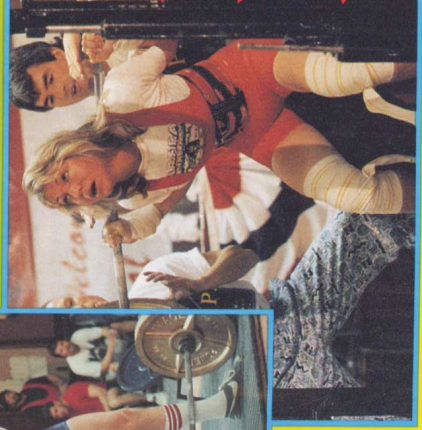


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**TABLE OF CONTENTS**

- Volume 16, Number 10 May 1993 -

NASA NATURAL NATIONALS.....Danny Black.....6  
JAMIE WYMAN PROFILE.....A.J. Weiner.....8  
SIGMARSSON TRIBUTES.....FitzGerald/Gallagher/Stamley...10  
TOP 100 220s.....E. Jean Lambert.....12  
POWERLIFTERS FIRST AID KIT.....John Ellison D.O.....16  
WORKOUT OF THE MONTH.....LeaAnn Adams.....17  
PL USA NEWSFLASH.....Mike Lambert.....18  
VIDEO REVIEW.....Mike Lambert.....20  
BART SHUMAN INTERVIEW.....Bob Gaynor.....21  
NEW CHEMICAL TESTS.....Thomas Fahey Ed.D.....24  
SQUATTING WITH EQUIPMENT.....Tony Kamand.....27  
PLATEAU BREAKING SQUAT PROGRAMS.....Greg Reshel...34  
POSITIVES FROM NEGATIVES.....Doug Daniels.....37  
MORE FREOM KEN LEISTNER.....Dr. Ken Leistner.....38  
OPINION.....Kieran Kidder.....39  
ALL TIME TOP 181 LB. BENCH.....Herb Glosbrenner.....40  
DR. JUDD.....Judd Biasiotto Ph.D.....42  
ASK THE DOCTOR.....Mauro DiPasquale.....44  
ADFP TOP 20 FEATHERWEIGHTS.....E. Jean Lambert.....54  
NATIONAL MEET QUALIFYING TOTALS.....80  
COMING EVENTS.....85

ON THE COVER..... Natural Nationals lifters (clockwise, from top left) Shelby Jones, Nehuni Tuihalamaka, Barbara Miller, and Joe Dentice (all by Linda Finnegan). Bottom right, Anthony Clark after his record 2460 total (Bert Wagner photo)

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# POWER PROFILE

## JAMIE WYMAN

**From Observer to NASA National Champion, in one year, finishing 1st in the Teen 220 lb. and 1st in the High School 220 lb. Divisions in 1992, and First in the Teen 220 lb. in 1993.... by A. J. Weiner**

An invitation from a friend to watch a workout at the Palm Beach Gym was Jamie Wymann's first encounter into the world of powerlifting. He was approached to become a member, but cast it off thinking that he could never do some of the things he saw these "strong" men doing, and was surprised at the strength of some of the female participants.

At seventeen years of age, five foot six inches, 198 lbs, Jamie was a little short but hefty, not the average for his heritage of part Mic Mac Indian, and part Jewish.

At this point of time, Jamie's love and interest was in the music field. He was an avid drum student and also played the guitar. With all of his spare time being devoted to music, there was no time allowed for "playing" at the gym. Weightlifting or powerlifting were the furthest things from his mind. He even discontinued karate lessons, something he had been doing for the past ten years, in favor of his love for music.

One day while going to classes, he was stopped by the football coach who noticed his large size and was asked if he wanted to try out for football. "No" was the reply since Jamie was a drummer in the school band, and he couldn't play in the band and play on the football field at the same time.

Just before the school year closed in the summer of 1991, Jamie was again approached to try out for football during summer training. Since there was no band, or other school activities to occupy his time, he decided to give it a whirl. At tryouts, he was placed on the line, and soon won the starting position as Nose Guard. For his size and power, he had good speed and the weight to fend off the six footers that towered over him in size as well as weight. The years of Karate certainly helped. His love to act like a stone wall - stopping the offense from breaking through his part of the line became a challenge. More so was the thrill of breaking through the line, making the tackle, causing yardage losses. Football was for him.

When the football coach recommended that weightlifting would be good conditioning for football, Jamie decided to sign up at the Palm Beach Gym.

Under the guidance of the gym supervisors, Jamie started to do mild weightlifting. One of the gym instructors saw something in the



Jamie Wymann... one of hundreds of individual success stories from the 1993 NASA Natural Nationals program. (Linda Finnegan photo)

manner Jamie was handling the weights and introduced Jamie to an experienced powerlifter, Dwaine Kouf. Dwaine told Jamie that he appeared to have good form, and asked if he was interested in being trained in powerlifting. "Sure," Jamie replied. At that time, Dwaine didn't realize that Jamie was only 17.

When learning of the youthful age, Dwaine and other members took an interest in preparing this youngster for competition.

In his initial training, this is what took place. At the outset time was spent instructing him on positioning, the form of the lifts, and breathing. Mondays were spent on bench press; Tuesdays were spent on the squat and legs; Wednesdays were the shoulders; Thursdays were the basics of the deadlift.

After many nights and hours of training, Jamie's lifts were intensified. His trainers felt that he was ready for competition and decided to enter Jamie in the Florida NASA Regional Qualifier. It was held in Lake City on August 10 and 11. Jamie finished with a 425 Squat, 270 Bench, and 425 Deadlift. He did better than anticipated, taking second place with a total of 1120. This qualified him for the NASA

NASA Nationals, and thus started intensive training.

Jamie was asked to give an accounting of his preparations for the Nationals. At the start his weight was 205, but upon entering competition he went up to 212. This is his story of the training: "After the meet in Miami I started to do light workouts, primarily bodybuilding, which allowed me to work on my weak points. Ten weeks prior to the NASA Nationals I started my powerlifting cycle. I paid close attention to my diet and training methods. After a complete physical and consultation with my doctor on diet and supplements, my diet consisted of protein - white meat of chicken and turkey; lean red meat once a week; carbohydrates and minerals - fruits mostly bananas, vegetables, more

of the green variety. Breakfasts were usually a bagel with peanut butter and a glass of skim milk, lunch was chicken or turkey with fruit, dinner would be chicken or turkey with rice or potato, with a yogurt for desert. Weekends included a lean steak for one meal. For supplements, I used Marathon nutritional products. These were: Amino Supreme, Inosine, Metaphase protein drink, 2 gram liver tabs, Chrono-Mass, Supreme (picolinic), Smilax, Dibenzonazide.

For the squat and deadlift I used the Marathon Gold Medal Supersuit, Marathon Custom Lifting Belt, Marathon Double Goldline Superwrap 10 knee wraps (squat) and wrist wraps (bench). For bench press I used the Inzer Blast Shirt, heavy white socks, and Axts Tiger wrestling shoes.

My training schedule at the outset was to build strength. Mondays were for working on the bench press, with heavy pushing movements, shoulder presses, dips, flies, and triceps pushdowns. Tuesday was usually the most stringent training, after working on my squat and other leg movements, I also worked bench rows, curls, and pull-overs. Wednesday was a day of rest which was most needed after the strict "Lombardi-type" coaching, from a Eddie and Mark (and I am most thankful for them). Thursdays were for deadlifts, light bench press, and push exercises. On Fridays I was coached with light pulling exercises. Weekends were for relaxation. Each week we would increase the weights to build strength. At the start the squat was 275, bench 190, deadlift was 215.

Three weeks prior to the competition, we cut down on peaking strength. We cut down on the sets and continuously increased the weights to arrive at the desired peak for the competition. Workouts were kept to a minimum to preserve strength and energy.

My final peaking was: Squat 525, Bench 350, Deadlift 485. (1360)

From Palm Beach Florida, to Oklahoma City for the meet, my flight called for a change-over in Houston Texas. The flight was delayed 45 minutes, just enough to miss the transfer flight. The airline had to make arrangements with another plane. This was another hour delay, and that flight was sched-

uled for Dallas, for transfer to Oklahoma.

Initially, I started at Palm Beach 6:45 A.M. and finally arrived at the hotel at about 7 P.M. (EST). With the change-overs in flight all I had to eat for the day was a banana yogurt and a glass of orange juice. Being hungry and tired, my concern was my overall condition for competition.

In the morning Jamie was nervous and felt that he would not do too good. The competition started at 9:00 A.M. and within a half hour, he was at the weights for the squat. After doing his opening attempt, he waited impatiently for his second try. The second was good, he then waited for the third. This attempt failed. His best squat was 505 lbs.

For the bench press he waited another hour and a half. The first attempt was good, second was not, as was the third. His best press was 303 lbs.

Another two hours passed, and he was up for the deadlift. The first attempt was good; second was good; the third failed. His best lift was 465 lbs.

Jamie felt that he did not do as well as anticipated. Disappointed, he changed into regular clothing with the feeling that he would not place in the winning circle with a total of 1273.

At 8:30 when the awards were presented, and he heard his name as first place in Teen and first place in High School, a huge elated grin spread across his face.

All of the trying weeks of training, and the tiresome flight were worth it.

Jamie was a Senior at Lake Worth High School. He joined the track team for shot put and discus,

and continued his powerlifting training for future competitions.

After graduating from Lake Worth Florida High School, Jamie is attending Palm Beach Junior College studying health and nutrition. At the same time, he continued his powerlifting training. This generally consisted of light workouts 5 days per week.

At a meet held in Palatka, Florida, since there wasn't a teen category, Jamie signed into the men's 220 lb. division and finished 3rd with a 475 squat, 325 bench, and a 475 deadlift (1275).

Training was intensified and weekly schedules were set up by trainer/lifter Dwaine to prepare for the forthcoming National qualifier. On October 17 and 18 the Southeastern Qualifier for the 1993 NASA Nationals was held in Atlanta, Georgia. Jamie entered the Junior Division and finished first with a 330 bench, 505 deadlift, and a 535 squat (1370). The 330 bench set a Southeastern Junior record.

On December 1, the team from the Palm Beach Gym led by Dwaine Kouf (senior 198 lbs), and consisting of Henry Broadhurst (senior 148 lbs), Matt Waagoner (junior 148 lbs), and Jamie Wymann (teen 220 lbs), commenced a stringent schedule in preparation for the 1993 Nationals on March 5, 6, 7.

The training schedule was five days a week. The lifts were alternating bench, dead, and squat, with increasing days on general body conditioning.

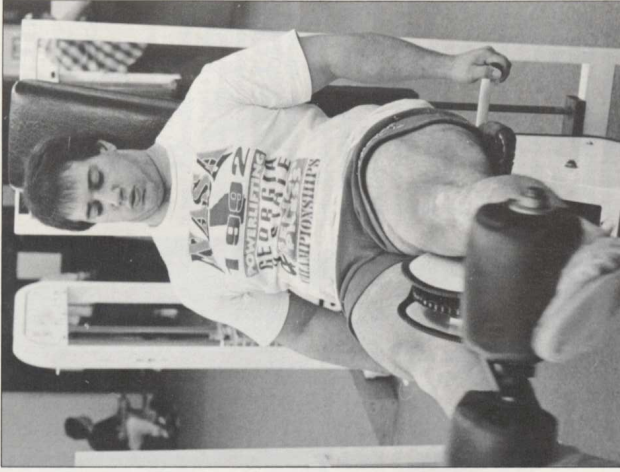
Jamie's diet was much the same with, few additions, just eating more than previous weeks. There was an increase of beans and grain foods. Use of egg whites (discarding the yokes) was increased for protein.

Prior to the Nationals, Jamie ended with a 615 squat, 375 bench, and a 505 deadlift.

This time the trip to the Nationals had no resemblance to the year before. The team travelled together and had a direct flight from Palm Beach, Florida, to Dallas, Texas. There was time to relax and rest.

The Teen 220 lb competition proved to be a neck and-neck rotation between two lifters. Jamie squeezed out in front by a mere four pound difference to again take first in the Teen 220. Jamie's lifts were 584 Squat, 354 Bench, and 501 Deadlift, for a combined 1439. (Prior year was 1273, an increase of 166 lbs.)

Jamie was a little disappointed overall. He felt he could have done better.



Training for the Nationals at the Palm Beach Athletic Club (Wiener)

Upon returning to Palm Beach he commented, "In competition, I did not achieve my training peak. Something seemed different at the meet than it did in training. We came to the conclusion that the difference in types of weights used in practice vs. competition might be the factor. In practice we used multiples of 45 lb. weights requiring more disks, which are spread out further on the bar. In competition the weights are in kilos, with more weight per disk, and this tends to compact the weights on the bar. This does present a different feeling of leverage. In practice, the spread out weights give a change in balance and tend to have a spring effect. Whereas in competition, the effect is different. The effect was that in competition, the lighter weight seemed heavier to lift. My total in training was 1481 against 1439 at the Nationals. In future practices, the team is going to attempt to obtain Olympic style weights as used in the Nationals for peak-out training."

Palm Beach, Florida seems to have a good influence on Powerlifting. The other members of the team did well. Dwaine Kouf 198 lbs., senior, finished 2nd in his class. Henry Broadhurst 148 lbs., senior, finished 3rd in his class. Broadhurst set a record for a 148 pounder with a 550 lb. deadlift.

Amino supplement was Optimum Nutrition high protein pharmaceutical grade.

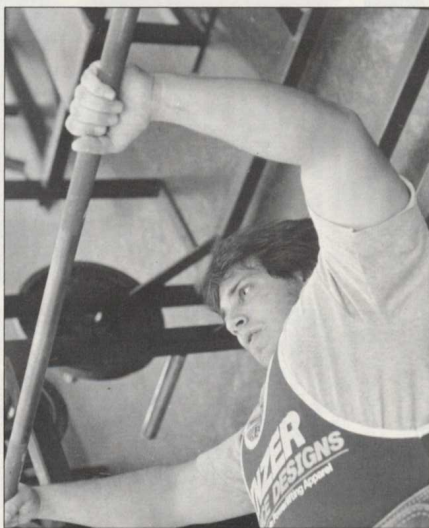
With continued increases in his lifts, he changed his gear to the Marathon Gold Medal Super Suit. For the squats, as weight increased, knee wraps were mandatory for protection.

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Visualizing Success... Jamie focuses on the effort it will take to win. (Wiener)

# REQUIEM FOR A VIKING

"I heard the news today - Oh boy ...", - John Lennon.

Jon Pall Sigmarsson is dead at age 32. Of a heart attack - he was too damn young to die. Sigmarsson was one of the strongest men in the world - of this there can be no dispute. Over and over, Sigmarsson proved this athletic fact of life: whether flipping over automobiles with his bare hands, sumo wrestling 4000 pound opponents, pulling tractor trailer trucks, tossing miniature telephone poles for height and distance, holding forty pound broadswords out at arms length in defiance of pain and gravity, throwing 180 pound beer kegs 25 feet through the air; if you devised a feat of strength, placed it in the context of an athletic event and offered prize money, you could be damn certain that the jovial Icelandic giant, Jon Pall Sigmarsson, would be there. And, in the vernacular of the modern American athlete, if Sigmarsson was competing against you, "You better pack your lunch, 'cause it was gonna be a long day."

I can't claim to have known Jon Pall. I met him in Orebro, Sweden, when I was a coach for the United States at the 1991 World Powerlifting Championships. I think I got a good sense of Jon Pall as a person. First off, he was an immense athletic specimen. Maybe 6'3", probably every ounce of 330

pounds. Huge broad shoulders that tapered down to a thick but trim waist. Sigmarsson possessed the most powerful set of fingers in the world; capable of picking up a 550 pound barbell using just one hand. Not since Mac Batchelor and Hermanni Gorner has anyone possessed such finger strength. His thighs were like tree trunks and he walked around in street duds he looked like someone had clothed an African Great Ape in designer clothes. The two things that impressed me most were his physical grace and his manic sense of humor.

Sigmarsson moved like an gymnast. He had a quickness and lightness about him that belied his bulk. I was following him back stage at the World Championships just before the Superheavyweights were to commence lifting. On stage, a troupe of aerobic dancers were entertaining the crowd, going through a complex, top speed routine as a Madonna song pounded out of two massive speakers. Sigmarsson stopped in front of one of the speaker cabinets and intently studied the 10 tiny dancers as they went through their tightly choreographed lock-step routine.

Suddenly, the bemusement Sigmarsson began to dance; doing an absolutely perfect imitation of the dance being performed on stage. I mean perfect! I'm five feet away with one eye on Jon Pall and another on the aerobic troupe. Sigmarsson is working hard - the girls spin, take three steps to the right, stummy down, twist and do a high kick. The gargantuan

wine, women, laughter and comradeship with brother warriors. Sigmarsson died in the saddle. While suffering his fatal heart attack while deadlifting, his favorite exercise for power and strength. Somehow, this is appropriate - Oh, please! I'm not suggesting it was appropriate that he had to die as a warrior (which he was by God) and given a choice in the matter, I suspect he would have preferred the circumstance of his entrance to Valhalla.

It was as if the Norse God of Gods, Odin, had approached him with a deal - a Faustian deal, "Jon Pall, I'll give you a choice - you can live a long, safe, boring life and die old and in bed - or you can be famous, energetic, handsome, vibrant, the strongest man on the face of the planet, loved all over the world - you get to live fast and lustily, but you have to die young... I'll let you choose the way you die."

I suspect, given such an opportunity, Sigmarsson would have taken the deal and picked deadlifting as his mode of egress to stifle off this mortal coil.

Jon Pall Sigmarsson, you will be missed. We will think of you often and fondly. You reaffirmed to us that larger-than-life men still roam this earth. You also remind us that we don't have to sink through life meekly like a whipped dog - we can rise up, grab life by the throat, and squeeze it, lust, fire and gusto is won from it.

So many civilians are horrified when they read that athletes will trade in their life for a few years of glory. Well, like it or not, the annals of sports, music, art and literature are littered with individuals who literally gave their lives in pursuit of excellence. What most civilians fail to recognize is that for some, the very thing that kills them is what makes them great. If you extract the craziness from a Hendrix or a Van Gogh or a Hemingway, you eliminate one of the prime ingredients to their greatness. Once you understand that (for some) greatness is an all or nothing deal - no moderation can be applied and still achieve the immortal pinnacle - then perhaps, without approving an understanding will creep into the judgmental criticism that always occurs after a great one passes at a premature age. As Neal Young, a man who has peered into the abyss more than once summarized,

"The king is dead but he's not forgotten, better to burn out, then to fade away..."

Jon Pall, Valhalla is a better place since you moved in.

Marty Gallagher

# TRIBUTE TO A CHAMPION

In the early afternoon of January the 16th, 1993, while working out at his own gym in Reykjavik, Iceland, Jon Pall Sigmarsson completed a set of deadlifts, remarked that he felt dizzy, missed the chair he was to sit on to catch his breath, collapsed and died of a massive heart attack. He was just three months short of his thirty-third birthday.

This tragic news spread first through Europe like a California brush fire. Soon after athletes, fellow competitors, fans and friends throughout the world were painfully trying to come to grips with the finality of the news that Jon Pall was gone; one of the world's finest strength athletes had been forever silenced.

Jon Pall had moved his way up to international strength, stardom from the ranks of powerlifting and a wide and extensive sporting background that included the martial arts, soccer, and plain old hard, physical work. He was even a national bodybuilding champion as well as a four-time World's Strongest Man titleist and four-time World Muscle Power Champion. His High-Iron Games and European Strongman titles would fill a warehouse. He was gracious and worthy champion. His 6'3" height and usual 300 pound plus bodyweight, combined with his handsome blond Viking features, captured as many hearts as his "never, ever say never" attitude. Before a heavy event he would summon the Viking legends of strength to guide him to victory; but on those rare occasions when he proved lesser than the task, he would smile, and walk away blaming himself for lacking "the Power."

While Viking folklore added a certain colorful element to Jon Pall's presentations, make no mistake, he was heavily grounded in the realities of a backbreaking strength-testing schedule, which usually began in the spring and ended in the fall. It involved strength competition throughout Europe, much travel, and training too.

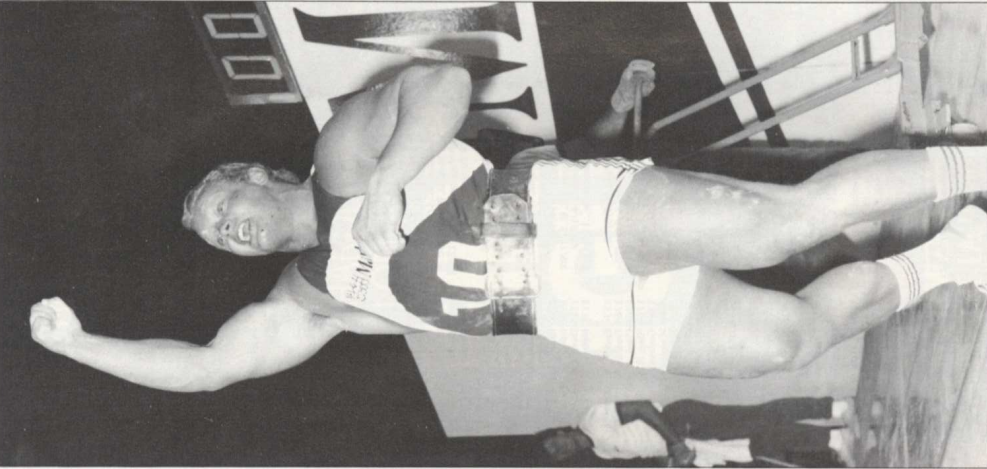
Jon Pall's second home was with close friends Jamie and Jock Reeves in Sheffield, England, where he would come to eat and train. I had the pleasure of spending time with all of them there.

It was Jock who phoned with the tragic news, and who wrote back strong in '93. He unfortunately suffered from a family history of high cholesterol, which was con-

fronted with the imaginary V-

firmly by an autopsy. It revealed no indication of drugs. Jon Pall was clean.

Christ died at 33, so did Mozart, and now Jon Pall. We are left with the memories of a rare individual, whose physical presence would have been enough to astonish, but who in addition offered an endless supply of charm, ribald humor, and a unique way of not taking himself too seriously. I can still hear him speak that uniquely interesting accent. I can still see him slay an opponent with the imaginary V-



Larger than life... is how Jon Pall will be remembered. (photographs from the Le Defi Mark Ten contest provided courtesy D. FitzGerald)

people attended. Fellow athletes, musicians, actors, professionals from all over Europe. Jon Pall was a national hero, well-known and admired throughout Europe. At home he was the "Man without Enemies".

Ironically, he was almost injury-free throughout his career. He did suffer a torn biceps tendon prior to the 1991 World's Strongest Man Championship. He hoped to come back strong in '93. He unfortunately suffered from a family history of high cholesterol, which was con-

fronted with the imaginary V-

firmly by an autopsy. It revealed no indication of drugs. Jon Pall was clean.

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king sword after a victory. I can still remember  
Our Viking was laid to rest January the 16th, 1993 at 4:15 pm.  
"The Viking Has Gone."  
Derek FitzGerald

# W.P.C. PAYS ITS TRIBUTE

Icelanders are a proud and tough people. Living in a sometimes inhospitable environment they must especially treasure the fundamentals of life. Strength is one such fundamental, a basis of much Icelandic history. Supreme strength in the modern-day possibly mirroring Viking conquests from the past. Jon Pall Sigmarsson envisaged such a conquest. Even at the early age of six he had thoughts of sometime being the "World's Strongest Man." Harboring such a thought, he progressed through a variety of sports to eventually focus on powerlifting, his gateway to absolute and all around strength.

Active in the sport of powerlifting in the early 1980's his strength was maturing at the same time as the televised "World's Strongest Man" contests were reaching peak ferocity. The seduction of the more carnal stage of strength tests was most persuading to him, and on such he focused his concentrations.

To see Jon Pall perform was to understand that the seduction was totally captivating. He was impassioned and totally devoted to all round strength towards which he had imbued himself with all round muscle. It was obvious that he set himself the ultimate goal of conditioning his body to hold as much muscle as possible whilst retaining exceptional athleticism. The product was a decathlete of Herculean strength and proportions.

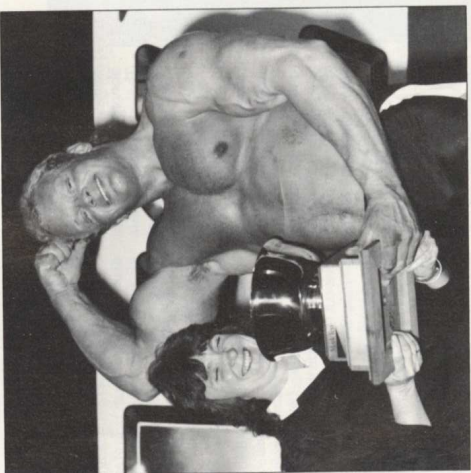
Overly affable and showmanistic, his call of "I am a Viking" announced his obsessive intention - a conquest. As a conqueror, he was in 1984-86-88 when winning the "World's Strongest Man" titles.

From a vision at six, through determination in pursuit, to final fulfillment, Jon Pall Sigmarsson will remain a LEGEND.

Jon Pall Sigmarsson died on 9 January 1993 and will be sadly missed by all his friends and every one who knew him.

Kieron M. Stanley, President, World Powerlifting Congress

The Irrepressible... Jon Pall Sigmarsson, always seizing the moment.



# TOP 100

For 220 lb./100 kg. USA lifters competing in results received from March 1992 through February 1993.



The burn. A little feels good. Too much can stop you dead in the middle of a rep.

Anyone who has worked their muscles to exhaustion knows the feeling painfully well. It's like a body part suddenly catching fire—cramping, aching, searing, binding up until you can't go on.

Lactic acid build-up is the cause. New Phos Fuel™ from TWINLAB is the prevention.

The ultimate lactic acid buffer. Phos Fuel is a scientifically designed, performance-enhancing supplement that contains the major lactic acid buffers in blood and muscle such as phosphate, bicarbonate and carnosine as well as a synergistic combination of lactate and energy metabolizers.

Taken before exercise, each Phos

Fuel capsule helps block lactic acid build-up, delaying the onset of muscle fatigue. Helping you maintain your "muscular cool" in the heat of intense competition or training. It also enhances oxygen utilization, muscular power and endurance.

The result? You can work out at a higher intensity for longer periods of time—doing more and heavier reps and sets than ever before.

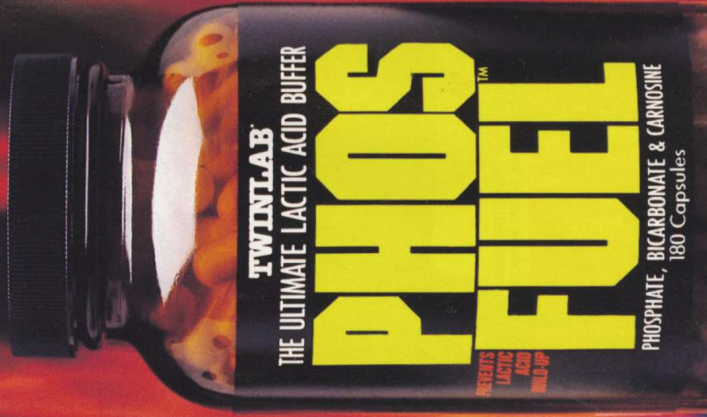
So add new Phos Fuel to your training table. And instead of burning yourself, inflame the competition at your next contest. Available at fine health food stores, gyms and General Nutrition Centers.

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## PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.1/4% tax).

### NEXT MONTH... TOP 242s

**Corrections:** Dennis Rach, who reportedly suffered a herniated disc in his neck and may never get a chance to better this lift, was not credited for his 500 bench on the TOP 100 181 lb. class list. Kurt Elder's total in the USPF Central California Championships was published incorrectly as 1652 in the 198 lb. class when it should have been 1752. Richard Lansky's lifts at the APA Nationals in the 165 lb. class should have been reported as 570/275/545/1390. Earl Lilly should have received credit for a 430 lb. bench press on the TOP 100 181 lb. class list. Krista Ford should have had her 290 bench press in the 165 lb. class on the Women's TOP 20 list. Craig Terry's lifts of 590 squat, 670 deadlift, and 1575 total were not credited on the TOP 100 181 lb. class listing. Anna James should have been credited with a 143 bench press in the 97 lb. class in the Women's TOP 20 rankings. Beth Buleboosh's lifts of 303 squat, 292 deadlift and 722 total in the SHW class. "L. Rogue" on the Women's TOP 20 181 lb. list (squat and deadlift) is actually LuAnn Rogers. Lynn Boshoven should have been credited with a 490 squat and a 500 deadlift in the 198 lb. listing of the Women's TOP 20. Tony Kamand's squat of 733, deadlift of 683 and total of 1747 were not credited on the TOP 100 181 lb. list. Also on the Women's TOP 20 list, Mari-jo Dantsuka name was misspelled and some of her lifts appeared on the 198 class list rather than the 148 lb. class. Send your corrections to "ERRORS", Box 467, Camarillo, CA 93011.

SQUAT	BENCH	DEADLIFT	TOTAL
1 920 Coen, E. 7/31/92	695 Coen, E. 7/31/92	810 Coen, E. 7/31/92	2282 Coen, E. 7/31/92
2 685 Vaidyanathan, C. 8/19/92	595 Vaidyanathan, C. 8/19/92	717 Johnson, K. 7/18/92	2082 Kellam, J. 7/26/92
3 836 Eplin, S. 12/6/92	584 Eplin, S. 12/6/92	760 Groggins, S. 11/19/92	2022 Jacques, J. 7/26/92
4 822 Moore, K. 4/25/92	575 Brownell, M. 4/25/92	740 Brownell, M. 4/25/92	2000 Wainwright, M. 3/17/93
5 790 Murrain, D. 7/26/92	560 Whittaker, B. 7/26/92	749 Bell, E. 5/16/92	2000 Wainwright, M. 3/17/93
6 545 Herliken, K. 4/12/92	545 Herliken, K. 4/12/92	744 Cain, S. 4/4/92	1984 Bell, E. 5/16/92
7 733 Feltus, R. 5/19/92	733 Feltus, R. 5/19/92	707 Murrain, D. 7/26/92	1851 Doer, T. 7/26/92
8 771 Hoffman, D. 3/31/92	771 Hoffman, D. 3/31/92	705 McCain, B. 3/14/92	1851 Doer, T. 7/26/92
9 766 Goggin, S. 7/31/92	766 Goggin, S. 7/31/92	705 Farmer, P. 5/1/92	1850 Harris, A. 1/17/92
10 766 Goggin, S. 7/31/92	766 Goggin, S. 7/31/92	727 Skell, R. 7/26/92	1845 Remick, M. 3/19/92
11 760 McFerran, T. 3/30/92	760 McFerran, T. 3/30/92	725 Saito, T. 3/14/92	1879 Cain, S. 4/4/92
12 753 Paul, R. 4/4/92	753 Paul, R. 4/4/92	720 Dunton, C. 5/2/92	1879 Cain, S. 4/4/92
13 760 Wainwright, M. 3/17/93	760 Wainwright, M. 3/17/93	710 Dunton, C. 5/2/92	1862 Heller, P. 5/3/92
14 755 Hutton, R. 3/28/92	755 Hutton, R. 3/28/92	710 Dunton, C. 5/2/92	1862 Heller, P. 5/3/92
15 755 Hutton, R. 3/28/92	755 Hutton, R. 3/28/92	710 Dunton, C. 5/2/92	1862 Heller, P. 5/3/92
16 750 Gordon, G. 9/20/92	750 Gordon, G. 9/20/92	710 Dunton, C. 5/2/92	1862 Heller, P. 5/3/92
17 760 Gordon, G. 9/20/92	760 Gordon, G. 9/20/92	707 Dunton, J. 6/19/92	1857 Murrain, D. 7/26/92
18 760 Gordon, G. 9/20/92	760 Gordon, G. 9/20/92	707 Dunton, J. 6/19/92	1857 Murrain, D. 7/26/92
19 744 Farmer, P. 5/1/92	744 Farmer, P. 5/1/92	707 Dunton, J. 6/19/92	1851 Doer, T. 7/26/92
20 738 Remick, M. 3/19/92	738 Remick, M. 3/19/92	705 Farmer, P. 5/1/92	1850 Harris, A. 1/17/92
21 733 Sappalakis, C. 4/14/92	733 Sappalakis, C. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
22 733 Paul, R. 4/4/92	733 Paul, R. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
23 733 Paul, R. 4/4/92	733 Paul, R. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
24 730 Douglas, J. 7/31/92	730 Douglas, J. 7/31/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
25 730 Douglas, J. 7/31/92	730 Douglas, J. 7/31/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
26 725 Brown, R. 3/92	725 Brown, R. 3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
27 725 Brown, R. 3/92	725 Brown, R. 3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
28 725 Brown, R. 3/92	725 Brown, R. 3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
29 725 Harrison, K. 4/14/92	725 Harrison, K. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
30 722 Harwood, J. 5/12/92	722 Harwood, J. 5/12/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
31 722 Stevenson, B. 5/17/92	722 Stevenson, B. 5/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
32 722 Stevenson, B. 5/17/92	722 Stevenson, B. 5/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
33 722 Stevenson, B. 5/17/92	722 Stevenson, B. 5/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
34 722 Uchick, P. 12/12/92	722 Uchick, P. 12/12/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
35 720 Penson, D. 4/14/92	720 Penson, D. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
36 720 Penson, D. 4/14/92	720 Penson, D. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
37 720 Maddox, J. 1/23/93	720 Maddox, J. 1/23/93	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
38 715 Cannon, S. 3/14/92	715 Cannon, S. 3/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
39 715 Cannon, S. 3/14/92	715 Cannon, S. 3/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
40 710 Francis, M. 3/19/92	710 Francis, M. 3/19/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
41 710 Francis, M. 3/19/92	710 Francis, M. 3/19/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
42 710 Meyer, D. 11/17/92	710 Meyer, D. 11/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
43 710 Meyer, D. 11/17/92	710 Meyer, D. 11/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
44 710 Eckler, B. 3/17/92	710 Eckler, B. 3/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
45 705 DeLoon, C. 4/14/92	705 DeLoon, C. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
46 705 DeLoon, C. 4/14/92	705 DeLoon, C. 4/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
47 705 Cain, S. 4/4/92	705 Cain, S. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
48 705 Cain, S. 4/4/92	705 Cain, S. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
49 705 Rogert, R. 9/20/92	705 Rogert, R. 9/20/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
50 705 Boyles, J. 10/10/92	705 Boyles, J. 10/10/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
51 705 Donahue, J. 11/7/92	705 Donahue, J. 11/7/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
52 705 Clark, T. 11/14/92	705 Clark, T. 11/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
53 705 Vogelpohl, C. 12/12/92	705 Vogelpohl, C. 12/12/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
54 705 Vogelpohl, C. 12/12/92	705 Vogelpohl, C. 12/12/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
55 700 Lane, J. 9/2/92	700 Lane, J. 9/2/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
56 700 Murphy, J. 11/13/92	700 Murphy, J. 11/13/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
57 700 Murphy, J. 11/13/92	700 Murphy, J. 11/13/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
58 699 Davis, S. 7/31/92	699 Davis, S. 7/31/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
59 699 Scaramatti, G. 9/25/92	699 Scaramatti, G. 9/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
60 694 Gallagher, M. 5/15/92	694 Gallagher, M. 5/15/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
61 694 Bowers, R. 2/2/92	694 Bowers, R. 2/2/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
62 694 Tucker, L. 10/3/92	694 Tucker, L. 10/3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
63 688 French, L. 10/3/92	688 French, L. 10/3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
64 688 French, L. 10/3/92	688 French, L. 10/3/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
65 685 D'Arigo, J. 3/7/92	685 D'Arigo, J. 3/7/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
66 685 D'Arigo, J. 3/7/92	685 D'Arigo, J. 3/7/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
67 683 Willoughby, G. 4/11/92	683 Willoughby, G. 4/11/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
68 683 Miller, A. 1/18/92	683 Miller, A. 1/18/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
69 683 Miller, A. 1/18/92	683 Miller, A. 1/18/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
70 677 Adams, C. 5/1/92	677 Adams, C. 5/1/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
71 677 Adams, C. 5/1/92	677 Adams, C. 5/1/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
72 677 Adams, C. 5/1/92	677 Adams, C. 5/1/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
73 675 Harris, T. 6/13/92	675 Harris, T. 6/13/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
74 675 Harris, T. 6/13/92	675 Harris, T. 6/13/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
75 672 Adams, J. 4/4/92	672 Adams, J. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
76 672 Adams, J. 4/4/92	672 Adams, J. 4/4/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
77 672 Link, W. 5/15/92	672 Link, W. 5/15/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
78 672 Link, W. 5/15/92	672 Link, W. 5/15/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
79 665 Homan, G. 4/11/92	665 Homan, G. 4/11/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
80 672 Drazan, J. 2/6/93	672 Drazan, J. 2/6/93	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
81 670 Johnson, A. 4/25/92	670 Johnson, A. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
82 670 Johnson, A. 4/25/92	670 Johnson, A. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
83 670 Johnson, A. 4/25/92	670 Johnson, A. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
84 670 Clark, N. 6/20/92	670 Clark, N. 6/20/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
85 670 Clark, N. 6/20/92	670 Clark, N. 6/20/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
86 670 Brown, S. 10/10/92	670 Brown, S. 10/10/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
87 668 Nelson, W. 3/29/92	668 Nelson, W. 3/29/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
88 668 Nelson, W. 3/29/92	668 Nelson, W. 3/29/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
89 661 Waddock, T. 3/14/92	661 Waddock, T. 3/14/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
90 661 Roselle, A. 7/18/92	661 Roselle, A. 7/18/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
91 661 Griton, M. 10/17/92	661 Griton, M. 10/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
92 660 Zimmerman, R. 4/25/92	660 Zimmerman, R. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
93 661 Sample, L. 1/17/92	661 Sample, L. 1/17/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
94 660 Walker, R. 4/25/92	660 Walker, R. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
95 660 Walker, R. 4/25/92	660 Walker, R. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
96 660 King, L. 4/25/92	660 King, L. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
97 660 King, L. 4/25/92	660 King, L. 4/25/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
98 660 Britton, M. 12/5/92	660 Britton, M. 12/5/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
99 660 Bennett, R. 12/5/92	660 Bennett, R. 12/5/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92
100 660 Bennett, R. 12/5/92	660 Bennett, R. 12/5/92	705 Nelson, T. 5/17/92	1850 Harris, A. 1/17/92

# INJURIES

## Powerlifter's First Aid Kit as told to Powerlifting USA by John R. Ellison D.O.



Components of the Powerlifter's First Aid Kit (Ellison photograph).

good idea to eat them if you have used it in this manner more than once!

When your kit is assembled, keep it in an accessible place. You can, if you wish, add other items you want, according to your own needs. Keep it well stocked, and check it often, especially if other lifters may be using it.

I would like to now discuss using your new Powerlifting first aid kit. The vast majority of mishaps will be strains and sprains of a joint. The onset is usually sudden, followed by swelling and pain. This happens when a ligament or tendon is stretched beyond its normal limits. A sprain can range from just some temporary swelling, to tearing or ripping of a ligament.

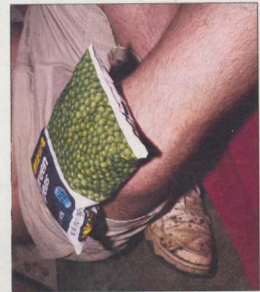
In any type of injury, stop training and treat it! You may lose some training time, but you may prevent serious disability. Cold or ice should be applied to strains and sprains immediately, and the area elevated if possible. Keep ice or cold on an area for no more than twenty minutes every hour. Wrap the area firmly, but not too tight with the elastic bandage.

If you are unable to move an injured area or if there is a deformity, seek professional medical attention immediately. This is also true if the area feels numb or tingling. In any case, don't hesitate to contact your local sports medicine professional about any injury.

It is a good idea to know a medical professional in your community who is familiar with powerlifting and sports injuries. That way you will know who to consult ahead of time. This can save a lot of time when you need advice and or treatment.

Above all, the most important aspect of treating injuries is to give the body time to heal properly, and follow medical advice and treatment given. This will give you the best chance at full recovery and full return to training. And keep your powerlifter's first aid kit handy, because injury is always a nasty surprise.

John R. Ellison D.O.



The "Frozen Pea" Ice-Pak in use (Ellison)

Injuries are a fact of life, especially in Powerlifting. Most injuries, fortunately, are minor and can be treated at home or in the gym. Small injuries, treated properly, can heal completely. More serious injuries, recognized and taken care of promptly, may prevent long term disability and loss of training time.

Many aspects of sports injuries have been covered in previous issues of POWERLIFTING USA. What I would like to cover in this article is how to put together your own first aid kit, and which injuries you can treat with it. And I will also discuss when to seek professional medical care.

The first step in treating any problem is being prepared. For it, this is especially true in Powerlifting, when injury often occurs when you least expect it. This is where a first aid comes in. Now when I refer to a first aid kit, I don't mean the small plastic kits you get at the local drug store. They are often overpriced, and are only good for treating paper cuts and mosquito bites. With a little shopping around, you can put together a first aid kit, designed for you, the powerlifter. With a little preparation, you can handle most minor injuries quickly and effectively.

The next component of our powerlifter's first aid kit is the container. Avoid cardboard boxes if possible, because they can get trashed easily. Use plastic storage containers as they are cheap, light, and durable. Your kit supplies can be obtained from a hospital supply store or a major pharmacy. Don't hesitate to shop around. For the best prices, but don't be cheap, because this is your kit!

First item to look for is elastic bandages or "Ace Wraps". Most of us have these already at home, but get new ones to keep in your kit. Stay away from the "self-adhesive" variety, because they can be a pain to use. Elastic bandages come in different sizes; the four and six inch sizes being the most useful for powerlifters. If desired, the two inch



Application of ACE Bandage to injured area. (photo by Dr. Ellison)

# WORKOUT of the Month

## LeaAnn Adams Deadlift



LeaAnn ...pulled out a win at the 1992 ADFFA Women's Nationals.

This routine is based on a 12 week cycle, with the 12th week being a competition. If you deadlift in the middle of the week, your last workout will be 8-11 days prior to the meet. This will give you back time to rest and recover.

Deadlifts are performed once a week in this routine. Train with 100% effort every workout. Keep it simple, but make everything count. Assuming you came into the routine with a 300 lb. maximum lift, at the end of this routine you should have a 325-330 lb. deadlift. Always remember to stretch out prior to every workout.

The key to a good deadlift is keeping the body tight. The lift begins even before you grasp the bar. Take your air in at the top and hold it until you finish the lift. Tighten your abs, back, legs - everything.

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

hanging leg raises, crunches, or incline sit-ups. Whatever your choice, always do abs every workout. **Week 9:** Warm-ups 265x6, 285x4, 305x2. Assistance work.

**Week 10:** Warm-ups 250x1, 275x5, 295x3, 315x1. Rack pulls 295x5x3. Assistance work. **Week 11:** Warm-ups 250x1, 280x5, 300x3, 320x1. Assistance work.

**Week 12:** Warm ups 135x10, 185x10, 220x5, 250x1. Attempts: 1st - 290, 2nd - 315, 3rd - 325-330.

The deadlift is where the meat is usually won or lost. Stay calm and relax. Don't waste energy or break your focus. If every rep in the gym looked the same, you'll have developed the proper form. You've worked hard; now you have to believe in yourself. Don't doubt your abilities once you hit the platform. Let your body and your mind work together, not against each other. Believe in the strength that you've built in the gym, and it will be there at the meet.

Best of luck in your training. Pray hard and work harder in all things that you attempt. **Week 8:** Warm-ups 260x6, 280x4, 300x2. Rack pulls

**Week 6:** Warm-ups 135x10, 185x10, 220x5. Will remain the same for the rest of the cycle: 230x8, 250x6, 270x4. Rack pulls 275x5x3. Assistance work.

**Week 5:** Warm-ups 235x8, 255x6, 275x4. Assistance work. **Week 4:** Warm-ups 135x10, 175x10, 200x10, 220x8, 240x6. Rack pulls 265x5x3. Assistance work.

**Week 3:** 135x10, 165x10, 195x10, 215x8, 235x6. Assistance work. **Week 2:** Warm-ups 135x10, 165x10, 190x10, 210x8, 230x6. Rack pulls just below the knee, on even weeks 245x5x3. Assistance work.

**Week 1:** 135x10, 165x10, 185x10, 205x8, 225x6. Assistance work; straps 95x10x3. Seated cable rows 70x10x3. Lat pulldowns 70x10x3. Ab work 30x3.

**Week 9:** Warm-ups 265x6, 285x4, 305x2. Assistance work. **Week 10:** Warm-ups 250x1, 275x5, 295x3, 315x1. Rack pulls 295x5x3. Assistance work. **Week 11:** Warm-ups 250x1, 280x5, 300x3, 320x1. Assistance work.

285x5x3. Assistance work. **Week 9:** Warm-ups 265x6, 285x4, 305x2. Assistance work. **Week 10:** Warm-ups 250x1, 275x5, 295x3, 315x1. Rack pulls 295x5x3. Assistance work. **Week 11:** Warm-ups 250x1, 280x5, 300x3, 320x1. Assistance work.

### 100% DRUG FREE

### FROM 185 lbs TO 285 lbs BODY WEIGHT

"I used a lot of supplements and read a lot of books. This is the best book I've ever read. It's the only one that is based on science and not just hype." - B.L.

"My bench press went from 185 to 200 lbs in 6 weeks. This is the best I've ever done." - M.L.

"I've been using this book for 3 months. I've gained 100 lbs of muscle. I've lost 10 lbs of fat. I've increased my strength by 50%." - J.L.

"I've been using this book for 6 months. I've gained 150 lbs of muscle. I've lost 20 lbs of fat. I've increased my strength by 100%." - K.L.

"I've been using this book for 9 months. I've gained 200 lbs of muscle. I've lost 30 lbs of fat. I've increased my strength by 200%." - L.L.

"I've been using this book for 12 months. I've gained 250 lbs of muscle. I've lost 40 lbs of fat. I've increased my strength by 300%." - M.L.

"I've been using this book for 15 months. I've gained 300 lbs of muscle. I've lost 50 lbs of fat. I've increased my strength by 400%." - N.L.

"I've been using this book for 18 months. I've gained 350 lbs of muscle. I've lost 60 lbs of fat. I've increased my strength by 500%." - O.L.

"I've been using this book for 21 months. I've gained 400 lbs of muscle. I've lost 70 lbs of fat. I've increased my strength by 600%." - P.L.

"I've been using this book for 24 months. I've gained 450 lbs of muscle. I've lost 80 lbs of fat. I've increased my strength by 700%." - Q.L.

"I've been using this book for 27 months. I've gained 500 lbs of muscle. I've lost 90 lbs of fat. I've increased my strength by 800%." - R.L.

"I've been using this book for 30 months. I've gained 550 lbs of muscle. I've lost 100 lbs of fat. I've increased my strength by 900%." - S.L.

"I've been using this book for 33 months. I've gained 600 lbs of muscle. I've lost 110 lbs of fat. I've increased my strength by 1000%." - T.L.

"I've been using this book for 36 months. I've gained 650 lbs of muscle. I've lost 120 lbs of fat. I've increased my strength by 1100%." - U.L.

"I've been using this book for 39 months. I've gained 700 lbs of muscle. I've lost 130 lbs of fat. I've increased my strength by 1200%." - V.L.

"I've been using this book for 42 months. I've gained 750 lbs of muscle. I've lost 140 lbs of fat. I've increased my strength by 1300%." - W.L.

"I've been using this book for 45 months. I've gained 800 lbs of muscle. I've lost 150 lbs of fat. I've increased my strength by 1400%." - X.L.

"I've been using this book for 48 months. I've gained 850 lbs of muscle. I've lost 160 lbs of fat. I've increased my strength by 1500%." - Y.L.

"I've been using this book for 51 months. I've gained 900 lbs of muscle. I've lost 170 lbs of fat. I've increased my strength by 1600%." - Z.L.

"I've been using this book for 54 months. I've gained 950 lbs of muscle. I've lost 180 lbs of fat. I've increased my strength by 1700%." - AA.L.

"I've been using this book for 57 months. I've gained 1000 lbs of muscle. I've lost 190 lbs of fat. I've increased my strength by 1800%." - AB.L.

"I've been using this book for 60 months. I've gained 1050 lbs of muscle. I've lost 200 lbs of fat. I've increased my strength by 1900%." - AC.L.

"I've been using this book for 63 months. I've gained 1100 lbs of muscle. I've lost 210 lbs of fat. I've increased my strength by 2000%." - AD.L.

"I've been using this book for 66 months. I've gained 1150 lbs of muscle. I've lost 220 lbs of fat. I've increased my strength by 2100%." - AE.L.

"I've been using this book for 69 months. I've gained 1200 lbs of muscle. I've lost 230 lbs of fat. I've increased my strength by 2200%." - AF.L.

"I've been using this book for 72 months. I've gained 1250 lbs of muscle. I've lost 240 lbs of fat. I've increased my strength by 2300%." - AG.L.

"I've been using this book for 75 months. I've gained 1300 lbs of muscle. I've lost 250 lbs of fat. I've increased my strength by 2400%." - AH.L.

"I've been using this book for 78 months. I've gained 1350 lbs of muscle. I've lost 260 lbs of fat. I've increased my strength by 2500%." - AI.L.

"I've been using this book for 81 months. I've gained 1400 lbs of muscle. I've lost 270 lbs of fat. I've increased my strength by 2600%." - AJ.L.

"I've been using this book for 84 months. I've gained 1450 lbs of muscle. I've lost 280 lbs of fat. I've increased my strength by 2700%." - AK.L.

"I've been using this book for 87 months. I've gained 1500 lbs of muscle. I've lost 290 lbs of fat. I've increased my strength by 2800%." - AL.L.

"I've been using this book for 90 months. I've gained 1550 lbs of muscle. I've lost 300 lbs of fat. I've increased my strength by 2900%." - AM.L.

"I've been using this book for 93 months. I've gained 1600 lbs of muscle. I've lost 310 lbs of fat. I've increased my strength by 3000%." - AN.L.

"I've been using this book for 96 months. I've gained 1650 lbs of muscle. I've lost 320 lbs of fat. I've increased my strength by 3100%." - AO.L.

"I've been using this book for 99 months. I've gained 1700 lbs of muscle. I've lost 330 lbs of fat. I've increased my strength by 3200%." - AP.L.

"I've been using this book for 102 months. I've gained 1750 lbs of muscle. I've lost 340 lbs of fat. I've increased my strength by 3300%." - AQ.L.

"I've been using this book for 105 months. I've gained 1800 lbs of muscle. I've lost 350 lbs of fat. I've increased my strength by 3400%." - AR.L.

"I've been using this book for 108 months. I've gained 1850 lbs of muscle. I've lost 360 lbs of fat. I've increased my strength by 3500%." - AS.L.

"I've been using this book for 111 months. I've gained 1900 lbs of muscle. I've lost 370 lbs of fat. I've increased my strength by 3600%." - AT.L.

"I've been using this book for 114 months. I've gained 1950 lbs of muscle. I've lost 380 lbs of fat. I've increased my strength by 3700%." - AU.L.

"I've been using this book for 117 months. I've gained 2000 lbs of muscle. I've lost 390 lbs of fat. I've increased my strength by 3800%." - AV.L.

"I've been using this book for 120 months. I've gained 2050 lbs of muscle. I've lost 400 lbs of fat. I've increased my strength by 3900%." - AW.L.

"I've been using this book for 123 months. I've gained 2100 lbs of muscle. I've lost 410 lbs of fat. I've increased my strength by 4000%." - AX.L.

"I've been using this book for 126 months. I've gained 2150 lbs of muscle. I've lost 420 lbs of fat. I've increased my strength by 4100%." - AY.L.

"I've been using this book for 129 months. I've gained 2200 lbs of muscle. I've lost 430 lbs of fat. I've increased my strength by 4200%." - AZ.L.

"I've been using this book for 132 months. I've gained 2250 lbs of muscle. I've lost 440 lbs of fat. I've increased my strength by 4300%." - BA.L.

"I've been using this book for 135 months. I've gained 2300 lbs of muscle. I've lost 450 lbs of fat. I've increased my strength by 4400%." - BB.L.

"I've been using this book for 138 months. I've gained 2350 lbs of muscle. I've lost 460 lbs of fat. I've increased my strength by 4500%." - BC.L.

"I've been using this book for 141 months. I've gained 2400 lbs of muscle. I've lost 470 lbs of fat. I've increased my strength by 4600%." - BD.L.

"I've been using this book for 144 months. I've gained 2450 lbs of muscle. I've lost 480 lbs of fat. I've increased my strength by 4700%." - BE.L.

"I've been using this book for 147 months. I've gained 2500 lbs of muscle. I've lost 490 lbs of fat. I've increased my strength by 4800%." - BF.L.

"I've been using this book for 150 months. I've gained 2550 lbs of muscle. I've lost 500 lbs of fat. I've increased my strength by 4900%." - BG.L.

"I've been using this book for 153 months. I've gained 2600 lbs of muscle. I've lost 510 lbs of fat. I've increased my strength by 5000%." - BH.L.

"I've been using this book for 156 months. I've gained 2650 lbs of muscle. I've lost 520 lbs of fat. I've increased my strength by 5100%." - BI.L.

"I've been using this book for 159 months. I've gained 2700 lbs of muscle. I've lost 530 lbs of fat. I've increased my strength by 5200%." - BJ.L.

"I've been using this book for 162 months. I've gained 2750 lbs of muscle. I've lost 540 lbs of fat. I've increased my strength by 5300%." - BK.L.

"I've been using this book for 165 months. I've gained 2800 lbs of muscle. I've lost 550 lbs of fat. I've increased my strength by 5400%." - BL.L.

"I've been using this book for 168 months. I've gained 2850 lbs of muscle. I've lost 560 lbs of fat. I've increased my strength by 5500%." - BM.L.

"I've been using this book for 171 months. I've gained 2900 lbs of muscle. I've lost 570 lbs of fat. I've increased my strength by 5600%." - BN.L.

"I've been using this book for 174 months. I've gained 2950 lbs of muscle. I've lost 580 lbs of fat. I've increased my strength by 5700%." - BO.L.

"I've been using this book for 177 months. I've gained 3000 lbs of muscle. I've lost 590 lbs of fat. I've increased my strength by 5800%." - BP.L.

"I've been using this book for 180 months. I've gained 3050 lbs of muscle. I've lost 600 lbs of fat. I've increased my strength by 5900%." - BQ.L.

"I've been using this book for 183 months. I've gained 3100 lbs of muscle. I've lost 610 lbs of fat. I've increased my strength by 6000%." - BR.L.

"I've been using this book for 186 months. I've gained 3150 lbs of muscle. I've lost 620 lbs of fat. I've increased my strength by 6100%." - BS.L.

"I've been using this book for 189 months. I've gained 3200 lbs of muscle. I've lost 630 lbs of fat. I've increased my strength by 6200%." - BT.L.

"I've been using this book for 192 months. I've gained 3250 lbs of muscle. I've lost 640 lbs of fat. I've increased my strength by 6300%." - BU.L.

"I've been using this book for 195 months. I've gained 3300 lbs of muscle. I've lost 650 lbs of fat. I've increased my strength by 6400%." - BV.L.

"I've been using this book for 198 months. I've gained 3350 lbs of muscle. I've lost 660 lbs of fat. I've increased my strength by 6500%." - BW.L.

"I've been using this book for 201 months. I've gained 3400 lbs of muscle. I've lost 670 lbs of fat. I've increased my strength by 6600%." - BX.L.

"I've been using this book for 204 months. I've gained 3450 lbs of muscle. I've lost 680 lbs of fat. I've increased my strength by 6700%." - BY.L.

"I've been using this book for 207 months. I've gained 3500 lbs of muscle. I've lost 690 lbs of fat. I've increased my strength by 6800%." - BZ.L.

"I've been using this book for 210 months. I've gained 3550 lbs of muscle. I've lost 700 lbs of fat. I've increased my strength by 6900%." - CA.L.

"I've been using this book for 213 months. I've gained 3600 lbs of muscle. I've lost 710 lbs of fat. I've increased my strength by 7000%." - CB.L.

"I've been using this book for 216 months. I've gained 3650 lbs of muscle. I've lost 720 lbs of fat. I've increased my strength by 7100%." - CC.L.

"I've been using this book for 219 months. I've gained 3700 lbs of muscle. I've lost 730 lbs of fat. I've increased my strength by 7200%." - CD.L.

"I've been using this book for 222 months. I've gained 3750 lbs of muscle. I've lost 740 lbs of fat. I've increased my strength by 7300%." - CE.L.

"I've been using this book for 225 months. I've gained 3800 lbs of muscle. I've lost 750 lbs of fat. I've increased my strength by 7400%." - CF.L.

"I've been using this book for 228 months. I've gained 3850 lbs of muscle. I've lost 760 lbs of fat. I've increased my strength by 7500%." - CG.L.

"I've been using this book for 231 months. I've gained 3900 lbs of muscle. I've lost 770 lbs of fat. I've increased my strength by 7600%." - CH.L.

"I've been using this book for 234 months. I've gained 3950 lbs of muscle. I've lost 780 lbs of fat. I've increased my strength by 7700%." - CI.L.

"I've been using this book for 237 months. I've gained 4000 lbs of muscle. I've lost 790 lbs of fat. I've increased my strength by 7800%." - CJ.L.

"I've been using this book for 240 months. I've gained 4050 lbs of muscle. I've lost 800 lbs of fat. I've increased my strength by 7900%." - CK.L.

"I've been using this book for 243 months. I've gained 4100 lbs of muscle. I've lost 810 lbs of fat. I've increased my strength by 8000%." - CL.L.

"I've been using this book for 246 months. I've gained 4150 lbs of muscle. I've lost 820 lbs of fat. I've increased my strength by 8100%." - CM.L.

"I've been using this book for 249 months. I've gained 4200 lbs of muscle. I've lost 830 lbs of fat. I've increased my strength by 8200%." - CN.L.

"I've been using this book for 252 months. I've gained 4250 lbs of muscle. I've lost 840 lbs of fat. I've increased my strength by 8300%." - CO.L.

"I've been using this book for 255 months. I've gained 4300 lbs of muscle. I've lost 850 lbs of fat. I've increased my strength by 8400%." - CP.L.

"I've been using this book for 258 months. I've gained 4350 lbs of muscle. I've lost 860 lbs of fat. I've increased my strength by 8500%." - CQ.L.

"I've been using this book for 261 months. I've gained 4400 lbs of muscle. I've lost 870 lbs of fat. I've increased my strength by 8600%." - CR.L.

"I've been using this book for 264 months. I've gained 4450 lbs of muscle. I've lost 880 lbs of fat. I've increased my strength by 8700%." - CS.L.

"I've been using this book for 267 months. I've gained 4500 lbs of muscle. I've lost 890 lbs of fat. I've increased my strength by 8800%." - CT.L.

"I've been using this book for 270 months. I've gained 4550 lbs of muscle. I've lost 900 lbs of fat. I've increased my strength by 8900%." - CU.L.

"I've been using this book for 273 months. I've gained 4600 lbs of muscle. I've lost 910 lbs of fat. I've increased my strength by 9000%." - CV.L.

"I've been using this book for 276 months. I've gained 4650 lbs of muscle. I've lost 920 lbs of fat. I've increased my strength by 9100%." - CW.L.

"I've been using this book for 279 months. I've gained 4700 lbs of muscle. I've lost 930 lbs of fat. I've increased my strength by 9200%." - CX.L.

"I've been using this book for 282 months. I've gained 4750 lbs of muscle. I've lost 940 lbs of fat. I've increased my strength by 9300%." - CY.L.

"I've been using this book for 285 months. I've gained 4800 lbs of muscle. I've lost 950 lbs of fat. I've increased my strength by 9400%." - CZ.L.

"I've been using this book for 288 months. I've gained 4850 lbs of muscle. I've lost 960 lbs of fat. I've increased my strength by 9500%." - DA.L.

"I've been using this book for 291 months. I've gained 4900 lbs of muscle. I've lost 970 lbs of fat. I've increased my strength by 9600%." - DB.L.

"I've been using this book for 294 months. I've gained 4950 lbs of muscle. I've lost 980 lbs of fat. I've increased my strength by 9700%." - DC.L.

"I've been using this book for 297 months. I've gained 5000 lbs of muscle. I've lost 990 lbs of fat. I've increased my strength by 9800%." - DD.L.

"I've been using this book for 300 months. I've gained 5050 lbs of muscle. I've lost 1000 lbs of fat. I've increased my strength by 9900%." - DE.L.

"I've been using this book for 303 months. I've gained 5100 lbs of muscle. I've lost 1010 lbs of fat. I've increased my strength by 10000%." - DF.L.

"I've been using this book for 306 months. I've gained 5150 lbs of muscle. I've lost 1020 lbs of fat. I've increased my strength by 10100%." - DG.L.

"I've been using this book for 309 months. I've gained 5200 lbs of muscle. I've lost 1030 lbs of fat. I've increased my strength by 10200%." - DH.L.

"I've been using this book for 312 months. I've gained 5250 lbs of muscle. I've lost 1040 lbs of fat. I've increased my strength by 10300%." - DI.L.

"I've been using this book for 315 months. I've gained 5300 lbs of muscle. I've lost 1050 lbs of fat. I've increased my strength by 10400%." - DJ.L.

"I've been using this book for 318 months. I've gained 5350 lbs of muscle. I've lost 1060 lbs of fat. I've increased my strength by 10500%." - DK.L.

"I've been using this book for 321 months. I've gained 5400 lbs of muscle. I've lost 1070 lbs of fat. I've increased my strength by 10600%." - DL.L.

"I've been using this book for 324 months. I've gained 5450 lbs of muscle. I've lost 1080 lbs of fat. I've increased my strength by 10700%." - DM.L.

"I've been using this book for 327 months. I've gained 5500 lbs of muscle. I've lost 1090 lbs of fat. I've increased my strength by 10800%." - DN.L.

"I've been using this book for 330 months. I've gained 5550 lbs of muscle. I've lost 1100 lbs of fat. I've increased my strength by 10900%." - DO.L.

"I've been using this book for 333 months. I've gained 5600 lbs of muscle. I've lost 1110 lbs of fat. I've increased my strength by 11000%." - DP.L.

"I've been using this book for 336 months. I've gained 5650 lbs of muscle. I've lost 1120 lbs of fat. I've increased my strength by 11100%." - DQ.L.

"I've been using this book for 339 months. I've gained 5700 lbs of muscle. I've lost 1130 lbs of fat. I've increased my strength by 11200%." - DR.L.

"I've been using this book for 342 months. I've gained 5750 lbs of muscle. I've lost 1140 lbs of fat. I've increased my strength by 11300%." - DS.L.

"I've been using this book for 345 months. I've gained 5800 lbs of muscle. I've lost 1150 lbs of fat. I've increased my strength by 11400%." - DT.L.

"I've been using this book for 348 months. I've gained 5850 lbs of muscle. I've lost 1160 lbs of fat. I've increased my strength by 11500%." - DU.L.

"I've been using this book for 351 months. I've gained 5900 lbs of muscle. I've lost 1170 lbs of fat. I've increased my strength by 11600%." - DV.L.

"I've been using this book for 354 months. I've gained 5950 lbs of muscle. I've lost 1180 lbs of fat. I've increased my strength by 11700%." - DW.L.

"I've been using this book for 357 months. I've gained 6000 lbs of muscle. I've lost 1190 lbs of fat. I've increased my strength by 11800%." - DX.L.

"I've been using this book for 360 months.

# POWERLIFTING USA NEWSFLASH

**NEW ALL TIME TOTAL RECORD...** lifting at the appropriately titled All Time World Record Breakers meet, held in conjunction with John Schaeffer's WPA Submasters and Masters Worlds on March 27th and 28th, ANTHONY CLARK hit all the right buttons at Superheavyweight, squatting 1015, benching 725, and deadlifting 720 for the biggest total in history - 2460. Linda Finnegan said that Anthony looked notably fit at his appearance at the Oklahoma State meet just before this contest, and he certainly was ready. The intended showdown between Anthony and Matt Dimel did not take place, as Matt washurt. Anthony was set to total 2564 if Matt had there to push him. There was other tremendous lifting as well - Tony Kamand reportedly squatted an all time best of 845 lbs. as a 181 pounder, and Rick Weil made a strong comeback with some submaster world records in the bench press. Rick gave a seminar with Anthony prior to the lifting, and stated that the contest was so inspiring and well run that if he "wasn't there, he couldn't have believed it." Rick is planning to get his all time record back in the bench as a middleweight, with 500 plus well in his sights. He notes that the meet was apparently taped for a July showing on ESPN.

Another note about the meet - finally a retail dealer for the much sought after Musashi amino acids (mentioned by Kirk Karwoski in the February 1993 edition of *POWERLIFTING USA*) has arrived. With a booth at the meet was Mike McCormick of Powerlifting Equipment and Products, 1945 E. Ridge Rd., Suite 5288, Rochester, NY 14622, 716-621-9176. He reports that many people at the meet were on Musashi amino acids. We have never experienced such a volume of inquiries about a nutritional product from such a modest mention in *PL USA* before. These amino acids are widely used and promoted in Europe and in their home base of Australia, but only a few elite lifters have been able to get any in the United States to this point.



Anthony Clark squatted 1015 and tried 1047. (Eugene Davis photos)



Anthony benched a gigantic world record 725, with a reverse grip.



Tony Kamand squatted 845 at 181, after initially dumping an 800

**New All Time Bench** record was set by Jose Perez (USA) on March 28th in England with a 505 at 165, as authenticated by WPC President Kieron Stanley.

**Rob Wagner...** got back his ADFPA National 181 lb. squat record from Mike Bridges at the North Americans with 766. **Magnus Karlsson...** broke the long standing IPF World Record of Joe Bradley in the 132s with a 397.

**Greg BEETLE Lowe...** traveled for 4 1/2 hours in leg irons and handcuffs to a prison meet in Pennsylvania before squatting a new ADFPA National record 940, and com-



Shane Humman blasted up this 900 at the USPF Oklahoma State Meet, where Rickey Crain (he's 40 now!) got some new masters records as did Dennis Wright who squatted 775 at 220, missing 800 when it was misloaded to 850! (photograph taken by Doug Jantz.)



**World Champ again - the Hard Way...** Herr Zerhoch of Germany has won the IPF Superheavyweight title again, as a result of the drug tests. Farnettani of Brazil flunked and Zerhoch moves up as he did in 1991.

ing up with a 1000 that was high. He ended up totaling 2160 at 275 and will try to get permission to enter the ADFPA Men's Nationals, held in PA this year.

**Confessor...** lifted in Germany, squatting 804, benching 600 (missing 618), and deadlifting 639 for a 2044 total at 220. **Vic Kennedy...** was hoping for a 1000 lb. squat at a recent meet, but blew his suit out on his opener with 885, blew out his back up with 950, and then almost made the 950 wearing a wrestling singlet!

**Young Texan...** by the name of Willmar pulled a 710 at 198 last year. This year, competing in the 17-18 age group, 220 lb. class, in one of the regional high school meets, he totaled 1860 and pulled 800! **Craig Tokarski...** was going to lift at the APF Juniors, in order to prove the shirts also.

but the heavier duty Pecomasters is \$60. To contact the supplier, Mike Licciardi, dial 1-800-484-8676 followed by the MCLID. Code 1389. Mike reports that the Terminator shirts have just been accepted by the World Natural Powerlifting Federation (WNPF). NASA approves the shirts also.



# INTERVIEW

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

## BART SHUMAN as interviewed for PL USA by Bob Gaynor



Bart Shuman benching at the WDPFF World Bench Championships (Pyra photo)

**BOB:** Bart, please give us some information about yourself.  
**BART:** My name is Bart Shuman and I live in Shamokin, Pennsylvania. I am 30 years old.

**BOB:** What is your occupation?  
**BART:** I work at the Federal Penitentiary at Lewisburg as a correctional officer.

**BOB:** How long have you been training and competing?  
**BART:** I have been training for 11 years and actually competing for 5 years.

**BOB:** How did you get started?  
**BART:** I was always interested in activities that never had a certain level you could get past and saw this in weightlifting.

**BOB:** For example, once a weight has been reached there is always a higher weight to go for and I like that constant challenge.

**BOB:** What are your best lifts?  
**BART:** My best lifts are 733 squat, 545 bench and 622 deadlift.

**BOB:** What are some of your titles and records?  
**BART:** Some of my titles and records are: ADFFA Nationals 242 lbs. 1989 - 3rd place, ADFFA Nationals 1990 242 lbs. - 2nd, ADFFA Nationals 1991 275 lbs. - 4th place, 1987 ADFFA National Bench Press champion, 242 lbs. and 1992 ADFFA National bench press champion 275 lbs. and the WDPFF Bench Press Champion 242 lbs. I also hold the national bench press record for the ADFFA 275 lbs. class, and the WDPFF World Bench Press meet record 242 lb. class.

**BOB:** Bart, what advice do you have for beginners?  
**BART:** My advice is simple, become a national and world champion in the free lift competitions and compete for a long time to come.

**BOB:** What are your views on steroids and drug testing?  
**BART:** Steroids are an old standard that is unfortunately still with us, but thanks to the widespread drug free movement and such federations as the ADFFA, steroids are slowly but surely getting pushed out. Through education and tougher laws, hopefully we can see the end of steroid backed competitions.

**BOB:** Who are your heroes or people you admire in powerlifting?  
**BART:** That's simple, when I got interested in this sport, Ted Atcidi had just broken the 700 lb bench barrier. My ultimate idol is John Kuc because he was one of the first superstars of the sport to actively pursue and back the drug

**BOB:** Do you follow any special diet?  
**BART:** I have no special diet other than I watch my fat and sodium intake and try to keep my protein and carb intake up.

**BOB:** Do you use supplements?  
**BART:** I have no real supplementation other than vitamins and protein powders.

**BOB:** What is your training routine in and off season?  
**BART:** A sample of my training routines are: OFF SEASON - start at 70% of max and go up 10 lbs. a week until I cannot get 2 sets of 3 reps. Then go down to 75% and start the program over. IN SEASON - I do each body part once a week starting at 70% and go up 5% a week up to 95% of max. I then go back to 70% and add 10 lbs. and repeat the rotation.

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consistently unconventional. Many of his trainees do no regular squats at all during training, working instead on 4 different levels of box squatting. Box squats were one of the great training gems that emerged from the California Westside Barbell Club and the minds of Bill "Peanuts" West, George Frenn and others and that spirit lives on through Louie in the Ohio club to this day. There is very specific and understandable instruction in all aspects of the box squat, and believe me, Louie has come up with many, many productive variations on this type of training, including the idea of the hasso or "soft box" squat, which takes you up another notch in power. Like the bench programs of the Westside Barbell Club, the lifters training by percents, rarely handling more than 80% of max at a time, and they also train very quickly, with - remarkably - only 45 seconds to 1 minute between sets. Louie has come up with a wide array of special exercises, like the Power Good Morning, which he has found to produce many beneficial strength training effects. He analyzes the Mike Bridges "flame" squatting technique, before jumping into one of the real treats of the tape, a genuine Westside Barbell Club squat workout. At the pace they work, two squatters can get in a full and productive workout in only 20 minutes! Specialized training devices that really work are one of Louie's passions and he shows how to use the likes of cambered squat bars, the belt squatting apparatus, isokinetic squats, "pull throughs" for super glute development, situps on a pulley machine, and some ancient Chinese-style training that you will not believe. A common thing, taken for granted by many, is a detailed description on how to wrap your knees for competition - Louie shows how to do it Westside style - meaning super-tight! Louie is getting more and more comfortable at this video training business, and it shows; heck, at the end of the tape he even makes a convincing joke about "Doggy Box Squats" when it comes to Powerlifting. Louie is like the auto mechanic who can not only take your car apart and put it back together again - blindfolded - and he can tell you who designed each piece and why they did it that way - hell, he probably knew half the designers personally. If you want to get strong in the squat, buy this tape and listen to what Louie says. Maybe you won't have the fortitude to give his unusual training theories a try in practice, but you will certainly develop a much more analytical approach to the squat and all of your training in general.

Mike Lambert, Editor

# VIDEO REVIEW

injuries, overuse syndromes, torn pieces, and difficulties associated with limited flexibility. Following Dr. Sal, interviewer Cindy Gensler has a one-on-one chat with the first woman to squat 600 lbs. Lorraine Costanzo. Lorraine comes off very personable, explaining how she got into weight training to help her shot putting efforts and went on to best in power. Like the bench programs of the Westside Barbell Club, the lifters training by percents, rarely handling more than 80% of max at a time, and they also train very quickly, with - remarkably - only 45 seconds to 1 minute between sets. Louie has come up with a wide array of special exercises, like the Power Good Morning, which he has found to produce many beneficial strength training effects. He analyzes the Mike Bridges "flame" squatting technique, before jumping into one of the real treats of the tape, a genuine Westside Barbell Club squat workout. At the pace they work, two squatters can get in a full and productive workout in only 20 minutes! Specialized training devices that really work are one of Louie's passions and he shows how to use the likes of cambered squat bars, the belt squatting apparatus, isokinetic squats, "pull throughs" for super glute development, situps on a pulley machine, and some ancient Chinese-style training that you will not believe. A common thing, taken for granted by many, is a detailed description on how to wrap your knees for competition - Louie shows how to do it Westside style - meaning super-tight! Louie is getting more and more comfortable at this video training business, and it shows; heck, at the end of the tape he even makes a convincing joke about "Doggy Box Squats" when it comes to Powerlifting. Louie is like the auto mechanic who can not only take your car apart and put it back together again - blindfolded - and he can tell you who designed each piece and why they did it that way - hell, he probably knew half the designers personally. If you want to get strong in the squat, buy this tape and listen to what Louie says. Maybe you won't have the fortitude to give his unusual training theories a try in practice, but you will certainly develop a much more analytical approach to the squat and all of your training in general.

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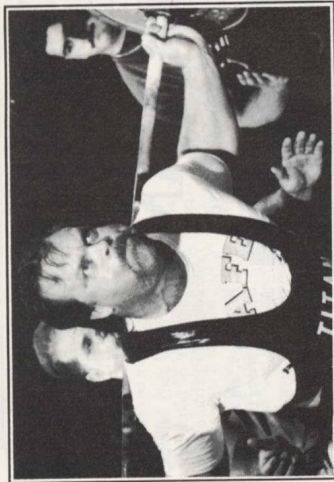
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# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## New Chemical Tests for Weightlifters: Testosterone, Cortisol, and Nitrogen Balance as told to PL USA by Thomas D. Fahey, Ed.D., Professor, California State University, Chico



**LifeTime Drug Free Champs like Anthony Leiato need to monitor their training condition precisely.**

Learn to cycle your program, balancing heavy, moderate, and easy workouts. Know that sometimes it is more important to rest and recover rather than push to the max. Learn to eat like a champion. Eat a well balanced diet that contains enough calories and proteins to help you train and compete effectively. Minimize stress and get enough sleep. Lead a well-balanced life that involves more than training and getting strong. Remember that a good sex life also helps stimulate testosterone. Rocky Balboa's coach told him that sex weakens the legs. Just the opposite is true - sex increases testosterone levels and will help you get a big squat!

**Cortisol** is a glucocorticoid hormone produced by the adrenal cortex. The adrenal glands are hormone secreting organs that lie on top of each kidney. These hormones are essential to life. Even though they are catabolic, you have to have some breakdown in your body to survive. For example, they are critical for sugar and fat breakdown in reactions that provide energy. They help regulate glycogen stores in the liver, maintain blood sugar, and activate the breakdown of fat for energy. They play an important role in the function of the immune system - the processes your body uses to fight disease. They inhibit inflammation in damaged tissues. They have catabolic effects in muscle, bone, and connective tissue - they prevent anabolic reactions and speed tissue breakdown. Some tissue breakdown is normal and desirable. These soft tissues are in a constant state of turnover and cortisol is part of the process.

Over-training increases cortisol levels while decreasing testosterone levels. This has many unfortunate effects. Muscles and soft tissues go into a catabolic phase, making it difficult or impossible to make any gains in strength and muscle size. Blood pressure increases, which partially explains the increase in morning heart rate. Rapid eye movement sleep (REM), the sleep period most associated with physical restoration, is drastically reduced. High cortisol levels associated with over-training may also cause severe psychological disturbances. Depression, interspersed with periods of euphoria, is very common. People with high cortisol levels may also exhibit manic behavior (extreme excitement). Athletes may even exhibit psychotic behavior, an extreme form of mental illness. Approximately 10-15 percent of athletes taking anabolic steroids are thought to show some degree of psychosis while on the drugs. Cortisol levels increase when

Learn to cycle your program, balancing heavy, moderate, and easy workouts. Know that sometimes it is more important to rest and recover rather than push to the max. Learn to eat like a champion. Eat a well balanced diet that contains enough calories and proteins to help you train and compete effectively. Minimize stress and get enough sleep. Lead a well-balanced life that involves more than training and getting strong. Remember that a good sex life also helps stimulate testosterone. Rocky Balboa's coach told him that sex weakens the legs. Just the opposite is true - sex increases testosterone levels and will help you get a big squat!

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athletes are taking anabolic steroids, particularly when the dosage is high. High cortisol levels may explain sometimes bizarre behavior in steroid users.

**Testosterone/Cortisol Ratio** The testosterone/cortisol ratio is a very accurate and sensitive way to plan intense training programs. If you are over-training, the ratio drops to 0.00035, and you are in a catabolic state. Further heavy training will only cause you to experience the consequences of over-training - extreme fatigue, proneness to diseases, such as colds and flu, fuel depletion from muscle and liver, and psychological depression. If your training progresses with ideal values for cortisol and testosterone, you will make predictable gains at the fastest possible rate. The guesswork is removed.

Where can you get these tests? Any physician can order these tests for you from a clinical laboratory. A company called Advanced Biotech Research, located in California, has recently started a mail order service for athletes. They will send you supplies for collecting and sending a urine sample to their lab. The lab sends you a detailed report of your anabolic-catabolic status. You know if the trend in your workouts is positive or negative.

**Nitrogen** Nitrogen balance is the best short-term method of determining your anabolic-catabolic status. It is a measure of the balance between protein your body is using as fuel. You excrete 1 gram of nitrogen for every 6.25 grams of protein used as

fuel. Most nitrogen loss occurs in the urine. Nitrogen loss in feces and sweat accounts for only 10 percent of the daily body nitrogen loss. By measuring the amount of nitrogen consumed in the diet and the amount of nitrogen eliminated by the body, you can tell if you are gaining or losing protein. A positive nitrogen balance means you are consuming enough protein and your body is in a net anabolic state - your body is building tissue. On the other hand, if you are in a negative nitrogen balance, your protein intake is inadequate and your body is using its own protein stores for energy - you are in a catabolic state. By subtracting nitrogen excretion (measured urine area nitrogen excretion and estimated nitrogen from other sources) from nitrogen intake, you can get a good estimation of your nitrogen balance. You can determine if you are building tissue or breaking it down.

When you're training seriously, you seldom know if you are getting enough protein or calories. You probably eat more than enough protein, but you may not be eating enough calories. Taking in too much protein is very costly and may, over a long period of time, be destructive to your kidneys. Not taking in enough protein will slow progress. Estimating your nitrogen balance is a simple way to determine if your body is using protein and training effectively.

A new home nitrogen test kit, that was ready released by the Weider company, makes it possible to monitor trends in nitrogen balance. The test will help you know if

training program. It may also mean that you are not consuming enough protein or taking in enough calories. A positive nitrogen balance may suggest that you are taking in more protein than you need or that your protein intake is adequate. It may be a sign that you can train harder and expect greater gains from your program.

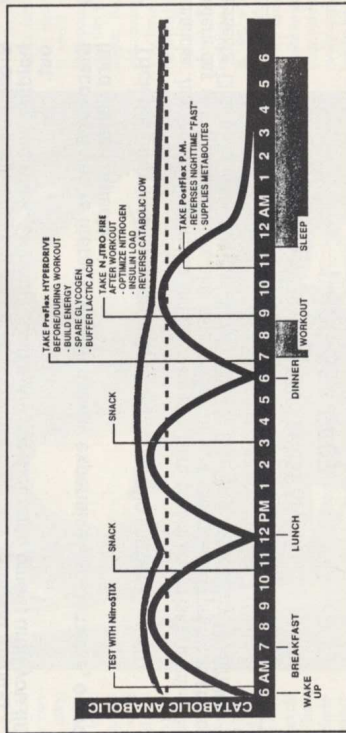
### Chemical Tests and Your Training Program

Hormone and nitrogen balance tests will help you stay anabolic and help you maintain hard-earned gains. They take the guesswork out of determining the correct training intensity and diet that is right for you. If your cortisol level is high and your testosterone level is low, you are probably overtraining. If you are in negative nitrogen balance, either you trained excessively hard during a particular workout, or your diet is inadequate. The problem with diet may be that you aren't taking in enough calories or your protein intake is inadequate.

These scientific tests will help you train smarter and may even save you money on your food and supplement bills. You may be able to cut down on your protein intake if it is too high, if you find that you are in negative nitrogen balance, you can alter your diet (by increasing the protein or caloric content) or adjust your training program. If you are consistently in negative nitrogen balance, you may also be training too hard. Maybe it's time to change your training program or diet - these new tests may provide the information you need.

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## THE ULTIMATE ANABOLIC KIT IN ACTION



Panel from Joe Weider's Victory ULTIMATE ANABOLIC KIT indicates how NitroSTIX (TM) are utilized in the nutrition/training plan.

Until very recently, the only way you could tell if your body was in an anabolic (building) phase was by feel. If you felt good, you'd push a little harder in training. If you felt tired, your actions depended on how savvy you were about lifting. If you were smart, you'd back off a little, but if you were from the "more is better" school of training, you'd pour it on even more. The idea behind the latter strategy is that if your progress is lagging, then you probably aren't working hard enough.

These approaches are hit or miss. You are trying to stimulate a strength adaptation without really knowing what's going on inside your body. "Feel" can only take you so far. If your feelings are incorrect, then you run the risk of injury or over-training. Gains won't come at the optimal rate. You may not train hard enough when your body is ready for heavy training. You won't get the full benefits of all your hard work.

Scientists have developed an impressive array of diagnostic tools that are finally finding their way into the gym. Chemical tests are finally available that tell athletes if they are anabolic (building) or catabolic (breaking down). They can take some of the guesswork out of your training and help you develop strength systematically. They can help you avoid the staleness and frustration that comes from doing the wrong things in your training routine. Tests available to the athlete to assess anabolic-catabolic status include testosterone, cortisol, and nitrogen balance.

### Testosterone

Testosterone is mainly produced in the male testes. Some is also produced in the female ovaries and the adrenal cortex of both sexes. The most important androgen (male type) hormone in women is androstenedione, which is produced in the adrenal cortex. Testosterone levels are approximately 10 times higher in men than women.

Testosterone is an important hormone for the tissue growth in blood, bone, muscle, and other soft tissues. It is also important for glycogen storage and creatine phosphate synthesis. Glycogen is important because it is the best fuel for high intensity exercise. Its thermotwitch motor units - the nerve-muscle complexes you use to push really big iron. Creatine phosphate is a critical immediate energy source (see February 1993 PL USA article by Dr. Morris Sillberg).

Over-training depresses testosterone by either suppressing brain hormones important in testosterone regulation (i.e., LH and prolac-

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There seems to be different opinions on how a lifter should train the squat. Should a lifter use equipment (squat suit and wraps) during training or not use it? Many people believe that the squat should be trained without the equipment up until just a few weeks before the meet. I disagree with this type of training and feel that the equipment should be used all year round.

Proponents against the use of the equipment say that training with the equipment is cheating and robs the muscles of the work they need in order to become stronger. They feel that training without the equipment will increase the strength in the individual muscle groups and thus translate into a higher squat. I disagree with this type of training and feel that by not using the equipment when doing squats bad habits will develop in your technique. These bad habits will undoubtedly carry over when the equipment is put back on a few weeks before the contest.

I am a wide stance squatter and years ago I use to train without the equipment in the off season. When the season started and I was getting ready for a contest I use to take me at least 2 to 3 weeks to readjust my form to the squat suit and wraps. In my opinion, there is no benefit to not using the equipment year round. I think everyone can agree that when the equipment is properly fitted it will severely alter your technique. Your muscles are definitely working differently with the equipment on.

The bottom line is if you want to keep on lifting progressively heavier weights you have to have perfect technique. So, how do you perfect your contest technique? By using equipment that will simulate your contest form. Now, this is not to say that you should use your same contest gear in the off season, but a loose fitting suit that keeps you in a similar groove is the answer.

So, for the off-season invest in a loose fitting squat suit, one that is about two sizes larger than your contest suit and keep those old stretched out wraps. There are several good suit manufacturers in the market-place that can meet your needs. I would use the same brand or cut as your contest suit.

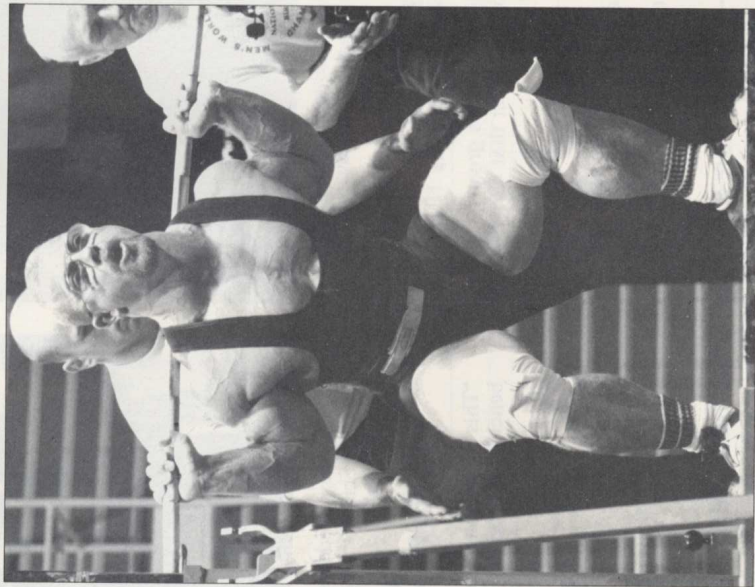
## THE SQUAT

### SQUAT TRAINING WITH EQUIPMENT

as told to POWERLIFTING USA by Tony Kamand

For the contest cycle during the first 3 weeks (6 week cycle) use a squat suit that is about one size larger than the contest suit and your contest wraps. For the last three weeks before the meet use your contest suit and wraps. Thus, you should have three squat suits: contest suit and one that is two sizes larger than the contest suit. Also, have two pairs of wraps, contest pair and a loose, stretched out pair.

As a general rule of thumb you can base your squatting attire on the following: during off season training, when you are handling 50-60% of max weights, use your loosest suit and no wraps. When the weights move up to 60-75% of max, add in the older wraps. At 75-85%, switch up to the intermediate suit (one size too big), and if you move up to 85-95% of max weights, use your tightest suit and your contest wraps. In Pre-Contest training, at 50-60% of



Massive Frank Schramm of Germany, squatted 771 pounds in the 198 lb. class at the 1992 IPF Men's World Championships in Birmingham, England

max use the intermediate suit and no wraps. At 60-75% of max, use the older wraps. In the 75-85% range, suit the intermediate suit up to 80% and switch to the contest suit (tightest) above 80% and include the contest wraps as well, and you would, of course, use the tightest suit and contest wraps for any higher percentages of max weights as well.

You can train the squat with either high reps, low reps, do 20 sets or 1 set. It really doesn't matter. Lifters have become stronger using various types of training methods. Use whatever method works for you. However, remember the key to lifting progressively heavier and heavier weights is to perfect your form for that one rep maximum. If you can use perfect form for sets of 8 reps, 10 reps or 20 reps, then by all means train this way. I know that I cannot personally train the powerlifts and keep my exact contest form on anything more than 5 reps.

I think most lifters would benefit if they would do "multiple" sets of low reps in the powerlifts. In my opinion, I don't think that doing sets of 8 to 10 reps is going to simulate the form that you use in a contest. Therefore, training this way does not have any beneficial effect in the off-season. If you want to work that muscle group, you can do it with an assistance exercise utilizing higher reps. In the powerlifts low reps are the key to perfecting technique. Good habits in regard to technique that are developed in the gym are hard to break, but bad habits will never be broken and will carry over to the contest.

So, to improve your squat form invest in two extra squat suits, one that is about two sizes larger than your contest suit and one that is about one size larger. Also, keep those old stretched out wraps. You have to make a concentrated effort on improving your technique year round. The difference in making a lift and missing it is very small and usually comes down to a technique breakdown. If you make an effort to simulate your contest squat almost every workout then it's going to be hard not to improve your technique on that all important one rep max attempt in your next meet. Good Luck!

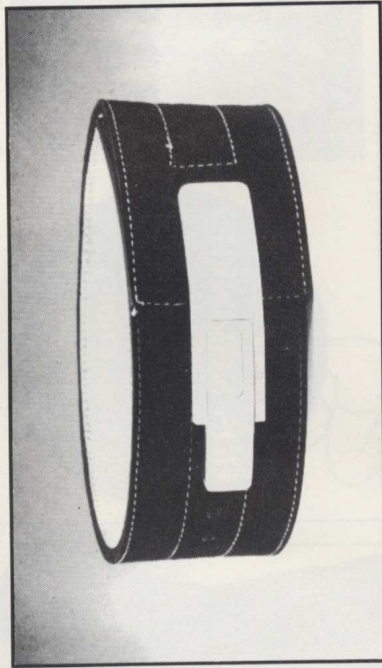
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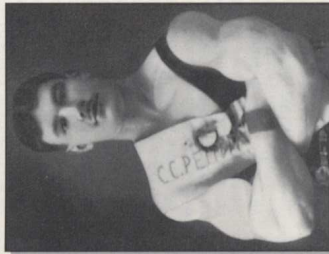
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We are being swamped with phone calls from **RUSSIAN BEAR** users asking for Russian descendant Val Vasilief's strength and muscle building secrets. Winner of over 80 body building, Olympic and power weightlifting awards including ★ Mr. America ★. Val says — "My uncle John was considered Russia's greatest strong man. As a Moscow circus strongman, he was billed as the strongest man in the world. Many referred to him as the **RUSSIAN BEAR** because of his fierce, raw power and awesome muscles. Even at age 18 his chest was covered with medals for his stupendous strength and acrobatic feats. Uncle John was bodybuilding in Russia before it became popular". Val's uncle inspired him to lift an astounding 240 lbs. over head with one arm at body weight of 185 lbs. Val is currently pushing to break his strict No-Swing one-arm 150 lb - 1/4 curl record to 170 lbs.

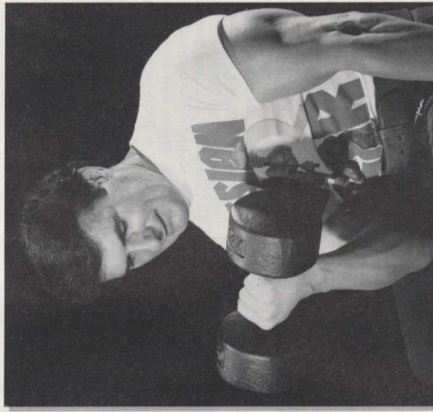


Uncle John (The Russian Bear)

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Val says, "For years I've searched and tried almost every muscle product, hoping for fast muscle growth including body building programs that would scramble even Einstein's brain. My end results were empty pockets and strained joints. After years of trial and error, and being fed up with false promises, I succeeded in designing a complete **MUSCLE BUILDING SYSTEM** that will astound you by building **INCREDIBLE MUSCLE SUPER FAST without failure. RUSSIAN BEAR SYSTEM** is the culmination of years of proven hi-tech research from the Soviets, USA's Top Champions, and my own accomplished experience including Uncle John (The Russian Bear) whom I named the product after. **RUSSIAN BEAR SYSTEM** incorporates a hi-tech bodybuilding product with **60 ingredients** from A to Z plus...it is so astounding it will blow your mind. It is specially formulated and condensed into one container... not 2 or 3 containers in order to dazzle you and charge 3 to 4 times as much".



Val Vasilief

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# THE SQUAT

## Plateau Breaking Squat Programs

as told to PL USA by Greg Reshel, Power Excel



Breaking a Plateau in your squat is bound to show up in your total.

In a previous article we discussed several of a wide variety of options to break plateaus in the bench press. This article will present the skeleton format of workouts that will carry motivated lifters through the 450 lb., 600 lb., 700 lb., and 800 lb. barriers.

There is no mystery or magic to these workouts. We only coordinate to an appropriate amount of work for individuals presented here and the two things that may cause failure are physical abnormalities (something genetically or traumatically limiting the lifter) or a "head" problem that prevents the lifter from calmly letting it all hang out and trying for something they have never done before. Many athletes are so afraid of failure that they choke. Everyone misses from time to time, and that is one of the reasons that powerlifting, as a sport, is worthy of your efforts. Some athletes are afraid of success because they know how difficult it was to get as strong as they are and cannot imagine getting stronger. Success means that they have to set their sights even higher and in their minds will most certainly fall at the next level of strength. To avoid this predicament, they fall a weight they know they can lift so that they have a "sure thing" to push for in the future. If you are ready to challenge the unknown and you are not afraid of failure or of success, then read on and choose the workout that fits your needs. You will succeed. Work hard and focus on technique and timing and you will break that plateau. Here we go.

•• NOTE - If you are one of the athletes deconditioning once per week on a separate day from your squat, you will not be able to succeed doing these squat workouts. Let us take a reality check. You are trying to PR in the squat so let your deadlift program coast for a while. Try pulling 65% of your best deadlift immediately after squatting. Then pull 60% for 5-8 reps in the conventional deadlift style. Perform that deadlift routine after each "heavy" squat workout and see how you make out. I believe that you may just PR in both squat and deadlift.

The 450 lb. Squat Workout: The athlete we will choose for this example is a moderately large (181-242 lb.) mature (mature) athlete with several years or more experience in hard power training. Most likely this athlete has been intent on the Big Three in simple and direct workouts of five, three, and singles. As athletes mature, they tend to believe that they must reconcile themselves to their years and concede poundage. B.S.! As we mature we must change the way that we train as well as the way we eat and the supplementation we take in order to make the most of your muscular maturity and the biochemical systems that we have that are still operating at a high level. Fortunately, gerontology research is currently making great strides in the discovery of appropriate nutritional support for the older athlete as well as maintenance of key biochemical functions.

has been primarily power/strength training with heavy 5's, triples, and since he is young (less than 35), he has made substantial progress. Because our athlete is young and has good foundation for recovery from hard training, we will focus on the squat itself and utilize the squat as a training exercise to strengthen our athlete for the big 600 push. We will utilize a 10 week training period and assume our athlete is conditioned but not tired at the beginning of the cycle.

Period 1 - 4 weeks of squating (bottom squats) every 5 days (5 total training days). \*NOTE: as usual, we will not include warmups. Bottom Squat - slow descent to 1/4" below parallel, rapid ascent to 1/4" of the way from the top, pause, slow descent for the next rep. Emphasis is on balance and explosion out of the hole. Mainline torso rigidity throughout the lift. 1. 5 sets of 5 reps at 245 lbs., 2. 4 sets of 6 reps at 255 lbs., 3. 3 sets of 8 reps at 265 lbs., 4. 6 sets of 4 reps at 285 lbs., 5. 8 sets of 3 reps at 315 lbs. \*NOTE: use belt only unless you have had kneecaps used a light wrap

Period II: 6 weeks of peaking squat every 4 days with the 10th training day occurring 5 days before the contest. Use full contest gear. 1. 5 sets of 5 reps (135, 185, 225, 315, 365). 2. 5 sets of 1 rep at 365 lbs. (release contest timing and identity). 3. 5 sets of 5 reps (135, 205, 275, 345, 385) and 2 reps (420). 4. 5 sets of 1 rep at 365 lbs., 5. 5 sets of 2 reps at 410 lbs., 6. 5 sets of 1 rep at 365 lbs., 7. 5 sets of 2 reps at 445 lbs., 8. 5 sets of 1 rep at 365 lbs., 9. 2 sets of 2 reps at 485 lbs., 10. 3 sets of 1 rep at 365 lbs. Contest: open- 515 lbs., 2nd- 565 lbs., 3rd- 600 lbs.

After squatting: Leg Extensions- 5 sets of 1 rep with slow negatives; Leg Curls- 3 sets of 8 reps of increasing weight followed by 3 sets of 15 reps light and rhythmic; Toe Raises- 3 sets of 15 light; Crunch Sit-ups- 3 sets of 20 reps; Seated Long Raises- 3 sets of 15 reps with knees bent and back held straight.

The 700 lb. Squat Program. Our veteran of powerlifting competition. It is very possible though not necessary that our athlete took steroids years ago when they were more available and accepted. If our athlete took steroids previously, he most likely had passed the 700 lb. barrier while on them and now is unable to duplicate the lift. On his side is the fact that he has already passed this point before. Working strongly against him is the fact that he does not look nor feel like he did on steroids and probably inside he honestly doesn't believe. If he continues that strong again, he will not duplicate the lift because without the drugs, his old method of training the lift, his old method of training athlete never took steroids, he is better off because he doesn't have any head problems. He just needs to want it bad enough to train hard and not

choke when he tries it.

To pass the 700 lb. mark, we will have our athlete squat heavy once per week for his 10 week peaking program. On another day mid-week, he will leg press for the first 6 weeks and squat light for rehearsal during the last 3 weeks.

10 week squat routine: 1. 3 sets of 3 reps at 415 lbs. and 5 sets of 5 reps at 335 lbs., 2. 5 sets of 2 reps at 495 with knee wraps and belt, 3. 1 set of 1 rep at 595 and 1 set of 3 at 555 with full gear, 1. 3 sets of 3 reps at 435 lbs. and 5 sets of 5 reps at 365 lbs., 2. 5 sets of 2 reps at 525 with knee wraps and belt, 3. 1 set of 1 rep at 595 and 1 set of 3 at 555 with full gear. 1. 3 sets of 3 reps at 435 lbs. and 5 sets of 5 reps at 365 lbs., 2. 5 sets of 2 reps at 525 with knee wraps and belt, 3. 1 set of 1 rep at 595 and 1 set of 3 at 555 with full gear. 1. 3 sets of 3 reps at 435 lbs. and 5 sets of 5 reps at 365 lbs., 2. 5 sets of 2 reps at 525 with knee wraps and belt, 3. 1 set of 1 rep at 595 and 1 set of 3 at 555 with full gear. 1. 3 sets of 3 reps at 435 lbs. and 5 sets of 5 reps at 365 lbs., 2. 5 sets of 2 reps at 525 with knee wraps and belt, 3. 1 set of 1 rep at 595 and 1 set of 3 at 555 with full gear.

Last 7 weeks Heavy Squat Program: 1. 3 sets of 5 reps at 525 lbs., 2. 3 sets of 4 reps at 525 lbs., 3. 3 sets of 2 reps at 635 lbs., 4. 3 sets of 2 reps at 635 lbs., 5. 3 sets of 1 rep at 715 lbs., 6. 3 sets of 1 rep at 595 lbs., Contest: open- 705, 2nd- 765, 3rd- 800 lbs.

Light Day Mid-Week Program Weeks 1 through 4: Squat- 3 sets of 4 reps at 405 lbs.; Leg Curls- 4 sets of 15 reps light and slow; Toe Raises- 3 sets of 15 reps light; Weighted Wide Stance Sit-ups- Lying on floor with legs spread wide and placed on bench carry a dumbbell on chest and sit-ups to legs using a training partner to hold calves on bench- perform 4 sets of 8 reps.

Light Day Mid-Week Program Weeks 5 through Contest Week: 4 reps at 405 lbs.; Leg Curls- 4 sets of 15 reps light and slow; Toe Raises- 3 sets of 15 reps light; Weighted Wide Stance Sit-ups- Lying on floor with legs spread wide and placed on bench carry a dumbbell on chest and sit-ups to legs using a training partner to hold calves on bench- perform 4 sets of 8 reps.

Last three weeks: Light Squats- 3 sets of 1 rep at 365 lbs. after warmup using full contest gear, technique, and training; Leg Extensions- 3 sets of 15 reps with light to moderate weight to build mass and principally to circulate blood through the knee joint and maintain tone for leverage and balance; Toe Raises- 2 sets of 14 reps with light to moderate weight and slow delivery; Crunch Sit-ups- perform 3 sets of 12; Hanging Leg Raises- suspended from elbows on a hip flexor apparatus bring thighs up to a horizontal position with knees bent and maintain them there as the lowest position as you perform leg raises in a slow and deliberate fashion 3 sets of 12 reps.

Last three weeks: Light Squats- 3 sets of 1 rep at 365 lbs. after warmup using full contest gear, technique, and training; Leg Extensions- 3 sets of 15 reps with light to moderate weight to build mass and principally to circulate blood through the knee joint and maintain tone for leverage and balance; Toe Raises- 2 sets of 14 reps with light to moderate weight and slow delivery; Crunch Sit-ups- perform 3 sets of 12; Hanging Leg Raises- suspended from elbows on a hip flexor apparatus bring thighs up to a horizontal position with knees bent and maintain them there as the lowest position as you perform leg raises in a slow and deliberate fashion 2 sets of 8 reps.

The 800 lb. Squat Workout - Our 800 lb. squat athlete is a young man (under 35 years) and is large with good leverage in hips and legs to squat. He is also a wide stance squatter with legs turned slightly outward and a stance at least 3" wider than shoulder-width on each side. We are going to use residual defect to tire his later quads, gluteus medius, and tensor muscles and then allow him to recover by contest time. Narrow squats are going to be performed with a 4-8 inch stance on a 2 by 4 inch board with weight remaining on the heels throughout the squat. When I say he will work on the narrow squat heavy,

I mean that he will be able to complete all the reps listed with good form but not without exceptional concentration and effort. Maintain balance and narrow descent at all times with the narrow squat exercise. We will use an 11 week training period. In the first 4 weeks we will have our athlete squat every 5 days. During the last 6 weeks we will have him squat heavy once per week and light once mid-week for rehearsal of contest technique.

First 4 Week Squat Program (5 squat workouts): Weeks 1 through 4: 3 sets of 2 reps at 505 with contest form and technique followed by 5 sets of 7 reps narrow on board with heavy weight.

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Light Day Mid-Week Program Weeks 1 through 4: Squat- 3 sets of 4 reps at 405 lbs.; Leg Curls- 4 sets of 15 reps light and slow; Toe Raises- 3 sets of 15 reps light; Weighted Wide Stance Sit-ups- Lying on floor with legs spread wide and placed on bench carry a dumbbell on chest and sit-ups to legs using a training partner to hold calves on bench- perform 4 sets of 8 reps.

Light Day Mid-Week Program Weeks 5 through Contest Week: 4 reps at 405 lbs.; Leg Curls- 4 sets of 15 reps light and slow; Toe Raises- 3 sets of 15 reps light; Weighted Wide Stance Sit-ups- Lying on floor with legs spread wide and placed on bench carry a dumbbell on chest and sit-ups to legs using a training partner to hold calves on bench- perform 4 sets of 8 reps.

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## "Positives" from Negatives as told to PL USA by DOUG DANIELS

Negative or eccentric resistance probably hit its peak during the famous Arthur Jones 'Nautilus' era in the 70's. Jones hawked his new machines and training principles quite effectively, mostly through IRON MAN magazine. One of his cornerstones was the use of the "negative" or lowering phase of the weight during the exercise. Jones felt that lowering the weight was actually a more effective strength and muscle builder than raising or lifting the weight. The same muscle groups that raised the weight were stressed when they were asked to slow and control the decent of the bar. Lifters are always looking for something new, so many tried this approach. Some lifters were able to lower so much weight that multiple spotter were necessary to raise the weight for the lifter to lower. I would almost say that the strength gains came from the spotting and not the lowering. Lifts like squats and deadlifts were real challenges for spotters, not to mention potentially unsafe for lifter and spotter alike. Negatives were not a completely new training principle as legendary deadlifter, Bob Peoples, used a form of it years before. Since then, many experts have either backed up or dispelled this maxim. Regardless, many weight trainers still incorporate some type of negative training in their routines from time to time.

I feel, however, that the average weight trainer does not use negatives or the lowering of the weight as effectively as possible. Let's examine my viewpoint. Let's say the lifter can max out at 300 for 1 rep in the bench. After completion of his normal sets, he starts his negative work. With negatives, a lifter can lower more weight than he can lift, so he loads the bar to 330. He starts the first rep by slowly lowering the weight from the top, but as the bar passes the midpoint, it more or less falls to his chest. In essence, the lifter successfully overloaded the top part of the lift, but the bottom part received little stimulation, not to mention the lifter was subjected to a higher probability of injury. As the set continues, the lowering from

the top becomes faster and faster and the lower portion degrades to an effort to save the rib cage from breakage due to the falling bar. Negative cuts are similar. The lowering of the bar from the top is slow and steady, but as the bar reaches a parallel position to the floor, it just falls. Again, the lower action of the bicep received little, if any, stimulation. Gravity lowered the bar, not the muscular structure. Negatives can also be performed when the lifter reaches normal positive failure. The spotters then raise the weight so he can work past failure using negatives.

What then would be a better approach to negative reps? I suggest dropping the weight a bit so that all the important lower portion of an exercise gets adequate work. I would suggest going no higher than 105% of max weight and maybe using 100% or less. Lower the weight in a slow and controlled manner, but the difference now is that the weight is lower, you can resist and apply the negative principle more effectively to the lower portion of the exercise. For those of you who have problems with the lower part of a lift, this change in approach may help matters. Using a weight no more than 105% of maximum also can reduce the chance of injury. If a lifter uses a heavier weight than his muscles, ligaments, and tendons are used to, an injury can occur. Work into heavier negative weights gradually over time.

You can also derive additional benefits by adding more emphasis to the lowering phase of your regular workout, especially on your assistance work. Take twice as long to lower the weight as it takes to raise it. You may end up using less weight or doing less reps, but as I always stress, no one cares how much you can curl or pull down at a meet. Using big weights for negatives still may have its place, but using a weight less than a "hammer" can be valuable in your training regime. Using a little less weight for negatives may seem 'eccentric' but it may help you extract more positives from negatives.

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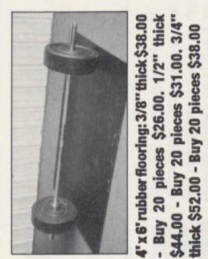
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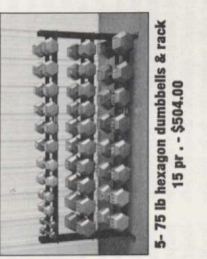
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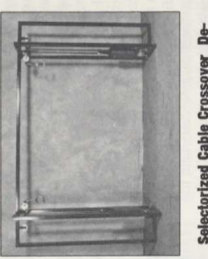
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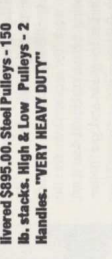
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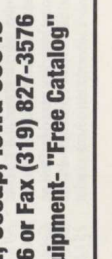
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# More From Ken Leistner

My schedule is generally very full with the demands of a professional practice, running the Iron Island Gym, working on equipment design, and the many family activities that I try to devote my leisure time to. One of the major ways of relaxing, at least for me, is to train hard, or to watch others train. Needing time away from the gym, I enjoy watching video tapes of various contests and find that Kathy and I can sit quietly together, often with "those heavy weights", as my young daughter states.

The new series of tapes, the **POWERLIFTER Video Magazine**, promises to provide the interested lifter a variety of information related to the sport. Let me first state that I have always been surprised and disappointed that the various sources of muscle related tapes completely ignore the powerlifter. There are plenty of bodybuilding instructional tapes, contest tapes, semi-motivational, and photographic videos out there if that's what you want, but little for the powerlifter. Some of the available powerlifting tapes are very static - contest viewing that becomes boring and repetitive in a short time. A stationary camera, no discernable audio, and an inability to know exactly who is who kills any potential interest.

Need Low's **POWERLIFTER Video Magazine** is a big step in the right direction. Interviews with top female and male lifters, officials, and fans, contest footage, in-the-gym training sequences, and the kinds of things that the real lifting fan want to see is here for the viewing. I have no doubt that it will continue to grow and get better, especially as more and more lifters clamor for their attempt to be interviewed, or have their training taped for the masses. In the first edition, awesome training footage of Anthony Clark and good contest sequences were highlighted by interviews. Ed Coan and Mary Jeffrey could be the best male and female lifters of their time and it is more than coincidental that they are featured in the premier edition. These made great Christmas gifts for a number of our lifters and I would have to believe that lifters with upcoming birthdays would find this an ideal gift. I would certainly welcome a year's subscription to a heck of a lot

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## SAVE BIG!

I don't know about you, but I'm getting sick and tired of hearing the USPF/IPF claim that they are the only elite federation, that the APF/WPC hinders powerlifting unification, and that they are attacking Ernie Frantz by saying that he "only cares about his wallet." However, the APF/WPC [the most elite federation in the world, with the totals to back it up] is there more for the lifter than any other federation around. I can say that because I have lifted in all three of the most established federations, the APF, USPF and the ADFPA, the only legitimate federations. Of the three the APF was the fairest and most unbiased of them all. That is what attracted me to become an avid supporter and chairman of the APF. For Mr. and Mrs. King to attack Ernie Frantz and say that he is a barrier and inhibits lifter unification is totally ludicrous and unfair. The USPF is more responsible for the deterioration of powerlifting than the APF by a long shot. They would not have had a lawsuit against them if they were not such a biased and domineering federation.

For those of you that don't know, how this lawsuit occurred, here it is. Sometime prior to 1985, three women who competed in the USPF rather lift at WPC WORLDS rather than at the IPF WORLDS. For their actions they were banned from future USPF/IPF competition. Who does the IPF think it is, governing as to which federation those ladies can or cannot lift in. It is our constitutional right as Americans to have freedom of choice. The USPF/IPF violated the rights of the women to choose.

I find it amusing how the USPF proclaimed in the March issue of *Powerlifting USA* that they want lifter unification for all lifters when just a few issues back, Mrs. King was "boasting" that the USPF/IPF was the only elite federation. I quote her, "the USPF: the gateway to the IPF the only true world championships." If the USPF really wanted to have lifter unification and better relationships with other federations, primarily the APF, those negative comments need not be made.

The USPF thinks that it is superior to other federations because of its high percentages of card holders; I agree that that is good. But does that factor alone constitute the supremacy of the USPF? Not in my opinion. The reason that the APF doesn't have as many members as the USPF is because the APF requires elite totals to be able to compete in the federation. The USPF, however, has low, pathetic qualifying totals, and the majority of the USPF lifters couldn't even come

# OPINION



**Kieran Kidder speaks his mind about the various lifting federations.**

close to hitting the APF totals with the exception of a few. Some will say, of course, that the only reason the APF has such huge totals is that all the lifters are on steroids. Yes, maybe there are a lot of people on the juice in the APF, but at least nobody is cheating or saying that they are clean when they are not. This is not the case in the USPF. This is a prime example of how the sport is deteriorating. I find it totally insane that at one USPF SENIORS year you can take testosterone, the next year you can only have a 6-10-1 ratio of test in your system, and the next year you can take gonorrhea hormones. Who knows what is next (joke)? The bottom line is either you fully drug test or you don't. This is so unfair to the honest drug free lifter to join the ADFPA, the only true drug free federation. I support all lifters if they are drug free or not, but I don't support lifters who take drugs and lift in tested meets; it's immoral and unfair. The way the USPF tests their Seniors is the most nickel and dime way to test lifters that I have ever heard of; it totally violates the lifter that shows up honestly drug free. In the APF this will never happen because, if you have the talent to qualify for the APF SENIORS, you know that it is an open meet where nobody has anything to hide and you know what you are up against. To me the APF lifters should be recognized for their honesty and the massive totals that are achieved

I witnessed two other incidents at this past year's 1992 USPF SENIORS that I just couldn't believe. Kuk Karwoski, one of the elite squatters in the world today, was right on track to hit the 1000 lb. mark. He was denied that chance due to a retarded call. In my opinion, Kirk, on his second attempt, destroyed 964 like it was nothing; it was definitely the strongest squat that I had ever witnessed. He was at least 3 inches below parallel, yet he was red-lighted because the judge said that the bar was dipped a little bit on the left side, making it no good (bullshit).

My friend Lou Grande was scolded for using too much chalk in the deadlift, but they still gave him the lift. He didn't know it so he told them to shove the federation up their behind and was ejected from the meet. Now, maybe he shouldn't have said that, but if the lift was good anyway, nothing needed to be said. It's just an ego trip that the USPF gets off on from showing their authority.

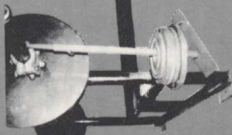
My biggest quarrel with the USPF is how they didn't back up Ed Coan, the greatest lifter on the face of the earth. So what if he got caught on a drug test a few years ago; the lift he can lift at his body weight is mind-boggling regardless if he got caught or not. Banning him from the USPF because the IPF said it is totally unfair; they should be supportive of Ed for he is their biggest asset. Can the USPF/IPF honestly say that all their participants are clean? I think not, we all know they are beating the test, especially the European countries with the widespread availability of steroids. So was it fair back then to single out Ed Coan, the most elite lifter ever? I don't believe so.

To sum it all up, the examples which I have given should be all you need to clearly see that the USPF/IPF is more for their federation than the lifter. I wish powerlifting was one elite federation, with open and drug-tested divisions, but this will never happen until the USPF stops criticizing the APF, and all these insignificant federations that have formed in the past few years are abolished (APA, WPA, NASA, WNP, ANPPC). These federations mean nothing and have no real true world class lifters, but that's a whole new can of worms anyway.

Mr. and Mrs. King, before you go on an attack Ernie Frantz and the APF, take a good look in the mirror, because your federation needs a lot of repair. I urge lifters to try out the APF, the fairest and most fun federation with the nicest people involved who will ever want to meet. Sincerely, Kieran Kidder, Strong supporter of the APF/WPC



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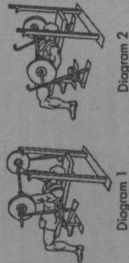


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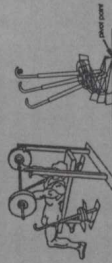


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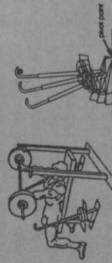


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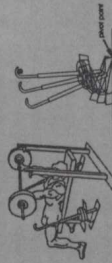


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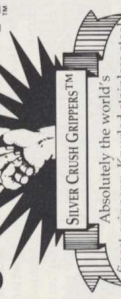
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# Dr. Judd

**Dear God, I'll Never Drink Again**  
by Judd Biasiotto Ph.D., World Class Enterprises



Dr. Judd Biasiotto in a somber mood, not like he was when he wrote his article.

Almost three years ago to this very day, I was in my main bathroom, on my knees, hugging the porcelain. In other words, upchuck- ing ninety-percent of my in- nards - stomach, kidneys, lungs, testicles, the works. Needless to say, I was drunker than a worm in a tequila bottle. I remember vividly fifteen minutes into my day-heave cycle looking skyward and saying, "Dear God, let me live and I'll never drink an- other drop of alcohol in my entire life. As mentioned, that was three years ago.

Yesterday, I again de- clared war on my liver. I was out at Crystal Lake with a few of my friends catching a few rays. I swear it was so hot there that you could pull fried fish right out of the water, and the only thing we had to drink was a truck load of Miller Lite. With the ex- ception of one or two six packs, I think I drank it all. You might say I was a real party animal. Even Spuds McKenzie would have been proud of me. Well... actu- ally, I was just renting it. I spent more time in the water (Crystal Lake doesn't have men's rooms) than I did on the beach. I would have been better off just pouring the stuff in the lake. At least that way I could have eliminated the middle man.

I got home that night about four in the morning. Needless to say, I was still knee-walking drunk, and exhausted. As soon as my head hit the pillow, I fell fast asleep. Unfortunately, I didn't stay that way very long. About a half hour later, I woke up. As you might ex- pect, I had to relieve myself of about a quart and a half of Miller Lite, you know, the... beer that's less filling. Amazingly, I felt like I had gained thirty pounds, but it was just that my liver had swollen to about three times its normal size. By the time I got to the bathroom all hell broke loose. I suddenly felt like I was riding the "scream machine" - our most popular roller coaster - complete with double loop- de-loops. The next thing I knew, I was on my knees praying to the porcelain god. It was *deja vu* - stomach, lungs, kidneys, testicles - the works. "Dear God," I said, "if you let me live this time I swear I'll never drink another drop of alcohol in my entire life... and this time I really mean it."

I'm prone to say that I haven't

scary. Even when I get just a little high, I do some crazy things. I mean I find that every time I get torched, I go home and make myself a seven course meal, then forget to eat it. I'm not the only one who acts crazy after a few hits of fire water, and neither are the Indians. Take the bellicose personality, for instance. You know the type, a guy who looks and acts like Mr. Rogers, but not as muscu- lar. Quite naturally a guy like that is not going to jump on anyone for the simple fact that someone might hit him on the head and knock him bowlegged. But give the guy a few drinks and before you know it, he's ready to jump on the biggest, meanest, ugliest guy in the bar. You can tell those bellicose types a mile away, they're the guys with no teeth.

There's also the dimini- tive personality - the sweet, innocent little girl next door who doesn't kiss until you propose marriage. Give her a few drinks and the whole she do? The entire male population of Atlanta, and a few selected women.

Of course, this is north- ing new. Even in our Lord's day, they knew that alcohol could affect an individual's sanity. They even had a saying for it "in-vitro ver- tigo" - in wine there is truth. If you want to know what someone thinks, just liquor them up and they'll tell you everything - who, when, and where. The reason for this phenomena is that alcohol, even in small amounts, de- presses the cerebral cortex, which is the part of the brain that controls judge- ment and inhibitions. When the cerebral cortex is inhib- ited, the individual functions more on emotion than in- tellect. Most guys are aware of this behavioral response to alcohol. In fact, that's why they try to liquor their women up on a date. They know that if the girl is in- tuning on emotion rather than in- tellect, his chance of getting her in the sack are a lot better.

What he probably doesn't know is that alcohol also depresses the cerebellum - the part of the brain that's responsible for coordination. Consequently, alcohol may help him get his lady there, but once there, he'll probably function like a motor moron. That's the next part - alcohol decreases motor per- formance - big time. Don't believe

me though, just go to your local pub and observe someone who's had a couple of drinks. They walk and talk like they just went a round and half with Mike Tyson. If you want re- search on the affects of alcohol and motor performance there is tons of it. In fact, one of the best studies ever conducted on alcohol and ath- letic performance was carried out in my home town of Easton, Pa.

What the researcher did was to have world class race car drivers drive at a high rate of speed through a treacherous race course con- structed with pylons. As you might expect, most of the drivers com- pleted the course with little effort. After their first run, the drivers were each given two shots of liquor and told to run the course again. This time the drivers didn't fare as well. In fact, everyone of them "wiped out" a significant number of pylons. After the second run, they gave the drivers two more shots of liquor and had them drive the course again. This time the drivers looked like they were trying to wipe out the pylons. The funny thing is that after the alcohol-related runs, every one of the drivers said that they were confident they could drive the course with no trouble, but when they tried, they just couldn't avoid the pylons.

As mentioned, a search of the research literature will reveal liter- ally hundreds of studies that were conducted to determine the effects that alcohol has on athletic perfor- mance. For instance, experiments have been conducted on golfers, basketball players, weightlifters, bowlers, pool players, etc. Amazingly, just about every one of these studies are in accord, indicating that alcohol significantly affect ath- letic performance. Of course, you don't need experimental studies to show the deleterious effects that alcohol has on human performance, just look at all the alcohol-related accidents.

Now, I'll admit I've always been a little leery when it comes to statis- tics. I believe I've developed that bias over the years from watching economic experts miss balancing the budget each year by a cool 200 billion. But that's my problem: the statistics related to alcohol and traf- fic accidents are so overwhelming, even I can't dismiss them. For in- stance, alcohol is partially or wholly responsible for more than 100,000 deaths each year, and it is involved in well over half of the automobile accidents on American highways. Also, alcohol abuse costs the coun- try billions of dollars each year in medical care and lost man-hours - this is probably one reason why our expert economists screw up the budget each year. That's right, I'll

blame everything on alcohol - war, pestilence, Leon Spinks, everything. Why not? After all, the drug is totally uncool.

Poor judgement, loss of social inhibition, slurred speech, lack of coordination, poor performance, accidents, war, pestilence, and Leon Spinks are only part of the problem if you're an athlete.

Research has consistently shown that even moderate use of alcohol can cause myocystitis (an inflam- mation of the muscle tissue), a con- dition that can significantly decrease an individual's strength and endur- ance. Strength decrements as high as six percent have been found in some subjects the day after they consumed as little as two ounces of alcohol.

There is also a prolific amount of research which has shown that moderate consumption of alcohol can decrease the production of tes- tosterone (you know the stuff that makes men men, and women al- most men), which may also predis- pose any individual to decrements in strength. There is also acute alcohol toxicity, a condition in which the individual drinks so much al- cohol that it renders him unconscious. When this occurs, you are close to meeting your Maker, and, in fact, many have. You would think that since athletes are usually smarter than your average Joe, they would avoid the hazards of alcohol. Unfor- tunately though, this is not the case. So, what follows then, is a special list I have devised that will let you know when you've had one too many.

- You go to brush something off your shoulder, and it's the floor.
- You flush the toilet, pull up your fly, and pee in your pants.
- You make fun of the Spiderman underwear hanging from the ceil- ing, only to find out that they're yours.
- You organize and win a fart contest, then realize you're the only competitor.
- You throw up and then point out to the guests which chunks constitute which food groups.
- EMT's show up with life sup- port equipment and ask for you.
- You eat the table's centerpiece thinking it's part of the hors d'oeuvres.
- You find yourself face down in the cheese dip.
- You blow out a match and set the room on fire.
- You have a fresh set of tire marks across your chest.
- You look up and hear some- one say "Call a priest."

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# Ask the Doctor

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

**DEAR MAURO:** I have some questions regarding yohimbe bark. It was told that it is used as a natural steroid. When I did some research on it, I could find no information on the yohimbe bean itself, and nothing related to weight lifting. I know of someone that is taking yohimbe 1500. They were told that it may affect their personality, and I have noticed a difference. I am becoming very concerned as to what this substance is doing to this person, long and short term. If you could give me any information on how this product works, physically, mentally, biochemically, etc., I would appreciate it. I may be worrying about nothing, but I'd rather be safe than sorry. Thank you very much. **Vera P.**

**DEAR VERA:** Yohimbe bark (and many other compounds) is covered in my book Beyond Anabolic Steroids. As an anabolic agent it's relatively useless, although it does have some interesting properties, including stimulating like effects since it enhances the neural release of norepinephrine. Yohimbe, an alpha-sub-2-receptor antagonist, is derived from the dried bark of *Corynanthe johimbe*, a tree native to Gabon, the southern Cameroons and the French Congo of Africa. It is widely used in many countries as an aphrodisiac. Yohimbe tree bark contains yohimbine as well as other plant compounds including some plant steroids. Yohimbine is an indolealkylamine alkaloid with properties similar to reserpine. By selective blocking of certain nerve receptors in the brain (it is generally felt that the alpha-sub-2-adrenoceptors are involved in the modulation of sexual arousal), it produces a complex series of responses including elevation of blood pressure and heart rate, central excitation, increased irritability, tremor, and increased motor activity. Because of these properties it is of some use in selected patients suffering from impotence. However, Yohimbine is not, nor does it contain testosterone or any anabolic steroids; nor is testosterone required for the enhancement of sexual motivation by yohimbe. It has been suggested that increased activity of norepinephrine cells in the locus ceruleus is associated with fear and anxiety. Stimulation of this area leads to behavioral and physiological changes similar to those that occur in real fear. Yohimbe increases both the firing of these cells and norepinephrine turnover, as well as produce fear in animals and, apparently, anxiety in humans. The long term use of yohimbe could result in psychological and cardiorespiratory problems if any adverse effects are left unchecked. Let me know if you need more help and/or information. Sincerely, **Mauro G. Di Pasquale, M.D.**

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**DEAR MAURO:** Can you tell me about these two items? (Km and Guarana). The claims are unbelievable! Anything and everything from blood cleansing to increased energy to medicinal healing. Are they of any value at all either healthwise or in my workouts? **Thomas**

**DEAR THOMAS:** About the best I can say about Km is that it is a good potassium supplement, but then so are bananas. Some women are slightly potassium deficient and therefore feel more energetic when they use Km. It's possible that others with a potassium or other mineral deficiency might find it of some use. Also, there are likely some people who will respond favorably to the herbal components. However, I, and several other athletes that I know, haven't found it to be of much use for enhancing performance. Guarana herb contains a number of xanthine bases and therefore may have some stimulant, decongestant and anti-asthmatic effects. The effects may be something similar to the effects of coffee since caffeine is a xanthine. I've heard of some athletes using guarana herb for drug tested competitions as a substitute for coffee for coffee abuse on a certain urine level is banned. Again, although I've never tried guarana herb, a few people I know who have, don't feel it has much effect. Sincerely, **Mauro**

## HOT STUFF UPDATE

# Five Powerful New Ingredients Make Hot Stuff Even Better!

"This new stuff is unbelievable," says Anthony Clark

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

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

### Here's What We've Added

Now a few words about those great new ingredients. Well, there's *Colobatum* for starters — called a potent growth stimulator by *The American Chiropractic Magazine*. You'll also find *Sikadeer Antler Powder* — an ingredient that contains many natural hormone potentiators, and other nutrients which can strengthen the heart, muscles and central nervous system.

There's also *Radix Astragali*, an oriental adaptogen herb used for energy and improved protein synthesis. We've also added another oriental herb called



*Radix Angelicacae* which works in harmony with *Radix Astragali* and helps boost the body's strength and well being. And lastly, there's *Codonopsis Lanceolata*, a ginseng-like tonic. According to oriental herb doctors, *Codonopsis* can boost energy, normalize 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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"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,  
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# THE WAY FORWARD

## A View from the W.P.C. President, Kieron Stanley

natural progression was for Ernie to establish the World Powerlifting Congress in 1986 and for the first WPC Worlds to be held in Hawaii at great personal expense to himself.

It was Ernie Frantz's example in America that inspired me to form the British Powerlifting Federation in 1989 and affiliate to this new world body which I considered best represented the interests of the lifter.

In 1991 when Ernie Frantz asked me to assume the responsibilities of President of the World Powerlifting Congress I was honored, but held some reservations about following someone who had done so much for the sport of powerlifting.

The many WPC world champions from around the world owe a great debt of gratitude to Ernie Frantz. Had it not been for his single minded determination and commitment in establishing the WPC, they may never have had the honor of being crowned world champion. I now see it as my responsibility to facilitate the development of the new organization building on the solid foundations cemented by Ernie Frantz.

As the World Powerlifting Congress

would be one "Chief" who would be willing to move sideways or step down to make way for more appropriately experienced and committed individuals. However, I find it almost inconceivable that this decade see the unification of powerlifting in view of the stark differences, biases and dogma that exists across the plethora of organizations representing powerlifting. The divisions within the sport of powerlifting now go much further than any single issue.

Even those who believe the strength of the leader is far more important than the strength of the army must have reservations about the power that could accrue to a company such as a monopoly. Power tends to corrupt and absolute power corrupts absolutely. As the forces of unification roll on and until such time as unification occurs, if ever does, I believe that it is possible for two, maybe three, major powerlifting organizations to co-exist, and that is positively healthy for lifters to have this option or choice.

Ernie Frantz formed the American Powerlifting Federation (APF) in 1982 when it was decided that powerlifting needed an organization that would be for the lifter, leaving politics to one side. A

new approach to building muscle.

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Until now little research has actually gone into the development of serious sports nutrition. Sure there are a lot of weight gainers, optimizers, protein powders and carb drinks. But let's be real... where is the applied science? Current sports supplements available today incorporate little, if any, actual scientific research.

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At **AST Research** we have always believed that muscle growth should not be the painfully slow process that it has been.

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There has been much talk recently about the unification of powerlifting. The pages of Powerlifting USA have carried articles expressing the views of lifters and officials. Perhaps unification would be best of the sport; it may provide a more viable financial base, make sponsorship more accessible, standardize rules of lift performance, and, most important for the lifters, create one definitive set of world records and undebatable world champions. The acid test of unification must be that the lifter benefits.

I would be the first to agree that if a major sport can flourish under one organization then this is ideal. Sadly, powerlifting does not enjoy this situation state and, if my memory serves me correctly, when there was one organization representing powerlifting, it failed in many respects to serve in the best interests of the majority of lifters.

Unification sounds very exciting and would have many positive selling points. The only problems are, who are the people who can make unification a reality, and what process is to be used to facilitate this great development? I don't know!

On a cynical note, I can't help imagining that as soon as unification had been achieved a disunited group would want to disintegrate itself and create a new order.

If unification was a real possibility, I

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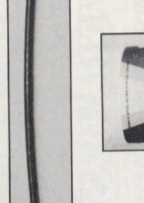
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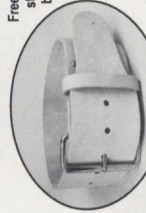
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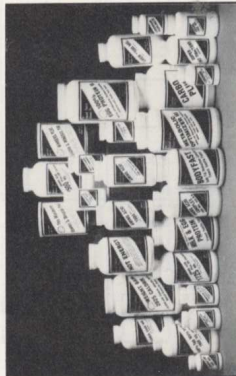
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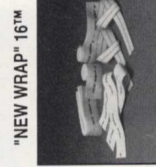
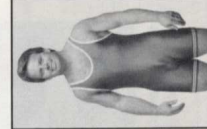
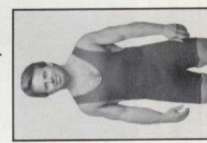
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3. Amino Acid 1725 mg. Tablets, New Bigger Size	350	23.00	16.85	13.85	12.85	11.85	
4. Amino Acid 2500 mg. Tablets, New Bigger Size	350	32.95	23.00	17.75	16.75	15.75	
5. Branch Chain Amino 750 mg. Capsules	120	18.95	14.25	11.25	10.25	9.00	
6. Fat Fighters Lipotropic Formula	180	29.95	17.50	14.50	13.50	12.50	
7. L-Carnitine 500 mg. Capsules	180	26.95	17.50	14.50	13.50	12.50	
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9. Inosine 1500 mg. Capsules	300	36.95	24.50	22.50	20.50	18.50	
10. Liver 2000 with B-12	325	19.95	14.00	11.00	10.00	9.00	
11. Dibenzocoid 21 mg. Capsules with Intrinsic Factor, Folic Acid 50 mg.	100	69.00	40.00	36.00	34.00	32.00	
12. Yohimbe Bark Extract 1000 mg. Capsules	100	49.00	26.00	24.00	22.00	21.00	
13. Multi Vitamin-Multi Mineral with Amino Acids and Herbs	100	19.00	12.85	9.85	8.85	7.85	
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36. Powerlifting Belt, Leather Only, 10 mm Thick, 10 cm Wide	your color	29.00	24.00	18.50	17.50	16.50	
37. Bodybuilding Belt, Leather Only, 2 1/2" Front, 4" Back	choice and	25.00	20.00	16.75	15.75	14.75	
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T. Bacon	100	198	65*	30*	92.5*	187.5*	150
Masters	100	198	65*	30*	92.5*	187.5*	150
E. Darrin	45	220	215	30	92.5*	187.5*	150
S. Jesse	215	30	92.5*	187.5*	150	110	252.5
M. Robertson	180	122.5*	60	125*	307.5*	110	252.5
D. Blakely	160	122.5*	60	125*	307.5*	110	252.5
M. Alwood	125	30	92.5*	187.5*	150	110	252.5
S. Wallace	405	150	110	252.5	110	252.5	110
T. Tracy	320	110	252.5	110	252.5	110	252.5
S. Blythe	181	260	440	460	460	460	460
E. Breyer	260	440	460	460	460	460	460
C. Cooper	240	310	335	335	335	335	335
K. Clark	250	310	335	335	335	335	335
K. Clark	250	310	335	335	335	335	335

**ADFFA Hawaii Championships**  
20-21 Feb 93 - Kailua-Kona, HI (kg)

Cheney-Lovell	104	122.5*	72.5*	130*	325*	110	252.5
A. Fulton	129	122.5*	60	125*	307.5*	110	252.5
S. Rogers	(m-120)	100	50*	110	260	110	252.5
Edmondson	(m-111)	110	70	105	285	110	252.5
114	141.5						
S. Grimes	65*	30*	92.5*	187.5*	150	110	252.5
L. Aalto	140	140	140	140	140	140	140
A. Agostine	82.5*	32.5*	117.5*	232*	110	252.5	110
R. Jones	120	60	142.5*	322.5*	110	252.5	110
J. Rodriguez*	82.5	60	110	252.5	110	252.5	110
N. Nakama	85*	70*	110*	265*	110	252.5	110
C. Acino	127.5*	80	112.5	320*	110	252.5	110
M. Mahoney	92.5*	82.5	117.5	332.5	110	252.5	110
S. Pascarella	120	60	142.5*	322.5*	110	252.5	110
S. Das	117.5*	100*	130*	367.5*	110	252.5	110
C. Trevaine	182.5*	122.5*	205*	510*	110	252.5	110
G. Auak	145	80	150*	375*	110	252.5	110
M. Kusan	145	80	150*	375*	110	252.5	110
A. Acidera	145	80	150*	375*	110	252.5	110
D. Villalita	102.5	92.5	60	255	110	252.5	110
D. Masone	200	162.5*	212.5	575	110	252.5	110
E. Balcan	182.5	142.5	182.5	507.5	110	252.5	110
K. Daniels	165	140	192.5	497.5	110	252.5	110
T. Sherwood	112.5*	67.5*	137.5*	317.5*	110	252.5	110

I would like to thank Billy Martin, Wendell Keith, Shane Overfill, and Rich King for their help in judging and with the score table. (Thanks to White Plains Free Methodist Church for the meet results)



**Big Island Powerlifting Team...** front: Clyde Omaya, kneeling, Bruce Hamilton, Julie Edmondson, Phyllis Stine, Juliet, John, Keith Daniels; standing: Stephanie Rogers, Susan Lovell, Tom Sherwood, Glen Hayne, Angie Fulton, Grant Higa, Vito DiMaio, Ned Nakama. Missing - Clayton tremaine, George Auka, James Mason (Jim Cohn photo). The Big Island Team was host for the 1993 ADFFA Hawaii State Championships

J. Kobayashi	185	137.5	175	497.5	220	60	242.5*	60	362.5
G. Frazer	165	120	207.5	492.5	275	295	182.5	265	742.5
V. Anderson	232.5	137.5	222.5	592.5	275	295	182.5	265	742.5
V. DiMaio	150	137.5	160	447.5	275	295	182.5	265	742.5
J. Mason	142.5	117.5	185	445	275	295	182.5	265	742.5
Z. Higa	292.5	155*	265*	712.5*	35	205	287.5*	817.5*	
R. Aurelio	242.5	167.5	222.5	633.5	35	205	287.5*	817.5*	
Open	182.5*	122.5*	205*	510*	35	205	287.5*	817.5*	
C. Trevaine	182.5*	122.5*	205*	510*	35	205	287.5*	817.5*	
G. Auak	145	80	150*	375*	35	205	287.5*	817.5*	
M. Kusan	145	80	150*	375*	35	205	287.5*	817.5*	
A. Acidera	145	80	150*	375*	35	205	287.5*	817.5*	
D. Villalita	102.5	92.5	60	255	35	205	287.5*	817.5*	
D. Masone	200	162.5*	212.5	575	35	205	287.5*	817.5*	
E. Balcan	182.5	142.5	182.5	507.5	35	205	287.5*	817.5*	
K. Daniels	165	140	192.5	497.5	35	205	287.5*	817.5*	
T. Sherwood	112.5*	67.5*	137.5*	317.5*	35	205	287.5*	817.5*	

**Helsinki-Helsinki Tournament**  
30 Jan 93 - Helsinki, Finland (kg)

P. Jaalainen	205	130	210	545	255	150	365	670
P. Taivassanen	205	130	210	545	255	150	365	670
L. Laitinen	200	167.5	262.5	630	255	150	365	670
T. Lahti	277.5	150	250	677.5	255	150	365	670
A. Hakkinen	310	217.5	320	757.5	255	150	365	670
A. Hannula	235	175	250	660	255	150	365	670
H. Laitinen	195	115	220	530	255	150	365	670
R. Ek	210	137.5	220	567.5	255	150	365	670
N. Blom	260	165	240	665	255	150	365	670
R. Rode	240	150	290	680	255	150	365	670
M. Laitinen	230	140	230	620	255	150	365	670
H. Luoto	230	140	275	645	255	150	365	670
J. Suide	215	122.5	240	577.5	255	150	365	670
L. Joeskoski	215	122.5	240	577.5	255	150	365	670

(Thanks to Heikki Orasmaa for providing results.)

February 11, 1993. We left Memphis and flew to Atlanta, Georgia where we met Bill and Donnie. We then flew to New York City from Air Terminal with our guide Kim Ewansa. I was feeling so much excitement at this point, that everything (down to my sneakers) did not seem to matter. The only snag occurred when Dr. Tom Tinsman, M.D., did not show up. Leaving his tasks to the firm, we left for Helsinki, Finland. The plane ride was incredibly smooth and by the time we reached Helsinki some firm friendships were formed. We had a breakfast presser, Sam Stewart and I began our eleven day "shop till you drop" siege on the airport gift shops. We boarded a plane for St. Petersburg, Russia. Our pilot was a retired fighter pilot and he gave us a pretty scary flight. We made it to our destination and realized that we had a lot of time to spend in St. Petersburg. We met Tom Tinsman, Donnie, Alex Epstein, and Sam Gladstein. They were to be our Russian guides and interpreters. We headed the bus and rode to the Astoria Hotel. Remember, this was 1993, we were not prepared for the splendor of the Astoria. We had very welcoming rooms after a long day. Dinner at the hotel consisted of the finest food I have ever eaten. We had several courses and some delicious pastries, our group called it a night.

February 13, Dr. Tom made it in and now our group was in St. Petersburg, Russia. We met the President and finalized all meet preparations. After our meeting with Mr. Pilipenko, we were again in a meeting with our good friend again in Leningrad in November 1990 and again in Leningrad in June 1991 and again in Leningrad in November 1992 and again in Leningrad in June 1993. He is the past president of our group.

By now our group is feeling that the "fantasy" of lifting is real. We took a bus tour of the city and did a lot of sightseeing. We went to the airport to pick up our luggage. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 14, Everyone met at breakfast excited about the meet today. We decided that we were going to go to the meet. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 15, It is very cold and windy today. We went to the cemetery that honors those that died during the 900 day siege on Leningrad. It was a very touching experience. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 16, We had a banquet for everyone. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 17, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.



**Tour Members... left to right, bottom row to top: George Frecksco, Kermit Fidler, Bill Taylor, Ken Crouse, Tom Tinsman, Donnie Cole, Daryl Johnson, Dan Matthews, Marty Vogt, Sam Stewart (photo courtesy Tobey Johnson).**

February 18, After breakfast, we took a four hour tour of Helsinki. It is a very beautiful city. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 19, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 20, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 21, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 22, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

but he did get to trade club bags. Donnie, Brenda and I walked to McDonald's. We even walked to McDonald's. We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 23, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 24, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 25, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 26, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 27, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.

February 28, We had a very clean and the men's room even had toilet paper (and the women's too). Everyone weighed in with some pounds to spare. Daryl and I went to the gym to see our good friend again.



### NASA Indiana State

23 Jan 93 - Anderson, IN (kg)

Year	SQ	BP	DL	Total
123	92.5	32.5	92.5	
134	100	35	100	
145	105	40	105	
156	110	45	110	
167	115	50	115	
178	120	55	120	
189	125	60	125	
200	130	65	130	
211	135	70	135	
222	140	75	140	
233	145	80	145	
244	150	85	150	
255	155	90	155	
266	160	95	160	
277	165	100	165	
288	170	105	170	
299	175	110	175	
310	180	115	180	
321	185	120	185	
332	190	125	190	
343	195	130	195	
354	200	135	200	
365	205	140	205	
376	210	145	210	
387	215	150	215	
398	220	155	220	
409	225	160	225	
420	230	165	230	
431	235	170	235	
442	240	175	240	
453	245	180	245	
464	250	185	250	
475	255	190	255	
486	260	195	260	
497	265	200	265	
508	270	205	270	
519	275	210	275	
530	280	215	280	
541	285	220	285	
552	290	225	290	
563	295	230	295	
574	300	235	300	
585	305	240	305	
596	310	245	310	
607	315	250	315	
618	320	255	320	
629	325	260	325	
640	330	265	330	
651	335	270	335	
662	340	275	340	
673	345	280	345	
684	350	285	350	
695	355	290	355	
706	360	295	360	
717	365	300	365	
728	370	305	370	
739	375	310	375	
750	380	315	380	
761	385	320	385	
772	390	325	390	
783	395	330	395	
794	400	335	400	
805	405	340	405	
816	410	345	410	
827	415	350	415	
838	420	355	420	
849	425	360	425	
860	430	365	430	
871	435	370	435	
882	440	375	440	
893	445	380	445	
904	450	385	450	
915	455	390	455	
926	460	395	460	
937	465	400	465	
948	470	405	470	
959	475	410	475	
970	480	415	480	
981	485	420	485	
992	490	425	490	
1003	495	430	495	
1014	500	435	500	
1025	505	440	505	
1036	510	445	510	
1047	515	450	515	
1058	520	455	520	
1069	525	460	525	
1080	530	465	530	
1091	535	470	535	
1102	540	475	540	
1113	545	480	545	
1124	550	485	550	
1135	555	490	555	
1146	560	495	560	
1157	565	500	565	
1168	570	505	570	
1179	575	510	575	
1190	580	515	580	
1201	585	520	585	
1212	590	525	590	
1223	595	530	595	
1234	600	535	600	
1245	605	540	605	
1256	610	545	610	
1267	615	550	615	
1278	620	555	620	
1289	625	560	625	
1300	630	565	630	
1311	635	570	635	
1322	640	575	640	
1333	645	580	645	
1344	650	585	650	
1355	655	590	655	
1366	660	595	660	
1377	665	600	665	
1388	670	605	670	
1399	675	610	675	
1410	680	615	680	
1421	685	620	685	
1432	690	625	690	
1443	695	630	695	
1454	700	635	700	
1465	705	640	705	
1476	710	645	710	
1487	715	650	715	
1498	720	655	720	
1509	725	660	725	
1520	730	665	730	
1531	735	670	735	
1542	740	675	740	
1553	745	680	745	
1564	750	685	750	
1575	755	690	755	
1586	760	695	760	
1597	765	700	765	
1608	770	705	770	
1619	775	710	775	
1630	780	715	780	
1641	785	720	785	
1652	790	725	790	
1663	795	730	795	
1674	800	735	800	
1685	805	740	805	
1696	810	745	810	
1707	815	750	815	
1718	820	755	820	
1729	825	760	825	
1740	830	765	830	
1751	835	770	835	
1762	840	775	840	
1773	845	780	845	
1784	850	785	850	
1795	855	790	855	
1806	860	795	860	
1817	865	800	865	
1828	870	805	870	
1839	875	810	875	
1850	880	815	880	
1861	885	820	885	
1872	890	825	890	
1883	895	830	895	
1894	900	835	900	
1905	905	840	905	
1916	910	845	910	
1927	915	850	915	
1938	920	855	920	
1949	925	860	925	
1960	930	865	930	
1971	935	870	935	
1982	940	875	940	
1993	945	880	945	
2004	950	885	950	
2015	955	890	955	
2026	960	895	960	
2037	965	900	965	
2048	970	905	970	
2059	975	910	975	
2070	980	915	980	
2081	985	920	985	
2092	990	925	990	
2103	995	930	995	
2114	1000	935	1000	
2125	1005	940	1005	
2136	1010	945	1010	
2147	1015	950	1015	
2158	1020	955	1020	
2169	1025	960	1025	
2180	1030	965	1030	
2191	1035	970	1035	
2202	1040	975	1040	
2213	1045	980	1045	
2224	1050	985	1050	
2235	1055	990	1055	
2246	1060	995	1060	
2257	1065	1000	1065	
2268	1070	1005	1070	
2279	1075	1010	1075	
2290	1080	1015	1080	
2301	1085	1020	1085	
2312	1090	1025	1090	
2323	1095	1030	1095	
2334	1100	1035	1100	
2345	1105	1040	1105	
2356	1110	1045	1110	
2367	1115	1050	1115	
2378	1120	1055	1120	
2389	1125	1060	1125	
2400	1130	1065	1130	
2411	1135	1070	1135	
2422	1140	1075	1140	
2433	1145	1080	1145	
2444	1150	1085	1150	
2455	1155	1090	1155	
2466	1160	1095	1160	
2477	1165	1100	1165	
2488	1170	1105	1170	
2499	1175	1110	1175	
2510	1180	1115	1180	
2521	1185	1120	1185	
2532	1190	1125	1190	
2543	1195	1130	1195	
2554	1200	1135	1200	
2565	1205	1140	1205	
2576	1210	1145	1210	
2587	1215	1150	1215	
2598	1220	1155	1220	
2609	1225	1160	1225	
2620	1230	1165	1230	
2631	1235	1170	1235	
2642	1240	1175	1240	
2653	1245	1180	1245	
2664	1250	1185	1250	
2675	1255	1190	1255	
2686	1260	1195	1260	
2697	1265	1200	1265	
2708	1270	1205	1270	
2719	1275	1210	1275	
2730	1280	1215	1280	
2741	1285	1220	1285	
2752	1290	1225	1290	
2763	1295	1230	1295	
2774	1300	1235	1300	
2785	1305	1240	1305	
2796	1310	1245	1310	
2807	1315	1250	1315	
2818	1320	1255	1320	
2829	1325	1260	1325	
2840	1330	1265	1330	
2851	133			

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**Excerpts From Recent Letters to POWERLIFTING USA...**  
I have come to the following conclusions about the WNPF Worlds: If Mr. Ford feels that this meet was run with the lifter in mind and not the profit margin, then he must have a very low opinion of lifters. 422 lifters over two days does not work. Mr. Ford has run other meets and seems to know enough to make a profit. The failure of Mr. Ford to have qualified judges is unforgivable; this work to break championships! How can someone who has worked as hard as lifters and company keep talking about testing. If I were tested by an inadequate method as voice stress and failed, Mr. Ford would soon hear from my lawyer. For Mr. Ford and company to take personal shots at Dr. Lestinaer and Al Siegel is just uncalled for; both these individuals have done more for powerlifting and the lifter than Mr. Ford has done or will ever do. Just look at the facts; from where I sit, they spell P-R-O-F-I-T. Sincerely, Michael S. Roy

I think having several different organizations is great. This way you have something for everyone. So what if you have to shell out a few bucks for an extra card. If you can't afford it, lift only in one federation. Since when is it a bad thing to make money? If I went through all the time, expense, and hard work to put on a power meet, I'd at least like to make a few bucks for my trouble. If the meet director is making a little money, he'll probably want to keep having more and better meets. This can only be advantageous for the lifter. Lifting in different divisions is the lifter's choice. If you can afford it, go for it. I love competing, watching, and reading about powerlifting. What I don't like is reading about the childish bickering when I could be reading a great article on training and nutrition. Sincerely, Bill Krasinski

In *Powerlifting USA* March '93, page 11, there was an article in bad taste. I've won awards from Mr. Al Siegel's meets, and other meets. I do not find or see anything wrong with the awards presented. As for Mr. Al Siegel, the man has done a lot for the sport; and he has my respect. I belong to ADFFPA, which is known worldwide. As for WNPF and Troy Ford, what is he trying to promote - a sport or himself? The person here needs an attitude adjustment. If you want a respect from fellow lifters, then you had better be giving some respect back. I should go on and on, but the bottom line is, I love the sport and men like Troy Ford should move on, please. Sincerely, Bugs Boyer

I have yet to enter any show at any level under any organization that did not have its "local conditions", especially when just getting started. All veteran lifters would love "short conditions" to hit all personal records, 9 for 9, at every show - wake up to reality! We should simply lift the best we can, given that the conditions are the same for all at a given meet.

Under the USPF back in the early 80's, I can recall many one day - one platform meets lasting well past midnight. I remember the judges "warming up" with strict depth on women and boys during the morning squats that barely made considerably by the time the "big boys" came up with squats that barely made it to parallel! I have witnessed first hand poor and organizations boasting world highest level of the ADFFPA as well as others. All organizations boast many world ranked equipment. Personally, I choose to lift in any major meet that is convenient so that travel and lodging. I have competed in WNPF, ADFFPA, NASS, and WPA. By maintaining a healthy level of fitness through drug free lifting, I intend to share an energetic future with my son and husband. We don't cannot be choked with paranoia about the meet directors' motives. As I see it, there are more lifters every year who now have the greatest choice ever as to which meet to enter. The meet directors "entice" us with trophies, facilities, and extras to encourage us to enter their meets, but we are the ones who choose. It's like Troy Ford stated; it's not our choice. The WNPF Worlds last November was no isolated event. NASSA had its share of problems. So we learn from it and go on. Sincerely, Cathy Spellman Fulconio

Upcoming National Meet Qualifying Totals											
Men's Contests	714	123	132	148	165	181	198	220	242	275	SHW
ADFFPA Teen 14-15	600	700	750	850	900	950	975	1000	1050	1075	1100
ADFFPA Teen 16-17	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADFFPA Teen 18-19	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
ADFFPA Men's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADFFPA 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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