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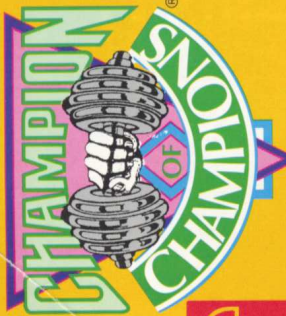


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ON THE COVER... 1991 and 1992 I.P.F. World Champion Kirk Karwoski in another clever setup shot taken by Bert Wagner.

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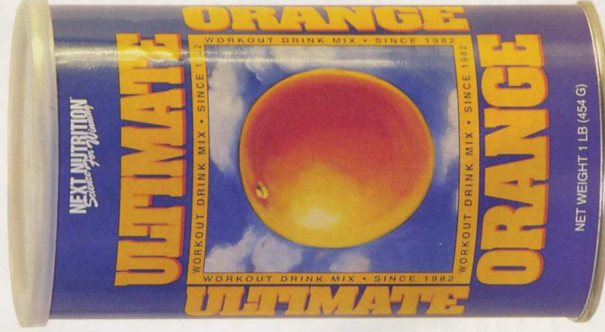
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KIRK KARWOSKI ON LEG TRAINING

as told by Marty Gallagher, IPF World Masters Champion

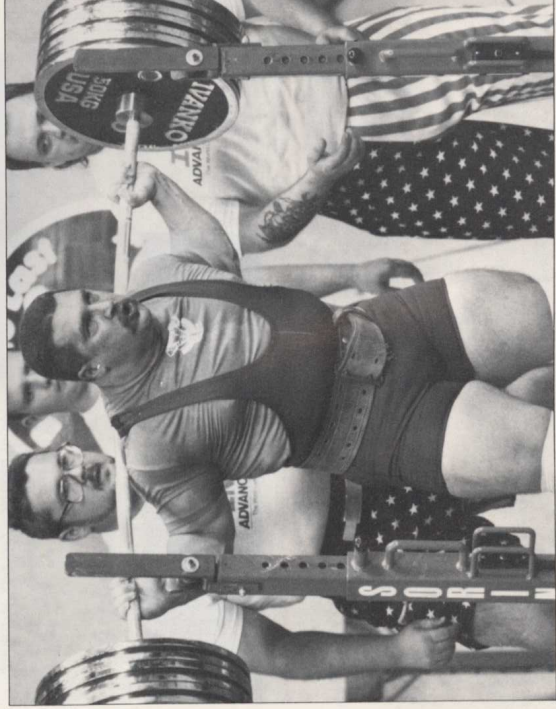
He's known as Captain Kirk to the power media, Special K., Pudgele or the Kirkster to his Manjaland homeboys - whatever the nickname, everyone agrees that Kirk Karwoski is indisputably one of the world's great squatters. A World Champion and World Record setter, Mr. Karwoski, having just turned 26, has come to epitomize the majesty of the giant squat; arguably one of the sublime spectacles in powerlifting. From an awkward overweight wanna-be to the terror of the power world, Kirk Karwoski has smashed the world record in the squat with such recent regularity that folks come to expect it every time he lifts. As of late, he's been extremely accommodating.

At one recent outing, the 1992 USPF Senior Nationals, Mr. Karwoski destroyed his own world record with a ponderous 964-pound effort. Kirk actually squatted the 964 on a second attempt but the judges detected a dip in the left side of the bar as he locked it out and red-lighted the attempt on this technicality. Kirk was forced to take the 964 again on his third attempt. He vaporized the weight but his second attempt miscue cost him a shot at 1003 which he had planned to take on his third.

Ah yes...the 1000 pound squat. A few folks have done it, though you can count them on the fingers of one hand. The 1000 pound club is the most exclusive in all of squatting. Kirk wants into the club real

The next year, at the USPF Sr. Nationals, Kirk set a 945 pound world record on a second attempt back in June of 1990 Kirk did 1005 in training. The lift was witnessed by Mark Chaillet, Don Mills, and myself. It was a great lift, but it was a gym lift and meet lift. Kirk has wanted to get it done in a competition ever since. Circumstances just haven't cooperated.

At the 1990 IPF World Championships he went to win. Records were secondary to winning the gold. He lifted extremely conservatively and although he set a world record in the squat (912 pounds), he lost the title to Kyosti Vilmi of Finland by a scant five pounds. It was his first World Championship and Kirk found himself in a power death match with Vilmi, the three time defending World Champion. It was an epic battle that saw the lead change hands six times in the dead-lift with Vilmi winning on his final pull. Although Kirk was disappointed, he had made a smashing international debut. The U.S. coach, Sean Scully, labeled Karwoski the "most impressive lifter of the meet."



Capt. Kirk Karwoski setting up for a monster squat at the U.S.P.F. Sr. Nationals where he won the 275s.

use a full motion and go for the "feel" of the weight; forget the poundage.

That's it; no leg presses, half or quarter squats, calf raises, leg extensions or box squats. Nada, zip, zero. Karwoski exemplifies the Norbert Schemansky school of strength training. When "Ski" was quizzed by an aspiring young lifter on how to increase his press Schemansky replied, "Press!" When the same novice asked how Ski improved his snatch, the olympic champion replied "Snatch!" Pushing his luck, the bewildered lifter asked Schemansky a long and involved question on how to improve leg strength. Norbert shook his head, more than a little irritated and replied "Squat!" Although Kirk doesn't know Schemansky from Strawnitsky, ask him how to improve your squat and be prepared for a one word answer.

Off season training is defined by Kirk as any time he lifts other than sixteen weeks preceding a contest. He pushes hard in his off season training and over the years has pushed his personal best in the 10 rep squat (with no suit, wraps or belt) to 625x10 and 705x5, going 3-4 inches below parallel on each rep.

THE CONTEST SQUAT CYCLE
Weeks 1-4: Work up to a top set of 5 reps using only a lifting belt. Personal best, 750x5.

Weeks 5-10: Work up to a top set of 5 reps using knee wraps, a belt and a loose suit. Personal best, 870x5.

Weeks 11-14: Work up to a top set of 3 reps using knee wraps, a belt and his competition suit. P.R. 930x3.

Weeks 15-16: Work up to a double. Personal best, 970x2.

That's it, nothing fancy or exotic, just lots of squatting done in pristine fashion once a week. Kirk squats on Mondays at Mark Chaillet's House of Pain; surely one of the finest (if not the finest) power gyms in the world. To give you an idea of the level of competency that inhabits Chaillet's, one day I glanced around the lifting room on deadlift day and counted thirteen guys who'd pulled over 700 in competition. Not too shabby. Kirk gets support, help and top flight spotting at Chaillet's. Equally important is that he's pushed to do his best by Mark and the other lifters, 900 benches and squats, 600 pound benches and 800 pound deadlifts are no big deal at Chaillet's gym. Kirk is admired and respected but not idolized. He's just another in a long line of champion athletes to emerge from Chaillet's gym and is given no special treatment; this helps keep a fellow's feet on the ground.

Kirk wanted to throw in a few words of praise for the great one, Ed Coan. Over the last four years, Kirk has altered his training at the behest of Mr. Coan. The results speak for themselves. Eddie is kind enough to converse with Kirk on a semi-weekly basis. Ed will quiz Kirk on how his lifts went and offer advice on Kirk's upcoming training lifts. Ed will make suggestions and Kirk will make adjustments based on Coan's input. Ed keeps Kirk fired-up and I suspect Karwoski does the same for Ed. Based on first hand knowledge, I know Ed does not mince words when a friendly challenge is served up.

(Kirk) "Ed, You're out-squat you at the Seniors."

(Ed) "No way you fat pig! If you even dream of out-squatting me, you better wake up and apologize!"

Coan, who throws compliments around like they were manhole covers, paid Kirk the ultimate compliment a few weeks before the Senior Nationals. "You know, when Karwoski reaches his full potential he will post the biggest squat of all time. He's the best big man squatter since Doug Furnas, and that's saying something!"

Probably the biggest influence idea that a lifter should train within his limits, devoid of ego. Kirk used to miss both training and contest lifts on a regular basis. Now, he rarely misses training lifts and, in a miracle of miracle, he rarely misses contest lifts. Missed training lifts, Kirk and Ed concur, come from setting unrealistic goals and over-estimating one's abilities. Over the years Kirk has learned this most subtle of Coan's lessons, "Don't miss training lifts and always feel like you have a rep or two left at the completion of a set. Otherwise you are training too close to the edge of your abilities and will surely hit a plateau in your progress." A sure sign of lifting maturity is the fact that during the past two training cycles Kirk did not miss a single projected squat.

he started getting his monstrous squats passed, no one could touch him. National and World titles followed in short order.

"Squat low and squat consistent. Don't bitch about tough judging. Become one of the lifters who are getting their lifts passed, not one of the eternal cry babies who always populate power meets whining about getting screwed. In the USPF and IPF there is no mercy on the borderline squatter - I learned the hard way - but I learned!"

Although Karwoski has changed little in how he trains over the past two years, he has made some substantial changes in his nutritional supplementation which he feels have translated to real gains in his lifting totals.

"I became a user of Musashi amino acids in the past year and can categorically state that Musashi works. I first heard about them through the grapevine. A little further research revealed that the Bulgarian olympic lifters and the Chicago Bulls all used Musashi amino's. I obtained some and jumped on them like a big dog. I have always used supplements but mostly to make sure I wasn't missing anything. Insurance I'd guess you'd call it. Musashi is different. I began taking Musashi amino's four times a day. I now weigh 289 pounds, 15 pounds more than I weighed at the Senior Nationals and I still use the same hole on my lifting belt that I used 15 pounds back. The guys at the gym say my arms have radically improved and I've actually got a vein or two... I give Musashi the credit."

Kirk's most recent contest was the 1992 IPF World Championships in Birmingham, England. As the defending World Champion, Kirk was looking forward to a rematch with the only man to beat him in the last three years, Kyosti Vilmi of Finland. Vilmi was back from an injury and was looking to unseat Kirk. Kirk Karwoski had different ideas; "I respect Mr. Vilmi as a lifter. However, I am the defending World Champion and intend to keep it that way!"

That's just what he did...



World Champion for the IPF in 1991 - Kirk on the victory stand in Sweden. (Linda Finnegan)

Kirk has strong ideas on squat technique. The first is to use a slow descent on the release portion of the lift. "I don't bounce out of the hole like 99.9% of all powerlifters do. Most lifters will drop to an inch or so above parallel, release their tension and attempt to rebound into and out of the hole position - not me; I do what most lifters would call a pause squat. I go down very slowly to a point 2-3 inches below parallel. When I hit the hole, I don't bounce; I simply reverse direction and explode the weight up. I am a great believer in the use of compensatory acceleration. Reading Fred Hatfield's articles introduced me to concept of pushing the weight as fast as possible through every inch of the ascent. Compensatory acceleration is a learned technique. You must practice on every set. Use a slow, positioned release and an explosive ascent. I perform compensatory acceleration on every weight whether it's 135 or 935."

"I'm extremely depth conscious in the squat and have developed a method of finding my particular legal depth on every rep. When I feel my lower hamstrings touch a certain part of my calves, I know I'm well below parallel. That's my trigger, when I feel the hams and calves touch, I explode the weight up-

ward."

Legal depth is now a regular part of Kirk's training. Every squat he performs is identical; deep and explosive. This wasn't always the case. Kirk was a high squatter for many years. High is perhaps a bit of an overstatement - borderline would be a kinder adjective. Mr. Karwoski learned about the world's toughest powerlifting judges, USPF and IPF referees, the hard way. In his first three Senior Nationals he bombed, placed 2nd and 3rd respectively. In those three meets he performed nine squats and received 6 white lights and a staggering 21 red lights. The national level judges were not digging his borderline antics in spite of the world record level poundages he was handling. He had never had a problem in getting his squats passed locally or regionally, but at the national level he got the shock of his young life. Admirably, the Kirkster took stock, started the cold, hard truth in the face and revamped his entire style and approach to squatting. He tore down his ego and vowed never to squat borderline again, whether in training or in the contest.

It was tough studding. It took a solid year to effect the transformation, but in the end it was the wisest career move he ever made. Once

WORKOUT of the Month

This program is intended for a lifter capable of a 600 pound deadlift coming into the routine. This is a 10 week cycle with an expected 20 - 30 pound gain.

- WEEK 1:** 135x8, 200x6, 225x5, 275x1, 300x5 (4 sets)
- WEEK 2:** 135x8, 175x6, 245x5, 300x1, 340x5 (4 sets)
- WEEK 3:** 135x8, 185x6, 275x5, 300x3, 335x1, 370x5 (3 sets)
- WEEK 4:** 135x8, 200x6, 305x5, 325x3, 365x1, 405x5x3
- WEEK 5:** 135x8, 215x6, 325x5, 350x3, 390x1, 435x4x3
- WEEK 6:** 135x8, 230x5, 350x5, 370x3, 420x1, 465x4x3
- WEEK 7:** 135x8, 245x5, 370x5, 395x3, 445x1, 495x3x3

The Skinny Man Deadlift Routine

as told to PL USA by Tee Meyers

other words when you start doing doubles you shouldn't be doing assistance. Your assistance should consist of: Straight legs 3x8, Shrugs 3x8, Cable rows 3x8, Leg curls 3x8, Leg extensions 3x8 and Calves 4x5x5, 475x2, 530x1, 590x2

CONTEST DAY: Warmup rounds: 135x8, 250x5, 335x2, 435x1, 500x1. First attempt 560, second 605 (PR), third 620 pounds. You should do assistance from the first week until the 8th week. In

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

reps on the straight legs and the shrugs. Also, if you fall under the category of underweight, thin or trying to build mass of the assistance keep all repetitions between 4 and 6.

Your last deadlift should be 8 to 10 days before the meet. Use a belt at the beginning of your program, use a suit (and wraps if you desire) on Weeks 7, 8, 9 and 10.

Your approach to the bar is very important. Most guys just walk up bend over and pull with back rounded out, head down. Never do this. Whether Sumo or Conventional, approach the bar, select your foot position, head up, chest out and arch your back and drive off your heels. Remember you are merely doing an "upside-down" squat so descend slowly, keeping tight at all times. Technique is the key to the deadlift, but mind power unlocks the door. Whether it takes yelling or slow quiet toil until the attempt, do what it takes for you to get the lift.

I had the pleasure of competing against two of the country's best deadlifters in the 181 lb class, Donnie Cole and Ken Shields, who on any given day could pull over 700 pounds. So to compete with them I had improve my deadlift and this program did it.

For supplements I take Amino Acids (2200 mg), Liver Tablets (30 grain), Yohimbe (1000 mg), and Beast in a Bottle.

This routine is for the beginner, intermediate or advanced lifter. I like to keep my routines simple so that I can concentrate more on lifting the weight rather than how much I am supposed to lift.

To me the best training comes from helping others. You concentrate on your technique more when you are training fellow lifters.

And remember "if powerlifting isn't fun, maybe you shouldn't be a powerlifter." The biggest joy should be competing, win or lose and meeting our fellow lifters from all over.

For personal routines on the squat and the deadlift (Lord knows I can't bench) or just to say "What's Zap?" drop me a line at: Python Nutrition, 2250 Lumpkin Road, Augusta, Georgia 30906 or call (706)790-3806 and ask for the "Skinny Man." Till then I just want for the skinny lifters out there to keep on trainin', and keep on gainin'!

To the "Man of Steel (KJ)." Thanks!

POWER PROFILE MATT DIMEL

His Comeback Story told by Herb Glosbrenner



A comeback by a sports hero is a compelling story. The media thrives on it. A superstar who retires wants to be remembered as a champion. Sometimes the heart can override common sense. Logic tells us to quell our yearnings, but frequently ego dominates good judgement. Cases in point: Olympian Mark Spitz collecting seven gold medals in swimming. His ambition to reach previous glory after twenty years was not enough. Tennis legend Bjorn Borg also came out of retirement. He, too, failed to reach his prior greatness.

Others have had more successful efforts. Who is to deny the prosperous journey of George Foreman and Larry Holmes? They were a notch above others in their heyday. Both have been favorites, gaining notoriety for "holding their own" against the current crop of prestigious pugilists.

Debilitating injury is yet another matter. It can, in one blinding instant, obliterate the career of bold aspirant or champion alike. The unremitting tenacity required to rise against such odds and return to full productivity is a quality seldom found. Those unique sportsmen are rare as hen's teeth.

The Iron Game has had their fair share of success stories. Full recovery is an arduous task of body and spirit. The psychological ramifications may play an even greater role than the physical tribulations. The mind controls all aspects. Could it be that those involved in heavy athletics exemplify a greater percentage of these positive attributes than those in other sports? Of course not! They, however, may have a bit more of that quality called "intestinal fortitude" or just plain ole GUTS!

Perhaps the physical task of moving unyielding iron attracts those with the strongest wills. This key ingredient to become a champion is a necessary quality to overcome insurmountable odds.

Weightlifters have several prime examples. Norbert Schemmly overcame three major back operations. This World and Olympic champion returned with fused spinal vertebra. He again set world records and nearly reclaimed his world title at age 38. He culminated his career which spanned 26 years with an Olympic bronze medal at age 40. With this he became weightlifting's only 4 time Olympic medalist.

Another Polish-American was

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

ready dead. If you are turned on, then read on! I was there when Pacifico had his finger severed. He returned; that is why he is a champion. Hatfield and Wilson had terrible injuries; they came back greater than ever. What of Anthony Clark? He got crushed by nearly half a ton, and walked away from it. A lesser man might have died. His 700 reverse grip bench is living testimony. Think anyone else will ever do that? I doubt it! The list could go on and on. So, now that I have got your inspiration level up to a new high, learn now about the most remarkable comeback in powerlifting history!

Matt Dimel was born January 6, 1960, in Columbus, Ohio, where he has lived his entire life. He was an easy going, chubby little fellow, not your ordinary scrawny little wimp. He was picked on until he was thirteen. He wanted to defend himself, but didn't know how. After that he learned how to fight. He was naturally big and strong and learned the mainly art of butt-kicking real well. The tiger within him had been released, and he liked the roles reversed. So well, in fact, that his former aggressors got walloped by Matt on a regular basis. He ended up being the school bully, but later channeled his aggression into sports activities.

Out of school, he was briefly involved with semi-pro football. Then he got into construction work and started his own business.

He could not have been blessed with better genetics if he'd been able to choose them himself. His dad is 6'4", 275 lbs., while his mother is 5'10", 200 lbs. His brother Dana is the offensive line coach for Kansas State University. Three years younger than Matt, he stands 6'4" and scales 295! His other brother Gus is 10 years Matt's older and also has been involved in pro football.

He is 6'3" and 250! His two sisters are also strong and athletic. Leslie, now 43 is 5'10", 130 while Jessica, 40, is 6'1", 280.

Big Matt Dimel confronted his ultimate destiny in early 1980 when he was 20 and still growing. One day he ended into Louie Simmons gym. Both men were "wild and crazy guys" so the compatibility factor was good-like mashed potatoes and gravy. Louie instantly recognized a prize bull. If ever he'd seen blue ribbon material this was it. Matt was already 6 foot and 240.

You guessed it! He was introduced

Matt Dimel squats big weight once again at the 1992 APF Seniors.

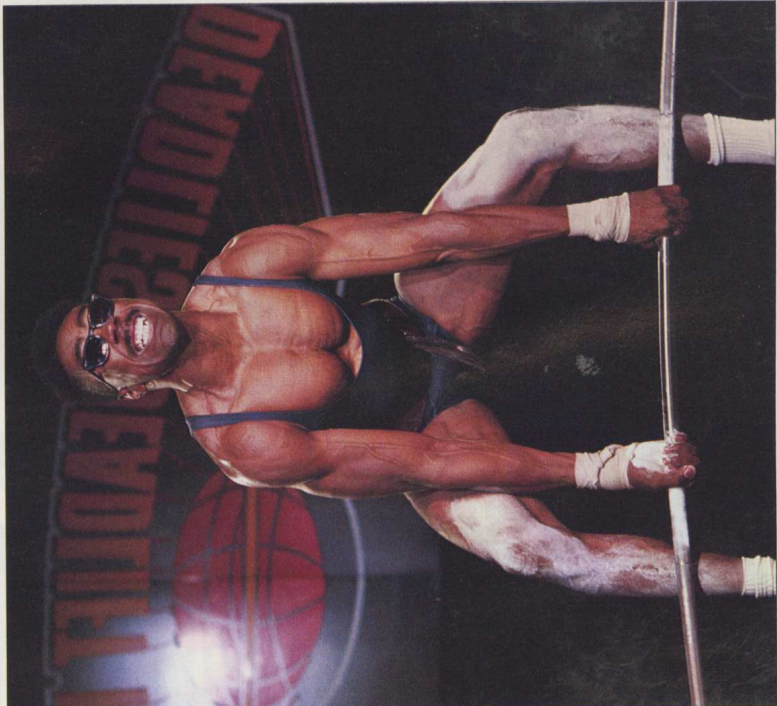
greater. Powerlifters may incur the most severe injuries of all sportsmen. Pushed beyond their physical limitations (they have no limits in their own mind), not one muscle group but several may explode simultaneously.

Paul Jordan, a British powerlifter, believed he could beat Larry Pacifico. He pushed himself to the breaking point. His injuries were so extensive it was a miracle for him to walk again. He made it back to the platform and became a national champion once more. Courageous!

A crippling traffic accident saw U.S. Bantam champ Mike Cross hurdle through the windshield of his auto accident that took his fiancée's life. Ronny, at the brink of death, was in a coma for days. His drive and determination was so great that he refused to give up. After two and one half years he, just this year, became an Olympic champion.

But what of powerlifters? Due to the fact that they handle much heavier weights, the stress borne by joints, tendons and muscles is far

Tee Meyers as he competed at the Deadliest Deadlift in the World. Tee utilizes Shaklee supplements.





Matt with one of his Strongest Supporters... John Inzer of Inzer Advance Design. (photo by Bob Coe)

to powerlifting immediately! Two weeks later (that's right, I said two weeks) Matt entered his first competition - the Ohio State Championships. This first outing produced lifts of 605, 385 and 610 at 242. Dimel took to the barbell like a rhino does to a mud bath. It became his passion. Matt and Louie's friendship was nurtured by their common interest. New, innovative training ideas were spawned by Louie. It was trial and error at first, but they flourished in their closeness of psychosocial support. If it took a little strychnine to get between friends to make you stronger... well... so be it!

Matt not only possessed a heavy bone structure and strong tendons, but he had lots of those quick twitch muscle fibers. You know... the white variety that science says makes you more explosive. He could move like a runaway freight train on a down-grade. How does a 4.6 second 40 yard dash at 242 grab you? Even later on when he was over three hundred pounds he could still outrun anyone in the gym. Gary Sanger was the only exception. It may have been a friendly challenge race or maybe Gary was running for his very life. I forgot to ask!

He progressed by leaps and bounds. His philosophy was the old adage: **WHATSOEVER DOESN'T KILL YOU WILL MAKE YOU STRONGER**. In two years he was up to around 280 and nearing the one ton threshold totalwise. About that time his hidden spiritual strength emerged. Matt became a Christian. He hooked up with John Black and trained with the "Wild Bunch" in Cleveland for a while. His ranch side re-emerged and dominated and his newfound religion was temporarily shelved. Matt liked the "Black Attack" - push it to the Max" training philosophy. Who could help but thrive when training with the likes of Siders, Hoss, Wohleber and Daddy Black himself?

Matt first drew attention in March 1984. He posted 2060 officially (820-475-765). By now he was a full fledged Super. Later in June he bumped his total up to 2066 and increased his deadlift to 782.

Dimel gained valuable insight from the experience but thereafter returned to his roots in Columbus. His mentor, Louie, again provided his guidance. Tuned into the same wavelength, the metamorphosis of Dimel continued. He got bigger and his strength grew proportionally. By November 1985 he squatted 859 and totaled 2105. This was just the tip of the iceberg. Even the best kept secrets have a way of leaking out. Fabricated or real - amazing stories began to circulate. It spread like wildfire. The young

the right knee collapsed. Then came a sickening popping and tearing sound as patella tendons in both legs ripped loose from the leg bones. Big Matt was buried under an avalanche of weight, and with both quadriceps ruptured and both left trapped under his hindquarters, he was pinned to the floor. As he was crushed under the massive load his left shoulder dislocated and his left bicep tore.

His teammates reacted instantly and got the weight off him as quickly as possible. "Stand up!" shouted Louie, "you're okay!" But he knew fully well that Matt was NOT okay. It was the first thing Louie thought of - to say something positive to keep the big guy from going into shock.

He cursed and roared in pain. The video camcorder used to tape their workouts had been running the whole time. He watched the horrible accident replay his misfortune - even as he was loaded on a stretcher and put in the ambulance. Red lights flashed and the siren blared as they sped to Mt. Carmel West. The nearby Columbus hospital.

Matt was a most good patient. A buffalo is a most dangerous animal when wounded. Matt Dimel roared with pain and rage as they tried to anesthetize him for emergency surgery. Because of his violent outbursts he had to be restrained and strapped to the operating table. They couldn't seem to keep him knocked out. His flailing good arm nearly decapitated one of the surgeons. The operation required three skilled surgeons and nine and one-half hours of work to reattach the torn quadriceps. They had remained in the contracted position. It took no less than six doctors with clamps to pull them back down for reattachment.

During post-op, it was imperative to keep him as sedated as possible. This was not only for his safety but for others as well!

Two days later Matt woke up in the middle of the night. His pain killer had worn off and his legs were cramping. So strong were the muscle contractions that he felt his toes curling involuntarily. Then came the searing pain as he heard his quadriceps tearing loose again. He was immediately rushed back to surgery that very night. He flailed like a beached whale, bellowing in pain until they got him under anesthesia. Once again those big tortured quadriceps were reattached.

When he was finally discharged from the hospital it was a known fact that he'd need special care. It was too much to expect to return home, especially under his unusual

circumstances. Matt did not want to place an undue burden on his parents during his recovery. There were also other contributing factors involved.

Matt needed someone who was loyal, diligent and big and strong enough to try to keep him under control. The Cincinnati Zoo had no gorillas available so what was one to do? Volunteering for the job was Hoss the Boss. Mike Gellehan was about as wild as Matt. With an 881 squat to his credit, Hoss was to become the world's strongest nurse.

When Matt was discharged, Hoss was there. A reasonably priced motel room seemed like a good idea. Hospitalization costs were mostly covered by his insurance, but few policies have a clause that covers thousand pound squats. It was \$70,000 for the surgery alone, but Matt, having plenty of money saved at the time, could afford it. Mike kept Matt in line as best as he could, ducking the ham-like arms that came like huge, bludgeoning, pink sledgehammers out of nowhere and at the slightest provocation. One blow would render an ordinary mortal instantly unconscious. Hoss, no ordinary human, was able to parry off most of the blows and administer a few defensive thumps of his own and admonishing Matt from a safe distance. Such friendships!

Matt did not fit into an ordinary wheelchair. He had a one custom made that was four inches wider than normal to accommodate his size. Matt had a few enemies as well and kept two holsters strapped to the sides for security purposes. Hoss served as security as well.

A major setback occurred one day when the bathroom handrail broke. Matt fell and struck his cast back. He ripped the stitches out of his knees. Luckily the surgery had inspirational words served as motivation and kept him going during the long vigilant rehabilitation period. Those mighty legs that once defied a half ton could still not do one unassisted, weightless free squat.

Matt was a driven man, but now he was a thinking man. All of his previous recklessness was now controlled. He used good reasoning and was very cautious. It was as though the once uncivilized Matt Dimel had come around full circle. He was tenacious, logical and innovative in his concepts of rehabilitation. He and Louie had matured together. No longer was he an out-of-control locomotive speeding full steam into the darkness. He had gone over the cliff's edge and had hit bottom. His whole life had been turned inside out. Sometimes you have to hit the bottom before you can climb back to the top; and that is exactly what Matt did, inch by inch, step by step.

Even while still wheelchair bound, he tried to maintain his strength. At that time he managed a personal best 550 bench. He then aspired to dig two holes in the

rails. He found the water therapeutic - hot by day but cold at night. His recovery was a long, grueling ordeal. Matt learned something he never had before - patience.

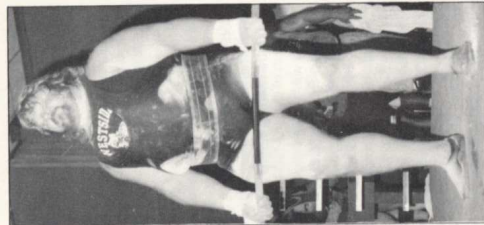
Louie's words kept echoing in his mind as he re-educated those muscles to walk again. "You'll be back. I know how you are." These inspirational words served as motivation and kept him going during the long vigilant rehabilitation period. Those mighty legs that once defied a half ton could still not do one unassisted, weightless free squat.

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Matt has his bench cooking, thanks to some "wild and crazy" sessions at Westside Barbell Club (Coe).



Pulling Power is something Matt has plenty of. (Bert Wagner photo)

ground and bury himself to the knees in dirt. At first he would squat up and down near to ground. He did this over and over, building strength again in his knees. It also provided the stability he still lacked. He also learned to meditate and did it often. There might have once been a time when Matt might have considered buying his head instead of other parts in the soil.

That was the past. It was a new beginning. Something good had come from the misery and suffering of his previous life. Things were clearly different now. His outlook on life changed for the better. His co-existence with others improved. His parents had always been supportive of him, and especially so during his trying times. Matt felt better about himself and good things slowly but surely came into his life.

Matt bought a home to share with the special lady in his life. He and Laleena now have a precious little girl. Harley is now three and one half years old. All the negative factors in his life are history.

It was like during that blinding instant of pain and agony was the day Matt Dimel was reborn. He was at last able to persevere. His spiritual strength, so long dormant, took over his life. It was a new beginning. Rehabilitation was gradual. Matt prefers not to be touched, but allowed a bit of chiropractic realignment. He found acupuncture and cupressure to be most beneficial. Most of his healing was mental. He employed visualization techniques, self-hypnosis and inspirational audio and video tapes. All helped heal

his spirit. He allowed his mind to take command of his body. He put positive messages on his refrigerator. He has created messages (only he knows their meaning) hidden all over his house. He came out of his wheelchair a shell of his former self (240) and started back from there. A comeback was foremost in his thoughts. So with the encouragement of those closest to him, it was back to the weights. He started with just the empty bar!

Matt was very tenacious but has remained very cautious in his comeback. He watches his eating habits closely. He chooses quality foods in large quantities. He takes powdered milk and amino acids to boost his great protein needs. He makes protein shakes and likes to use lots of bananas. Salads and vegetable stews also rate high on his list of favorites. Matt did not tell me, but I'll bet he might woot down an occasional T-Bone. Lots of carbohydrates are necessary for keeping his energy level high. He does not use all the super-duper space-age supplements that are now in high demand on the market.

His training is with great caution and purpose. Too avoid any further recurring setbacks, he never exceeds 70% and benches twice a week using a closer grip every third lift once a week.

Dimel is currently employed as a bodyguard for Abe's Limousine Service. He provides protection and security for many influential people - including Senators and rock bands.

I had an opportunity to meet Matt in November 1991 at the WPC Worlds in Las Vegas. He was there to offer support to guys like Brodsky and Ware. We had a long chat. I met the new Matt Dimel, not the old one. He had taken his bitter medicine, borne his suffering and was energetic, enthusiastic and focused. Here was a man I noted who was indeed the master of his own destiny - autonomous and self-governing. I had no doubt that his past life was behind him. He was cheerful and confident when I asked the key question, "When will you be back on the platform?" He grinned and nodded, "in due time" he said. "When I am sure I'm ready. I will be back - you'll see!"

Well, he fulfilled his promise. The big day came July 26, 1992, slightly more than 5 years following his tragic mishap. It was the 1992 APF Sr. Nationals in Pittsburgh. His last appearance in competition was six years earlier where he had won this same federation's championship in Dayton.

Who could imagine his thoughts

that must have raced through his head as he positioned himself sensibly under the squat bar and stepped back. Fear, exhilaration, confidence, pride? I am sure probably all of the above. He made all three attempts 749-821, and finally 903. I am sure that it must have been like a great burden of relief had been lifted from him. Matt went on to post PRs of 562 bench and 821 deadlift. His total of 2287 beat the newcomer - Viking-like Brodsky by over a hundred pounds. Can you imagine it? His total was within 13 lbs. of his lifetime best with his squat over a hundred pounds less than his best.

Matt admits that previously his squat had been his favorite lift, but now he likes them all. At the time he was back up to 330. Matt feels the most comfortable at this size, but he has now increased his bodyweight to 370! He has done this by adopting enormous eating habits. He feels this will enhance his natural strength. He doesn't feel quite as limber at this weight but says his blood pressure is very normal. He feels as though this extra body mass will serve as a cushion "for pushing" and protect him when squatting.

He has found that call raises are beneficial for strengthening his quadriceps tendons. He personally does not do leg curls or leg extensions, believing they are a waste of time. Persistence and patience is his formula for success. He believes that it would take a giant of super human strength to duplicate or surpass the 1230 squat of legendary Paul Anderson. "Eleven hundred is within my capabilities," he says. "Just wait and see."

Regarding heroes or role models, Matt has none. He is his own man. No champion yesterday or today offers him inspiration. He is his own inspiration.

Matt does, however, give credit where it is due. He has a few small select group of people who have been most supportive to him during his lengthy ordeal.

Louie Simmons heads his thanks list as his one and only coach (other than himself), Laleena, his parent & John Inzer have motivated him the most besides Louie. Matt's mother is most supportive. She has attended every one of his meets, sitting right in the front row looking at him, eye to eye as he makes every lift.

Regarding powerlifting gear, he thinks John Inzer's equipment to be the best on the market. He feels most secure with the Inzer Suit and Blast Shirt. He considers these to be the most comfortable and safest. Matt likes a shirt and suit not too tight and feels that a better range of motion will greatly decrease a chance

of injury. Matt squats with confidence knowing that he is wearing a suit that will not blow out at a critical point.

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great confidence. The metamorphosis of Matt Dimel has come full circle. His resurrection is a story of courage, determination and patience. He plans to continue with his 70% philosophy. I have personally known Louie Simmons for over twenty years. He like Matt has learned many things the hard way. In my mind he is unquestionably one of the smartest coaches of powerlifting anywhere.

All of us, as we mature, become wise in the ways of all aspects of life. Matt's great legacy proves that within each and everyone of us lies that dormant spark. Let that spark flare and awaken the sleeping mind. Somewhere that supply of inner strength can be unleashed. All obstacles can be overcome if you want it badly enough.

Matt has a goal to be the "best of the best". His resurrection like the mythical Phoenix who rose from the ashes should serve as inspiration to us all. This is one man, one remarkable story. The final chapter is yet unwritten. The best, you'll see, is yet to come.



The New Matt... being led by his daughter Harley to pick up his trophy at the APF Seniors. May there be many more such awards in the future of Matt's comeback

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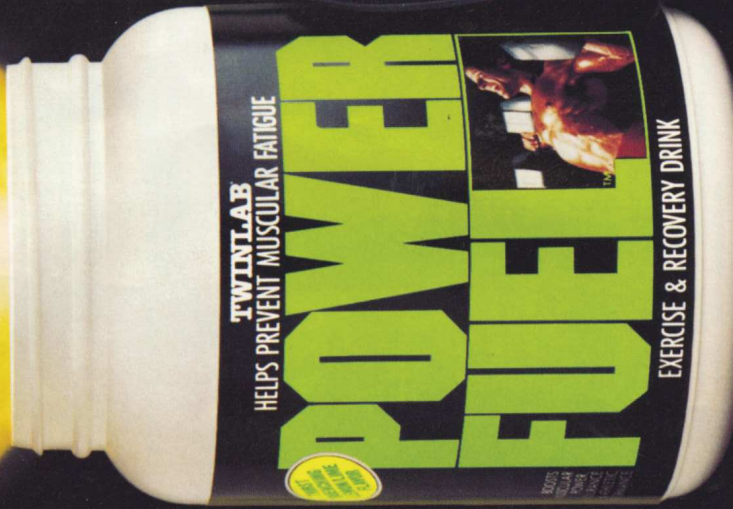
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POWER-RESEARCH PHOSPHOCREATINE AND THE COMPETITIVE POWERLIFTER as told to PL USA by Morris Silber M.D., Ph.D.

The precompetitive preparation of elite and want-to-be-advanced powerlifters will not be optimized on the day of competition if the lifter is biochemically unprepared for maximum efforts. Several stimulants have been used in the past to energize the athlete before the lift, including carbohydrate drinks, branch chain amino acids, caffeine, Ephedra, and smelling salts among others. However, all of these substances only superficially energize the body and do nothing to address a major weak link in power output which is the ATP-PC shuttle. I would like to present some recent findings regarding the proper loading of the ATP-PC system before high intensity exercise which includes the competitive efforts of powerlifters.

The muscle cells of the body do not use the nutrients consumed in the diet for their immediate energy supply. Instead, an energy-rich compound called adenosine triphosphate, or simply ATP, is the "fuel" used for all the energy requirements in the cell. The fact that ATP is the immediate source of energy for contraction of muscle prompts one to ask "how is this important compound supplied to each muscle cell?" There are three ways in which ATP re-synthesis is accomplished. The least complicated from a chemical standpoint is the ATP-PC system. It involves the breakdown of only one compound, Phosphocreatine (PC), Figure 1.

In the other two ways (the lactic acid system and the oxygen system), a series of complicated chemical reactions involving the breakdown of food provides the main source of energy for ATP formation. These two mechanisms are referred to as the "chemical" or "metabolic pathways." However, all three suppliers of ATP operate in the same general manner. The energy liberated from the breakdown of foods and the energy released when PC is broken down are used

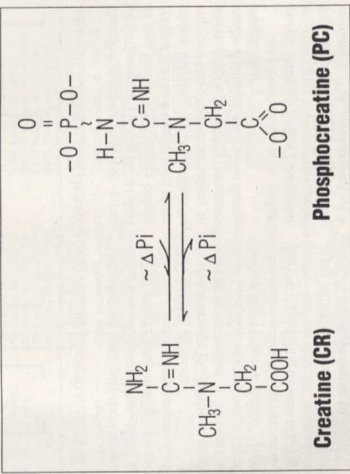


Fig. 1. The chemical structure of PC (phosphocreatine) and its direct precursor and metabolite Cr (Creatine). * Pi - inorganic phosphate with a high energy bond used to re-synthesize ATP (see Figure 3).

amounts of ATP are produced to be used in the subsequent contraction cycles (Figure 4). It became clear from these data that a) energy from PC molecules is supplied for muscle contraction via ATP-ADP due to the close relationship between the CPK and myosin-ATPase reactions, and b) the amount of PC available might be the limiting factor for the rapid re-synthesis of ATP.

Phosphocreatine is present in muscle to the extent of about 0.5%. When one molecule of PC breaks down into creatine and Pi, approximately 12 Kcal of energy are liberated (CPK) reaction, at the expense of creatine phosphate (PC) and new

rather than heat and it is significant that this work appears as a result of not an oxidative process, but in the absence of oxygen.

The importance of the ATP-PC system to athletes is exemplified by the powerful quick starts for sprinters, football players, high jumpers, weight throwers, weightlifters and powerlifters, and similar feats which require only a few seconds to complete. Also, this system is not dependent on the series of reactions nor on the oxygen we breathe, it represents the most rapid available source of ATP for use by muscles.

Phosphocreatine is a combination of the nitrogenous compound creatine with a high-energy phosphate bond (see Fig. 1). Free creatine may be excreted by removal of a molecule of water so that it becomes creatinine which is found in the urine. This dehydration is not a reversible reaction. The amount of creatinine excreted is closely correlated with muscular effort and as such has been used successfully as an index of work output in former Soviet and East Bloc National and Olympic Teams among other biomedical tests of that kind (Silber and Kuznetsova, 1989).

Later on, rapidly accumulating experimental data showed that the force of striated muscle contraction might be regulated not only by the calcium fluxes through the cellular membrane but also by altering the intracellular PC concentration in a way of changing the creatine concentration in the cells (Saks et al, 1976). It has been shown that in response to the in-vitro addition of creatine, the PC production is activated in the muscle cells followed by an increase in the contractile force at constant level of ATP (Saks et al, 1976).

Important data have also been obtained demonstrating the direct effect of creatine phosphate on the force of muscle contraction when added to the perfusate finger solution running to the muscle (Rosenbtraukh et al, 1978). The same group of researchers at the Academy of Medical Sciences in Moscow, USSR in a study on slow skeletal muscles from animals with a very low stable PC level induced by prolonged feeding of a diet containing quindinoproprionate, an inhibitor of creatine transport, found a distinct decrease in the developed force and maximal rate of relaxation, which were exaggerated in conditions of intensive exercise (Kapelko et al, 1987).

These findings supplemented by many others carried out on cardiac muscles as well as skeletal muscles have revealed the outstanding role of PC administration prior to being subjected to intense power

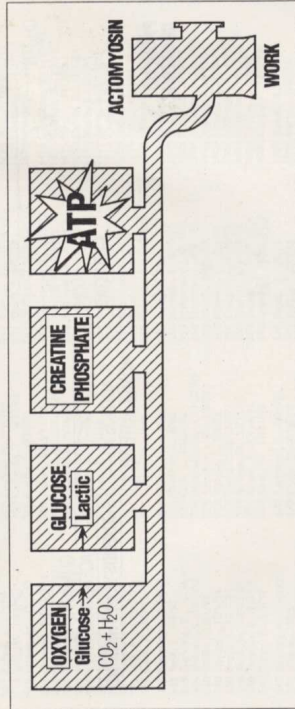


Figure 2. Fenn's diagram of the Lohman-Meyerhof scheme in which the three fundamental (chemical, metabolic, and creatine phosphate) pathways are depicted as a series of cascading reservoirs, the one at far left replenishing its neighbor downstream to the right. (Artwork for Figures 1-5 supplied by Atletika).



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NEXT MONTH... TOP 1815

Corrections: in the December issue of PL USA, the ADPPA TOP 20 listing should be described as being for the 110 kg class rather than the 100 kg class. J. Horstman (woman) and G. Barclay (man) were mistakenly included on TOP 100/20 listings for 1990/91 (they are Australians). The bench of 369 by Doug Ortiz was not reflected on the TOP 100 list for the 132 lb. class. In the April 1991 edition of PL USA, Cindy Gensler was not properly listed in the results of the Natural Nationals. Sam Stewart's bench of 340 was not listed on the TOP 100 148 lb. class list, and Mr. Woodworth's best bench of 341 was not included on that list either. The corrected lifts for Bill Ramstad at the WPC World Masters are 485 in the squat and 286 in the bench press. Larry Miller's inclusion of 419 at 148 was not reflected in the TOP 100 list last month. Also, Chad Bates squat of 490 at 148 at age 19 was not indicated on the TOP 100, and Jeff Dematteo's 430 bench press at 148 was not on that list as well. Apparently the photograph identified as Iv. Obermark at the ADPPA National Masters meet is actually John Miller or Richmond, Wisconsin. Our apologies to these fine lifters for these errors. Sometimes we are not provided with results of meets from contest promoters and sometimes we make errors in preparing the TOP 100 list. From the information we do have on hand, at any rate, please refer any corrections found in the future to "Errata," Box 467, Camarillo, CA 93011.

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing December 1991 to November 1992

165 lb./75 kg.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	735 Cain, R., 6/27/92	308 Werner, S., 9/12/92	748 Inzer, J., 4/25/92	1735 Inzer, J., 4/25/92
2	661 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
3	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
4	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
5	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
6	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
7	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
8	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
9	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
10	655 Dal, C., 7/31/92	479 Dematteo, L., 4/25/92	674 Bridges, B., 5/16/92	1713 Ricks, D., 7/31/92
11	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
12	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
13	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
14	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
15	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
16	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
17	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
18	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
19	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
20	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
21	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
22	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
23	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
24	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
25	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
26	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
27	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
28	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
29	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
30	628 Bernardinelli, A., 12/7/91	440 Dunne, M., 9/29/92	625 St. Laurent, M., 8/11/92	1570 Benenetto, R., 5/26/92
31	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
32	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
33	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
34	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
35	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
36	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
37	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
38	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
39	599 Athos, S., 3/7/92	384 Goralich, R., 10/24/92	584 Goralich, R., 10/24/92	1477 Johnson, B., 7/25/92
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41	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
42	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
43	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
44	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
45	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
46	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
47	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
48	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
49	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
50	578 Johnson, J., 4/25/92	391 Thornton, S., 3/21/92	575 Calligan, J., 2/15/92	1460 Bennett, A., 2/1/92
51	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
52	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
53	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
54	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
55	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
56	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
57	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
58	564 Wonyette, M., 5/23/92	388 Delapaz, J., 4/25/92	564 Denton, T., 5/4/92	1445 Cano, P., 5/1/92
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61	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
62	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
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64	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
65	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
66	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
67	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
68	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
69	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
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74	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
75	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
76	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
77	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
78	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
79	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
80	554 Rodriguez, R., 4/4/92	380 Zanon, M., 1/26/92	560 Hadechek, M., 8/9/92	1430 Cruz, R., 4/5/92
81	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
82	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
83	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
84	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
85	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
86	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
87	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
88	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
89	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
90	545 Von, G., 6/9/92	375 Beecher, J., 10/24/92	550 Johnson, L., 4/25/92	1405 Williams, 12/4/91
91	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
92	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
93	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
94	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
95	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
96	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
97	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
98	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
99	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92
100	540 Boyd, S., 3/28/92	370 Panarazzi, E., 3/22/92	545 Boyd, C., 3/5/92	1399 Babel, A., 8/1/92

actions. This idea comes from the fact that from a chemical standpoint, Creatine is an alpha-amino-guanido-acetic acid, and is synthesized from arginine, glycine and methionine in the following reaction steps in which guanidoacetic acid (Figure 5) is an intermediate and S-adenosylmethionine is the methyl-glycine donor.

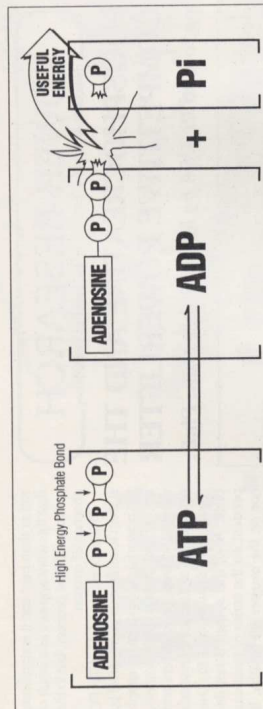


Figure 3. showing a simplified scheme of ATP structure showing high energy phosphate bonds.

In summary, oral PC supplements may prove useful for powerlifters during the competitive period. PC should be taken in amounts of 200 milligrams the night prior to the day of competition, and 200mg for 2-3 times the day of competition. The resultant saturation of ATP-PC system will improve the recovery potential between lifts and stimulate higher energy output and greater short-term explosive power resulting in a lift improvement of 8-17%. PC supplements can also be used with good result during high intensity training blocks prior to competitions, although the supplements price may limit their use in this phase.

For an individual to each athlete. For an experienced powerlifter with a 1,200 pound total, the use of oral PC can mean an improvement of 200 pounds or more. Additionally, PC has been used effectively just after a contest to speed up the energy restoration during the recovery period. This plan is also advisable for accelerating recovery during intense training micro- and mesocycles, but can be quite expensive when used in this way. It is not advisable to use PC before routine training, as it will reduce the effect of the exercise on the energy providing reactions and any supercompensation of any phosphagens could be possible under these conditions. The result would be a slower adaptation to training.

Another prospective and most interesting approach to the problem of increasing the bodies energy potentials by elevation of the exogenous stock of CP is to stimulate the physiological methyl donor involved in enzymatic transmethylation re-

lated exercise: a) suffer less cellular damage; b) maintain higher concentrations of high energy phosphates; c) leak smaller amounts of creatine kinase; d) exhibit fewer electrophysiological alterations; e) have less phospholipid membrane damage; f) are more resistant to hydrogen peroxide induced damage; g) recover some elements of contractility better in post competitive periods.

An interesting prospect for PC applications was started by PC use in sport as a physical performance enhancer. Several Russian National, World, and Olympic records in strength and power related events became possible due to the introduction of oral and/or injectable PC preparations in sport (Creatine, Neolon, and Creagen). The main philosophy of using PC by strength and power athletes is to create in the muscle a high level of easily accessible energy; the evening before competition and the competitive day itself. As an example, oral

Dr. Morris Silber is a former researcher in the Anabolic Steroid Research Laboratory at the Research Institute of Physical Culture in St. Petersburg, Russia. His pioneer work in the practical use of natural compounds to improve sport results has been used by many National and Olympic level athletes both in Russia and the USA. For more information about these sports supplements including Creagen, as well as the "Evolutionary Training" program, you should contact the Russian/American sport project Alekta at 1-800-621-2602. Questions about sport pharmacology should be sent to Dr. Morris Silber via Alekta, 50468 Commercial Cr., Concord, CA 94520.

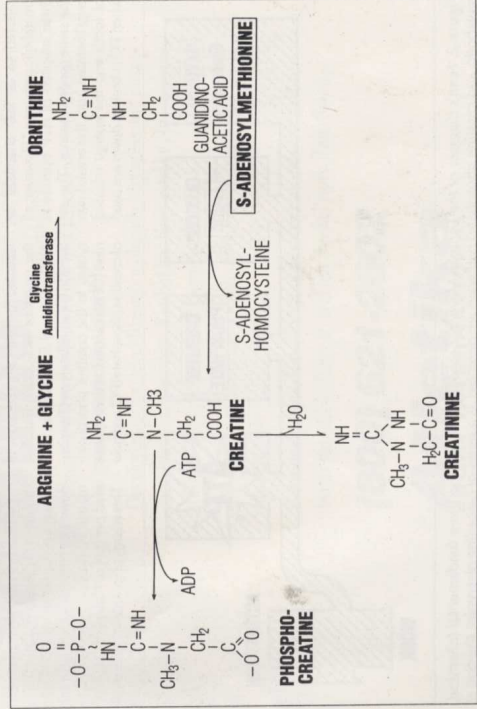
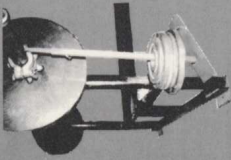


Figure 5: The possible use of S-adenosylmethionine as a precursor in the resynthesis of Phosphocreatine.

WEIGHT RELEASE DEVELOPS EXPLOSIVE STRENGTH



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

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



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The WEIGHT RELEASE System as explained to POWERLIFTING USA by its developer Bob Kowalczyk

explosive or powerful is the athlete. The human body is very adaptive. Heavy explosive training results in greater and faster muscle recruitment.

Muscle pump is the goal of all bodybuilder's workouts. Obtaining this is a prerequisite for muscle hypertrophy. The pump simply is the state of engorging the muscle with blood via weightlifting repetitions.

Weight Release enables a lifter to lower a heavy weight (even in excess of his best possible) and finish the repetition. This is possible because Weight Release disengages very quickly.

This instantaneous lightening of the loaded bar and resulting explosive concentric contraction reaps the benefits of pyometrics. Lowering heavy weight takes advantage of eccentric training. Greater and faster muscle recruitment is acquired because the lifter resists a heavy weight and pushes a lighter weight to arm's length. The brain and nervous system initiates the recruitment of muscle fibers necessary to push the eccentric amount up, but the Weight Release disengages at the lifter's chest, thus leading to the explosive shove to arm's length. Since heavy weights can be utilized in the eccentric phase the muscles become conditioned to greater stretch, thus setting the golgi tendon organs back.

Weight Release can also be adjusted to do repetitions while attached. The lifter can do reps until failure, then simply disengage one Weight Release and then the other. This can be done while laying on the bench with the bar on his chest. He can then continue doing repetitions and obtain the ultimate muscle pump. The above Weight Release setting can be used as a spotters aid or safety device. If the lifter fails he can disengage the Weight Release, enabling him to push the bar to arm's length and back to the bench upright. Weight Release is the only device which can do all of the above. Its distribution is protected by Patent #4856774 and has been used successfully by many.

A brief background in pyometrics, eccentric training, muscle recruitment, golgi tendon organ theory and muscle pump will support the success of Weight Release in obtaining muscle hypertrophy and power.

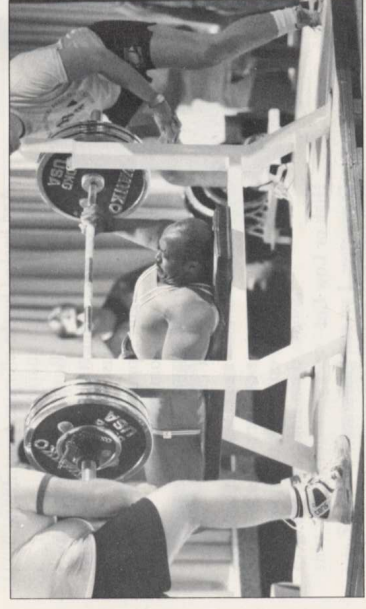
The lowering phase of the bench press (arm's length to chest) is the eccentric contraction. Greater weight can be handled in the eccentric phase than the concentric phase (approximately 120% of concentric). Studies have proven heavy eccentric training will improve one's concentric phase power (chest to arm's length).

Pyometrics training has been used in the Eastern Bloc countries for many years. Their performance in the 1972 Olympics demanded the world focus its attention to pyometrics. This unique training is based on the stretching/shrinking cycle. A muscle is stronger when stretched, provided the time from eccentric (stretch) to concentric (shortening) is of short duration. This enables the elasticity of the muscle to generate force instead of merely dissipating its energy as heat. Classical pyometric training for jumpers was to leap from an elevated platform (up to 10 feet) hit a low squat position and immediately jump as high as possible.

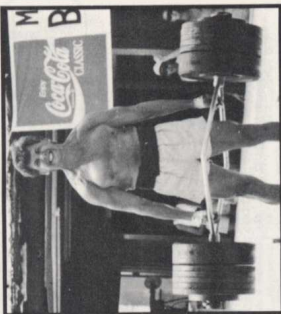
The golgi tendon organ literally inhibits a muscle's force. Golgi tendon organs are a unique body mechanism located near the muscles which are activated when they are stretched. The G.T.O., although necessary, are overly cautious in their protective endeavor. There exists a considerable margin between when the G.T.O. inhibits muscle action and when injury would occur. Eccentric training studies have demonstrated the G.T.O. can be set back. Setback G.T.O. allow greater concentric muscle force, which can be utilized to surpass previous athletic performance.

Muscle recruitment is necessary for any voluntary muscle action. Before the muscles accomplish an athletic task, the message must be received and the muscle fiber recruited or activated. The faster this happens, the more

activated. The faster this happens, the more



The Weight Release System cleverly incorporates in its design several different modes of building strength and muscle, and could be very useful in any bench presser's routine.



PICTURED: 40 year old Al Gerard, who designed and patented the TRAP BAR, with a 740 lb. TRAP BAR DEADLIFT. Compare this to his best straight bar deadlift of 640 lbs.

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407	COUCH, R	24 OCT 92
408	HEATH, D	04 DEC 90
409	DELORE, J	11 JAN 92
390	KURRIN, M	27 MAY 89
380	JOHNSON, D	1 JUL 91
375	ANDRADE, A	08 DEC 79
363	KEA, R	10 NOV 85
362	LAWRENCE, J	17 NOV 91
360	WATKINS	JUN 91
359	HART, G	11 JUN 85
358	CARRAWAY, A	28 NOV 87
357	LORENZETTI, P	07 NOV 80
355	FERRERA, M	26 APR 86
350	PEREZ, J	28 NOV 86
350	FRANCO, J	03 AUG 91
350	SANDOVAL, R	01 AUG 92
349	TRUJILLO, P	09 AUG 92
347	HANSON, C	27 JUN 82
347	MURATA, M	23 MAR 87
345	MUKITE, J	16 AUG 87
345	BEASTIE, U	26 AUG 78
341	BEASTIE, U	23 JUL 89
341	CARRO, R	31 JUL 92
341	ESTILES, T	29 MAY 77
340	WHITTE, R	02 APR 88
340	SHORE, J	11 SEP 81
340	ALFORD, S	07 SEP 91
336	SHAMONS, A	26 MAR 83
336	BROWN, M	12 JAN 89
336	BLAKE, H	31 JUL 92
335	MEHAN, D	12 AUG 84
333	SAKAGUCHI, R	71
330	WILLIAMS, V	19 DEC 81
330	MCCARTY, R	23 DEC 82
330	ALFORD, S	21 AUG 87
330	ALFORD, S	27 JUN 87
330	POKKE, S	12 JAN 89
330	ALFORD, N	12 JAN 89
330	HAMMILL, P	06 JUL 91
325	OKONKWO, C	72
325	OKONKWO, C	26 AUG 78
325	MABLE, L	18 AUG 79
325	HUMMEL, G	19 AUG 79
325	CURTIN, M	16 DEC 85
325	CONNERS	31 JAN 86
325	WILLIAMS, M	12 MAY 87
325	SENEHAN, K	22 OCT 88
325	SINKA, J	07 APR 89
325	KING, W	17 JAN 89
325	DURAN, A	24 JUN 89
325	DENTON, J	15 AUG 92
320	MCKINNEY, M	30 JAN 82
320	THOMAS, C	06 JUL 91
320	STELL, S	17 AUG 91
320	MORISHIGE, M	06 JUL 91
320	SHONETTI, L	18 APR 92
320	CALABRAN, JR, JR	04 JUN 83
319	RATHNAM	12 JUL 86
319	YOUNG, A	09 DEC 89
319	YOUNG, A	03 JUN 90
319	YOUNG, A	03 JUN 90
319	YOUNG, A	03 JUN 90
315	YOUNG, A	03 JUN 90
315	MATHIS, A	06 MAY 78
315	MATHIS, A	05 MAY 78
315	VONSHOCH, K	17 MAY 80
315	WANGSON, J	18 JUN 83
315	FOWENUS, C	12 JAN 83
315	DRUM, S	24 NOV 87
315	IMANAGA, J	25 APR 87
315	IMANAGA, J	16 SEP 89
315	LAGAT, J	16 SEP 89
315	SEGEL, S	09 MAR 91
315	OLSON, J	04 MAR 91
315	OLSON, J	04 AUG 91
315	SPRINGARN, B	17 NOV 91
315	STANTON, W	07 MAY 92
315	KENNIC, J	08 AUG 92
315	STAFANI, J	02 DEC 83
314	LUNA, JON, R	02 DEC 83
314	JOHNSON, B	02 DEC 83
314	JOHNSON, B	02 DEC 83
314	STENFELD, J	12 DEC 86
314	WEST, L	14 MAY 88
314	TAYLOR, M	20 AUG 88

(wheelchair, amputees, etc. not included)

The Legend Continues

from the mythical Oils T. Fudpucker's Barbell Club. West's Winning Barbell Club. Roy B. Ziegler's "Hall of Fame". Pat Casey's "Proser Health Club". Jack's Barbell Club. The Fudpucker's Barbell Club logo that shocked the AAU establishment. The "Wild Bunch" from the other side of the L.A. Zoo. The mythical monster of Fudpucker's Barbell Club. Grab a piece of powerlifting history from one of California's top powerlifting magazines. Home of the infamous "Torture Cage" that transformed many pencil necked geeks with lousy physiques into bona fide "Hawg Status" monsters. Fudpucker's Barbell Club's logo preceded both Gold's Gym and World Gym logos. Iron Gullu Enterprises (a Gullu is 10% Guru, 90% Lulu)

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STARTIN' OUT

A special section dedicated to the beginning lifter

TRAINING SINGLES

as told to Powerlifting USA by Doug Daniels



National Caliber lifter, like Carina Passmore (above), need to incorporate singles into their training, but only on the right occasions.

same lifting style. If a lifter can find his most efficient style and be consistent in its execution over all rep schemes, singles will not present as formidable a challenge.

So now that I have given some reasons why some lifters can gain from singles and some can't, what about that stuff I promised earlier on using singles to our advantage? First of all, the end goal of competitive powerlifting is to produce the heaviest single rep we can. The

Week 1: reps of 8, **Week 2:**

reps of 8, **Week 3:** reps of 8, **Week 4:** reps of 5, **Week 5:** reps of 5, **Week 6:** reps of 5, **Week 7:** reps of 3, **Week 8:** reps of 3, **Week 9:** reps of 3, **Week 10:** reps of 1, **Week 11:** reps of 1, **Week 12:** reps of 1

The first 6 weeks build a strong base of power. The next 3 weeks provide a transition period to the contest prep period of the last 3 weeks, while still building power. During these last 3 weeks, a lifter spends his core time on singles, transferring the power built in the earlier weeks and solidifying both his technique and mental preparedness. These last 3 weeks are crucial in preparing for the athletic part of powerlifting, the max single. On **Week 10**, the lifter should attempt a single with 95% or so of their previous max. **Week 11** should be around their previous max. In the last week, a new max might be attempted. By slowly working into singles, the lifter can build momentum and confidence for the meet while still building strength.

This 12 week routine is just one example. Lifters who have considerable trouble with singles, for whatever reason, may want to start single 1-3 weeks earlier and start with 85-90% of max. More experienced lifters may not need as many weeks. Some lifters can get by with little or no singles during a contest prep period. One thing to keep in mind is a single rep is very strenuous for both the mind and body. Too many singles can burn a lifter out before the meet. 1-2 singles per workout may be all that's required. As I mentioned earlier, there is less margin for error with singles, so great attention to form, spotting, and lifting safety must be exercised. If you practice these items on ALL your sets and reps, the heavy max ones will be easier to perform in the safest and most efficient manner. Remember this sage advice and gains will be easier to come by.

To conclude, I don't believe there is one best rep scheme for everyone, but the end goal of our sport is to pop the heaviest single we can. In order to accomplish this, you must have some degree of exposure to singles, depending on your thought level. Singles should be thought of as the athletic performance part of powerlifting. By incorporating singles into your contest prep phase in the manner suggested here, you can improve your lifting technique, gain confidence with singles by steadily increasing their weight, and still build strength by performing them in a safe, efficient manner. It may take a few contest cycles to make the correct adjustments to your routine and build this confidence, but it can be done.

As always, Ralph and I are looking for new training methods and modalities. Most gyms reflect the training methods of those who either own or manage the facility, or by the most successful lifters in the gym. Lou Simmons Westside Barbell Club of Columbus, Ohio is a good example. Lou has unique training methods and ideas. The overwhelming success of his trainees is testament to the efficacy of his methods, despite the opinions of others. Because his philosophy invokes exercises generally not done by many others, his equipment includes unique pieces that allow for the performance of those movements. He has different height "blocks" or hassocks which allow squats to different depths, a belt squat apparatus, and similar "different" items. Those lifting coaches who espouse the use of olympic lifting type movements have a selection of bumper plates and olympic bars to augment their powerlifting equipment.

At the Iron Island Gym, our lifters are encouraged to stick to the basics. We squat, deadlift in various forms, bench press, do some rack work, and perform specific rehabilitative movements. This accurately reflects the philosophy of Ralph and myself, and our equipment is needless to state, well made, well maintained, but designed to allow the performance of the basic movements. We have Hammer equipment, Nautilus equipment, and Kell equipment as well as the Tm-Squat and the standard pulleys and benches. If one thinks about it, much of the Hammer equipment is a redesign of the basic movements; the Iso Row is still a row; the Press Behind Neck is still a press. The Kell Unilateral Leg Press and Southern Xercise Tm-Squat allow for squat variations which augment the barbell squat, but anyway you cut it, it's basic exercise done for a few sets of varying reps with lots of weight and time for recovery. Rocket science this isn't.

We use thick bars, and the newest addition to the family, the Blaster Bar. When one does the bench press, technique is extremely important. This is often downplayed in word or in deed. I've seen numerous lifters, some quite accomplished, who stated that bench technique was in fact, important, but they performed all but their top work sets in sloppy, incomplete, non-competitive style. They bounced their warmup weights, did not lock out any but the first or last rep of a set, had their feet haphazardly placed, shifted on the bench, and

cannot assume that you will, under the severest of competitive situations, do everything correctly. You might if the thousands of bench presses you do in training are done properly and legally.

As an adjunct to the bench, we have used thick bars in training. These latter-than-usual bars do not allow one to bend in the competitive groove. They demand that one just "show" and build strength in the deltoids, triceps, and pecs. In the past, many of our lifters and football players have gotten a lot of benefit from this movement. We now have the Blaster Bar. This was designed by Chip Kell originally, to help football players strengthen the pressing musculature while giving additional overload work to the wrists and forearms. The Blaster Bar weighs fifty five pounds and has angled hand grips. These grips place the hands in a stronger pressing position as they are slightly supinated relative to a standard power bar. The design of the bar, however, demands that one lock the wrists and stabilize the bar, a feat more difficult than one can imagine.

Remember that when one demonstrates strength, they want things to be as "easy" and advantageous as possible. This is how one bench presses as much as possible. When one is training, however, they should want things to be as difficult as possible so that the intensity of the movement is enhanced, causing as much muscular involvement as possible. The Blaster Bar allows for a much higher order of work for all of the involved benching musculature. Although it is more difficult to "control" than a standard power bar, the degree of hand rotation reduces stress on the elbow and shoulder joints.

As a modality to do "backoff" sets with, off season training, the "other day of bench work" during the week, or as a means to finish the triceps with close grip bench presses that are much more comfortable and effective than a regular bar, the Blaster Bar will serve as a welcome addition to any home or commercial gym. We have had great response to our bar, and have ordered a second one to accommodate the demand. Needless to add, football players will find that the trussing movement they do while benching with the bar is quite effective for their on the field demands, and for the powerlifter, it is an ideal assistance movement.

The Blaster Bar is available from Kell, Inc., 1299 Campbell Road, Marion, OH 43002, 1-800-837-1663.

More From Ken Leistner

Blaster Bar Training as told to PL USA by Dr. Ken Leistner



Mike Schneider with the Blaster Bar, demonstrating its configuration.

even to the most inexperienced observer, failed to perform what could be termed any legally passable bench presses.

We have all of our lifters do every repetition property and this includes warmup sets. I have spent over twenty eight years in the competitive arena and I know from my acquaintances and my own experience that one goes onto "automatic pilot" once they get onto the platform. Once rarely thinks about doing everything correctly once the lift begins, but rather, they do what

INTERVIEW

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

BOB: Give some personal information about yourself?

BETTINA: My name is Bettina Charisse Altizer, and I live at 4455 Laurelwood Dr., Room 306, Virginia 24018. I am 30 years old.

BOB: What do you do for a living?

BETTINA: I am an attorney with the law firm of Altizer & Altizer.

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

BETTINA: I have been training for 9 1/2 years and competing for 9 years.

BOB: How did you get started?

BETTINA: I began my powerlifting career when I attended the University of Virginia. My roommate played volleyball for UVA and was required to lift weights to supplement her sport. I started to go with her to the weight room to spot her, and eventually got the lifting "bug." I progressed quickly and was soon lifting more than my roommate. An experienced lifter saw my potential and recommended that I speak with the assistant strength coach at UVA, who happened to be World Champion John Gamble. I went to see John, who was impressed with the size and strength of my legs. He put me on a training program. Within three months, I competed in my first meet, the USFV Virginia State Championships, which I won and broke two state records. I have been hooked on this sport ever since.

BOB: What are your best lifts?

BETTINA: Squat-418.87; Bench-242.51; Deadlift-374.78; Total-1036 weighing 129 but competing in 132 lb. class.

BOB: What are your future goals?

BETTINA: As far as my lifts are concerned, my goals are a 450 lb. squat, a 250 lb. bench, and a 402 lb. deadlift weighing 129 pounds. Within the sport, I am working toward the goal of having the IOC recognize powerlifting as an Olympic sport. Additionally, in order to support and promote the sport of powerlifting, I would like to become an international referee under the WDPFF, and I would like to be on the Executive Committee of the ADFPA.

BOB: What are your views on steroids?

BETTINA: I have dedicated my entire athletic and powerlifting career to drug free competition. That not only includes steroids,

ness sake! It simply makes no sense.

BOB: What's your diet like?

BETTINA: I follow a high carbohydrate, moderate protein diet. When I am training for a meet, I keep my food intake at night to a minimum in order to maintain my weight or to lose weight, if needed. I keep my fats and sugars to a minimum.

BOB: Do you use supplements?

BETTINA: I supplement my diet with only a protein/creatine shake and a product called Metabotrim, which contains a highly bioavailable formula of chromium picolinate and synergistic vitamins.

BOB: How do you train?

BETTINA: I squat once a week with 2-3 top sets. I do heavy workouts and leg press and leg extensions as accessory work. I also train my sumo deadlift once a week, and I normally train off 1 1/2 inch block. I do heavy lockouts and do a full leg routine on this deadlift day, minus squats. I bench using my competitive grip once a week and accessorize with dumbbell press and heavy lockouts. I also work my shoulders and triceps on this day. On my "light" bench day, I close grip bench press keeping my repetitions from 4 to 6. I also have one day in which I just work my biceps and lats, which consists of at least 15 sets for both biceps and lats. I do a mini lat/bleep routine, from 6-9 sets, on my squat day. I really do not have an "off season" since I compete all the time. Occasionally, I will have an extra month or six weeks before I begin another cycle. During that time, I will work on my base by doing 8-10 reps for the three lifts (except deadlift, which I never go over eight reps).

BOB: What advice would you have for a beginner?

BETTINA: Latch onto an experienced powerlifter and hang on! It is imperative that a beginner powerlifter is given the proper technique and form to avoid early injury. In the beginning, the routine is not as important as the form. After the beginner is instructed as to the proper form, my next advice is to train. Simulate as that may sound, I mean to train consistently and intensely. No laying off a workout here or a week there. A dedicated power-

lifter will be in gym day in and day out lifting with the same intensity day in and day out. The only way for a drug free lifter to get strong is to train persistently and passionately.

BOB: Who are your heroes, or those you admire, in the sport of Powerlifting?

BETTINA: My heroes, at least early in my career, were John Gamble and Glenwood Crockett. John was my coach for the first two years of my career. He was always bigger than life to me - not just his pure size, which was approximately 295 lbs, but the size of his heart and the magnanimity of his personality. Mr. Crockett, for those historians of powerlifting, competed as a master lifter in the 165 lb. class in the 1970's and early 1980's. Glen also helped train me. When I knew him, Glen was 50 years old and could lift a ton. From what I remember, he squatted 530, benched 325, and deadlifted 560, plus he was drug free. His strength of spirit and body and constant encouragement gave me the idea that perhaps I could be a champion too, even if I was drug free, with hard work and dedication.

BOB: What are your other interests or hobbies?

BETTINA: None, besides the usual reading and travelling.

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

BETTINA: I would like to ask all powerlifters and everyone else

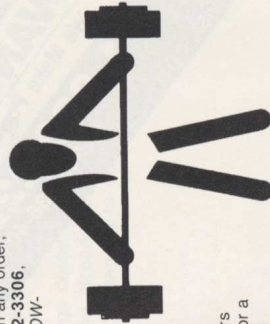
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involved in the sport of powerlifting to do what they can to unite this sport and to put it into the Olympics. With all the various factions and all the different financially motivated individuals who create a new powerlifting organization simply for the dollar, our sport is so diluted that it will never have the national and international recognition and media coverage that it deserves.

STATE TITLES: Champion, Virginita; 1992, 1991 United States Powerlifting Federation Best Lifter Award; 1991 American Powerlifting Federation; 1991 Natural Athletes Strength Association; 1990 American Drug Free Powerlifting Association; 1990 United States Powerlifting Federation.

RECORDS: American Drug Free Powerlifting Association; 129 lb weight class, 1992, 1991 World; Squat, 418 lbs; Bench, 225 lbs; Total, 1003 lbs; 1992, 1991 American; Squat, 418 lbs; Bench, 232 lbs; Total, 1008 lbs; 1992, 1991, 1990 National; Squat, 402 lbs; Bench, 232 lbs; Total, 1008 lbs; 1990 State; Squat, 396 lbs; Bench, 225 lbs; Total, 955 lbs; American Drug Free Powerlifting Association; 139 lb weight class, 1990 American; Bench, 235 lbs; 1989 National; Bench, 225 lbs; Natural Athletes Strength Association; 132 lb weight class, 1991 World; Squat, 402 lbs; Bench, 205 lbs; Total, 970 lbs; 1991 American; Squat, 418 lbs; Bench, 231 lbs; Total, 1001 lbs. U.S. Powerlifting Federation 132 lb weight class, 1992 State; Squat, 418 lbs; Bench, 242 lbs; Deadlift, 369 lbs; Total, 1036 lbs.

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QUALIFICATIONS SUMMARY: Number One powerlifting world ranking in weight class; world strongest drug free female powerlifter; accomplished athlete, attorney, and scholar; best competitive lifts; Squat, 418 lbs; Bench, 242 lbs; Deadlift, 374 lbs; Total, 1036 lbs weighing 129 lbs.

WORLD TITLES: Champion, World Drug Free Powerlifting Association - 1992 Derby, England Best Lifter Award; 1991 Bendigo, Australia Best Lifter Award.

NATIONAL TITLES: Champion, American Drug Free Powerlifting Association - 1992 San Ramon, California Best Lifter Award; 1991 Chicago, Illinois Best Lifter, Squat and Bench Awards; 1992 Champion, Natural Athletes Strength Association, Oklahoma City, Oklahoma Best Lifter Award; 1984 Champion, United States Powerlifting Federation, National Collegiate Championships, Villanova, Pennsylvania Best Lifter Award

STATE TITLES: Champion, Virginita; 1992, 1991 United States Powerlifting Federation Best Lifter Award; 1991 American Powerlifting Federation; 1991 Natural Athletes Strength Association; 1990 American Drug Free Powerlifting Association; 1990 United States Powerlifting Federation.

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Bettina Altizer is arguably one of the best drug free female bench pressers in the history of Powerlifting.

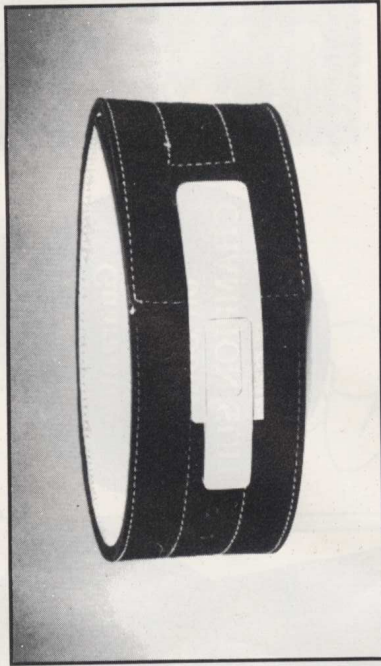
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Last month I discussed the utilization of pyramid training routines, especially as applied to bench press training. This month we will examine the age old philosophy of pyramid training cycles. Pyramid cycles start with a number of workouts of 10's, we then move to 8's, following this we move to the 5's, progressing to the 3's, and perhaps doubles or a week or two of singles to peak for the meet. The philosophy is one of simple hard work in phases. The principal lifts are attacked aggressively each week moving over a 2-4 week period to a personal best in the appropriate rep sequence before moving the heavier but briefer sequence to follow. Theoretically, you will culminate with a personal best in each and a personal best performance at the meet. The underlying philosophy is valid so long as you are aware of the limitations involved. Lifters have been following various versions of this type of program for decades and many athletes have benefited greatly from the approach. I would like to point out personal and professional observations to give interested parties food for thought as well as provide some insight as to appropriate applications for this program.

First let me give a couple examples of pyramid cycling. An athlete with a previous best 500 lb. squat might follow the program listed below. For the purpose of this example, we will assume this is a young athlete (18-30 years old), with intermediate (2-5 years) experience, and good leverage and technique for the squat exercise. We will also assume that this athlete concluded some rigorous off-season training and is healthy with no current injuries. You will notice in the way that I am framing the example that I am somewhat defining a likely candidate for this style of peaking. Our athlete will train their squat only once per week and will keep all accessory leg and back work in the moderate to light categories to focus energy on the squat exercise itself. I will now list the working sets for the squat for the next 15 weeks.

Week 1: 3 sets of 10 reps with 245 lbs. **Week 2:** 3 sets of 10 reps with 275 lbs. **Week 3:** 3 sets of 10

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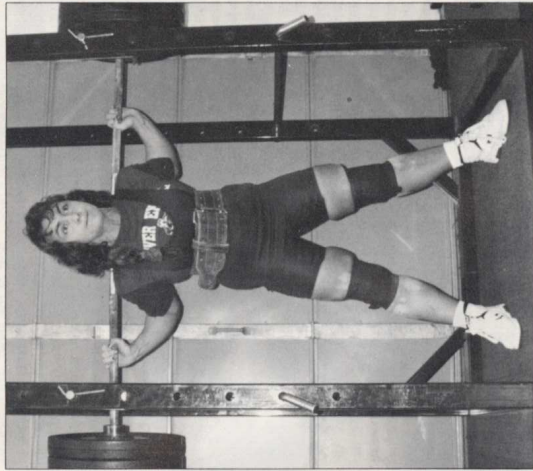
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TRAINING

PYRAMID CYCLING as told by Greg Reshel of POWER EXCEL



Dawn Sharon is currently in "deep off-season" training preparing for a drug tested 700 lb. squat attempt. Withluck she hopes to be ready for the attempt as early as the fall of 1993 or the 1994 season. She hopes to attend the NASA Nationals in Dallas in March. (Reshel)

muscular as this amount of volume develops muscle mass as well as strength. From here on, it is not likely that our athlete will get bigger, and he, in fact, may shrink somewhat from lack of significant volume. **Week 10:** 3 sets of 3 reps with 315 lbs. **Week 11:** 3 sets of 3 reps with 345 lbs. **Week 12:** 3 sets of 3 reps with 385 lbs. Note - this 385 lbs. is a personal best using a suit with straps down, belt, and knee wraps. **Week 13:** 2 sets of 2 reps with 405 lbs. **Week 14:** 2 sets of 2 reps with 445 lbs. **Week 15:** contest - Open 460, 2nd 505, 3rd 540 lbs.

You will notice that our athlete does not re-rerun his meet attempts in the gym as a good percentage of powerlifters often do. Save the big lifts for the meet. Get used to equipment and gradually harden your body to the heavy lifts by decreasing reps and total volume while increasing weight. An athlete with above average talents for squatting should be able to successfully use the pyra-

mid peaking cycle once per year with good results.

I want to point out that this type of peaking cycle is limited by working aggressively too often and the risk of overtraining is high. In the case listed above, our athlete is genetically gifted in the squat movement and because of this leverage advantage will be able to work close to their max effort more often than the average athlete. An average athlete will be able to produce big single lifts only if they allow more rest. Also the average athlete may triple 405 lbs. in the squat and be able to single 510 lbs. in a meet if their technique is good, and they have not overtrained. The gifted athletes will triple 455 lbs. and then squat 510 lbs. in the meet.

Another problem with pyramid peaking is the lack of true technique work. This is a strength peaking cycle and assumes that you already have good form and technique or that you have naturally good leverage for squatting in this case. If your technique needs work, you will establish some personal bests in the higher rep sequences but will begin to fail as the weights get heavy due to lack of stabilization. Remember, you cannot lift what you cannot balance. Stabilization is the foundation of good form and is the primary limitation when it comes to contest maximum single performance. High rep work, usually more than triples, will give you strength and endurance but will not establish good form. If you have good form to start the training cycle, you will not have good form after the high rep training weeks because the high rep training will act to erase the neuromuscular pathways that are the body's key to good form. Without good clean performance nerve paths, an athlete under load will muscle the weight up. You must see that the pyramid peaking cycle is only feasible for athletes with superior gifts in the lift they are working in this way. Average athletes can use this cycle to gauge their strength after a layoff or after a prolonged off season program. This will allow them to get their lifts in order, gauge their weak areas, and assess their strength level before pursuing another form of peaking.

Now let's take a moment to examine a more sophisticated routine that can be used by many athletes of intermediate or higher experience. This program uses 3 week mini-cycles with personal best weeks in the various rep ranges while maintaining technique and hopefully avoiding overtraining. This is essentially a pyramid peaking cycle but is less risky than the one mentioned before and a lot less (this article continued on page 56)

FOR REVIEW

Some aspects of learning lend themselves to the print media, and some lend themselves to the visual media. Louie Simmons, a long time student of strength, and now the innovative teacher of what he has learned, has written several well-received articles on training for **POWERLIFTER USA**. Recently, he took the next step and produced a video to bring that additional dimension to his coaching approach in the form of the **"TRAINING SECRETS OF WESTSIDE BARBELL CLUB - The Bench Press Video"**. The video includes a section where Louie provides in-depth answers to the common training questions, plus some special attention to technique, including the reverse grip bench. One of the most powerful demonstrations of the tape, and something that truly lends itself to the video realm, is Louie's contention that you should bench straight up and not back over your face. He proves his point very eloquently. There are lots of great tips, one after another, based on Louie's unique perspective on the theory and practice of benching, including Louie's vaunted "special exercises". Among the highest tech items demonstrated in the video are the Weight Releases developed by Bob Kowalczyk of Power Recruit, Inc. This is

one device that has to be seen in action (or on video) to really understand the simple, clever, and theoretically profound action that it produces. From the video you get a distinct impression of how much down-home Lou cares about the guys that he personally trains - he knows their PRs as well as he does his own. The video is topped off with a real-life Westside Barbell Club Bench Workout (by percentages, the way Louie likes it!), complete with screams. You can get quite a buzz to train just off watching it - somebody is punching out a set just as fast as they can slap the plates on and off. Almost anyone who powerlifts likes to bench, and this video will help your bench in many ways. "The Bench Press Video" is available for \$29.95 from Westside Barbell Club at their new address of 2145 Sullivant Ave., Columbus, OH 43232. // Also in a video vein, the premier edition of **"POWERLIFTER Video Magazine"** is now available from Low

Magazine is not in competition with PL USA, and it really is fun to see, in the complementary video format, the people and events that you are familiar with from the magazine. It's a new idea for the sport, and one that can give any strength oriented videophile a great deal of enjoyment. They are already accumulating the out-takes and goofups of some of these big name lifters for a **Powerlifter Bloopers** feature in a future edition of the magazine, something we'll all be waiting to see. // Back to the print world, where we have recently obtained a copy of **"BE STRONG Strength Training for Muscular Fitness for Men and Women"** by Dr. Wayne Westcott, Strength Training Consultant for the National YMCA. Dr. Westcott is widely published as a professional strength researcher and in the popular press. This is a fine book, covering the basics, that any newcomer to weight training would see as a godsend. We often take for granted many little things about lifting weights, assuming that "everybody knows that". Everybody doesn't, and this book starts from ground zero and builds the solid intellectual basis that is needed for optimum progress to the higher levels of strength sport. Chapter Headings are as follows: Strength Training Overview, Strength Training Benefits, Muscle Structure and Function, Strength Training Performance Factors, Strength Training Guidelines, Equipment Selection and Safety, Strength Training Concerns and Considerations, Bodybuilding, Strength Building, and Performance Potential, Strength Training Exercises. There are numerous diagrams and exercise photos throughout. For self-motivated individuals or formal students of strength training, **"BE STRONG"** is what's needed to get headed in the right direction. It is available for \$10 from Brown & Benchmark (800-338-5578) // the **"ANABOLIC REFERENCE GUIDE"** by Bill Phillips is now in its 6th edition. With 24 chapters and 250 pages, it thoroughly covers the controversial issue of anabolic steroid use, primarily in the weight sports, from a real world perspective. The information in the book represents the scanning of hundreds of journals and research material, over 500 personal interviews, and over 1000 questionnaires returned to the author from athletes over the past four years. Chapter Headings include the following: Identifying the Problem, Steroid Basics, Relevant Terms and Jargon, Drug Profiles, Cycle Theories, Steroid Injections, Counterfeit Steroids, The Mexican Connection, European Vacation, Legal

(article continued on page 36)

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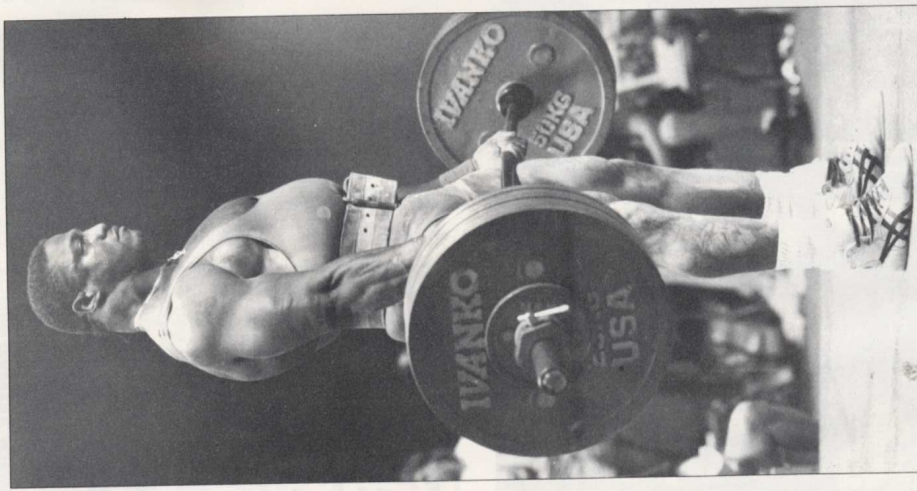


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Dr. Judd

DEALING WITH ADVERSITY as told to PL USA by Judd Biasiotto Ph.D.



In 1986 Frank Richards was sitting on top of the world. Without question, he was one of the top bodybuilders in the world and arguably the best to ever come out of Great Britain. He was also highly treated as a favorite to win the Mr. Olympia title. Then, less than one year from the Mr. Olympia, tragedy struck. While on his job as a construction worker, he plummeted over 50 feet from a scaffold, breaking numerous bones in his body. His injuries were so severe that most experts felt that his athletic career was over and, worse yet, there was concern over whether he would again be able to walk. To Frank Richards, his world had fallen apart, but he did not succumb. Instead, he became even more determined. As he lay in the hospital, watching years of hard-earned muscle atrophy under plaster casts, he vowed that he would return to winning form - better than ever.

After he was released from the hospital, he immediately returned to the gym. There, for the next several months, he relentlessly drove his body. During that time, he pushed steel at every opportunity. He was determined to squeeze out the maximum of what he had left. As far as Richards was concerned, there was no tomorrow. He pushed himself to the limit each day, both mentally and physically. When it was all said and done, he had silenced the doomsayers and once again had taken his position on stage with the Olympians.

In 1983, merely two months before the national championships, Curt Leslie had literally destroyed all the ADFFPA records, posting a total nearly 100 pounds over the former record. There was no doubt that Curt was the odds-on favorite to capture the national title and earn a trip to the world championships. Then just two weeks prior to the nationals, tragedy struck in Curt's life. While performing a heavy set of squats in training, he herniated two cervical discs, rendering the upper left side of his body partially paralyzed. The diagnosis led doctors to believe that the paralysis would be permanent and that his lifting career would be over. "I was totally devastated," said Curt, "but I knew in my heart that someday I would return to world class competition." Like Richards, Curt worked himself half to death. He trained two hours a day, six days a week, in an effort to pump life back into his affected arm and chest. "I never worked as hard in my life," says Curt. "My intensity and drive easily transcended anything that I had experienced during my entire career as a powerlifter. Some days I worked so hard that I could hardly walk out of the

ten encounter patients who live or die depending upon the strength of their "will to live." So that in the final analysis, even matters of life and death may be decided by your frame of mind.

Did you ever read *Anatomy of an Illness* by Norman Cousins? If you didn't you should. It's a great book. It will give you hope and belief that even the impossible is possible. Cousins was diagnosed as having terminal cancer, and was expected to die shortly. If our arithmetic is right, Cousins should have died 15 years ago. He didn't. He is still the picture of health, enthusiasm, and vigor. The man just refuses to die.

So, you figure, if Cousins can refuse to die, then the least we can do is to refuse to let catastrophes in life kill us. In order to deal with tragedy though, you have to learn to believe in yourself. If you believe, really believe, there is nothing you can't do. Even our Lord told us in the scriptures (Matt. Chapter 17:20) that nothing is impossible for us. "If we have faith as a grain of mustard seed and ask that a mountain be moved, that mountain is going to move," so sayeth the Lord. Certainly believing opens the doors for success. It sets power to flowing when you need it most. Athletes who consistently defeat the odds in life seem to have a special talent for believing in themselves. They are aware that there is an awesome power in belief and they seem more than adept at using that power.

Remember, you can't if you believe you can. Interestingly, positive thinking is the key to making you believe. Think positive and you'll be positive, think negative and you'll be negative. That's the simple premise that governs the science of the human brain.

Best yet, positive thinking always works if it's used properly. The problem is that many times people don't understand the nature or process of positive thinking. Positive thinkers do not deny that negative things happen or that failure exists. They simply refuse to dwell on such events. Rather, they look for the positive element in each situation and build upon it. In fact, positive thinking is a form of thought which habitually synthesizes the positive aspects of each situation. Of course, when you seek out the good in a particular situation you are more likely than not to find it. Note also that seeking the positive is a deliberate systematic process. It takes effort and concentration. It requires hard work, perseverance and discipline. It is not easy to perfect, but positive thinking will work if you are willing to work at it.

Athletes who have risen from the ashes understand that positive thinking is of paramount importance to their success. They are able to see the positive in even the worst situations, and they are aware that what initially looks like disaster may actually be a blessing in disguise.

Live in the Present
Dr. Frederick Buchner, in his award-winning book, *The Hungering Dark*, writes, "Not one of us can bring back yesterday or shape tomorrow. Only today is ours, and it will not be ours for long; and once it is gone, it will never in all time be ours again." Words to live by.

What was, has little bearing on what is, especially in the world of sports. One day you can be champion, the next day a chump. Nothing matters but the present.

Consequently, you must do things NOW. Life relies on letting go; in giving up the past to make the present. The great athletes realize that worrying about what was, only serves to rob them of the energies that will mold the present. There is no merit in being preoccupied with something that can't be controlled. Conversely, it only makes sense to be occupied with something you can control like the present.

"Shape Your Behaviors"
How do some athletes make incredible comebacks after a career-threatening catastrophe? "I don't know how others would handle it," says Darryl Stafford after coming back from a serious injury, "but I handled it one step at a time. I made every effort to focus on the positive things, no matter how small they were." Without question, to make progress in any difficult situation, you have to look at what's right about the situation and build upon that. By reinforcing small bits of behavior you eventually get your deserved response.

The key here is reinforcement. To continue an activity without getting any type of reinforcement isn't exactly the easiest thing in the world to do (psychologists call it "extinction" for a reason). In fact, such behavior defies the primary principles of human performance - sequentially reinforced performance - conditional. In fact, research indicates that individuals who utilize self-reinforcement perform better than those who do not provide for means of reinforcement.

Set and Achieve Realistic Goals
Goal setting is not exactly a new concept in athletics. Research has consistently shown that it is an effective psychological strategy for enhancing all forms of athletic performance. Although goal setting is a rather simplistic task, certain basic concepts should be considered when

establishing your goals. First, set goals that are realistic and flexible. Don't set goals so impossibly high that you ensure failure. Realistically evaluate your present physical status and establish a reasonable timetable for your comeback. Keep in mind that when coming back from an injury, a greater amount of time is required. In the same light, watch that you do not set your goals too low. Outfitting more than your paperboy may not be much of a goal unless he's Lee Haney. In short, keep your goals just out of reach, but not out of sight. Also, don't expect immediate results and don't get discouraged.

Another good idea is to develop a hierarchy of goals. Put each goal in writing. An effective and systematic way to develop your goal hierarchy is to establish primary, secondary and long-range goals. Long-range goals are accomplished over a longer time span, say six months or more; secondary goals are of shorter duration, such as a week; primary goals are daily goals. This long-term to beat the odds, to many goals should lead to secondary to long-range goals.

The idea is to defuse a systematic approach to reach your goals in the most economical and efficient manner. With game plan in hand, all that's required is action on your part. Dr. Judd Biasiotto

goal. Remember, merely writing a goal down does not guarantee that you will achieve it. Goals are more than just visions; they are visions being acted upon.

A lot of people think that making a comeback is somehow romantic, exciting, even easy. It's not. In fact, it's one of the hardest things an athlete can undertake, especially if he's coming back from a major injury. Besides, the incredible amount of pain and physical effort you have to endure, the fear of injury and failure is always buried deep in your subconscious. There's also the haunting reminiscence of what you were and what you had achieved, as well as the false perception of what constitutes minimal and maximum effort. Without question, it is not easy to come back but it is always worth the effort. "If we can live our lives well in suffering, hardship, or failure," says 'Ardis Whitman, "if we can use all our talents and courage, then something of great worth will emerge and be added to the common good." This longing to beat the odds, to conquer our own weakness, has carried humanity through its long history. Undoubtedly, to the true measure of any athlete, or any man for that matter, is how well he deals with adversity.

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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 G. DiPasquale 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 am writing because I have some questions about the bronchio-relaxant Ephedrine HCL. I have taken the one in the medication Primatene (tablets) for asthma. I have gotten very positive results from it. I have done some investigating on my own and in the PDJR, some of the side effects mentioned are rapid heart rate, headaches and hypertension. I am a competitive bench presser and I am lifetime drug free. My question to you is, if I plan to take this drug 3 to 4 times a year (only for competition purposes) am I at risk of hypertension or even a stroke in my later years? Is it true that Ephedrine dilates the bronchials but it constricts the blood vessels? I also read it mimics amphetamines in that it stimulates the CNS. Is my increase in strength due to a stronger muscle contraction caused by the drug or is it because of the stimulation of the CNS? I am enclosing the required fee so you will answer my letter personally. Thank you for your time. **Jim B.**

DEAR JIM: I cover all stimulants including Ephedrine in the December issue of DRUGS IN SPORTS. I've enclosed information on my newsletter and books. Ephedrine is basically a stimulant much like the amphetamines although with less CNS stimulating effects. It is used clinically as a bronchodilator and decongestant. Clinical use of ephedrine has decreased because of the availability of newer drugs that are more effective with fewer adrenergic and stimulating side effects. Because of its adrenergic effects ephedrine can raise blood pressure and even cause cardiac problems, however, most people have few side effects from using up to 30 mg of ephedrine at a time. I've enclosed information on ephedrine from the article on stimulants in the upcoming issue of DRUGS IN SPORTS. **Mauro G. DiPasquale**

DEAR MAURO: My fifteen year old son wrestles and attempts to play football at his high school. He works out with weights during the off season, and although he has developed good definition, he doesn't gain weight. I bought him some weight gain powder last year, and although he didn't drink it as often as instructed, he did use it once a day, but still no weight gain. Is there anything that can help? He has an extremely low ratio of bodyfat and never has a consistently good appetite. He doesn't eat much junk food and snacks on breakfast cereal at night. Although his doctor tells us that he is healthy, he looks too thin to his mother and I. I have enclosed payment per the article in Powerlifting USA magazine. **Lawrence C.**

DEAR LAWRENCE: Gaining weight has to be approached in a systematic way. First of all, it's important to cut back on physical activities so that less energy is expended. It's also important to

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increase caloric intake consistently to levels above those needed for maintenance. If you chart your son's food intake (including everything he eats or drinks) and activity for one week, you can get an idea of what he has to do to gain muscle mass and body weight. For people like your son, I usually recommend they go on the "see-food" diet. Whatever food you see you should eat - otherwise known as the two handed diet. It's important to be organized in order to successfully gain weight. You must be consistent in increasing your daily caloric intake - for most at least above 3500 calories and preferably over 4000 calories per day.

Your son should keep a daily calorie diary and push the food, tucking in at least three heavy meals a day (including breakfast) and several in between meal snacks. I've enclosed a copy of my high fat diet which will put on weight, much of it as lean body mass. However, I usually only recommend this diet to elite strength athletes and bodybuilders (both men and women). At least you can get an idea of a specific weight gain diet, even if it may not be applicable to your son. I've also enclosed some information on the newsletter as well as a copy of the August issue. I'll be covering the high fat diet in more detail in the December and March issues of the newsletter. If you wish to subscribe to DRUGS IN SPORTS, call Decker Periodicals at 1-800-568-7281 and ask for circulation. All the best, **Mauro G. DiPasquale, M.D.**

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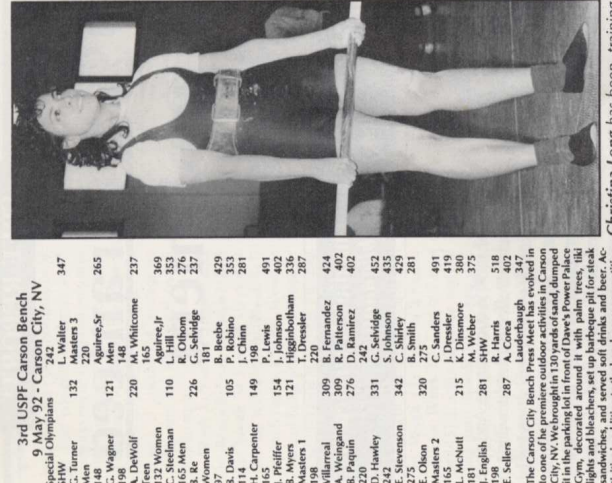
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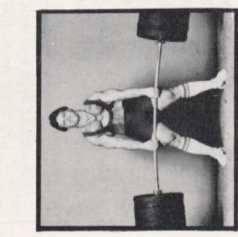
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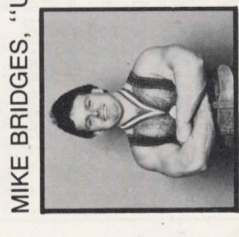
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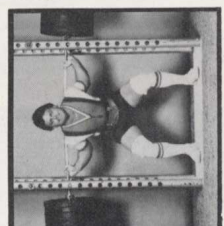
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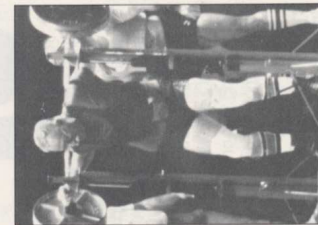
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This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from December 1991 to November 1992. Please send a copy of all ADFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thanks very much. Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive P.L. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

A.D.F.P.A.
TOP 20 125 + kg. SHW

DEADLIFT	BENCH PRESS	SQUAT	TOTAL
711 Battles, M., 8/15/92	689 Hayes, B., 11/21/92	848 Dempsey, B., 6/7/92	2083 Dempsey, B., 6/7/92
710 Dempsey, B., 6/7/92	600 Dallas, M., 4/25/92	600 Dallas, M., 4/25/92	2028 Battles, M., 8/15/92
705 Mallick, V., 2/22/92	580 Mallick, V., 4/7/89/92	580 Mallick, V., 4/7/89/92	1934 Binkowski, J., 3/7/92
700 Eldridge, V., 3/14/92	550 Butler, M., 2/22/92	550 Butler, M., 2/22/92	1912 Mallick, V., 2/22/92
670 Glendon, P., 6/7/92	535 Johnson, L., 8/15/92	535 Johnson, L., 8/15/92	1824 Glenn, P., 6/7/92
670 Glenn, P., 6/7/92	534 Manning, J., 3/21/92	534 Manning, J., 3/21/92	1820 McCaine, D., 11/2/92
667 Crowley, F., 8/15/92	523 Dempsey, B., 6/7/92	523 Dempsey, B., 6/7/92	1818 Stewart, W., 4/4/92
666 Binkowski, J., 3/7/92	520 Griffin, J., 4/26/92	520 Griffin, J., 4/26/92	1805 Jacobs, J., 5/30/92
661 Ford, J., 10/31/92	518 Stewart, W., 4/4/92	518 Stewart, W., 4/4/92	1805 Ford, J., 10/31/92
655 Belli, T., 3/14/92	518 Trimbly, J., 10/3/92	518 Trimbly, J., 10/3/92	1791 Crowley, F., 8/15/92
650 Andrews, W., 11/7/92	501 Sanders, C., 10/3/92	501 Sanders, C., 10/3/92	1763 Wrenn, P., 11/7/92
645 Green, J., 2/15/92	500 Daub, D., 8/9/92	500 Daub, D., 8/9/92	1760 Carro, L., 2/1/92
644 Wrenn, P., 11/7/92	496 Binkowski, J., 3/7/92	496 Binkowski, J., 3/7/92	1758 Delarosa, M., 3/7/92
640 Mason, K., 2/29/92	490 Binkowski, J., 3/7/92	490 Binkowski, J., 3/7/92	1758 Magee, J., 5/16/92
635 Devine, C., 4/11/92	485 Davis, G., 10/25/92	485 Davis, G., 10/25/92	1747 Manno, M., 12/7/91
633 Burrnel, M., 12/14/91	480 Libby, M., 10/10/92	480 Libby, M., 10/10/92	1735 Pisa, K., 3/14/92
630 Wicks, T., 3/14/92			1725 Grusk, M., 3/14/92

I think everyone realizes that a muscle that is completely extended cannot fully contract to a fully contracted position. The "Terminator" will actually increase your bench press strength as you compete because it forces you to use the pecs, while the other shirts on the market today actually make your bench press weights as you compete because the shirt actually is designed to replace pec strength. The "Terminator" will work your pecs as you train. Your initial impression of the shirt will be that you feel the weight more, but in reality your body is forced to react to the weight on the bar, thereby creating thrust from your pecs, which are starting out in a fully contracted position. You will find that as you lift with this new shirt your bench press will actually begin to gain in weight. Your chest will become huge from the concentrated effort you are putting on your pecs. You will soon find discover new found strength levels on the bench press that you never dreamed possible. * from Dr. Ken Leistner Gary Heisey, Dom Sardo, Laura Dood, Linda Bakisto, Pat Susco and all of the other lifters who have visited or trained in the Iron Island Gym have stated that it is the best powerlifting facility they have been in. This is due to the hard work of my paratrooper Ralph Raicola, my wife Kathy, and our terrific staff. It has made it necessary to sell what must be the best ever contest platform and a complete set of Ivanko Calibrated Kilogram Weights. Presently, remodeling has been used in Gary Benford's Y and Senior meets, and a number of other national level contests and World Championships. It is the famous platform built by Jim Sutherland with electric hydraulic racks that move up and down, and in and out. It was the first of its type, and remains the best of its type with a modular front tubing frame, enclosed welded-to-frame motor and gear arm which moves the racks, maple wood gymnasium flooring composed of thick rubber where plate contact occurs, and a new carpet cover which is secured by chromed angle iron. There is a modular space for the competition bench which "drops" into the platform. The bench frame is chromed and the top is self sealing foam. The Ivanko Calibrated Kilogram Weights are exact and are of the type used in the highest level contests. These weights have been used in six continents and otherwise were stored in my garage where they remain at present except for contest use. The weights are available in the following denominations: 4x50 kg, 8x25 kg, 10x20 kg, 4x15 kg, 10x10 kg, 10x5 kg, 10x2.5 kg, 8x1.25 kg, 4x.5 kg. Total weight is 847 kilograms or 1867.3 pounds, enough for a contest platform and warmup platform and certainly plenty to use in the gym to build the platform. The retail cost of the Ivanko Calibrated Kilogram Weights would be far in excess of \$2000.00 plus freight. The cost of building the world championship powerlifting platform by Jim Sutherland was in excess of \$4000.00. In order to accommodate the three other lifting platforms we have in the gym and our new Keil, Inc. equipment line, we are making the platform, complete with plate racks built at waist height to accommodate loading, and all of the above mentioned kilogram weight for a total price of \$3500.00. This will allow anyone to conduct first class contests for many, many years to come, or have the ultimate powerlifting platform in their training center. Contact Dr. Ken at the Iron Island Gym, 516-594-9014.



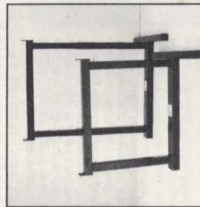
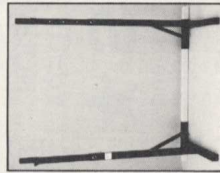
Doug Travis, a long time competitor in California police powerlifting circles passed away recently after a battle with cancer. This issue of P.L. USA is dedicated to him.

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
ADPPA Teen 14-15	600	700	750	850	900	950	975	1000	1050	1075	1100
ADPPA Teen 16-17	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADPPA Teen 18-19	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
ADPPA Men's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADPPA Lifetime	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
ADPPA Collegiates	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
USPF Collegiates	738	804	992	1102	1212	1322	1377	1399	1421	1444	1455
Women's Contests	97	105	114	123	132	148	165	181	198	198+	
USPF Collegiates	402	435	468	496	523	578	622	672	705	727	
ADPPA Women's	97	104	111	116	122	129	139	154	176	176+	
Teen/Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Collegiates	415	445	465	485	505	525	560	610	675	755	
Nationals	496	535	562	617	639	694	739	766	777	876	

Bulletin Board... this organization is the place to look for organization news and notes * for more information on the US Arm Wrestling Championship (to be televised) call 818-953-2222 and ask for Marvin or Chris * the following is a press release from U.P.P./Mike Liccardi "The star around Powerlifting circles these days centers around the new "Terminator". Bench Shirt. This shirt is quite unique in that it has a zipper and makes Bench Pressing much more enjoyable to do. The fact is, it is quite a treat to see lifters ripping up instead of wrestling around to just get a bench in. This shirt is very different than others on the market. Simply put, it puts all the tension on the large muscle mass of the torso. Other shirts have attempted to force the bar up by just sewing the arms nearly together. This neither causes the pecs to grow or get stronger. Most lifters get short term results from this type design, but as time goes by the weight usually remains the same or goes up in very small increments. The "Terminator", in my opinion, will give you the advantage and protection of any bench shirt, but will also force your pecs into a fully contracted position. The "Terminator" will actually increase your bench press strength as you compete because it forces you to use the pecs, while the other shirts on the market today actually make your bench press weights as you compete because the shirt actually is designed to replace pec strength. The "Terminator" will work your pecs as you train. Your initial impression of the shirt will be that you feel the weight more, but in reality your body is forced to react to the weight on the bar, thereby creating thrust from your pecs, which are starting out in a fully contracted position. You will find that as you lift with this new shirt your bench press will actually begin to gain in weight. Your chest will become huge from the concentrated effort you are putting on your pecs. You will soon find discover new found strength levels on the bench press that you never dreamed possible. * from Dr. Ken Leistner Gary Heisey, Dom Sardo, Laura Dood, Linda Bakisto, Pat Susco and all of the other lifters who have visited or trained in the Iron Island Gym have stated that it is the best powerlifting facility they have been in. This is due to the hard work of my paratrooper Ralph Raicola, my wife Kathy, and our terrific staff. It has made it necessary to sell what must be the best ever contest platform and a complete set of Ivanko Calibrated Kilogram Weights. Presently, remodeling has been used in Gary Benford's Y and Senior meets, and a number of other national level contests and World Championships. It is the famous platform built by Jim Sutherland with electric hydraulic racks that move up and down, and in and out. It was the first of its type, and remains the best of its type with a modular front tubing frame, enclosed welded-to-frame motor and gear arm which moves the racks, maple wood gymnasium flooring composed of thick rubber where plate contact occurs, and a new carpet cover which is secured by chromed angle iron. There is a modular space for the competition bench which "drops" into the platform. The bench frame is chromed and the top is self sealing foam. The Ivanko Calibrated Kilogram Weights are exact and are of the type used in the highest level contests. These weights have been used in six continents and otherwise were stored in my garage where they remain at present except for contest use. The weights are available in the following denominations: 4x50 kg, 8x25 kg, 10x20 kg, 4x15 kg, 10x10 kg, 10x5 kg, 10x2.5 kg, 8x1.25 kg, 4x.5 kg. Total weight is 847 kilograms or 1867.3 pounds, enough for a contest platform and warmup platform and certainly plenty to use in the gym to build the platform. The retail cost of the Ivanko Calibrated Kilogram Weights would be far in excess of \$2000.00 plus freight. The cost of building the world championship powerlifting platform by Jim Sutherland was in excess of \$4000.00. In order to accommodate the three other lifting platforms we have in the gym and our new Keil, Inc. equipment line, we are making the platform, complete with plate racks built at waist height to accommodate loading, and all of the above mentioned kilogram weight for a total price of \$3500.00. This will allow anyone to conduct first class contests for many, many years to come, or have the ultimate powerlifting platform in their training center. Contact Dr. Ken at the Iron Island Gym, 516-594-9014.

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"This new stuff is unbelievable," says Anthony Clark

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Radix Angelicae which works in harmony with Radix Astragali and helps boost the body's strength and well-being. And lastly, there's Codonopsis Lanceolata, a ginseng-like tonic. According to oriental herb doctors, Codonopsis can boost energy, normalize blood metabolism and stimulate production. But the best part is we still have all of the original great ingredients that made HOT STUFF work so well. Blend it all together and you have DYNAMITE!! The very best strength-building supplement ever.

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