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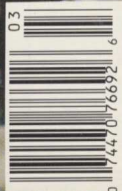
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# POWERLIFTING USA

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MAR/93 \$3.50

## WOMEN'S TOP 20

## WNPF Controversy



**Powerlifting USA**  
Post Office Box 467  
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport... this is their magazine.

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Special World Series

The 1993 Int'l APF "Special World Series" was a day that will stick in our minds forever as a day of great lifting and excitement. It was sponsored by Frantz Sports Center, Mooseheart International and the Chicago Board Council on Physical Fitness & Sports. Without the hard work and dedication from all involved this would not have been possible.

Many lifters received a world record, as we started a new category for the Special World Series. The Mooseheart teenagers were the first group to lift, with Chef Matthews taking first place with a 300 lb. bench press. In the 114 class, followed by Shawn Short with an 80 lb. bench. In the 148 class female Bernie Heckle did a 75 lb. bench. Moving on to the 165 class Jay Pollock took first with a 175 bench followed by Mark Bowser with 85 and Sean Emert with 85. John Weiss lifted 155 in the 181 class, while Dwane Thomas benched 100 in the 198 class.

In the 16 - 17 age group Tammy Wright lifted 55 lbs. in the 97 class. Joan Miller won first with a 55 lift also but in the 105 class. In the 132 class Justin Miller won first with a 145 bench followed second by Allen Swanson lifting 105. Two sisters competing in the 148 class were oversteering. Kelly Rimsa took first with an 80 bench followed closely by Kathy Rimsa with 75. Also in the 148 class was Wayne Wischek taking first with 175 and Buddy Lacey taking second with 115. Moving to the 165 class was Brian Lewis with a 170 bench and second Barrett Sunker with a 170 bench. In the 181 class, followed by a 220 bench from Jay Sheppard in the 220 class. John Briden lifted a car in the 148 weight class.

Moving on now to the second session was the physically challenged lifters. Karen Boyd took first place in the 123 class lifting 105. Jeff Groboski also took first in the 123 class, lifting 90. Jeff also broke the world record in the World Bench Congress. Gerry Milhouse did a wonderful job of lifting second place with a lift of 315, Anthony Scott placed third with a 240 lift, and Scott Klee took fourth with a 210 lift. First place in the 165 class was Joni Soro with a 260 bench followed by Doug Beckley with a 225. Last but not least was Ted Olliges benching 90 lbs. Thio Fernandez took first with a 390

lift against drug free athletes.

I have to thank a bunch of people for their tremendous help at the first WPNF World Championships. A big thank you to the following people: Gary Heisey and his wife, John Schaefer, Dan Daube, Karl Bivans, Antonio Ane, Alberto Velazquez, Tony Piazza, Bill Caston, Jim Murphy, Tim Victor, Joe Novo, Carlos Marques, Frederick Pfister, Big Frank, Roland M. Curio, Ed. G. P. Smith, J. Lawson, Bill Britton, and Leson Wright. I didn't forget anyone if I did. I apologize. I can't forget my own staff. I received a tremendous amount of letters from the lifters, and they all seemed to be very happy with my staff: Ralph, Jimmy, Alex, Lewis, Earl, Big Al, Ray, Greg, Key, Joe, Dwayne, my mom, Dave, all of my spotters, table staff, and the four drug testers. People must remember that most of these people set up at night and had to be there before 5:00 AM. I would like to thank the announcers Nigel and Steve King. Steve is the best announcer in powerlifting. He kept these people up even at 4:00 in the morning. Thanks to Ray Madden and the Monolift. I'm sure a lot of lifters will agree that they could not have made the big

squats if it weren't for that Machine, Ray, you're a genius. Thanks to Neil Berkley of Team Berkley for the beautiful benches. Neil worked on these benches for a few months trying to make them as perfect as possible. I would like to thank Mike Lambert for giving the WPNF the opportunity to have the best benches in the world, and not just that, but to each of our lifters. I hope you'll never forget it. We went around the clock on Saturday with the session two lifters.

There were 140 men in this one session, and on Sunday we had 150 lifters. Many of the totals would have been higher for the 181, 198, 275, 308 and SHW classes if they were able to lift at a reasonable level. We did an excellent job of lifting. We were able to take the 1993 Worlds will be separated in the near future. We everyone meet, this will no doubt cut down the number of lifters for next year. Also, 13 lifters didn't meet the requirements for the drug test. They have been banned for three years. This was the most competitive WPNF meet in history, and all of you did a fabulous job. (Thanks to Troy Ford, WPNF President, for the results and report.)

from other nations. This is not an enormous amount of foreign lifters, but I'm sure you didn't have a whole lot at your first one either. Secondly, I don't care who you lift for. I care who you lift with. Which federation was running this meet; the same thing would have happened. The WPNF averages about 57 lifters per meet. When a lot of other meet directors draw 200 and 300 lifters in a meet, it's not a good sign. The WPNF averages about the same amount, they are making too much money. We do test 100%. We tested by detection, urine, and blood, and believe me it was also the longest meet to date. This was the first WPNF World Championships, and what an experience it was. We had a record 422 lifters and 642 entries. We had lifters from California, Texas, Illinois, Idaho, Florida, and everywhere they choose. WPNF, ADFFA, NAS, USPF, and many more will be in one federation. You will not increase your membership by always criticizing other federations. You will get more members by putting on good meets and trying to improve on each one. The WPNF must really be getting somewhere if other people have to attack us constantly. Why waste your energy? This is the last time I will lifters in one day, etc., etc. I will never run a meet again. I have a comment about another federation president's remarks about the WPNF Worlds. Fit, we did have like improving our drug testing methods and giving lifters a better opportunity to

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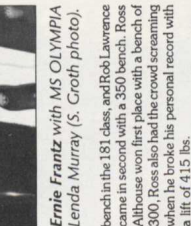
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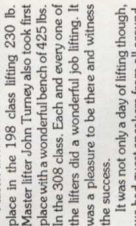
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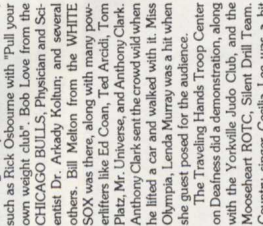
Eric Frantz with MS OLYMPIA Linda Murray (S. Groth photo).



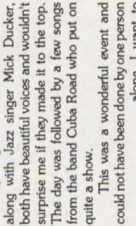
Master lifter Marvin Garner took first place in the 181 class, and Rob Lawrence came in second with a 350 bench. Ross Allhouse won first place with a bench of 300. Ross also had the crowd screaming when he broke his personal record with a lift of 415 lbs.



Master lifter John Turney also took first place with a wonderful bench of 425 lbs. In the 308 class. Each and every one of the lifters did a wonderful job lifting. It was a pleasure to be there and witness the success.



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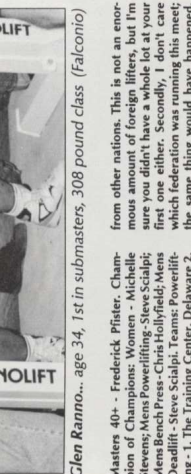
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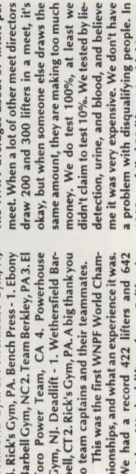
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Anthony Riccitto of Canada, 16, with a 500 deadlift in the 220s.



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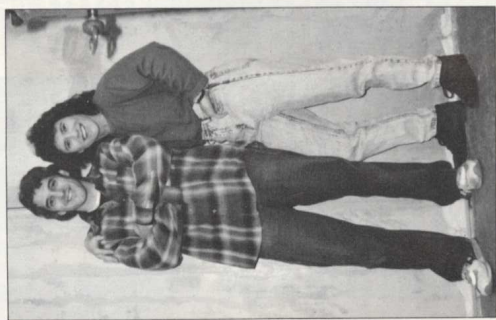
Anthony Riccitto of Canada, 16, with a 500 deadlift in the 220s.



Anthony Riccitto of Canada, 16, with a 500 deadlift in the 220s.

Table with columns for lifters' names, ages, and lift weights across various categories like Submasters A, Teen 14-16A, Junior A, etc.

# More From Ken Leistner



Dr. Ken and Mariah Liggitt hanging in the Iron Island Gym. (photograph by Kathy Leistner).

Those long time readers of PL USA know how I feel about competitive meets. Those who have read the past few issues of PL USA have been reminded of my opinion that the sport has fallen prey to those who don't "put the lifter first".

I have recently noted that some meets have so many lifters that it can only be expected to squat early in the morning, and complete our workouts at perhaps dinner time or worse. If a meet director has so many lifters that the meet cannot be run expeditiously, the purpose of the meet has been destroyed. When one meets with so many lifters that the individuals who are actually lifting cannot demonstrate their strength under the best conditions possible within reason, why have a meet? Ralph and I encourage participation. We had quite a few lifters who had never considered the powerlifts before, join our gym, train, begin to do the lifts, compete at our small contests, "graduate" to our bigger meets, and then move on to the NY State ADPPA meet, all with excellent results. They have all benefited from their participation as lifters. Their training has been enhanced and made more exciting. They read PL USA, talk powerlifting, and often come to the gym on non-training days to spot some of their mates.

We try to provide needs so that they can express their interests in the sport and have an outlet for any competitive desires they might harbor. The purpose is not to win, but to do one's best and enjoy the day. Both of these goals are unattainable if one has 422 lifters in a two day meet. Read that again. And at any fees at about \$100.00 for those entering multiple categories (and if I didn't understand, one gentleman spent \$300.00 to enter multiple categories), lots of money was made by the promoters. What of the lifters however?

On November 13, 14, 15, 1992, the WNPFF held their world championships at the Days Inn in Lancaster, PA. I entered the competition, but withdrew after impressing too associated to the lifters' needs. Attached is an outline of the proprieties associated with that particular meet. While I agree there is a need for a true drug-free powerlifting association, I have yet to see a drug free competition that seems to cater to the lifters' needs, instead of making life easier for the meet director. 1) The deadline for entries was October 23, 1992. On that day the meet director said 350 lifters had entered so far, however, on November 12, 1992, 423 lifters showed up. That is 73 lifters after the entry deadline. 2) Drug testing was scheduled to begin November 12, 1992, 9:00 pm EST to 11:00 pm EST. No drug testing was available at that time. The most common drug test administered was Voice Stress Analysis which consisted of answering 20 questions into a tape recorder. We were told that the tapes would be analyzed later. The validity of such testing is questionable. 3) Two platforms were set up. Due to video tape, only one lifter competed at a time, consequently causing a major backlog of lifters. Starting times for lifting sessions were delayed as much as 6 hours or more. Due to this action many lifters scheduled for later flights had to withdraw from the competition. 4) Spotting was great despite the fact that many of the crew worked 10 hours plus at one time. 5) The biggest problem in the judging was, as usual, consistency. In addition, a general announcement was made that 100 dollars would be paid to anyone that wanted to judge the bench press. 6) While the trophies were big, they were also being spray painted in the parking lot of the meet site. Mark Krog

lifts are supposed to look like". An announcement was made to the audience that anyone who volunteered to judge would get some amount of money to do so as they did not have enough judges, and certainly, not the requisite card carrying judges. This was a world championship event.

For every lifter who states that "this was a fine meet and lifted well", there will be thirty who might never again show up at a meet. Different things are done correctly, and in the best interest of the lifter, or they are not. I have received at least fifteen calls about this meet, everyone of them extremely negative. In fact, never have I received such a response to meet which is why I am presenting the information. Certainly, the meet director is entitled to, and no doubt will, present a very different picture of the meet, but when the trophies are being spray painted in the parking lot while the meet is in progress, and the meet directors are more concerned with selling video tapes of the meet which

are being made "on the spot" with a number of VCRs, and the proper judging is not available for these same lifters, nothing can be said to justify this type of meet. In Malvern, there is a slang term that is often used, one also used in many prisons. Meets like this, where many lifters walk away with such a negative impression of the sport, makes them "do the bird", or leave the sport for good. When you do the bird, you're gone, most likely never to be heard from again. Of the callers I spoke with, four or five stated just that. Can they be blamed?

As the publisher of Powerlifting USA, I feel you should be told of the deplorable conditions at the WNPFF World Powerlifting Championship on 11/14/92 in Lancaster, PA. For three years I have been involved with powerlifting and have won a few meets, along with first place at this meet in the 150 mäsers 40 lb. Never have I seen a meet of this size run so unprofessionally as this. There were no oranges - apples - fruit of any type or soda, no courtesy anything... only water which was stopped being brought into the warmup room for the lifters at 1:00 o'clock in the morning. This meet ran into the wee hours of the morning, to about 6:30 AM, a full 21 hours straight. Meets of large scale that I have planned throughout the year for charge - oranges - fruit - watermelon - just plain thoughtfulness for the lifter. For example, in March of 1992 I competed in John Schaeffer's WPA World Championships. He had everything for the lifter. Also, point of fact, Peter Gisondi's National Deadlift meet in 1992 had everything for the lifter. This meet was strictly set up to make money for Troy Ford, the WNPFF President. He ran two platforms with a video camera. Each platform had to wait for the video camera to be on him. Can you imagine having your knees wrapped for the squat for 1 minute just standing there for a opposite platform. There is nothing wrong with a promoter making a profit from a meet, but put something back to the men and women to make the day more enjoyable, not a hardship like this. I told Troy Ford exactly how I felt once I got my trophy. He let it go in one ear and out the other. Ernest Paucillo

# THE WNPFF RESPONDS

to comments about the WNPFF World Championships organization out there. I don't care what anyone says about our testing methods, and the backstabbing games talked by everyone. The WNPFF never talks about anyone, without someone talking about us first, and we never will. We are here to help make this sport as clean as possible, if you want you. I don't, there are plenty of federations for everyone to compete in.

Gary Heisey was asked to officiate in the month of July, not the weekend of the meet. Mr. Heisey and his wife put a lot of time into this meet, and I thank them for it. No one was promised money or less expensive method, we were short officials, because we were short officials, no one. I am not making excuses for what happened at the Worlds.

Lifters in the 181 and 198 classes did a phenomenal job, and most of their lifts would have been a lot higher. Some guys stated that they had their best meet ever and some probably had their worst meet ever. Remember though, this was something that wasn't planned, and we would like to have gone to sleep, also, instead of staying awake for 48 hours. My staff stayed awake for 48 hours. It was even harder on us, remember that.

From Ralph Robustelli, Vice-President: Who is Ken Leistner, someone that can probably place dead lift in a powerlifting meet. Everyone talks about this should have been done and that would be done, but no one will come up with a better solution and put it into action. This man wasn't even at the meet, but he claims to know so much about the meet. Next thing you know, someone will say Elvis was at the meet, and then he will write about that. We do more testing than anyone else. In 1989 we used the polygraph at all of our meets, but when you hire most polygraphers, they act like you owe them something. And all they care about is making a bunch of money in two to three hours and leaving. This is why the WNPFF went out and bought their own machine. I have just as much expertise as you, and I've been to plenty of meets, and the rules meeting was explained just as well as any other meet I've been to. I explain the rules then I ask if anyone has any questions. If there was a misunderstanding, I would have explained the rules again.

Corsedia Tucker, Testing Supervisor: I feel that if anyone had a prob-



WNPF Champion Jim Cash will be promoting the WNPFF North Americans. Here he is deadlifting 826 some years back at the Greater Arkansas Championship. (Henry Pliard photo)

lem with the meet they should have talked to Mr. Ford about them, not you. Who are you to report to? I feel that since you were not there, most of your facts are definitely incorrect. If you were an honest and thinking man, you should have called Troy Ford to hear his side and made sure you had all the facts. You seem to mention money a lot. I personally think this article is all about how much money was made and not powerlifting. I believe that you would be an excellent writer for the National Enquirer or the Star, well now what they are about. As far as the testers go, I am a tester; I have plenty experience and so do my co-workers. We have learned how to interrogate, investigate, and observe people. The USA is not a polygraph machine; it is altogether different. We analyze after we ask the twenty steroid related questions; this is the reason for the delay of the test results. At least the lifters will know their results before they leave the building. You failed to mention the urine and blood test; we did this also. Results come in two to three weeks after. You should get all your facts straight before you accuse me and my testers of inaccuracy. Everyone can't become a USA analyzer; it's a lot more work than just asking questions.

Dominic Corrado, WNPFF Executive Committee: The WNPFF is the best thing that has ever happened to this sport. You are an editor for this magazine; you state a lot of problems but no solutions. You don't seem to care about drug testing all that much from your articles. It's very easy to sit back and criticize someone, but what solutions do you have? How could you criticize someone that is trying to help clean up this sport. Look at Lyle Alzado, John Matuszak, and the others we don't know about. This is why powerlifting will never be unified, on TV, or in the Olympics because of people like you. The WNPFF will have its growing pains just like all of the other federations did at one time. About the entry fees, lifters wouldn't pay rather pay ten dollars more for a mandatory tested meet? And Al Siegel's awards are garbage; I've seen them before. Mr. Ford is one president who I can truly say cares about keeping this federation clean. I wonder how many other presidents care?

Jim Cash, WNPFF World Champ: This is second hand information. Everyone knows that once someone relay's something to someone else, the story will change many times. This was the first meet I've ever competed in which the meet was tested, and I've competed for 16 years. This meet showed how everyone is unhappy with other federations. With 422 lifters, this proves it. With the amount of lifters present, everyone knew that it was going to take time. The judging was consistent, and the awards were top notch. Some lifters had to lift in the morning, but no lifters withdrew from the meet either. Honestly, integrity, and mandatory testing!

From Troy Ford, WNPFF President: I've listened to all the criticism for two years from various organizations and people; now it's my turn. First, I am not going to present a different picture to anyone. I'm going to tell every one the truth, and I'm going to tell every one that didn't attend the meet what happened, such as Ken Leistner. Yes, this was the biggest meet in history. We had 422 lifters over a three day period. There were approximately 2400 lifters performing on Saturday, November 14th. This is no doubt a lot of lifters for one day. We use the reason for the extended hours on Saturday, a whole lot of lifters and not enough time. Yes, we did have two platforms, but world meet rules state "one platform under world meet conditions". This is why we ran a platform at a time; it's not as fast as a normal double platform meet, but it's not as slow as a single one either. If anyone believes that comment about the video camera, that is your business. I can't change your mind about that. When planning the world meet, PRO Video asked if they would need two cameras. I told them "no" because of the platform rule. If you don't believe me, call PRO Video yourself. I must admit there were a few things that we were having trouble with. As far as officials, we had a group of officials set for the meet. Then, as the meet got closer, we didn't have enough officials to cover the meet. Anyone that has ever directed a meet can understand this. If you never ran a meet before, you will never know. I made the mistake by combining the three world meet together; any person that had a subscription to PL USA can look back to one of the early 1992 issues and see that we had the meets separated. I should have kept it that way. I take the blame for that. In 1993 the Worlds will be separated into three meets for anyone that would like to "quality" for them. Entry fees were \$95 for two divisions; 99% of any sanctioned meets are charging about \$80-\$100.00 for two divisions, but guess what? We are the only federation that tests 100%. The majority of a lifter's entry fee goes towards their testing. I will get to the testing soon, read on! The person that entered and paid \$300, since you know so much, asking him if I didn't talk him out of doing it. I tried to hold a gun to his head; I didn't make him enter these multiple divisions. A lot of money goes toward the line, and I do mean line, awards that we give out. A person doesn't have to be trophy hungry as you stated. Lifters would like to receive a nice award after breaking their asses for eight weeks, and this is what you will receive at a WNPFF meet. If you like to receive a six inch award and lift by formula, you can do so in Mr. Leistner's meets. Drug testing, yes, drug testing! Something we do more of than any other

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# WDPF WORLD BENCH PRESS

WDPF World Bench Press (kg)  
21, 22 Nov 92 - Wilkes-Barre, PA

|                |              |                |       |             |                 |       |
|----------------|--------------|----------------|-------|-------------|-----------------|-------|
| Women          | 82.5         | D. Green       | 100   | 110         | D. Dominielli   | 172.5 |
| Tren           | 85           | D. Green       | 100   | 110         | J. Masber       | 165   |
| L. Trebutte    | 85           | D. Green       | 100   | 110         | S. Mueller      | 155   |
| Masters        | 165          | P. Floridi     | 165   | 190         | R. Lordello     | 150   |
| 47.5           | D. Hickey    | 147.5          | 150   | N. Maltuzas | 147.5           |       |
| 55             | W. Williams  | 147.5          | 150   | C. Williams | 147.5           |       |
| 55             | R. Kopsynas  | 112.5          | 112.5 | B. Logg     | 187.5           |       |
| M. Chebonnel   | 75           | A. Yearby      | 215   | 165         | D. Cieri        | 187.5 |
| 40-44          | B. Constance | 110            | 110   | 120         | R. K. Freiler   | 187.5 |
| 55             | 142.5        | 142.5          | 142.5 | 142.5       | B. Ray          | 132.5 |
| 55             | 56           | Submaster      | 56    | 56          | J. Farnell      | 205   |
| J. Orme        | 70           | D. Aguilar     | 82.5  | 82.5        | C. Heinlein     | 190   |
| 50-54          | A. Senofonte | 142.5          | 142.5 | 142.5       | B. Lemoine      | 190   |
| Open           | A. Hickman   | 152.5          | 152.5 | 152.5       | D. Chevaller    | 167.5 |
| 47-49          | D. James     | 192.5          | 192.5 | 192.5       | P. Floridi      | 165   |
| 60             | M. Boone     | 185            | 185   | 185         | D. Smith, Jr.   | 140   |
| 60             | M. Casaro    | 102.5          | 102.5 | 102.5       | M. Makolsky     | 192.5 |
| A. Vello       | 50           | M. C. Geger    | 130   | 130         | M. Boone        | 185   |
| F. Trenchard   | 67.5         | T. Ghondi      | 110   | 110         | D. Fennell      | 167.5 |
| 53             | C. Langwin   | 70             | 70    | 70          | D. Donald       | 215   |
| 55             | N. Hawkins   | 85             | 85    | 85          | C. D'Onofrio    | 205   |
| 55             | N. Stindel   | 77.5           | 77.5  | 77.5        | A. DeVito       | 197.5 |
| C. Ramoane     | 85           | F. Kelly       | 77.5  | 77.5        | C. Stagnines    | 187.5 |
| K. Weador      | 75           | F. Curvey      | 45-49 | 45-49       | E. Hunt         | 172.5 |
| K. Fetterell   | 75           | M. Allizer     | 100   | 100         | P. Forth        | 165   |
| M. Pointeau    | 80           | G. Morrison    | 90    | 90          | J. Napierkowski | 230   |
| M. Dauterville | 82.5         | R. Sappenfield | 97.5  | 97.5        | B. Churova      | 227.5 |
| 70+            | C. Falconio  | 75             | 75    | 75          | B. Churova      | 227.5 |
| Men            | 165          | D. Delaporte   | 125   | 125         | C. Stagnines    | 187.5 |
| 56             | J. Courtois  | 115            | 115   | 115         | J. Napierkowski | 230   |
| 60             | J. Lamoureux | 110            | 110   | 110         | A. DeVito       | 197.5 |
| 16-17          | T. Tidona    | 110            | 110   | 110         | C. D'Onofrio    | 205   |
| 25             | J. Harris    | 160            | 160   | 160         | B. Churova      | 227.5 |
| S. Duncan      | 152.5        | G. Hoxworth    | 145   | 145         | C. D'Onofrio    | 205   |
| 82-89          | J. Nagel     | 110            | 110   | 110         | A. DeVito       | 197.5 |
| T. Stempfen    | 147.5        | B. Dansevich   | 145   | 145         | C. D'Onofrio    | 205   |
| 100            | R. Hancock   | 92.5           | 92.5  | 92.5        | A. DeVito       | 197.5 |
| 16-17          | R. Hancock   | 92.5           | 92.5  | 92.5        | A. DeVito       | 197.5 |
| 110            | A. Baron     | 157.5          | 157.5 | 157.5       | A. DeVito       | 197.5 |
| 18-19          | A. DeVito    | 197.5          | 197.5 | 197.5       | A. DeVito       | 197.5 |
| S. Corin       | 130          | J. Kostergard  | 177.5 | 177.5       | A. DeVito       | 197.5 |
| Law/Fire       | 60           | A. Baron       | 157.5 | 157.5       | A. DeVito       | 197.5 |
| 60             | J. Gynn      | 132.5          | 132.5 | 132.5       | A. DeVito       | 197.5 |
| R. Alpert      | 105          | B. Granko      | 166   | 166         | A. DeVito       | 197.5 |
| M. Fenton      | 102.5        | D. Comoy       | 132.5 | 132.5       | A. DeVito       | 197.5 |
| 55             | J. Foy       | 152.5          | 152.5 | 152.5       | A. DeVito       | 197.5 |
| B. Legg        | 112.5        | R. Cappucco    | 152.5 | 152.5       | A. DeVito       | 197.5 |



Marek Kozlowski... 220 lb. competitor from Poland. (all photographs - Joe Pyra)



George Iremnee of France won the 242 lb. class, 45-49 age group with 424.

|                         |       |                         |       |       |                |
|-------------------------|-------|-------------------------|-------|-------|----------------|
| M. Marie-Sainte         | 195   | D. Mitchell             | 187.5 | 187.5 | United Kingdom |
| D. Chevaller            | 190   | C. Stagnines            | 185   | 185   | Poland         |
| E. Hunt                 | 172.5 | A. DeVito               | 187.5 | 187.5 | USA            |
| P. Forth                | 165   | J. Napierkowski         | 230   | 230   | Poland         |
| A. Rigby                | 217.5 | B. Churova              | 227.5 | 227.5 | Poland         |
| R. Masare               | 215   | T. Ghondi               | 140   | 140   | USA            |
| M. Kozlowski            | 185   | R. Kozlowski            | 140   | 140   | Poland         |
| R. Shuman               | 227.5 | P. Ghondi               | 205   | 205   | Poland         |
| C. D'Onofrio            | 215   | M. Kozlowski            | 180   | 180   | Poland         |
| A. DeVito               | 197.5 | S. Kozlowski            | 227.5 | 227.5 | Poland         |
| M. Centrell             | 195   | A. DeVito               | 197.5 | 197.5 | USA            |
| Official: Al Siegel     | USA   | Official: Al Siegel     | USA   | USA   | USA            |
| Official: Bill Clayton  | USA   | Official: Bill Clayton  | USA   | USA   | USA            |
| Official: Brenda Siegel | USA   | Official: Brenda Siegel | USA   | USA   | USA            |
| Official: Steve Gardner | USA   | Official: Steve Gardner | USA   | USA   | USA            |

• 1993 •

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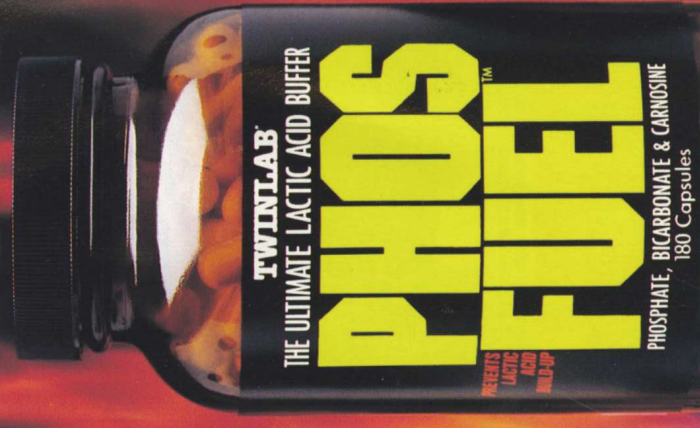
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|---|--|----------------------------------|------------|
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| 2000  | 1640                                   | 82                               | 5          |
|   |  | CARBS<br>(g)                     | (g)        |
|   |  | 317                              |            |

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"If you want a delicious, ultra-high calorie drink, this is it! Mega Mass 2000 is an extremely concentrated, nutrient dense formula that's great anytime, but advanced athletes can benefit by splitting up servings into three or four portions to help maximize nutrient absorption and utilization. Smaller drinks once after breakfast, again after lunch, late afternoon and in the evening provide the nutritional support your body needs to help pack on mass!"

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# WORKOUT of the Month

A lot of lifters have problems developing good strength in the squat. I believe one of the main problems is that when they take an attempt with a heavy weight they are afraid to handle a heavy weight and already are mentally defeated. They worry so much about their form, even though form does play a major role in squatting, that they don't have an aggressive attitude when attempting big weights. It's important to be aggressive when trying to gain strength. As the meet gets closer, the same weight will be utilized and the reps are being reduced so remember to sink them.

I believe in squatting twice a week for the first 2 weeks and then once every 7 days for the final 8 weeks before the show. You must always visualize yourself in motion before you attempt your squat. When you're at the meet and approaching the bar for your attempt, you must only be thinking how easy your workout was 7 days earlier. **BE AGGRESSIVE AND IN CONTROL.**

After taking the bar out of the rack you must set up with 3 steps or less. Thissaves energy and shows your ability to handle the weight, even though it may be a weight you've never handled before. A few days prior to each training session convince yourself that you have done that weight before even though you may have never handled this amount before. Remember, 3 steps or less, think positive, head up, stay focused and sink 'em and you will achieve your goals.

To follow this routine your vitamin intake, especially your intake of amino acids, must be high. Also, keep your protein intake very high. This will enable you to add both weight and muscle size. This is the bottom line for tremendous increases in strength.

The workout presented here is for a lifter who can currently squat 500 pounds. This routine should add 60 to 65 pounds in 10 weeks. Again the amount of increase in strength is dependent on your intake of protein and amino acids. You have to train hard and not be afraid to attempt any weight. All squat workouts will be followed with 5

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, developed by the top P powerlifting authority, Jose Perez, whose lift is analyzed. For those lifters who want to 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).

## JOSE PEREZ Squat Routine

as told to POWERLIFTING USA by Tony Kamand

sets of leg presses and 3 sets of hack squats, no more than 10 reps. This will help in developing endurance in the muscle. The actual routine is as follows:

1 x 405, 1 x 1 x 1 x 500 (knee wraps and belt), 1 x 3 x 425.  
**Week 2:** Day 1 - Squat - 1 x 8 x 135, 1 x 3 x 225, 1 x 2 x 315, 1 x 1 x 415, 1 x 1 x 510 (knee wraps and belt); Day 2 - Squat - 1 x 8 x 135, 1 x 2 x 225, 1 x 1 x 315, 1 x 1 x 405, 1 x 1 x 500 (knee wraps and belt), 1 x 3 x 435.  
**Week 3:** Day 1 - Squat - 1 x 10 x 135, 1 x 3 x 225, 1 x 2 x 315, 1 x 1 x 405 (wraps and belt), 1 x 1 x 520 (wraps and belt).  
**Week 4:** Day 1 - Squat - 1 x 10 x 135, 1 x 5 x 225, 1 x 2 x 315, 1 x 2 x 405, 1 x 1 x 460 (wraps and belt), 1 x 1 x 530 (wraps and belt).  
**Week 5:** Day 1 - Squat - 2 x 6 x 135, 1 x 6 x 225, 1 x 1 x 315, 1 x 1 x 405 (wraps and belt), 1 x 1 x 535 (wraps and belt).  
**Week 6:** Day 1 - Squat - 1 x 10 x 135, 1 x 4 x 225, 1 x 2 x 315, 1 x 1 x 415 (wraps and belt), 1 x 1 x 475 (wraps and belt), 1 x 1 x 545 (wraps and belt).  
**Week 7:** Day 1 - Squat - 1 x 10 x 135, 1 x 4 x 225, 1 x 2 x 315, 1 x 1 x 420 (suit, wraps and belt), 1 x 1 x 500 (suit, wraps and belt), 1 x 1 x 560 (suit, wraps and belt).  
**Week 8:** Day 1 - Squat - 1 x 10 x 135, 1 x 2 x 225, 1 x 1 x 315, 1 x 1 x 415 (suit, wraps and belt), 1 x 1 x 440 (suit, wraps and belt), 1 x 1 x 565 (suit, wraps and belt).  
**Meet Day:** 1 x 8 x 135, 1 x 2 x 225, 1 x 1 x 315, 1 x 1 x 405, 1 x 1 x 465 (last warm-up), 1st attempt 525, 2nd attempt 545, 3rd attempt 565.



Jose Perez... seen above squatting at the 1990 Budweiser World Record Breakers, where he made a 682 in the 148-lb. class, and tried an all time record 709 twice.

What I have to tell you about is better than sex. Well, it's better than ice cream. OK, it's not that great, but it is the best thing since MTV. So, what is it? Well, just hold on and I'll tell you, but first I want to give you some background information.

You surely remember Joan Benoit. She had a lot to do with making long distance running fashionable for women. Anyway, what you may not have been aware of is that just 17 days before the women's Olympic marathon trials in 1984, Joan, the overwhelming favorite, underwent arthroscopic surgery on her right knee. As if that wasn't bad enough, exactly one week after her surgery, she pulled her left hamstring muscle while doing light training to rehabilitate her knee. Needless to say, the world's greatest woman marathoner was experiencing both world class pain and depression. One week prior to the trials, she could barely walk. Even though she felt that it would be impossible for her to compete, but everyone was wrong. Joan did compete, and in the process she established a new world record. A miracle had been performed.

4 years earlier a similar miracle had occurred. Terry Bradshaw, the quarterback of the World Champion Pittsburgh Steelers, had missed the first few games of the season with an ailing throwing arm. The arm was so sore that Bradshaw could barely lift it. The injury was diagnosed by Dr. Bill Bunker, an orthopedic surgeon, as "reverse tennis elbow" - microtears of the flexor pronator muscle, located over the inside of the elbow. The prognosis was that Bradshaw would be lost for the entire season. One week after this gloomy prognosis, Bradshaw led the Steelers to a 34-7 rout of the New York Jets. He was able to finish the rest of the season and lead the Steelers to the division title. A miracle at best.

Similar miracles have recently been documented for other world class athletes and in recent months the athletic world is a flutter with talk about miraculous recoveries. Tell me that doesn't make your nipples hard. These miracles come from a mysterious little black box called an electro-acuscope.

The acuscope has been around for about 7 years now, but it's been a fairly well-kept secret, probably because the instrument is still in the experimental stages. The fact that the box retails for about six grand plus change and that its design, purpose, and function are based on theories and assumptions that are rather vague has most likely caused some resistance to the large-scale acceptance of the instrument.

## Dr. JUDD

### The Mysterious Black Box as told to PL USA by Judd Biasiotto Ph.D.



Rick Gaugler has used the acuscope to heal several of his injuries.

Let me give you the run down on this thing. It's not exactly a scientific secret that all life processes, right down to the individual cell, involve electricity. It has also been observed that the electrical activity of damaged cells is very different than that of healthy tissue. Damaged cells have a much higher electrical resistance, so the energy flow through these cells is much lower. So what, you say? Well, this flow of electricity determines the health and repair rate within the cells. In fact, the amount of 'charge' or energy in the cell is directly proportional to the concentration of adenosine triphosphate (ATP) in the cell. According to Eric Olsen, in experiments done with rats, "it has been found that the application of extremely minute electrical charges to the skin cells increased amino acid and ATP production within the cells as well as accelerated the transport of nutrients and wastes through the cell membranes."

The boys in the know tell us that energy will travel along the path of least resistance. Because a damaged cell has a greater resistance, the body's own electrical energy is incapable of performing the afore-

be healed 30 to 50 percent faster with the electro-acuscope. They also claim that the instrument can significantly reduce inflammation and pain. Another thing the acuscope proponents are quick to point out is that the instrument can be used as a part of a total therapeutic program. For instance, after a brutal workout, the acuscope could be used to reduce the muscle soreness and tightness that often precedes injury. "Such a procedure," says Dr. Ronald Smith, an acuscope expert, "could conceivably reduce injuries threefold and could enhance heavy resistance training beyond the imagination of most athletes."

Despite the obvious successes and benefits, the celebration of the electro-acuscope as a miracle therapy may be somewhat premature. There are a few drawbacks that even the acuscope people will readily admit. First, most athletes don't have six grand plus change to spend on an electro-acuscope. Consequently, it becomes a matter of finding a legitimate therapist who has one. Once that's done, there is the small matter of shelling out \$35 to \$50 for an hour's worth of treatment. Maybe I should also mention that the aforementioned athletes used acuscope on an average of 4 hours a day for 11 straight days. Don't bother adding it up - it comes to a down payment on a new Corvette. Obviously, that kind of time and money is prohibitive for most athletes who are not being subsidized. Another important consideration in acuscope therapy is that the acuscope can treat the injury, but if the injury is the result of biomechanical errors and the errors are not corrected, the injury will most likely reappear.

Of course, the real question is can the mystical black box work miracles or does its healing power stem from the inner powers of the mind? Obviously, there is considerable anecdotal evidence which indicates that the acuscope can promote healing and decrease pain, but the evidence has little scientific relevance. Just because the acuscope worked for Joan Benoit does not mean it will work for you. Before any clear-cut claims can be made concerning the validity of the acuscope, a prolific amount of research involving rigorous methodological controls must be conducted. Until that time, the little black box will most likely remain shrouded in a cloak of mystique.

OK, so it isn't better than sex and you don't have the money or time to experiment with an electro-acuscope and maybe the instrument doesn't even work, but look at the bright side... it just might work, and it just might be what you need.



# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Lifting Weights And Your Immune System

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

You are getting ready for a contest and you feel great. You have been training harder than ever before. All that hard work is about to pay off. The way you feel, personal records will fall. Then, the bottom falls out from under your plans - you get the flu. Your nose runs, your sinuses are stuffed up, and your muscles ache. Was this bad luck or could you have prevented it?

Your immune system has failed to fight off the small organisms that make you sick. What has happened is just as devastating as a strained muscle or a prolonged lay-off. Some experts feel immune system suppression may be the ultimate limiting factor of athletic performance. If you are sick, you are unlikely to lift to your potential.

Exercise and immunity has been the center of folk-lore and home remedy medicine for centuries. Popular sentiment is that regular exercise make people more resistant to disease. Many believe that getting chilled makes people more prone to the common cold. What evidence do we have for these and other popular beliefs? Researchers have increased the understanding of the human immune system. The process is extremely complex. The system attempts to maintain balance. Short-term changes are often

classes of antibodies include immunoglobulin M (symbolized as IgM), IgA, IgE, and IgD. Antigen-antibody reactions are involved in destroying and removing invading microorganisms.

Cell-based immunity is centered around the T lymphocyte. When exposed to an antigen, they may be involved with B lymphocytes in the production of antibodies. They can also attach themselves to antigens directly and destroy them. Direct antigen destruction involves several sub-type T lymphocytes. These include cytotoxic T cells, helper T cells, and suppressor T cells.

### Exercise Training and Immunity

There is not enough evidence to state conclusively that exercise training either improves or impairs immune function. Several studies suggest that heavy training depresses the immune system. Moderate exercise may improve immunity.

**Moderate exercise:** In animal studies, moderate exercise increased antibody levels and increased longevity. In humans there is very little data available. There are many studies that have shown that components of the immune system are affected by exercise. However, we

- Acidic digestive secretions in the stomach; kills ingested organisms.  
- Capacity to lower iron levels in blood and intestinal fluid: affects growth of pathogens  
- Phagocytosis of bacteria and viruses  
- Inflammatory response to infection and injury. Directs cells (macrophages) and causes release of chemicals (e.g., complement, histamine, bradykinin) in the area to rid body of foreign material or injured tissue.  
- Secretion of antibacterial substances (e.g., alpha-interferons)

**Acquired immune mechanisms** includes antibody based immunity and cell-based immunity. Antibody based immunity involves B and T lymphocytes which produce antibodies when exposed to a foreign substance. The foreign substance is called an antigen. The

**Non-specific immune mechanisms** include:  
- Skin: resists penetration by foreign organisms and material.  
- Respiratory tract: filters particles entering from the air.



Success or Failure on the lifting platform may depend on the state of your immune system, according to Dr. Thomas Fahey's research.

don't know if people who exercise regularly are more resistant to disease. Moderate levels of physical activity may decrease the incidence of colon cancer, a disease is thought to be linked to immune function.

**Chronic intense exercise:** Several studies have reported increased incidence of upper respiratory infection. Several measures of immune function are also depressed in heavily training athletes. Immunoglobulin A is important in protecting against upper respiratory infections. It was found to be depressed in cross country skiers and emotionally stressed dental students. However, in the skiers, there was no report of increased incidence of illness. In another study athletes given anti-tetanus vaccine immediately after running a marathon had a normal antibody reaction.

Untrained subjects increase lymphocytes in reaction to intense physical exercise. Trained subjects typically have lower responses. Trained subjects have been found to have transient reductions in T-helper cells which could suppress immune function. After vigorous exercise the ability of lymphocytes to react to specific antigens decreases. These changes are temporary. There are effects on long-term immune function are not known.

Over-training is often associated with increases in corticosteroid hormones, such as cortisone. Elevated corticosteroids has a depressive effect on the immune system. For example, cortisone decreases the reaction of lymphocytes to the antigen. It is probable that the effects of exercise on the immune system are small and transitory. However, if the exercise program leads to over-training, suppression of the immune system may result. This is a critical consideration in the training of athletes. A sick athlete is in the same category as one who is injured or not making satisfactory progress.

**Common Viral Illnesses**  
Viral illnesses are extremely common. They affect the average person 1-6 times a year. They typically cause symptoms in the upper respiratory tract. However, they can sometimes have systemic effects. They can have a far reaching effects on organs and tissues. They can impair skeletal muscle and cardiac function. The severity of viral infection can range from subclinical to death. The most common viral groups are Rhinovirus, Cocksackie A and B, Echovirus, Adenovirus, and influenza.

**Viral infections and Exercise**  
The risk of cardiac related sudden death increases during exercise in people with systemic viral infections. In a study of 78 people who

died during or shortly after exercise, 15% recently had an upper respiratory infection. The Cocksackie virus has been shown to have a tendency to invade the heart muscle. Exercising with a systemic Cocksackie infection may increase the risk of cardiac arrhythmias and sudden death. Several clinical studies reported exercising with a viral illness may have contributed to bacterial meningitis and acute rhabdomyolysis (muscle destruction). One study reported worsened asthma symptoms in an asthma patient.

Viral illnesses decrease physical performance. They also affect muscle structure. Isometric strength decreases in patients with active viral infections. Recovery time may take one month after the illness. Reduced levels of several muscle substrates and enzymes have been found in patients with active viral illnesses. Muscle samples, observed with an electron microscope, revealed cellular abnormalities. In race horses, upper respiratory infections have been associated with poor performance.

Viral illnesses decrease performance and increase the risk of sudden death. People experiencing a sudden loss in performance without any symptoms of illness may have a subclinical viral infection. Resumption of training after a viral illness depends on the symptoms. If symptoms are limited to the upper respiratory track, then training can resume in a few days. However, if symptoms are more general and severe, then more rest is needed. In general, you should rest at least one day for every day of illness.

### Strategies for Preventing Immunity Problems

Howard Hughes, before he died, is said to have a phobia about germs and getting sick. He is said to have worn gloves and a mask much of the day. Even with all his money and extraordinary efforts to avoid germs, Hughes could not escape illness. Unfortunately, it is impossible to avoid organisms that can potentially make you sick. However, there are some precautions you can take to reduce the risk of illnesses that stall progress in your training routine.

**Over-training:** Over-training suppresses the immune system. People who over-train secrete more corticosteroid and catecholamine hormones. These hormones are known to suppress the immune system. Over-training increases cortisol and decreases testosterone - hormone conditions that increase the risk of illness. Structure your program so that you get enough rest. Adequate rest has two benefits

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better immune function and enough recovery to train hard. Remember, intensity is the most important factor in improving strength.

**Diet:** Poorly balanced diets, particularly if low in calories, can suppress your immune system and contribute to over-training. The diet should contain plenty of carbohydrates and adequate protein. Protein intake for competitive athletes is approximately 1-1.5 grams per kilogram body weight. Drinking carbohydrate beverages during and after exercise help to maximize glycogen stores in muscle and liver. Beverages such as CytoMax (Champion Nutrition) aid in recovery and could help create a nutritional environment conducive to good immune function.

Some researchers have suggested that free radical formation during metabolism contribute to immune dysfunction. While controversial, some experts recommend supplements of anti-oxidants, such as vitamin E, vitamin C, and beta-carotene, for preventing suppression of the immune system.

**Rest and stress reduction:** Many lifters believe that more is better. Rest is sometimes more important than the workout. Structure your program so that you get a good balance between rest and exercise. Get enough sleep at night. Everybody's sleep pattern is different. Do what you need to get a good night's sleep.

Many lifters tend to be high stress people. They place stress on themselves in an effort to get stronger and better lifts. Self-imposed stress is just as destructive as stresses associated with work or family. Try to avoid small problems that don't make any difference. It is amazing how these meaningless problems contribute to our over-all stress. Eliminating these problems gives you more time to focus on a good strength program that will give you better lifts.

**Stay away from sick people, particularly before important contests:** If you have an important lifting contest coming up, don't kiss your sick aunt Martha on the lips - not unless you're looking for an excuse not to compete.

**Summary:** There are no magic techniques for avoiding illnesses. The best advice is similar to what your grandmother told you as a kid: eat well, don't over-do it, get plenty of rest, and stay away from sick people. Avoid illness is just as important in your strength training program as the sets and reps in your program and the composition of your diet.

# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warwick, 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:** Recently I saw a story of a person that became paralyzed after using L-Tryptophan. The trouble is you can't find any muscle building powder without the addition of these amino acids. The state of Pennsylvania made the health stores pull it off the counter a while ago. Could you enlighten me as to anything you know of this problem? Thank you, Paul.

**DEAR PAUL:** The use of L-tryptophan increased dramatically in the 1980s, mainly because it was felt by many to be useful in treating insomnia and PMS. Athletes also used it to increase their growth hormone levels. The L-tryptophan scare began in late 1989 when FDA officials ordered products containing large doses of the amino acid health supplement off the shelves, citing a link with a deadly blood disease known as eosinophilic-myalgia syndrome (EMS). The disease occurs when a type of white blood cell migrates to muscles and begins breaking them down, causing symptoms that include pain in the muscles and joints, stiffness, hair loss and skin rashes. Some cases are fatal because muscles in the chest break down, rendering the victim unable to breathe. In March, 1990 the FDA recalled all products containing any dosage of the supplement after several cases of the disease were reported in people who had taken relatively small amounts of L-tryptophan. By the time the product was recalled, more than 1,500 cases of EMS had been reported in the USA, with 21 deaths confirmed. Though L-tryptophan is manufactured by six Japanese companies, U.S. investigators traced almost all cases of contamination to the Showa Denko drug company. (Eosinophilic-myalgia syndrome associated with exposure to tryptophan from a single manufacturer: Slutsker L. Hoessly FC, Miller L. Williams LP, Watson JC, Fleming DW Division of Field Services, Epidemiology Program Office, Centers for Disease Control, Atlanta, GA, 30333 JAMA (United States) Jul 11, 1990, 264 (2) p213-7). That company, according to published reports, had established a new method of manufacturing L-tryptophan. Originally, L-tryptophan was created by a method called biological fermentation. However, a new way was developed using genetic engineering - manufacturing L-tryptophan in this manner makes it much cheaper to make. In any case, the problem is either the process itself, or some contaminant that was introduced somewhere along the line, resulting in a tainted batch of L-tryptophan. The case-related L-tryptophan all came from a small number of lots produced by Showa Denko over a period of just a few months - these lots contain a still-undefined impurity. At present the L-tryptophan that is on the market is safe to use. All the best in your training. Sincerely, Mauro G. Di Pasquale, M.D.

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# INTERVIEW

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

## DEREK BEATTY as interviewed for PL USA by Bob Gaynor



**BOB:** Give us some personal information on yourself.  
**DEREK:** My name is J. Derek Beatty. I am 31 years of age and I reside in Smithfield, Virginia.  
**BOB:** What is your current occupation?

**DEREK:** I am a sales and service manager for Safety Kleen Corp. which is the world's largest recycler of solvents.

**BOB:** How many years have you been training and competing?  
**DEREK:** Years of training: 16. Years of competing: 12.

**BOB:** Derek, how did you begin training?

**DEREK:** I began bench pressing at the age of 15 in my garage. When I was 18 I joined a real gym and met some real lifters including 1970's World Champion, Russ Fletcher. This is when I was introduced to the Squat and Deadlift.

It was not long until I caught the powerlifting bug. I went to my first meet in 1980. With lifts of 340, 250, and 485 I took 6th or 7th place. My deadlift and total, however, were state teenage records. Being very disappointed, I decided not to compete again.

Within a week the meet director whom I had never met sent me a handwritten letter telling me how well I had done and encouraged me to continue lifting, so I did. After learning how to power squat I was lifting state records in the gym. I attended the 1980 Virginia State Meet expecting to do very well, perhaps win. Instead, I bombed out on squats. This was very disturbing to me as a young lifter. Again I did not think powerlifting was my cup of tea. I finally got my act together and began lifting in 1981. I won the Virginia State Championships many times.

**BOB:** What are your best competitive lifts?  
**DEREK:** My best lifts at 148 lbs. are as follows: SQUAT: 534, BENCH: 340, DEADLIFT: 573.

**BOB:** Derek, what are some of the titles and records you hold?  
**DEREK:** Multi-time Virginia State ADFFA AND USPF Champion. 1984 Junior National Competitor. 1985 YMCA National Champion. 1989 ADFFA National Competitor. 1990 ADFFA National Competitor, 1991 ADFFA National Competitor, 1992 ADFFA Nationals 2nd Place 1992 USPF Nationals 3rd Place

**BOB:** Would you please share with

us your views on steroids.  
**DEREK:** There is too much information and evidence available today that show that steroids are detrimental to your health. I can not understand the continued use of steroids. To me the sport of powerlifting exemplifies good health and a long life. Steroids do not fit into this picture. I believe steroid users are destined to be short timers. Longevity will always go to the drug free lifter. In the long run, he/she will always prevail.

**BOB:** Derek, what kind of diet and supplementation program do you follow?  
**DEREK:** I eat just about whatever I want year round. Sugars and fats, however, I stay away from. I normally have to drop 6 to

basically stays the same year round. As a meet approaches my intensity and concentration levels rise and I cut back on most assistance.  
**BOB:** Derek, what advice would you have for beginners?

**DEREK:** Stay healthy and injury-free. One of the most common mistakes lifters make is over-training. Over-training will almost always lead to an injury. Educate yourself by reading the articles in POWERLIFTING USA, books and by asking a lot of questions of the experienced lifters around you. It's important to remember that everyone is different. What works for one person might not work for you. Learn what works for you. Take the information you learn and apply it to your training. I've always found that the more simple a program is the better it is. You must also set short term and long term goals. Set a realistic goal and commit to it. Most important of all, always keep a positive attitude.

**BOB:** Do you have any hobbies other than powerlifting?  
**DEREK:** When I'm not working or lifting, my family and I spend free weekends in the Blue Ridge Mountains wilderness, camping and four wheeling in a jeep which I bought the same year I began powerlifting.

**BOB:** Are there any people you would like to thank or acknowledge?  
**DEREK:** I would like to acknowledge a few people who have helped me perhaps without ever knowing it: Russell Keith, Big Al, Bussy, John Themedies, John Bucco, Willie Morris, Marvin Chappo, Dave Slight, Mark Bailey, Shaun Moore, Scooter, Nile Roger, Dave Weiss and the one person who has kept me up when I should have been down and who has been behind every meet and workout for 12 years, my wife Juliana Beatty, and of course all the fierce competitors in the 148 lb. division.

**BOB:** Derek, are there any other comments you would like to make?  
**DEREK:** I want to thank Bob Gaynor and Mike for considering me for an interview in POWERLIFTING USA. I've been reading PLUSA since the black and whites of 1981. The sport has grown to what it is today because of the dedicated work of people like Bob Gaynor and Mike Lambert.

## Derek Beatty at the 1992 ADFFA National Championships

8 pounds before a competition. During this time, I eat mostly carbohydrates and proteins (plain pastas and boiled chicken). I will also start taking a multi-vitamin pack and amino acids when the intensity level of my training increases.

**BOB:** Give us a breakdown of your training method.  
**DEREK:** My daily routine is as follows: Tuesday - heavy squats, leg assistance, light back, biceps, abs and stretch. Thursday - heavy bench, chest assistance, heavy shoulders, triceps, abs and stretch. Saturday - heavy deadlifts, back assistance, light legs, abs and stretch. Every 3rd or 4th week I skip deadlifts on Saturday due to the chance of over-training the lower back. The routine

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**DEAR MAURO:** I've been having some problems with my left shoulder. Based on experience, I feel confident that a shot of cortisone & testosterone would help. My concern is that I've recently been told I have a small cataract in my left eye. I'm 33, and cortisone has been mentioned as a possible contributing factor. I've had 3 shots - 2 in the right shoulder and one in the back. Would it be safe for my eye to have another? There seems to be some p.o.c involvement this time. Is it good to have some of the cocktail injected into the pec minor, where some of the trouble seems to be? **Jeff**

**DEAR JEFF:** Cataracts can be a problem with the chronic use of corticosteroids. Prolonged use of glucocorticoids may result in posterior subcapsular cataracts (particularly in children). As well, use of corticosteroids may exacerbate existing cataracts. If you want more information on this topic I would have a look at a recent review by Rubin and Polstein (Complications of corticosteroid and immunosuppressive drugs. Int Ophthalmol Clin; 1989 Fall; 29(3): p159-71.) Why not just leave out the corticosteroid from the cocktail? If the pec minor area is sore, it would be a good idea to have your doctor inject some of the solution into and around this area. I hope the shoulder heals. All the best in your training. **Mauro G. Di Pasquale, M.D.**

Time is definitely at a premium for most people. Because of this, time must be allocated among all of our ever-changing activities like work, family, and, of course, powerlifting aspirations. Because the vast majority of us do not make our living lifting, other activities take precedence over it. Time constraints may actually force a lifter to abandon lifting altogether. The problem then is how do we pursue our lifting goals within the constraints of our lifestyle?

When I was in my guitar playing mode about 10 years ago, my teacher stated that the more I could practice, the better I could become. In this case, more was better. The great thing about lifting is that this is not true, more is not better. In fact, more can be worse. This is a boon to lifters with limited time. I believe that good results can be achieved in powerlifting even with time constraints. The minimum number of workouts per week that can produce positive results over the long term is two. Using this as a guideline, a training schedule can be devised that can work. One suggestion right off the bat is to avoid taking these two workouts on consecutive days. The body needs rest between sessions and the logistics of recuperation require time between workouts. Ideally, I would suggest 2-4 days between workouts for optimal recuperation. Also, try to avoid squatting and deadlifting on the same day. They both stress the lower back, hips, and legs. Too much stress on these body parts can result in over-training and injury. With these two caveats, let's outline some workout possibilities.

Since we don't want to squat and deadlift on the same day, one of these lifts should be paired with the bench press. Which one depends on the lifter. If after working either the squat or deadlift your back tends to stiffen, I would not bench afterwards as benching could aggravate this problem further. I would work the trouble lift separately in this case. If they both stiffen your back, I would seriously analyze what is the cause of this stiffness. It could foretell a more serious underlying problem. Another determinant would be which of the two lifts requires more attention. If your squat is your weak lift, isolate that lift on its own day and pair the bench with the other. Some experimentation may be required and the lift pairings may need to be changed over time.

The first scenario would pair the squat with the bench. The second workout would center around the deadlift. The second scenario would pair the deadlift with the bench and the squat would have its own day. The amount of assistance work in-

cluded on each day would vary to the amount of time available on the day in question. I recommend that big, multi-joint assistance moves be the exercises of choice for a lifter with time restraints. Stay away from little, marginally productive exercises like delt laterals, chest flies, and tricep pressdowns. Each lift has effective assistance exercises and I'll rank them in order of effectiveness.

The squat has the fewest assistance exercises. The best moves for the squat would be leg curls and leg presses. Anything outside these two are really not necessary. The bench has more and is probably the most overworked powerlift. I prefer close grip (shoulder width) benches, overhead presses, and dips. The deadlift also has several supplemental moves like rowing, shrugs, and pull-downs.

Work curls once per week when time allows. Calves and abs could conclude each of the workouts and really should not be overlooked. Abs could be worked at home on off days if there is time.

Assistance exercises could be alternated weekly or monthly if you have only time enough for one. Rowing could be done one week, shrugs the next. This also allows the lifter to strengthen numerous muscle groups and keep his lifts moving. In a previous article, I explored the need to train the powerlifts more than once per week. The deadlift has traditionally been trained once per week and lifters have flourished. In the same vein, the squat and bench could be trained similarly and results could also be similar. If you have guilt problems training the bench once per week, you could add light benches on the second day if time permits. Witness the results bench star Chris Conners derives from once per week bench sessions before compromising previous workout time.

To many PL USA lifters, lifting success is very important, but they all don't have enough time to devote to training. I firmly believe that training twice per week can yield superior results while at the same time allowing the lifter to devote time towards other priorities of life. Twice weekly workouts should also be considered by lifters who find themselves over-trained or not progressing. More is better does not apply to powerlifting. If you are consistent, train hard and follow sound training principles you will improve. Your lifting interests can also become a more integral part of your life.

Wide grip or narrow grip, elbows in or elbows out, singles or reps, polyester or denim, the list goes on and on. Go to a few bench press contests and listen to what the big benchers have to say. You'll probably get a few different opinions. It's a rarity to have the discussion centered around foot position and the shoes you are wearing.

I've been lifting weights for 23 years and competing for 13 years. I am presently 38 years old and my best gains have come during the last two years.

Let me go back a few years and tell you of my trials and tribulations. About 5 or 6 years ago I was at a local bench contest where a top ranked lifter was competing. His coach was a master lifter who was in complete control of every phase of his lifting. I was quite impressed by the coach and asked him if he had any suggestions for me. He basically liked what I was doing but did recommend that I position my legs farther in front instead of underneath. It made sense especially since during maximum attempts my buttocks would lift off the bench. I also had trouble with muscle spasms in my lower back.

About 3 or 4 years ago I got some advice from Doug Heath. I incorporated Decline Bench Presses into my routine. I noticed as have other lifters in the gym that I was able to do more weight on the decline than the flat bench.

Getting back to my feet, for a little bit, I had quite a bit of difficulty getting any type of grip with the shoes I was wearing. I was in Chicago at a meet about 2 years ago and although I set a world record bench, I was still having major problems with my footing. Luckily, a friend of mine, Dr. Stan Beekman, was in attendance coaching another lifter, and we began discussing my problem. Stan is a Sports Podiatrist and when we returned to Cleveland we got together. We finally came up with a special non-slip surface which we placed on the sole of my shoes. Voila, finally the slip shoes work great on carpet and rubber, but not on wood. Since the ADFPA allows you to construct non-slip platforms, I constructed some carpet squares. Now, when I lift on a wood surface, I bring my carpet squares.

When I was able to get secure footing, I developed substantial leg drive. After positioning your feet in front of you, then you use your legs to drive your shoulders into the bench. At this point it becomes equally important to secure your shoulders. I use plenty of chalk and at the gym we've covered our benches in suede which is a great

## THE BENCH

### It's All In The Legs!

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front part of the bench off the floor right before my hand off. Once I non-slip surface. If you position your legs properly, it becomes literally impossible to lift your buttocks off the bench. If your buttocks do come off the bench, then you need to reposition them farther in front. Your point of contact between the buttocks and the bench will be minimal and is higher up on the buttocks towards the waist. When you see someone benching in this position you might notice how the body appears as it would during a decline bench. For me, this creates the optimal benching position.

Once I began to use my non-slip shoes, my bench went up significantly. I had spent the last five or six years chasing the ADFPA American bench press record in the 148 lb. class and after having the shoes for 2 months, my bench went from an official 402 to a new American Drug Free Record of 418.75 lbs. With a National, Lifetime, World and American Record, I decided to move up to the 165 lb. class. Within 3 months I achieved another American Record of 453.5 lbs.

There are approximately 15 individuals who are using the non-slip shoe at the gym. Although not all of the lifters are maximizing their bench by using 100% of their available leg drive, they have all found the shoes to hold well on selected surfaces.

Learning to drive with your legs is not as simple as it sounds. I drive so hard that I actually move the

position my feet, my legs stay tight from the hand off until locking the weight, and I continually drive my shoulders into the bench. It also becomes important for me to lift on a high bench. The maximum bench height in the ADFPA is 17 3/4 inches.

I am hoping to come out with a video soon so as to more easily demonstrate proper leg drive and Bench Press technique. I am also converting shoes into a non-slip shoe for those who are interested. The process involves sanding down the sole of your shoe and applying a non-slip surface. I am presently applying for a patent. Once the shoes have been altered, they are usable only with the non-slip material. The material by nature is delicate and therefore you get replacement pads for the shoes. The shoes should only be worn during training. Although I use the shoes only for benching and deadlifting, one of my training partners, Scott Coghlan, uses them to squat in because of his wide stance. Although I don't recommend you squat in them, I think you'll find them great for the bench and the deadlift.

If you are interested in contacting me, you can give me a call or write to: Larry Miller, 5864 North Oval, Solon, Ohio 44139, 216-248-3010

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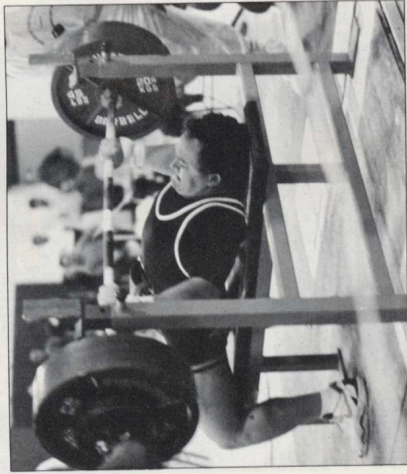
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# POWER PROFILE

## Joe McAuliffe

HEADING FOR FIRST... by Kevin Farley C.S.C.S.



Joe McAuliffe with a 440 lb. New Jersey State ADFFPA bench record

I recognized him as soon as he came through the door. His round face, topped with curly brown hair and complemented with a broad grin looked exactly the same as the last time I had seen it. Twelve years ago we had played on the same Little League team. As he walked towards me, I recalled that round face pinched into a determined grimace as his stubby arms and legs pumped furiously moving his body at an alarming rate along the first base line. As we shook hands, I realized that I had never seen him run at anything less than that breakneck speed, even when he wasn't playing baseball. I have always liked that about Joe McAuliffe. He lives his life in an all out sprint.

After our Little League season ended, I didn't see Joe until the day he walked into my fitness store and jogged my memory with that enormous grin. It didn't take long for us to discover that our lives had followed similar paths over the intervening twelve years. Seems after Joe gave up baseball, he discovered the weight room at his high school. While training to improve himself for football, Joe found that he and the barbells had hit it off very well.

In fact, by his sophomore year, Joe was bench pressing 330 lbs. at a body weight of only 160 lbs. He was even voted the strongest boy in the school, a fact that did not sit well with some of the upperclassmen! Never the less, Joe continued to train with the weights and soon discovered powerlifting. He entered his first contest in 1982, the USPF New Jersey State meet. At that meet Joe set his first official record in powerlifting with a then teenage state record 365 lb bench press in the 181 lb class. That same meet saw the emergence of another great young powerlifter in the person of Robert Wagner. Wagner set his own record with a 590 lb squat in the 165 lb class. Joe remembers being very impressed with Wagner's ability, which only made him more determined to improve his own lifts.

However, Joe decided to take a crack at collegiate football and put lifting on the back burner for a few years. After walking on at Utah State, where his 5'5" 190 lb frame drew some unusual looks from the coaching staff, Joe lost his focus. He wasn't sure what he wanted to do with his life off the field. Believe me, with the single minded approach to lift Joe usually has, this was a confusing time. Luckily, Joe

would have a great influence in his life. Alan Kirshtner, the former state chairman of the ADFFPA in California, saw Joe working out at a local gym and realized that he had enormous potential for powerlifting. So Joe joined Kirshtner at his garage gym called "The Mission Muscle Factory". Along with Joe Cunha, Gary Hunicutt and others, Kirshtner's teams had dominated the California powerlifting scene throughout the mid 80's. Joe found himself training in the midst of these teams and his lifts took off once again. He won his first California State Championship in 1987, setting an American Collegiate record with a 391 lb bench press in the 165 lb class along the way. Joe thoroughly enjoyed the training advice he received from Kirshtner and Hunicutt. His poundages continued to improve as he won the Northern California Championships four years in a row, taking the Best Lifter award each year. His crowning achievement was his victory at the 1989 ADFFPA Collegiate Championships where he went 650 lbs in the squat, 407 lbs in the bench press, and 550 lbs in the deadlift all despite the fact that he had broken his hand a few months before the meet. In fact, the cast was removed barely two weeks

before the contest! Joe's future was changed by two events. One was the sudden death of coach Allen. Despite his considerable success with the strength program at Long Beach, the new football staff did not agree with Joe's coaching philosophy, and the two parted ways. The second event was a serious back injury which Joe suffered at the 1990 National Championships. When he doubled 690 lbs in training Joe thought he was ready for a big total, but he lost his opening squat, forward and heard an audible snap in his lower back. The injury was diagnosed as a ruptured L5-S1 ligament with some bulging of the disc. After the injury and without a coaching position, Joe decided it was time to move back east to be closer to his family and to work on his Masters Degree in Exercise Physiology.

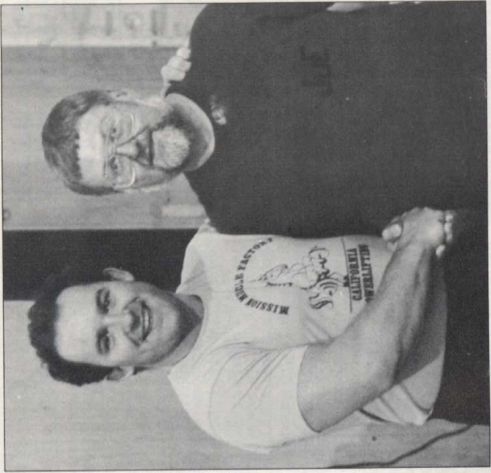
As far as his back goes, Joe embarked on an intense program of rehabilitation including frequent visits to a chiropractor, deep tissue massage, ultrasound, and lots of stretching. As soon as he was able Joe began to strengthen his back with extensions, good mornings, and abdominal work. He also worked his legs with back squats, leg presses and leg curls. He did no power squats for over a year. Today he continues to be very meticulous about his flexibility work and keeps his midsection strong enough to handle the enormous poundages he works with.

Joe's advanced Exercise Physiology degree will make him much more viable as a division IA collegiate strength coach, which is one of his ultimate goals. To gain more experience as a coach and because he couldn't stand to see athletes perform at less than their best, Joe talked the Montclair State football coach into letting him handle the strength and conditioning program. Head coach Rick Cianciola was impressed with Joe's knowledge of training and found his athletes enjoy Joe's coaching style. In fact, Joe's program has been so successful with the football team, that the Montclair baseball team recently asked him to begin a conditioning regimen for that sport. Joe, of course, has been more than happy to oblige.

Between his work as a personal trainer, his burgeoning career as a strength coach and his studies it's hard to believe that Joe still finds time to train. I can honestly say,

through, that there are few people on this planet who love to train as much as Joe McAuliffe. He is in the gym four days per week, training his bench twice per week on a heavy - light system and working squats and deadlifts once each per week. Interestingly, Joe has begun to work his squats and deadlifts heavy only every other week, alternating which lift he will train heavy each week. Thus a heavy squat week will fall on a light deadlift week and vice versa. Joe has found this alternating of heavy workouts greatly increases his recovery abilities. With this system combined with a periodized increase in intensity, Joe made a great come back to the platform with a win at 181 lbs in the 1992 ADFFPA New Jersey Championships. Joe went 8 for 9 at this meet and had the highest total for the entire competition with a fine 1675 lbs. Joe was especially happy with his state record 440 lb bench press and his personal record 585 lb deadlift.

"I am finally gaining confidence in my deadlift, thanks to some improvements in my technique," Joe told me, "and I think I went into the meet competing only with myself, so my psyche was perfect. In fact, except for a technical violation on my last bench it would have been



Joe With Joe... Mr. McAuliffe (left) with Mr. Pyra (Kevin Farley/photos)

my first 9 for 9 meet." At this meet Joe and I met with powerlifting pioneer Joe Pyra. Mr. Pyra liked Joe's attitude towards the sport of powerlifting and asked us to host the state high school meet in

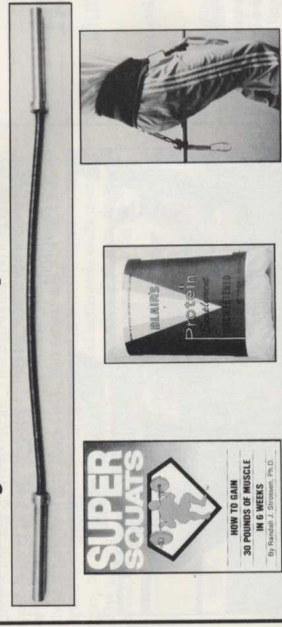
March of 1993. Of course, Joe is always looking to give back to his sport and leaped at the chance to help get more kids involved.

"I love working with the kids," Joe told Mr. Pyra, "So the high

school meet is perfect. I think we need to teach kids the proper techniques. I'm in my late 20's and I am just now perfecting my technique! Just think were I'd be now if someone had showed me what I was doing wrong when I was a teenager!"

With gym PRs of 700 lbs. in the squat, 480 lbs. in the bench and 585 lbs. in the deadlift, Joe is not doing too badly for someone who is just now coming into his own as a lifter. In fact, Joe is pointing himself at next years national championships where he'd like to erase the memories of his ill-fated 1990 contest. He hopes to put up a high 1700 lb total by then, and I for one think he will do just that. With his genetic gifts, and the time he has spent learning how to train properly, I think he will have no problem breaking the 1800 lb barrier. After all, when I met him in the gym the other day, he was rushing around, grapping people on the back, and smiling that wild grin that signals he is ready to train. All I could see was a 13 year old bundle of energy barreling towards first base. That 13 year old is still inside that stubby mass of muscle, pointing towards his goals and going like a bat out of hell to get there. I for one think he's going to be safe.

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

King's Gym  
1013 S. Fayetteville St.  
Asheboro, NC 27203

January 3, 1993

To: Mr. Ernie Frantz and APF Board of Directors.  
My name is Tim King. My wife, Sandy and I have been tentatively given the bid to hold the IPF Juniors and Master World Championships in Greensboro, NC in August of 1993. The bid will be rescinded unless we have assurance in writing from the parties of the lawsuit from 1985 against IPF, that this meet and this meet only, will be exempt from the lawsuit. I speak to you on behalf of the lifters from the USA that will be attending these World Championships. If the bid is rescinded from the US, the Juniors will be held in Indonesia and the Masters will be in Czechoslovakia. The cost to US lifters for the two Championships will easily exceed \$70,000. At least 50% of this expense will be paid for by the lifters because the USPF does not have the funds to pay this expense. This gesture of good will to the powerlifters of this country by the APF could be the start of better relationships between the powers of the sport. Powerlifters must book after one another, the sport will live or die by our actions.

As meet directors, we are prepared to extend an offer to Mr. Frantz for a booth space at the world championships and pay for his airfare to attend this competition. This gesture from Sandy and myself, is extended to Mr. Frantz to help offset expenses incurred from the lawsuit against the IPF.

We submit this request as meet directors on behalf of American lifters. As individuals, we will work for a better relationship between the APF and the USPF. We and the many American lifters who will be affected by the outcome, await your decision.

Sincerely yours,

Tim & Sandy King

Mr. and Mrs. King  
1013 Fayetteville St.  
Asheboro, NC 27203

Dr. Mr. & Mrs. King.

I have contacted the APF Board of Directors on behalf of your letter. They feel that the APF has gone too far and through too much expense and loss, due to the negative effort of previous actions from the USPF. There has to be more compensation and a better program offered to the APF. We will not bow to the IPF for all the unfairness that they have showed towards the US lifters and organizations.

Sincerely, Ernie Frantz, APF President.

As you can see by reading the letter to Ernie Frantz and the APF Board of Directors from Tim and myself, and Mr. Frantz's reply to our letter, we were not able to come to a compromise with the APF that would permit the IPF Jr. and Masters World Championship to be held in the USA. It is a shame that after all this time, money and politics are still the determining factors for this dispute. Mr. Frantz claims to want unification for the sport of powerlifting in the USA. Where is his spirit of unity now? Mr. Frantz made the statement to be me personally that the lawsuit had never been about money but concerned principle and the treatment of the individual lifters by the IPF. I hear no words of principle in Mr. Frantz's letter to Tim and myself, only questions of compensation for the APF and Mr. Frantz personally. Mr. Frantz further accuses the USPF of "negative effort" toward him and the APF. If the effort Mr. Frantz is referring to were the efforts put forth by the USPF to defend the Federation from Mr. Frantz's lawsuit, then I ask Mr. Frantz, what would he have done in the same situation? The

# GYM TALK

as told to PL USA by Chris Confessore

Being involved in this great sport of Powerlifting for approximately ten years, I have become accustomed to hearing these two questions. Number one: How much can you bench press? Number two: How big are your arms? Answering Number One is not as straightforward as it may seem. You see, if I say 625 pounds, which is my best in competition, I will get one of two responses, one being, "that's incredible; you know I used to bench press around 500 pounds but I started getting too big, my clothes didn't fit anymore so I stopped and all my muscle turned to this" (as he points to his obese abdominal region). I guess now he has become a belly-builder. The next most common response is, "that's not bad, but my cousin in Oshkosh bench presses at least 630 pounds on a regular basis, maybe even 700 pounds, and weighs the same as you. His name is Big Al." Then I ask, "Does he compete?" No, he does these world record poundages in his basement where his wife Suzy spots him, and he also squats around 1000 pounds - also with Suzy for a spot. Isn't it amazing how many people are lifting world record poundages in all these basements around the country, along with all these supernatural gym lifters that spend hours on top of hours in the gym, but they just don't have the time to compete? Please give us a break, Big Al. There are lifters out

there busting their butts year after year trying to break the magic 250-300 mark, and more in competition, so let's not talk about your day-dreamer Big Al and his so called 630-700 pound bench press - which most likely amount to a big fat guy with a 225 bounce press, not bench press. Well, alright, maybe Big Al can bench 315 with proper training and a bench shirt; 630 must be his bodyweight. How about those big-time gym legends who can bench press big time weights with three friends helping them. Give us a break! It's sad to think that even when the day comes that someone legitimately bench presses that magic 800 pounds, there will always be a Big Al from Oshkosh or wherever who will claim that same feat or more but just doesn't compete. Oh yes, then there are Big Al's regulars, they amount to a ton of noise, a lot of weight, but unfortunately not a lot of movement. You know, those squats go down about one inch or so. Oh yeah, Big Al doesn't even wear a tight suit or tight wraps. I must say I have more respect for the man or woman who legitimately lifts any weight than all the Big Al's living in their imaginary worlds. Well, if you know a Big Al, please introduce him to a competition setting and let's see all these supernatural gym lifters that spend hours on top of hours in the gym, but they just don't have the time to compete? Please give us a break, Big Al. There are lifters out



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# INTERVIEW

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

## KARL SALIGER

as interviewed for POWERLIFTING USA by Karl Smith

Karl Saliger is Austria's biggest and strongest powerlifter to date. He turned 24 in January this year and weighs a lean 290 lbs. He remained the undefeated world champion in all five junior world competition years. In his last competition as a junior (Austrian Top 12), he totaled 2260 with 915-551-794. He holds eight junior European records and two junior world records. We're looking forward to bigger things to come from him as he begins to blossom into the open division.

**SMITH:** Tell us about yourself.  
**SALIGER:** I was born in Amstetten, Lower Austria, where I still live. I studied polytechnical skills and learned butchery for three years. From age 7-11 I played soccer then learned judo. From 13-18 I trained bodybuilding with my brother-in-law, then began powerlifting.  
**SMITH:** What is your occupation?  
**SALIGER:** For the last three years I have been engaged with the military sport and martial arts school in Enns. I train there twice daily.

**SMITH:** How did you get started in powerlifting?  
**SALIGER:** In 1987 I competed for the first time and promptly bombed out in the bench press. I went to that meet knowing hardly anything about the rules - then I got going!  
**SMITH:** What are some of the titles that you have won?  
**SALIGER:** '88-'92 Junior European and World Champion, '90 & '92 2nd place open division European Championships, 5 x Austrian Junior & Open Division champion, Austrian strongest man & 2 x Danube Cup overall champion.

**SMITH:** Do you participate in any other meets?  
**SALIGER:** The provincial regional and the Viennese Grand Prix.

**SMITH:** What are your best lifts to date?  
**SALIGER:** Squat-915, Bench-563 without a bench shirt, Deadlift-794, & Total-2260.

**SMITH:** How do you train for a contest?

**SALIGER:** I use a 10 week cycle - 1 day heavy and one light. Two weeks x 8 reps, 3 weeks x 6, 1 week x 5, and 4 weeks x 3&2 reps. I use many complementary exercises and those of weightlifters. The week before my 2260 total I squatted 805 x 3 with belt



Karl Saliger hitting his biggest squat ever, a 915 (Mares Franz photo)

**SALIGER:** A large percentage of my diet consists of complex carbohydrates. I drink a quart of high-protein mix a day. I also like to munch!

**SMITH:** Who or what are some of the influences in your lifting?

**SALIGER:** No one has influenced me, but I was very impressed by the Superheavy Swede, Lars Noren. I watched him lift at the '87 Worlds where he totalled 2375. As a beginner at that time, it blew me away!

**SMITH:** What advice would you give young lifters?

**SALIGER:** Train a good basis before starting the powerlifts. I've experienced that many young lifters train hard and then begin to compete. They train their program and have a hard time changing it. First, gather material and advice from different lifters and look for the golden middle road. But never train first and get advice later!

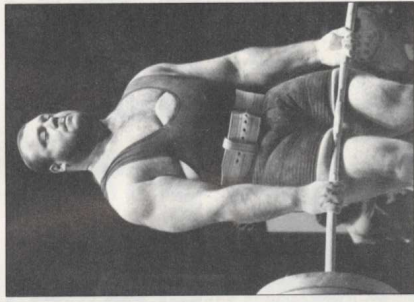
**SMITH:** In what direction would you like to see powerlifting progress?

**SALIGER:** Powerlifting will develop in the manner that the lifters and officials present it and themselves.

**SMITH:** Any closing comments? **SALIGER:** I don't believe I've nearly reached my potential and therefore listen to advice from all lifters. In my opinion powerlifters can learn a lot from weightlifters and bodybuilders and vice-versa.

## Luiz Augusto Farnettani

The 1992 IPF Men's Superheavyweight Champion from Brazil, is 25 years old, 5'11", and normally weighs 330 lbs. His thighs are over 36 inches around, his chest is a meter and a half (59 inches), and his biceps are reported to be just under 23 inches. He started out in swimming and judo at the age of 6 and continued in athletics until 19 at which point he stopped all sports. At the age of 21, he started powerlifting, just for recreation, and in a short time he became the strongest man in Latin America, and he made the decision to try to become world champion. In 1990 at the Jr. World Championships, he was defeated for 1st place on bodyweight and from that time on, he never stopped training until the 1992 Men's IPF Worlds. He was annoyed at not getting the referee's signal to squat at that meet, because it kept it from making his best lifts, and because the rule is not enforced that way in Brazil. His main goal now is to break the world record in the squat, but he does not know what year this will take place. Luiz trains completely by himself, with any help or sponsor, in the backyard of his home in an academy of sports that he built up himself. Romeu Habib Charras



# INTERVIEW

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

## GENE BELL

as interviewed for PL USA by Henry Ellis and Brian Vest

**B & H:** Since you have been overseas and some readers have not heard anything from you in a while, would you give us a short recap of the past few months?

**Gene:** I've been stationed in the Netherlands for the last 18 months at Soesterberg Air Base. Soesterberg is located between Amsterdam and The Hague. My present job is Non-Commissioned Officer in charge of the Base Sports and Fitness Center. I direct and oversee worstly, intramurals, fitness, self-directed and special interest programs. Most importantly, on August 12, I became the father of a healthy baby boy.

**B & H:** Since Holland is well known for its breads and cheeses, how has your weight been lately. Are you still able to put on and take off weight with relative ease?

**Gene:** Holland has a smorgasbord of different foods and cultures; this country is truly a melting pot. I can honestly say that I will never see the 181 pound class again.

**B & H:** Being stationed in Europe and training there, have you had to modify your training routines, and have you learned anything new from observing and training with Europeans?

**Gene:** Training in Europe for the past year has been great. I have access to many gyms in the local area which are loaded with equipment, dedicated lifters and fitness enthusiasts of all sizes and shapes. The local lifters are very keen on training on the progressive system. I also train at one of the best powerlifting gyms in Holland.

**B & H:** The gym you train at has several lifters of world caliber. Do you feel any animosity or resentment from these lifters since you are a world champion?

**Gene:** The lifters at the gym are great guys to lift with. They have been a tremendous support for me since I've been training there.

**B & H:** Your last major competition was the Mid-Netherlands Open Championship. Tell us a bit about your preparation and totals for the meet, and perhaps you could let us in on some of your short term goals.  
**Gene:** My total was 1918 on the attempts. I felt I overtrained for this event, leaving my best lifts in the gym. My short term goals are to hit the Nationals and World

while.

**B & H:** Do you feel that your military career has helped or hindered your lifting success and what role has being stationed overseas played in this?

**Gene:** So far it has been a happy balance between lifting and my military career. At times, when duty calls, it is hard to get to the gym or even to some meets. I have had some of my best training on foreign soil.

**B & H:** Has there been a specific inspiration for you throughout your success, and what do you feel the underlying factor may be?

**Gene:** I guess the two people who had the biggest impact on my lifting career are my former high school coach, Cary Sanders, and my good friend, Louis Baltz. Success comes in so many forms; in the sport of powerlifting, I would say the factors would be genetics, goal setting, hard training, and the desire to be the best.

**B & H:** What does your competition schedule for '93 look like and where would you like to go from there with your lifting career? Are there specific records you are looking to break or a special competition you would like to lift in?

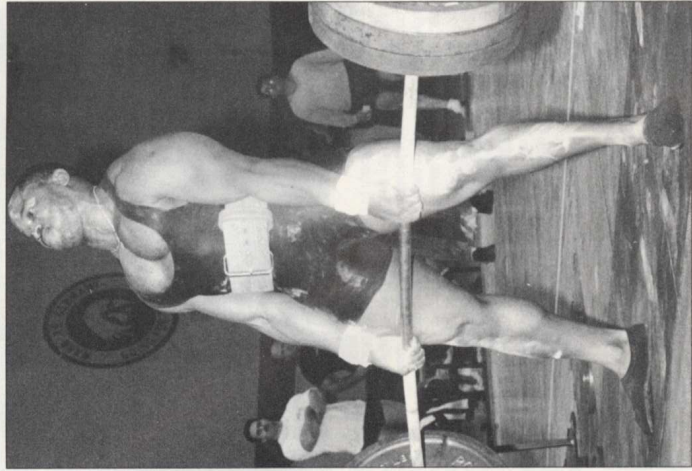
**Gene:** My training is the best it's been in years, so I'm looking at an IPF total record in the 198 lb. class. The only meet I haven't lifted in is the World Games, so I am hoping to get elected to represent the USA there.

**B & H:** You have prepared for your future by getting your degree and even done some teaching in public schools before you came in the military. Would you like to pass on any words of wisdom to young people who might be looking at powerlifting or some other type of strength activity for their future?

**Gene:** I would suggest to any young athlete to plan on getting an education or a job skill to allow them to make a living and enjoy life. Remember to train safely and smartly so that you can enjoy your lifting later in life.

**B & H:** Any last words you would like to pass on to readers and fans of yours in the states?

**Gene:** I hope the readers find this article enlightening. I've been blessed to meet some people who have become close friends. My stay in the Netherlands has been great for my family, so we plan to be here as long as possible.



Gene Bell with a 733 deadlift at the CSC Powerlifting Championships

Guys are great training partners and fun to be around. The best advice I can give a novice lifter is to seek a knowledgeable lifter and read every book on powerlifting and weight training. Try and keep an open mind regarding new training ideas. I also give new lifters a copy of PL USA to read to really get them motivated.

**B & H:** What motivates you to forego aches and pains and continue training?  
**Gene:** I'm a very competitive person in life, and actually in everything I do, especially when I have stay focused and motivated?  
**Gene:** I guess you are referring to Henry Ellis and Brian Vest, my training partners. Both of these

exceed them, makes it all worthwhile.



# INJURIES

## Deep Tissue Therapy

by Daniel Rosales, Strength & Power Productions



Brian Meek getting Deep Tissue Therapy at the meet site (LaMantia)

While watching a prestigious Muscle Beach Push and Pull competition recently, I noticed a couple of big guys standing around a therapy table, rubbing, massaging, digging, and elbowing some of the day's top competitors. Sure, I've seen the Deep Tissue Center shirts they wear with a buffed out "cat from hell" on it before at other sanctioned events, but I never knew what these gentlemen were doing. The athletes obviously knew what benefits this torturous looking mode of therapy provided; they groaned, grunted, then swore a mitraculous ability to lift for their personal best.

I knew at once that I must learn more about this new form of therapy, so I inquired from the Deep Tissue Center's chief therapist, Daniel Varela, as to how this therapy works and what it is that it does. He and his staff doctor went on to explain in simple English, i.e., minus the extreme medical, technical, and psycho-babble, what this type of treatment does.

Deep Tissue Therapy's main emphasis is the breaking up of micro-scar tissue that forms on the muscles, connective tissue, and tendons. The body has a means of dealing with injuries regardless of how minor. Fibrous healing is the process that the body uses to deal with tears and micro-tears that occur when a person injures a part of the body. These fibrous adhesions attach themselves to the traumatized area to further protect it from more severe injury. The problem, however, is that well after the injury has healed these adhesions remain, limiting strength, range of motion, and leaving the affected joint or muscle vulnerable to re-injury.

Pressure applied properly to the affected area as well as all the surrounding area while the patient runs a gamut of motions allow the therapist to successfully break up muscular adhesions. In most cases the relief from muscle tightness and pain occurs immediately. It is not uncommon for some athletes, properly cared for and treated, to return to the sport or activity that once caused them pain in a very short period of time.

While a doctor can treat and manipulate the bones and joints, most use the more common modalities in treating strains, pulls, and other muscular pains. While there are merits to the commonly used forms of treatment, be it hot and cold packs, ultrasound, electro-stimulation, or prescribed exercises, scarcely are the muscular adhesions addressed, thus, a weakness may remain in the injured joint or muscle causing abnormal straining. At the

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# THE BENCH

## Barrier Breaking Bench Routines as told to PL USA by Greg Reshel, POWER EXCEL



Dawn Sharon has trimmed way down for the 1993 lifting campaign

As we all know there are many, many ways to skin a cat. I will use this article to convey four different bench press training routines. Please understand that what I am doing is very much like taking the time to give you directions to four different cities: Atlanta, Chicago, Las Vegas, and Seattle without telling you the starting point of your journey. A sound training program not only takes into account your genetic gifts and weaknesses but uses the training program you are currently using as well as recent routines to assess the starting point for a new program. For our purposes here, I will tell you that we have four different bench athletes that are seeking to break through their respective bench press barriers of 300 lbs., 400 lbs., 500 lbs., as well as 600 lbs. I will briefly highlight the athlete's characteristics and then give a routine that will carry them over the top. I cannot write in the confidence, positive attitude, and aggressive determination needed to break-down what seems to be milestone barriers. Barriers are what we make of them. If anyone reading this article finds themselves in similar circumstances to the fictional athletes I will outline here, please feel free to dive into the program listed for you. You will succeed. You must remain consistently aggressive and have reasonable sound techniques but, make no mistake, if you follow the program as outlined, you will succeed.

Our first athlete is a novice athlete that is no longer young. The athlete's current PR bench press is about 275 lbs. and we will carry this athlete through the 300 lb. marker. Anyone with a mid to high 200 lbs. bench press and average or better recovery will have no problem adapting to this program. We will have our athlete train the bench press twice per week with the light workout following two days after the heavy workout. Our athlete will not be completely recovered before the light day but rather the movements involved in the light workout will help to speed recovery as well as rest various muscle groups and prepare our athlete for the next heavy workout.

**Heavy Workout:** Front Presses from the chin-4 sets of 7 reps at 60, 105 lbs. (drop after Week 8).  
**Bench Press:** Warmup briefly where necessary. **Week 1:** 135x5x2, 175x1, 205x1, 225x1, 235x1, 205x5, 175x12. **Week 2:** 6 sets of 3 reps at 205 lbs. **Week 3:** 135x5x2, 185x1, 215x1, 235x1, 215x4, 185x12. **Week 4:** 8 sets of 2 reps at 225 lbs. **Week 5:** 135x5x2, 175x1, 205x1, 225x1, 245x1, 215x5, 175x15. **Week 6:** 6 sets of 3 reps at 215 lbs. **Week 7:** 135x5x2, 195x1, 225x1, 255x1,

12-135x3, 205x2, 265x1, 315x1, 335x1, 265x8. **Workout 13-6** sets of 4 reps at 135-255 lbs. **Week 2:** 225x2, 285x1, 335x1, 370x1, **Workout 14-135x3, 215x2, 275x1, 325x1, 345x1, 275x8. Workout 15-6** sets of 2 reps at 245 lbs. **Workout 16-135x3, 225x2, 285x1, 335x1, 370x1, 400x1.** \* Wide Grip Front Lat Pull-down-4 sets of 9 reps at 15-20 lbs. \* Seated Press Behind Neck-6 sets of 5 reps at 75-135 lbs. Overhead Single Arm Dumbbell Tricep Extensions-4 sets of 9 reps at 15-20 lbs. \* 30 Degree Forward Lean Wide Grip Upright Row-4 sets of 7 reps at 45-85 lbs.

Our third athlete is a large experienced lifter with good genetic talents in the bench press, but has a physically demanding job or stressful job that does not allow him to train, eat, or sleep properly. This athlete has plateaued in the bench press in the upper fours. This athlete also has trained heavy in accessory movements as well as the bench press but is still unable to peak over the 500 lb. marker. We are going to have our advanced athlete train the bench press two times per week, with the light workout following three days after the heavy workout. We are going to give this lifter a 10 week workout with the heavy training day broken into two phases. The first phase of heavy workouts is 6 weeks long and will pre-exhaust the bench press. Our athlete has to be patient and allow all the heavy training foundation to be coordinated into an honest peak strength experience.

**Heavy Bench Press Routine**  
Phase 1-Pre-exhaust-Perform for 6 weeks. \* Incline Modified Fly-4 sets of 9 reps at 40-75 lbs. \* Dips-5 sets of 8 reps. \* Rotation Shrugs-3 sets of 8 reps at 135-185 lbs. \* Bench Press (minimal warmup) **Week 1-6** sets of 8 reps at 135-185 lbs. **Week 2-8** sets of 3 reps from 285-320 lbs. **Week 3-385x1, 315x4, 395x1, 315x4, 405x1, 315x4. Week 4-6** sets of 3 reps from 325-375 lbs. **Week 5-365x1, 315x5, 395x1, 315x5, 425x1, 315x5. Week 6-5** sets of 2 reps at 385 lbs. \* Decline Bench Press- vertical motion from the first row of abs-3 sets of 6 reps to 385 lbs. \* Parallel Grip Lat Pull-down with 40 Degree Rearward Lean-4 sets of 6 reps at 90-130 lbs.- paused on chest with chest high/head back.

**Heavy Bench Press Routine**  
Phase 2-Pre-lift for Four Weeks \* Bench Press: **Week 1-1** Single up to 405x2x2, 315x8. **Week 2-1** Single up to 435x1x2, 315x8. **Week 3-1** Single up to 435x1x2, 315x8. **Week 4-1** Single up to 435x1x2, 315x8. **Week 5-5** sets of 12 reps at 150 lbs. \* Seated Bent Over Lateral Raises-5 sets of 6 reps at 25-35 lbs.

**Light Bench Press Workout**  
all Ten weeks: \* Incline Bench Press-6 sets of 4 reps at 135-255 lbs. \* Narrow Grip Upright Row-4 sets of 9 reps at 65-105 lbs. \* Alternate Dumbbell Press-4 sets of 10 reps at 25-40 lbs. \* Seated Low Pulley Row-4 sets of 6 reps at 90-130 lbs. \* Medium Grip Low Pulley Row to Sternum (elbows out)-3 sets of 6 reps at 40-70 lbs. \* Wide Grip 60 Degree Rearward Lean High Pulley Row to Sternum-4 sets of 10 reps at 150-200 lbs.

Our last athlete is a large, advanced, genetically gifted lifter. This athlete is fast at recovery and is very aggressive. Contrary to popular belief, pharmaceutical ergogenic supplementation is not necessary. This athlete can bench press mid to upper 500's at a peak and is looking to advance over the 600 mark. We will have our athlete train for his personal record for 10 weeks and then work on the 11th week. The first training period will have our athlete train hard every 5 days for 5 weeks. I must say that we are just peaking the bench and the workout gets more complicated if we are peaking the other two lifts. The second training period will have our lifter training two times per week for 5 more weeks. One training day will have our athlete training the bench relatively heavy as he drives for his peak. The second training day falls two or three days later and is used to reset his muscles, clear the nerve paths of debris, and to promote healing so that he will be recovered and fresh for the next peaking period.

**Training Period 1:** Training the Bench Press every 5 Days. \* Sleep Incline Dumbbell Front Raise-3 sets of 8 reps at 15-25 lbs. \* Standing Lateral Raises-Thumb up with 10 Degrees of Forward Lean-3 sets of 8 15-25 lbs. \* Decline Barbell Pullovers-Bent Elbow with a Wide Grip-4 sets of 5 reps at 45-75 lbs. \* Bench Press (warmup-135x6, 25x5, 315x3). **Workout 1-365x5x5 sets, 315x12. Workout 2-385x5x5 sets, 405x3x2 sets, 365x5x5 sets. Workout 3-435x1, 425x3x2 sets, 365x5x5 sets. Workout 4-385x1, 455x3x2 sets, 455x3x2 sets, 365x5x5 sets. Workout 7-405x1, 475x3x2 sets, 365x5x5 sets. \* Flat Bench Fly-3 sets of 8 reps at 15-25 lbs. \* Plate Raises-3 sets of 6 reps at 25-45 lbs. \* Overhead Tricep Extensions-3 sets of 12 reps at 55-85 lbs.**

**Training Period 2:** Training the Bench Press Two Times per Week for 5 weeks. Heavy Bench Press Workout. \* Bench Press (brief warm-

up). **Week 1-1** Single up to 465, 45x2x3 sets, 385x5. **Week 2-1** Single up to 505, 465x2x3 sets, 385x5. **Week 3-1** Single up to 465, 435x3x3 sets, 385x5. **Week 4-1** Single up to 505, 485x2x3 sets, 385x5. **Week 5-1** Single up to 465, 405x2x2 sets, 365x5. **Week 6-1** Contest-135x5, 225x5, 315x1, 405x1, 485x1. Open-525, 2nd-555, 3rd-600. \* Pec Deck-3 sets of 8 reps no higher than 200 lbs. \* Dumbbell Strugs-3 sets of 8 reps at 55-85 lbs. \* Dumbbell Upright Row on a 30 Degree Forward Incline Bench-3 sets of 8 reps at 20-30 lbs. Light Bench Press Workout: \* Pause Incline Bench Press- wide grip 5 sets of 4 reps at 135-315 lbs. \* Decline Bench Press-3 sets of 8 reps at 135-315 lbs. \* Single Arm Cross Chest Cable Triceps Extensions-3 sets of 10 reps at 40-70 lbs. \* Barbell Front Raises-3 sets of 7 reps at 45-75 lbs. \* Bent-over Low Pulley/Lateral Raise-3 sets of 8 reps at 30-50 lbs.

In each case listed above I must stress the focus of the mind of each athlete on the delivery, timing, and technique of each exercise performed so that maximum work and benefit is delivered to the key muscle groups and movements necessary to accomplish a peak performance. I have found that the age old technique of calculating maximum lifts by adding a percentage to your best double, triple, or five is misguided in that a true peak lifting performance is limited by the weakest muscle group contributing to the pattern of the movement. Therefore lifters are frequently limited by their abilities to stabilize, to balance the weight. Care must be taken to develop all the stabilizing muscle groups and movements involved in any lift so that the lifter's peak performance is now limited by their ability to move the weight and not to balance it.

As I stated on the beginning of the article, I guarantee that any lifter fitting or nearly fitting the characteristics of the athletes described above will definitely succeed in surpassing the goals described above if they successfully complete the workout described. Too many athletes miss lifts because they are afraid to fall the big lift and either rush the lift or break form and technique by oversteering and wasting many hours of training. You must believe to achieve. Follow the programs and discover that barriers are only limitations we set on ourselves. If you need help or would like to discuss the process of following these training patterns, you can reach me or my partners at Power Excel, 2809 S. Superior Street, Milwaukee, WI 53207 or (414) 769-1211 or (414) 769-1760. Good Luck and Good Training.

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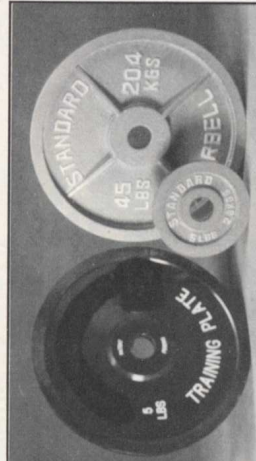
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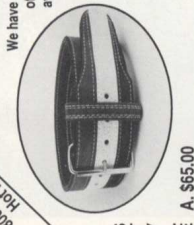
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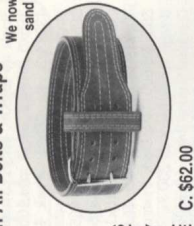
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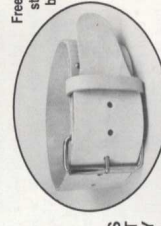
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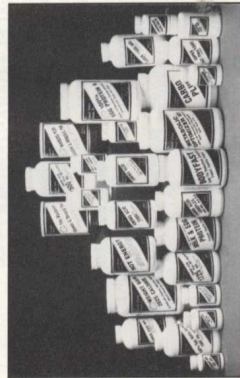
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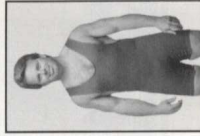
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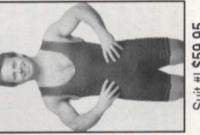
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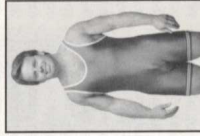
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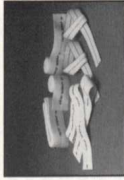


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# HOT STUFF UPDATE

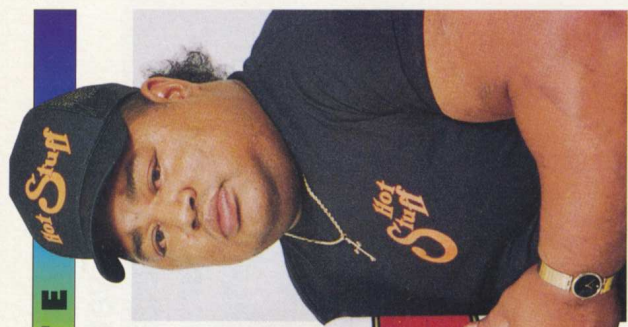
## Five Powerful New Ingredients Make Hot Stuff Even Better!

"This new stuff is unbelievable," says Anthony Clark

Can it really be true? Has the greatest bodybuilding supplement of all time really outdone itself? You bet it has!! HOT STUFF has made another mind-blowing leap into the future. To find out the whole story, please read this report very carefully. It can change the direction of your powerlifting career.

We're pleased to introduce you to the next generation of HOT STUFF — our latest and greatest version of the fantastic supplement you have all come to love. Five all new ingredients make this latest HOT STUFF work better and faster than ever. It's now so far advanced that it leaves all other sports supplements behind. You won't believe how quickly this next generation HOT STUFF will boost your strength and power efforts. In fact, it's now so nutrient-dense that you'll feel a difference in as little as three workouts. But don't take our word for it. Try it and see for yourself. Experience the HOT STUFF high that so many people are talking about. This updated version of HOT STUFF is so INCREDIBLE that your performance will start improving as quickly as 72 hours. HOT STUFF will help you turn your sweat and hard effort into muscle and raw power. If you don't try at least one can, you're making a huge mistake.

**Here's What We've Added**  
Now a few words about those great new ingredients. Well, there's Colostrum for starters — called a potent growth stimulator by The American Chiropractic magazine. You'll also find Sikadeer Antler Powder — an ingredient that contains many natural hormone potentiators, and other nutrients which can strengthen the heart, muscles and central nervous system. There's also Radix Astragal, an oriental adaptogen herb used for energy and improved protein synthesis. We've also added another oriental herb called



They just don't come much bigger or stronger than Anthony Clark. That's why when Anthony recommends a product...people listen! Read here what Anthony has to say about Hot Stuff.

"Naturally, I had heard about Hot Stuff. Everybody in the whole country was talking about this product. That's why I, too, was anxious to give it a try. And I wasn't disappointed. Hot Stuff is one of those products you can feel working almost immediately. While I use it to assist my strength and muscle mass, I was pleasantly surprised to see how it also increased my recuperative power. If you're hesitant about giving Hot Stuff a try — take a tip from Anthony. This stuff is great!"  
— Anthony Clark, One of the Strongest Men in the World

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**YES!** I can't wait to give Hot Stuff a try!  
Please send my order as soon as possible:

1 lb. can \$25.95 (plus \$5.00 postage and handling)  
 2 lb. can \$48.95 (plus \$5.00 postage and handling)

\$ \_\_\_\_\_ Total

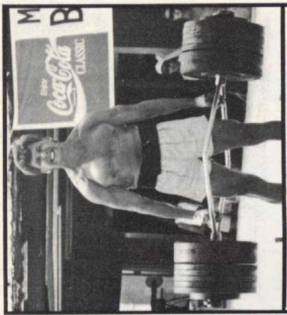
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Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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

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St. Louis, MO 63114

**MONEY BACK GUARANTEE**

### USA All Time TOP 100 Benchers- 148 compiled by HERB GLOSSBRENNER

|     |               |         |
|-----|---------------|---------|
| 470 | BILLOCK, D    | 21APR92 |
| 471 | WARR, C       | 21NOV92 |
| 472 | MORISHIMA, E  | 03SEP88 |
| 473 | POKU, A       | 13JAN97 |
| 474 | COUCH, R      | 14SEP91 |
| 475 | DEMATTEO      | 92      |
| 476 | PEREZ, J      | 16NOV91 |
| 477 | RAFAEL, A     | 05MAR90 |
| 478 | CONYERS, A    | 18JUL97 |
| 479 | MILLER, L     | 92      |
| 480 | SANDO, D      | 16JUL88 |
| 481 | MANICCHIA, P  | 11DEC88 |
| 482 | MILLHOUSE, G  | 23MAR91 |
| 483 | COMBES, R     | 06NOV98 |
| 484 | BAKONKWO, C   | 04FEB92 |
| 485 | CONTRERAS, D  | 13DEC86 |
| 486 | LUCKETT, L    | 13MAY86 |
| 487 | FELDMAN, M    | 08SEP90 |
| 488 | BRIDGES, M    | 02NOV78 |
| 489 | GILL, C       | 13JUN81 |
| 490 | SCARICHT, C   | 30MAY92 |
| 491 | MORRISON, J   | 25APR87 |
| 492 | THOMAS, C     | 04JUL89 |
| 493 | SIMMONS, A    | 22MAR86 |
| 494 | MENDOZA, J    | 04JUN83 |
| 495 | FOLLENIS, C   | 07FEB87 |
| 496 | MC CLENDON, R | 22NOV86 |
| 497 | CLOSE, J      | 19AUG89 |
| 498 | ZEPHY, E      | 24FEB90 |
| 499 | HAYATAKA, T   | 23MAR87 |
| 500 | TSUTSUI, R    | 05DEC81 |
| 501 | FABRY, R      | 05JUN86 |
| 502 | ALICEAL       | 02APR77 |
| 503 | HEATH, D      | 09NOV86 |
| 504 | LEE, J        | 01DEC87 |
| 505 | FUJIOKA, K    | 11JUN88 |
| 506 | GOZDKER, R    | 02APR89 |
| 507 | THOMAS, Q     | 18NOV90 |
| 508 | POWERS, W     | 22MAR92 |
| 509 | PHILLIPS, M   | 08JUL78 |
| 510 | ALEXANDRA     | 23MAY87 |
| 511 | GATTONI, R    | 05DEC87 |
| 512 | WOLFORD, T    | 10DEC88 |
| 513 | LEFAM, C      | 22NOV86 |
| 514 | JOANSON, B    | 24FEB88 |
| 515 | BARBER, L     | 32JUL89 |
| 516 | CANLIS, J     | 23EPR92 |
| 517 | CALVIN, D     | 18JUN85 |
| 518 | HARTING, C    | 12OCT85 |
| 519 | SPARS, B      | 86      |
| 520 | DEHAET, D     | 06JUL85 |
| 521 | TAOY, M       | 15FEB89 |
| 522 | LEWIS, D      | 23JUL89 |
| 523 | HERNANDEZ, E  | 23EPR92 |
| 524 | MARTIN, J     | 18JUN85 |
| 525 | HALE, J       | 21MAY83 |
| 526 | INGRAM, R     | 19MAR83 |
| 527 | JACKSON, C    | 14OCT84 |
| 528 | ACMULLEN, B   | 10SEP88 |
| 529 | WATERMAN, D   | 17JUN89 |
| 530 | CORDERO, M    | 20ANR89 |
| 531 | CLAPP, J      | 14OCT90 |
| 532 | PANETTI, E    | 20APR91 |
| 533 | ZARBE, J      | 20MAY81 |
| 534 | ALBUCK, A     | 29JUN84 |
| 535 | ROMAN, A      | 08JUN86 |
| 536 | WODRASKA, C   | 08JUN86 |
| 537 | WILLIAMS, M   | 28JUL90 |
| 538 | SAPIEN, R     | 01SEP90 |
| 539 | PATZ, W       | 17NOV79 |
| 540 | PROCTOR, R    | 29FEB80 |
| 541 | ALLOR, G      | 06MAR82 |
| 542 | DINSEAL, P    | 02OCT82 |
| 543 | YOSHIDA, J    | 10OCT82 |
| 544 | THURMAN, D    | 04DEC82 |
| 545 |               | 12OCT85 |

(wheelchair, amputees, etc. not included)

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Opiogenics  
Opiogenics  
Hot Stuff  
National Health  
Strength Systems  
Clenbutol  
Cyclifit  
Heavy Weight Mass  
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11:00 am - 7:00 pm

14 Nov 92 - Lewistown, PA 265

Table with columns: Weight, Name, and Score. Lists results for various weight classes from 105 to 220 lbs.



If you've made the previous ALL TIME TOP 20 list, or any of our previous TOP 100 lists, or the ADFPA TOP 20 list, or our annual Women's TOP 20 compilation, you are eligible to order one of the beautiful awards seen above. See this month's TOP 100 list for details on how to order yours now!

The meet was quick and smooth. I would like to thank the following people for their help: judges - Carl Secker, Chip Amiller Sr., Ken Burkholder, Joe Kuder, Edwin Miller, and Arnon Kahley; spotter Snyder and Jeff Plank; registration - Nancy Amiller, Roxann Amiller, Carla Amiller, and Lisa Barker; and head table - Lily Paschies, Tina Secker, and the staff. Thanks to all the people who were from Dorset and were sponsored by the following people: PDR Labs, Rusty Miller, Unico Sealing, Mackrath Farm Machinery, Jeff Tate Paw-

showed up and we ran two benches this year, so

If you really want to get strong and if your goals are almost within reach, then its time to train harder and smarter! Its time for you to try.. OKG!

When compared with branch chain amino acids in an important research study at St. Goran's Hospital in Stockholm, Sweden, OKG (Ornithine Alkylglutamate) was shown to be effective in preventing the decrease in muscle protein synthesis and free glutamine that occurs after trauma. The branch chain amino acids fared no better than the control group. The muscle sparing effect of OKG can be credited due to its ability to increase the glutamine pool within the skeletal muscle cell. Thus, muscle catabolism, associated with a decrease in cellular glutamine, can be reversed with OKG! Next time you train real hard, be assured that you are not wasting your time by overtraining! On your hard training days, take OKG on an empty stomach with water one hour prior to and soon after heavy or high intensity gut busting workouts. While OKG is not a magic pill that requires no work on your part, it is an excellent adjunct to help provide faster recovery and helpfully improved strength! If you never have killer workouts and never subject your muscles to hard traumatic training then OKG will not help you. But, if you like to train hard, then try BIOHEALTH OKG as a key part of your total strength program!

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FAX RESULTS TO 805-987-4275

New Jersey Prison Meet 22 Dec 92 - Trenton, NJ. Results for various weight classes.

ADFPA Annual Dumbarton Deadlift 20 Dec 92 - Dumbarton, MD. Results for various weight classes.

Fact Sheet On THE STRONGEST MAN in Recorded History Video

Program length: 1 hour 35 minutes. Tape formats: VHS for U.S. and Canadian markets/PAL for most overseas markets (NTSC now available)

CONTENTS

Over 160 still photographs. Movie footage from major production and news companies of Paul's most famous competitions as an amateur.

- (1) October 1953 Montreal, Canada: New Canadian open record (1) June 1955, Cleveland, Ohio: World Record (3) June 1955, Russia: Two World Records (4) October 1955, Munich, Germany: World Record (5) June 1956, Philadelphia, PA: 3 World Records (6) December 1956, Melbourne, Australia: Gold Medal in Olympic Games

Home Movie Footage (1) Anderson returns to Toccoa, GA., after stunning the Russians (2) Anderson meets Vice President Richard Nixon in 1955 after returning from Russia (3) Anderson working out in Toccoa 1955, squatting huge wheels, lifting two 55 gallon drums, presses, and upside down push-ups

ADFPA Georgia State 12 Dec 92 - Hinesville, GA. Results for various weight classes.

ADFPA Weight Room Open 5,6 Dec 92 - Santa Rosa, CA. Results for various weight classes.

USPF Ironworks Gym Classic 5 Dec 92 - Burlington, VT. Results for various weight classes.

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# ALMOST ILLEGAL

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

PowerShack is among the biggest strongest and hardest trainees in the area. Constant and progressive training with heavier and heavier weights in the Bench Press, Squat and Deadlift movements produces mind-boggling gains. Ken Lain, a 5'7" powerlifter, is now benching 400 lbs., squatting 600 lbs., and deadlifting 700 lbs. Ken Lain is a 1989 National Powerlifting Federation member and has won numerous titles. He is a 1989 National Powerlifting Federation member and has won numerous titles. He is a 1989 National Powerlifting Federation member and has won numerous titles.

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

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

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(\$14.95 Value) & (\$21.95 Value)

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Rich Seldal lifted in his first power meet and was very impressive, running away with the 198's with a 225 lb. bench. Ken Lain, who was a 1989 National Powerlifting Federation member and has won numerous titles. He is a 1989 National Powerlifting Federation member and has won numerous titles.

### ADFFA Midwest Bench Press 13 Dec 92 - Ft. Wayne, IN

|                  |     |               |     |
|------------------|-----|---------------|-----|
| Special Observer | 145 | N. Negrelli   | 350 |
| V. Whitmore      | 198 | Sweede        | 330 |
| V. Whitmore      | 315 | P. Kletz      | 415 |
| T. Ballenger     | 405 | C. Carter     | 380 |
| S. Thomas        | 585 | M. Miller     | 400 |
| Women            | 180 | M. Miller     | 395 |
| K. Babbs*        | 160 | D. Ferguson** | 410 |
| J. Boushrie      | 145 | M. Miller     | 380 |
| L. Lyb           | 105 | M. Miller     | 395 |
| J. Miller        | 345 | M. Miller     | 395 |
| D. J. Johnson    | 335 | M. Miller     | 395 |
| D. Stewart       | 305 | J. Jackson    | 410 |
| D. Tardy         | 300 | J. Jackson    | 410 |
| D. Tardy         | 300 | J. Jackson    | 410 |

Ken Lain, a 5'7" powerlifter, is now benching 400 lbs., squatting 600 lbs., and deadlifting 700 lbs. Ken Lain is a 1989 National Powerlifting Federation member and has won numerous titles. He is a 1989 National Powerlifting Federation member and has won numerous titles.

**INCREASE YOUR BENCH PRESS**

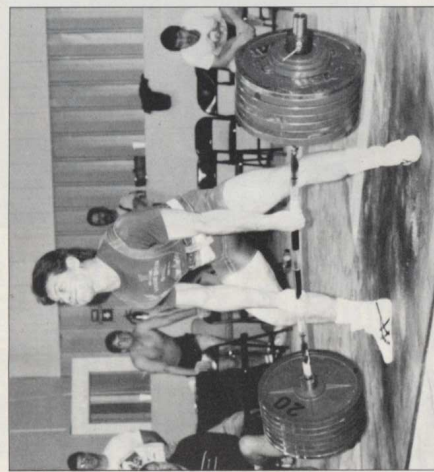
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Bob Bridges came this close with a 710 lb. deadlift attempt at the ADFFA Omni 41 Classic. This photograph provided to PL USA by Doug Daniels.

### Omni 41 ADFFA Classic 21 Nov 92 - Schererville, IN (kg)

|              |       |       |       |       |
|--------------|-------|-------|-------|-------|
| W. Men       | 190   | 132.5 | 235   | 557.5 |
| L. Kantor    | 185   | 127.5 | 190   | 502.5 |
| S. Schneider | 155   | 115   | 187.5 | 457.5 |
| M. Hayran    | 172.5 | 92.5  | 187.5 | 452.5 |
| B. Burris    | 200   | 107.5 | 200   | 477.5 |
| E. Hall      | 187.5 | 107.5 | 200   | 477.5 |
| M. Ball      | 187.5 | 107.5 | 200   | 477.5 |
| J. Cole      | 215   | 107.5 | 200   | 477.5 |
| T. Jones     | 182.5 | 152.5 | 222.5 | 602.5 |
| D. Campbell  | 145   | 132.5 | 222.5 | 602.5 |
| D. Campbell  | 145   | 132.5 | 222.5 | 602.5 |
| A. Neal      | 177.5 | 120   | 205   | 537.5 |
| J. Young     | 192.5 | 120   | 205   | 537.5 |
| J. Young     | 192.5 | 120   | 205   | 537.5 |
| J. Binkowski | 242   | 197.5 | 110   | 517.5 |
| A. Glover    | 242   | 197.5 | 110   | 517.5 |
| A. Glover    | 242   | 197.5 | 110   | 517.5 |

### SCIP Western Region 5 Dec 92 - Pittsburgh, PA

|           |     |     |     |       |
|-----------|-----|-----|-----|-------|
| Roderick  | SQ  | BP  | DL  | Total |
|           | 245 | 115 | 365 | 765   |
| Beck      | 480 | 220 | 480 | 1180  |
| Ramsay    | 475 | 315 | 530 | 1320  |
| Grant     | 560 | 330 | 560 | 1450  |
| Deni      | 540 | 260 | 520 | 1320  |
| Deni      | 445 | 325 | 550 | 1320  |
| Moss      | 590 | 345 | 690 | 1620  |
| Smith     | 600 | 370 | 575 | 1545  |
| Hurtbert  | 560 | 340 | 560 | 1460  |
| Schoening | 550 | 300 | 550 | 1400  |
| Rowe      | 525 | 330 | 520 | 1375  |
| Colquitt  | 500 | 415 | 600 | 1565  |
| Morgan    | 300 | 330 | 605 | 1435  |
| SHW       | 475 | 410 | 480 | 1365  |
| McKinnon  | 700 | 440 | 680 | 1820  |
| McKinnon  | 400 | 320 | 500 | 1220  |

Ken Lain, a 5'7" powerlifter, is now benching 400 lbs., squatting 600 lbs., and deadlifting 700 lbs. Ken Lain is a 1989 National Powerlifting Federation member and has won numerous titles. He is a 1989 National Powerlifting Federation member and has won numerous titles.

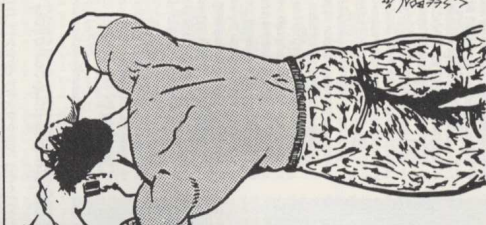
DAVE'S GYM

...a cartoon series by CASEY SEEBON

Relax Dave! Have some Wombat meat. It has mystic anabolic properties, not to mention it's made me what I am today!



OTIS FUDDUCKER?! Heh man, my mom made that bench for me on my birthday!!



Advertisement for CAPTAINS OF CRUSH Silver Crush Grippers. Includes a list of features and contact information for IronMind Enterprises, Inc.

Advertisement for FUDDUCKER'S Barbell Club. Includes a letter from Mike Lambert and details about the gym's location and equipment.

Fort Monroe Open Bench Press 14 Nov 92 - Ft. Monroe, VA. Results for various weight classes and divisions.

World Strict Curl Congress Worlds 12 Dec 92 - Fresno, CA. Results for men's open, novice, and veteran divisions.

USPF 11th Mountain State Bench Press 31 Oct 92 - St. Albans, VT. Results for various weight classes and divisions.

ADPPA Overall Open BP and DL 15 Nov 92 - Blaine, MN. Results for men's and women's divisions.



What's the Best Lift in Powerlifting? Giving something back to your sport! What was the best feeling you could get from lifting?

TRCC Novice Meet 27 Sep 92 - Monroe, WA. Results for novice lifters in various weight classes.

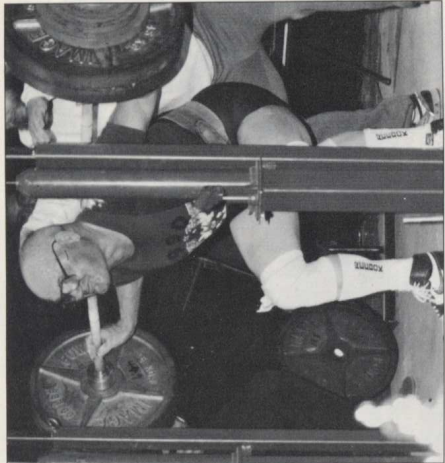
TRCC Record, On Sunday Powerlifting Competition was held at Twin Rivers Community Center. Results for various weight classes.

ADPPA Overall Open BP and DL 15 Nov 92 - Blaine, MN. Results for men's and women's divisions.



15th Annual Greater Texas Classic

Table with columns: Colleague, Wom, SQ, BP, DI, Total. Lists names and scores for various weight classes.



Fred Mullin with a record 529 squat at the Greater Texas Classic (McCoys)

Greater Texas Classic (McCoys)

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

East Bay Novice Bench Press

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

MDSA Northern Nationals Bench

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

17th Mountaineer Open

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

19 Dec 92 - Chilliwack, BC, Canada

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

176\* 292 468\*

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

545 391 529 1466

Table with columns: Name, Weight, Score. Lists names and scores for various weight classes.

Large advertisement for Bioactive Compound 2, featuring the headline 'GETTING BIGGER' and 'JUST GOT EASIER'. The ad describes the product as a steroid-like compound that safely and naturally produces steroid-like results, accelerating protein synthesis and muscle growth. It includes a detailed list of names and scores for various weight classes.

Table with columns for names, points, and positions. Includes sub-sections like '5th Annual Elkhart Bench Classic' and '21 Nov 92 - Elkhart, IN'.

Table with columns for names, points, and positions. Continues the list of athletes and their scores.

refer... in charge, Doug Currence. Steve Hamilton - the best lifting partner a man could ever have... Mary M. Yarbrough...

Table with columns for names, points, and positions. Includes sub-sections like '31 Oct 92 - Leonardtown, MD (kg)' and 'USPF Eastern Regionals'.

Table with columns for names, points, and positions. Includes sub-sections like 'National Meets' and 'World and International Meets'.

CRAN'S POWERLIFTING PARAPHERNALIA. Advertisement for lifting equipment including capsules, salts, and gloves. Includes images of products and pricing.









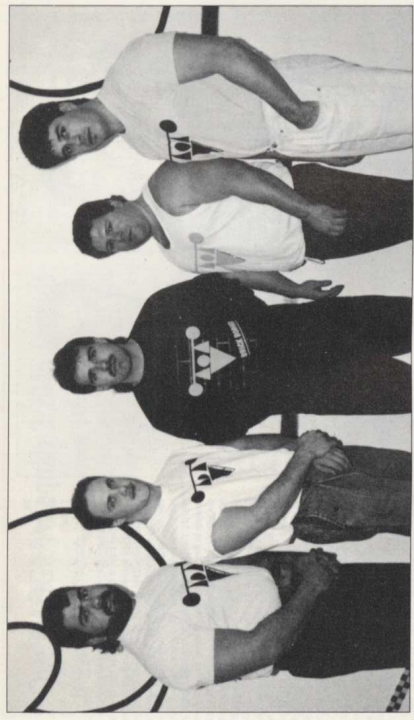
POWER PEOPLE



Table with columns for Name, Age, Weight, and other stats. Includes sections for New Zealand Championships and Colorado DOC Summer Championship.

Drug Free Canadians include Randy Sparks (above) squatting 700 at the 1992 Canadian Drug Free National Championships...

Table with columns for Name, Age, Weight, and other stats. Includes sections for P.R.P.F. Nationals and 21 Nov 92 - Cayey, PR.



Body American Gym Power & Bench Press Team from Utica, New York, left to right, Tom Bartolomeo, Jim Kilts, and Jeffery Sparitono...

Table with columns for Name, Age, Weight, and other stats. Includes sections for ANPPC Drug-Free U.S. Bench Press and ADPFA East Coast.

for more in the deadlift. He was followed by John Malandrino of Yorkers, NY. The 242's were won by Chris O'Donnell of Alco, N.J. In second was Thomas...

Table with columns for Name, Age, Weight, and other stats. Includes sections for Power Surge Bench Press and ADPFA East Coast.



Robert Keese Sr. of Reidsville, NC was a winner in the NASA Regional Bench Press meeting, held in Greensboro, NC, capturing 1st place in the 148 lb. class pure division...

Table with columns for Name, Age, Weight, and other stats. Includes sections for ADPFA East Coast and 12 Dec 92 - Bayside, NY.

World Class Enterprises Presents GOING BEYOND advertisement. Includes a list of products like 'Fundamentals of Fitness', '2001: A Sports Odyssey', and 'Hypnotize Me and Make Me Great'. Also features a coupon for a free book and a list of distributors.

ADFFA Virginia State 5,6 Dec 92 - Quince, VA

Table with columns: Name, SQ, BP, DL, Total. Lists names like S. Hartwig, B. Ryan, K. Weiss, etc.



Virginia's ADFFA Powerlifters of the Year were Bettina Altizer and Dave Weiss. The awards were presented at the Virginia State meet (Bill Emms)

Lake Norman Bench Press

Table with columns: Name, SQ, BP, DL, Total. Lists names like J. Kraus, M. Xavague, T. Craft, etc.

ADFFA Toys for Tots Meet

Table with columns: Name, SQ, BP, DL, Total. Lists names like M. Hildebrand, M. Werts, etc.

Wallops Bench Press & Deadlift

Table with columns: Name, SQ, BP, DL, Total. Lists names like D. Wenzel, S. Abinzi, etc.

70 Chenoweth 110 45 95 250
80 Ruiz 120 62.5 142.5 310
81... American Bench Press Record. Mike Hayes came out again to break his record in the bench press...

Table with columns: Name, SQ, BP, DL, Total. Lists names like J. Chenoweth, T. Ruiz, etc.

18 Maurice 170\* 275 580\*
19 Teasimus 165 250\*
20 Leveque 260 340
21 Scott 360 400\*
22 Dunn 260\* 335\*

100 165 295
101 165 295
102 165 295
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Open
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Bench Press
Men
A. DeGroot 185 365 285
Men
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W. Oakley 110 165 295
Teen
T. Kosker 425
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PL USA Authors/Photographers... if you think you have an idea for an article or a good photo of lifting at a recent meet, submit either one or both to PL USA, Box 467, Camarillo, CA 93011. (Photos that are sharply focused, properly exposed, and black and white are usually the most likely to be utilized in the magazine.)

Table with columns for 107.5, 50, 120, 277.5, 150, 100, 225, 475. Lists names and scores for various categories.

Table with columns for 14 Nov 92 - Lincoln, NE. Lists names and scores for various categories.

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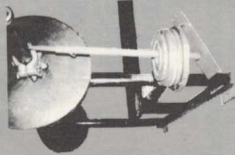
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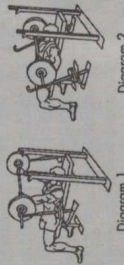


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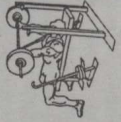


Diagram 2

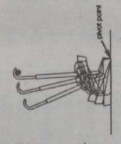


Diagram 3

Diagram 4

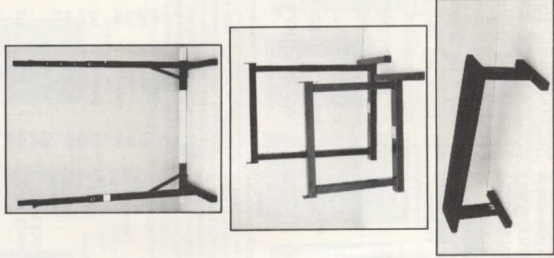
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"It takes courage to be a powerlifter. You put a lot of time and money into training and competing. It takes courage to stand in a spot where there are not too many professionals. Professional bodybuilders gain fame and fortune from marquee events. Why not powerlifting? An opportunity for men and women professional powerlifters. The first ever national professional powerlifting championships. Sports Channel America had booked the meet for a live pay per view TV. Unfortunately, only three men and two women responded to the challenge, and the meet had to be cancelled. The window of opportunity closed, and will be much harder to open next time. All money raised was returned, but I personally lost more than \$2,500 on the meet. The live lifters Mike and Vince Rossi who had the girls and the lifts. Going pro may not affect respect of our sport. The Jim Thorne rules states that your annual pro fee is \$10,000. You can be a professional in one or more sports but you can be a star in others. However, if the NEA can't get pro basketball players into Olympic basketball, what's the advantage to remaining amateur? Recently, the Professional Rodeo Cowboys Association told its members they couldn't compete in pro rodeos not sanctioned by the PRCA. A group of pro cowboys took them to court, and the PRCA lost. The court ruled that one association could not restrict participation in other similar associations. Big boys of powerlifting associations need to be changed to comply with these recent rulings. I suggest that the executive boards of all the powerlifting associations get together on a regular basis for the good of the sport. Make a bold move—take the top three lifters in each weight class and each division from each association and once a year have a powermeet the weekend before the Superbowl in the Superbowl city. And make it a professional event. I will continue to put on smaller meets, but I cannot longer put my finances, my time and my energy into a sport that doesn't seem to care. But, if you need help organizing the Supermeet, call me." - Dave Kuzmin

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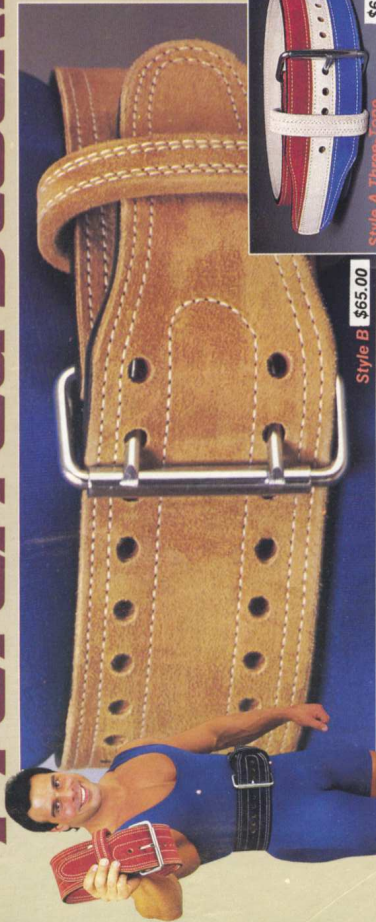


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