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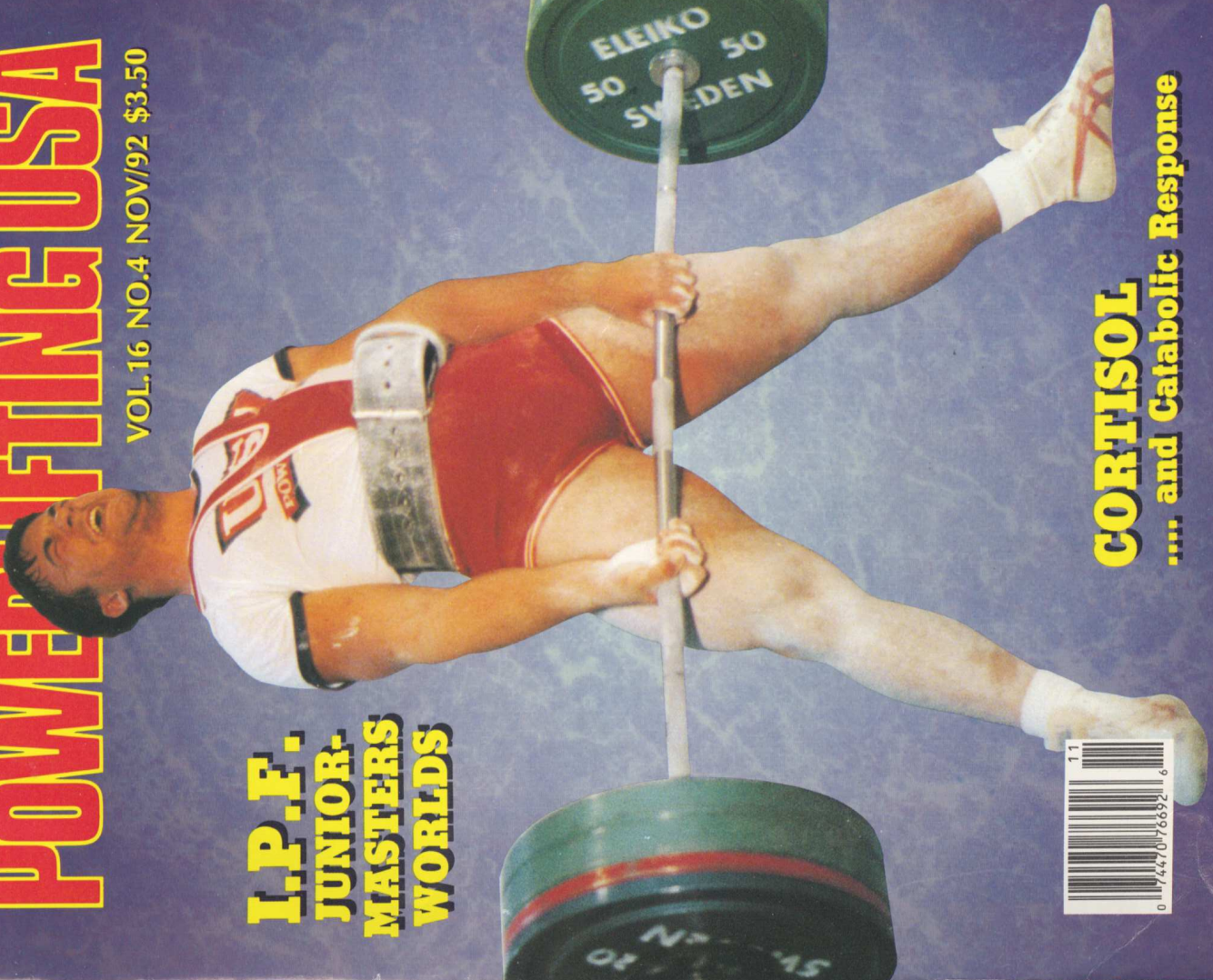
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ON THE COVER... Phil Farmer winning his IPF Gold Medal at the IPF Junior/Masters Worlds in Australia in the Junior, 220 lb. division. (photograph provided courtesy of Sandy King).

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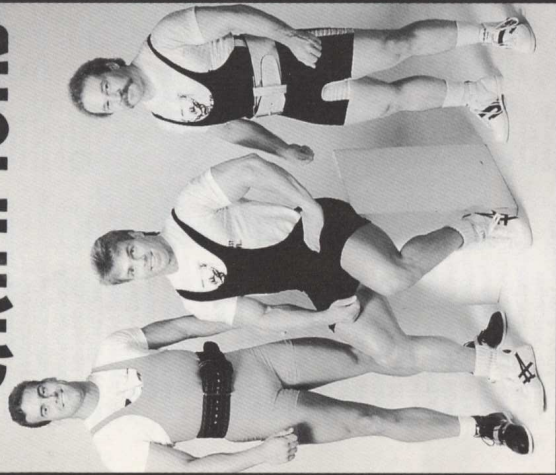
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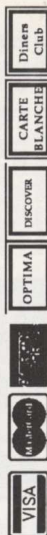


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Tuesday, with Saturday the only off day. Coached by Tim King and Robert Keller, the USA had a strong 10 man contingent, and was confident of success. Andrzej Staszczak of Poland, got the meet off to a rousing start on Thursday morning, setting a Junior World record in the squat, in winning his 52 kg. class, and extending his Open World record in the bench to 160 kgs. Andrzej earned the Champion of Champions award for the entire competition. Komanudin, of Indonesia, was a clear cut winner at 56 kg.

Denny Thios kept Indonesia on top in the team standings with a runaway victory at 60 kg, including a World record total. James Benemio was the first American victim of the squat judging, and was easily the favorite for the silver behind Thios. Wade Hooper, of Collegiate National champ from Louisiana Tech, was the beneficiary of the strict squat judging, as his battle with defending champion Rodney Hypocrite, of Great Britain, failed to materialize in the 67.5 kg. class, after Rodney could not quench the judge's thirst for depth. Wade squatted conservatively, and a bit of coaching/legedmain by Bob Keller with Wade's deadline opener paved the way to an impressive victory.

Calvin Dial came to the meet with a leg injury and the two time Collegiate National champ from Louisiana Tech tore his quad on his opening squat attempt, ending his medal hunt at 75 kgs.. Flaryanto was yet another impressive Indonesian champion, with a new World record total, and Hsieh, of Chinese Taipei, would certainly have pushed Dial in the medal chase. Simacek, Austria, pulled the biggest deadline to claim the 82.5 kg. title, over Dewas, France, who also overtook subtitonal leader Bjornsen, Norway, in the deadline. Matt Jenkins, N. Carolina, was a solid 5th place finisher for the USA.



Living Legends... Precious McKenzie (lt.) Roger Powell (rt.)

Message from the USPF President

I have just recently returned from the 1992 IPF Masters/ Juniors Men's and Women's World Championship held in Sydney, Australia. The trip was the usual mixture of good with a small amount of bad. The bad in this case being the significant number of bomb-outs at the contest, especially among the USA lifters. Some of the Americans felt that the USA lifters were being "picked on" by the judges at the World competition. My personal opinion is that the refereeing at the Worlds was pretty much the same as what I have seen in the past, and I do not feel that there was any prejudice from the referees towards the American Team. The USA lifters need to be made aware that the referees at World Championship are looking for a certain angle between the top of the thigh and the crease of the hip. There are definite differences between the refereeing on a world level and anything you will ever see here in the States. We don't do our lifters any favors when we give them white lights at our Nationals meets on lifts that are marginal as far as passing in the depth category, then send them off to the Worlds to be chewed up by the referees. Our lifters are too concerned with what they are going to open with, when their main concern should be getting in a total. I received a letter from Team member Bob Strange after I returned home. In this letter Bob addressed several concerns of the USA lifters. He felt it was unfair for the lifters to have to pay \$2,000 per session to watch the lifting in the other divisions that they were not lifting in (ex: Masters watching Juniors.) As a meet director, I can surely sympathize with Bob Or in his efforts to have a tail to sit on after the meet was over. I am certain that if a Master lifter wanted to watch a Junior World Championship not held in conjunction with the Masters, that he would have to pay to watch. Bob did make one very valid point concerning Category II referees who are testing for their Category I credentials. There were at least two candidates who tested that managed to boggie the judging expertise of even the jury. One candidate failed and the other one passed by a very slim margin. Sitting in the Head Chair, a referee has a certain control over the action on the platform since it is that referee who gives the performance commands to the lifter. It seems that a better method for testing would be to have the candidate sit beside the Head Chair with a light control that is only visible to the jury and then the testing referee is graded on how their decision measure up to the actual referees on the platform. Perhaps there is some food for thought for the IPF in this proposal. All in all, I thought the meet went well for most everyone had a very pleasant time.

Now for a more joyful subject, as many of you are aware my husband Tim and I are putting on a tour in the Southeastern States called the "Beast of the East." The tour was pretty slow in the beginning, but has picked up momentum and is doing quite well. I would like to take this opportunity to thank some of the people who have helped to make this tour a success. And they are: Sam & Marlene Pardue; Faye Beckham; Jack Hogan; Paul Surph; Vince White; Eugene McCulloch; Bill Slish; all the Jeffries - Dave, Mary & Lori; Roy Raynor; Matt Jenkins; Daniel Troxler; J.C. Adams; Steve Hall; Steve Adams; and my parents Howard & Joyce Lemonds. And especially a big "Thank You" to all the lifters and their friends and family who have supported this powerlifting tour and made its success possible.

Tune in next month for more USPF news, until then..... Sandy King

Schwartz formula total. Karvinen, Finland, won the 67.5 kg. class, but 61 year old Californian Robert "Conquistador" Cortez was a competitive silver medalist, lifting less than two years after triple bypass heart surgery. The ageless Minnesota, Roy Mason, 74 years young, was 4th, but was unable to hit the big deadline he expected in demonstration almost daily in different gyms throughout Sydney, and had the crowd on its feet at the awards banquet night with an amazing display of 2, 3, and 4 finger deadlift battle with Tommy Bohlander, Sweden, for the bronze. Uwe Liechke and Stephan Korte put the final points on the board for Germany, with the gold and silver at 125 kgs. That left it up to Jovial

afternoon, pulling a big deadline to overcome a subtotal deficit to Suzuki of Japan. Kip Hughes, the enthusiastic Texan, was yet another squat judging victim, but he gets this reporter's Best Lifter award for unrelenting service throughout the Mason all around Sydney in her wheelchair. Phil Farmer, of N. Carolina, put on quite a show in winning the 110s and set a new world record on a 4th attempt in the bench press on Tuesday morning. Michael Haeger kept Germany in the hunt with the silver, and Chris Antonio, Delaware, lost a deadlift battle with Tommy Bohlander, Sweden, for the bronze. Uwe Liechke and Stephan Korte put the final points on the board for Germany, with the gold and silver at 125 kgs. That left it up to Jovial

Canadian Woody McCullough took the gold at 75 kgs. Friday



Karl Saliger.... flanked by Stephan Korte (Germany) and Daniel Troxler (USA) with a big "thumbs up"

Daniel Troxler to total at SHW to clinch the team title for the USA. Daniel, a member of the three team Head Coach Tim King has developed in N. Carolina over the last few years, made it interesting by taking three attempts to get his squat opener passed. After that he benched big to take a subtotal lead over Wu, of Chinese Taipei, and secured the silver with his second deadlift.

The big story in the supers was Karl Saliger, of Austria. In his final year of Junior competition, Karl had World records on his personal agenda. He proceeded to smoke three big squats, ending with a deep and powerful success with 365 kgs. (804 lbs.). Three benches left him at 235 kgs. (518 lbs.). A fourth attempt at a World record 245.5 kgs. (541 lbs.) stopped just inches short of lockout, the only blemish on what officially was a 9 for 9 day. Three impressive deadlifts later, Karl got his record with 340 kgs. (749 lbs.), and a new total record as well at 940 kgs. (2072 lbs.). At 130.4 kgs. bodyweight, Karl is a firm and massively muscular specimen, I suspect he will soon be an Open World champion, too!

Men's Masters 40-49 kicked off Thursday afternoon, and the squat judging claimed defending 52 kg. champion Alex Gallant, Colorado, whose third attempt clearly looked good to this observer. He would have joined Fukuga and Katoh, of Japan, in a spirited battle for the gold. Freddie Higgins, of Illinois, won the battle by pushing a World record in the bench press at 56 kgs., but lost the war of the deadlifts to Marumoto, of Japan, and had to



Olaf Nimmerfroeh on his way to the gold medal

questionable squat judging cost the USA the gold and bronze at 100 kgs. Bob Rood was clearly well below par on his third squat, which was turned down 2-1, and the Marylander would have taken the gold easily on openers over the eventual winner, Norwegian Truls Kristensen. Jimmy Huckabay, from Texas, was also disqualified in the squat on some highly technical criteria.

John Mihaka clinched the gold at 110 kgs. for Australia, and led a large group of Australians and New Zealanders in a moving Maori chant and dance after dinner at the banquet. Kurt Freyer, of Maine, put the final points on the board for Team USA with the silver medal. Saateala and Erola clinched the team title for Finland with a 1-2 placing at 125 kgs. to round out the competition.

Heartfelt thanks and congratulations are due to Head Coach Tim King, Team Manager Sandy King, Junior Men's Coach Bob Keller, Junior Women's Coach Emie Gilbert, and Assistant Coaches Alex Gallant, Larry Jeffrey, Mark Daniels, and Larry Agee. Thanks also to Category I Referee Sam Pardue, who represented the USA on the official's roster, his lovely wife Marlene, who served as Assistant Manager, and to Massage Therapist Prince Harrison, of the USPF Medical Staff, who provided much appreciated relief to Team USA and many other athletes. Thanks also to all the spouses and relatives who made the trip and provided support in many ways. I also extend my personal admiration to Bob Rood, Kip Hughes, Karl Bivans, Jimmy Huckabay, Mike Van Cleve, and Alex Gallant, who remained very supportive of, and helpful to, their teammates despite having their personal medal hopes dashed.

New USPF President Sandy King spent a considerable amount of time lobbying with the IPF officials in attendance and it appears that there is an excellent chance that her bid to host the 1993 World Masters in the USA will be successful.

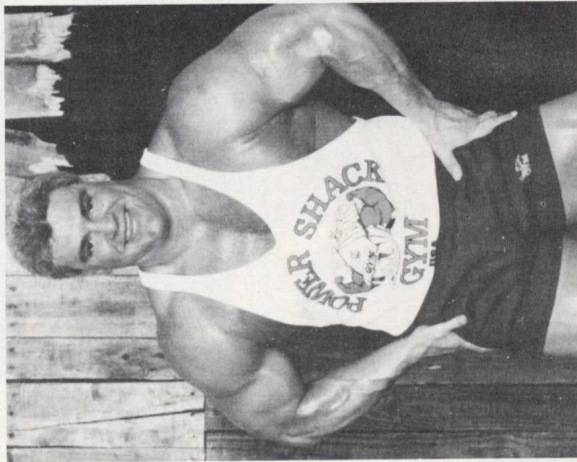
Many thanks to Australian Powerlifting Federation President and Meet Director Bob Or, National Secretary Robert Wilkes, New South Wales Committee members Colin Barnett and Tony Felpham, Hospitality Manager Tony Dupeshev, and his assistant Joanne Greenway, and the management and staff of the Oxford Koala Hotel for a very well organized and well run competition. Congratulations to all contestants for an exciting display of lifting prowess and excellent sportsmanship.

Until next time,
William Slish

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Although powerlifters and bodybuilders are both built like the Iron Giant, they each use very different techniques to achieve their respective objectives. Even natural (vitamin and supplement products do not equally satisfy the needs of each respective discipline.

Nearly 3 years ago natural anabolic activator supplement products 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.

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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 work-outs. For this purpose, the leading brand activators work very well.

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I have been involved in powerlifting for about 10 years now. I remember the days when there was one national championship and one national champion in each weight class. As a beginner I read *Powerlifting USA* and thought how incredible it would be to, maybe some day, qualify for the nationals and compete at that level. Through the years my ability as a lifter has steadily increased and I have been fortunate in that I was able to reach a level at which I was able to represent the USA at two IPF Powerlifting Worlds and two IPF Bench Press Worlds.

However, at the same time as my strength increased and I won my first national championships, I found that what Dr. Ken Leistner terms "bureaucratic bullshit" (August '92 issue of *PL USA*) has slowly but steadily divided our sport to many ignominious degrees. With many different organizations offering a national championship, not to mention various different classifications within weight classes, winning a national championship has become nothing short of a farce, a joke, and essentially meaningless.

There does, however, remain one worthwhile goal undoubtedly worth attaining - being part of the USA team to the IPF Worlds. There is no disputing the fact that the International Powerlifting Federation, with about 80 member nations throughout the world, holds the only true world powerlifting championships. In addition, the IPF's stand on doping control and adoption of IOC standards in re-

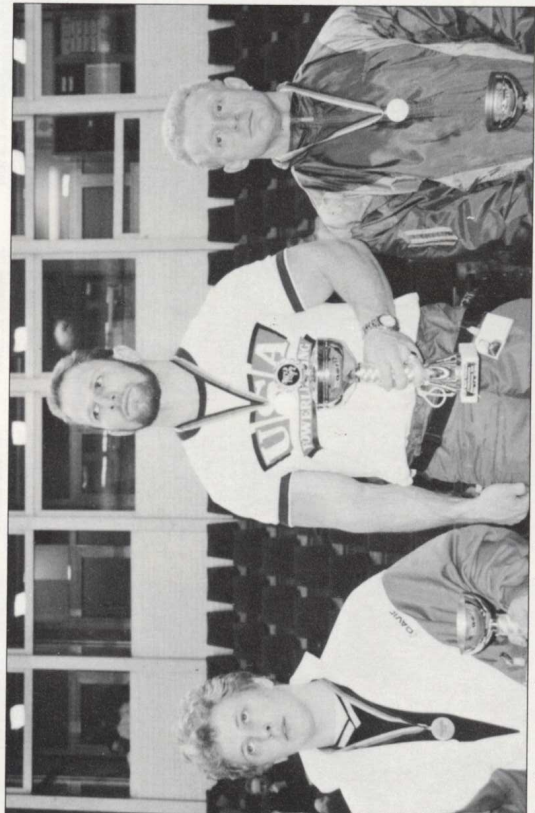
gard to doping control has elevated that organization to most credible level surpassed by no other powerlifting organization in the world. Unfortunately, most of our various organizations in the USA (especially the USPF) believe that the IPF does not have the right to enforce their rules and regulations upon any US-based powerlifting organization. The most recent example of this can be found in what Dr. Leistner called "The Ed Coan Affair" (August '92 issue of *PL USA*). It seems to me that, fundamentally, the IPF is the parent organization of powerlifting and that any member nations to the IPF need to abide by IPF rules and regulations. This is not that complex a concept to comprehend and follows basic logic. Furthermore, if there seems to be disagreement on some aspect of IPF rules, regulations, etc., all a given member nation needs to do is to follow basic IPF procedures so that member nation representatives can vote on the issue. If the issue cannot be resolved to one's liking - so be it. People, you can't have everything regardless of who or what was involved. Fairness to all athletes would you please everyone.

In terms of suspensions, I frankly

OPINION

"Affair" and similar occurrences only become "bureaucratic bullshit" when an organization lacks backbone and does not enforce their regulations. Additionally, an organization such as the USPF need not feel obligated to back any lifter that has violated regulations. It is the lifter's responsibility to know and follow the regulations set forth by the organization. One should also not forget that most regulations are in place in order to protect and create a fair environment for the athletes. Thus, as an IPF member nation it is imperative for the USPF to comply with and enforce all IPF rules and regulations. Just follow the book with no exceptions, otherwise the system just will not work. The current state of USPF - IPF affairs can attest to this as indicated in past communications between the two organizations. Additionally, every one would be treated equally and all lifters deal with when rules are changed almost arbitrarily on a yearly basis. In terms of world wide powerlifting then, the USPF could be credited for working towards improving the sport and being part of the solution rather than being credited with creating additional obstacles as it has been in the past.

I realize that what has been proposed here could be considered too simple and that many other variables may need to be considered. However, couldn't the solution lie within the simplicity of logic and common sense? Can we not finally learn and admit to the mistakes that have been committed in the past? Obviously, our sport has gone nowhere in the past 10 years. So how about working together with the International Powerlifting Federation and using a different approach for a change - one of cooperation. After all, it is this lifter's opinion that it would truly be a travesty if the last and most desirable goal of all, competing in the IPF worlds, would not be able to be realized by the next generation of lifters because of a split between the United States Powerlifting Federation and the International Powerlifting Federation. Dan Wagman



Dan Wagman on the victory stand at the 1991 IPF World Bench Press Championships in Germany (courtesy of Dan)

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After Adam and Eve ate the apple, God invented negatives. And He said, "He who uses negatives will positively fail. So thou shalt not use negatives." Easy for Him to say. I have to admit, God was no dummy. Contemporary research has consistently revealed that negative thought patterns can not only cause significant decrements in performance, but can also have adverse effects on you and your relationships. One thing that God didn't tell us, though, is why negatives are so dangerous. That is my mission from God. In other words, you might say that this article was written by man, inspired by God.

As you are probably aware, your brain functions a lot like a computer. Actually, your brain is a lot more sophisticated than any computer man has ever slapped together. In order to construct a computer as comprehensive and sophisticated as your brain, IBM would need a chamber as big as the Empire State building to house it and enough electricity to light up New York City for a week to run it for an hour.

Brain researchers estimate that even the most accomplished men of our time don't use a fraction of their brain's potential. "If man used the full potential of his brain", says Dr. Steven Burnhart, a leading neurophysiologist, "he would most likely cross the parameters of mortality. He would become godlike." Now that's certainly a provocative thought.

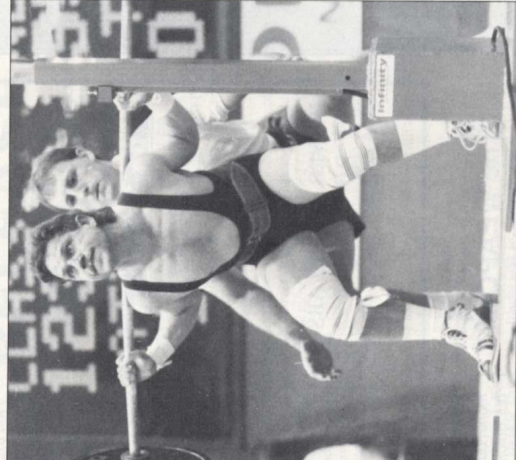
Anyway, if we accept the mind-

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by Judd Biasiotto Ph.D. and Army Ferrando Ph.D.



Positive Thoughts are requirements for Monte Mason's successes.

computer analogy, then we must also accept the major premise governing the science of cybernetics. That premise states that computer performance is directly related to computer input. In other words, our brain and/or computer will respond directly to the way it has been programmed. If we fill our brain with positive, happy thoughts, we will respond in direct proportion to that programming. Conversely, if we bombard our brains with negative thoughts, we will respond negatively. It's the old garbage in -- garbage out trick. Of course, if we respond directly to the way our brain has been programmed, it would only make sense that we would want to program our brains in a positive manner.

The obvious question then is: How do you program a human computer? That's easy. It works the same way IBM's computers work. In case you didn't know, computer language is actually a complex series of electrical circuits. At the input terminal of a computer (the keyboard) words are typed into the machine. The computer then con-

tion is then modified by the attitudes and responses that have been previously programmed into the brain. It is then sent to the output terminals (lips, tongue, vocal chords, hands, feet) where it is converted into actions. Of course, the important point of all this is that the brain is a highly complex computer which is programmed by words, thoughts, and actions.

A couple of decades ago Dr. Brian Fisher and a few of his buddies at Michigan State were sitting in the lab drinking coffee and playing Old Maid when all of a sudden Brian got this incredibly neat idea. His idea was to investigate what went on in the brain when it was having an experience. Everyone thought it was a great idea except for Harry Swartz who was reportedly holding the Old Maid.

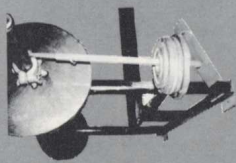
While Swartz was complaining, the guys in the lab got a number of 'subjects' together and hooked them up to an electroencephalograph (EEG) so that they could record their brain waves. While the subjects sat in the lab all wired up, the experimenters introduced them to various experiences; a gun shot, a woman's scream, and a dog running across the room. After each experience, they checked the reading on the EEG to see how the brain responded. After a number of trials, one of the researchers got a "briny" idea. He theorized that the brain responded to physical events in the same manner that it responded to conceptualized events. For instance, when the subject watched the dog

walk across the room, light from the dog was converted to electricity at the subject's retina, passed over his optic nerve, and then stimulated his brain. Consequently, the subject saw the dog. The dog was envisioned in the subject's brain even though it was caused by a dog outside his body. Of course the question asked by the researcher was, "How would the brain respond if the subject just visualized the dog walking across the room?"

They decided to find out. The subjects were then blindfolded and asked to visualize the dog, the gun shot, and the woman screaming. When the brain waves recorded for the imagined experience were compared with the brain waves recorded for the real experience, they found them to be absolutely identical. What did this mean? Simply that the brain and/or nervous system can not distinguish between an experience that is real or one that is imagined. It follows, then, that an imaginary experience is just as much a conditioner of attitudes, habits, and responses as a real experience. Consequently, if an athlete closes his

(article continued on page 69)

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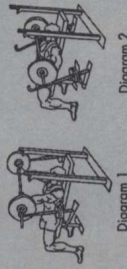


Diagram 1

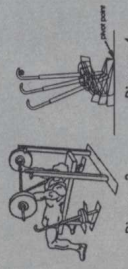


Diagram 2

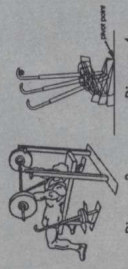


Diagram 3

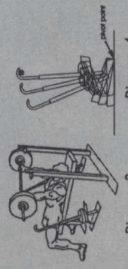


Diagram 4

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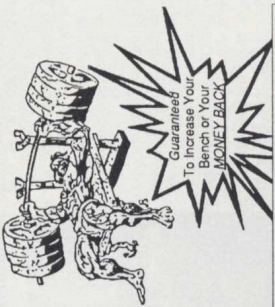
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The July 1992 issue of PL USA contained an article by Thomas Fahey titled "Elastic Muscle Energy: An Important Key to Strength". I enjoyed reading this article since it deals with something with which I have had practical experience.

A stretched muscle is stronger because of the elasticity of the muscle itself. If you don't believe it, try this: set the pins of a power rack at chest level and load your max on the bar. Warm up on another bench, then snake under the one in the power rack. No stretch - no go on the max. Yes, the stretch does make a difference.

The time from eccentric (contraction while lengthening) to concentric (contraction) must be of short duration, otherwise the elastic force dissipates as heat energy. I've had head judges in bench contests prove this to me much too often. Watch how many fail when given a slow press signal. If you thought it was because of fatigue from holding the bar so long, you're wrong. It's the elasticity of the muscle not being used as force, but being wasted as heat. Notice how hot lifters get when the judge falls asleep with the press signal. I'm only kidding. It's not that kind of heat, but time is a key factor to lifting.

Have you ever done negatives? Let's call them eccentric, which sounds different but at least is more positive. You lower the heavy bar only to find out how slow and lazy your workout partner can be. He's not really slow or even that lazy. He's simply become an instant assist. This guy knows you need him, and he's going to give you a lesson on how much you can lift. In the time being, guess what happened to the elastic energy? It's a shame, since all that heavy weight had to have set up a lot of elastic muscle energy.

Let's go through one more analogy before I divulge my practical experience with the stretch-shortening cycle or elastic muscle energy. First, what's power? If your response is strength your only half right. Power is strength (force) with speed taken into account. Yes, powerlifting is correctly named since the lifter who attacks his lifts explosively (thinks of speed) initiates force rapidly in

THE BENCH

STRETCH and RELEASE

as told to PL USA by Bob Kowalczyk

order to soar through the sticking point. The winners are powerful, not merely strong. Amen.

Here's my last analogy. I want you to push my car and we are going to determine in which of three ways you are the most powerful. The decision will be settled by time. My car weighs the same for the three trials so the fastest time from the moment it moves until it travels three feet is the most powerful.

Case 1: Cornering at car speed. Set up and push.
Case 2: Set up and push, only hold the brake on for a second or two, then release it.
Case 3: Hopetully, you had the sense to skip #1, but if you didn't, I'd laugh, help you up, wait till you shook it off, and proceed to #2 and #3. I'll bet case 3 wins. You initiate some muscle stretch and I help you re-

lease it. Release is the key word. This brings us full circle to the practical experience mentioned in the beginning. I've been using a plyometric device which I patented and call WEIGHT RELEASE. It enables a lifter to lower a heavy weight, release a portion of the weight from the bar which causes the lifter to explosively ram the remaining weight to completion. WEIGHT RELEASE's action is amazingly fast. It disengages instantly, allowing the elasticity of the muscle to be used as force. The stretch is set up with the heavy eccentric and the elastic energy is released with WEIGHT RELEASE's disengagement.

Mr. Fahey was not sure if the elastic muscle energy could be trained. I think it can. I've done it and seen others do the same. I have witnessed cases such as the follow-

ing: A lifter having a 290 lb. max lift, lowers 360 and literally explodes 300 to arm's length. I feel the 360 caused greater stretch which was released and the explosive concentric contraction was the result. Strong individuals must learn to become powerful. What I've noticed is that these people, who usually push the bar slowly, often do more than their max when lowering heavy weight and using WEIGHT RELEASE. The training effect through the weight release is more explosive or powerful lifts. Higher poundage is the net result because if you initiate enough force at the beginning of a lift, momentum will help carry the bar past the sticking point. It's the same as getting a rolling start on a bicycle for the next hill.

There is one problem with WEIGHT RELEASE. How can we keep lifter's large egos in check? We all know the "low" you get when touching your chest you need help. With WEIGHT RELEASE enough pounds come off and you keep your ego. This is scary. I know lifters best described as: if you think they are big you ought to meet their egos. In more than one way, WEIGHT RELEASE will create monsters.

BOB KOWALCZYK
Power Recruit Inc (WEIGHT RELEASE), Route 1 Box 122 C, Houtzdale, Pennsylvania 16651, (814) 378-7108



Anthony Clark with his incredible reverse grip benching power. Does he utilize the stretch and release principle?

POWER PROFILE

Alexander Genov Ivanov is a former universally gifted sportsman, national champion, and record holder in weightlifting for 1947 in the 75 kg category with a result in the classical total of 236 kg, as well as a multiple champion and record holder in weightlifting for veterans in the period 1974-1991, for Bulgaria.

He was born on September 17, 1914, in the village of Dermanitsi of the district Vratsa. As a child he had listened with great passion to the interesting tales about strong and brave men from his sports teacher and had dreamed of becoming physically healthy and strong. Since childhood he had begun gymnastic exercises on a primitive wooden horizontal bar. In wrestling, jumping, and running, he had managed to always be among the best of the boys in spite of the age difference.

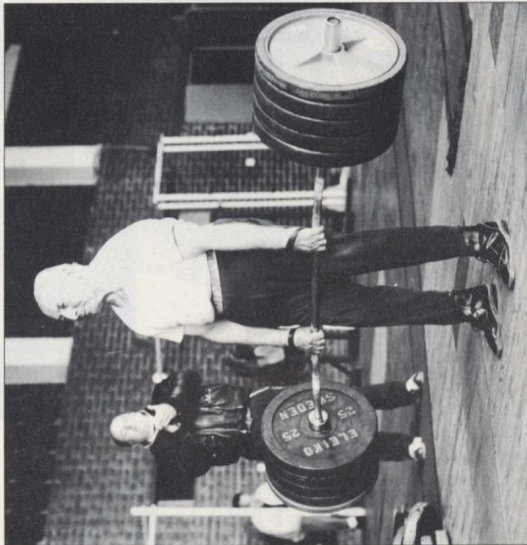
In the schoolyard, in the town of Mezdra where he had studied, there had been an iron horizontal bar and parallel bars on which he had played under the guidance of the sports teacher. There had also been wheels of a tip-truck weighing about 85 kg. The only one to lift these wheels, beyond the power of the bigger boys, had been Alexander Genov. Power exercises with weights had become more and more pleasing and attracted him strongly. At the age of 14, Alexander Genov had already lifted 85 kg to breast height!

In 1928 his family had moved definitively to Sofia. In the following year he had actively joined in the gymnastic group "Yunak" where he began systematic and stubborn training on gymnastic devices; however, the two dumbbells in the gym hall attracted him with much greater force. The one weighed 50 kg and the other 70 kg. For a year, in parallel to the gymnastic exercises, Alexander Genov had been systematically lifting the dumbbells. At the age of 15-16 he had snatched easily the 50 kg dumbbells with one hand and the 70 kg dumbbell with two hands.

In 1938 Alexander Genov participated in the All-Union Hero's gathering in Permik where he won second place in track-and-field athletics (combined events) and first

The Old Man Who Lifts 230 Kilograms

by Dr. Pavel Atanassov Dobrev, Sofia



Alexander Genov Ivanov with a 507 lb. deadlift. (courtesy of Evgeny Popov).

place in weightlifting competitions, where he snatched 75 kg with one hand and 117 kg with two hands.

For the first time the Bulgarian weightlifters had lifted an Olympic bar instead of dumbbells in those competitions. The first bar had been worked out in the team depot under the instruction of Genov after a model from a journal. It had been done on account of the Sports Club according to the international regulations. With the same bar Genov had organized the first official National Championship in weightlifting in Shumen in 1948, where he acted as organizer, leader, and referee. Since a national section in weightlifting had not been devel-

oped yet, the championship had been held together with the National Championship for wrestling - classical style.

In the academic year 1950-1951, the founder of weightlifting in our country Alexander Genov had finished, with honors, the one year school for coaches at the National Sports Academy. From 1950 to 1960 Alexander Genov was occupied with training work on public terms, and after that he broke off any athletic and sports activities. As a result from his reduced motive activity for the period 1954-1974, Alexander Genov lost his vital tone and felt slack, inert, weak, and atrophied.

Fortunately, in 1975 he joined the experimental group for study of the influence of power exercises with weights on the constitution of persons in average, advanced and old age, organized by me for the third time. Due to the systematic, purposeful and stubborn training

STARTIN' OUT

A special section dedicated to the beginning lifter

Light Days

as told to PL USA by Doug Daniels



Light Days are an important part of training for drug free lifters like Ray Hamill.

So often readers of PL USA see the term "light days" when training is discussed. It seems to me what's lacking is a clear explanation of what a "light day" is, what it's purpose is, and how the average PL USA reader can apply it to his/her workout. Basically, light days are workouts where the intensity and/or load of a lifter's routine is somewhat below hard training conditions. The simple reason light days are needed is to increase the recuperative abilities of a lifter. We all know that to progress, a lifter must train hard, but by the same token, a lifter cannot progress for long under the stress of an extended period of intense training, even with the use of anabolics.

To enable the lifter to train more often, light days are included in many lifters' schedules. For many, benching and squatting hard multiple times per week is too much for their body to recuperate from. Lifting too hard, too often could result in negative progress or increased chance of injury. In some activities like learning to play a musical instrument, more practice, in most cases, is preferable. With weights, this is not so (at least for the vast majority of lifters). It's the "more-is-better" mode of thinking that is the Number One reason why lifters don't progress as they expect or why injuries occur, many of them career ending. When lack of progress occurs, too many lifters react with more training, which, in turn, stalls progress further.

Many lifters have a gut complex about the amount of training they do. If they don't work their benches or squats so many times per week, they doubt they will progress. To handle this guilt, light days became an integral part of many lifters' training regimens. In this way a person can conquer this guilt and train their bench and squat multiple times per week. The deadlift is left out for now because most people train it no more than once per week, because of the stress it puts on the body. If your heavy day top set is 300 x 10, your light day could be 70-80% of that or 225 x 10. You could do the same amount of reps as heavy day with a lighter weight or use a lighter weight with perhaps more reps. That could look like this: heavy day - 350 x 5; light day - 250 x 10. The scenarios are endless.

Aside for conquering guilt, lifters can use the light day to develop technique while using lighter weights. A lifter could include single

benches, close grips, dumbbells, or some pec, dec machine work. This can inject variety in a routine and also enable a lifter to target a weak area of the lift with an assistance move. Bodybuilding type workouts can be done on light days as long as the workout is, indeed, light; otherwise the purpose of the light day is defeated. Here you could work the lats, triceps, traps, etc.

Since light days by definition are light and not intense, do they really do any good? Are we basically wasting our time with light days? To some extent, yes. I believe that a lifter can gain on one workout per week per lift. Mega-bencher Chris Confessore is a classic example of this. Chris benches once per week. On the other day he does assistance work for the bench. Witness his long list of world records and triple bodyweight benches. Many lifters just feel a need to train each lift multiple times per week. When results don't come, they work out more. Very seldom does a lifter dare to explore the opposite end of the spectrum, that is, to work out less. Back to the deadlift for a moment. If most lifters train deadlifts only once per week and gain sufficiently, why can't the same strategy be used for the bench and squat? Maybe we're on to something here! To an extent, light days are a way of working out less.

They can provide time to develop technique and work weak areas of a lift and help a lifter recuperate from his workouts. Less is more in powerlifting! Having only one heavy or intense weight session per week necessitates the lifter works hard on that one session. Without hard work, little will be accomplished and you cannot make it up with more training.

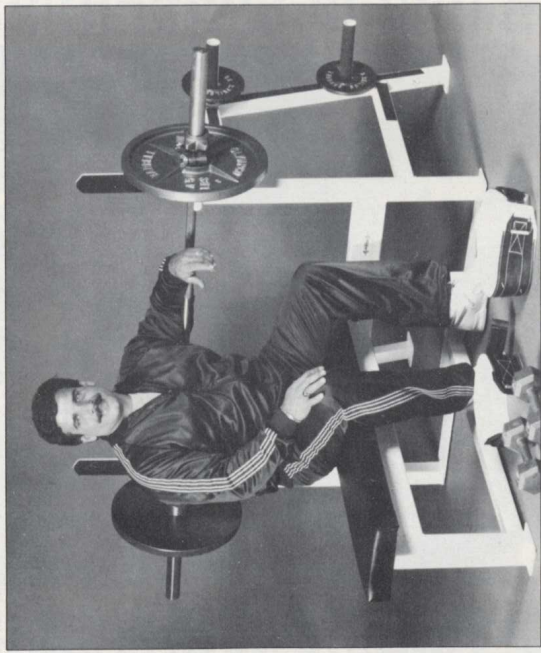
For lifters who don't include light days in their routines and are not progressing as they feel they should, try some of my suggestions. If you are using light days and still are not progressing up to your expectations, try eliminating light days all together. For younger lifters, recuperation is not as big a concern. For older lifters and particularly the increasing number of drug free lifters, recuperation is a bigger concern. The concept of light days is in widespread use in powerlifting. Try some of my suggestions in your routine if you're not gaining as well as you would like before adding more training. Also, don't let a more-is-better guilt complex stop you from exploring a method that can help you reap more results with less work.

reps attempts with 80% or so of max light enough to not stress the lifter when heavy weights are used, this technique can be carried over. If a lifter is trying to change his/her technique, like a wider grip in the bench, or change their squat stance, the light day can provide an excellent opportunity to get invaluable practice time in. My example of 80% was only for illustrative purposes. This can vary as long as it is light enough to not stress the lifter and heavy enough to be a reasonable challenge to the lifter.

Light days can also be used to include exercises in your routine other than the Big Three. To save wear and tear on the back yet still work the quads, a lifter could perform leg presses. Instead of regular benches, try feet off the floor

More From Ken Leistner

CHIP KELL: Resurrection of a Star as told to PL USA by Dr. Ken Leistner



Chip Kell will some of his extensive equipment line. (photograph courtesy of Dr. Ken Leistner)

For those of us who reached adolescence in the 1960's, the social revolution and the changing view of the role of athletics in the society proved to be yet one more traumatic event. The student-athlete who had long been revered as a campus and community hero was, in but a few short years, relegated to the position of "conservative reactionary." Instead of "getting the girl" and the accolades of fans, the college football player received the jeers of his more socially aware peers who chose to challenge the dictums of the day and the existing social and academic order. The traditional values of home, family, honor, school and the long backdated stereotypes of Americana were humorously lampooned in the media and by those "hip" enough to realize that a new society had been born.

There were, however, a few strong minded young men who believed that traditional values of politics and culture were important. Their heroes were not the hippie politicians, muckracking journalists, or agnostic pontificators. They believed that there was value in supporting the position of the duly elected government; that their parents could be their heroes and not the "enemy"; that commitment to long lasting relationships and loyalty to teammates and school overrode faddish demonstrations of "freedom" or independence. One of these strong of mind and strong of body adolescents was Curtis "Chip" Kell of Georgia.

Former athletes like myself remember Chip well. He was, under any circumstances of measurement, one of the best collegiate football players of his day. He was, for those of us interested in the iron game, the All-American who also bench pressed five hundred pounds while still in college, at a time when but a handful of full-time powerlifters could move such poundages.

While it took a lot of hard work, success always came as a by-product of a willingness to do things the "right way." Here's a partial list of Chip Kell's football related achievements:

in the country, and young Chip became fascinated with the heavy iron and the changes it produced in average young men. At ten years of age, Chip was performing overhead presses, high pulls, curls and other standard movements with perfect form and an intensity that belied his years. At the age of fifteen he could bench press four hundred, an incredible feat at the time, and one that would still be considered incredible. Riding his bicycle three miles to school and three miles home, followed by neck lifts with as much as two hundred pounds left young Chip with a level of conditioning and strength that was far beyond the typical college athlete of the day. Under the patient and nurturing influence of his parents, Chip grew in strength, stature, and maturity. He was, from any perspective, a man among boys.

One would think that an athlete with this type of background would enter any university program, even one as prestigious as the University of Tennessee, with a great deal of confidence. Chip's naturally shy and reserved nature did not allow the cockiness often seen in young athletes that "don't know any better" when they go up to the next level. As a freshman, Chip was not eligible for varsity competition, reflecting the rules of that period. However, he was one of the few who were called upon to scrimmage with the varsity, and his ability to handle the older, larger players soon had him realizing that his years of training had well prepared him for college football and track.

To this day, he still holds the school record for carrying in one helmet and record (which still stands to this day), second in the State Championships in ninth grade and of course, first place every year after that. As a sideline, he also took second place in the discus throw.

Thus, before he even arrived at Tennessee, this young phenomenon had found a great deal of athletic success. Credit the weights! Although Chip's father was not his football coach, he was a successful high school level football coach who was one of the pioneers of strength training in the state and in the Southeastern United States. His teams of the early 1950's were perhaps the first weight trained units

able Mention All America 1968, All America 1969, Consensus All America 1970, Jacobs Blocking Award (for top SEC Lineman) 1969-70, Lombardi Award finalist 1970, Tennessee's Best Of The Sixties Team, Birmingham QB Club Team Of The Decade 1970's, Ahlton's Football Twenty Year "Best Of The Best" Team 1986. In track, he set the SEC record, and was conference champion both indoors and outdoors.

To view these extensive accomplishments is to realize that Chip Kell was obviously an outstanding athlete. The fact that he was one of the first weight-trained athletes and one who competed as a powerlifter, setting state records in the bench press makes him "one of ours". Chip has always followed his own advice to train consistently, and use one's own good judgement in choosing those movements that have proven to be effective. As Chip stated, "If I go into a workout and feel that I can move a house, I or depressed, it's possible that I won't even workout. More damage is done this way, than the good that could come from trying to train in an unfocused manner. One positive workout is worth more than a week of going through the motions!"

Despite the pressures of work and family, Chip has continued to train through these many years. After a horrific knee injury ended his professional football career, he returned to the Tennessee and Georgia area as a high school teacher and coach, and was extremely successful. He also began to build exercise equipment and agreed when his customers noted that it was better made than that sold commercially. This was the impetus for Kell Strength Equipment, which essentially, was Chip's welding benches and racks in his backyard shop, and then in some, a bit more advanced in Dalton, Georgia. In time, insisting that everything be done properly, with consistency, and with the same drive and intensity that he devoted to his athletic career, Kell equipment could be seen in the weight rooms of Florida, Auburn, Utah Universities and many other schools and institutions. Many high school coaches would approach Chip after being defeated by his team, and ask about enhancing their strength training facility.

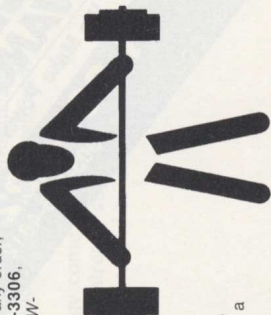
It was only natural that Chip would gravitate towards competitive powerlifting as he had been performing the three lifts as part of his standard program since he began his strength training activities. Despite the fact that his knee dam-

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is a lasting star. He did things that were unheard of and remain unheard of on the high school and collegiate level. His deep religious beliefs and family values have sustained him through good and difficult times. His desire to do everything correctly, and consistently, I believe, have us redefining drill free bench press records in the years to come. Chip and his family are strong and fervent supporters of adoption and children's rights issues. The strength of character demonstrated through his church and family related activities, his reputation in business for being fair and practical, and his ambition to once again achieve positive notoriety in the athletic arena, marks him as one to be noticed and respected. Chip Kell's star, never dimmed before, is, in fact, brighter now than ever. Next month, we will examine Chip's training program and the use of his unique "Equalizer".

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could drop a bomb on his stuff and it would still be there, even ten years later! Chip's long history as a lifter and athlete, his desire to do everything "right", and the recent ability to manufacture everything to the standards set by the concern's other work for government and major industrial clients, makes it obvious that Kell, Inc. equipment will be the next hot item in this market. To be quite frank, despite the fact that the Iron Island Gym is in the opinion of many, including myself, the best equipped powerlifting and athletic training facility anywhere, without equivocation, I have arranged to finance a complete overhaul of our Hammer equipment line so that our members by all of Chip's innovative bench and rack designs. My patients, trainees, and long time friends in the game know that I don't improve easily and I am more than pleased to give my wholehearted and unsolicited endorsement of Kell's training equipment.

More than anything, Chip Kell

age does not allow him to squat at all, deadlift with any consistency, nor do many of the exercises that most lifters take for granted, chip won the Georgia State title 1982 as a 275 pounder, and has continued to train his bench press with seriousness. It is unrealistic to think he can again try to squat or deadlift, due to the continuing degeneration of his knee, but he feels that the can, in time, be a factor in the Masters Division of the ADPPA in bench press competition. He has, with consistent training, been able to hold much of the huge muscular size he had as an active football player, and feels that a foray into the 242 pound class could bring benefits within the year. Attempts at the existing World Record are not beyond comprehension and his new work circumstances could finally allow Chip to pursue serious training on a regular basis.

When one manufactures and distributes their equipment as a "one man show", it is obvious that time is lacking for much of anything else. Chip has never allowed anything to stand in the way of his family responsibilities. His children Dusty, Annette, and Abigail, and wife Ann, in addition to providing him with an adoring fan club and lots of support, have been the primary motivating factor in his quest to build the best training equipment one could buy. Recently, a major manufacturing and fabrication concern, impressed with Chip as a man and with the product, agreed to do the actual manufacturing of his product. The prototypes that I have seen cannot be adequately described, although I would agree with the comments made to me by one university strength coach, that "You

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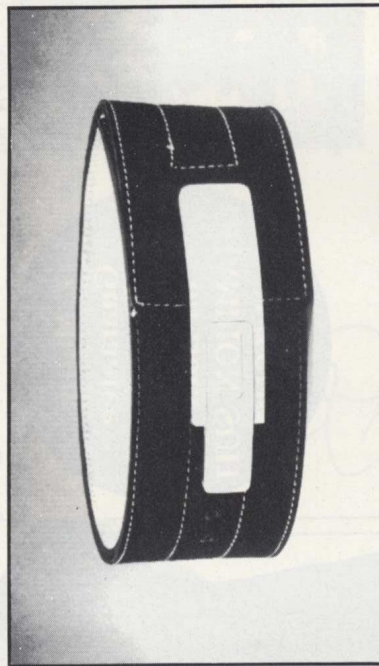
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The goal of any successful training program or routine is to train enough to activate the growth response in your musculature, but not so much that your recovery processes are hampered. The key is to find what variables control exactly what is enough training and when your training becomes excessive.

The results to be gained from proper training, a good nutritional base, and proper rest and relaxation, are a proper adaptation response. Adaptation is our bodies' natural reaction to its surroundings or stresses.

The human body is constantly being taken through a complex series of physiological processes designed to maintain homeostasis. All body functions have antagonistic factors that work in conjunction with one another. This, in theory, allows the body to maintain a stable physiological state. Thousands of these functions are carried on inside the body on a daily basis.

In strength training an athlete who is trying to gain muscle mass and strength hopefully has developed increased anabolic activity. That is the total value of the anabolic activity is greater than the amount of catabolic activity, therefore there is a net gain in additional muscle tissue being laid down.

Whenever an athlete is in a catabolic state the main culprit is a built in survival hormone called cortisol. Following a high intensity training session, the body pumps out cortisol whose main function is relatively simple, it carries off the proteins to the liver, where they are converted into glucose for energy use in the body. The net result of this entire process is a weakening of our immune system, because all our immune systems are based on proteins, and the influx of cortisol in our biochemical mix steals the proteins that make up our immune system.

Research has been done which has shown that athletes who train twice as intensely as normally prescribed will wind up with twice as many colds and viruses. A surprising aspect of this research was that when the athletes' blood cortisol level was tested after a particularly grueling session their bodies revealed a 60 percent increase in cortisol production.

those who train, should be getting a better idea of what is happening to muscle tissue protein in the overtrained state.

Overtraining can be a self-defeating process. It can force the body into a weakened physical state which at best can produce a cold or the flu and at its worst can tear muscles, ligaments, and tendons, once these body parts lose their structural integrity through protein loss.

One aspect of this process is that athletes who are driven to such a weakened physical condition can be driven to thoughts of drug usage as a treatment.

Much of the most recent research into anabolic steroids has found that the element which produces muscle growth is not the anabolic properties of the drugs but the anti-catabolic or cortisol inhibiting effects produced. Much, but probably not all, of these effects can be produced by intelligent training methodology.

Let's review the process of the catabolic response:

(1) After the onset of extremely hard training, the body produces cortisol, which serves to break down protein into amino acid constituents and sends them to the liver for conversion to glucose.

(2) The longer and the more intense the workout, the more cortisol is pumped in and the more protein that is destroyed.

(3) This catabolic state is not limited to just our immune system, but also our muscles as the body's largest supply of protein lies in the muscles, so that is where the cortisol goes to first.

(4) It would seem reasonable, based on research, to assume that the limitation of high intensity strength training to a hour or less can restrict the amount of protein destruction. It seems that about one hour of intense strength training will increase the protein stores in our immune and skeletal systems, but that any further training will begin to deplete these stores. It may well be better to train more than one time a day for shorter periods as opposed to one long drawn out session. The Eastern Bloc countries have been doing this with great results for quite some time now.

As science progresses, nutritional substrates or compounds which limit catabolic responses may be formulated. When we learn how to structure our training, nutrition and supplementation to keep cortisol to a minimum our progress will be greatly enhanced.

Coch John Ware

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CORTISOL and the Catabolic Response

as told to PL USA by John Ware



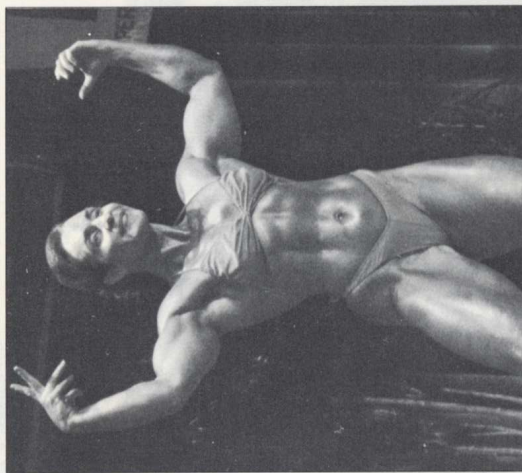
Kieran Kidder was a close competitor for John Ware's 1992 APF Sr. National title.

Among the first proteins to be affected by this increased cortisol response were the T-cells that make up our front line of defense against viruses. This watchdog system was depleted by more than 30 percent. This shortfall initially lasted only 6-8 hours. However, after several sessions of such grueling work the level at risk time became longer and longer until the T-cells stopped rejuvenating.

Another result, the trainers first line of defense against bacteria and viruses, an antibody known as IgA which is found in the saliva was reduced to nearly non-protective levels. This research confirmed what most of us already know, that athletes can overtrain themselves into illness. With a wealth of research confirming the relationship between overtraining, cortisol production and protein breakdown, athletes and

TRAINING

Residual Effect Methodology as seen by Greg Reshel



Dawn Reshel in her bodybuilding debut (courtesy of Greg Reshel)

After lifting successfully in 4 weight classes in 1991, Dawn Sharon was searching for her next goal. While training through such a range of bodyweight, Dawn had the opportunity to examine different styles of performance in the three lifts. After competing in the 1991 WPC World Championships in Las Vegas, Dawn and her husband Asher took some time to examine their priorities for the coming season. Training without goals is much like getting into your car and driving without any idea of where you are going. They decided it was time to test some new training combinations and to push the envelope of their performance potential.

Asher had successfully bench pressed 575 lbs in training for the WPC Worlds. He felt that added mass and foundation as well as a carefully tailored bench shirt would give him a shot at the magic 600 lb. bench press barrier. He did not want to be a "bench specialist" but preferred to top the 2000 lb. total barrier, with a low to mid 700 lb. squat and a high 600 lb. deadlift. Asher had been repping 715 lbs. in the squat, in training at 320 lbs. bodyweight and felt that he could accomplish his goal in the 308 lb. class of the WPC.

Dawn had other aspirations. After deciding on the appropriate powerlifting techniques for her body style of training and lower bodyweight, Dawn wanted to go after the all-time squat, deadlift, and total records regardless of bodyweight. This would mean exceeding all other lifts historically according to Malone, Reshel, and percentage bodyweight formulas. With the aid of Michael Soong's published all-time lists it was determined that Dawn would need to exceed the 9.18 x bodyweight total of Mary Jeffrey (1052.7 lbs. at 114). She would need to exceed the recent squat of Mary Warren (485 lbs. at 132) 3.73 x bodyweight. Dawn also wanted to attempt the 3.87 x bodyweight deadlift of Ruthi Shaffer (545 lbs. at 148). The worst thing that could happen would be to post big numbers but fall the magic third attempt. Dawn is a very emotional lifter and needs to focus on goals as well as challenge herself to do really well.

With the long term goals chosen, two things remained. Dawn and Asher would need to make a sincere and total commitment for the next 6 months with training, eating, and sleeping being their top priorities. Once committed, they would need to chart the course by choosing the training pattern that would get them there. They decided to explore residual effect methodology. For Asher it meant peak-

mance was her bodyweight. When you are trying to establish peak performance relative to percentage bodyweight, you must establish the lowest possible weight without jeopardizing performance. We experimented with a low protein, high carbohydrate, and low fat diet in an effort to keep her energy resources at a peak while inhibiting the growth of her muscle mass. Dawn held her training weight to 169-172 lbs by limiting her total protein intake. She would eat 450-600 grams of high quality carbs (oatmeal, rice, pasta, potatoes, green vegetables, and low glycemic fruit) while holding her protein to 60 grams per day. Dawn supplemented her diet with regular Branched Chain Amino Acid supplementation as well as regular doses of L-Arginine Complex and a metabolic activator formulation. Dawn's bodyfat was stable at about 18%. Her intake of fats was very low, about 9-10%, which kept her from gaining fat, but her diet was out of balance by being too low in protein which would not allow her to lose any more fat weight. At 8 days out from the contest Dawn increased protein to 120 grams while reducing carbs to 30 grams in the form of green saute. This caused her to carb deplete. She began restoring carbs three days out while restricting water. Dawn had been drinking more than a gallon of water per day. The last week before the contest she drank only distilled water to sodium deplete. At three days out, she severely restricted her water to 8-12 oz. per day. One day before the contest Dawn went to the sauna for two hours to dehydrate. She weighed in at 162.5 lbs. She then began drinking heavily replacing 2 gallons of water and electrolytes while carb loading to fill the muscles with glycogen.

For a truly peak performance, an athlete needs to take some chances. At the risk of a major drop in total you need to take some truly large jumps. You cannot establish a peak performance by taking a 20-30 lb. jump to your last attempt. A competitive contest an athlete normally tries to get the largest possible second attempt and uses a third attempt to establish a small advantage. In the case of all-out next article I will endeavor to chart Dawn's training path to the 1512 40-90 lb. jumps to your last attempt and roll the dice knowing you are as fresh as possible. In a tightly contested meet a missed jump like that will devastate your total and affect your potential placing.

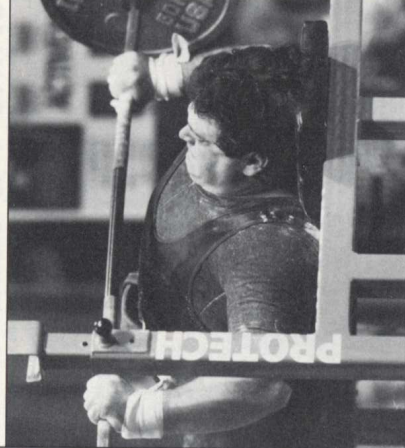
Dawn opened her meet with a sumo 520 lb. squat attempt. Knowing that she would need at least 610 lb. Dawn tried a 560 lb. second attempt to set up a 50+ lb. third attempt. Dawn fell prey to a

needed approximately 1495 lbs.

common mistake made by many powerlifters. She was focusing her attention on the third attempt to come, and failed to keep her low back tightly arched coming out of the hole. This caused her to pitch slightly forward, and the lift stalled halfway up, causing her to resort to a back lift and gut the weight up. This does not help your confidence. However, 3 years ago after squatting 633 lbs. in competition, Dawn had squatted 675 lbs. several times in training at Frantz Sports Center weighing 188-191 lbs. In preparing for the 1990 WPC Worlds in Italy, Dawn had squatted 565 lbs. for 5 reps and 615 lbs. for 3 reps. It you keep these facts in mind you will understand why Dawn was not troubled by the 600 lb. barrier. Dawn called for a face value 610 lb. squat which previously weighed in at 617 lb. Dawn had no trouble walking the 617 lb. out, though the setup was difficult. Dawn is still getting used to the wide stance style and heavier weights cause her to set up too narrow. Too narrow a setup will jam her at parallel and not allow her to get her hips under the weight. She was not able to make the same mistake she had made on her second attempt. Dawn controlled the weight on descent and reversing direction without hesitation drove the weight solidly to a three white light lockout. There was some discussion of a 635 lb. fourth attempt but Dawn's goal was to go for total and she passed the fourth attempt.

For the bench press, Dawn used the same double thickness denim bench shirt that she had worn a year before at 200 lbs. Needless to say there were quite a few adjustments to the shirt. Dawn's heavy upper back training helped a lot to increase her bench press. The opening attempt was an easy 295 lb. The second attempt of 318 lb. was more of a problem in that the hand stitched adjustments to the shirt had worn the original fabric causing it to tear where the pec meets the shoulder on the beginning of the drive. Dawn managed to stay with the lift and drive it back to the rack. She passed the third attempt due to the damaged shirt and the fatigue from fighting the 2nd attempt to lockout. To establish a new standard in the deadlift, Dawn would need to lift at least 3.88 x bodyweight or 630+ lbs. We knew that Dawn would not be able to break that mark as she was still using a sumo style deadlift. When you squat in a wide stance at a contest you will decrease your sumo deadlift by tiring your hips. Dawn knew she would not be able to break even 600 lbs. so the only thing that remained was to break the 9.18 x total record. Dawn needed approximately 1495 lbs.

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Dawn Sharon Asher Sharon Greg Reshel

RESPONSE

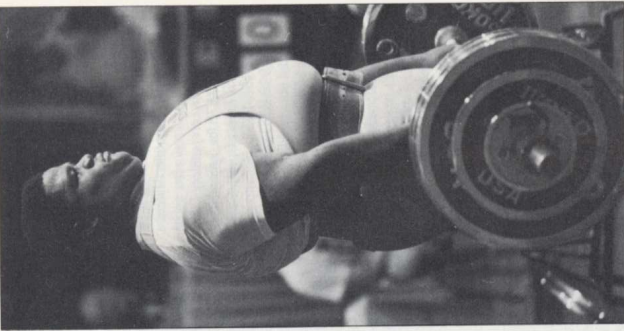
I'd like to thank you for the article by Herb Glosbrenner in the August issue about my lifting career. As you know, I was a powerlifter before I went into weightlifting, and I'm still interested in powerlifting. In fact, I hope I have time during next year to get my record back in the ADFFPA squad. I've been working so hard on my technique in the snatch and clean and jerk that I haven't worked to my limit in the squat since November of 1990, when I squatted 937 in a meet in Austin. I did go to 900 two or three times in Colorado Springs without a squat suit or knee wraps, but I stopped working heavy so I could concentrate on my form on the competitive lifts. One thing written about me in that little side article was wrong. I never said I thought any construction worker could come in and be competitive in a year in powerlifting. What I said was that I had members of my family who were construction workers who could be competitive in a year. I was especially thinking about my Uncle Jerard, who's one of the strongest men I've ever met, even though he's one of the smallest men in my family. He only weighs about 220

pounds, but I saw him do an easy 600 squat with no supportive gear in a little less than a year of training. He could also do around 700 in the deadlift, even though he never spent much time on the lift. He has big, hard hands, and it feels like he could break your hand if he wanted to. Uncle Jerard is like most of the men in my family; we're all blessed with unusual strength and size. The strongest of all was my great uncle, Chudd Adams, who was about six and a half feet tall and weighed between 400 and 500 pounds. I never saw him but all of my older relatives say I remind them of him, except I'm smaller.

I've been an athlete all my life, and I know enough about lifting not to believe that any working man can come in off the street and be a top powerlifter in a year. There are a few who can, and Uncle Jerard is one. I was thinking about him when I was trying to explain how much harder it was to master the techniques in weightlifting. I never meant to say that powerlifting was easy. I have a lot of respect for anyone who gets to the top, because I know how much work it takes even if you do have a lot of natural ability. Whenever I go back to my home in Slisbee or my other home in Austin, I go to the gym and hang out with

my powerlifting buddies, but I've gone into weightlifting now because the USOC has a program to support young lifters with money and full scholarships. I earned several thousand dollars last year and I get free room and board and physical therapy at the training center in Colorado Springs. My college work is also paid for. I'm going to try to get ready for the 1996 Olympic Games in Atlanta, but I hope I have time for a little powerlifting between now and then.

Marc Henry
At right... Marc Henry pulled up a Deadlift at the 1990 USPF Sr. Nationals in Hollywood, Florida.



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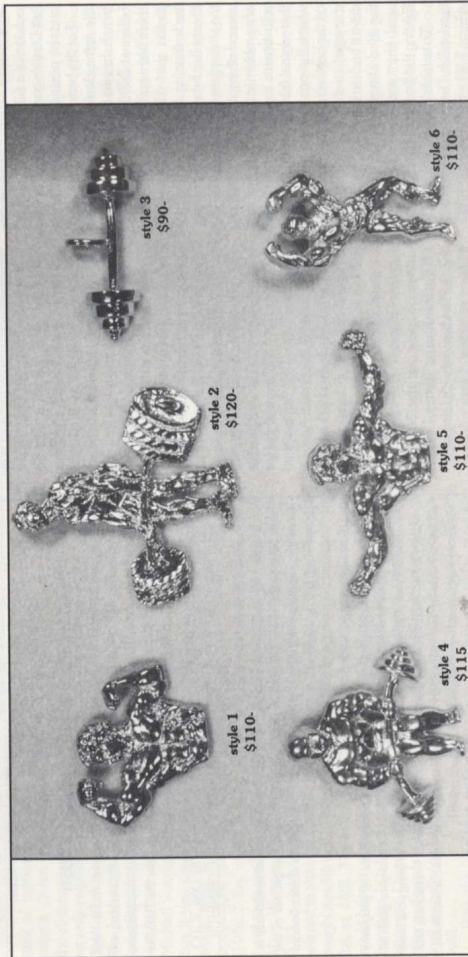
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Los Angeles, CA



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*, *Gerardo*, *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 many fat 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

combination contains stage released carbohydrates from the branching chain glucose polymers of amylopectin. Quadra-Carb also contains high glycaemic index maltose with dextrose and low glycaemic 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!

Power Personalities

as told to PL USA by World Record Holder Chris Confessore

After being a part of this great sport of ours, Powerlifting, for approximately ten years, I have come to one conclusion: Powerlifters are good natured individuals and have a common bond unlike any other sport today. In what other sport do opponents help or cheer each other



Chris Confessore with a little help from his friends.

on like you see at most Powerlifting events, from the local level to World Championship events. Don't get me wrong - we are not angels and we do have our characters. I remember reading about an incident that occurred at a Senior Nationals in the 1970s, where one of our characters put baby powder in the chalk box during the deadlifts. As well you can imagine, no one pulled big that day. However, after witnessing many shows in bodybuilding, and being a part of many Powerlifting, I can sure tell you there is a big difference in the personalities and atmosphere within the two sports. It is true that we have too many organizations, which water down our sport - not much unity in that aspect. Time will eventually change that for the good, but even if it doesn't we can take pride that as individual powerlifters we still have a strong mesh of unity among us. I can personally say that I have met some of the nicer people in my life within the Powerlifting community. Unlike some other walks of life, it seems that the better

Chris Confessore

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Ask the Doctor

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

DEAR MAURO: I first want to thank you for your book *Beyond Anabolic Steroids*. I think you have used an excellent and honest approach in your book. I have been powerlifting for about six years and I am also beyond using anabolic steroids for almost three years. I feel this book has been very beneficial to me in the respect of proper supplementation. I have found your comments very realistic about most of the supplements that are on the market today. The exaggerated claims are false and misleading many times, but curiously sometimes gets me and I like to try some of these new supplements. My first question pertains to a new supplement called M2 (M-squared) which I recently purchased. The advertisement can be seen on page 91 of the June 1991 issue of *Powerlifting USA*. I have enclosed the labels from this product in hopes that you may be able to inform me of any benefit from taking this product. I have tried many different supplements without any noticeable effect. I find your advice of a balanced diet with supplementation just to balance out the diet to be the most accurate. I currently take 5-9 tablets of Amino 16000 pure free form per day along with a carbohydrate drink four days a week with my workouts. According to Greg Roshel, who I bought the M2 from, this supplement (L-Arginine) when taken properly would help my body to produce more growth hormone than it would normally. I was told that this in turn may help me become leaner and stronger (which many other supplements claim to do). I have been using this supplement for two weeks and will continue with it for 4-6 weeks for a trial basis. After this time, I will make a decision whether or not to continue with it. My last question is in reference to your response to Jerry P. on page 40 in the May 1991 issue of *Powerlifting USA*. This is a quote from your response: "Most over-the-counter or mail order supplements are relatively useless when compared to potent drugs such as the anabolic steroids. However, I'm now working on a way to maximize the serum levels and effect of the endogenous hormones (including endogenous androgens, growth hormone, and insulin.) I hope to do this by using specific and radically different diet plan, along with certain safe supplements - no drugs are needed." I was wondering if you have completed this book yet because I would be very interested in purchasing it. Any information you could reveal to me in this area would be of great interest. This may sound a little forward, but if you are looking for people to help you analyze your ideas, I would be very interested. I have no plans to ever use any potent drugs again because of the unknown health risks, but I am open to any legal and safe supplements so I can continue powerlifting in a healthy, drug-free environment. I have enclosed a money order for \$15 so I could receive your personal response to my questions. If you could let me know if I am wasting my money or if there actually some merit to the new product M2 (M-squared), I would appreciate any

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Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Clonidine, L-Dopa, etc.), Insulin, Thyroid (Dibazol, Synthroid, Triacron), Pergonal, Fexral, HCG, Cycloidal, Chlenterol, Dichloride, Glutathione, Carnitine, Creatine, Inosine, Sinalax, Officialis, Boron, Chromium Picolinate, Gamma Orizanol, Silibinin, Ginseng, Amino Acid Neurotransmitters (such as GABA, Phenylalanine, Tyrosine, Phenylethylamine, etc.), Branched Chain Amino Acids, Stradrol, Sildenafil, Proxeram, Fenoterol, Pterochlorates, Nutritional Supplements (Vitamins, Minerals, Bee Pollen, B12, etc.), and many other compounds.

ANABOLIC STEROID SIDE EFFECTS

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This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynaecomastia, acne, hairloss, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

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

Drug Use and Detection in Amateur Sports Plus Updates
My book and the 5 updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The book plus all five updates is \$41.50 U.S. funds plus \$3.50 P&H.

The price of Update Five is \$11 U.S. funds, plus \$1.00 P&H
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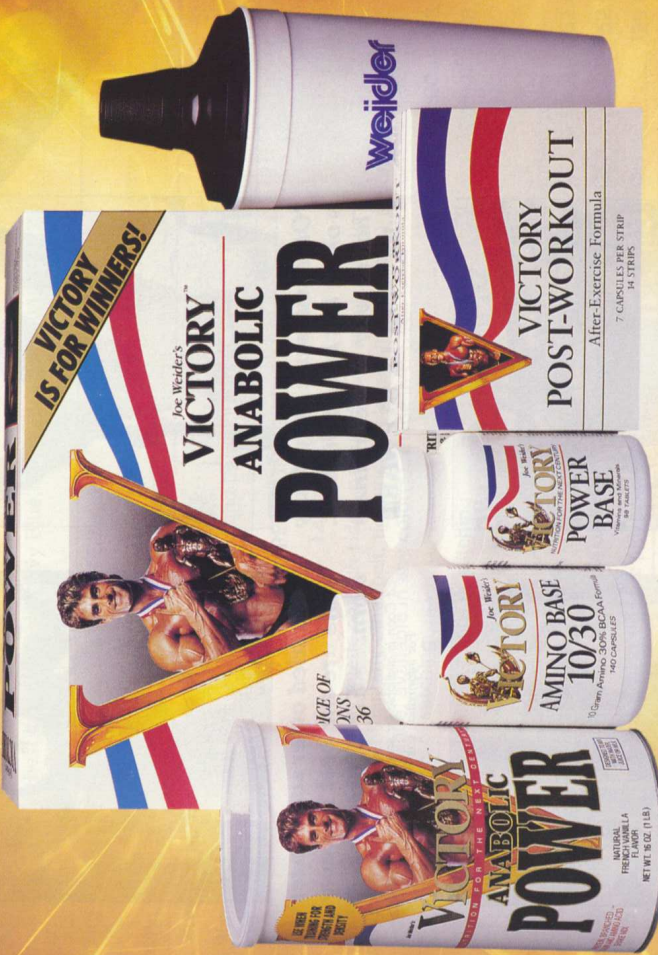
Order from:

MGD Press
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Warkworth, Ontario, Canada, K0K 3K0

information you could give me on this supplement. Also, if you have finished your new book I would be very interested in an order form or any information you can release on your diet and supplementation plan. Thank you very much for your time and effort. Thanks, **Pete**.

DEAR PETE: M2 is another grab bag product containing several supplements - all of them mentioned in my book *Beyond Anabolic Steroids*. These supplements have not been found to be all that useful in increasing mass or strength. Arginine, taken orally, has not been shown to have any significant effects on endogenous growth hormone production. Unfortunately, due to time constraints - I'm presently absorbed in my new newsletter *Drugs in Sports* - I haven't had time to do the testing necessary to see just how my diet plan and supplement combination are affecting the various endogenous hormones, including the androgens, insulin, and growth hormone. Thus, although my diet plan and supplement combination have proven to be extremely effective in increasing lean muscle mass in several athletes, I won't put pen to paper until I know how my system works and have some proof that it's more than just a placebo effect. Also, I have to be sure that my system won't cause any adverse effects. Hopefully, I'll have more time to do all this in the future. Let me know if I can be of any further help. Sincerely, **Mauro**

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APAWPA World Record Breakers
5, 6 Sept 92 - Englewood, FL

Women's Bench

- B. Lemus 125*
- B. Leites 196*
- K. Esley 120
- J. May 360
- Super 440*
- 132 250*
- 132 385*
- R. Couch 198
- J. McCourt 466*
- 181 275*
- J. Bookar 430*
- 230 360*
- T. O'Donnell 405*
- 275 466*
- Supers 457*
- K. Fennelle 440*
- 275 545*
- J. Bookar 430*
- 440 595*
- 160 40-44
- M. Williams 657*
- 242
- T. O'Donnell 390*
- 480 p
- 290 480 p
- 310 425
- Record 5 - Florida Masters Record. - New Jersey Masters Record. - California record. - U.S. record.
- McLellan/Head Referee: Scott Taylor; Jim Spiller; Sergio Williamson; Jim Riley; Jim McLean; John McLellan and Bob Spiller. Referee: Scott Taylor; Jim Spiller; Sergio Williamson; Jim Riley; Jim McLean; John McLellan and Bob Spiller.

Hercules Bench Press & Deadlift
14 Jun 92 - Pittsfield, MA

Women

- 33 & under
- D. Bonnette-104
- B. Leggett 126
- S. Parlane-135
- T. Aranson-131
- 34 & over
- L. Barnes-226
- G. Grandfald 211
- M. Stradman-224
- J. Redding-121
- 170 Ken Trophy - 34 reps with 235; 100 lbs. with 220; 135 lbs. with 200
- 170 Ken Trophy - 34 reps with 235; 100 lbs. with 220; 135 lbs. with 200

Lou Tortorelli (right) receiving the SIXTEEN awards he won at the Hercules Bench Press and Deadlift Championships from the Meet Director Fred Pfister.

Meet rep bench press - Women 25 lbs less than men

- Best rep bench press - Women 25 lbs less than men: Lou Tortorelli, 126 lbs, 480 lbs
- Dawn Williams-9 reps with 80. Most reps bench press men 25 lbs more than bodyweight: Jared K. Esley 230, 360
- With 220; 132 Ken Trophy, 25 reps with 220
- Arace 12 reps with 100. Most reps deadlift women with their full bodyweight: Dawn Williams - 30 reps with 105; Joanne Bergman - 28 reps with 110
- 130. Most reps deadlift men with 50 lbs over their bodyweight: John Redding - 45 reps with 130. Most reps deadlift men with 50 lbs over their bodyweight: John Redding - 45 reps with 130
- Outstanding teenager (combined Squat/Bench Press): Lou Tortorelli 770 total. Outstanding lifter in all masters divisions (combined all the way from Michigan - Richard Stradman 910 total. Outstanding lifter in all masters divisions (combined all the way from Michigan - Richard Stradman 910 total. Outstanding lifter in all masters divisions (combined all the way from Michigan - Richard Stradman 910 total.



watch and video the contest! (Thanks to Meet Director Fred Pfister for providing these results.)

APA New England Women's Masters, High School, Junior Bench Press, 19, 20 Jun 92 - Hamden, CT

- 97 lb. 5Q BP DL
- 114 lb. 100hr 85*
- C. Miller 250*
- 132 lb. 110hr 85*
- 181 lb. 200*
- 200* 100
- 225* 59*
- 235* 32*
- Sub Masters Div
- 360
- M. Hogan
- 365
- 380
- 385
- 410
- 420
- 430
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- 490
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- 870
- 880
- 890
- 900
- 910
- 920
- 930
- 940
- 950
- 960
- 970
- 980
- 990
- 1000

Application for Registration in
Natural Athlete Strength Association

Last Name _____ **First Name** _____ **Initial** _____ **Date of App.** _____

Street Address _____

City _____ **State** _____ **Zip** _____

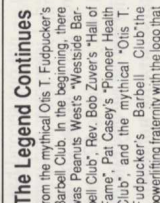
High School _____ **Refer** _____ **Date of Birth** _____ **Age** _____

Telephone _____

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I Certify that the above Answers are _____ Correct



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Join the "Hawg, Staturo" monsters. Fudpucker's Barbell Club's logo preceded both Goli's Gym and World Gym logos. Iron Goli's Enterprises (a Goli is 10% Goli, 90% Ultrips)


Dear Sirs: Several years ago I purchased one of your Fudpucker's Barbell Club T-shirts from an ad in IRON MAN Magazine. I am glad to see these shirts let for sale as we sell one of these shirts to our friends as well as to my gym members here that would like to log in. Just let me know if you have any left. So can make some arrangements as to the fitting of body guards to safeguard my life. "Much thanks to ANTHONY GARRETT, A&J Gyms, Whitesburg, KY (13 July 1980) I never get to obtain one of the very famous Fudpucker's Barbell Club T-shirts in any of my gyms. I am glad to appreciate your Informing me. KEN LESTNER (22 May 1980)

A few proud owners of a Fudpucker's T-Shirt

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Ai Martinez with a state record deadlift of 665 at 198. at the Limon Correctional Facility Meet. He hopes to total 1750 at his next contest. (photo by Ai Martinez).

Low Martinez with a state record deadlift of 665 at 198. at the Limon Correctional Facility Meet. He hopes to total 1750 at his next contest. (photo by Ai Martinez).

AI Martinez with a state record deadlift of 665 at 198. He hopes to total 1750 at his next contest. (photo by Ai Martinez).

DON'T TRAIN ALONE— ALWAYS USE SPOTTERS —DON'T TRAIN WHEN HURT—ALWAYS CONSULT YOUR DOCTOR

fact Cindy Blinn at the Health Spa 2, (201) 843-3131. (Thanks to Health Spa 2 for results)

HCC Meet table with columns for Name, 8 Aug 92, and Total. Includes names like J. Phan, M. Thompson, and K. Scott.

USPF Class III & Under Meet 22 Aug 92 - Paramus, NJ

USPF Class III & Under Meet table with columns for Name, 8 Aug 92, and Total. Includes names like J. Gooling, S. VaDonde, and M. Pallotta.

NASA New Mexico Grand 5 Sep 92 - Roswell, NM

NASA New Mexico Grand table with columns for Name, 5 Sep 92, and Total. Includes names like J. Gooling, S. VaDonde, and M. Pallotta.

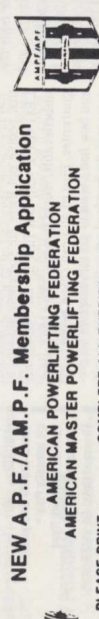
LCF Meet July 92 - Limon, CO

LCF Meet table with columns for Name, July 92, and Total. Includes names like R. Muniz, A. Medina, and D. Smith.

ADFFA Ozark BP/DL 16 MAY 92 - Granite City, IL

ADFFA Ozark BP/DL table with columns for Name, 16 MAY 92, and Total. Includes names like J. Lewis, J. Gooling, and M. Dentito.

Membership application form for the American Powerlifting Federation. Includes fields for name, address, date of birth, sex, and club membership.



Membership application form for the American Master Powerlifting Federation. Includes fields for name, address, date of birth, sex, and club membership.



Prince Moore placed second in the 198 pound class at the New Jersey D.O.C. Championships and he dedicates his performance at this contest to his children.

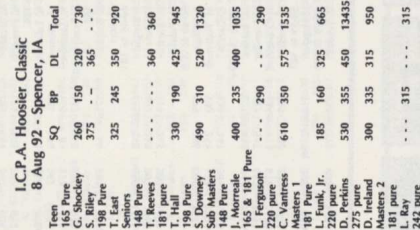
N.J. D.O.C. Meet May 92 - Trenton, NJ

N.J. D.O.C. Meet table with columns for Name, May 92, and Total. Includes names like Picking, Moore, and Shannon.

CDFFA Summer Class II 9 Aug 92 - Chilliwack, BC, Canada

CDFFA Summer Class II table with columns for Name, 9 Aug 92, and Total. Includes names like M. Deitz, P. Alvarez, and S. Santos.

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Coiff. 6214. Deadlift 650 rating 403.91. Best Lifter-Hunt NSP Bwt 179 Coeff. 6262 Total lbs. 1460. Final Schwartz Rating 1026.968 (Thanks to D. Moore for providing these meet results).

Table with columns for Name, 8 Aug 92, and Total. Lists names like T. Moore, C. Shockey, and S. Riley.

Vega Alta Open 22 Aug 92 - Vega Alta, PR. Table with columns for Name, 22 Aug 92, and Total. Lists names like A. Pravez, M. Quintana, and W. Hernandez.

I, BC non-resident record. * BC teenage record. (Thanks to Hugh Ward for providing the results)

Table with columns for Name, 9 Aug 92, and Total. Lists names like I. Serrano, G. Gonzalez, and O. Perez.

Table with columns for Name, 9 Aug 92, and Total. Lists names like J. Lewis, J. Gooling, and M. Dentito.

Strongest Man/Woman Deadlift

8 Aug 92 - Stanardsville, VA

Table with 3 columns: Name, Weight, and Deadlift. Includes names like T. Ambarger, J. Shifflett, and B. Sims.

USPF Beast of the East Regional

22 Aug 92 - Huntington, WV

Table with 3 columns: Name, Weight, and Deadlift. Includes names like T. Pinnix, T. Clark, and D. Goodwin.

purpose of breaking State, National, and

single-lift open bench event if successful, included in the scoring.

Table with 3 columns: Name, Weight, and Bench Press. Includes names like J. Biskley, M. Bryant, and T. Ambarger.

ADPPA Teenage National

18, 19, 20, 21 - Chicago, IL

Table with 3 columns: Name, Weight, and Bench Press. Includes names like J. Pruzanski, B. Cote, and T. Frank.

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Table with 3 columns: Name, Weight, and Bench Press. Includes names like T. Whitman, D. Behner, and E. Peris.

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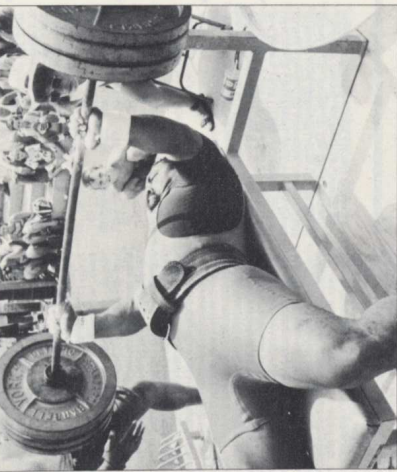
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Tui Agapo won the 275s at the Muscle Beach Bench Press (LaMantia)

Muscle Beach Venice Bench Press
 Spec. Aug 92 - Venice, CA

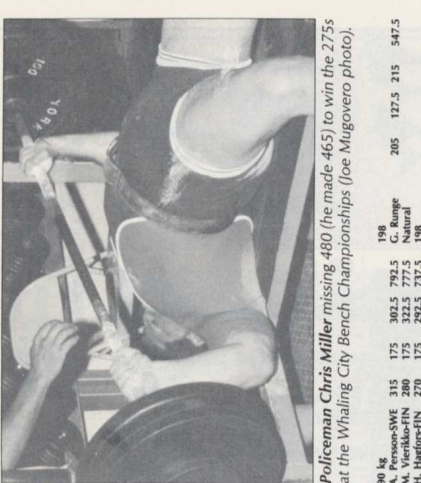
75 kg	Y. Yamada	227.5	190	602.5
65 kg	A. Kalfayan	200	150	530
60 kg	M. Johnson	197.5	185	545
55 kg	H. Heister	185	150	480
50 kg	M. Bell	185	150	480
45 kg	G. Lianna	185	150	480
40 kg	D. Wright	185	150	480
35 kg	M. Bernhardt	185	150	480
30 kg	P. Morgan	185	150	480
25 kg	G. Doufint	185	150	480
20 kg	T. Dixon	185	150	480
15 kg	S. Blak	185	150	480
10 kg	K. Class	185	150	480

Muscle Beach Venice Bench Press
 Spec. Aug 92 - Venice, CA

75 kg	Y. Yamada	227.5	190	602.5
65 kg	A. Kalfayan	200	150	530
60 kg	M. Johnson	197.5	185	545
55 kg	H. Heister	185	150	480
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35 kg	M. Bernhardt	185	150	480
30 kg	P. Morgan	185	150	480
25 kg	G. Doufint	185	150	480
20 kg	T. Dixon	185	150	480
15 kg	S. Blak	185	150	480
10 kg	K. Class	185	150	480

Whaling City Bench Press
 22 Aug 92 - New London, CT

265	J. DeBonis	132	132	265
220	T. Haddock	110	110	220
210	M. Laffini	110	110	210
180	S. Wood	180	180	180
150	P. Wood	150	150	150
120	S. Wood	120	120	120
90	S. Wood	90	90	90
60	S. Wood	60	60	60
30	S. Wood	30	30	30



Policeman Chris Miller missing 480 (he made 465) to win the 275s at the Whaling City Bench Championships (Joe Migliovetro photo).

NASA Great Bend Classic
 23 Aug 92 - Great Bend, KS

90 kg	A. Persons-SWE	315	175	302.5	792.5
85 kg	H. Hagfors-NOR	270	175	292.5	737.5
80 kg	J. Jeune-NOR	265	175	285	725
75 kg	T. Jensen-NOR	310	175	300	822.5
70 kg	I. Hansson-SWE	310	175	300	822.5
65 kg	A. Hanson-SWE	300	170	295	785
60 kg	A. Hanson-SWE	300	170	295	785
55 kg	A. Hanson-SWE	300	170	295	785
50 kg	A. Hanson-SWE	300	170	295	785
45 kg	A. Hanson-SWE	300	170	295	785
40 kg	A. Hanson-SWE	300	170	295	785
35 kg	A. Hanson-SWE	300	170	295	785
30 kg	A. Hanson-SWE	300	170	295	785
25 kg	A. Hanson-SWE	300	170	295	785
20 kg	A. Hanson-SWE	300	170	295	785
15 kg	A. Hanson-SWE	300	170	295	785
10 kg	A. Hanson-SWE	300	170	295	785

Nordic Championships
 12 Sep 92 (held in Sweden)

52 kg	Boberg-SWE	172.5	102.5	175	450
56 kg	Carlsson-SWE	225	165	132.5	522.5
60 kg	Carlsson-SWE	225	165	132.5	522.5
64 kg	Carlsson-SWE	225	165	132.5	522.5
68 kg	Carlsson-SWE	225	165	132.5	522.5
72 kg	Carlsson-SWE	225	165	132.5	522.5
76 kg	Carlsson-SWE	225	165	132.5	522.5
80 kg	Carlsson-SWE	225	165	132.5	522.5
84 kg	Carlsson-SWE	225	165	132.5	522.5
88 kg	Carlsson-SWE	225	165	132.5	522.5
92 kg	Carlsson-SWE	225	165	132.5	522.5

Exemplary Training Model
 Training Sessions with Strength Exercises with weights of Alexander Genov:

- Warm up without weights.
- Warm up with dumbbells and discs from the bar.
- Bench press (kg) 15 x 30, 10 x 40, 6 x 50, 3 x 60, 1 x 65; 3 x 60, 6 x 35, 8 x 50, 10 x 45, 12 x 40, 15 x 35.
- Deadlift: 10 x 60, 8 x 80, 6 x 100, 5 x 120, 4 x 140, 3 x 160, 2 x 180, 1 x 200, 1 x 220, 2 x 200, 3 x 180, 6 x 160.
- Biceps curl: 15 x 20, 10 x 30, 6 x 40, 10 x 35, 15 x 30, 20 x 25.
- Sit-up on the incline bench.
- Exercises for extension of the spinal column (Swedish wall or horizontal bar), exercises for the rotation of the spinal column (on special equipment), exercises for stretching of the muscles and respiratory exercises.

USA National
 29, 30 Aug 92 - Altoona, PA (kg)

210	160	210	580	160
220	160	210	580	160
230	160	210	580	160
240	160	210	580	160
250	160	210	580	160
260	160	210	580	160
270	160	210	580	160
280	160	210	580	160
290	160	210	580	160
300	160	210	580	160

Japanese Masters (kg)
 14 Jun 92 - Ohta City, Ohta Pref.

48 kg	W. Kishimoto	137.5	65	100	300.5
52 kg	H. Hashimoto	100	52.5	107.5	235
56 kg	A. Kunihiro	82.5	40	90	212.5

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STREET ADDRESS: _____ CLUB NAME: _____

CITY: _____ STATE: _____ ZIP: _____ AREA CODE - TELEPHONE: _____

ELITE MASTER: I II III IV IPF CAT. II - NAT. - STATE: Y N Y N Y N Y N

CURRENT USPF CLASSIFICATION: _____ REFEREE STATUS: _____ HIGH SCHOOL COLLEGIATE U.S. CITIZEN

ATHLETE? ATHLETE? ATHLETE?

DATE OF BIRTH: _____ AGE: _____ SEX: _____

Registration Fee \$20.00
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 125 Tait Street
 Ashboro, NC 27203

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All memberships include a personal lifters copy of the rule book.

IF UNDER 18 HAVE PARENT INITIAL _____ SIGNATURE: _____ X

PHONE: 1-800-835-5826

UNITED STATES POWERLIFTING FEDERATION

TOLL FREE USPF 1-800-835-5826
 29, 30 Aug 92 - Altoona, PA (kg)

190	112.5	217.5	520	190
200	112.5	217.5	520	190
210	112.5	217.5	520	190
220	112.5	217.5	520	190
230	112.5	217.5	520	190
240	112.5	217.5	520	190
250	112.5	217.5	520	190
260	112.5	217.5	520	190
270	112.5	217.5	520	190
280	112.5	217.5	520	190
290	112.5	217.5	520	190
300	112.5	217.5	520	190

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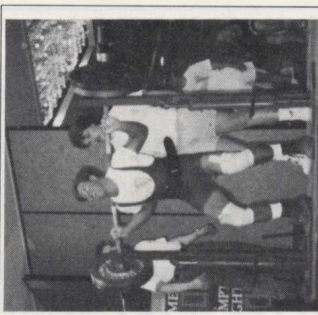
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ADFFA Bulldog Open

Women Open	SQ	BP	DL	Total
S. Harris	65	105	150	320
K. Owens	225	135	250	610
J. Whitaker	205	105	215	525
D. Thompson	265	110	240	615
J. Whitaker	275	180	325	780
Men Open	SQ	BP	DL	Total
D. Payne	280	150	330	760
R. Kasek	370	290	420	1080
T. Kenny	350	150	355	855
D. Miller	340	185	370	895
M. Buehler	310	180	325	815
N. Briones	500	300	520	1320
T. Burrell	470	325	470	1265
A. Hall	400	250	450	1100
C. Carter	450	235	515	1200
M. Pierce	400	300	400	1100
B. Thomas	375	235	350	965
B. Goodman	305	195	405	905
D. Angibich	275	170	390	835
J. Jones	500	335	620	1455
B. Blesinger	500	320	550	1370
D. Johnson	405	355	55	815
P. Tyring	650	350	680	1670
T. Wingham	650	370	630	1650
M. Hayes	600	420	590	1610
C. Rudill	610	380	500	1490
G. Rooney	500	365	600	1465
K. Vance, Jr.	650	420	725	1795
C. Milligan	500	340	630	1470
C. Powell	550	380	625	1555
M. Bertram	700	375	600	1675
M. Libby	600	405	650	1655
C. Parker	300	315	400	1015
Masters Lt. Open				
Masters Hy. Open	420	275	425	1120
J. Hurle	600	340	525	1465
S. Smith	55	370	55	480
Women Ltg.				
A. Lovell	115	242		320
R. Farris	430			430
B. Radfill	380			380
B. Lattimore	185	275		365
K. Vance	360			360
R. Richey	420			420
M. Libby	150			150
J. Horbrook	345			345
C. Parker	315			315
C. Walters L.	165			165
H. Armstead	280			280
J. Forman	355			355
J. Ferris	275			275
H. Ferris	250			250
S. Smith	355	220		575
S. Smith	370			370
2nd place team				
1st place team				
2nd place team				
3rd place team				
4th place team				
5th place team				
6th place team				
7th place team				
8th place team				
9th place team				
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16th place team				
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18th place team				
19th place team				
20th place team				

Powerlifting USA BACK ISSUES

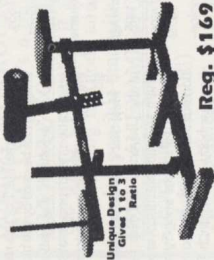
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 Sep/90...APF Seniors, WDPFF Worlds, APF Juniors, World Bench Press Championships (Lain benches 712), TOP 100 242s, ADFFA TOP 20 148s
 Oct/90...KEN LAIN Benches a 717, ADFFA Nationals, Inaba Defeated, Pain, The Strongest Man in the USSR, TOP 100 275s, ADFFA TOP 20 165s.
 Apr/91...NASA Natural Nationals, Soviets & Steroids, Pt. II, Gerrit Badenhorst, Men vs. Women, Vladimir Mironov, TOP 100 165s, ADFFA TOP 20 SHWs.
 May/91...Hawaii World Record Breakers, USPF Nationals, High Volume Training, Protect Your Joints, TOP 100 181s, ADFFA TOP 20 114s.
 Aug/91...ADFFA Men's Nationals, IPF Women's Worlds, Video Training, ADFFA Police & Fire, Off Season, TOP 100 242s, ADFFA TOP 20 148s.
 Sep/91...USPF Seniors, APF Seniors, More on Ed Coan, Women's Advanced Training, Ken Ufford Deadlift, TOP 100 275s, ADFFA TOP 20 165s.
 Feb/92...Eccentric Strength, Muscle Soreness, IPF World Bench Championship, Steroids & Aggression, TOP 100 148s, ADFFA TOP 20 275s.
 Mar/92...Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFFA TOP 20 SHWs.
 Apr/92...Hypertrophy & Strength, IPF World Bench Press, Power Fashion Pictorial, Training Simplicity, TOP 100 181s, ADFFA TOP 20 114s.
 May/92...NASA Natural Nationals, USPF & ADFFA Collegiates, Mary Jeffrey, Bilateral Deficit, Russian Nutrition, TOP 100 198s, ADFFA TOP 20 123s.
 Jun/92...Baddest Bench in America, ADFFA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, 'Love' by Dr. Judd, TOP 100 220s, ADFFA TOP 20 132s.
 Jul/92...USPF Jr. Nationals, Elastic Muscle Energy, Tom Overholzer Profile, Gary Gubner's Resurgence, TOP 100 242s, ADFFA TOP 20 148s.
 Oct/92...Chris Confessore, WDPFF World Masters, Lean Body Mass, Managing Testosterone, Isometric Assistance, TOP 100 114s, ADFFA TOP 20 198s.
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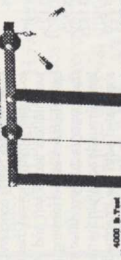
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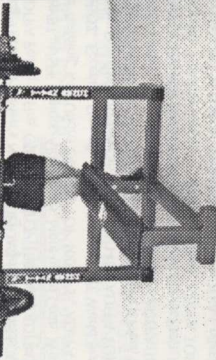
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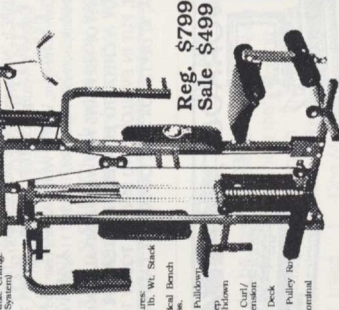
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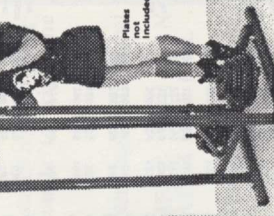
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12 Sep 92 - What Cheer, IA

Women	199	145	220
Teen	110	135	190
Open Div.	135	165	275
Masters	150	145	485
Men	110	135	285
Teen	135	125	345
Open Div.	150	125	465
Masters	165	130	400
Men	110	135	315
Teen	135	125	345
Open Div.	150	125	465
Masters	165	130	400

2nd Maple City Deadlift Classic

19 Sep 92 - Goshen, IN

Women	220	475	550
Teen	190	460	520
Open Div.	275	550	685
Masters	485	585	735
Men	285	595	735
Teen	190	460	520
Open Div.	275	550	685
Masters	485	585	735

U.S.S.C.A. Regional Strict Curl

12 Sep 92 - What Cheer, IA

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Men	110	135	285
Teen	135	125	345
Open Div.	150	125	465
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Teen	250	325	400
Open Div.	350	425	500
Masters	425	500	575
Men	425	500	575
Teen	250	325	400
Open Div.	350	425	500
Masters	425	500	575

U.S.S.C.A. Regional Strict Curl

12 Sep 92 - What Cheer, IA

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Men	110	135	285
Teen	135	125	345
Open Div.	150	125	465
Masters	165	130	400

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8 Aug 92 - Litzitz, PA

Women	280	350	425
Teen	200	275	350
Open Div.	280	350	425
Masters	350	425	500
Men	350	425	500
Teen	200	275	350
Open Div.	280	350	425
Masters	350	425	500

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1 oz.	Smilax-Yohimbe	\$15.95	\$15.95
90's	Hormoplex GH	\$19.95	\$19.95
1	Super Trainer Pacs	\$32.95	\$32.95
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Everyone lifting weights should be on a powerful vitamin and mineral formula. Slugging down a one-a-day pill just won't do. SUPER TRAINER has been uniquely blended to meet the high caliber demands that lifting weights makes on your body. It's the Cadillac of the multi packs.

30 Day Supply \$32.95

Razor Cuts®

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

120's for \$16.95

FOR FASTER SERVICE, CALL **1-800-537-7671** 24 HOURS

FREE LIFTING STRAPS W/ PURCHASE



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!

Of the many brands of suits out in the powerlifting world, only one suit has ever been unique enough to earn a U.S. Patent. The Centurion from Titan! That's because our dual quad harness design offers a unique support system so revolutionary that it has produced gains of 15 to 60 lbs over what conventional suits give. And in a design that is competition legal in all U.S. lifting organizations and most international organizations!

#1 in Performance!

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 shoe 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 strap for "just right" adjustments to insure a secure fit.

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 Rickey
Corpus Christi, Texas 78412 USA
Phone 1-800-827-3145 or
1-512-991-6749



SST

\$139.00

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

Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details at least 3 months prior to your competition, to "Coming Events", Box 467, Canbyville, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

5.6,7,8 NOV WPC Worlds (Sweden, England), Enise Frenz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.
6 NOV ADPPA Bench Press Challenge, Breckenridge, CO 80424.
7 NOV ADPPA Bench Press Challenge, Breckenridge, CO 80424.
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100% testing to all teams, Lancaster, PA, Troy 2127110212 1st Ave., Box 1204, NYC, NY 10009, 212-678-6373 or 914-338-7726.
14 NOV ADPPA Ding Fire United States Bench Press (men, women, master, teen, 2B), Madison, WI 53706, 608-263-8888.
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6/6 Centil, 2004 Miner St., Des Plaines, IL 60016
22 NOV USFF MSFA Open Bench Press Classic (men, masters, teen, women) Slip, Corraly, P.O. Box 200, Community, Ch. 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1512.
28 NOV, NASH Henderson WMC Bench Press Classic, Larry Robinson, 1925 Run Creek Rd., Henderson, NC 27536.
28 NOV USFF Golden Open J. Temple, Jr. 185-57, 28 W. 118th St., 181-269-5611 or 852-0645.
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5 DEC, S4 Western Region Semi Final, James Jones AP 7746, Box 99901, Pittsburgh, PA 15233 or Erie, PA 412-761-1955, ext. 267.
5 DEC, Pennsylvania Bench Press Championship (men, women, teen, masters), West, Asia, Gym, 3827 Aronago Ave., Philadelphia, PA 19137, 215-743-9120.
5 DEC, 1st Annual Christmas Classic Bench Press (open, novice, women, 25-45, 46 & over), Barry Walker or Ricky Johnson, Fox Pharmacy Gym, 200 Lincoln Way, Rock Hill, SC 29730, 803-786-9693.
5 DEC, USFF Golden Open J. Temple, Jr. 185-57, 28 W. 118th St., 181-269-5611 or 852-0645.
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Cal's Valley Gym
3rd Annual
Bench Press and Deadlift Championships
Sunday, December 6, 1992 at 10 am
Place: Cal's Valley Gym, 315-866-9373, 420 E. German St., Herkimer, NY 13350.
Divisions: Open 1st-3rd each weight class; Teenage; 1st-6th based on Schwartz Formula; Submasters; 1st-6th based on Schwartz Formula; Masters; 1st-6th based on Schwartz Formula and Age Coefficient; Law Enforcement/Firemen; 1st-6th based on Schwartz Formula; Women; 1st-6th based on Malone Formula
Outstanding Bench Press and Deadlift Awards for all divisions
Formons information and applications send stamped, self-addressed envelope to: John Misiaczek, 35 Skinner St., Little Falls, NY 13365, telephone after 5pm: 315-866-9373 or 823-2014.

NASA North American
Powerlifting Championships and
Bench Press Championships
16, 17 January 1993
Separate trophy for squat, bench, deadlift, as well as total
Sculptured Trophies through 5th place
Place: New Brunswick, New Jersey
Meet Director: John Mattei, 28 Spring Rd., Clarksburg, NJ 08510, 609-259-7258

