about \$6000 a year as my "salary" in the year that I have been the president, it has cost me about \$10,000 to do my job and that doesn't count my time and my family's time that is spent doing the job.

Other members of the ADFPA board of governors, the executive board and the national governing body (a count of about 50 members) devote a lot of their time, effort and money to making our program the best drug free powerlifting program in the United States.

When we offer you a national championship, and we offer 11 different categories, you can be assured that it is a true national championship with a qualifying total being needed for most of the meets. Our national champions will generally get a chance at a true world championships attended by members of other countries.

You will know that our American records have been established under the watchful eyes of referees who take pride in being a referee. We have standard testing in all states for state referees and you must be a state referee for two years before you can be tested to become a national referee. Some of our records that we maintain include the names of the finest drug free lifters in the world and you can be assured that our American record setters are drug tested for the record to be accepted.

What more can I say? Don't let the letters fool you....join an organization that stands for fair, drug tested powerlifting....one that will be around for many years....the American Drug Free Powerlifting Association....ADFFA

Submitted by Allan Siegel, President and above all, a powerlifter.



## PowerUP! with the LEVER

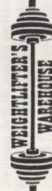
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### NASA Georgia Grand

22, 23 Aug 92 - Allanta, Ga

Women	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000
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Sub Masters	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585
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**Australian Sr. Nationals**

Wt	SQ	BP	DL	Total
48	117.5	283.5	100	501
52	100	225	80	305
57	112.5	270	90	372.5
61	112.5	270	90	372.5
65	112.5	270	90	372.5
70	112.5	270	90	372.5
75	112.5	270	90	372.5
80	112.5	270	90	372.5
85	112.5	270	90	372.5
90	112.5	270	90	372.5
95	112.5	270	90	372.5
100	112.5	270	90	372.5
105	112.5	270	90	372.5
110	112.5	270	90	372.5
115	112.5	270	90	372.5
120	112.5	270	90	372.5
125	112.5	270	90	372.5
130	112.5	270	90	372.5
135	112.5	270	90	372.5
140	112.5	270	90	372.5
145	112.5	270	90	372.5
150	112.5	270	90	372.5
155	112.5	270	90	372.5
160	112.5	270	90	372.5
165	112.5	270	90	372.5
170	112.5	270	90	372.5
175	112.5	270	90	372.5
180	112.5	270	90	372.5
185	112.5	270	90	372.5
190	112.5	270	90	372.5
195	112.5	270	90	372.5
200	112.5	270	90	372.5

**APF Interstate 8 Ultimate Challenge**

School	SQ	BP	DL	Total
Chico	430	945	445	1120
Shiloh	430	945	445	1120
Interchurch	430	945	445	1120
T. Zappa	430	945	445	1120
P. Zappa	430	945	445	1120
Men	430	945	445	1120
Women	430	945	445	1120
Boys	430	945	445	1120
Girls	430	945	445	1120

**Lee/Vic 500 Kgs. 3rd Colin Barnett new**

Wt	SQ	BP	DL	Total
48	117.5	283.5	100	501
52	100	225	80	305
57	112.5	270	90	372.5
61	112.5	270	90	372.5
65	112.5	270	90	372.5
70	112.5	270	90	372.5
75	112.5	270	90	372.5
80	112.5	270	90	372.5
85	112.5	270	90	372.5
90	112.5	270	90	372.5
95	112.5	270	90	372.5
100	112.5	270	90	372.5
105	112.5	270	90	372.5
110	112.5	270	90	372.5
115	112.5	270	90	372.5
120	112.5	270	90	372.5
125	112.5	270	90	372.5
130	112.5	270	90	372.5
135	112.5	270	90	372.5
140	112.5	270	90	372.5
145	112.5	270	90	372.5
150	112.5	270	90	372.5
155	112.5	270	90	372.5
160	112.5	270	90	372.5
165	112.5	270	90	372.5
170	112.5	270	90	372.5
175	112.5	270	90	372.5
180	112.5	270	90	372.5
185	112.5	270	90	372.5
190	112.5	270	90	372.5
195	112.5	270	90	372.5
200	112.5	270	90	372.5

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P. Zappa	430	945	445	1120
Men	430	945	445	1120
Women	430	945	445	1120
Boys	430	945	445	1120
Girls	430	945	445	1120

**Brothers Bars Big Bench**

4 Jul 92 - LaCrosse, WI

go out to Matthew Zei, a N.A.S.A. National level referee, for providing these results to PL USA.

Open	148	180	210	240	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900
J. Van Doyne	148	180	210	240	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900
C. Fox	148	180	210	240	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900
K. Richards	148	180	210	240	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900
J. Crawford	148	180	210	240	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900
Teams: 1. Coal City 8175, 2. Reed Custer 7645, 3. Dwight 7610, 4. Seneca 6815, 5. Williamson 6440, 6. Hill and best total, 7. The Id Ultimate 6440, 8. Chalton and best total, 9. The Id Ultimate 6440, 10. Total from High Schools that compete in the Interstate 8 Conference in Illinois. It was a great meet with second and third place being decided by a very close margin. The meet was held at the M. Lyse and was a very successful one. The meet was held at the M. Lyse and was a very successful one. The meet was held at the M. Lyse and was a very successful one.																										

**APF Interstate 8 Ultimate Challenge**

July 92

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**Lee/Vic 500 Kgs. 3rd Colin Barnett new**

Wt	SQ	BP	DL	Total
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52	100	225	80	305
57	112.5	270	90	372.5
61	112.5	270	90	372.5
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70	112.5	270	90	372.5
75	112.5	270	90	372.5
80	112.5	270	90	372.5
85	112.5	270	90	372.5
90	112.5	270	90	372.5
95	112.5	270	90	372.5
100	112.5	270	90	372.5
105	112.5	270	90	372.5
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115	112.5	270	90	372.5
120	112.5	270	90	372.5
125	112.5	270	90	372.5
130	112.5	270	90	372.5
135	112.5	270	90	372.5
140	112.5	270	90	372.5
145	112.5	270	90	372.5
150	112.5	270	90	372.5
155	112.5	270	90	372.5
160	112.5	270	90	372.5
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175	112.5	270	90	372.5
180	112.5	270	90	372.5
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**APF Interstate 8 Ultimate Challenge**

July 92

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Women	430	945	445	1120
Boys	430	945	445	1120
Girls	430	945	445	1120

**USA Powerlifting Team**

1. USA POWERLIFTING TEAM

2. USA POWERLIFTING TEAM

3. USA POWERLIFTING TEAM

4. USA POWERLIFTING TEAM

5. USA POWERLIFTING TEAM

6. USA POWERLIFTING TEAM

7. USA POWERLIFTING TEAM

8. USA POWERLIFTING TEAM

9. USA POWERLIFTING TEAM

10. USA POWERLIFTING TEAM

11. USA POWERLIFTING TEAM

12. USA POWERLIFTING TEAM

13. USA POWERLIFTING TEAM

14. USA POWERLIFTING TEAM

15. USA POWERLIFTING TEAM

16. USA POWERLIFTING TEAM

17. USA POWERLIFTING TEAM

18. USA POWERLIFTING TEAM

19. USA POWERLIFTING TEAM

20. USA POWERLIFTING TEAM

21. USA POWERLIFTING TEAM

22. USA POWERLIFTING TEAM

23. USA POWERLIFTING TEAM

24. USA POWERLIFTING TEAM

25. USA POWERLIFTING TEAM

**USA Powerlifting Team**

1. USA POWERLIFTING TEAM

2. USA POWERLIFTING TEAM

3. USA POWERLIFTING TEAM

4. USA POWERLIFTING TEAM

5. USA POWERLIFTING TEAM

6. USA POWERLIFTING TEAM

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21. USA POWERLIFTING TEAM

22. USA POWERLIFTING TEAM

23. USA POWERLIFTING TEAM

24. USA POWERLIFTING TEAM

25. USA POWERLIFTING TEAM

**USA Powerlifting Team**

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Russ Barnicle: Mr. Form at the Summer Slam '92 (Aileen Tweer)

Squat	1 Aug 92 - Oakland, NJ	165	McLorquade	182.5	92.5	187.5	462.5			
148	J. Ashault	290	Pure	210	145	275	630			
149	R. Carr	415	Pure	120	72.5	130	322.5			
150	M. Shannon	340	D. Stoenking	82.5	65	127.5	275			
151	T. Lortner	540	J. Barwell	97.5	50	105	252.5			
152	V. Lanza	505	R. Whittman	455	16	227.5	637.5			
153	F. Albueze	460	D. Meil	425	370	181	1076			
154	D. Meil	425	A. Berke	425	242.5	350	1027.5			
155	D. Van Lenten	405	J. Wright	350	175	122.5	190	487.5		
156	E. Duncan	450	R. Mikalilo	345	247.5	160	277.5	685		
157	G. Taroli	450	R. Stotts	181	182.5	105	175	462.5		
158	M. Babin	440	SHW	114	120	72.5	130	322.5		
159	C. Conello	460	R. Thomas	585	247.5	155	247.5	637.5		
160	P. Allse	420	V. Lanza	585	247.5	155	247.5	637.5		
161	S. Casale	420	F. Trimmer	465	198	277.5	175	240	692.5	
162	W. Whitman	600	F. Albueze	465	198	277.5	175	240	692.5	
163	A. Rose	505	R. Whittman	475	198	277.5	175	240	692.5	
164	J. Cogrove	475	D. Van Lenten	475	198	277.5	175	240	692.5	
165	242.5	475	R. Roth	510	475	198	277.5	175	240	692.5
166	R. Mikalilo	475	D. Van Lenten	475	198	277.5	175	240	692.5	
167	Bench	475	B. Duncan	475	198	277.5	175	240	692.5	
168	M. Shannon	310	M. Babin	470	198	277.5	175	240	692.5	
169	R. Carr	305	G. Costello	545	165	160	102.5	180	442.5	
170	G. Thomas	295	P. Allese	530	242	242	567.5			
171	P. Allese	330	D. Stoenking	212.5	142.5	212.5	567.5			
172	D. Stoenking	325	Pure Novice	114	120	72.5	130	322.5		
173	J. Siegel	245	A. Rose	405	114	120	72.5	130	322.5	
174	R. Whittman	370	J. Cogrove	245	148	107.5	175	430		
175	D. Van Lenten	320	R. Hees	330	160	95	175	430		
176	R. Hees	320	J. Wright	600	165	165	107.5	145	377.5	
177	G. Duncan	365	G. Terfezezan	305	165	165	107.5	145	377.5	
178	E. Duncan	365	R. Mikalilo	380	165	165	107.5	145	377.5	

B.G. Summer Slam '92

Squat	25 Jul 92 - Des Moines, IA	132	Total	197.5	
132 <td>Women <td>52.5</td> <td>45</td> <td>100</td> <td>197.5</td> </td>	Women <td>52.5</td> <td>45</td> <td>100</td> <td>197.5</td>	52.5	45	100	197.5
133 <td>G. Weber <td>52.5</td> <td>45</td> <td>100</td> <td>197.5</td> </td>	G. Weber <td>52.5</td> <td>45</td> <td>100</td> <td>197.5</td>	52.5	45	100	197.5
134 <td>T. Brodie <td>22</td> <td>22</td> <td>190</td> <td>152.5</td> </td>	T. Brodie <td>22</td> <td>22</td> <td>190</td> <td>152.5</td>	22	22	190	152.5
135 <td>R. Stotts <td>205</td> <td>122.5</td> <td>225</td> <td>552.5</td> </td>	R. Stotts <td>205</td> <td>122.5</td> <td>225</td> <td>552.5</td>	205	122.5	225	552.5
136 <td>J. Bardwell <td>97.5</td> <td>50</td> <td>105</td> <td>252.5</td> </td>	J. Bardwell <td>97.5</td> <td>50</td> <td>105</td> <td>252.5</td>	97.5	50	105	252.5

NASA Iowa Grand  
25 Jul 92 - Des Moines, IA  
Total 197.5  
Women 52.5 45 100 197.5  
G. Weber 52.5 45 100 197.5  
T. Brodie 22 22 190 152.5  
R. Stotts 205 122.5 225 552.5  
J. Bardwell 97.5 50 105 252.5

SHW	227.5	125	240	692.5	198
157	T. Belmont	227.5	125	240	692.5
158	L. Toomey	65	187.5	65	317.5
159	M. Shannon	181	181	181	543
160	M. McLorquade	182.5	92.5	187.5	462.5
161	J. Whittman	90	67.5	142.5	300
162	A. Porter	210	122.5	202.5	535
163	J. Schneider	240	142.5	232.5	615
164	Women	165	165	165	495
165	M. Bardwell	45	102.5	102.5	210
166	Sub Masters	110	107.5	107.5	215
167	Matchelkwas	142.5	142.5	142.5	427.5
168	D. Allison	220	140	140	500
169	J. Jackson	160	175	175	510
170	SHW	70	187.5	187.5	454.5
171	L. Toomey	165	165	165	495
172	P. High School	165	165	165	495
173	C. Spear	155	97.5	97.5	350
174	T. Weikert	130	130	130	390
175	S. Kuch	165	165	165	495
176	S. Duff	147.5	147.5	147.5	442.5
177	R. Weber	175	175	175	522.5
178	C. Cozine	187.5	187.5	187.5	562.5
179	L. Toomey	187.5	187.5	187.5	562.5
180	SHW	140	140	140	420
181	L. Toomey	140	140	140	420
182	SHW	140	140	140	420
183	SHW	140	140	140	420
184	SHW	140	140	140	420
185	SHW	140	140	140	420
186	SHW	140	140	140	420
187	SHW	140	140	140	420
188	SHW	140	140	140	420
189	SHW	140	140	140	420
190	SHW	140	140	140	420
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295	SHW	140	140	140	420
296	SHW				







Tired of WASTING your money on supplements that DON'T work?

## INCREASE MUSCLE SIZE AND STRENGTH WITH MY AMAZING NEW SUPER SUPPLEMENT

Product WORKS so good it's **GUARANTEED!**

Dear Friend,

How would you like to get your hands on an amazing new super supplement that's **GUARANTEED** to work? If you're like most people whether you've been using supplements for a period of time or have just started, then you're probably a little tired of wasting your **hard-earned** money on products that simply **DON'T** work! If you haven't already found out the hard way, then I'll be the first to tell you that over 80% of the products currently on the market today are designed to benefit **absolutely no one** but the advertiser! It's a known fact that most supplements simply **don't** live up to the claims made in their advertisements. *Like me, you probably have first-hand experience...*

So what's this have to do with the sports supplement industry? Simply this: The market has now become a massive arena chock-full of **fraud and deceit!** Companies selling all sorts of new miracle products pop up in magazines every month like they're going out of style. One company comes out with a **hot selling gimmick** and the rest jump on the bandwagon promoting their own version of the same thing, which of course is **just slightly better than the competitors!** This I should have to convince you of. I know you read the magazines and see all the ridiculous ads. You know the ones: **Build massive muscles in 4 weeks! Get ripped to shreds in six weeks! Gain 30lbs of muscle in 60 days!** Have you ever asked yourself this question: **"If these products work as good as they claim then why is there still so much mandatory steroid testing at bodybuilding contests..."?**

### MY PERSONAL STORY

My name is John Peters and, like you, when I first started lifting weights I believed just about everything I read in all the muscle magazines. If somebody was selling a way to get **huge overnight!**, had to have it! I was a sucker for **"Get Big Quick Schemes"** because I really wanted to get big. I would spend all my money trying every new supplement that would come out on the market. I would then train my ass off and force-feed myself to the point of almost vomiting. Then after months of all this **whole-hearted effort** I would step on the scale, look in the mirror and wind up **extremely disappointed** at my results. **Sounded familiar?**

Like you, I didn't want to mess with steroids and I wasn't looking for a miracle supplement either. I just wanted a **safe, effective product** that would help me make gains a little faster. After all, this is the whole reason why we take supplements. **Right?** If I could have found a product that would've helped me put on a solid **5lbs** of bodyweight in one month, plus a little strength, I

would've been more than happy. I knew there had to be some supplements out there that actually worked. I was determined to find a product that **got results**. However, my search for such a supplement turned out to be much more **frustrating** than I had originally planned. Over a period of about two years I tried almost every supplement on the market and spent close to **\$3,000!** I wish I could list here all the different products I tried but time and space simply won't permit. Let me just say that I had enough **empty bottles** and cans to pack an **entire closet**.

**IT CAME JUST IN TIME**

One day at the gym I ran into an old training partner of mine. Like me, Bill, over the years, had also been investing a **small fortune** into supplements with very, very **dismal returns**. That day he shared with me a story that changed my life forever. Bill told me that he had just begun using a **secret herb** from China. In his training program, and in only seven days had increased his maximum in the bench press by a whopping **20lbs!** Not only that, but all his other lifts had gone up as well. **This completely blew me away!** He then went on to inform me that the product contained **absolutely no steroids, hormones or undetectable side effects**. He also said that the product was legal, FDA approved, and had been around for more than twenty years. Bill said that he noticed the product was working the first time he used it. **This I couldn't believe!** I asked Bill why neither of us had ever discovered this product before? He replied: **"I don't know. None of my other friends have ever heard of it either. All I know is it works!"**

At this point in our conversation you can imagine how excited I was. I had finally found just what I had always been looking for! A **supplement that WORKED!** I couldn't wait to try it myself. Right there on the spot I gave Bill \$40 for his last bottle. After I left the gym that day I went home and did some research on the product. What I began to find out absolutely amazed me! First of all, I found out that the product was extremely cost-effective because, **unlike other supplements**, you didn't take it everyday. Instead, you would only use it on days you worked out. The average person only needs **2 to 3 tablets** one hour prior to training and a bottle of **200 tablets** costs less than forty bucks! Furthermore, I found out that the product was incredibly effective for both **INCREASING** muscle mass AND **DECREASING** bodyfat, depending upon how you went about incorporating it into your training regimen. I became so curious about how this supplement was going to work for me that I **promised myself** I was going to go to the gym and try it out first thing in the morning!

### WHY I'M TALKING TO YOU RIGHT NOW

One day, on my drive home from the gym, I couldn't stop thinking about one thing: **"How come practically nobody else knows about this amazing supplement?"** Right when I got home I called Bill and asked him what magazine he bought the product out of. Bill told me that he didn't buy it out of a magazine but instead purchased it through a piece of junk mail he received. He said that he had never seen it advertised in any magazine. I asked him to give me the phone number of the company so I could order more. When I went to call the company, I found that they were no longer in business...

Right that moment when I hung up the phone I **IT HIT ME**. Through the research I had done on the herb one thing became very self-evident: This company knew how to **import products** but didn't even have a **clue** as to how to market them. Simply put, the company had a **dynamic product** but because they couldn't sell it they went out of business! I spent the rest of the day just thinking about all the other people like myself across the United States and Canada who had been

spending their **hard-earned** money on totally worthless supplements. That night I stayed up till midnight going through all my muscle magazines looking at all the different ads for products that I had bought in the past which promised me **SO MUCH** but yet gave me so little. That night I became convinced beyond a shadow of a doubt that I could do two things, which were: 1. **Help other lifters quit wasting their hard earned money on supplements that DON'T work.** And, 2. **Make some good part-time money for myself in the process.**

### NOW AVAILABLE FOR THE FIRST TIME EVER!

The next day I went to the library and began searching for suppliers. I needed bottles, labels, and I had just gotten out of the shower. I wasn't real hungry (I never an early in the morning) so I just made a quart of orange juice and drank it along with 3 tablets of the product. I arrived at the gym at around 8 a.m. and rode the life-cycle for about five minutes before my workout just to warm up. I then began hitting the weights. **I COULDN'T BELIEVE HOW MUCH ENERGY I HAD!** I was working arms that day and felt like I was training like an animal! **I HAD NEVER TRAINED WITH SO MUCH INTENSITY IN MY LIFE!** I was hardly even getting tired between sets. What I noticed most about the product was that it gave me an **absolutely incredible pump**. I couldn't believe it! After my 45 minute training session my arms were so pumped up that it was **practically impossible** for me to reach back and wipe the sweat off the back of my neck! I was truly amazed. This product **WORKED! IT WAS LIKE NO OTHER SUPPLEMENT I HAD EVER TRIED!** I continued using the product in conjunction with a high-calorie diet for the next six weeks. The gains I made were the best in my life. I put on about **15lbs** of solid bodyweight and gained a substantial amount of definition at the same time. To say the least, I was more than happy...

### WHAT THIS PRODUCT IS

Let's take a moment to go over just what this product is. First of all, this supplement is a **secret herb** from China which, practically nobody knows about, yet has been around for well over 20 years. It is legal, FDA approved and contains **absolutely no steroids, hormones or undetectable side effects**. It is extremely effective for both **INCREASING** muscle mass and strength, and **DECREASING** bodyfat depending upon how you incorporate it into your training regimen. It will allow you to literally **DOUBLE** your current level of training intensity and obtain **TWICE** the muscle pump in only **HALF** the workout time! Above and beyond all this you will be able to keep the pump **THREE** times as long once your training session is over! My **INTENSITY PLUS FORMULA** is not available anywhere else except through me and my authorized dealers.

### ABSOLUTELY 100% GUARANTEED TO WORK

I want to let you know that my amazing **INTENSITY PLUS FORMULA** is absolutely 100% guaranteed to work. I wouldn't even attempt to sell you this product on any other terms. Listen, I know you're skeptical and you have every reason to be. It just shows your good business sense. I would've saved a lot of money if I had been more skeptical in the past. But you see, I wasn't because every time I tried a new supplement I thought **FOR SURE** it was going to work since so many others before it didn't. However, I was wrong. But you don't have to go through

all the trial and error I did to find a supplement that truly works. Whether you are looking to **GET BIG, CUT or STRONG**, you can do it with my amazing **INTENSITY PLUS FORMULA**. I know you are going to be absolutely thrilled (like I was) the first time you try my product, so I am going to offer it to you with the following **100% UNCONDITIONAL MONEY-BACK GUARANTEE**. Here it is: Send for my amazing **INTENSITY PLUS FORMULA** today. Try it out for a full 30 days. Then if you are unsatisfied with it for ANY REASON or feel that I've exaggerated at all here in even the **LEAST BIT**, simply return the unused portion (within 30 days) to me for an immediate full refund of your purchase price. *What could be more fair?* But wait! There's still more. As you may know a lot of companies are offering **money-back guarantees** on their products even though they **DON'T WORK!** You see, these companies are getting smart. They know that they can still make money guaranteeing their garbage because most of us people are either too busy or just plain lazy to take the time to send their worthless products back for a refund! So, in order to separate myself from these rip-off artists, I am going to go even one-step further. **BUT BEFORE YOU READ ON PLEASE HOLD YOUR BREATH!**

### WORLD FAMOUS "PAY ME LATER" GUARANTEE

I know what it's like to try every supplement under the sun and still come up short-changed. It's very discouraging. You look through the magazines at all the top bodybuilders endorsing every product you've ever tried and been disappointed with, and then wonder if weight training is even for you or not. Listen. **KNOW EXACTLY WHAT YOU'RE GOING THROUGH. It's no fun.** In fact, I bet we have a lot in common. If you've got a few minutes to spare then give me a call right now at 1-805-964-4443 and let's get acquainted. I bet we've both wasted our money on a lot of the same garbage that people out there are somehow allowed to **LEGALLY** sell! But first let me explain my guarantee. First of all I can't even begin to tell you how bad I want to get this amazing supplement into the hands of other lifters like myself, who are fed up with **WASTING** their **HARD-EARNED** money on supplements that **DON'T** work! It is for this reason that I have come up with my **WORLD-FAMOUS "Pay Me Later" GUARANTEE** for those that have just been ripped off too many times and need to be absolutely convinced a product works before they shell out their hard-earned money on it. The guarantee works like this: Neatly fill out and mail the **NO-RISK** priority order form below; but please, **POSTDATE YOUR CHECK OR MONEY ORDER 31 DAYS FROM TODAY'S DATE**. This way I **CAN'T CASH IT** until you've tried my product and see that it's **EVERYTHING** I say it is. *Your order will be shipped out the same day it is received.* By either **FIRST CLASS MAIL or AIR MAIL!** Then, if within 30 days you are unhappy with my product for ANY REASON, simply return the unused portion to me and I will immediately send you back your **ORIGINAL** check or money order

back your **ORIGINAL** check or money order

UNCASHED! This guarantee is truly world-famous. ORDER NOW!

### DELIVERED TO YOUR DOOR IN 3 BUSINESS DAYS!

If you're half as excited as I was when I first found out about this amazing supplement, then I've got some **GREAT NEWS** for you: I can have my incredible **INTENSITY PLUS FORMULA** delivered to your door in just 3 business days. Just think, you'll have it in your hands in approximately 72 HOURS! It's easy. Just pick up the phone and call me at 1-805-964-4443 and ask for extension #1092. Tell me you want to order 200 tablets of **INTENSITY PLUS** by **Priority Mail C.O.D.** Three business days later it will arrive at your door! All you do is pay your local mailman, or lady, with cash and they will hand you your postal carrier arrives they will leave a **YELLOW SLIP** on your door informing you of the delivery attempt. Just take this **YELLOW SLIP** to your local post office and pay for your package there. It's that simple. I'll have to charge you a little extra for the **fast shipping** and **C.O.D.** service, but get this: **Your total due will only be a mere \$39.95!** Pick up the phone and call me today. *You'll be glad you did!*

**NOTE: C.O.D. orders are only available to customers residing within the United States of America.**

### Clip & Mail NO-RISK Priority Order Form TODAY!

MAIL TO:  
Power Growth Enterprises  
c/o Intensity Plus™  
1534 N. Moorpark Road  
Unit #411-PT082  
Thousand Oaks, CA 91360-5156

YES! Please send me 200 tablets of your amazing Intensity Plus Formula™ on the basis that if I am unhappy with the product for any reason I may return to you within 30 days for an immediate full refund of my purchase price. Furthermore, I may even postdate my check or money order 31 days from today's date and take advantage of your world-famous "Pay Me Later" guarantee. On those conditions only, here's my \$54.95.

Print name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State/Province \_\_\_\_\_  
Zip/Postal Code \_\_\_\_\_

U.S. Residents please enclose one dollar cash to help defray shipping charges. Thank you.  
Canadian & European residents please add \$3 and remit in U.S. funds only.







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John Ware, 1,000 squatter, World Record Holder, 2,427 lb total (pictured with custom tailored dual quad)

# THE CENTURION

1,000 lb Squat Suit  
Patent # 5,046,194

The Leader in Lifting Technology!

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And we back the Centurion with the strongest performance guarantee in the lifting world! From the people who invented performance guarantees! No advertising bull here, just a rock solid guarantee the competition won't even try to touch!

Guarantee: 6 mo. crotch blowout; mo. 1-3 = \$50.00 + new suit; mo. 4-6 = replacement suit. One year run guarantee = \$75.00 + new suit. Three month miscellaneous replacement guarantee.

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

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

# THE CENTURION

The most advanced powerlifting shoe ever developed! This is not a conventional high top or olympic lifting shoe promoted as a powerlifting shoe. The SST was designed specifically for powerlifting and is the only shoe that features: (1) custom sizing (any size, width, heel height); (2) wedge arch support and totally flat crepe sole from heel to toe for maximum weight disbursement; and slippage resistance; (3) full grain leather (max. thickness); (4) Cambrelle lining & Texon sockliner for unique moisture wicking action; (5) fiberboard heel counter to keep your foot from sliding off laterally; and, (6) Velcro lateral straps for "just right" adjustments to insure a secure fit.



SST

Proven on 1,000 lb squats  
Colors: White, Black, Red, Royal Blue, Gray & Pink  
Available in high top and low cut

\$139.00

Product	Color	Size	Quan	Price
Shipping/Handling				3.50
TX Res. Add 7.75% Sales Tax				
TOTAL				

DIMENSIONS	
Height	Weight _____ Hips _____
Leg	Shoe Size _____
Width	Heel Height _____

Titan Support Systems, Inc.  
521 Ricker, Toms, TN 38412 USA  
Phone 1-800-627-3141 or 424-1512-991-6749

# Coming Events

- 10 OCT, Fox Valley Power Open, Fremt Sports Center, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.
- 10 OCT, USPF 5th Annual Showers Open P, 897/DL, Rocky Dale Center, P.O. Box 1332, Shawnee, OK 74802, 405-275-3689.
- 10 OCT (new date) USPF Meet for entry fee! Memphis, TN 38184 901-720-2282.
- 10 OCT, USPF 7th Annual Power Press, Rob's 544, Leno, VA 22645, 703-661-4888.
- 10 OCT, 3rd ILL. State Powerlifting Meet, 191/23, open, women, masters, master, teen, Frisky Ladies, Muskeg Mill, 228 River Bend Rd., Fishburg, MO 64102, 660-542-4088/393-6550.
- 17 OCT, 19th Southern-Southeast Open Bench, Scott Bledsoe, 1011 Pecos Rd., Englewood, FL 34224, 913-475-6411.
- 17 OCT, USPF Meet of the East, Quaker, Elm, Tin King, Box 752, Rome, NC 27106, 919-626-6660.
- 17 OCT, Iron Island APT Open Deadlift, Iron Island Gym, 3465 Lawson Blvd., Coonake, NY 11570, 516-594-9014.
- 17 OCT, 6th Eastern Seaboard Bench, Scott Taylor, RRL, Box 211, S. Royalton, VT 05068, 802-763-7135.
- 18 OCT, 10th ADPA Central Pennsylvania Open lifting women, individuals, teen, masters, Single Engineering, 304 Duane St., Clearfield, PA 16830, 814-765-3214 (24 hr phone)
- 18 OCT, NASS Georgia Regional (Atlanta) Richard Peters, Box 735, Nook, OK 73068
- 18 OCT, ADPA Midwest Case II & Under, High School, 604 72nd Ave. E., Chikassaw, BC V2P 2P1 Canada, 604-729-8814.
- 18 OCT, 24th Annual Olympic Power & Fitness Bench Press (open, women, masters), Terry Dierker, 224 N. 4th St., S. Charles, IL 60174, 708-577-7527.
- 24 OCT, World Gym Durham Bench Press, Grand #3 open, women, teen, submaster, masters, grand(masters) Bob Kaufman, 215 Weatherbe Dr., Westwood, MA 02090, 617-329-8087.
- 24 OCT, Best Bench Press in the Midwest (open, teen), women, novice, cash prize for best lifter, (Tommy Iron) Jim or Randy, Inwood Productions, 235 N. Harrison, Central City, IL 62580, 618-532-9170.
- 24 OCT, 3rd Annual Midwest States Outdoor Bench Press, women, teen, masters, World Gym, 1210 Township Ave., Springfield, IL 61101, 309-626-5410.
- 24 OCT, 1st Annual ADPA Powerlifting Meet, 1st Annual Power Press, 1st Annual Powerlifting Meet, 1st Annual Powerlifting Meet, 1026/209-251-4239, 2522, Malibu, CA 90263, 818-889-1026/209-251-4239.
- 24 OCT, 8th River Charles (ing tested), NASS, national, pure, masters, women, teen, submaster, grand(masters) Johnson, R. 3 Box 25-B, Blytheville, AR 72315, 501-763-9094.
- 24 OCT, 4th Annual Indian Summer Open (open, women, teen, women, masters, high school, bench press) Steve Garcia, 620 Limes NW., Albuquerque, NM 87102, or Jeff Hodge, 605-631-1430.
- 24 OCT, ADPA Maryland Bench Press closed/leaders only, open, masters, women, masters, teen, entry deadline

## Saturday, November 21, 1992

ADPFA Iowa Powerlifting Championships

This is a contest put on by lifters for the enjoyment of those of you who want to compete in a legitimate drug free contest. Featuring sculptured trophies, championship belts, and 4 & 3 foot trophies. Division for both meets - 3 year drug free, lifetime drug free, novice, women, masters, teen

For More Info - S.A.S.E. to LIFETIME FITNESS, 4041 - 11th Place, Des Moines, Iowa 50313  
Call (515) 280-2840 (calls taken after 5:00p.m. only)

- 7-8 NOV, USPF (Hickory) Open (open, women, also lifters, masters) Tolo Walker, 1270 Ashby Way, North, Suite 125, Ashby, MA 08002 or Voca Fitness Center, 206-259-5797.
- 7-8 NOV, USPF (APT) Hawaii State, Gen Rothwell, Box 1538, Pearl City, HI 96782, or 503-389-3818.
- 7-8 NOV, NASS 2nd Pacific Northwest Regional, James Greene, 248 E. 900th N., No. 14, Twin Falls, ID 83401, 208-747-1471 M-W 17:30-1pm MST.
- 7-8 NOV, ADPFA National Masters (men & women), John Petros, 13267 Woodgate Ln., St. Louis, MO 63146, 434-434-5818 (evening).
- 7-8 NOV, NASS Lexington (KY) Regional, Richard Peters, Box 735, Nook, OK 73068
- 8 NOV, (new date) 2nd Eastern Ohio Bench Press and/or Deaf (open, masters, amateur, novice, open, women) 43952, 614-964-9848.
- 8 NOV, Case Capital Bench Press (open, women, masters, teen) The Firm, 806 Starr Ave., Toledo, OH 43605, or Jim Moroney 419-697-0767.
- 8 NOV, ADPFA Ohio Open Bench Press and/or Deaf (open, women, masters, amateur, novice, open, women) 43952, 614-964-9848.
- 8 NOV, USPF (APT) World Championships (men & women) Mike DeCort, 713 Washington St., Sawdley, PA 15143, 412-741-9622 or 741-5495.
- 13-15 NOV, WNF World Championships (NVC-100% testing to all teams, Lancaster, PA, Troy Ford, 212-916-8373 or 714-529-7176.
- 14 NOV, ADPFA Drug Free United States Bench Press (open, women, masters, teen) Bill Bly, 1000 Virginia Ave., Cokk Gym, Roanoke, VA 24060, 703-987-3887.
- 14 NOV, ADPFA (new date) 5th Annual Open Bench Press (open, masters, women, amateur, novice, open, women) Fort Monroe, VA 23061, 804-727-3490.
- 14 NOV, 8th Eastern American Bench Press (open, over



## 4th International Grogglockner Cup

(Highest mountain in Austria)

in Salzburg/Austria/Europe  
(men, women powerlifting)  
Trophies for all lifters, IFF rules  
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Michael Hieronymous,  
Otto K. Lilientstrasse 89,  
A-5020 Salzburg, Austria  
Tel/Fax: 0-662-143-6055  
1 week holiday for best lifter

- 24 Sep) Bench Press, 3506 Essex Rd., Baltimore, MD 21207
- 24-25 OCT, AFA WPA CFA Can Am Internationals Pt and BP (open, submasters, master) Jean-Marie Canada, 1083 Adalard St., Mirago, Quebec, Canada, RR 351, 819-843-6384
- 24-25 OCT, ADPFA Police & Fire National Lifting and Bench Press, Dan Hawkins, 802-226-7470, 7-9pm (leave message)
- 24-25 OCT, ADPFA USA West Free National Championships, 519 7th St., Cheshire, NH 03031, 603-882-1544.
- 24-25 OCT, NASS Maryland Regional (Foghorn) Richard Peters, Box 735, Nook, OK 73068
- 24-25 OCT, NASS Colorado Regional (Pueblo) Richard Peters, Box 735, Nook, OK 73068
- 25 OCT, APT/WPC Central (open, novice, polio) Gary Baum, 605 Broadway, Aurora, IL 60505.
- 25 OCT, USPF APT Great Northeast, Gen Rothwell, Box 1538, Pearl City, HI 96782, 503-389-3818.
- 25 OCT, (new date) Best Bench Press in Adirondack (open, masters, Gen Tab YMCA, Upper Glen St., Centerville, NY 13801, 518-953-8078.
- 31 OCT, ADPFA Hudson Natural Open (open, women, teen, masters, teen, novice, 1040 152nd Ave., New Britain, NH 05071, 715-526-1040
- 31 OCT, USPF 19th Annual World Championships (all divisions) Ted Harris, S. Merit, Elyon High School, Camp Caket Rd., Leonardtown, MD 20653, 301-475-2814 or 475-7886.
- 31 OCT, ADPFA Sacramento YWCA Halfwood Deadlift (open, women, masters, teen) Sacramento YWCA, 2021 W. St., Sacramento, CA 95818 or Phil Ford 916-966-5128.
- 31 OCT, USPF Night of the Living Deadlift, Kevin Makiye, 9235 Woodside Ave., Arleta, CA 91331, 818-899-7555.
- 31 OCT, USPF 11th Minnesota Bench Press, University Health Club, 80815 St., Minn., MN 55177, 304-722-6500
- 31 OCT, (new date) NASS California Regional, Richard Peters, Box 735, Nook, OK 73068
- 31 OCT, ADPFA South Carolina Championships (open, women, masters) Power Promotions, Box 777/Imen, SC 29549, 803-599-5930
- 31 OCT, USPF Region II Championships, Mark Chalkie, 3688 Old Silver Hill Rd., Sullard, MO 20746, 301-423-8888.
- 1 NOV, ADPFA Human Dwell Floor Bench Press/Deadlift, Richard Mezell, 104N 29th, Seattle, WA 98103, 206-632-3821 ext. 6.
- 5, 6, 7 NOV WPC Worlds (Stowe, England), Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.
- 7 NOV, ADPFA Bench Press Challenge, Brenda Owens, S. Johnsbury Academy, Fairbush, S. Johnsbury, VT 05819, 802-746-8685.
- 7 NOV, ADPFA Indiana State Bench Press (open, novice, women, masters, teen, 310 N. Sherman Rd., Greenwood, IN 46410, 317-888-6389)
- 7 NOV, ADA Report Pull in the South, Deadlift, Scott Taylor, 2631 Peach Rd., Englewood, FL 34224, 913-475-6411.
- 7 NOV, 3rd Dungen Powerworks RL or BP, Sam Mark Malloy, 15601 Featherstone, Conestoga, MI 49042
- 7 NOV, USPF II Women's Capital City Challenge (open, masters, no formal) Drew & Debbie Kuzan, 475 W. 8th St., Canon City, IN 89703, 702-885-1886.
- 7 NOV, USPF Greater Buffalo BP-UL Championships (open, contest, women, open, teen, masters, submaster, Master Bench, 18 Marine Rd., Buffalo, NY 14215, 716-894-8883.
- 7 NOV, (new date) USPF East of the East Quabler (Foghorn), TN/Tin King, Box 752, Rome, NC 27106, 919-626-6660.
- 7 NOV, Central Iowa Bench Press & Deadlift, Bench-Open, (women, submasters, women, teen, high school, youth, 1000 Virginia Ave., Cokk Gym, Roanoke, VA 24060, 703-987-3887)
- 7 NOV, Eastern American Bench Press (closed, lifters, submasters, women, teen, high school, 3604 SW 12th St., Des Moines, IA 50315, 515-284-8275.



















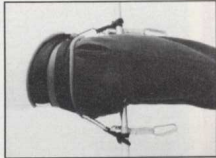
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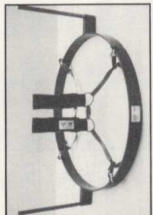


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 STREET ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
 TELEPHONE NO: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: \_\_\_\_\_  
 REGISTRATION FEE: \$22.00 HIGH SCHOOL \$15.00  
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 Make checks payable to: AMERICAN DRUG FREE POWERLIFTING ASSOCIATION  
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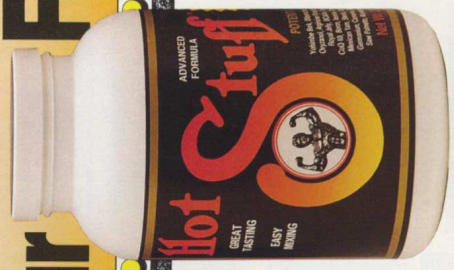
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 Phone#( ) \_\_\_\_\_  
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 St. Louis, MO 63114

PRODUCT	QTY	PRICE	TOTAL
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SHIPPING			4.00
Missouri add X .05725			
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<b>TOTAL</b>			

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 IMPORTANT ORDERING INFORMATION  
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30 Day	Hormoplex GH	\$18.95	
90's	Exsterol	\$18.95	
15 Day	Cleanze	\$39.95	
SUBTOTAL			
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