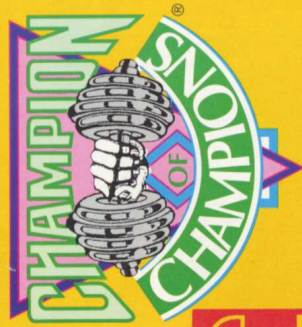


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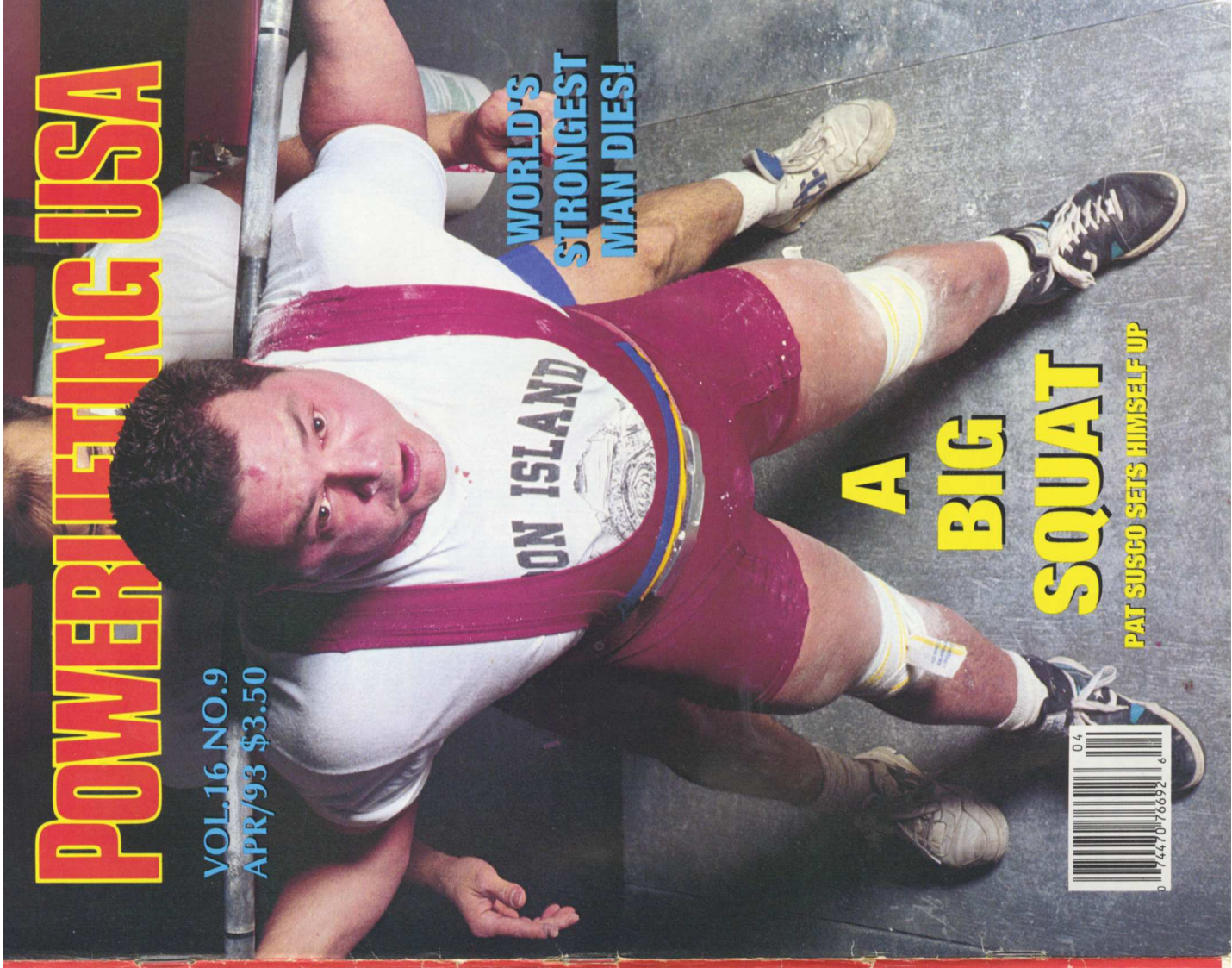
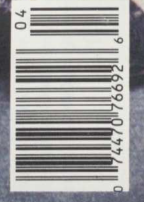
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WORLD'S
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A BIG SQUAT

PAT SUSGO SETS HIMSELF UP



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ON THE COVER..... Big Squatter Pat Susco training in Dr. Ken Leistner's Iron Island Gym, as photographed by Ann Tuite.

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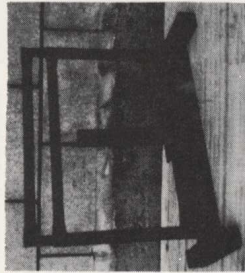
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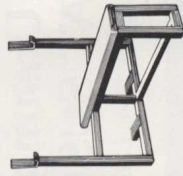
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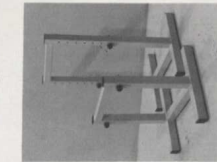
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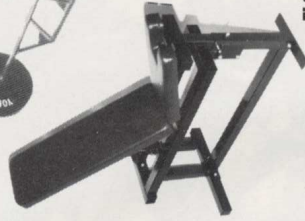


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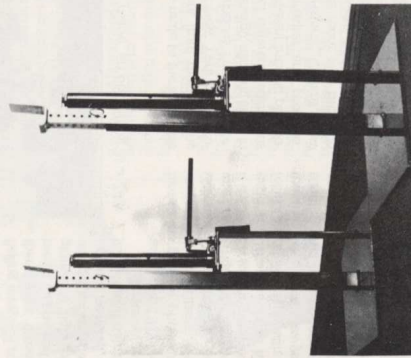
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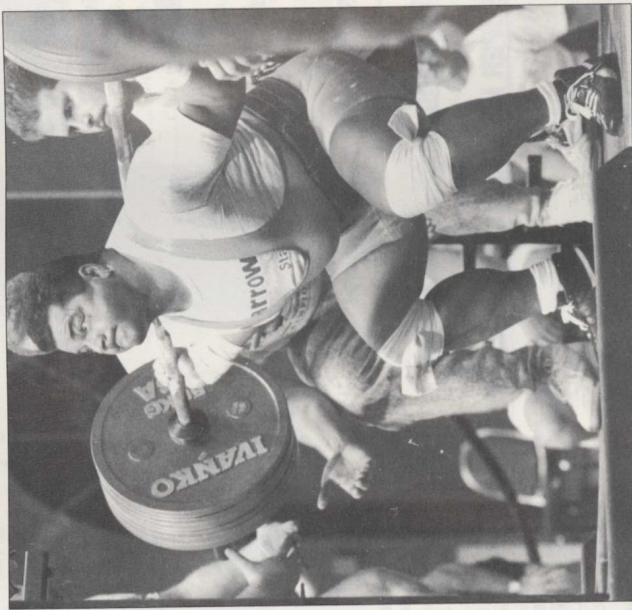
POWER PROFILE

The Most Unsung of Heroes: PAT SUSCO as told to PL USA by Dr. Ken Leistner

The heroes in our sport of powerlifting are the title winners and record holders. The men and women who lift huge weights capture the imagination of the typical powerlifter and powerlifting fan. Some don't lift quite as much weight as someone else, but may have a certain style about them that many find attractive, positive, or worthy of emulation. The generational differences have certainly played a role in determining powerlifting heroes. In the "old days," we had our record holders and title winners, those we held in esteem because they lifted "the most weight," at least for a particular contest. Yet, the biggest heroes was usually the one who was a bit more involved in the sport. He may have been a national or international level lifter, but in many cases, it was someone who gave a heck of a lot back to the sport, always very much more than might have been received.

Today, we have title winners that come and go. Many young men and women with unbelievable potential exit early because they don't want to be a "powerlifter" if it means not having a chance at a world or even a national championship. The unknown masses, and those a bit better who had recognition a number of years ago, lifted the massive iron because they loved to do so and cared little for the opinion of others. They often were the spark plug for the sport in their particular city, neighborhood, or rural area. They were the ones most often credited in the local papers by the high school football coach or play-er with "giving us a great deal of help," or starting a youngster in strength training. They took the time to nurture the progress of others as carefully as their own. In short, they were involved, with as much meaning as that word can possibly impart.

Pat Susco is well described in the aforementioned praise. Of all the lifters in our New York area, he



Pat Susco squatting at the 1991 APF Seniors, where he made an 865 lifting as a 242.

is above others, the Pead Piper of Powerlifting, At the Iron Island Gym, it is always Pat Susco, first and last, who is taking a brand new lifter under his wing and at times, being distracted from his own workout in order to teach better squat form. It is Pat who convinces a college football player to try the sport, helps him learn to do it correctly, and monitors his progress. It is Susco, ever smiling, buying Snapple and water for all of the guys after a heavy training session, making sure that everyone stays hydrated. Without qualification, Pat Susco is the most unselfish lifter, I have ever encountered.

Pat is also a damned good lifter, the aforementioned praise. Of all the lifters in our New York area, he

looked. His route to the sport was very different from most, but he has, in the New York area, provided tremendous impact, excitement, and energy, allowing lifters a number of different federations and with different training philosophies to prosper and progress. Raised in Astoria, Queens, New York, Pat is more of a Brooklyn boy. For many years he has lived in the Sea Gate section of Brooklyn, adjacent to the infamous and very blighted Coney Island. Only Pat, at 5'4" and 230 pounds, mounds on the boardwalk in the pitch darkness of night so that he can get a snack. In part, this is due to his friendliness and the fact that it can truly be said that "everyone knows him". I'll add

that "everyone knows him". I'll add

him to the gym for physician recommended rehabilitation. At the Community Health Club, he ran into Lou Ferrigno his very first day. It was both a sobering and exciting experience that motivated him to follow his rehabilitation with some muscle building. After a few years of training, he had gotten strong enough to squat, bench press, and deadlift 225 pounds in each lift. As Pat told me, "I figured that was enough weight and that had gained enough strength. After all, why did I have to lift more than that?"

Enter Randy Colon. Randy is another of the Iron Island lifters who is a former Gene Bell training partner and All Marine Lifter from the late seventies. Randy taught Pat

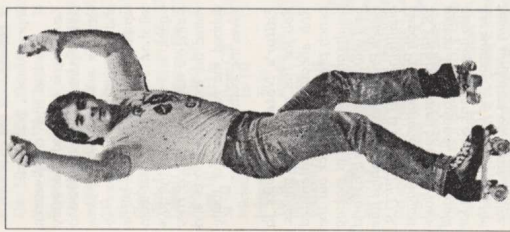
to that "and everyone likes him... a lot!" As a 120 pound high school athlete, he was well suited to the sport of baseball, which he augmented with hockey. He took his Andrew Jackson High School reputation to Lehman College where he played a number of in-field positions, maintaining his wiry 120 pound frame. This physical education major lusted for some sort of athletic involvement, and he wound up on the professional roller derby circuit, the only one to them, I'm sure, who eventually became a competitive powerlifter. We laid around on the floor one day as a family, watching Pat's old roller derby tapes. "Quicker than instant coffee!" cried the announcer as Pat skirted around and under his hulking opponents to score points for the Chicago Pioneers, New York Chiefs, Philadelphia Warriors, and Los Angeles T-Birds. The lights should be "must" viewing for those needing a laugh, as Pat would routinely have much larger opponents over the rails and follow them into the audience, flailing away. Of course, there were those moments that he had to legitimately fight off an enraged audience, a great prelude, he noted, to his later deadlift training.

A serious automobile accident in 1977 brought him to the gym for physician recommended rehabilitation. At the Community Health Club, he ran into Lou Ferrigno his very first day. It was both a sobering and exciting experience that motivated him to follow his rehabilitation with some muscle building. After a few years of training, he had gotten strong enough to squat, bench press, and deadlift 225 pounds in each lift. As Pat told me, "I figured that was enough weight and that had gained enough strength. After all, why did I have to lift more than that?"

Enter Randy Colon. Randy is another of the Iron Island lifters who is a former Gene Bell training partner and All Marine Lifter from the late seventies. Randy taught Pat

the nuances of powerlifting and encouraged him to compete. Still tipping the scales at 120-130 pounds, he followed Randy's advice and began "eating to gain". Some would tell you that he hasn't stopped although Pat is quite careful about the nutritional content of his diet prior to a meet. He began competing in 1985 and was further inspired when he saw Joe Morelli at the NY State Championships in 1987. "This was the first time I had seen someone who had been in a magazine. I won the class and was state champion but it was like I was in the presence of royalty," Joe joined Pat's little group at Narrows Health Club in Brooklyn and proved to be a very reliable and encouraging training partner. Pat's lifts really began to move. Tony Kamand, APF World Champion, would drive up from New Jersey on weekends to join the sessions and he, too, inspired Pat to reach higher in his goals.

Pat continued to improve, with best lifts of an 865 squat at the 1991 APF Seniors, 715 deadlift (also in 1991), and his nemesis, a 440 bench press. 1992 was a very tough year, in many ways, a "lost year" for Pat. His training at the Iron Island Gym indicated an 875-900 squat and 730 in the deadlift. During his preparation for the APF Seniors, he had fluid accumulation on his left elbow. After his medical physician drained it, an infection developed. Thinking little of it, Pat continued to train until convinced to seek a second opinion. He was



Pat back in his Roller Derby Days

immediately hospitalized as he now had a potentially life threatening systemic infection. It was also intractable. His "short" hospital stay grew into almost two weeks with a loss of strength and hard earned muscle tissue. He needed continuing procedures to drain and scrape the internal elbow structures up to ten days prior to the Seniors. Hardly a way to prepare but Pat, known too for his extreme stubbornness, insisted on taking the trip with us and then "seeing what () can do if I decide to lift". Unfortunately, his popularity at the gym is such, even with non-lifting business types, that in retrospect, I believe he just didn't want to let anyone down. Predictably, it was a disaster, but Pat took it with good humor and returned to hard training after returning home and completing extensive elbow rehabilitation.

Pat is presently forty one years of age and is a Special Peace Officer for the City of New York. His hours are often long, but he is dedicated to his training. One of the reasons he now lifts "better, without serious or nagging injury, and fresher" is that he has avoided his nasty habit of overtraining. "My first years in training, and in the sport found me doing a complete bodybuilding program after doing the competitive lifts. It was ridiculous, but only in retrospect". He now squats once per week. He likes to squat barefoot ("I can't explain it, I'm just comfortable") and his reps vary dependent upon his preparation cycle, although he never does singles in training. "I

like five and three for the most part and every rep I do is contest quality". He is very adamant about doing "down sets" after his peak set for the day, following Hugh Cassidy's advice that "that's where the strength is built". Leg curls and calf work are the assistance exercises for the squat. He deadlifts once per week, again primarily for fun and three going into a contest. Heavy shrugs are his primary assistance move, although he recently has been trying low pulley upright rows for additional delt/trap work. For his relatively lagging bench press, he does dips. "I don't want anyone to think I'm not interested in my appearance," he says with a laugh, "so I also do those curls, and sometimes, pull-downs". His assistance work is usually done in sets of five reps, and never below.

"A lot of people ask about my bench press. I really wanted you to do this article on the squat. I like it the least but it's my best lift. I love the bench press, but it just whips my tail all the time. I think my arms are so tired after squatting that I just can't seem to generate much oomph". Watching Pat use over seven hundred pounds routinely in the squat, it is tough on his breathing. That's another reason he isn't crazy about the squat. "It's tough to ball out with seven or seven fifty on you, wrapped in the suit and wraps, if something goes awry". With all of the encouragement Pat gives to others, his training partners give plenty to him. Frank Rubino and Louis Loria are always there to help



Pat and Friend, take a walk out by the Coney Island boardwalk. (photograph provided by Ann Tuite).

Pat get past the next hurdle, and they are the first to admit how much Pat has helped them. Pat also wanted to thank Ralph Raola for, "always saying the right thing when he needs to get a big lift, and his girlfriend, Katarina "who really has to put up with an awful lot during contest preparation time". It's difficult to predict the future. "Age is catching up with me I think. I'd like a 900 squat and a 2000 total (1970 is his best) but past injuries and increasing difficulty recovering may limit me". Of course, "Pat fails to note that he thought that 1992 would be his last year in the sport. "I think I've gotten smarter relative to training. I train less often, but harder. There are times I think I got trapped into powerlifting and wonder how much like it. I love to train, always will train. The contests sort of disrupt my training, and I see them as no more than an offshoot of training. Of course, I always want to lift heavier and heavier weights, so who knows?"

I know that Pat Susco is underrated and certainly, unheralded. His devotion to powerlifting and its enthusiasts has made a lasting impression upon everyone in our area and everyone in the gym. That ever present smile and "laid back" attitude that begins to spark when he's encouraging someone to "do one more rep" or "squat tighter" lights up the gym and has, in fact, been the guiding light for so many who have benefitted from the sport. By any standard, Pat Susco is a hero.

Dr. Ken Leistner

This year's World Open Bench Press Championships was truly a spectacular event. Field in the port city of Kaoshiang, nestled in southwest region of Taiwan, it was one of the longest trips I have ever taken abroad. This was the first ever world championship hosted by the Chinese Tai-Pei Powerlifting Association and meet director Lin Say Chang coordinated everything extremely well. We could not have asked for a more gracious host for this event.

This was the United States Powerlifting Federation's best showing, considering that we had five of our primary lifters drop out due to either injuries, financial setbacks or other commitments. Thus, we activated our alternate team members and contacted some lifters from last year's team that traveled to Germany, and we were able to put together a fine nucleus. I volunteered my beautiful entrepreneurial fiancée Kimberlee as the Team Manager and we were ready.

We all were scheduled to arrive and meet in Los Angeles, this is where we met with our first obstacle: the plane scheduled to take the team to Taiwan was delayed 12 hours. China Air, gracious hosts that they are, put us up at the Airport Hilton with meals until our plane was ready to depart. This gave the team time to relax and prepare for the second leg of our trip across the Pacific.

After some 16 hours in the air over the Pacific Ocean we finally landed in Taipei the capital of Taiwan. Then after a 6 hour layover we were off to Kaoshiang. Upon our arrival, Kimberlee flagged down and commandeered a bunch of taxi cabs

IPF WORLD BENCH PRESS

as told to PL USA by USA Team Coach Robert Keller

for our trip to the hotel. Once we arrived at the hotel everyone was pretty much beat, so we all adjourned to our rooms.

After opening ceremonies and the technical committee meeting, we were all eager and prepared for the competition the following day. Brian Blum of the United States was our lone entrant in the disabled 198 lb division of the competition and performed magnificently going 3 for 3, ending up with a 248 lbs and the Gold Medal. Brian is coached by Chip Hultquist, and I talked him into preparing a Workout of the Month routine for other disabled lifters.

On to the second day of the competition in the Men's senior open division, things started to really heat up. Stanaszek of Poland had two world records, ending with an easy 336 lbs. In the 123 lb class, lone entrant Kuo Chih Kwei of Chinese Taipei made lifts of 242 and 286 before failing with 308 on a third attempt, winning the gold medal.

The fire works really flew in the 132 lb class as multi-world record holder Hiro Isagawa of Japan and team mate Shirakawa were to meet our class representatives Scott Poik of Connecticut and Gonzalo Murillo of California. Everyone made there opening attempt easily, Isagawa missed with 303 on a second, which left the door open for Scott and Gonzalo who each made their second attempts of 292 and 303. Shirakawa blew through his three attempts of 298, 308 and ending

attempt to tie and win on body weight; Alvi made the weight but it was turned down 2-to-1, thus securing the silver.

We did not have any entrants in the 181 lb class, but Firmer of Germany and Tahitinen of Finland battled it out with Tahitinen winning on body weight with a 440 lb lift.

Our entrant in the 198 lb class was Willie Ferguson of Alabama. Willie is relative newcomer and gained valuable experience in this competition for the future. Pframer of Germany won this class with ease with a world record third attempt of 486 lbs.

With the elimination of the Jr. division in this year's competition, teenager Lance Pritchett of Georgia gameily hung in and gained valuable experience for the future. He is a great young prospect for the USA Jr. World Powerlifting team in years to come, and will attend this year's Jr. Nationals in Raleigh, North Carolina hosted by Tim and Sandy King. Dr. Peter Hinze of Germany garnered the gold on a strong 3 for 3 performance, ending with a very impressive 496 lb attempt.

Since there was a vacancy in this weight class and we needed team points to try and garner third place, I moved up a weight class and lifted. I went 3 for 3, ending with 180, performing 5th. I was content with this performance due to not being able to train in about 6 weeks. I was able to secure our team's final points which moved us into fourth place, two points shy of third place in the team standings. Former Jr. World champion Mimmo Ilmanen of Finland took the class with an impressive 501 lb attempt.

Our final lifter, crafty veteran Kevin Payne, sustained a pec injury on his opening attempt and had to settle for a respectable 7th place and valiantly took two more attempts to secure the bronze, but he fell short. Kevin was a great team captain and took care of the guys during our stay in Kaoshiang. They visited the local bath houses and dubbed the nickname for themselves the "bath house boys."

Editor's Note: our thanks to Rob for the report and photos. Rob encourages all interested bench pressers to check out the results and take a shot at making next year's team for the IPF World Bench Press Championships (the quelling meet is the USPF U.S. Bench Press Nationals on August 28, 29th) promoted by Brian Washington in Maryland. He would also like to thank Sandy King for her support and for obtaining the team uniforms on short notice. Rob would also like to personally thank each of this year's team!

IPF World Bench Press

8-10 Dec 92 - Kaoshiang, Taipei (kg)

52 kg	Nemmler AUS	212.5
57 kg	Stanaszek POL	152.5
60 kg	Kurda GER	200
67.5 kg	Klein GER	115
72.5 kg	Keller USA	170
77.5 kg	Chen TAI	102.5
82.5 kg	Hung HK	170
87.5 kg	Kuo TAI	130
92.5 kg	Kase AUS	232.5
97.5 kg	Rottcher GER	210
102.5 kg	Iwasaki JAP	195
107.5 kg	Lawton GB	195
112.5 kg	Murillo USA	137.5
117.5 kg	Polke USA	332.5
122.5 kg	Oprawill AUS	192.5
127.5 kg	Isagawa JAP	330
132.5 kg	Falke GER	190
137.5 kg	Payne USA	190
142.5 kg	Herman GB	100
147.5 kg	Wu TAI	180
152.5 kg	Chao TAI	180
157.5 kg	Warr USA	180*
162.5 kg	125+ kg	
167.5 kg	Hinterberger AUS	250
172.5 kg	Hilobiz GER	165
177.5 kg	Anker DEN	245
182.5 kg	Boulais FRA	225
187.5 kg	Sola CZE	215
192.5 kg	Hishikawa JAP	195
197.5 kg	Lambert GB	195
202.5 kg	Women	
207.5 kg	Takala FIN	44 kg
212.5 kg	Roach GER	75
217.5 kg	Saari FIN	72.5
222.5 kg	Chang TAI	72.5
227.5 kg	Hsu TAI	67.5
232.5 kg	McCormick US	190*
237.5 kg	Koskinen JAP	67.5
242.5 kg	Leskinen FIN	180
247.5 kg	Yamada JAP	85
252.5 kg	Kaplaninen FIN	77.5
257.5 kg	Saharjoki AUS	77.5
262.5 kg	Chen TAI	77.5
267.5 kg	Lineto JAP	172.5
272.5 kg	56 kg	
277.5 kg	Kedjel GER	87.5*
282.5 kg	Vaisanen FIN	82.5
287.5 kg	Huang TAI	72.5
292.5 kg	Praener GER	220*
297.5 kg	Kollmann GER	210
302.5 kg	60 kg	
307.5 kg	Betzner NOR	195
312.5 kg	Wikstrom SWE	95
317.5 kg	Chen TAI	190
322.5 kg	Nisawa JAP	175
327.5 kg	Laitinen FIN	80
332.5 kg	Peare CAN	170
337.5 kg	67.5 kg	
342.5 kg	Ausso JAP	160
347.5 kg	Wohlfloher GER	105
352.5 kg	Ferguson USA	130
357.5 kg	Zitoun FRA	105
362.5 kg	100	
367.5 kg	Hinz GER	225*
372.5 kg	Wang TAI	77.5
377.5 kg	Ellenberger AUS	217.5
382.5 kg	75 kg	
387.5 kg	Vilhalv FIN	215
392.5 kg	Hunsinger GER	102.5
397.5 kg	Gabriel CZE	205
402.5 kg	Jarvenpaa FIN	92.5
407.5 kg	Nashiro JAP	197.5
412.5 kg	Okada JAP	87.5
417.5 kg	Liang TAI	172.5
422.5 kg	82.5 kg	
427.5 kg	Su TAI	165
432.5 kg	Henes GER	110*
437.5 kg	Pritchett USA	160
442.5 kg	Liu TAI	95
447.5 kg	Eriksson FIN	110 kg
452.5 kg	Ilmanen FIN	227.5
457.5 kg	Koponen FIN	110
462.5 kg	Chao TAI	107.5
467.5 kg	90+ kg	
472.5 kg	Ko TAI	110

* denotes World Record Fourth attempts: Taula 11.25*; Videlt Kedel 91.25*; Uechi Henes 11.25*; Greg Warr didn't make 100.5; Leonard McCormick 190.5; National Standings: 1. Germany 60; 2. Finland 59; 3. Austria 55; 4. Japan 47; 5. Chinese Taipei 42; 6. United States 41; 7. Great Britain 23; 8. Hong Kong 15; 9. Czech & Slovak 14; 10. Poland 12; 11. Denmark 9; 12. France 8; 13. Norway 8; 14. Canada 4. (Thanks to repeating IPF World Bench Press Champion Irit Tahitinen of Finland for providing POWERLIFTING USA with the results of this competition).



USA World Team: bottom, left to right, Chuck Brunson, Gonzalo Murillo, Greg Warr, Scott Polke, Brian Blum; top, Kimberlee, Leonard McCormick, Kevin Payne, Lance Pritchett, Willie Ferguson, Robert Keller.



1992 IPF World Champs in the Bench Press for the USA are Leonard McCormick (left) and Greg Warr (right), flanking Coach Rob Keller

Paul Anderson Speaks to Athletic Coaches; Paul Addresses the News Media on Free Enterprise...... this is by coincidence. Paul addressed a national coaches convention. Coaches requested a copy of the speech they had just heard, and it was copied onto a tape which had Paul speaking to the news media on the other side. Because the tape was widely accepted with requests for additional copies, it was never changed. Humor, inspiration, and guidance are provided by these messages. Many young lifters have no concept of the effect that Paul Anderson had on the American public and the perceptions that following generations have had about Powerlifting. When you hear his booming voice and the ideas it propelled forward, you begin to appreciate what a great debt of gratitude we all owe Mr. Anderson's strength and his spirit. The price of this unique cassette is \$9.00 plus \$4.50 for Priority Mail in the USA and Canada or \$15.00 for overseas. Checks should be made payable to Paul Anderson Youth Home, Post Office Box 525, Vidalia, Georgia 30474.



Quite a Build-up... for Stanaszek of Poland on the platform at the IPF World Bench Championships.

INTERVIEW

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

The Mental Approach of a World Record Breaker as told to Tony Kamand by WPC World Champ and WPC Record Holder Doug Heath

If there is one common element in all sports, between being good and being the best, it's the power of the mind over the body. In powerlifting your ability to literally will things to happen is essential if you are going to have any success. I recently conducted an interview with Doug Heath, world record holder in the bench press (405 pounds at 132 pound weight class) and multi-time world champion, on how he mentally approaches the sport and gets his mind ready when attempting to break a world record.

If you have never seen Doug lift before in competition, it's a sight you will probably never forget. His intensity is at much higher level than any other lifter that I have ever seen. Some people say he's crazy or it's all just an act. The bottom line is that Doug is just one of the most intense and mentally prepared lifters that has ever stepped onto the platform. He has been at the top of the sport for close to 20 years and still continues to improve and break world records. His training is sound, but his attitude and mental preparation are the key to his long lasting success. Let's peak into the mind of Doug Heath and see how he mentally approaches the sport.

Tony: If you plan on setting a world record when do you start mentally preparing for it?

Doug: Immediately after my last meet performance (usually before the awards have been given out) I start to mentally prepare for the next goal - setting numbers based on what just happened at the competition.

Tony: Do you have any sort of rituals or habits the few days before the meet or the day of the meet?

Doug: I follow the same basic plan for every meet. Lots of self-hypnosis and "mental walk-throughs" of what I want to accomplish at the meet.

Tony: On the day of the meet, what is going through your mind?

Doug: I'm focusing on what I have to do to properly execute on each of my planned nine attempts at the meet. I try to get totally focused and stay in tune with the task at hand, which is successfully completing each and every attempt at the meet. I try to stay positive and let my nervous energy work for me and not against me.

Tony: How do you get psyched up and motivated for a world record

attempts? Now really, is this such a crime? We all can't be Bjorn Borg's, some of us are more like Jimmy Connors.

Tony: How do you feel after you have successfully completed a world record lift?

Doug: I have the feeling of total satisfaction. After having invested so much time towards this goal it has finally been accomplished.

Tony: How do you continue to improve your mental focus?

Doug: I try to improve on my "self-hypnosis" skills. I think about my lifting so much that it seems I'm always focusing on one it.

Tony: A lot of novice lifters have a fear of the weight or a lack of confidence in their abilities. What do you think they could do to overcome this?

Doug: If a novice lifter is having trouble with a certain weight bar-riser I would use a very successful trick on them that always seems to work. Let's say a lifter is trying to crash through his first 400 pound squat. His training partners should load the bar to that weight without him knowing and only tell the lifter that it's 385 pounds. I have used this with several novices and 100% of the time they lift the weight successfully. You have to use little tricks to break barriers. Once the novice starts breaking barriers his

specific number goals for each meet. However, if at the meet things are really "clicking" I won't hesitate to take even more weight than I had planned on doing.

Tony: Can you describe what you actually do before and after each attempt, both mentally and physically?

Doug: In the squat and deadlift I am a little more reserved before each attempt in order to properly perform the lift. In the bench press I can get away with more "psyching". This usually consists of pacing back and forth talking to myself with a bottle of smelling salts shoved half way up my nose. After a successful "big" attempt, I can't tell you what is going on in my head, I just don't know. However, physically I usually end up jumping on some unsuspecting person who I may or may not even know. I don't know why I do that ... I just do.

Tony: I have seen you lift and you obviously lift with a lot of emotion. Is it real or just an act?

Doug: I'm a very emotional by nature and quite demonstrative. I certainly don't pre-plan any show or after a lift. I just react to the particular situation. I may run towards the bench and shout out something (God knows what?) just before getting in position for the bench. I'm just being me! I am not "shouting", I'm simply doing what I feel is necessary at that particular moment to get the most out of myself.

Tony: I'm aware that some people don't approve of my actions, while other just love the "show". The bottom line is this; I will continue to do whatever I feel is necessary (within the rules of the sport) to do my best lifting. And if someone doesn't like it perhaps they should stop and consider for a moment the amount of training, dieting and mental preparation as well as the emotion and financial responsibility this particular meet required of me. Maybe if people who object to this sort of outward sign of emotion would consider this they would feel differently.

Tony: What is wrong with jumping upon the bench raising both arms and shouting to the heavens or proceeding to run to the judge or and give him or her an big hug or running and jumping on someone's back?

Doug: I suppose in one sense I do impose limits because I set spe-

confidence will increase.

Tony: You have been at the top of the sport for close to 20 years. How do you stay motivated and continue to break world records?

Doug: I just love jumping into the arms of people I don't even know. Only kidding! What really motivates me to break world records is the same thing that has motivated me since the first day of my lifting career. To be the very best that Doug Heath can possibly be.

Tony: Powerlifting is such an important part of my life and it has been for close to 20 years. I'm not married and I don't have any children. My job is just that, a job and not a career. Perhaps I devote to much of myself to the sport, but quite frankly I don't know any other way. Just preparing for the Senior National and Worlds every year is my main focus. Just being the best is enough to keep me motivated.

Tony: What advice could you give to the other their mental approach in the sport?

Doug: You have to believe in yourself about everything else. Don't ever let anyone else decide what you can or cannot do. See it - Believe it - Achieve it!

Tony: Doug, thank you for your time. It is obvious that you have found the link between the mind and body. Best of luck in the future.

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Up on the Bench... after a record lift, Doug points out his satisfaction.

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I suppose the first order of business is to explain why I'm writing an article about death in a sports magazine. Well, if you think I'm doing it to get in a little morbid humor, you are wrong. Not that I'm against low comedy, vulgarity, or shamelessly chasing after a few laughs. In fact, I've done all of the above on numerous occasions. I can't help myself - I'm a sick unit. Anyway, the primary reason I'm writing about death is that it's the last thing that you're going to do and I don't want you to screw it up.

Why would I think you would screw your own death up? Well, for one, I've seen a few people die in my life and they didn't do it very well. It wasn't their fault though. No one ever schooled them on the finer points of death and dying. It's also reasonable to assume that you would have a limited understanding of check-out time. I think it's safe to say that most people fear death. Let's face it, death is an unknown factor, and unknowns invariably cause fear. Interestingly, most people handle their fears of death by avoidance or by pretending that death is something that only happens to other people. Not only that, but very few people have had actual experience in dying and living to tell about it, except of course Shirley McLain. According to Elisabeth Kubler-Ross, a noted death expert, avoidance of contemplating death, which after all, is the inevitable natural consequence of living, only makes the fear worse when death becomes imminent. With that in mind, I am going to help you. To become more comfortable with the concept of dying and with your own death by helping you to face some of your fears.

Now, I know what you're thinking, "what makes you such an expert on dying?" Well, the fact of the matter is I almost died once... well, at least I thought I was going to die... Actually, I wasn't even close to dying, but I misunderstood my doctor and for a good month or so I had myself dead and buried. What happened was that I had this little growth on my foot, so being the health-conscious person I am, I had my doctor look at it. My growth interested my doctor so much that he decided to take a piece of it for himself. It was less than a week later that he called me back to his office to inform me that I had cancer. As soon as he said that magic word, I went schizo. I doubt seriously if I heard anything else he said after he informed me that I had the big C. You see, in my mind cancer meant certain death, consequently, I was expecting to die - like "el pronto." As you are probably aware, people have many different ways of han-

Dr. Judd

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



Dr. Judd Biasiotto talks candidly about dealing with his own mortality

cancer, and I let everyone know it every hour on the hour.

Most people, however, generally go through a number of stages after being told that they have an incurable disease or that they are going to die.

Kubler-Ross has described five distinct stages that an individual experiences in the process of dying: (1) denial and isolation, (2) anger, (3) bargaining, (4) depression, and (5) acceptance. As mentioned, not all people go through these stages, and the people who do so don't necessarily go through them in order. Me... I went through the stages from top to bottom in textbook fashion - Kubler-Ross would have been proud.

For a good week after my doctor told me I had cancer, I honestly didn't believe it. I was just too healthy and strong to have cancer. My doctor, I figured, must have made a mistake.

When I eventually realized he hadn't made a mistake, I got mad as hell. Why me, I thought? I never did anything wrong well. OK, I did cheat on my income tax now and then, and there was a few women, drugs and some violence, but I never killed anyone! I felt like it was unfair that I had been singled out to have

time, but I just wasn't listening. The funny thing is when I found out that I was going to survive, I went through Kubler-Ross's stages again. First, I didn't believe my doctor. I figured he was telling me that my cancer wasn't bad so I wouldn't worry. When he convinced me that I wasn't going to die, I got mad as hell again. I reasoned that this whole thing was some type of practical joke perpetrated by you know who. As jokes go, I didn't like it. Imagine: a God who scares the hell out of you just to see how well you can handle the concept of death. This has to be the same God who talks to Oral Roberts and Jimmy Swaggart.

Anyway, with all considered, I decided to renegotiate my deal with God. Instead of 90% of my income, I'd give my usual 2%. (At first I was going to give 50%, but my doctor assured me he could cure me and that it would only cost me \$4,000. What can I say, my doctor gave me a better deal). I also decided to resume my normal life style -- women, sex and ice cream. I figured this would teach God not to mess with me so much. However, I did promise to go to church once in a while (you never know when you're going to have a relapse). After I renegotiated my contract with God, I got extremely depressed. In fact, I still get depressed when I think that for nearly a whole month, I went without money, sex, and ice cream.

Finally, though, I accepted my rebirth.

Actually, I learned a lot from the experience. Admittedly, death can be hard, but it's also a challenge. It's a reminder that we don't have forever. It tells us to do things NOW - love, grow, share, and become. It tells us to live life fully today because tomorrow may never come; to live every moment as if it were our last moment; to become all that we can be. I don't understand why people die, nor does anyone else. Death is a fact of life - a phenomenon that we have no control over. I am not going to be pre-occupied with something I can't control, rather, I prefer to be occupied with something I can control - like life. I want to live my life to the fullest. I want to experience everything - love, fear, euphoria, pain. I want to experience it all and you can't do that when you focus on death - you have to focus on life.

So that's the moral of this story. The best way to feel comfortable about your imminent demise is to have no regrets when the Big Guy calls. It's really a matter of focus. Focus on life and the wonderful things it holds - don't concern yourself with dying. Besides, dying is nothing more than moving on to something bigger and better.

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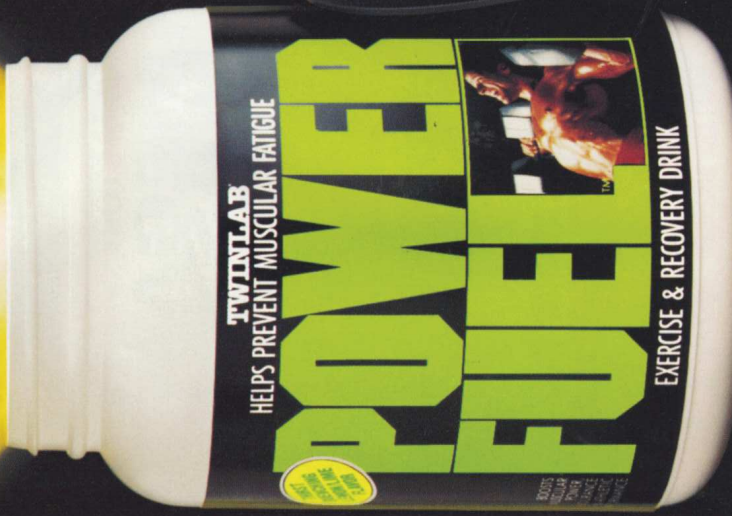
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WORKOUT of the Month

At the gyms Rachel and I train, I am constantly asked advice on training or what I think somebody's "Workout of the Month" and my answer is always the same: "Give it a try, it might work for you." I never discount anyone's training theory or advice if I haven't tried it for myself, keeping in mind that just because a method does not work for us does not mean it won't work for the next person.

At the Mountainheer Open, held on November 21, 1992, Rachel Mathias bench pressed 292 lbs. in the 132 lb. class, a new USPF American Record, making her the #2 women's benchmarker in any weight class, any organization, using the Malone formula. Our training technique that led up to this was a complete fluke. As a matter of fact, she entered this meet at the last minute and had not done any powerlifting-style training since the USPF

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RACHEL MATHIAS BENCH WORKOUT as told to Powerlifting USA by Greg Mathias

Nationals in July 1992. Rachel took it easy for the entire month of August and then we started training for the October's Women's Extravaganza, a professional strength show in which as many repetitions are done with bodyweight or a percentage of bodyweight. There are five events total, but the one we are concerned with here is the bench. On the days we trained for the bench, we also trained for the dips event. Our workouts went approximately as follows, once a week: (Note Rachel's contest weight was 138 lbs.).

We followed this routine for 10 weeks and had increased Rachel's bench press repetitions from 28 to 36 (using bodyweight). At the show, she did 37 reps at bodyweight.

beating her old record from last year by 3 reps.

Now Rachel was happy and ready to rest for the remainder of the year until we got home and I pointed out to her somebody had just tied her American bench press record, which Rachel had just set at the Nationals at 259 lbs. Previously, Vicky Stearns held this record in the 132 lb. class at 248 lbs. since 1984. All of the sudden, Rachel was ready to bench 1, I was to take my National Reserve test in West Virginia at the USPF Mountain Open in November, so I, with very little prodding, convinced Rachel to enter this meet and reclaim her record.

Less than three days after we returned from the Extravaganza, Rachel slipped on a loose bench shirt and did a 3 second pause and blew up 275 lbs. At this point she wanted to put on more weight on the bar and do it again, but I talked her out of it since she had not benched heavy in over 4 months. We went home that night and I probably stayed up half the night trying to figure out how, after 10 weeks of high repetition-to-failure training, could she have gotten stronger for a 1 rep max. I still do not have the answer and convinced myself "why ask why?". If it works for you, do it! For the next 4 weeks, we did almost the identical work out as before, but we changed the bench workout as follows:

BENCH: bar weight for 10-12 reps, 135x10-12, 185x2-3, 225/shirtx2-reps, 275/shirtx1 (Week 1), 285/shirtx1 (Week 2), 295/shirtx1 (Week 3), 305/shirtx1 (Week 4), 185/no shirt to failure, 135/no shirt to failure.

At the end of the 4th and final week, she did a touch and go with 305 lbs. The number for the meet was set for 290-295, third attempt. At the meet, Rachel got 292 lbs. We are going to continue this type of training in preparation for the 1993 USPF Nationals in which, I believe, she will break the 300 lb. barrier, at a bodyweight of less than 132 lbs. and become the #1 Female benchmarker ever in the world.

Don't be afraid to try new training routines. Give them a chance and don't give up after 1 week because you are not lifting more. Remember, sometimes you must take a step backwards to take two steps forward.

Many lifters have come to realize that it is easier to drink copious amounts of calories and protein than it is to eat it with a knife, fork, or spoon. Bruce Randall, Paul Anderson, and other early lifting greats became legends once they discovered that an egg beater or blender could be used to whip together good tasting drinks packed with nutrients.

Through thirty years in the barrel sports and almost twenty six years of on and off competition, I have seen and tried many drinks. Some have been very effective while others have produced massive weight loss and dehydration as a result of the diarrhea that was induced. Here are some all greats.

While not a drink, I just have to begin with the Tuna Hot Fudge Sundae. One can of water packed tuna fish (well drained), two scoops of your favorite ice cream, a hefty helping of hot fudge, walnuts or almonds, whipped cream (see below), and the requisite "cherry on top" complete a power packed dish sure to appeal to most lifters. The tuna supplies the protein, and being relatively low in fat, balances the ice cream and fudge. The ice cream provides the calories and some protein, calcium, and other dairy related nutrients. The hot fudge gives the caloric weight gaining boost

More From Ken Leistner

desperately needed by the underweight competitor, while the whipped cream does the same. For those overlooking cholesterol, it would be wise to pass on the whipped cream as the fudge will have enough fat to carry two grizzles through the winter hibernation period. The nuts provide an incomplete protein whose amino acid pattern is potentiated when combined with the tuna and ice cream. All in all, this is one of the most underrated muscle building concoctions of all time.

Our first drink provides a well balanced mixture of all of the macronutrients. Blend eight ounces of skim milk, two teaspoons of Nestlé's Quik or similar-flavoring agent, two tablespoons of your favorite protein powder, and a tablespoon of ice cubes. Up to this point, you've got taste, texture (due to the ice cubes) and a good source of protein: A milk and egg based protein is favored by most lifters for it's digestibility, taste,

powered blender. One can cucumbers, or can of sardines, then add quakers, a baked potato, and milk or juice. Most popular nutrition books claim that cucumber juice has diuretic qualities so that one won't be bloated after consuming this mixture. Sardines are often cited as a good calcium source because one eats the bones with the fish, but it is much easier to drink sardines than eat them. This is a subjective opinion, obviously, as I am not a sardine lover. The high protein nature of this drink is balanced by the carbohydrates made available from the cucumber and potato.

A high calorie, high protein fudge that helped me to reach my peak muscular bodyweight of two hundred and thirty pounds, was honey, peanut butter, Hoffman's Quik Gain Weight Powder (chocolate), melted non-sweetened baker's chocolate, and shredded, unsweetened coconut. I would mix this "glop" in a large bowl, spread it in a fat pan, refrigerate it, and cut into edible squares. I munched on this all day, every day, and had no trouble meeting my caloric and protein requirements for gaining weight. One of the drinks and meals presented here, it should be obvious that this has been Part Three of our ongoing "Myths Of Powerlifting" feature. Bon appetit April Fools!!!

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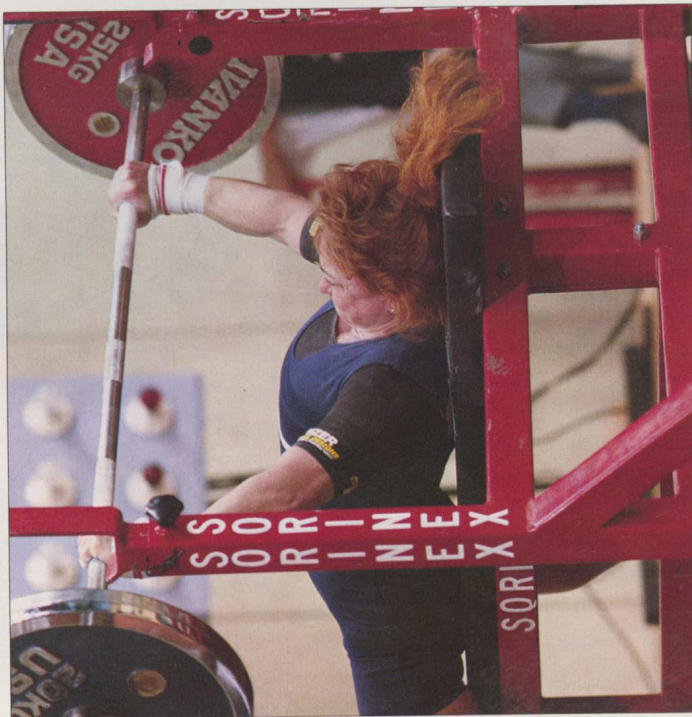
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LOOKING FOR RESULTS



Rachel Mathias bench pressing at the 1992 USPF Senior Nationals where she made a 259 at 132 lbs.

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

Once upon a time in the Kingdom of Frogs, there was a lily pond where most of the frogs were big and strong with huge bulging muscles. All the frogs would gather around the little pond and exercise there muscles by moving large stones and uprooting small plants. Every three or four months, all the frogs would get together and contest their strength to see who would be deemed the "Strongest Frog of All." Each of the frogs who competed in the contest would donate some of their toad stools to a fund that was used for putting on the contest. All the frogs were healthy and happy in their lily pond, until one day, some large cigar-smoking bull frogs arrived at the pond. The bull frogs started to splash all the water out of the small pond and tried to sink the lily pads and, in general, caused much havoc for the population of the lily pond. After the bull frogs had caused total destruction of the lily pond, they climbed the largest rock in the pond and began to shout about the new ponds they would build and how there would be more and better things to exercise with than just moving large stones and pulling up small plants. They screamed and shouted about how much better things would be with their new and improved lily ponds. They raved about how the contest for the "Strongest Frog of All" would be better and more fun for the frogs that

would come and follow them to their new lily ponds. Some of the frogs chose to go with the arrogant and brash bull frogs, but most of the truly dedicated frogs stayed at the small lily pond and began to rebuild the pond. Pretty soon, the lily pond was better than ever. The bull frogs, as they promised, did hold a "Strongest Frog of All" contest, but nothing was actually better for the frogs who competed than had been in the original pond. In fact, some of the bull frogs turned out to be very greedy and kept all the toadstools that all the other frogs had donated, not sharing with anyone. Soon, there were hundreds of frogs winning the title of "Strongest Frog of All" and there were frogs all through the Kingdom who boasted that they held the title of "Strongest Frog of All." Some of the frogs who claimed to be the "Strongest Frog of All" won their title in a contest of one, but still they claimed to be "Strongest Frog of All." Slowly, but surely, the frogs that had left the little lily pond where they had all played and exercised together, came back. All the frogs worked hard

athletes in their weight class or one with 1 to 5 athletes in their weight class? 3) Which team is truly world class, one with elite athletes in all weight classes or the team with only 3 or 4 elite athletes on the entire squad?

The lifter has total control over who dies and who survives in the business of powerlifting. Ask all lifters they support with their membership money. Make sure that the federation trophy is all that interests you, then it is doubtful if you even understand the message that I am trying to get across. If you are interested in true competition, then the USPF is the federation for you. Join us, you will not be sorry.

Now, a note to all of you who write each month: I read all letters that come into the USPF office. I do not, however, have the time to answer all of them personally, but I try to structure my messages in PL USA to ask that any of you who choose to answer the majority of your letters. I want to have the consideration and courage to sign your letters and provide you with a return address so I can respond to your letter personally if I feel such a response is required. Keep your cards and letters coming. You are the map makers - I'm just driving the bus!

Until next month,
Sandy King

stripped to the waist never fails to excite (ho-ho).

It all boils down to this: You need inspiration. Whether you aspire to be a millionaire or an artist, inspiration gives you a goal, a specific goal. You must also visualize yourself getting there. One of the best at this was Arnold. He didn't hope one day to be a champion and movie star. In his mind, even from an early age, he was there. There was no doubt in his mind. No one ever hit a bull's-eye without having a target in sight.

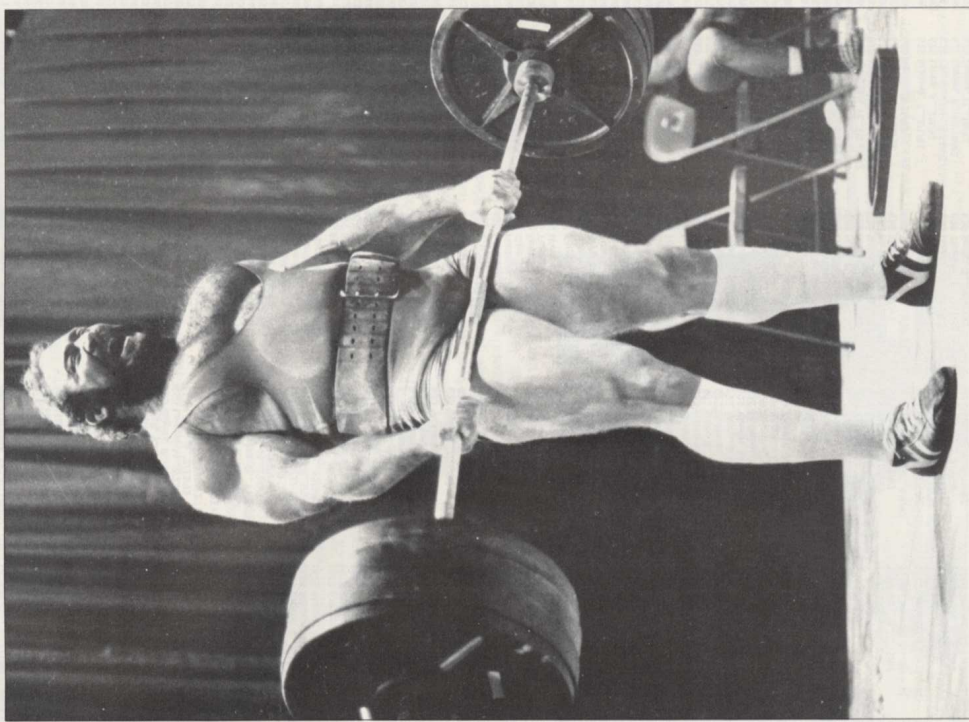
As for me, I'm going to grow a Doyle Kenady beard to see if it helps my deadlift.

INSPIRATION

as told to POWERLIFTING USA by Steve Pulcinella

Arnold described it as visualization, but first he had his inspiration. As you can see, it worked for Arnold. By the time he was nineteen, he was as monstrosous as Reg Park. It was his father or older brother. For some reason, still photos impacted me more than anything else. I'm sure everybody gets stoked while seeing photos of Kaz lifting a huge and I did have a Doug Young beard, a deadlift, and a photo of Dr. Judd

Inspiration can come in many forms. Pictures in books and magazines, films and TV, a guy in the neighborhood and for some guys, it's their father or older brother. For some reason, still photos impacted me more than anything else. I'm sure everybody gets stoked while seeing photos of Kaz lifting a huge and I did have a Doug Young beard, a deadlift, and a photo of Dr. Judd



DOUG YOUNG at the 1981 Texas State Championships. Who knows how many lifters he has inspired.

I see it all too often: Guys struggling in the gym day in and day out with no visible results. They look confused and puzzled; some can't figure out what they are doing wrong. They make it to the gym five days a week, do all the same exercises as the big guys, eat all the same foods, yet they think there is some secret they're missing out on. There is!

After talking to guys in the gym for years, I break everybody into two groups: the generally inspired and the specifically inspired. The generally inspired group started training to better themselves in some generic way, either to "gain some size for football" or "I gotta lose this gut." The specifically inspired have a definite advantage: they know exactly what they want to look like. They have a crystal clear picture in their heads and maybe on the refrigerator at home.

The beginning lifter would have it a lot easier if he knew from the outset whether he wanted to look like Bill Kazmaier or Frank Zane. I've asked a lot of young guys who come to me for advice that all-important question, "What do you want to look like?" and eight of ten can not answer. If they happen to answer Frank Zane, I politely throw them out of the weightroom.

As for me, the very thing that inspired me to begin lifting weights, when I was 14, was a picture of Doug Young. This revelation came in a book written by Dr. Terry Todd called "Inside Powerlifting." The book featured the top powerlifters from the Seventies such as Larry Pacifico, Rickey Crain, and Marv Phillips. But the pictures of Doug Young were truly inspirational to me. Doug was standing there with his hands on his hips, chin held high, shirtless. I couldn't believe his huge pecs, arms and shoulders, and that bad-ass Texan look on his face, challenging me.

I knew at that point what I wanted to look like, but that wasn't good enough. I wanted to achieve my goal before I turned twenty. So, with that mental image in my head, Doug's picture on the wall of my room, I mapped out my strategy and the steps it would take to look dressed like Doug, and couldn't wait 'til I could grow a cool beard like Doug.

We have all heard about Arnold Schwarzenegger as a teenager seeing pictures of Reg Park and gear-ing all his training towards the end.

Inspiration: 1. Influence by example. 2. Bring about. 3. Stir to action.

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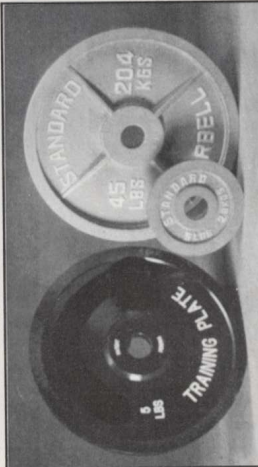
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Throughout history the greatest respected attribute of a man has been his strength, being tested by various forms of competition across the world. Many of these events culminated to give birth to the modern day World's Strongest Man contest we know today. To win the title "World Strongest Man" is to be proud accomplishment that few have achieved. To win the title four times would surely make you the King of Strongmen. Jon Pall Sigmarsson did just that - and now your King is dead.

I will never forget the tearful greeting that awaited Ilkka Kurnanen and myself from Ilkka's wife Mari when we returned from training on that fateful Saturday afternoon to be notified of Jon Pall's death. I will never forget the expression on thousands of children's faces as Ilkka broke the news over the microphone the next day at a show in Finland. Nor will I ever forget the haunting sound of the lone trumpet playing "Amazing Grace" at the end of Jon Pall's funeral service as over 1700 pairs of eyes filled with controllably with tears. I have had to wait a couple of weeks before I could put pen to paper, because literally, words failed me. No person I know could easily discuss the situation. It is still so hard to believe. I had only spoken to him the day before he died; he was telling me all about his new apartment and just seemed so happy. I could write many articles on Jon Pall's achievements as there are plenty. At the age of 3, he stood up and told his family with pride that one day he would be the Strongest Man in the World. Everybody looked at the little fellow and laughed when they saw the look of determination in his eyes. Twenty one years later he

Jon Pall Sigmarsson Dies

The impressions of one of his friends - Brian Batchelor

fulfilled his dream by winning the Worlds Strongest Man. No man had realized the burning desire and willpower in that little boy's mind. He became the only man to win it four times, setting a record that still stands and probably will for a long time.

He came to strongman competitions via Olympic and Powerlifting where he excelled. His first competition being in 1978 in the 242 lb. class. He decided to stay with powerlifting. He was the winner of the Silver medal in the European Championships in 1980. In the same year he went onto win the Nordic Championships in Norway. In 1981 he won the Icelandic Championships and lifted in the Worlds in India. After several more European championships and titles, he hit his best total of 970 kg in 1984 at a tournament called Jorinamo setting yet another European record in the process. He also competed in bodybuilding where he won several National and Scandinavian titles. His outstanding physique was always one of the things he was noted for during his Strongman career with reliable statistics such as 22" arms and a 58" chest to back it up.

In Strongman contests he won the World Muscle Power Championships from 1985 to 1991! He won the Worlds Strongest Man in 1984 (Sweden), 1986 (France), 1988 (Hungary), and 1990 (Finland) where he narrowly defeated the late great O.D. Wilson, a man Jon Pall liked and respected very much, and whose untimely death was even larger than his physique.

deeply saddened him. Jon Pall was always plagued by injuries - his worst probably being his torn bicep where posturgery problems left him unable to use his arm properly, which required further surgery for which he was waiting. He was told he could not compete anymore. The words "could not" did not exist in his vocabulary and he went on to many great battles. Indeed, when injured, because he loved to be the underdog, he needed a challenge and it brought out the best in him - the Viking in him. He openly said when interviewed in competition "If I lose an arm, I have another one!" I remember the 1990 Strongest Man contest when he tore his pec and turned up to compete for five days later with the blackened "slab" just hanging there and he did so without moaning.

I coached him at the Finland's Strongest Man last year, which he comfortably won in a very tough field. He entered this contest one week before the Worlds Strongest Man (which he had to withdraw from) because he had given his word he would do so, even though he was injured. That was Jon Pall strength, encouraging others yet never troubling anyone with his problems. At the World's Strongest Man contest in Iceland last year we sat and talked into the early hours in the hotel bar one night, and he confided that he wanted to spend more time with his son Sigmar, and it deeply troubled him. It was for this reason that he said he wanted to retire after the World's Strongest Man Contest in South Africa this Easter.

Sigmar is just nine years old and is finding his fathers' death very hard to come to terms with, as is Jon Pall's beautiful fiancée Heli, from Finland. Maybe, as Jamie's brother Jack Reeves said to me 'Jon Pall's life was already mapped. He was never meant to suffer aging and the degradation of mortal weakness'. Maybe right now he is sitting with Thor and Odin since he, like them, is now a Viking Legend. I hope so. We miss you brother. I would like to deeply thank Jon Pall's friend and mine, Sotir Fanar Vidarsson for helping me with this article and Mike Lambert for allowing me to pay homage to this great man and sincerely missed friend.

Brian Batchelor is a long time friend of Jon Pall's and has promoted many strength competitions in the United Kingdom.

He was the most popular strength athlete, especially with children. His Viking image and battle cry became his trademark and I never, ever came across anyone who had a bad word for this friendly giant, a man who had time for everyone else. His close friend and fellow competitor Jamie Reeves was hit very hard by Jon Pall's death - to the extent of considering retirement. The legendary Bill Kazmaier who shared many tough competition battles with Jon Pall was also deeply shocked. A fun loving man, who lived life to the fullest - he was a veritable pillar of strength, encouraging others yet never troubling anyone with his problems. At the World's Strongest Man contest in Iceland last year we sat and talked into the early hours in the hotel bar one night, and he confided that he wanted to spend more time with his son Sigmar, and it deeply troubled him. It was for this reason that he said he wanted to retire after the World's Strongest Man Contest in South Africa this Easter.

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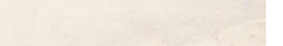
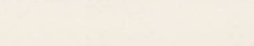
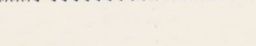
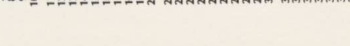
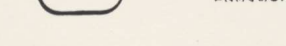
Surf Emigh's 175 bench at 198, and 315 deadlift at SHW were not on the Women's TOP 20. At 33 this lifetime drug free lifter stands 6 ft.

Jon Pall the competitor... at the World's Strongest Man Contest in South Africa. (photos from Brian)

He was the most popular strength athlete, especially with children. His Viking image and battle cry became his trademark and I never, ever came across anyone who had a bad word for this friendly giant, a man who had time for everyone else. His close friend and fellow competitor Jamie Reeves was hit very hard by Jon Pall's death - to the extent of considering retirement. The legendary Bill Kazmaier who shared many tough competition battles with Jon Pall was also deeply shocked. A fun loving man, who lived life to the fullest - he was a veritable pillar of strength, encouraging others yet never troubling anyone with his problems. At the World's Strongest Man contest in Iceland last year we sat and talked into the early hours in the hotel bar one night, and he confided that he wanted to spend more time with his son Sigmar, and it deeply troubled him. It was for this reason that he said he wanted to retire after the World's Strongest Man Contest in South Africa this Easter.

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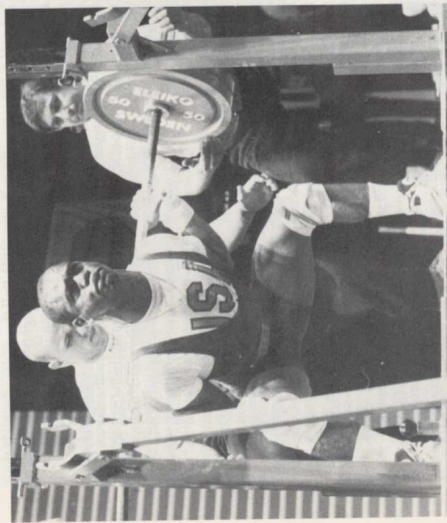
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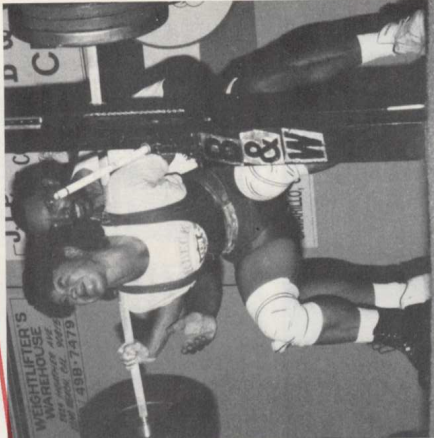
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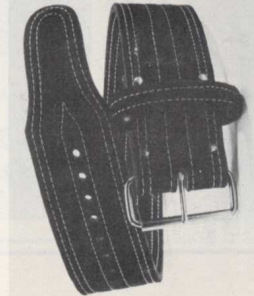
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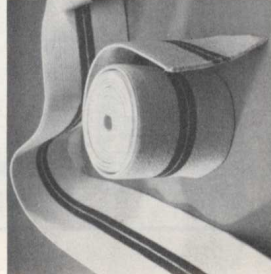
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Contest Training

as told to PL USA by Chris Confessore

Generally a contest cycle should start anywhere between 9 - 12 weeks before meet day. The kind of shape you are in or out of will determine how long the training cycle should be. In other words, if you are a 500 pound squatter and your last workout was a killer, squatting 275 pounds for five tough reps, you are out of shape and will need beyond the 9-12 weeks to build back a good base before starting a contest cycle. Or if you did forget about lifting for a short while and included in BIG BEERS, WILD WOMEN (or wild men for the lady lifters) and who knows what else, you should also give yourself a little more time. Take it slow and never rush yourself into a meet when your body is not ready or you will be inviting the old injury bug. However, if you are rock hard and ready to pound the iron be careful not to drag the cycle on to long or you might be prone to burnout. You must always listen to your body. I generally like to start off the training cycle phase with sets of five repetitions. I believe anything over five repetitions in the main lifts during the contest phase is just a and stay healthy!

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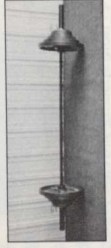
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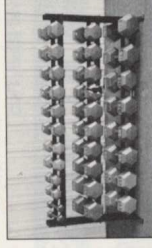
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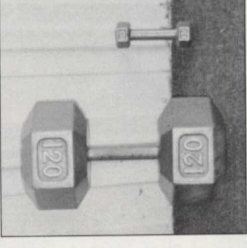
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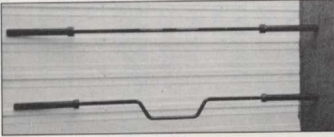
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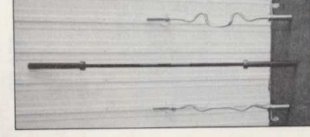
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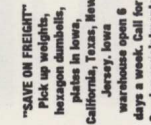


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INTERVIEW

DAVE WEISS as interviewed for PL USA by Bob Gaynor



Dave:... at the 1992 ADFFPA Men's Worlds, and I hope to be able to represent the U.S. again.
BG: Give us your views on steroids and drug testing.
DW: I have absolutely no respect for lifters who take steroids, especially those who try to sneak into a drug-free meet. Besides it being cheating and illegal, it is just plain stupid. I can't understand how a lifter on drugs could be proud of his lifting, knowing in the back of his mind he didn't earn it. When I make a personal best, it is good to know I did it, not some drugs. I've been tested nine times, and will not lift in any untested meets. You work out to get your body in better shape, be it powerlifting, bodybuilding, or whatever. Steroids work directly against that, destroying your body for fleeting gains. A friend of mine put it as "I'd rather own than rent," and I heartily agree. As for testing, I'd like to see unanalysis used more, as it is more effective than poligraph testing, and easier on the lifter. Unfortunately, until meet directors are reimbursed for the added expense, I don't see it happening on a local level.
BG: Do you follow any special diet?
DW: Increased attention to my diet has helped my training significantly in the past year. I'll often make up turkey or chicken

self, but have a realistic pace and goals when you start. And above all else, stay drug-free.
BG: Who are your heroes, those you admire in the sport?
DW: I was fortunate enough to be on the World Team with several of the people I admire in Powerlifting: Martin Beavers, Greg Jones, Steve Scialpi, and Bull Stewart, as well as women's lifter Yueh-Chun Chang. These lifters are making incredible drug-free lifts without incredibly large egos. Also on that type of list are Herb Pattaway, Todd Suttles, Herb Blake, and Dave Ricks. At our gym we have two American Record holders, Teenage lifter Shaun Franklin and Masters lifter Fred Lange, who are making incredible lifts. If you notice, all those lifters are ADFFPA, drug-tested lifters.
BG: Dave, what other interests and hobbies do you have?
DW: I enjoy motorcycles, water-skiing, spending time with my "Niece", and general bumming around. I've been known to celebrate a little after a meet.
BG: Are there any other comments you would like to make?
DW: The great thing about Powerlifting is the people, and many of my closest friends met through the sport. There are many people I'd like to thank, so excuse me if I miss someone. First and foremost, the four people I feel I the most to for their time, training, friendship, and encouragement: Ross and Eric Hammer who got me started, I can't imagine going to a National meet without Ross and "The Look", Mike Craven, the owner of Mike's Gym where I train, who has given 100% to help me achieve my goals, and Paul Garman, who was another major influence when I started. We miss you, Paul. I would also like to thank the Virginia Tech Weightlifting Club, all the guys at Mike's Gym (Clayde, Mike and Greg, Big John, Ben, Steve, Ronnie, Dave, Walt, and even you Pee Wee), and the guys at Thompson's Powerhouse. Also, George Zingas and Marathon Distributing for supplying me with my lifting equipment. Last, but not least, my family and "brother Greg. I could not have gotten where I am now without their constant support and encouragement. And Dad's frequent flyer miles.

IN RESPONSE

I have no objection to anyone making money. Money is not the issue. Legitimate growth of the sport, pay for lifters' travel expenses, and provide an enjoyable forum for everyone to show off their strength. Thank You, Ernie Franz

On January 1st, 1993 the IFAZ Blast Bench shirt became legal for use in all powerlifting competition worldwide. Mr. Heinz Vierthaler, President of the IFAZ, recognized the grounds of support for the shirt. Placing the good of the sport ahead of his own personal views, Mr. Vierthaler asked the IFAZ Congress to consider the issue. Mr. Vierthaler invited this writer to address the IFAZ Congress. For this Mr. Vierthaler should be commended. Responding to the wishes of the powerlifters worldwide, the IFAZ Congress voted in favor of wearing "YES" (13 to 7) for the use of the bench shirt in all competitions. This more aligns IFAZ and USFP rules and facilitates the coming IFAZ-USFP meet!

Through the advent of hi-tech supportive gear powerlifting takes a positive step towards Olympic recognition. The shirt for the bench takes its rightful place beside the suit for the squat. A very few delegates chose to present their personal views and speak for themselves rather than the vast majority of lifters of their country. Some even threatened to "quit" if the vote was opposed to their view. To base this important issue on personal views and to disregard the wishes and views and the safety of the lifters leads me to question the suitability of allowing such people to represent the athletes. No delegate should place his personal views over the good of the sport and the needs of the lifters. As for the Olympics I suggest one look at today's Olympic athletes. There are a few "purists" who denounce the arrival of such technology in the sport. Rightly or wrongly that old "purist" view was settled long ago. Technology won the day as the Olympic pole vaulter went flying 20' in the air riding on his new fiberglass pole laced with carbon fibers, a pole exclusively made for him and unavailable for all others. Cyclists ride bikes as costly as cars. They wear tear drop helmets, aerodynamic body suits and even erector spurs tool. Look closely at the shot put. Could that be an Inzer shirt under his T-shirt? Yes, many shot putters wear the shirt! The fact that a bench shirt will save a lifter from injury, as much as the boxing glove protects the boxers hand is undeniable. The great Mr. Inaba of Japan, and many others, would be spared injury had the shirt been in use. The facts are that the bench shirt is what the lifters want and the bench shirt will reduce injuries! The vast majority of the IFAZ Congress agreed with the facts by casting "YES" votes. We must go forward and settle future issues with the same positive resolve!

Peter Thorne, Secretary, USFP

Executive Board and myself share the concerns of the Kings for the expenses of their lifters, there is nothing we can do legally, until the IFAZ or USFP as their United States agent/representatives, pays their legally due monies.

To present this issue as the Kings did, is both dishonest and non-productive. I agree that the present attitudes will not allow unification of the US lifting scene under any circumstances. But trying to smear my reputation and that of the APF is an attempt to falsely boost USFP and IFAZ membership, is a very negative position to take. I will only say that it is regrettable, and I personally hope that concerned US lifters come to understand the truth. I am hopeful that the day will come when these kind of petty politics is left behind so

analysis, especially when done via tape recording, is accurate relative to the information I've been given about it, to them turn around and use it as a "drug testing procedure". It is absolutely true that I wasn't at the meet. I have no desire to attend a meet where judges are plucked out of the audience IF NOT QUALIFIED (emphasis mine). At every meet, someone will be asked to judge, but I would expect that they would be a card holder of some sort. I don't have no difficulty with an ADFPA official calling lifts at a USFP meet or an AFA official judging at an APF meet if they had a review of the lifts in the judging criteria. To offer to pay the audience to judge whether they are qualified or not is another story. Yes, I don't think this fair to the lifters and said so.

I don't believe that voice stress analysis, especially when done via tape recording, is accurate relative to the information I've been given about it, to them turn around and use it as a "drug testing procedure". It is absolutely true that I wasn't at the meet. I have no desire to attend a meet where judges are plucked out of the audience IF NOT QUALIFIED (emphasis mine). At every meet, someone will be asked to judge, but I would expect that they would be a card holder of some sort. I don't have no difficulty with an ADFPA official calling lifts at a USFP meet or an AFA official judging at an APF meet if they had a review of the lifts in the judging criteria. To offer to pay the audience to judge whether they are qualified or not is another story. Yes, I don't think this fair to the lifters and said so.

After being involved with PL for so long, it saddens me to have to write a letter like this. I just couldn't sit and let this one pass, though. This is in reference to the WNPF controversy. First of all, were the letters from Troy Ford and his cronies supposed to clear the issues surrounding his "World Meet" or were they personal attacks on Dr. Leinster and Al Siegel? They were definitely slanted towards the latter. As for his meet, how can that many lifters from one country qualify for the "Worlds"? Might need to read just their standards, don't you think? The World Championships are supposed to be the final culmination of a series of qualifying meets (i.e., regional, national, etc.), not a meet open to anyone with the entry fee. There is really no justification for allowing that many lifters in one meet other than financial gain, especially with no late entries accepted. By the way, if your meet cost \$32,000, please call, I have a bridge for sale that you might be interested in. As far as his drug testing goes, buying yourself a device that is not approved by any sports body in the world, and teaching yourself how to use it, is not exactly I.O.C. testing standards. I would guess that anyone who has failed and been banned would probably have a decent case in court for slander, considering the dubious testing methods.

To address Mr. Robustelli's tirade against Doc Leinster's lifting abilities, "what the heck does that have to do with promoting a quality meet?" I have attended all but one of Ken's and Ralph Raibak's meets and they have all been professional and efficient - there has been plenty of superb spotting, a minimum of 2 national cardholders in the referee's chairs at all times, and always beverages & fruit for the competitors. As far as profits go, money made at their meets above costs gets donated to the Malverne H.S. sports program. Mr. Robustelli, the one meet I attended that you were involved in started 1 1/2 hours late because your buddy Ted didn't have a battery for the electric scale (1991 Bench Press Championships, Bronx, N.Y.). Also, I'm sure you remember Troy Ford's memorable 140 pound posing routine during the intermission. Not exactly Sergio Oliva or Arnold. To answer your infantile question, in 1968 Ken Leinster posted an official BP of 468 in the 198 lb. class. In 1982 he won the Middletown Open Meet with lifts of 501 319 522 in the 165 lb. class. He's no Ed Coan, but certainly respectable. He is also capable of defending himself, just get your facts straight. In regards to Ford's mature comments about 6 inch trophies, one only needs to look at pg. 64 in the March 93 issue of PL USA to see the kind of quality hardware that is given out at Iron Island meets.

Too often, powerlifters associate the use of dumbbells with bodybuilding and conclude they are not conducive to success in our sport. While I agree that a powerlifter's best tool for gains is the good ole barbell, there are certain benefits that the use of dumbbells can provide and they should be explored.

The major difference between using barbells and dumbbells is the increased effort required to balance dumbbells. Extra stabilizing musculature must be called upon to control the dumbbells throughout the movement, due to the dumbbells being separate entities, not joined. As many experts will agree, you must first control a weight before you can lift it successfully and safely. If control of a weight can be improved, more energy can be directed to moving the weight to its logical completion. The difference in control required between a barbell and a dumbbell is similar to the difference from going from a machine to a barbell. On most machines all you need to do is push or pull, with little attention to control, as the weight is on a track of some sort. Little stabilization is required.

Since increased control or balance is required to use dumbbells, some work into using this extended range; work into it slowly. Going too far, too fast, too heavy, too soon can result in an injury like a muscle pull. Take your time.

Moving the dumbbell during execution of an exercise is also possible. For example, the pectorals can be used to move the dumbbell into position to start the set and put the dumbbells down after the set. Gravity is not kind to falling dumbbells or nearby, un-alert gymmates.

Working dumbbells into your training is the final part of my discussion. I am not suggesting you drop all your barbell work for dumbbell substitutes. Concentrate on their use during the off season. For example, light bench day could see dumbbell overhead presses. Back day could include one arm dumbbell rows and dumbbell strugs. Curbs can be done with dumbbells anytime and laterals can be worked in for the delts. This is just a short list of suggestions.

I hope I have given you some ideas on how valuable dumbbells can be to your training as a powerlifter. Their benefits include extra stimulus of stabilizing muscles, increased range of movement, single limb strengthening, greater variety, and sports training applications. Keep in mind that the barbell is your main tool, but there is room for dumbbells in powerlifting.

STARTIN' OUT

A special section dedicated to the beginning lifter

Dumbbells in Powerlifting

as told to POWERLIFTING USA by Doug Daniels

intensity is made up in the extra effort in controlling the dumbbells. Another benefit of dumbbells is the increased range of movement possible. With a regular barbell, you cannot lower the weight past where the barbell hits the chest (cambered bench bars excluded). With dumbbells, you can lower the weights the maximum your range of movement allows. This greater range can be translated into a bigger barbell bench press. Dumbbell strugs can be done at the sides, allowing a more direct pulling motion, hopefully resulting in increased power of the muscle groups involved. One word of caution about using this extended range; work into it slowly. Going too far, too fast, too heavy, too soon can result in an injury like a muscle pull. Take your time.

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Bill Kazmaier frequently used heavy dumbbells in his training, both for bench pressing and for strong man events.

angle, as bodybuilders always say. When performing a traditional barbell lift like the bench, one limb may actually be lifting more than 50% of the weight. By using dumbbells, each limb or side must lift the same amount of weight. This can help resolve any imbalance you may have due to genetic flaw, bad training practices or injury.

For those of you who compete in other sports, like football, dumbbells could help develop your stabilizing muscles which may help in controlling your opponent in a one-on-one situation. Other less physical sports can benefit from their use too like basketball and soccer.

A limitation of dumbbells is that for stronger lifters, there may not be any that are heavy enough to challenge them. In that case, you can use lighter ones for higher reps or after your regular barbell work when your strength is lower or try them on your light day.

I have to re-emphasize that because of the increased balance required in using dumbbells, start off light until you get accustomed to the movement and increase gradually. Do not exercise over a greater range of movement too quickly. Also, provide increased attention to spotting. Help the lifter get the dumbbells into position to start the set and put the dumbbells down after the set. Gravity is not kind to falling dumbbells or nearby, un-alert gymmates.

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POWER-RESEARCH

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

Over 85 percent of the population have back trouble some time in their lives. Most of us think that people with back aches are wimpy couch potato types, but that's not necessarily the case. I can vividly remember a friend of mine who was a 225 lb. discus thrower and made the United States National team competing in the Pan American Games. Two weeks before the games he was curled up on his living room in agony with severe back pain. His back pain was so bad that he had to resign from the team.

This was a guy who had bona fide strength. If he wasn't immune from back trouble, what hope is there for the rest of us?

Most cases of back pain stem from pressure on the nerve roots, the beginnings of spinal nerves that originate in the spine (see figure). However, pain may also come from spinal ligaments, spinal joints, and spinal muscles. The spine is well equipped to bear load down its long axis. The spinal column is curved and contains disks that allow the spine to act as a large shock absorber for bearing weight. The spine is less capable of bearing loads at an angle to its long axis. Abnormal spinal loading is the principle cause of all spinal injuries. Abnormal spi-

disk to change shape when compressed (although this ability decreases with age). The annulus fibrosus is a series of fibrous rings. These rings can sustain microinjuries with years of abnormal loading that can cause the disk to break down. Injury to the disk results in the nerve bulging and impinging on the nerve root, causing back and leg pain.

Reduction in the joint space is the major cause of nerve root pressure. When the space between two vertebrae narrows, it puts pressure (impinges) on the nerve roots. Sometimes this is called a pinched nerve, but it is actually a compression of the spinal nerve. Depending on the degree of impingement, symptoms may include numbness in the back, hip, leg, or foot, radiating pain, loss of muscle function, depressed reflexes, and muscle spasms. If the impingement is severe enough, loss of function can be permanent.

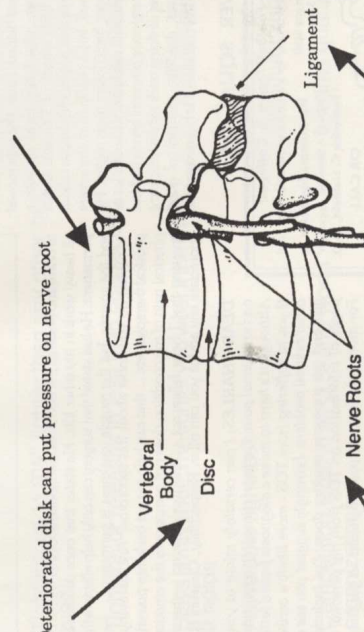
Weight lifting can either be good for your back or extremely destructive. Strong muscles and flexible joints can help you maintain proper spinal alignment that can keep your back pain-free. Improper technique can cause abnormal loading in the spine that can have immediate and long-term effects. Improper loading can injure back muscles and ligaments that can cause your back to go into spasms. Repeated abnormal loading patterns can cause subtle injuries to the spinal disks that will eventually lead to their deterioration. The disks will eventually bulge and put pressure on nerve roots. The result is chronic back pain. No matter how strong you are, you greatly increase your chances of injury if you load your spine abnormally because of poor technique.

The best way to avoid back pain as a weight lifter is to maintain control of your spine. Think of your spine as a unit. Try to direct forces through the long axis of your spine. Minimize loads that stress the spine at an angle to its long axis. This principle is obviously true when doing squats, deadlifts, or pulls (i.e., cleans and snatches) but is also true when doing bench presses. During the bench press, for example, poor foot position or excessive low back curve will put abnormal stress on your spine.

Follow good lifting techniques, whether you are lifting weights in the gym or stacking boxes in your garage.

Keep the weight as close to the

The load of the lift should occur through vertebral body



Deteriorated disk can put pressure on nerve root

Pressure on nerve roots can cause back pain

Strained ligaments can cause back pain

off with very light weights and do a lot of repetitions until you're sure your back can tolerate them. A problem is that these exercises may cause microinjuries to the spinal disks that you won't notice until many years from now. By that time, it's too late.

Don't twist your body when you lift. Twisting places an uneven load on spinal muscles that can cause strain. Avoid trying to move the weight primarily with your strong side. When bench pressing, stay tight with your legs and make sure your torso is anchored well. Push the weight symmetrically. This can sometimes be a problem when going for heavy singles, so concentrate on it when doing your base work. When doing squats or deadlifts, visualize your spine as a single unit and do the lift through your longitudinal axis (i.e., through the spine).

Lift the weight smoothly, not with a jerking, rapid motion. This does not mean to explode during the lift. Rather, it means controlling the lift throughout its range of motion. Stay tight when getting into position, then explode into the lift. Allow adequate rest between lifts. Fatigue is a prominent cause of back strain. When you're tired, your technique breaks down. During the squat, you may come up with the

mindline of your body as possible. The further you hold a weight from your body, the more strain there is on your back. This principle is true of squats as well as pulling lifts. When doing squats, direct the force through the long axis of your spine. Do your squats with your spine aligned as a unit so that you direct force through the vertebral bodies and the center of the spinal disks.

Do most of your lifting with your legs. The large muscles of the thighs and buttocks are much stronger than those of the back, which are better suited for maintaining an erect posture. Keep your hips and buttocks tucked in. When doing squats, always be aware of good technique. Don't come up too fast with the legs because you will have to finish the lift with a heavy "good-morning" exercise. Again, do squats (and other exercises) with your spine aligned as a unit.

When picking up a weight from the ground, do not bend at your waist with straight legs because this action places tremendous strain on the low back muscles and disks. Be particularly careful when doing straight-leg deadlifts or good-morning exercises. These exercises can potentially be very destructive to your spine. Many experts recommend that no lifter do them. If you insist on doing these exercises, start

working as a unit during the lift. Keep your head in a neutral position, so that it moves easily on the end of your spine. The best advice is to keep your head balanced on your spine - don't look up or down - keep it in a neutral position. Good head position is important in helping you maintain your spine as a unit during your lifts.

Think about keeping your torso elongated during the lift. Avoid rounding the back and keep your shoulder blades separated. This position will help your spine work as a unit during the lift and help you keep the load off your back muscles and vertebrae.

Maintain good flexibility in your hamstrings and hip flexors. Good spinal alignment depends on the relationship of the tilt of the pelvis in relation to the spine. Maintaining good pelvic tilt requires flexibility.

Watch your posture when sleeping, sitting, standing, lifting. Good posture becomes a habit and can go a long way in helping you prevent back pain. I think all weight lifters should become familiar with the Alexander Technique of postural alignment. Books and courses on this technique are widely available.

Good postural habits will help you prevent back trouble and put you into a good position to lift more weight.

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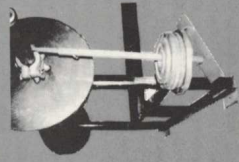
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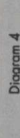
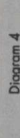
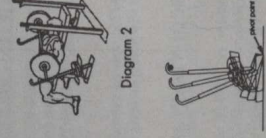
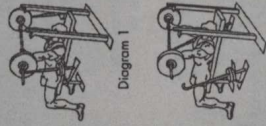
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478	08NOV80	ROUSE, J.
477	01FEB82	ROUSE, J.
470	APR86	ALOK, G. J.
470	18APR92	MCCORMICK, L.
470	24OCT82	DECOLET, R.
465	13APR91	MORRISON, E.
463	10APR80	BRIDGES, M.
463	07JUN86	GRANT, R.
463	12OCT90	PEREZ, J.
463	03NOV85	PEREZ, J.
457	21JUL80	BELAKAY, R. C.
455	IOSEP88	EARNST, A.
453	17OCT92	MILLER, L.
452	23JUL83	PHILLIPS, M.
452	13NOV88	MENDOZA, L.
452	24OCT92	ROOKER, J.
450	02JUL86	MATHIS, A.
449	04JUL90	POKERS, M.
448	13MAY89	SAKALUCHI, R.
446	15AUG92	STABLETON, T.
446	27DEC93	STENGEL, M.
443	27OCT88	DOBSON, J.
441	13NOV86	PACER
440	27OCT88	MOMAMY, J.
440	06OCT90	MCCORMICK, L.
440	04APR92	WATERMAN, D.
440	17NOV92	DUNNIRE, M.
439	11OCT91	KLONIGER, A. R. J.
435	23JUN84	WELCH, J.
435	11MAR90	KATZ, R.
430	17NOV84	PANETTI, J.
430	22AUG87	MAGISTRO, G.
430	14MAY87	ONAN, J.
430	01AUG92	LINK, C.
429	16FEB80	MCDERMOTT, D.
429	23JUL92	JOHNSON, R.
425	28NOV87	MINCH, M.
424	13JUL79	ASTON, P.
424	06DEC80	GORUMBA, R.
424	09AUG86	AWAI, M.
424	16MAY87	GILL, G.
424	08NOV88	CAMPBELL, D.
424	MAX90	CONCH, R.
424	06JUN91	SARDO, D.
424	04APR92	DOMINELLI, G.
420	01JUN85	CRILLY, R.
420	MAR87	YOUNG, J.
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420	11APR92	ORTEGA, C.
418	23JUL83	BOLIN, J.
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415	28MAY81	MAKCKER, R.
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415	29JUL89	GIBSON, L.
415	03NOV90	SMITH, R.
415	09JUN90	SMITH, R.
415	09MAR91	CRAIN, R.
415	09MAY91	WITLEY, C.
415	25JUL92	BLATTENBERG, D.
413	26FEB83	HOOD, J.
413	03MAY85	TOPSOGLIO, J.
413	20NOV86	ROTER, A.
413	18FEB87	ALEXANDER, A.
413	08AUG87	CLACKMOTTE, A.
413	08AUG87	THURMAN, D.
413	03FEB90	TRICHE, B.
413	21NOV91	BEAVERS, M.
413	06JUN92	ROWLAND, M.
411	72	LEONARDIS, J.
410	75	WEBER, B.
410	02CR82	FAULA, J.
410	APR86	CLACKMOTTE, A.
410	01JUN86	APR86
410	10JAN87	EDWARDS, J.
410	INFO. S.	W.
410	10MAR89	SOMINELLI, G.
410	08OCT89	JACKSON, K.
410	13JAN90	SURFACE, R.

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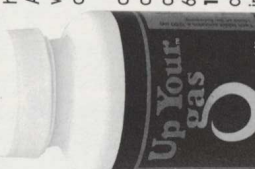
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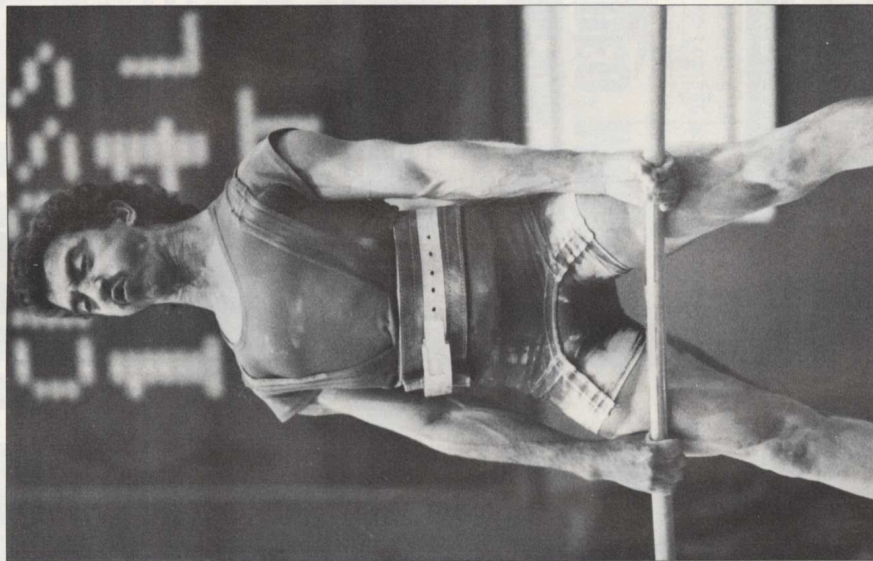
Alternate Peaking Methods as told to PL USA by Greg Reshel of Power Excel

We have previously examined the familiar methods of pyramid peaking, cycling to a meet by decreasing the reps in the working sets as we increase the poundage. As we stated in that brief article, this works very well when the athlete is in very good shape with a deep foundation and a lot of previous 60% - 75% strength work. Under these conditions the athlete has not handled weights over 75% in 3 months or longer and we must hope that the work volume was significant enough for good overall conditioning, but not so high that the athlete would be overtrained at the beginning of the pyramid peaking cycle.

If the athlete is overtrained at the beginning of a pyramid peaking cycle, we would have to modify the pyramid and might adopt a peaking cycle that progresses much more gradually, allowing the athlete ample time to recover their strength and to capitalize on the "residual effect" that always follows an overtraining phase. One possible peaking cycle is as follows: **Week 1** - 3 sets of 2 reps at 60%, **Week 2** - 2 sets of 3 reps at 70%, **Week 3** - 3 sets of 2 reps at 80%, **Week 4** - 2 sets of 3 reps at 75%, **Week 5** - 3 sets of 2 reps at 60%, **Week 6** - 2 sets of 2 reps at 80%, **Week 7** - 3 sets of 2 reps at 60%, **Week 8** - Meet - open 88%, 2nd 96%, 3rd 102-108%.

This peaking cycle is not strictly speaking a pyramid peak because we do not use a decreasing progression scheme like 10's, 8's, 5's, 3's, etc. However, it has been our observation that an overtrained athlete will not be able to take a strict pyramid without severely taxing their system and risking injury or failure. Take a look at the peaking system above and you will see that their is ample room for an average or slightly above average athlete to recover from their overtrained condition and utilize "residual effect" to boost the athlete past previous records.

If you should wish to follow a standard pyramid and you are overtrained at the beginning of the peaking cycle you must reconfigure the pyramid by decreasing the "max" you use to calculate your work sets. Rather than use your actual max, we would decrease that value by 20-25% to obtain a "working max" that we would use to calculate the work sets and provide the cushion that is needed to recover from the overtraining. Do not worry, it has been our observation that you will not over handle more than 80% of



Drug Free Athletes like Keith Borque need to optimize their programs for recovery.

than three months before the contest date you will not make them in the meet. If you are able to make them in the meet you are cheating yourself because your true peak is most likely at least 5-10% higher than the numbers you are hitting now. You have been working too close to your peak and are too tired from "rehearsing" the lift to ever be able to lift your actual maximum. Powerlifters must have confidence and believe in themselves. They must train their butts off and prepare mentally and physically to attempt lifts they have never tried before and to execute them with precision in the contest. This is the only way a powerlifter will see their true peak performance. Now that we have explained our position let's move on to other methods of peaking your lifts.

Notice athletes and more experienced lifters with good foundation and no recent meets will find the following cycle very productive. Try utilizing minicycles of 3 weeks duration nested within cycles of 9 weeks duration. I will write the program to give the lifter 9 weeks of basic strength training followed by 9 weeks of peaking for a contest or a gym peak where the lifter will test for their maximum. Within this framework the athlete will follow three week minicycles of light, followed by moderate, followed by heavy weeks. Bear in mind that I am only writing the percentages for the principle contest lifts and I am not taking the time to include the accessory work. I will focus on accessory exercises in an upcoming issue. NOTE - warmup as necessary to be prepared for work sets.

STRENGTH BUILDING CYCLE: **Week 1** - 4 sets of 8 reps at 45% of previous max, **Week 2** - 5 sets of 5 reps at 55% of previous max, **Week 3** - 5 sets of 3 reps at 65% of previous max, **Week 4** - 4 sets of 8 reps at 45% of previous max, **Week 5** - 5 sets of 5 reps at 58% of previous max, **Week 6** - 5 sets of 3 reps at 67% of previous max, **Week 7** - 4 sets of 8 reps at 45% of previous max, **Week 8** - 5 sets of 5 reps at 61% of previous

max, **Week 9** - 5 sets of 3 reps at 70% of previous max. **CONTEST PEAKING CYCLE:** **Week 1** - 3 sets of 5 reps at 50% of previous max, **Week 2** - 5 sets of 2 reps at 75% of previous max, **Week 3** - 3 sets of 1 rep at 80% of previous max, **Week 1** - 3 sets of 5 reps at 50% of previous max, **Week 2** - 3 sets of 1 rep at 75% of previous max, **Week 3** - 3 sets of 1 rep at 85% of previous max, **Week 1** - 3 sets of 3 reps at 50% of previous max, **Week 2** - 5 sets of 1 rep at 75% of previous max, **Week 3** - Contest - Open 88%, 2nd 96%, 3rd 102-106%. Note I make the third attempt on contest day a range because the actual weight attempted will depend on your mental and physical state the day of the meet (flow aggressive, confident, and motivated) you are combined with physical explosiveness, energy level, and stability.

More advanced or experienced lifters may want to try the following contest peaking cycle. A more advanced lifter has a very good idea of their strength level and has been performing consistently for some time. The result is they are now trying to find ways to break plateaus and post lifts that exceed their normal, predictable, contest performance. There comes a time in every lifter's career where the total

maximum used for calculation is a dependable number that an experienced lifter will have every confidence of making for any given meet. Note - as always, warmups are brief and functional to get the athlete ready for the working sets. In this case, the athlete will be working with a modified form of a reverse

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Dawn Sharon - Asher Sharon - Greg Reshel

training, technique, and explosiveness. In this way the athlete will be virtually guaranteed of getting the maximum possible performance because they will be performing their contest lifts with precision and utilizing every leverage advantage available to them within the rules of the game.

Most lifters, especially those lifters that are drug free, have only two legitimately heavy attempts for any of the contest lifts. Most lifters will have only 4 or 6 legitimate, heavy attempts in any meet if they are properly conditioned. An experienced lifter that is familiar with the contest environment and knows what they came to do, will have no trouble placing a moderately heavy, but confident opener, and then taking their goal attempt. In this way an athlete will have maximum potential to make the lift. On a second attempt our experienced athlete is still fresh and will confidently approach their desired goal. In an important meet, however, an athlete should be more conservative and pay attention to the poundage they need to win or place according to their goals. In this case the "PR" lift is held in reserve to place the athlete higher, or in the case that the athlete is confident of their total and placing, and wishes to "go for it" and test their potential.

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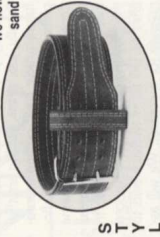
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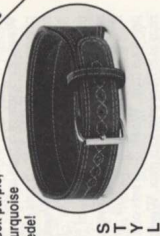
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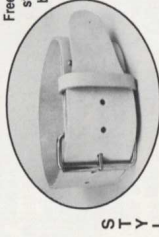
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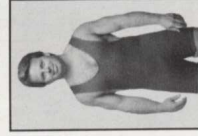


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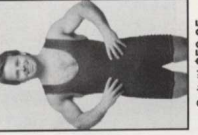


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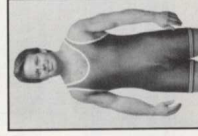
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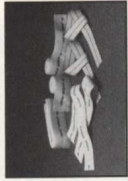
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"This new stuff is unbelievable," says Anthony Clark

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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

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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



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

So don't waste your time with outdated products that pretend to be as good as HOT STUFF. Go with the real thing. Step into the next generation. Prove to yourself once again that HOT STUFF is where it's happening. If you thought the original HOT STUFF was great — just wait until you experience the changing surge of power you'll feel from the next generation. No other product even comes close. You simply must try a can of this new super powder today. You won't be disappointed.

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1. One Federation
2. Strength exhibitions at halftime of basketball games to get the public to understand what real strength is.
3. Basic Brute Strength - a ban on all support/gear, shirts, underwear, suits, 4. More single lift meets in the states atmosphere - carnivals, etc.
5. Reasonable entry fees - I understand most promoters don't make diddy - but the drug free meet fees are getting pretty high. I'm drug free, but I'll compete at an open meet, and pay \$10, instead of paying \$60 to place 1st, 2nd or 3rd. I'm competing against myself anyway.
6. Less emphasis on financing world teams and more on the average local lifter.
7. Get rid of all the b.s. supplements.
8. 2 attempts in full meets, 3 attempts in single meets.

TSGT Rusef C. Lewis

1. Before the meet starts, during breaks, whenever there is a major lift, play some good of Rock & Roll music.

2. Have 2 or 3 TV's strategically placed with a VCR hook-up showing some power meets and some great lifts during slow periods.

3. Lifters should always submit a biographical sketch with points of interest about themselves: age, occupation, what PR's they will be attempting, how long they've been lifting, where they work out, how they got started in the sport, who their favorite lift is, etc., etc. This gives the announcer plenty of fodder and he or she should use it.

4. All lifters should get a participation certificate.

5. There should be a modest prize for the lifter that came the farthest to participate.

6. Do some interviews as opportunities present themselves.

7. Publish a program that can be printed at a lift printer for next to nothing. All kinds of interesting things can be in the program about the lifters (and I'll bet you can get some vendors to pay for it).

8. Do two (2) lifts instead of three.

9. Have local retailers chip in some door prizes for the audience.

10. Do a better job promoting the contest to get more of the public to attend. This is easy and virtually free (does require some work which those who love our sport never shy away from). If anyone is interested I have a big list of how to's on this subject.

11. Offer photograph and/or videos her lifts, not just the meet!

12. If you know of a caricature artist who would like to come in and take their chances they might make a few dollars plus this would be fun and something different.

Steve Bloom

The World Drug Free Powerlifting Federation... "I'd like to draw your attention to the attached photo taken at the WDPFF/ADPPA World Bench Press Championship held in Wilkes Barre, PA: (left to right) Steve Cardiner, Secretary United Kingdom PL Association, George Gerard Vice President WDPFF, Stefan Kozioł President Polish PL Federation, Al Siegel President ADPPA and Bob Caynor are pictured. There are several organizations that claim to hold world or national meets, yet what are they comprised of; a meet director and a few associates? To have a true world or national meet you need a bona fide organization with elected officials, written by-laws and written rules, standards of equipment and performance - not inconsistency at every meet. We have trained certified officials that are given both a written and practical test to insure their knowledge and to assure the lifter of consistency nationwide, worldwide. We don't drag people out of the audience to judge. Our laws are fair and designed for the lifter, who doesn't have to touch his dupa to the floor to get a squat passed. Nor do we give away 2.3 inch high squats. We drug test by one of three methods, polygraph, urine and IOC urine. BY APPROVED LABS and under strict conditions. While we don't test 100%, the bare minimum is 10%, those making World or American records are first on the list. We do succeed using valid testing methods. We publish lists of those who have failed and discipline them. We aren't the IFF, but we are growing with about 15 member nations at this time. But more importantly, we are part of a valid world and national organization, not just someone making money by throwing around a few fancy titles with no substance. If you want valid testing, consistent fair judging and a chance at a title that means something, not just a meet where you contribute to someone's income, then come try the ADPPA. *Jumpin' jersey Joe Pyra. (Joe Pyra photograph)

USPF Atlantic States Drug Tested

21 Nov 92 - Whitman, MA

Weight	BP	DL	Total
J. Breda-105	312	190	502
L. Rivers-105	240	150	390
C. Ranfield-148	240	150	390
K. Miller-171	340	180	520
Subtotals	565	390	955
J. Wencus-232	565	390	955
D. Webb-183	470	310	780
C. Webb-206	330	210	540
J. Westbrook-187	480	315	795
D. Nolan-293	315	315	630
C. Fomnie-159	500	275	775
J. Rizza-197	600	265	865
D. Toth-180	455	295	750
B. Toth-180	455	295	750
D. Womersley-62	465	285	750
Grand Totals	375	205	580
D. Dupre-214	100	185	285
D. Mullen-222	100	185	285
D. Rose	505	275	780
J. Veiga	555	390	945
P. Whitten	420	285	705
Subtotals	250	200	450
M. Thomas	375	195	570
J. Chaput	420	265	685
R. Miller	410	290	700
K. Rawn	410	290	700
Subtotals	390	270	660
J. Pacheco BL	620	380	1000
T. Poirier	420	315	735
D. Bornstein-GL	645	400	1045
R. Rogers	570	355	925
M. Bergeron	550	330	880
C. Fink	590	335	925
D. Redick	605	365	970
J. Veiga	655	390	1045
S. Nelson	545	400	945
M. Mitchell-GL	650	400	1050
Subtotals	650	400	1050
M. Marino	630	440	1070
J. Schuchman	570	315	885
K. Schuchman	575	325	900
M. D'Orlo	135	135	270
Subtotals	625	385	1010
R. Bishop BL	735	480	1215
R. D'Alipho	605	450	1055
J. Veiga	655	400	1055
Subtotals	605	450	1055

ADPPA Winter Open

24 Jan 93 - Chilliwack, BC (kg)

Weight	SQ	BP	DL	Total
G. Gander	900	550	1050	2500
K. Coching	152.5*	80	182.5*	415*
S. Selter	147.5	75	185	407.5
Boy	125	92.5	137.5	355
P. Karr	215*	135*	222.5	572.5
T. Inouye	272.5*	160*	250*	682.5*
R. Ward	172.5	107.5	192.5	472.5
D. Loster	155	102.5	182.5	440
Subtotals	905	163.5	1275.5	2344
M. Postnikov	197.5	112.5	227.5	537.5
Subtotals	275*	150	230	655
C. Benjamin	207.5	160*	235	602.5
M. Daniels	207.5	160*	235	602.5
M. M. Soper	217.5	107.5	245	570
Subtotals	192.5	145	227.5	565
D. Greffard	227.5	180	240	647.5
T. Sawchuk	272.5	155	287.5	715
Subtotals	242.5	140	265	647.5

ADPPA Winter Open

24 Jan 93 - Chilliwack, BC (kg)

guest filled in 181 lb. class despite coming down with the flu the week before the contest. He still managed some impressive lifts to qualify for the 220 lb. class. In New Hampshire, the competitor for Jason's Gym in New England captured the 198 lb. class for the third year in a row. David Roderick captured the 220 lb. class as the lifter's favorite to win. In the 220 lb. class, Michael looks like this year's favorite to win. Joe Michale lost by 5 lbs. Better luck next time, Joe! Michale still in under 23 years of age. Butch Barrow looked like this year's favorite to win. In the 242 lb. class, Roland Bibb with 2nd place in his 242 lb. class. Roland Mark D'Orlo at 239 lbs., deadlifted an impressive 730 lbs. while Russ Barlow opened with an easy 60 and narrowly missed 805 lbs. twice! The winner of the 242 lb. class was the lifter from the United States, Jason's Gym of New Hampshire, who has about as much fanfare as the lifter's name. The lifter is both Jeff Street and Lynne Barrow (called ELITE) who were impressive to say the least. Joe Veiga was the lifter's favorite to win. In the 275 lb. class, George Moore upset Davette Joe Rizza in the masters division. Robert Dupre edged out Don Stratton to capture the grandmasters division. David Veiga in the junior division. Joe Veiga went out best lifter in the 114-118 lb. classes. Dave Bornstein to Greg Kostas for providing the current results.)



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ADPPA Teen 16-17	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADPPA Teen 18-19	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
ADPPA Men's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADPPA Women's	97	104	111	116	122	129	139	154	176	176+	
Teen/Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Nationals	496	535	562	617	639	694	739	766	777	876	

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A.D.F.P.A.

TOP 20 56 kg, 123 lb.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 420 Baker, C., 215/92	315 Hilder, C., 314/92	307 Castro, M., 215/92	1235 Hilder, C., 314/92
2. 440 Garcia, H., 215/92	440 Garcia, H., 215/92	440 Garcia, H., 215/92	1151 Ramsey, D., 222/92
3. 429 Clemens, K., 222/92	292 Higgins, F., 215/92	469 Ramsey, D., 222/92	1125 Miller, B., 215/92
4. 425 Lee, A., 81/6/92	285 Lee, A., 81/6/92	457 Garcia, H., 616/92	1118 Garcia, H., 616/92
5. 420 Miller, B., 215/92	270 Weiss, D., 317/92	448 Baker, C., 215/92	1020 Higgins, F., 215/92
6. 405 Weiss, D., 317/92	270 Higgins, F., 215/92	448 Baker, C., 215/92	1058 Clemens, K., 222/92
7. 405 Baker, C., 215/92	253 Ramsey, D., 222/92	435 Barben, D., 314/92	1052 Jenkins, A., 718/92
8. 380 Jenkins, A., 44/92	250 Ramsey, D., 314/92	429 Jenkins, A., 718/92	1030 Barben, D., 314/92
9. 369 Schlegel, B., 117/92	248 Maletta, D., 317/92	428 Cooper, J., 1031/92	1014 Lee, A., 44/92
10. 358 Yoon, A., 37/92	248 Jenkins, A., 718/92	425 Altheide, J., 1031/92	942 Yoon, A., 37/92
11. 358 Stovall, C., 44/92	248 Maletta, D., 317/92	425 Altheide, J., 1031/92	947 Schlegel, B., 117/92
12. 358 Walker, D., 172/92	242 Coronado, D., 222/92	402 Schlegel, B., 44/92	942 Yoon, A., 37/92
13. 358 Walker, D., 172/92	242 Coronado, D., 222/92	402 Schlegel, B., 44/92	942 Yoon, A., 37/92
14. 352 Lee, A., 44/92	236 Boarman, P., 718/92	402 Adams, L., 411/92	930 Howrwin, J., 21/92
15. 347 Paoli, L., 44/92	231 Yoon, A., 37/92	402 Adams, L., 411/92	
16. 347 Boarman, P., 718/92	225 Howrwin, J., 21/92	390 Miller, B., 215/92	
17. 345 Loebel, D., 411/92	225 Castro, M., 215/92	390 Miller, B., 215/92	
18. 341 Adams, L., 411/92	220 Garcia, H., 616/92	385 Lee, A., 44/92	
19. 341 Adams, L., 411/92			
20. 341 Adams, L., 411/92			

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from February 1992 to January 1993. Please send a copy of all ADPPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thanks very much. Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive P.I. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

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 what hasn't. Chapters include In-
 troduction, Mechanics of the Bench
 Press, Contest Training and Equip-
 ment, Ten Week Bench Program,
 Assistance Training, Injury Preven-
 tion, Off Season, The Power Rack,
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- (1) Anderson returns to Toccoa, GA., after stunning the Russians returning from Russia
- (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
- (4) Footage from major production and news companies
- (5) Paul returns to L.A. airport after winning gold medal in Melbourne in 1956
- (6) Paul turns professional wrestler in 1957; shows Paul walking down the street in wrestling outfit, lifting large iron dumbbell overhead with one arm and lifting two women-one with each arm
- (7) Movie footage of Paul during many of his public appearances in the sixties and seventies

- (1) Squatting with around 900 pounds at an appearance in Texas
- (2) Driving nails through 2x4 wooden beams with his bare hands
- (3) One arm presses with 240 and 300 pound dumbbells
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- (6) Many of his speeches concerning his love of God, country and the free enterprise system

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- (4) Personal friends and admirers of Paul: Joe Frank Harris, Governor of Georgia from 1983 through 1991; Truett Cathy, founder and president of Chick-fil-A; and Pat Williams, general manager and president of the Orlando Magic Basketball team.
- (5) Numerous interviews concerning Paul Anderson's work and success at the Paul Anderson Youth Home with some of the parents and graduates of the home
- (6) Paul's sister Dot Johnson, his wife Glenda and daughter Paula, and Paul Anderson, himself

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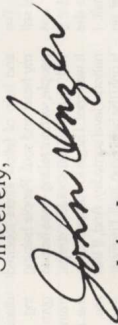
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ADVANCE DESIGNS

Why Be A Powerlifter?

I was not going to renew my subscription, because I thought my lifting days were over. I tore both quadrads at the USPF National Masters. I had surgery May 19th, and both legs were repaired. I tore both quadrads on my second squat attempt. Immediately, the spotters had the weight and I was on my back in pain. Dr. Herrick was on the platform immediately to help me, and with the help of many people who were there, I wish I could name them, I was carried off to a room and made as comfortable as possible. Next was the chore of getting me home to Rochester, NY, 15 hours away. This was taken on by my fellow lifters - Dave Zait, Bob Marsh, and John McAllister, along with the coach, Chief. We rented a car and the drove continuously for 15 hours to get me admitted to a hospital in Rochester, NY. These guys lifted the day before and were tired, but they drove all the way, stopping only for gas. I talked to John Black about rehab work and he was very helpful. I was going to compete in the APF National masters and when Dean Glitt heard about my injury he refunded my entry fee and wished me a speedy recovery. In one quick sentence, where else in any other sport would so many people go out of their way to help another athlete. I can't leave a sport like powerlifting. I'll be back. Carl Plano

before the competition, I had dreams of forgetting my squat suit and other items needed for the meet. I awoke early and couldn't wait to get through the rules briefing, let alone getting started with the meet. My first lift seemed like it would never come. When I heard my name announced, I thought to myself, "What in the world did I get myself into?" not knowing that I would soon be bitten hard by the iron bug. Then all of the sudden, my name came across the microphone for my first lift. I wasn't sure if I was going to puke or wet my squat suit. None of that happened, thank goodness. It seemed that I forgot everything that I was taught in the gym for a few seconds, but it all came back to me. I set myself under the bar, lifted off and got set for the squat command. For one second, I was going to begin the squat without the signal from the judge. Then, I realized what I was supposed to do and load everything mentally, I waited for the signal and completed the squat successfully. The second lift went up much easier with more weight than the first lift. I went six for nine with a 953.5 pound total. I was nowhere near what I had accomplished in the gym, so I had mixed feelings about my performance.

I was so overwhelmed with the way the crowd got behind me when they announced it was my first contest. The lifters were the best. So supportive they were of me, it was like they'd known me for years, but I had never met any of them before. I've participated in many sports, team and individual. Never have I ever witnessed or felt more a part of a family or group in my entire life, than I did at the meet. I have only begun to experience the thrill and sheer rush of lifting. The friendship and help of fellow lifters touched my heart and soul. People helping people, without asking - I was helped with my squat suit shoulder straps, it was cool. I hope to compete on a national level someday. And, if this is only the beginning, well, I'm most definitely looking forward to the future competitions.

When I stop to think about my life and what I've been through, my eyes leak, only because of where I'm at now and what I will do with my future in powerlifting. Also, because of the total support, friendship, concern and acceptance from the people of power. This is truly the feeling that I've been looking for

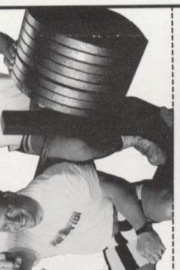
in my life.

I thank Jesus Christ every day for saving me and would also like to thank all the people who have supported and encouraged me through every rep and set, success and failure. They are: my beautiful coach Anna James, Fred Randi, Joe and Kelli from the gym; my family - Mom, Dad, Rob, and Tony; my children - Little Mac (Bibba), Sharalynn and Desiree. And Roddie, I love you all from my heart and soul. And to all of you beautiful power people out there, the big bruddas at the NASA Bakersfield meet. With Power, Muscle and Strength (P.M.S.) Rich Cooper

My name is Mark. I am 35 years old and have been powerlifting for three years. I compete at 165 lbs. and am a member of A.D.F.P.A. Recently placed second in the sub-master division at a State Bench Press Championship with a bench of 300 lbs. Although my lifts are not anything exceptional, I personally get a lot of gratification from lifting. Perhaps my background is why it is so special for me to be involved in powerlifting. I am an alcoholic. I drank for 20 years, most of those years very heavy. I had my first blackout drunk when I was 12 years old. My drinking continued through my teenage years along with drug abuse. My twenties were years spent mostly in bars drinking and taking drugs. It was not until I was in my early thirties that I got help for myself and quit my drinking and drug abuse. I have been sober now for 3-1/2 years, and even though that of itself is a lifetime for me compared to my old ways, I still live one day at a time. It was when I became sober I decided to get myself into physical as well as mental condition. I joined a local gym and discovered the joys of weight training. Fortunately for me, it was a gym where a lot of powerlifters trained and who introduced me to the sport. Also very fortunate for me, the people I met were drug free. For me, there is no other way I have seen first hand what drugs will do to people, whether it's alcohol, cocaine, marijuana or steroids, you're living a lie and someday it will kill you. Look, if someone decides to drink, smoke pot or take steroids, that is their decision. I choose not to. I have found that life is so much more gratifying when I live it sober. I also feel that regardless if I ever bench over 315 lbs, or squat

Bruce Citterman

500 lbs, or deadlift 500 lbs, whatever I do lift, I lifted it, not some drug, not some artificial strength through chemical enhancement. I want to do it on my own. I consider myself very lucky to have found the sport of powerlifting. I also consider myself extremely lucky that there exists drug-free associations such as the A.D.F.P.A. in which I can compete. Powerlifting is a great sport, one in which I can compete in for years to come and one in which I can compete in drug free. Steroids are the easy way out. They give athletes a false sense of accomplishment. Training drug-free provides you with a true sense of accomplishment. If you powerlift, do it without drugs, believe me, it's the only way!



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