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

I recently received a fax from IPF Vice President for North America, Stella Harrick, listing the athletes who have been selected to compete in the World Games in July of this year. They are as follows: Women- (45-52kg) Ann Leverett (USA), Giselle Mathieu (CAN); (56-75kg) Sarah Robertson (USA), Christina Lahey (CAN); (77-90kg) Shelby Corson (USA), Tammy Dianda (USA); Men- (52-67.5kg) Dan Austin (USA), Walt Forsey (CAN); (75-90kg) Dave Rickis (USA), Sly Anderson (USA); (90-105kg) Dave Jacoby (USA), Kirk Karwowski (USA). Congratulations to all of those athletes who were chosen to compete in this competition. The World Games takes place every four years, the year following the Summer Olympic Games. Competing in this championship should be a high point in the lifting career for all of those who are chosen to compete. For a matter a little closer to home, the Pan American Games are scheduled for September 17, 18, and 19, in Washington, DC. The meet director for the championship is Bill Ennis. This competition is open to all Class I and above lifters in the USPF, however the USPF will select a national team to represent our federation at the competition. Those lifters interested in being considered for the national team should send a resume of their lifting accomplishments to the following address: USPF, 125 Taft St., Ashboro, NC 27203, Attn: Pan American Games. All resumes must be received no later than June 21, 1993. Letters will be mailed out on July 10 to those lifters selected for the team. For more information concerning this competition, you can contact the USPF National Headquarters at 1-800-835-5826. We are working hard and steady to get ready for this year's USPF Men's and Women's Nationals being held in Greensboro, NC, at the Koury/Convention Center/Holiday Inn Four Seasons on June 18, 19, and 20. This year's championship promises to be a premiere event in the sport of powerlifting. We invite all of you to come and be a part of the 29th year of this annual event. In reading some of the articles in recent PL USA, I have noticed that the opinions published by Mike Lambert are critical of some of the things that I have endeavored to do as USPF President. Even if you don't agree with me and my actions, I am grateful that you take the time to read my messages. For those of you who do not agree with me, I challenge you to write me personally and begin a dialogue to find common ground that we can work from together for the good of the sport of powerlifting. Keep reading my articles if you want to know what's up in the USPF. Now on a happy note. Congratulations are in order for Dave and Mary Jeffrey. They are expecting a bundle of joy in November of this year. Needless to say, Mary will be taking 1993 off from competition. Congratulations, Mary and Dave. As they say in the south, "Have a happy!" See you next month. Sandy King

PRESS RELEASE... On March 27, 28 in Lancaster, PA, Black's powerlifting team an impressive first place at the APA-WPA world tournament. Black's team featuring John Florio hailing from North Royalton, Ohio, set a new world record in the squat by squatting 905 lbs. in the 275 lb. weight class. This is John's second consecutive world title in the masters division. John successfully completed all nine attempts toling an impressive 2065 lbs. for a new world record total. His bench press was 460 lbs. and his deadlift was 700 lbs. John has been powerlifting for over 20 years and works for Corral as well as owning a concrete company, and he also finds the time to do community service through the prisons and detention centers spreading the Gospel of Jesus Christ to inmates. John is married and has two children. John Florio is truly an inspiration to all who know him. Other team members who lifted in the tournament are Doug Heath at 132 lbs., 1st place with a 1390 total; Drew Lindsey at 148 lbs. (50-55), 2nd place with a 1080 total; Russell Dodson at 148 lbs., 3rd place with a 1015 total; Anthony Duke at 165 lbs., 4th place with a 1165 total; John Klein at 181 lbs. with a 1080 total; Tim Hasychak at 198 lbs., 1st place submaster with a 1640 lb. total; John Black Jr. at 198 lbs., 2nd place with a 1610 lb. total; Len Minus at 220 lbs., 2nd place with a 1480 total; Don Mills at 220 lbs., 1st place with a 1665 total; Mark Chailat at 275 lbs., 1st place with a 2145 total submaster; and SHW Hoos, 3rd place with a 1605 total. Black's Health World teams have dominated the sport of powerlifting for over 12 years since the Nationals in 1981. Black himself is a world renowned powerlifter, setting and breaking many world records over the years including a 690 lb. squat at this tournament. Black's fitness centers in North Royalton on 82, 500 feet from York Rd. and in Cleveland on Lorain Ave. near West 117 are known for powerlifting and bodybuilding, however his trainers can custom tailor a program for anyone from the novice to master. (contact: John Black, 216-252-1695)

JIM WITTPASSES ON



We have received word from his long time friend John Pettitt that legendary Powerlifting figure Jim Witt died on April 2nd at his home in Dallas, Texas of congestive heart failure at the age of 78. Jim was the first Chairman for Powerlifting under the AAU, and his fight to bring our sport to the forefront was eloquently detailed in Bill Starr's tribute to Jim, published in the June 1991 edition of POWERLIFTING USA. The man was a great competitor in powerlifting as well as in life. He placed in more than 200 competitions, opened the Hercules Health Club, wrote the "ABC's of Powerlifting", was a member of the Powerlifting Hall of Fame, a war veteran, father to 6 children and a loving husband to his wife Helen to list some of his achievements. The closing of Bill Starr's article on Jim seems even more appropriate now. "...may I suggest that the next time a group of powerlifters gather together to celebrate their successes after a contest, let someone lift a toast to Jim Witt, honoring him for what he did for the sport. In doing so, you will also bring honor to yourself." May you rest in peace, Jim.

BULLETIN BOARD...this is the place to look for organizational news and notes - any **Agenda Items** for the USPF National Committee Meeting must be received by the USPF National Headquarters no later than **June 3rd, 1993**. Please address all material concerning the National Committee Meeting to: USPF, 125 Taft Street, Ashboro, NC 27203. - otherwise known as Piedmont Design Associates (PDA), a regular advertiser in our "Unclassified" section, is currently offering identifiably engraved, **personalized small plates** for meet mementos, gym identification (less tendency to disappear), personal name or initials, etc. Mention **POWERLIFTINGUSA** when ordering from their ad (see page 79, this issue) and you'll receive a **Sandow postcard** with the catalog.

JIM WITT - The Father of Texas Powerlifting: "It is truly ironic how life goes around in circles. My first contact with Jim was at the 1969 Texas State Meet. He was judging and I asked who was that old fart in the head judge's chair. I am pretty sure that this same question was asked about me over the last few months of 1989 and 1990. Jim had his own way of doing things, but he was the only person going to the trouble of holding what meets occurred. Back then the meets were not hectic, they were fun, they were competitive, and they were certainly educational experiences. Jim was most helpful to me when we held our first meet at TCU in April of 1971. There developed a conflict between Jim and the founder of the AAU-TPBA organization. They had a discussion in one of the racquetball courts. Jim floored the other party (bodyweight of 275), then they talked some more, and they worked together after that. Jim and Otto Zeigler helped me put on the 1972 National Collegiate meet at TCU. Jim, J.B. Adams and Allan Clark helped give exhibitions at TCU basketball games. Jim trained many of the foremost powerlifters that came from the state of Texas. J.B. Adams, Allan Clark, Bill Blackmon, Harrell Holly are just a few of the names that come to mind. Allan Clark as a 132 liter could pull in the mid 500s. At a meet in Beaumont, we were trying to determine what was on the bar for a particular attempt, and Allan simply walked up to the bar, said he really didn't care what was on the bar and easily pulled what was about 535. Harrell Holly totalled 1500 as 198 in 1969 at the same meet and the only meet I ever won. Unfortunately, this is one of the few meets that no results were ever found in order for me to prove that fact 20 years later. Watching Holly lift I made a mental goal of doing the same thing, but it took me ten years. J.B. Adams was a nationally ranked lifter as a 165 and then as a 181 and later in the master divisions. J.B. Adams was very instrumental in aiding the high school program here in Texas. He did this basically to say thank you to those others who helped him. Probably the greatest lifter associated with Jim's Hercules Health Club that Jim owned was Ronnie Ray. I watched him bench in the mid 400's at 181, high 400's as a 198 and low to mid 500's as a 242 (bodyweight 210 or so) and this was all back in 1968-69. Ronnie is now also holding meets and has taken up some of the slack here in Texas. Again, perhaps to say thank you to Jim and his efforts in the previous decades. Jim was the first national powerlifting chairman, when so many of us were trying to make a clean break for the olympic lifting-controlled national AAU. He and Joe McCoy and Bill Clark really go the Masters Program moving, particularly in Texas in 1978 when Joe held a national meet. The foundation that Jim put down here in Texas was the springboard that really enabled the sport to grow as fast as it did. But again, what goes around, comes around, and, no, Virginia, this has nothing to do with volleyball. One of Jim's meets, and the Mr. Texas meet of 1968 was held at the Dallas Convention Center, the same site of the 1984 IPF World Championship. Jim and Helen Witt, as well as Bob and Betty Ross were finally able to go to a meet and watch it, and enjoy it without having to spot, load, etc. Walter Copp and his wife Kathy were also lifters here in Texas, Kathy being one of the first, if not the first woman to officially enter a meet here in Texas. Jim and Clay Patterson also helped start collegiate lifting at Stephen F. Austin University in Nacogdoches (yes, the spelling is correct) in 1969. Unfortunately, modern society seldom remembers who did what or when. Both lifters and meet directors are continually faced with the questions: "How much can you lift now???" or "What meet are you holding now???" (The author, John Pettitt, is participating in the USPF Referee Protection Program and is living somewhere in the Plano, Texas area)

From A Reader: I am angered by the negative letters written about the WNPFF and Troy Ford by people who neither have lifted in or attended a WNPFF meet nor have met or talked to Troy Ford. I have lifted in local meets sponsored by the WNPFF and other organizations and have found that there was no material difference among the meets. Because I have talked to Troy Ford, the comments I have read in Powerlifting USA that attack the man are pure and simple crap. Troy is one of the finest people I have met who has the lifter's interest at heart and does not run meets solely for the money. Last year my mother had major surgery at a New York-based hospital and remained there for a week after the surgery had been done. I had met Troy only a few weeks before at a WNPFF meet he had sponsored in Connecticut. When I called him to chat for a few minutes while I was in New York and told him why I was there, I quickly discovered the type of person he was. Troy immediately visited me at the hospital to cheer me up. Sensing my mood, he took me for a tour, fed me, took me to his gym, and generally did what he could to make me feel better. After I left, he sent flowers to my mother and visited her in the hospital. His family also took an interest and asked about my mother when they saw me at WNPFF meets. When my mother recently passed, Troy and his family again responded with phone calls, flowers and otherwise supported me and my family. A number of people who have never met or talked to Troy have written things about him that are not true. In the future such people should stick to the facts, which in this instance meant that you should have kept your mouth shut. Kevin Buckingham



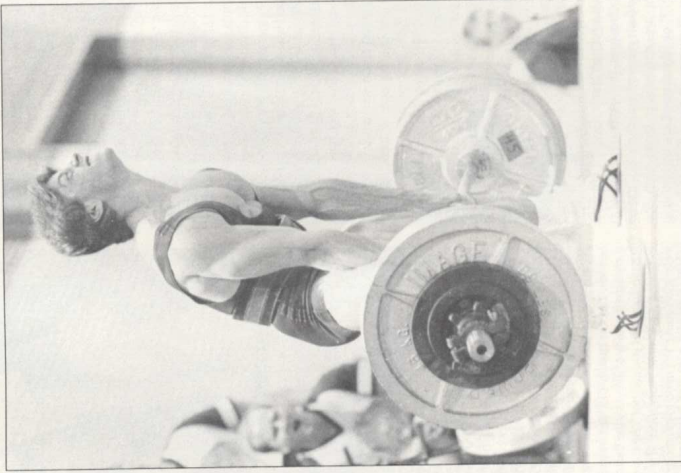
From Lori Jeffrey: "In response to Kieran Kidder's article about the various lifting federations, he is one of the reasons why lifter unification has not been accomplished. His article had nothing to do with the unification of lifters but was more about defending the APF/WPC and Ernie Frantz. Kieran obviously contradicted himself by saying Ernie Frantz should not be attacked when he made rude comments and attacked Mr. and Mrs. King and especially when he tried to place the blame by saying "the USPF is more responsible for the deterioration of powerlifting than the APF...". First, I just talk about what makes a federation elite: it is who has the highest totals! I hardly think so. If you have ever seen an APF meet you will see that the judges are so pathetic that you can get any lift passed. Kieran also says that "it's quality not quantity." The USPF neither. Yes, the quality of lifters helps make a federation supreme. The USPF shows their quality of lifters by the thorough drug testing by urine samples. May I remind you that you can not "cheat on this test." Quality is an important factor in having a supreme federation. The lifters are what support and keep the federation going. We need to get more people, especially our teens and young adults, in the sport of powerlifting. This is just what the USPF/IPF are doing with their high school meets, teen, and Jr. meets. These meets are designed to get our young people involved because they will run the sport tomorrow. In regards to my good friend Ed Coan, who I think of as my brother, when he was caught he was banned because that is the rule. You can not make up the rules as you go along. This is clear to all lifters when they sign the waiver. We see when we read your article, Kieran, how you feel about drugs in the sport. You don't care as long as no one tries to hide it. Well, wake up! It's against the law! About the two meets you witnessed, nothing is perfect and no one claims to be. If Kirk Karwowski dipped the bar, he should've been re-lifted because if you read the rule book, you will find that any unevenness is just cause for a red light. Also, if your buddy Lou Grande told any official to shove the federation he got what he deserved. I also saw this episode and was appalled by his behavior. Think about it, a grown man behaving like a child. You say, Mr. Kidder, that the USPF needs to stop criticizing the APF. I think you should read your article again. Your whole story line was criticism against the USPF and hardly find it constructive. You have no idea what lifter unification means, nor do you have a clue about what the USPF/IPF stands for. The IPF has the most lifters, stricter rules, stricter drug testing, and over 70 countries are among its members. Be honest - would you rather go all the way to a world championship, one that you worked so hard to get to, and then have to be the only one in your weight class? I didn't think so. Kieran, I sincerely hope that you think about what I said and figure out that one organization with all lifters drug free is what we need, not for the federations to compete, but the lifters."

Lori Jeffrey, USPF Jr. World Team member, 15 years old

INTERVIEW

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

BOB BRIDGES as interviewed for PL USA by Doug Daniels



DOUG: How did you get interested in powerlifting?

BOB: I needed to gain some weight, because I was only 105 pounds going into high school in 1977. My brother Mike was lifting in competition and I decided to try also. My first meet was at the Jr. Illinois State meet in Chicago. I placed second with an 800 pound total in the 123 pound class while weighing in at 116, just missing the 114 weight limit.

DOUG: How about a little personal information?

BOB: I am 29 years old and single. I live in Peoria, Illinois, and I work as a retail clerk for a grocery chain. I enjoy biking, and I also am getting into painting cars.

DOUG: What major competitions have you competed at?

BOB: I competed at the Seniors four times at 148 pounds. At the first one, I pulled 672 and placed fifth. I think that opened some eyes to my capabilities. In 1985, I won that class, but I bombed at the Worlds. I came back in 1988 at 165 and won the ADFPA Nationals and Worlds. I pulled 705 at the Nationals that year. At the Worlds, I went 534 squat, 369 bench, and 688 deadlift, just missing a 738 pull.

DOUG: What's it like having Mike Bridges as your brother? Do you feel this is a pro or a con as far as lifting goes? Do people compare you to him?

BOB: I don't know if people compare us. We have different strengths in the lifts. We have different structures; my arms are longer and my torso is shorter. Our personalities are also different.

DOUG: Where do you train?

BOB: I train at the Central Illinois Weightlifting Club in Peoria. I train by myself a lot. I do lift with former National champ, Freddie Higgins, on occasions, but mostly, I push myself.

DOUG: Your lifting form seems so meticulous, especially in the deadlift. How important is technique to your success?

BOB: Form is everything. It will make your lifts easier or harder than they should be. My squat seems to be coming up to par with my deadlift. I also see a lot of lifters using my style of setting up for the deadlift nowadays.

DOUG: Describe your training schedule.

BOB: I have been getting some

Bob Bridges got this 705 moving at the 1984 Seniors as a Lightweight

great lift in the gym but I've been having a hard time getting them at a meet. I changed some of my training around to get my squat and deadlift in sync. I tried it out at the 1992 ADFPA Omni 41 Open, and it seemed to work. There I squatted 584, benched 375, deadlifted 672 for a 1631 total at 165. I missed only one attempt. I train largely by feel and timing. Reps come in third. I workout everyday except Thurs- day and Sunday. Monday, Wednesday, and Saturday I bench; Tuesday I squat and dead- lift; Friday, I squat.

Monday, I work my bench up to a max single. Tuesday, I squat 5 sets of 5, never over 315, then I deadlift.

One week I go 5 x 5 and the next week I work up to a max weight. About all I do extra for the dead- lift is forearm work for my grip. Wednesday and Saturday, bench 5 sets of 5 and assistance work. I do either riteep pushdowns or extensions. Also some shoul- der work.

Friday, I squat max weight. I also do leg extensions and curls. Sit-ups and hyperextensions are also included.

On my rep days, I go strictly by feel, not just do the reps to pile on sets and reps.

DOUG: What tips can you offer PL USA readers on the squat?

BOB: Recovery is the key thing in the squat and how it coincides with training the deadlift. My

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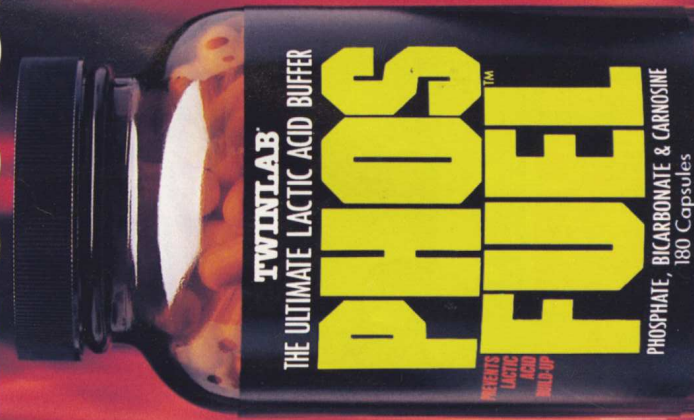
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WORKOUT of the Month

Positive thinking, dedication, determination, along with believing in yourself are crucial elements to the success of any powerlifter. A few years back, I remember asking a well known gym owner in Tampa, FL, if he thought it was possible for me to squat 600 at 148 lb. body weight. "Sorry Tony, I just don't think it can be done without steroids." Well, I believed in myself and since then I have successfully completed a 670 squat and plan to break 700 this year, drug free! I have been powerlifting for about 13 years and have competed against the best in the world in the 148s, such as Dan Austin, John Inzer, Ausly Alexander, and Jesse Jackson. I have developed the following routine for the intermediate lifter with a current max squat of 600 lbs. This routine is based on a 10 week cycle. For the first 2 weeks we will use no gear. On Weeks 3 & 4, add a belt. In Weeks 5 & 6, we will add a suit and wraps, keeping the straps down. During Weeks 7 through 10, we will have the straps up. I also use an erector shirt the last 2 weeks of training on my heavy sets. We will train twice a week, Saturday being

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

Anthony Conyers SQUAT ROUTINE

the heavy day, & Tuesday being light. Do leg extensions & leg curls on both days, 3 sets of 10 for each, going 80% on your light day. Remember to practice the proper form and depth on each rep and to complete every set. Some weeks you may feel like doing another set. Don't - keep that hunger for next week. I would also like to add that I train at or within 5 pounds of the bodyweight that I compete at.

Week 1 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x3.

Week 2 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 3 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 4 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 5 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 6 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 7 - Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3.

Week 8 - Bar x 20,

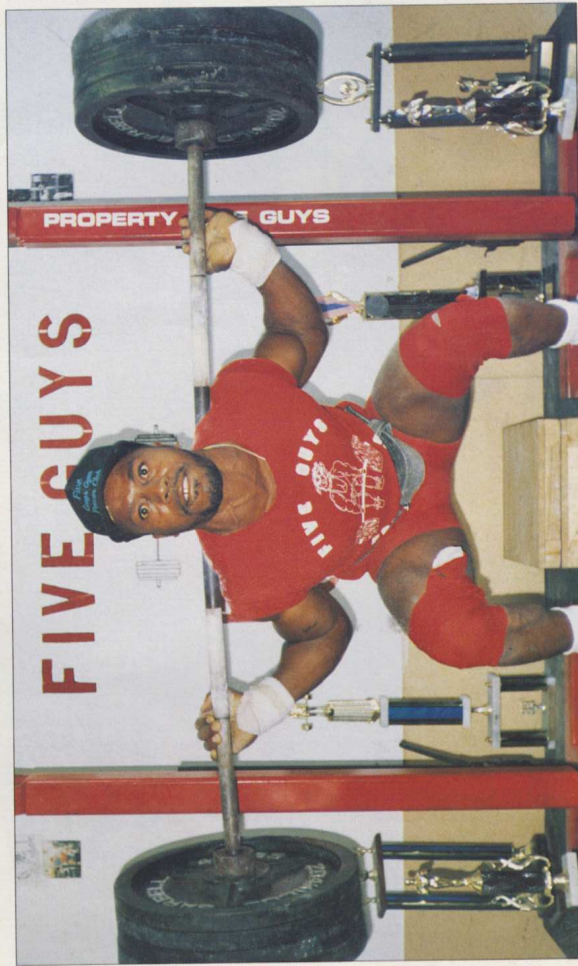
135x10x2, 225x5x1, 330x3x1, 405x3x1, 475x2x1, 550x3x2. Cut leg extensions and leg curls.

Week 9 - Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 525x2x1, 575x2x2.

Week 10 - Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 540x1x1, 600x2x2. 1 week rest.

Meet Day - Bar x 20, 135x10x2, 225x5x1, 330x2x1, 405x2x1, 495x1x1. Opener - 575, 2nd attempt - 610, 3rd attempt - 630.

Another point is that when I am trained I squat off jack stands, as in a meet. Keep in mind that you must have good spotters in this case. I am very fortunate to have my own training facility with a few good friends and some of the best spotters and inspiration you could ask for. This is very important to help you keep that positive attitude at all times, so I would just like to say a special thanks to 5 Guys Power Club of Tampa, FL and to POWERLIFTING USA for all the years I have enjoyed your magazine. If anyone has any questions regarding this routine feel free to contact me at: Tony Conyers, 5137 Linkwood Ave., Tampa, FL 33625.



Anthony Conyers... squatting in his favorite place, the FIVE GUYS POWERLIFTING CLUB, in Tampa, Florida (photograph courtesy Conyers)

More From Ken Leistner



Dr. Ken Leistner and daughter Bari Ann prepare for Easter services.

Mr. Leistner, I've been reading your articles for a while now, and I find them both informative and entertaining. However, your article in the March issue of Powerlifting USA disturbed me because the men on my team and myself trained very hard for that meet. We had five individual champions and three WNPF records. Your article sort of discredited our efforts and the other 400 lifters. If you wrote your article on factual, hard core intelligent journalism, then I have no problem with the article. However, if you wrote the article on hearsay or disgruntled lifters within the WNPF, without any facts, then shame on you, Mr. Leistner, for you are making a great magazine like Powerlifting USA into nothing more than a gossip tabloid. But one bad article does not a bad journalist make. I for one look forward to your articles in the future and put this one behind me. In closing, I would like to list the rules of life that I follow: follow the Lord and the word to the best of my ability, lift and just have fun doing it, lift steroid free, and help make the sport I love one hundred percent steroid free. This is my mission as should be yours and anyone else who cares about this sport. Neil Berkley

Dear Mr. Berkley: Thank you for your heartfelt letter, and the complimentary comments which are always appreciated. You and your teammates have worked very hard for what I assume is the self satisfaction that comes from improvement in your strength and specifically in the three competitive lifts. This is the ultimate achievement of the sport as we don't get media coverage or monetary rewards. Powerlifting is done for the self satisfaction. Participation is also done, I believe, for the recognition of one's peers. We all enjoy being recognized as "strong" by our family, neighbors, co-workers, and other lifters. The only way to truly get self satisfaction, is to know that you lifted in a manner that allowed you to lift your best at a particular point in time. The only way to truly earn or receive the recognition of your peers, is to know that you lifted in a manner where the judging was standardized, as best as can be expected, so that accurate and meaningful comparisons can be made with your counterparts. This is what has led to "drug free lifting"; the need or desire to make comparisons with what you consider a peer group under standardized conditions. I know if I attend an ADPPA meet, that the drug testing procedures, with all of its faults, is at least consistent and "accurate" relative to the methodology used. At an APF or USPF contest, I would feel com-

who made these lifts, put in for the meet and all year long. If a lifter works hard to compete, and prepares for that competition, she or he wants to do the lift properly so there is no question in their minds, or that of others, that they did that lift. Why have a contest otherwise? Other lifters want it done correctly so that their lifts can fairly be compared to the lifts made around the country, if only for their own satisfaction and information. To lack a comprehensive and consistent judging criteria, standardized procedures, and tested and experienced personnel, serves to discredit the participants, the organization involved, and the sport. It is disrespectful to the lifters involved, and others who lift elsewhere. I have a reputation as a "stickler" for the rules. As an AAU judge and now as an APF judge, many lifters believe that I am "too strict" although my only request is that the lifts be completed as the rules stipulate and anything close or questionable, is weighed in favor of the lifter who has worked so hard to prepare, and then travel to the meet. But it still has to be done "right" or it's not fair to that lifter or the others who participate. This in my opinion, is how it should be. "Gifts" serve no positive purpose and, yes, some of the biggest lifts in the sport have been just that, and often at major meets. I hate that! My pointing out the inadequacies of the meet you participated in doesn't change the procedures, judging criteria or lack thereof, etc. I merely responded to the many, many complaints Mike and I received and the corroborated information we were presented with, much from contest winners. Many well written and thought out letters cannot be published on this matter, but I hope that it serves as a reminder that all of us only want a fair means to judge our ability, and it is the responsibility of the meet directors and officials of all organizations to insure that we have just that. Again, thank you for a very nice letter that expressed what many others have. Dr. Ken Leistner

Concern from a World Champion... I am very confused about the benching in the U.S.A. Greg Warr at 67.5 does 500 pounds. At the IPF World Bench Press he did 396 pounds, which is a good result. How can he gain over 100 pounds with a bench shirt? Jose Perez does 505 at 165, and he is not only a benchner, but also lifts for a good total. And then Scott Werner, 530 lbs. at 75 kgs. bodyweight. It is more than 240 kilos. I am one of the best here. I can put on 3 tizer Blast Shirts, take the whole arsenal from Kabi Vitrum and Organon and Giba. I can weigh in one week earlier, use the biggest cheat I can imagine to bounce up the bar, but I can never come even close to these lifters. I must really be a zero as a lifter, although I have already been IPF World Champion several times. I hope that these lifters will someday come to "our" IPF World Championships so I can get their autograph. Have you any idea how they can lift so much. (name withheld by request)

Dr. Judd

Biorhythms and Performance as told to Powerlifting USA by Judd Biasiotto Ph.D.

You would probably be hard-pressed to convince many people that biorhythms don't have a significant impact on human performance. The impact of biorhythmic effects is being felt in just about every walk of life, from medicine to aviation to education and science. Not surprisingly, a great deal of interest also exists concerning the interrelationship of sports and biorhythms. Some people, including athletes, schedule their entire life around biorhythms.

In case you've been living in a cave for the last decade, let me try to explain to you what biorhythms are and/or how they supposedly work.

According to biorhythm theory, each individual has three body cycles which regulate physical strength, emotion, and intelligence: a twenty-three day physical stamina cycle, a twenty-eight day emotional cycle, and a thirty-three day intellectual cycle. These cycles are assumed to be determined at the birth and to be invariant throughout life. According to the theory, the cycles have the following effects: During the positive phase of the twenty-three day physical cycle, we are stronger, have greater endurance, and are more resistant to disease. During the negative phase, the reverse is true. Similarly, during the positive phase of the twenty-eight day cycle of emotional sensitivity, we feel more positive, optimistic, and creative; whereas we are most irritable, withdrawn, and pessimistic during the negative phase. With respect to the thirty-three day intellectual cycle, thinking is clearer and more decisive during the positive phase; whereas the opposite is true during the negative phase.

If you don't understand - fake it, cause there is no way I can make this stuff any easier. Either way, don't worry, because they have computers that will calculate all of this stuff for you. Moving right along now, biorhythmic cycles have the patterns of sine waves. (More confused, right? - Like I said, fake it.) Since they have different durations, they coincide at times, but are in opposition at other times. The so-called critical days for each cycle occur at the beginning and middle of each cycle, when the phase

respect to athletes, proponents of the method have attempted to show that athletes who achieve success are usually at biorhythmic high point, while athletes who fail are usually at a critical time in their cycle. Interestingly, the proponents of biorhythm have presented some convincing cases to substantiate their theory. With respect to athletes, they attempt to show that people who were successful were at a biorhythmic high point, and that those who failed were at a critical day. For instance, when Ken Norton broke Muhammad Ali's jaw on March 31, 1973, Ali's biorhythms were near critical for both his physical and emotional cycles, while Norton's bio-cycles were all on the positive side.

The reverse was true when Joe Frazier on May 27, 1976 in the "Thrilla in Manila." Ali was on a physical high while Frazier was at his low physical point. Similar links were found in the Leonard-Hagler fight, the Spinks-Holmes fight, and the Tyson-Tubbs fight. An

that's just the tip of the biorhythmic iceberg. Biorhythm advocates have presented some extremely convincing cases in the sports of baseball, basketball, football, auto racing, track and field, weightlifting, and the list goes on...

Opponents of biorhythms feel that this type of case study approach to verification is simply a matter of selecting cases which fit the theory and ignoring cases which do not. This is technically known as sampling bias. In laymen's terms it's like stacking the deck. Still, to the non-scientific world - you know,

the guys who think that a placebo is an Italian dessert, the presentation of such cases gives the impression that biorhythms are indeed a powerful instrument.

Another interesting point is that hardly anyone advocating biorhythms reports negative results. Is because such instances do not exist? If you believe that, I have a bridge in Brooklyn I'm selling that I want you to look at. I mean, let's be real, are we to assume that biorhythms are so powerful that they outweigh all other influences so as to dismiss negative instances? (That is, instances where people who were

biorythmically high but performed

low, or were biorythmically low but performed high.)

Some supporters who discover negative instances argue that the individuals involved would have done even worse for better as the case may be) if it were not for their biorhythmic state. This, of course, reeks of 20 hindsight. In other words, one must be able to independently determine biorhythms rather than as after the fact "explanations." If this isn't done, then it is impossible to prove the theory wrong. All scientific theories must be testable, in other words, be capable of being proved wrong.

Also the relationship between biorhythms and behavior, if they exist, may simply be a matter of coincidence rather than cause and effect. Just because two events consistently happen at the same time, this is no proof that one causes the other. A third variable may be causing both, or perhaps what one thinks is the cause is really the effect. For instance, success may actually enhance physiological function and/or performance, and failure may very well be responsible for impaired body function rather than the other way around.

Now I know what you're saying; there's any research out there that's worth the paper it's written on? Well, I've got good news for you. There's not only good research in this area, there's great research. Research that was well thought out, ingeniously designed, and meticulously carried out. Some of the best research ever conducted in the field of bio-physiology. And what extraordinary individual conducted this research, you ask? Who else - me. Like I said (quite modestly), the stuff was great. OK, I know you're just dying to find out, so here goes.

In the first study published in 1981, I calculated the biorhythms for every pitcher who played for the Kansas City Royals, the Pittsburgh Pirates, and the Cincinnati Reds from 1970 to 1980. I then tried to find a relationship between the pitcher's rhythms and various criteria; such as the pitcher's ERA, the number of pitches thrown for strikes versus those thrown for balls, etc. No matter what criterion I used, I found no relationship strong enough to be used as a predictor of athletic performance. A similar three-year study involving the Kansas City Royals rookie league team revealed similar results - still no significant relationship. In the latter study, I even used coaches' ratings as a criterion measure. Interestingly, Dr. James Fix conducted a series of similar studies with major league baseball players. His findings were in accord with mine, indicating that biorhythms had no

effect on the player's performance - smart guy.

About a year later, I conducted two other studies on biorhythms using AAU powerlifters. In the first study, I had twenty-four novice powerlifters calculate their own biorhythms, and then I correlated these rhythms with their daily performance. The results of the study revealed an extremely high relationship (.89) between the rhythms and lifting performance and suggested that the biorhythms were a valid predictor of weightlifting performance. I was encouraged - even my nipples got hard. In fact, I thought I had discovered something big. I immediately set up another study.

When you're hot, you're hot. This time, I had thirty-one novice powerlifters, but instead of letting them calculate their own biorhythms, I computed them. I calculated two sets of biorhythms, a true set and a pseudo-set for each lifter. The pseudo-biorhythms were computed so that they would read directly opposite of the true rhythms. When the lifter's true rhythms indicated a high physical period, the pseudo-rhythms indicated a low physical record. I gave the lifters what they believed were their real rhythms; in reality, they were the pseudo-rhythms. The lifters were unaware that the two sets of rhythms existed and that their performance was forecasted based on the pseudo-rhythms. I ran an analysis on both sets of rhythms and the lifters' daily workouts. Interestingly, the results revealed a high correlation for the pseudo-biorhythms (.89) and only a moderate correlation (.61) for the true biorhythms. It seemed quite clear from the study that what was occurring was a type of placebo effect - which of course has nothing to do with Italian desserts. The pseudo-biorhythms had caused the subjects to lift poorly on days when they were supposedly at their physical peak. The rhythms also caused the subjects to lift well when they were supposedly at a physical low. In short, the belief in rhythms had caused the fluctuation in performance. It was the subject's own mind that brought about the changes in performance, not their rhythms.

Given the current findings it would seem foolish for an athlete to postpone competition just because his biorhythm chart indicated a critical day - unless of course, in his own mind, he was so convinced of the overriding importance of biorhythms that the very expectation would be self-fulfilling. So throw away the star charts and get in the gym and throw some steel. There are more valid rhythm predictors, such as circadian rhythms... oh, but that's an entirely different article.

MESSAGE FROM THE WDPFP PRESIDENT

Every new issue of POWERLIFTING USA seems to throw up yet another new organization claiming to be drug-free or natural. The claim to be a drug free body can never be a statement of fact, only a statement of intent, as all organizations that actually test will catch people and have obviously done so. To prove that intent, certain criteria are necessary and even the International Olympic Committee has produced a charter detailing the requirements of an effective drug control policy. Despite the fact that this charter clearly does not go far enough, to date only four countries have reached this minimal standard and the U.S.A. is not one of them. As far as I can determine, no American sporting body has accepted this standard internally although the ADFPA has accepted such internationally. This is why they are accepted as a drug free body by the WDPFP. Those policies include life bans for lifters found to be positive at international events; a very extreme policy but one which has been accepted by all WDPFP nations on the premise that anyone caught cheating in a drug free body has reached rock bottom. Also, of course, this is the ultimate deterrent, necessary to show the ultimate intent. It would appear that in the U.S.A. just simply claiming to be drug free is acceptable. This is just not good enough and any effective drug control programme has to be based on the fact that nobody can be trusted, including any official. This is why even the I.O.C. charter includes a strong emphasis of testing by people with no personal connection with the sport involved. There also has to be an emphasis on testing out of competition at little or preferably no notice. If money is no object, there is no reason why all lifters at major championships are not tested. If this form of testing is claimed to be necessary, then any organization doing less can be written off as having no effective drug control policy at all. In reality a perfect drug control policy would have as a necessity every lifter tested regularly, out of competition, by an independent body. Obviously, under such conditions the need to test at major events would be reduced to almost nothing and with the only concerns being stimulants and diuretics. Another important facet of effective drug control is retrospective action on records and performances as a safety net. In the WDPFP any lifter found to be positive had all previous records, titles, and places removed from the nation's lifters. These last two points in themselves put the WDPFP well ahead of all other sporting bodies, including the I.O.C. On the subject of the I.O.C., I would like to say that despite severe reservations, it does have one thing in its favor. The influence of people with no direct involvement in a given sport are brought to bear on that sports antics and acceptability. Powerlifting has never been subjected to such pressures and this has allowed the sport to include itself in what can only be described as a "hard kern" complex. Whatever reasons may be given for the steady increase in artificial aids over the years, to an outsider they are a joke and will, along with a bad drug taking image, continue to keep Powerlifting out of the Olympic Games. On the subject of image and speaking as an outsider as far as the U.S.A. is concerned, I have to say that Powerlifting USA projects an image of a drug ridden sport in almost total disarray. It also appears that the quantity of lifters rather than the quality is of overriding importance for financial reasons. I must also say that adverts for books on how to take illegal substances must rate as the most damaging of all moves. Surely there must be some things in America more sacred than the dollar. Yours sincerely, Ken Smith, WDPFP President.



Ken Smith of Berkshire, England.

STARTIN' OUT

A special section dedicated to the beginning lifter

What are the most important things a lifter can do to prepare him/herself to become a competitive powerlifter?

The most important thing a lifter can do in preparing to become a competitive lifter is to find a mentor or coach. This is important for several reasons. The most basic reason is that the coach is necessary to teach the basic fundamentals of the lifts. This includes the mechanics of the lifts, both the basic mechanics and the little things that are involved in the lifts that enable to lift heavier poundages without really getting stronger.

These little things include techniques such as pointing your toes out slightly on the squat, using a wide stance or a narrow stance, when to inhale and exhale, grip width on the bar, bar position on the shoulders, sumo or conventional style deadlift.

Another important reason for finding a good coach is to keep you focused on your goals and make sure that you don't get infatuated with the weight while forgetting the rules of the lifts. Your coach or your training partner, they could be one in the same, needs to know the rules of the game. There is nothing more embarrassing or frustrating than to go to your first meet, or any other meet for that matter, and "bomb out" because you did not follow the rules.

Not only does your coach or training partner need to know the rules of the lifts but they need to be able to tell you when you are high on your squats, bouncing your bench, hitching your deadlift. If they aren't honest about this, they are doing you a disservice. The judges at the meet will not give you a white light just because your coach/training partner said you did a good lift in the gym. If gym lifts counted there would be a whole new set of world records.

The next thing that a budding lifter needs to do is find some training partners. Training for a powerlifting meet is so much easier if you have training partners that are cheering or peaking when you are. Hopefully, you will be as lucky as I have been in finding training partners that are stronger and more experienced. This gives you something to shoot for and someone else to learn from.

The advantages of having training partners cannot be over-emphasized. They keep you coming to the gym, they keep you motivated and give you experienced spotters on the heavy lifts. Having an experienced spotter gives that little extra confidence in your own lift. You do not have to waste energy and concentration on the ability of the spotter. You can focus on the lift and let

Before the day of the meet, try to find another meet in your area. Go watch it and get a feel for how the meet progresses. Sit down with your coach or training partners and try to plan your attempts, based on your training. These are only planning figures and not hard set in concrete attempts.

100 many times over the past 17 years I have seen lifters come to meets with set attempts and stick with them no matter what. Obviously, if you miss your opener you don't want to take a big jump just because you planned to jump on your second attempt. The opening squat is the most important lift. It sets the tone for the rest of day. Nobody wins on openers, okay maybe Mike Bridges and Ed Coan do, but not the average lifter. Keep in mind in setting attempts the amount of weight you had to lose for the meet, how far you traveled to get there, and the conditions at the meet site. Change your opener if the warm-ups don't feel right. Openers are not meant to impress anybody but the judges on your ability to correctly perform the lift.

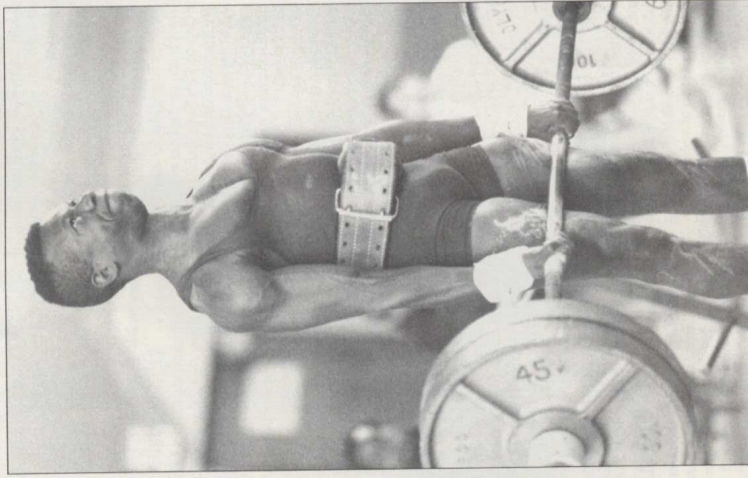
Before the meet, check your equipment and pack it in your bag. Make sure that you have enough wraps, that your equipment is legal for your federation, and that you have a spare suit. Suits have been known to blow. Make sure you are ready if this should happen. Check the entry form. Make sure you know when the weigh-ins start and stop. Almost every meet that I have been to, someone shows up after weigh-ins and doesn't understand why they can't lift. Make sure you know when the meet starts, and when your class will lift.

On meet day make sure you know how much time you have between the weigh-in, the rules briefing, and the start of the meet. Allow yourself enough time to warm-up but don't try to get in a full workout in the warm-up room. I've seen guys warm-up with more weight than they open with. Use some common sense in picking your warm-up weights and make sure you finish warming up when your flight starts lifting. I try to start my knee wrapping slowly when I am the on-deck lifter. This allows me plenty of time to get wrapped, get psyched, and start the lift before the clock runs out.

The most important thing that you can do on meet day is to sink that opening squat, get three white lights, and then have fun. If you need help at the meet, ask for it. Powerlifting is a unique sport in that the competitors do not mind helping each other.

Train hard, clean, and smart. I'll see you on the platform.

Tips On Becoming a Powerlifter as told to Powerlifting USA by Joe Walden



Military Lifters... like author Joe Walden, and National Champ Herb Blake, above, know the true value of coaches and training partners.

your training partners focus on getting the weight off of you if you miss.

After you have found a good coach and training partners, start looking through the pages of PL USA for an upcoming meet. Pick one far enough in advance to allow you to prepare for it. Usually about 8-12 weeks is long enough to get enough to get ready and peak for the meet. After you pick the meet,

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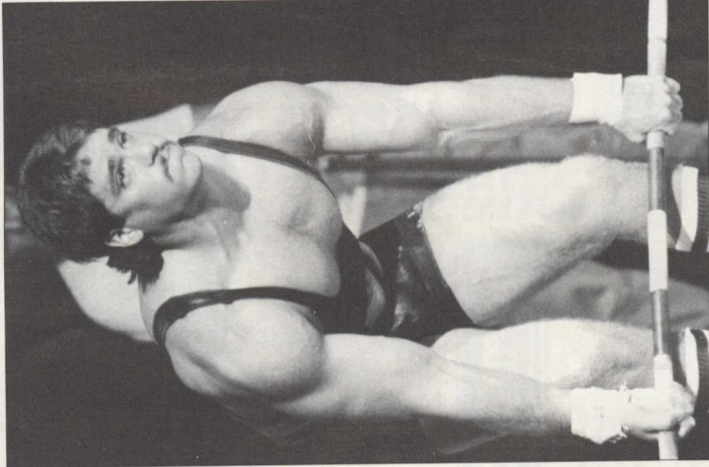
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TRAINING

The KELSO SHRUG System as told to POWERLIFTING USA by developer Paul Kelso



When I was a lanky kid in Texas, my friends called me "Wings." It wasn't my hair style from those pre-Elvis days. They were ragging on my knobby, but huge, shoulder blades. I was scrawny everywhere else as well, so I began training.

While experimenting with Hise-type methods, I discovered shrug movements of all kinds. Some I still believe that I invented and am the first to write about. Others were in use before I was born, as I came to find out.

The Kelso Shrug System presents over a dozen of these movements and explains their application to competition training for powerlifting and weightlifting, bodybuilding, gaining mass and strength, and in covering up bony scapula. The lats, traps, chest, and lats of both beginners and world champions will benefit.

The "Kelso Shrug" is a training principle, not single exercise, that uses the natural possible movements of the shoulder girdle in as many directions as possible for a large number of purposes on a variety of equipment. Yes, that's a jaw-breaker.

I left out of that sentence that varied grips, hand spacings, and directions of force allow the trainee to focus on specific muscle groups. I have been teaching my ideas, corresponding with friends in the game since 1967 about them and selling a copyrighted course of and on for over 15 years. This book is years over due. Why? Whenever I was ready to write the final draft I'd discover something new, need to give credit to someone I'd left out, or had a change in my personal life.

There are four major parts: shrug variations listed and explained, working with the Gerard Trap Bar, a bulk and bone structure program, and finally specific applications of the shrug principle to the five competitive lifts and stages within those lifts.

The writing style is not academic. I want everyone to get the most out of the book as possible and not be put off by jargon. So I'll call a scapula a shoulder blade or say "shrug to the rear," please remember that I'm writing for that kid grunting in the barn in Kansas as much as for those who delight in nomenclature.

Of interest to powerlifters are the Bench Shrug, the Hise movements, the bent-over or inclined shrug and the "Kelso," or Lat Shrug. There are "shrugs" for weightlifters, for bone structure, and even one for bodybuilders called the "Lat Flat," done on the Cable Crossover machine.

The Gerard Trap Bar section is in two parts; one for pre-cycle dead-

came the basis for my *Bone Structure and Growth* course.

Today some 40 years later, these ideas are coming around again and turn out to be not so old-fashioned after all. With some changes and improvements, I am presenting these methods again. They'll work for anyone but especially for younger trainees who are still in the natural growth stage.

I eventually grew from 5'10" and 147 lbs. at age 16 to 6'2" and 226 in shape. No drugs, either. I was never a champion (some second and thirds) but I have learned a few things, coached weightlifting and weightlifting with some success and have seen acceptance of the ideas of my courses and had good response to 27 articles spread through five magazines in the last ten years. My first "shrug" article appeared in *PL USA* about nine years ago.

The last chapter applies the shrug variations to weightlifting and powerlifting. Specific moves aid in keeping the bar close to the body and gaining bar height, such as the snatch grip shrug, and, for powerlifters, increase the ability to get the shoulders back. The upper trap is not the major player in the completion of the deadlift. So why do so many practice the standing shrug and the cable pulldown when there are superior movements?

And while we're at it, how about quick improvement in the bench press by practicing a "negative" shrug on the bench?

I have used some photographs, but largely depend on my original course drawings to illustrate exercises. I know I'm not Rembrandt, but they are clear in demonstrating technique.

My ideas will be new to many readers. Those that have tried them know they work. I believe that they deserve a wider audience and greater use in the training room. And so, here at last, is the *Kelso Shrug System*.

The Kelso Shrug System

by PLUSA author Paul Kelso

The long-awaited shrug variations method for lifters, body-builders, and strength athletes

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-Dr. Ken Leistner

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NITRO STIX... New technological Breakthrough Could Be The Most Important Sports Training Advance of the Decade by Marty Gallagher

Do you ever wish you had access to the best sports medicine minds in the country? If, being a serious athlete, you were to suddenly develop a relationship with the nation's top medical folks and sport scientists, chances are they would ask them to combine their collective knowledge and come up with a customized training program expressly for you. This would be a program that created your optimal training routine, identified your specific nutritional needs and formulated a sophisticated recuperative strategy, all dependent on your peculiar physiology, genetic makeup and psychological profile. This customized regimen would be for you, and you alone. It would be of no use to other folks because it was formulated with your unique data and devised to provide results for your unique characteristics.

To arrive at this optimal program, you would go into the laboratory and submit yourself to a battery of tests. The idea, medically speaking, would be to identify the proper amounts of rest, food, supplements and training necessary to stimulate growth in your body. All the knowledge would be combined and the net effect (after implementation) would be to make you bigger, stronger, faster and leaner. The results would be monitored and "in flight corrections" would be made as needed.

What if a savvy entrepreneur were to develop and market a home testing kit that would allow you to formulate just such an optimal training strategy? What if the data from this home test was accurate to within 10% of prohibitively expensive laboratory testing? Pipe dream stuff? Not anymore - there has been a technological breakthrough in the sport science field that now makes available to the athlete a do-it-yourself home test kit that will give you instantaneous scientific feedback on the effectiveness of your diet, training and rest habits. All with a 90%+ accuracy rate and for less than three dollars per test.

The implications to athletes everywhere are profound ...

Nitrogen balance: the report card on training effectiveness

The man who knows his nitrogen balance is a one eyed man in the land of the blind. Nitrogen balance, or lack thereof, tells us whether

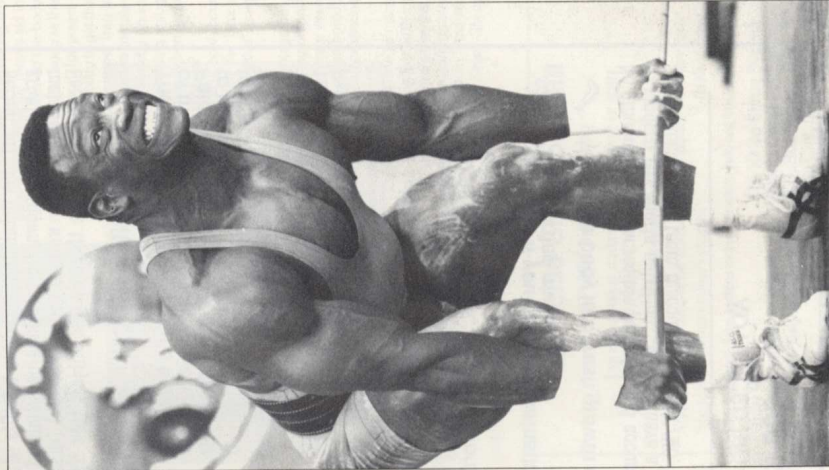
we are anabolic or catabolic. Anabolic is good - very, very, good. Catabolic is bad - very, very, bad. Anabolism is the prerequisite to muscular growth. Anabolic defines a physiological state in which muscular growth is possible. When an individual is anabolic, muscular growth, stimulated through weight training, can occur - provided that correct weight training principles are utilized. Anabolism is a delicate combination of nutrition, rest and exercise. The ability to identify anabolism (or the factors that prevent us from becoming anabolic) is the end result of 95% of all sport performance related laboratory testing.

Catabolic is the opposite. No muscular growth is possible if an individual is in a state of catabolism. If any one of a number of negative factors exist (poor diet, lack of rest, overtraining, stress, etc., etc.), it is a physical impossibility for the trainee to make progress. Without adjustments, further training will only throw the trainee deeper into the black hole of physical regression.

All things are possible when the athlete is anabolic. Nothing is possible if the athlete is catabolic. The most common yardstick for determining anabolic/catabolic status is measuring nitrogen excretion in urine. The athlete's urine, when chemically analyzed, will reveal if the athlete is in a position to make gains or if adjustments are necessary. Dr. Tom Fahey, Professor, California State University, Chico, sums up the rationale behind nitrogen balance analyses. "Nitrogen balance is the best short-term test of your anabolic/catabolic status. It is a measure of balance between protein build-up and breakdown. Protein contains nitrogen that must be eliminated before your body can use it for energy. Nitrogen excretion tells you how much protein your body is using as fuel. You excrete 1 gram of nitrogen for every 6.25 grams of protein loss as fuel. 90% of nitrogen loss occurs in the urine. The other 10% is excreted in sweat and feces."

The good news; affordable home testing for nitrogen balance

Bob Fritz is one of the many unknown, behind-the-scenes people, that have had a tremendous impact on the world of nutritional sports supplementation. Here's a short list of some products and ideas Bob has been involved with over the years: Carboplex, Muscle Nitro, Power Pasta, Metabol II, CytoMax, Amino 1000, Weider Home Anabolic Kit, Pre-Flex Hyperdrive, Post-Flex PM, Nitro Fire ... the list goes on and on; you



National and World Champs... like Sly Anderson (above) and

get the idea. Bob, in his countless conversations with medical people and scientists kept hearing about nitrogen balance. He came to understand it as one of the foundational tools the medical profession uses to get a chemical feel for an athlete. "I knew that nitrogen balance was one of the key tests used to assess where an athlete stood both chemically and biologically. If someone could devise a method to measure nitrogen balance any place, any time... Hell, I felt that would be the biggest technological breakthrough in sports training since the invention of the barbell. I kept thinking of the home pregnancy test kits ..."

Bob did more than dream. He invested ten years of his time and put up lots of cash for commissioned lab research. Many hours were spent on the phone and in the library checking facts and network-

ing with sports doctors, nutritionists and athletes. "All our efforts came to fruition in January of 1990 when the prototype home test kit registered a 91% accuracy rate in measuring nitrogen excretion when tested against a standard laboratory spectrophotometer. We used a series of identical urine samples collected from a wide variety of athletes and our Nitro Stix essentially duplicated the results of a full-blown lab workshop.

That completed Phase One ... the second landmark was when I was issued a government patent on July 5th, 1991 for "Nitro Stix". This insured we would always have a leg up on the competition ... I had it - the only certified, patented, nitrogen balance home test kit on the face of the earth ... I thought the world would beat a path to my door; after all I had built a better mouse trap ... Boy, was I wrong!"

How easy is easy? Nitro Stix in action

"Like the home pregnancy kit, I wanted to design the Stix for ease and simplicity. You place a drop of urine on a test strip and after a few seconds compare the mutated color of the Nitro Stix to a comprehensive color code chart also provided. By comparing the two you immediately know the nitrogen concentration in your urine."

How do you interpret the data derived from the Stix? Let's set up some hypothetical examples: You're in the bathroom, place a drop of urine on a stick, match it to the chart and compare the two. The chart says you're catabolic. No great surprise. Now what? Knowing that you're catabolic, we need to change something in our approach to training. One scenario might go as follows: "O.K. I'll cut back on my training." You tell yourself, "I've been hitting the iron six days a week for over an hour per session and feeling tired a lot. I'll cut back to four days a week and leave my diet and everything else I do alone. If I change a bunch of things all at one time and become anabolic, I'll never know what was causing me to be catabolic. So I'll change one thing at a time and test myself again in a week or two."

After dropping your training days from six days a week to four days a week, you test yourself again. This time your Nitro Stix and wall chart indicate you're anabolic. Congratulations; you've just discovered (and "remedied") your overtraining problem!

Let's take another example; Let's

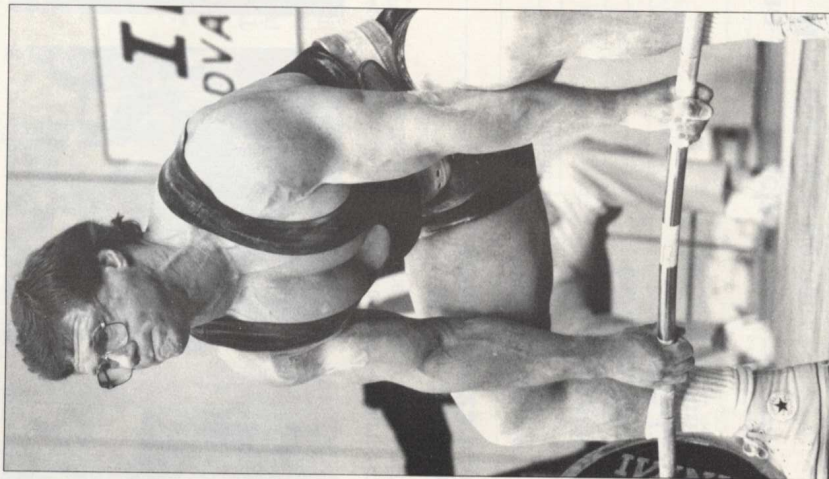
assume you want to lean out (neer a bad idea) and lift in a lighter weight class. Using Nitro Stix we can monitor our anabolic status as we diet down. This allows us to lose fat and not muscle. If we stay anabolic as we reduce our calories, we know that our muscle tissue is in no danger. Conversely, if we register catabolic as we diet down, we know that we are going overboard. To think with the variables we know that we must increase our calories, reduce our training volume or cut back on the aerobics. If we attempt to lose weight while catabolic, we assuredly will force the body to catabolize muscle tissue to satisfy the caloric shortfall.

The uses and applications are endless. Let's assume you want to determine the effectiveness of a new line of supplements you've invested some major league dollars into. One way to get scientific feedback on the product's effectiveness is to put yourself into a slightly catabolic state (as determined by the Stix and the wall chart) and take your supplements - making sure not to adjust any of the other training or nutrition components. After a week, test yourself: No change? Then the supplements are a waste of money. If a supplement - whether it is an amino acid, protein powder or new-fangled engineered food - cannot fangle a borderline individual from catabolic to anabolic, then what good is the supplement?

By broad definition, the mission of any supplement should be to get the athlete anabolic; if the supplement can't accomplish this goal, discard it and try something else. There are products out there that work, though in all likelihood not to the degree you think. Regardless, this is invaluable information to have both in terms of developing an effective arsenal of supplements and wear and tear on your pocketbook.

In the past, athletes used the scale, tape measure, training poundage and intuitive gut feel to determine how best to stimulate progress. Now, with Nitro Stix you can become aware instantaneously of what is happening in the body and eliminate the guess work. We have just scratched the surface with this new technology. Several top, international level powerlifters are involved with a field test of Nitro Stix supervised by Bob Fritz. We will keep you apprised and share with you the results as they unfold.

It could be that in a few short years every athlete will have a bottle of Nitro Stix in his or her gym bag. This concept could become an integral part of every athlete's training regimen and this "coach-in-a-bottle" could sweep the athletic world like an arctic wind on a Siberian Tundra.



Dave Jacoby (above) need information on their anabolic state.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The KINETIC CHAIN and the POWERLIFTER

by **Thomas D. Fahey, Ed.D., Professor of Physical Education, Exercise Physiology Laboratory, California State University, Chico**

Powerlifters and strength athletes often include auxiliary leg exercises, such as knee extensions and leg curls, in their programs. The rationale is that these exercises help isolate and build the quadriceps and hamstring muscles. However, if you consider the physiology and biomechanics of this practice, you may be wasting your time. In fact, you may even impair your progress or injure your knee joint.

In athletics, the goal of training is to do exercises that gives you strength you can use in a weight lifting contest or on the playing field. If the strength increases won't transfer to your sport, you are wasting your time. Doing the wrong exercises may even impede your progress. For example, athletes, such as football players and throwers, sometimes do leg extensions and leg curls because they believe the strength gains will transfer to the playing field or the discus ring. The logic is simple - the quads and hamstrings are used in blocking and throwing, therefore exercises that strengthen these muscles will improve athletic performance. Yet, several studies have shown there is little or no transfer of strength between leg extensions and the squat (or the squat motion). In fact, motor patterns (the brain's electrical circuitry for movement) developed during these movements may interfere with motor patterns you use during squats, deadlifts, and pulling exercises (e.g., cleans and snatches). The movement patterns of leg curls and leg extensions are too different from multi-joint lower body exercises, such as the squat, to cause significant transfer of strength gains.

There are three factors involved in improving strength: muscle hypertrophy, neural activation, and stretch activation. Each factor must be developed specifically if you want strength to transfer to your sport. The further you get from the intended movement

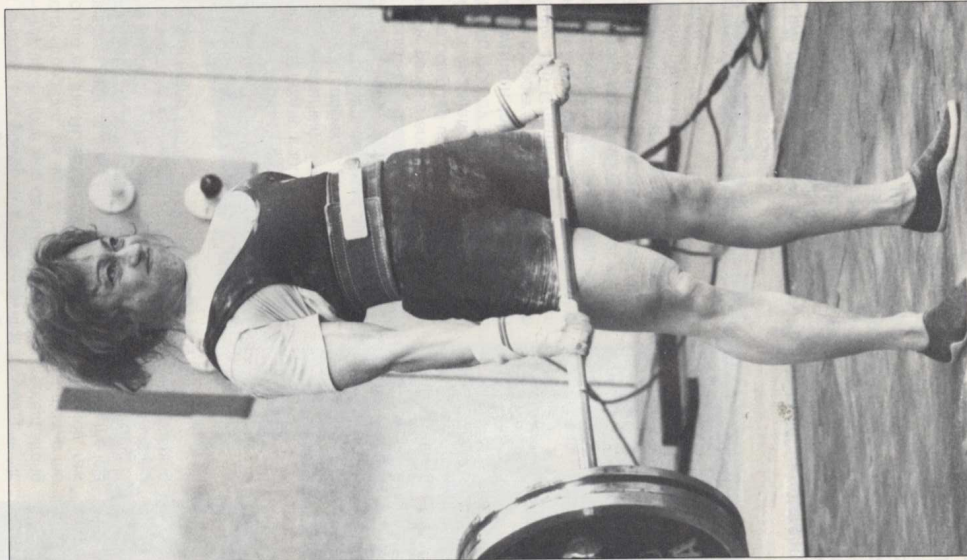
in your training exercises (i.e., the movement you use in your sport), the less the strength will transfer.

Muscle size: Muscle size is the most important factor determining a muscle's strength - the larger the muscle, the greater its strength. However, the strength-size relationship is at least partially based on which motor units are developed in training. A motor unit is composed of a motor nerve and individual muscle fibers. A motor unit may have as few as 3-4 muscle fibers or more than 150 fibers. Muscles have thousands of motor units. Different exercises develop these units in unique ways. A basic principle of muscle physiology is that a motor unit is trained in direct proportion to its recruitment. In other words, you only increase strength in those motor units you use during a training exercise. If your training exercise is markedly different than the way you use it in competition, then you will get little improvement in strength. You should strive to work the muscles in the same way you will use them in a contest or during a sports movement.

In bodybuilding, this principle is less important. A variety of exercises are necessary to give the muscle good size and shape. However, for the power lifter or strength-speed athlete, good strength-speed athlete, good muscle size is not enough. The muscle must be adapted to the requirements of the sport.

Electrical activation: Motor units in a muscle or muscle group do not turn on at the same time. During different parts of the range of motion, some motor units are activated while others are not. Each exercise or movement has a unique sequence of motor unit activation. The activation sequence from an exercise will not transfer to a sports movement unless the exercise and sports movements are very similar.

Stretch activation: A muscle can exert more force if it is stretched immediately before it contracts. This is



Heavy Powerlifting requires coordination of several muscle groups.

called the stretch-shortening cycle. If you can learn to coordinate muscle stretch with muscle contraction, you can greatly increase your effective strength in weightlifting or other sports. This process involved coordinating electrical muscle activation with muscle rebound from a sudden stretch. Like electrical activation, the effective transfer of stretch activation requires training exercises to be as similar as possible to the way you want your muscles to work during competition.

The Kinetic Chain: Movements that require simultaneous use of more than one joint at the same time form a kinetic chain. In a kinetic chain, movement is generated from coordinated muscle contractions that move more than one joint at the same time. In the squat, deadlift, and clean, a kinetic chain is formed by the ankle, knee, and hip joints. Muscle activation is sequenced according to the movement in these three joints.

In a kinetic chain, the movement patterns of an individual muscle, such as one of the hamstring, is different than when the muscle moves a single joint. Muscle contraction sequencing, motor unit activation, and stretch activation, are fundamentally different during multi-joint movements (i.e., kinetic chain) than when individual joint actions are isolated. One joint exercises, such as leg extensions or leg curls, develop movement patterns that will interfere with patterns you use in your sport. Such exercises lead to inappropriate muscle recruitment patterns that can impair movement and lead to injury.

Figure 1 shows the forces involved during knee extension exercise. The force is directed across the lower part of the shin (tibia). Because of the leverage, the movement causes the top part of the tibia (the large bone in the lower leg) to go forward toward the knee cap. This movement places stress on the anterior cruciate ligament (a knee ligament that provides internal stability to the joint) and under surface of the knee joint. If you have an injured anterior cruciate ligament, this movement will prevent healing and possibly cause further damage.

The forces and joint reactions involved in knee extension causes increased pressure on the knee cap that may result in knee cap pain. The knee extension exercise increases patello-femoral compression. This causes pressure on the sub-chondral bone (the bone underneath the cartilage cells covering the knee cap), which eventually softens the cartilage on the underside of the knee cap. This can lead to severe, chronic pain that will stall your progress. Pain can easily be

avoided. The answer to this lies in Lombard's paradox and the pulley effect. The hamstrings have greater leverage than the quadriceps at the hip than at the knee. The opposite is true for the quadriceps - they have greater leverage at the knee than the hamstrings. During the squat or deadlift, the hamstrings will extend the hip rather than flex the knee because hamstring leverage is greatest at the hip. The quadriceps will extend the knee rather than flex the hip because their leverage is greatest at the knee.

Another explanation for the action of two joint muscles is the pulley effect. Two joint muscles are not long enough to allow complete movement in both joints. For example, during the downward part of the squat, the hip flexes and the hamstrings are stretched. The stretch on the hamstrings causes the knee to flex, even though the hamstring muscles are relaxed. The opposite is true during the active (pushing) phase of the squat - as the hamstrings contract during hip extension, stretch to the rectus femoris (a quadriceps muscle) causes it to extend the knee.

Neural activation patterns are different for the quadriceps muscles when they contract in a kinetic chain than when they contract in one joint movements. If you want to increase strength in the muscles used in a lift (e.g., the squat), you must develop those muscles in the same way they are used in the exercise. Muscle activation patterns during knee extensions and leg curls are much different than those used during squats.

Assisting exercises should be as close to the major lifts as possible. Rather than doing knee extensions. Do exercises that work the full kinetic chains, such as hack squats, front squats, power rack squats, power cleans, and snatches. These exercises will also work the hamstrings. If you want special assist exercises for the hamstrings, make sure the movement is initiated at the hip rather than at the knee. An example would be the Nautilus hip and back machine. A problem with this exercise is that it isolates the hip and doesn't use the kinetic chain principle.

The kinetic chain principle is complicated and difficult to understand. However, the essence of the problem is simple - train the way you want your body to adapt. If you want to improve your squat, your assist exercise should use the ankle, knee, and hip joints in a coordinated movement. The further removed from the kinetic chain sequence, the less effective your exercise routine will be.

Tom Fahey Ed.D

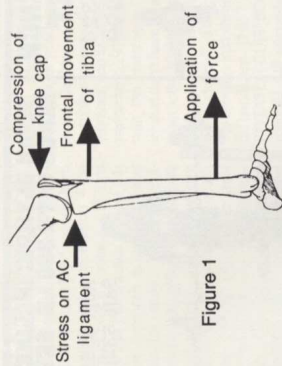


Figure 1

Knee extension: Load applied across long axis of the tibia. Only quads contract.

come severe enough to drive you from active participation in the sport.

During a squat, deadlift, or pull (e.g., clean or snatch), the forces are much differently during a squat than during a leg curl. During the squat, deadlift, clean, and snatch, the hamstring and anterior cruciate ligament (figure 2). Just as important, the kinetic chain, formed by the ankle, knee, and hip joints, is activated to coordinate the movements. Muscle contractions are sequenced across the joints to produce the movement. Most people think of the hamstrings as knee flexors (bend the knee). On the surface, it is difficult to understand how the hamstrings and quadriceps (rectus femoris), which have opposite actions at the hip and knee can work at the same time during a squat or pulling exercise.

Hamstring action during the squat and leg curl: Most people think of the hamstring muscles as

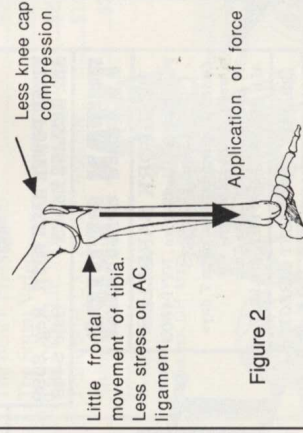


Figure 2

Squat: Load applied along long axis of the tibia. Quads and hams contract at same time.

into chronic physical handicaps. The bench press movement concentrates such stress on the rotator cuff that adequate preventive care should be on the mind of any Pler who looks to his or her future in the sport beyond the next workout. The exercises required by this program are not heavy or time-consuming, and the price for the "SOLUTION" is a none too steep \$16.95 plus \$2.50 postage and handling to Health for Life, 8033 Sunset Boulevard, Suite 483, Los Angeles, CA 90046. For further information, check their advertising format, or check their advertisement on page 78 of this issue of POWER-LIFTING USA.

The final item for review this month is the 3rd videotape in the series from Louie Simmons "Westside Barbell Presents Deadlift Secrets with Louie Simmons" (VHS). The format for this tape is similar to the others: Louie recites the exploits of some of his club members; goes through the array of "special exercises" he uses to build deadlifting power; and from there to a real workout with some of the current big names at Westside Barbell. Louie really takes pride in the lifters who have made great progress under his tutelage. Sue White went from 260 to 468 in 2 years of training with him; Jim Seltzer used his deadlift program to produce the tremendous back development that took him so far in the physique world; Debbie Sorenson went from 440 to 540 in 18 months under Louie's watchful eye. Louie has pulled 745 himself, but is not renowned as a deadlifter, and freely admits he is not structurally suited to the lift, but that's the story with many of who have trained with him, some of who are now substantial pullers and all of whom have made exceptional progress. Louie's "special exercises" have evolved over the years from many sources; moves like "kneeling squats", seated Good Mornings, using the Safety Squat Bar to help the deadlift, etc. are demonstrated and the theory of how to incorporate them into your training is explained. He flat out states that his "special" exercises will put 50 lbs. on your deadlift no matter who you are and what your structure is like. Louie and the guys train the deadlift much like the squat and bench, with rapid fire sets based on percentages of max, but they use only singles. The dialogue is liberally salted with tips, how to position your feet, where to keep your hips, when to use straps and when not to, and the topper is an actual Westside Barbell Club deadlift workout with the likes of Chuck Vogeloph, who can pull 750 either Sumo or conventional style and Matt Dimel, who is seen - on tape - pulling 900 lbs. off a very low rack position. Ordering information for the tapes is at the left, and all three tapes are of distinct, practical value to a lifter.

FOR REVIEW by Mike Lambert, Editor

some rotator cuff joint degeneration, and for active weightlifters, particularly powerlifters, the stress of bench pressing seems to inevitably exact a toll. The "SOLUTION" stresses both prevention and rehabilitation - the theory of how the rotator cuff joint works and the practice of how this unique approach actually achieves meaningful results. The excellent illustrations are highlighted to indicate which motions of the shoulder joint correspond to the activity of which muscles. There is potential for great understanding within those simple images - illuminating the pure functions of this rather complicated joint and the practical guide to what can and does go wrong with it. The 7 MINUTE ROTATOR CUFF SOLUTION itself involves three aspects - strengthening the cuff, stretching the cuff to increase range of motion, and modifying the way certain exercises are performed to reduce the aggravating effects that commonly occur. Easy to perform exercises are shown in their correct and incorrect performance modes, and the appropriate use of machines is also illustrated. Targeted stretching exercises, again with lots of well-illustrated performance tips, make up the second phase of instruction in the "SOLUTION". 5 specific routines are offered

First up for review this month is "MILO", as in Milo Steinhorn, one of the pioneering practitioners of the squat. "MILO" is a new quarterly magazine produced with reverence by Randall Strossen Ph.D. of Iron Mind Enterprises, a long time PL USA advertiser. Randy is one of many who harkens to the day when lifting weights was for "real" and Powerlifting, Olympic lifting, and Bodybuilding were all part of one happy family. Randy has modeled this publication in the image of Peary Reader's IRON MAN and LIFTING NEWS, and it is promised to emphasize no-nonsense articles on a wide range of topics from caber tossing to wrist wrestling. Advertising will be limited, and a quest for profitability will not compromise the quality of future issues of MILO, according to Randy. The first issue contains a conversation with Henry Steinhorn, Jr., regarding his famous father; an article on Paul Anderson by 2time World's Strongest Man Contest winner and Olympic lifter Bruce Wilhelm; a nice article by Dr. Ken Leistner on one of his early inspirations - Steve Judis; National Coaching Director of the U.S. Weightlifting Federation, Lyn Jones, reports on how "The Winds of Change Blow Through Weightlifting"; and there is an inspirational tale of the comeback of Olympic lifter Tommy Weller. There's an article by "professional strongman" Dennis Rogers titled appropriately - "So You Wanna Be A Strongman"; and Publisher and Editor in Chief Randy Strossen contributes a piece on Using Matveev's Principle to lift more. The final article of the premier issue is by James Fujima of Purdue on "Ultimate Growth Through Genetic Technology". Like the quality you see in the Iron Mind Enterprises products that Randy Strossen offers for sale, the packaging of MILO paper, articles laid out with style, and lots of the historical photographs that Randy has spent a good part of his adult life collecting. Needless to say, we highly recommend this periodical. The price is \$19.95 per year for 4 quarterly issues in the United States, payable to Iron Mind Enterprises, P.O. Box 1228, Nevada City, CA 95959 916-265-6725, or FAX 916-265-4876.

Next up for review, is a book entitled "THE 7 MINUTE ROTATOR CUFF SOLUTION" by Joseph Horrigan D.C. and Jerry Robinson of Health for Life, a research and publishing company committed to providing the reader with sound, scientifically based information on all aspects of fitness and conditioning. The book asserts that anyone over 40 has to expect

up, with the right one dependent on your circumstances; namely, which kind of injury you have, or which you want to avoid. Backing up the text is a graphic representation of each workout, and its several levels of performance. The text concludes with the statement "Shoulder injuries don't have to be a given of an active lifestyle. Nor is there any reason for minor injuries to the rotator cuff - if they do occur - to develop into chronic physical handicaps. THE 7 MINUTE ROTATOR CUFF SOLUTION routines will guarantee you a stronger, healthier cuff, and afford you the best possible protection against the stresses and strains of athletic activity." Following the text is Appendix A which is a more technically oriented description of the rotator cuff and its potential problems, and a Glossary, as well as the extensive list of texts consulted to prepare this book. When we heard about this publication the appropriateness of the subject matter to Powerlifting was self-evident. How many old time lifters do you know where minor injuries to the rotator cuff have, indeed, developed


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Back view of dog appears on back of shirt



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INTERVIEW

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

LARRY MCCAULEY as interviewed for PL USA by Chris Confessore

tion. Be careful not to overtrain; more is not better. Get plenty of rest and good nutrition; you're never too old.

CHRIS: How many typical years do you compete in a typical year, and how long do your training cycles last?

LARRY: I like to compete in about five or six - the USPF Nationals, the APF Nationals, and both Worlds. In 1987 I won the IPF Worlds and the WPC Worlds.

CHRIS: Larry, it is true on the Foster Formula, which is based on age and weight, that you're total ranks in the top live of the world?

LARRY: Well, that is true based on the formula.
CHRIS: Larry, thanks for the interview and keep up the good work. Are there any comments that you would like to make?
LARRY: Yes - to all my friends and all the great athletes I've made friends with, a hearty thanks for 12 great years.



Larry in International Powerlifting Federation competition in Australia.

Move over George Foreman and make room for powerlifting's own ageless athlete, Larry McCauley. Larry is a great example to the average Joe that it is never too late to start weight training. Larry was a 49 year old with a little pot belly when the power bug hit him, and now, 17 years later, he's on top of his sport and still going strong.

CHRIS: So Larry, where do you live and train?

LARRY: I live in Philadelphia, PA, and I train at the Power Pit Gym also in Philly.

CHRIS: Larry, just how ageless are you? And tell us when the power bug hit you.

LARRY: I am 66 years old, and I started competing in powerlifting when I was 54. My first meet I totaled 959 at 198.

CHRIS: Larry, tell us about some of your titles and of your many world records.

LARRY: I've won 13 national masters and 8 world master titles in the USPF, APF, IPF and WPC. I hold over 50 national and world records. Actually, it's many more, but I never accepted multiple records at a meet (such as 3 squats, benches, or dead-lifts). All my records except two were set at national or world competitions. My best lifts are squat 551, bench 385, deadlift 640, best total 1565; all were done past the age of 60 years of age.

CHRIS: What is it like to be such a force in the masters division?

LARRY: I never thought of it that way. I just enjoy the competition and the great friends I make.

CHRIS: Larry, I hear you have some great training partners at the Power Pit. Could you tell us about them?

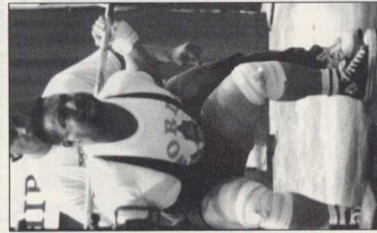
LARRY: I train with Tom Bauers, who is my best friend and owns the gym, and also some very dedicated lifters such as Willy Lewis, Dennis Biagins, John Saxton, Bobby Liss, Mike Lynch, Little Mark, and Doug. Big Willy is on course to win the Senior Nationals soon in the Supers.

CHRIS: Larry, are you big into nutrition, and what type of diet do you follow?

LARRY: Yes, I try to watch what I eat, staying away from junk food, and taking amino acids and vitamins.

CHRIS: Larry, I witnessed that

National Meet Coverage



Scott Smith returned to win the USPF Juniors 100 kg. 20-23 (King)

125-
124-7
20-23

J. Hunt 155 105 155 415

J. Lewis 335 277.5 296.5 858.5

USPF Jr. Nationals, NC on April 10th and 11th saw some 120+ lifters from all over the US vie for a position on the USA Jr. World Men & Women's Teams. The turn out was

Nashua) as the best, but was lacking in stamina some very talented young women battling for a spot on the Jr. Women's World Team.

Women's division was the Best Lifter award for distance traveled for the competition. She is from

Washington, and is coached by her Dad, Gilley's Gym for the 3th year in a row. The team is

coached by Ernie Gilbert, who won too many hats

place Team Award went to Shady Springs High

School, John Lilly, Meet Director for this year's

USPF High School Nationals, is the coach for the

Women's World Team will be coached by Dave

Jeffrey and Ernie Gilbert. The Men's Division was

also check full of talent. Best Lifter award went to

Ernie Gilbert from Florida with 895 kg. total in the

100 kg. class. "In his lifting do his talking."

Team Red Sandvold was second in the overall with

125 Muller edging him out by a tenth of a kilo on

total. Team Red Sandvold was second in the overall with

Team Red Sandvold was second in the overall with

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Team Red Sandvold was second in the overall with

USPF Jr. Nationals (kg)

10:11 Apr 93 - Greensboro, NC

Women 44

16-17 82.5 55 95 323.5

16-17 92.5 40 102.5 335

16-17 92.5 35 87.5 185

16-17 120 57.5 130 307.5

16-17 53.5 27.5 82.5 162.5

16-19 127.5 60 132.5 320

56 122.5 67.5 132.5 322.5

135 60 130 325

130 40 110 310

97.5 57.5 112.5 267.5

115 47.5 135 297.5

67.5 45 105 287.5

115 47.5 125 287.5

60 45 112.5 217.5

145 75 160 380

115 52.5 157.5 325

117.5 60 142.5 320

60 40 120 220

195 100 205 500

157.5 97.5 147.5 402.5

137.5 85 140 362.5

170 122.5 227.5 520

192.5 97.5 202.5 492.5

277.5 160 272.5 710

252.5 172.5 265 690

227.5 157.5 250 635

230 120 250 600

145 132.5 182.5 440

130 92.5 192.5 415

210 115 187.5 512.5

182.5 107.5 185 475

182.5 150 205 537.5

272.5 165 295 732.5

200 142.5 222.5 635

205 125 215 545

172.5 137.5 205 515

125 75 160 360

155 115 217.5 460

195 102.5 215 512.5

323.5 193.5 302.5 817.5

205 185 302.5 787.5

317.5 197.5 242.5 757.5

190 115 200 505

145 95 185 425

350 190 305 832.5

287.5 177.5 262.5 732.5

260 175 282.5 717.5

247.5 162.5 247.5 657.5

230 175 245 640

267.5 157.5 217.5 642.5

185 110 180 475

130 90 215 435

297.5 150 255 702.5

367.5 237.5 290 895

287.5 205 290 782.5

285 185 285 725

287.5 202.5 227.5 717.5

280 142.5 222.5 645

ADPPA North American (kg)

13,14 Mar 93 - Wilkes-Barre, PA

Masters 49

242.5 170 242.5 655

212.5 115 212.5 540

212.5 110 212.5 550

117.5 110 185 412.5

170 115 190 475

150 132.5 187.5 470

160 137.5 155 452.5

120 77.5 137.5 335

100 75 105 282.5

75 47.5 100 235

92.5 55 112.5 260

120 72.5 142.5 335

175 90 170 435

117.5 42.5 125 285

142.5 67.5 177.5 382.5

115 80 137.5 307.5

162.5 120 172.5 452

115 80 137.5 332.5

227.5 135 240 602.5

187.5 117.5 205 510

187.5 112.5 192.5 462.5

250 177.5 240 667.5

242.5 152.5 260 652.5

192.5 153 210 547.5

145 112.5 175 432.5

250 177.5 240 667.5

242.5 150 240 622.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

250 177.5 240 667.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

250 177.5 240 667.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

250 177.5 240 667.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

250 177.5 240 667.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

250 177.5 240 667.5

235 145 242.5 622.5

177.5 110 177.5 465

145 112.5 175 432.5

APF Jr. Nationals

3, 4 APR 93 - Peoria, IL

Women 50

92.5 62.5 105 260

100 92.5 145 377.5

140 127.5 195 502.5

200 107.5 217.5 525

185 105 200 505

145 95 185 425

350 190 305 832.5

287.5 177.5 262.5 732.5

260 175 282.5 717.5

247.5 162.5 247.5 657.5

230 175 245 640

267.5 157.5 217.5 642.5

185 110 180 475

130 90 215 435

297.5 150 255 702.5

367.5 237.5 290 895

287.5 205 290 782.5

285 185 285 725

287.5 202.5 227.5 717.5

280 142.5 222.5 645

195 102.5 215 512.5

323.5 193.5 302.5 817.5

205 185 302.5 787.5

317.5 197.5 242.5 757.5

190 115 200 505

145 95 185 425

350 190 305 832.5

287.5 177.5 262.5 732.5

260 175 282.5 717.5

247.5 162.5 247.5 657.5

230 175 245 640

267.5 157.5 217.5 642.5

185 110 180 475

130 90 215 435

297.5 150 255 702.5

367.5 237.5 290 895

287.5 205 290 782.5

285 185 285 725

287.5 202.5 227.5 717.5

280 142.5 222.5 645

195 102.5 215 512.5

TOP 100

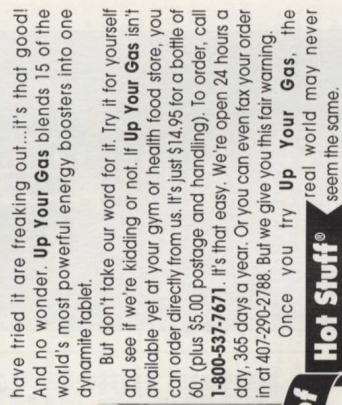
For 242 lb./110 kg. USA lifters competing in results received from April 1992 through March 1993.

SQUAT	BENCH	DEADLIFT	TOTAL
1 600 Nimmans, S., 5/20/92	600 Nimmans, S., 5/20/92	782 Jacobs, D., 11/19/92	2182 Leslie, C., 11/15/92
2 870 Leslie, C., 11/15/92	565 Bickel, B., 11/12/92	755 Williams, K., 3/27/93	2110 Thompson, G., 7/25/92
3 850 Swainson, S., 1/16/93	580 Thomas, R., 9/26/92	760 Leslie, C., 3/20/93	2060 Williams, K., 3/27/93
4 848 Barnhart, J., 7/25/92	575 Leslie, C., 11/14/92	755 D'Onofri, A., 9/16/92	2044 Hahn, M., 7/25/92
5 824 Dutton, B., 7/25/92	565 Bell, J., 8/1/92	750 D'Onofri, A., 9/16/92	1990 Haddad, M., 3/27/93
6 806 Smith, M., 6/19/92	555 Avra, R., 9/26/92	749 Barnhart, J., 7/25/92	1989 Stewart, A., 6/16/92
7 804 Hahn, M., 7/10/10/92	535 Anderson, C., 8/7/92	749 Barnhart, J., 7/25/92	1989 Stewart, A., 6/16/92
8 800 Hickory, D., 7/11/92	530 Byers, T., 4/26/92	745 Bickel, B., 11/12/92	1978 DeRosa, R., 7/25/92
9 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	745 Haddad, M., 10/10/92	1967 Spanakides, C., 10/11/92
10 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	740 Kohler, C., 2/27/93	1960 Bickel, S., 3/13/93
11 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
12 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
13 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
14 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
15 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
16 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
17 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
18 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
19 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
20 788 Haddad, M., 10/10/92	530 Bell, S., 4/25/92	735 Williams, K., 3/27/93	1945 Dutton, B., 7/25/92
21 760 Luck, B., 12/15/92	520 Deth, M., 6/16/92	710 White, P., 5/16/92	1900 Hallman, M., 10/11/92
22 760 Luck, B., 12/15/92	520 Deth, M., 6/16/92	710 White, P., 5/16/92	1885 Hansen, L., 1/23/93
23 750 O'Brien, R., 4/1/92	520 O'Halloran, A., 9/15/92	705 O'Halloran, A., 9/15/92	1885 Hansen, L., 1/23/93
24 750 O'Brien, R., 4/1/92	520 O'Halloran, A., 9/15/92	705 O'Halloran, A., 9/15/92	1885 Hansen, L., 1/23/93
25 750 O'Brien, R., 4/1/92	520 O'Halloran, A., 9/15/92	705 O'Halloran, A., 9/15/92	1885 Hansen, L., 1/23/93
26 745 Bickel, S., 3/13/93	518 D'Onofri, A., 9/16/92	710 Reiss, A., 2/16/93	1875 D'Onofri, A., 9/16/92
27 745 Bickel, S., 3/13/93	518 D'Onofri, A., 9/16/92	710 Reiss, A., 2/16/93	1875 D'Onofri, A., 9/16/92
28 745 Bickel, S., 3/13/93	518 D'Onofri, A., 9/16/92	710 Reiss, A., 2/16/93	1875 D'Onofri, A., 9/16/92
29 745 Bickel, S., 3/13/93	518 D'Onofri, A., 9/16/92	710 Reiss, A., 2/16/93	1875 D'Onofri, A., 9/16/92
30 745 Bickel, S., 3/13/93	518 D'Onofri, A., 9/16/92	710 Reiss, A., 2/16/93	1875 D'Onofri, A., 9/16/92
31 733 Graham, A., 1/18/92	510 Bickel, S., 3/13/93	705 Becker, L., 2/20/93	1846 Reiss, A., 2/16/93
32 733 Graham, A., 1/18/92	510 Bickel, S., 3/13/93	705 Becker, L., 2/20/93	1846 Reiss, A., 2/16/93
33 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
34 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
35 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
36 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
37 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
38 727 Harrison, M., 4/1/92	507 Gustin, M., 7/7/92	705 O'Halloran, A., 9/15/92	1835 Cooley, J., 1/17/21/92
39 722 Pedrick, B., 4/1/92	501 Nease, B., 7/25/92	688 D'Onofri, A., 9/16/92	1813 Cooney, C., 6/16/92
40 722 Pedrick, B., 4/1/92	501 Nease, B., 7/25/92	688 D'Onofri, A., 9/16/92	1813 Cooney, C., 6/16/92
41 722 Bell, M., 11/21/92	501 McCann, P., 11/16/92	680 Herberich, P., 11/16/92	1805 Leonard, J., 12/15/92
42 722 Bell, M., 11/21/92	501 McCann, P., 11/16/92	680 Herberich, P., 11/16/92	1805 Leonard, J., 12/15/92
43 722 Bell, M., 11/21/92	501 McCann, P., 11/16/92	680 Herberich, P., 11/16/92	1805 Leonard, J., 12/15/92
44 722 Bell, M., 11/21/92	501 McCann, P., 11/16/92	680 Herberich, P., 11/16/92	1805 Leonard, J., 12/15/92
45 716 Cooney, C., 6/16/92	500 O'Connell, J., 1/21/92	677 McInnes, F., 11/21/92	1800 Marino, M., 11/21/92
46 716 Cooney, C., 6/16/92	500 O'Connell, J., 1/21/92	677 McInnes, F., 11/21/92	1800 Marino, M., 11/21/92
47 716 Cooney, C., 6/16/92	500 O'Connell, J., 1/21/92	677 McInnes, F., 11/21/92	1800 Marino, M., 11/21/92
48 710 Lowe, C., 4/7/92	496 Hansen, D., 5/3/92	675 Knecht, T., 4/25/92	1795 Rogers, E., 6/16/92
49 705 Haddad, M., 10/10/92	496 Hansen, D., 5/3/92	675 Knecht, T., 4/25/92	1795 Rogers, E., 6/16/92
50 705 Haddad, M., 10/10/92	496 Hansen, D., 5/3/92	675 Knecht, T., 4/25/92	1795 Rogers, E., 6/16/92
51 705 Winkler, S., 3/24/92	490 D'Onofri, A., 9/16/92	675 Knecht, T., 4/25/92	1785 Swell, E., 4/15/92
52 705 Winkler, S., 3/24/92	490 D'Onofri, A., 9/16/92	675 Knecht, T., 4/25/92	1785 Swell, E., 4/15/92
53 705 Winkler, S., 3/24/92	490 D'Onofri, A., 9/16/92	675 Knecht, T., 4/25/92	1785 Swell, E., 4/15/92
54 705 O'Brien, R., 4/1/92	490 D'Onofri, A., 9/16/92	675 Knecht, T., 4/25/92	1785 Swell, E., 4/15/92
55 705 O'Brien, R., 4/1/92	490 D'Onofri, A., 9/16/92	675 Knecht, T., 4/25/92	1785 Swell, E., 4/15/92
56 700 Camp, V., 4/25/92	490 Haddad, M., 10/10/92	665 Bickel, S., 3/13/93	1770 Maddox, L., 6/20/92
57 700 Camp, V., 4/25/92	490 Haddad, M., 10/10/92	665 Bickel, S., 3/13/93	1770 Maddox, L., 6/20/92
58 700 Camp, V., 4/25/92	490 Haddad, M., 10/10/92	665 Bickel, S., 3/13/93	1770 Maddox, L., 6/20/92
59 700 Camp, V., 4/25/92	490 Haddad, M., 10/10/92	665 Bickel, S., 3/13/93	1770 Maddox, L., 6/20/92
60 700 Rank, R., 11/14/92	485 Merritt, C., 4/11/92	660 Wagner, N., 9/19/92	1747 Cooney, C., 6/16/92
61 700 Rank, R., 11/14/92	485 Merritt, C., 4/11/92	660 Wagner, N., 9/19/92	1747 Cooney, C., 6/16/92
62 699 McCann, P., 11/16/92	485 Ferguson, J., 11/14/92	660 Bennett, D., 10/3/92	1741 Hammans, E., 3/4/93
63 699 McCann, P., 11/16/92	485 Ferguson, J., 11/14/92	660 Bennett, D., 10/3/92	1741 Hammans, E., 3/4/93
64 699 McCann, P., 11/16/92	485 Ferguson, J., 11/14/92	660 Bennett, D., 10/3/92	1741 Hammans, E., 3/4/93
65 694 Kohman, M., 10/11/92	480 Fletcher, P., 9/11/92	660 Bickel, S., 3/13/93	1730 Hedge, L., 10/9/92
66 694 Kohman, M., 10/11/92	480 Fletcher, P., 9/11/92	660 Bickel, S., 3/13/93	1730 Hedge, L., 10/9/92
67 688 Swainson, S., 1/16/93	480 Caslav, R., 5/15/92	660 Mori, B., 3/27/93	1730 Hedge, L., 10/9/92
68 688 Swainson, S., 1/16/93	480 Caslav, R., 5/15/92	660 Mori, B., 3/27/93	1730 Hedge, L., 10/9/92
69 688 Swainson, S., 1/16/93	480 Caslav, R., 5/15/92	660 Mori, B., 3/27/93	1730 Hedge, L., 10/9/92
70 683 Zier, H., 8/18/92	475 Fillion, S., 4/1/92	655 Phillips, B., 5/17/92	1725 Ruder, K., 2/28/93
71 683 Zier, H., 8/18/92	475 Fillion, S., 4/1/92	655 Phillips, B., 5/17/92	1725 Ruder, K., 2/28/93
72 683 Zier, H., 8/18/92	475 Fillion, S., 4/1/92	655 Phillips, B., 5/17/92	1725 Ruder, K., 2/28/93
73 683 Zier, H., 8/18/92	475 Fillion, S., 4/1/92	655 Phillips, B., 5/17/92	1725 Ruder, K., 2/28/93
74 683 Zier, H., 8/18/92	475 Fillion, S., 4/1/92	655 Phillips, B., 5/17/92	1725 Ruder, K., 2/28/93
75 677 Rogers, E., 6/16/92	475 Preece, W., 7/11/92	650 Boyce, N., 6/21/92	1720 O'Donnell, J., 10/11/92
76 677 Rogers, E., 6/16/92	475 Preece, W., 7/11/92	650 Boyce, N., 6/21/92	1720 O'Donnell, J., 10/11/92
77 677 Rogers, E., 6/16/92	475 Preece, W., 7/11/92	650 Boyce, N., 6/21/92	1720 O'Donnell, J., 10/11/92
78 675 Stevenson, B., 2/7/93	475 Deth, A., 3/16/92	650 Brunson, E., 7/4/92	1719 Phillips, B., 7/11/92
79 675 Stevenson, B., 2/7/93	475 Deth, A., 3/16/92	650 Brunson, E., 7/4/92	1719 Phillips, B., 7/11/92
80 675 Stevenson, B., 2/7/93	475 Deth, A., 3/16/92	650 Brunson, E., 7/4/92	1719 Phillips, B., 7/11/92
81 672 Jones, K., 4/26/92	475 McBride, C., 4/25/92	650 Minor, W., 4/15/92	1715 Cook, S., 9/16/92
82 672 Jones, K., 4/26/92	475 McBride, C., 4/25/92	650 Minor, W., 4/15/92	1715 Cook, S., 9/16/92
83 672 Jones, K., 4/26/92	475 McBride, C., 4/25/92	650 Minor, W., 4/15/92	1715 Cook, S., 9/16/92
84 672 Jones, K., 4/26/92	475 McBride, C., 4/25/92	650 Minor, W., 4/15/92	1715 Cook, S., 9/16/92
85 672 Jones, K., 4/26/92	475 McBride, C., 4/25/92	650 Minor, W., 4/15/92	1715 Cook, S., 9/16/92
86 670 Waddell, T., 11/21/92	470 Shupe, M., 6/20/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
87 670 Waddell, T., 11/21/92	470 Shupe, M., 6/20/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
88 670 Waddell, T., 11/21/92	470 Shupe, M., 6/20/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
89 666 Hahn, M., 7/10/10/92	470 Dutton, B., 7/25/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
90 666 Hahn, M., 7/10/10/92	470 Dutton, B., 7/25/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
91 666 Hahn, M., 7/10/10/92	470 Dutton, B., 7/25/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
92 666 Hahn, M., 7/10/10/92	470 Dutton, B., 7/25/92	644 Washington, B., 6/16/92	1708 Cunningham, P., 10/11/92
93 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
94 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
95 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
96 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
97 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
98 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
99 661 Ivins, R., 4/15/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93
100 660 Bennett, D., 10/3/92	470 Hunter, S., 3/27/93	640 Kaler, E., 5/7/92	1697 McDonald, M., 3/28/93

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INTERVIEW

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

BG: Give us some information on yourself.

JP: My name is Joseph Ponnier, and I'm 40 years old. My address is 15 Rue du Chemin de Fer, 77340 Pontault-Combault, France.

JP: What is your profession?

JP: I work in the American firm ROHM and HAAS France.

BG: Joseph, how long have you been training?

JP: I have been training for 25 years, bench press only (neither squat nor deadlift), and competing for 20 years at the national level, and 2 years at the international level with the WDFPF (bench press only).

BG: How did you get started?

JP: I started training for power in 1967 in a gym in Paris. By luck, the gym was attended by the best powerlifters of the moment, and I took the opportunity of learning and increasing my strength, as I had the motivation.

BG: What are your best lifts?

JP: My best lifts at a body weight of 67.5 Kilos: A. Maximum number of reps: 100 Kilos - 27 Reps; 180 Kilos - 3 Sets of 5 Reps Each; 150 Kilos - 13 Reps (Without bouncing on chest), B. Best lift -

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Then next week 172.5 X 5 X 1; 162.5 X 5 X 4. Then 175 X 5 X 1; 165 X 5 X 4 (On Mondays & Fridays, I always do 150 X 5 X 5; 160 X 5 X 5).

BG: Joseph, what advice would you have for beginners?

JP: In my opinion, sport must be a pleasure. One must be happy to train and to meet friends. So enjoy being at the gym. This is my first advice to beginners. Then, be patient, learn, know yourself through the training, and try to find your own training program. Never forget that a training program can benefit a lifter, but not all of them. A good training program is an efficient one, for YOU. Thirdly, our sport is not a money affair, do it cleanly, and never take any drug.

BG: Who are lifters you admire?

JP: I don't have a "hero" in powerlifting, or in bench press, but I must admit that I admire Betty Altizer, and all lifters who break records and can outclass drug users.

BG: Joseph, do you have any other hobbies besides lifting?

JP: My hobby is fishing (at the sea or in a pool).

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

JP: I personally think that bench press is going to be a very popular sport. We have to exploit this situation and develop it, as many young bench pressers will come to powerlifting through bench pressing.

I think that very soon, the WDFPF officials will have to set up rules about bench press competitions. When organized, this sport can become very popular; this is why nothing should be neglected. In national and international contests, the bench must be adjustable in height, and must be long enough to allow the lifter's head to be under the bar. If this is not the case, the lifter who doesn't want the bar to be given by spotters will NOT be able to take the bar in good conditions, so he will not be able to perform his best lift.

The popularity of the bench press has made a lot of benchers come to powerlifting in France. So, the WDFPF officials should bear in mind that the future of powerlifting is in some way conditioned by the bench press.

Have a good training, and see you on the platform!

JOSEPH PONNIER

as interviewed for POWERLIFTING USA by Bob Gaynor

cheating, not only with the other, but also with themselves.

BG: Do you follow any special diet or supplementation program?

JP: I don't have a special food; I never diet. I eat like anyone.

BG: Please give us a breakdown of your training.

JP: I train three times a week, on Mondays, Wednesdays, and Fridays, and I only do bench press. I have stopped all bodybuilding work for 12 years to specialize on the bench press. After warm-up, I train like this: On Mondays - 150 kg., 5 Sets of 5 Reps. (with a pause on the chest at each rep.) On Wednesdays - 170 kg. X 5 X 1; 160 kg. X 5 X 4. On Fridays - 160 kg. X 5 X 5. On Mondays and Fridays I do not change my training. On Wednesdays, I change each week: Ex - 170 X 5 X 1; 160 X 5 X 4. Then next week 170 X 5 X 2; 160 X 5 X 3. Then 170 X 5 X 3, 160 X 5 X 2, up to 170 X 5 X 5. Before a contest, I go like this: 170 X 5 X 1, 160 X 5 X 4.

So, a 100% natural lift.

BG: Joseph, please share with us your views on steroids.

JP: I am absolutely opposed to the usage of any kind of drug. An athlete should have the opportunity of doing a sport without any danger for his health. Of course, we know some champions who die from drug abuse, or who become ill or disabled for the rest of their life. So controls must be made so that clean lifters are proud of being the best, without

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Joseph Ponnier... one of the very best bench pressers in the world, especially in the drug free category.



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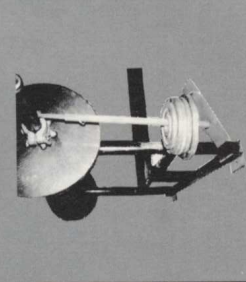
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Nevada City, California 95959 U.S.A.

USA All Time TOP 100 Benchers-198 compiled by HERB GLOSSBRENER

600	02APR89	LEE, J.	ESSORE, C
573	17MAR89	SERBOLD, R	
570	06JUN89	KELLUM, J	
565	14OCT76	MACDONALD, M	
560	08JUL89	SUCCAROTTE, A	
550	18FEB91	WRIGHT, J	
545	12FEB87	WRIGHT, B	
	14APR86	BELL, G	
540	07MAR88	WALKER, R	
539	15AUG76	PACIFICCO, L	
535	03NOV90	YEASBY, F	
529	16AUG87	PITTMAN, R	
525	16AUG87	GLYMPH, R	
525	01AUG87	GILKINSON, D	
525	26JUN88	DAVIES, D	
525	09NOV91	KEY, C	
523	14MAY89	GRAHAM, J	
520	22NOV86	REEVES, J	
520	07NOV87	WHEELER, W	
520	02SEP89	BARTLEY, J	
518	31AUG75	RAVENSCROFT, E	
518	21FEB82	WRIGHT, W	
518	21FEB87	WRIGHT, D	
	13MAY89	BOLDEN, B	
518	20MAR89	PITTMAN, A	
515	13NOV88	PILLIPS, M	
515	27APR91	BROUILLETTE, D	
515	09NOV91	FLYNN, S	
515	06DEC80	BRIDGES, M	
507	06JUN82	WALSH, B	
507	08JUN82	SIVA, F	
507	08JUN82	POINTER, P	
507	15MAR86	BULLARD, D	
507	12OCT86	ASTON, H	
505	27NOV82	MAGYARI, P	
505	05NOV88	PAUKETT, D	
505	14DEC91	JONES, B	
505	14DEC91	HAMILTON, J	
505	14DEC91	TOWNSHEND, N	
501	14NOV82	ASTON, P	
501	05FEB84	MOTTA, R	
501	03MAR85	COAN, E	
501	23JUL89	SMITH, R	
501	23JUL89	DUKE, B	
501	01DEC89	TERRELL, D	
501	01APR89	WATSON, C	
501	05NOV92	LUNDY, R	
500	12MAR78	NEEDHAM, J	
500	20FEB85	SHERIDAN, J	
500	20FEB85	DELVECHIO, J	
500	23DEC84	SHEPARD, K	
500	24APR88	WATSON, M	
500	24APR88	LAYSIS, T	
500	24APR88	CHORPENNING, J	
500	14AUG88	MULLAN, D	
500	04AUG90	GARCIA, A	
500	04AUG90	HERRING, G	
500	10FEB81	DEGEORGE, T	
500	09NOV91	DEAMON, R	
500	09NOV91	MOYNIHAN, J	
500	21MAR92	LAFANNA, D	
500	12APR92	BARRIOS, J	
497	30AUG89	WATSON, D	
497	30AUG89	RAY, R	
496	03OCT92	LEWIS, P	
495	23MAY91	THOMPSON, G	
495	23MAY91	DRIGO, G	
490	07DEC88	DAVIS, K	
490	11NOV84	SANGER, B	
490	07JUN87	SEWELL, G	
490	12NOV88	PAVIS, K	
490	01FEB92	QUARLES, L	
490	01FEB92	STOCKTON, S	
485	79	MARKIN, D	
485	09MAR80	ESTEP, R	
485	09MAR80	WHART, T	
485	19MAR83	PAYNE, G	
485	14JUL84	SIMMONS, C	
485	12APR88	TULLIS, R	
485	05JUL87	VABEL, J	
485	01APR89	BORKEN, T	
485	26JAN91	SHEPARD, H	
485	01AUG91	OLSEN, R	

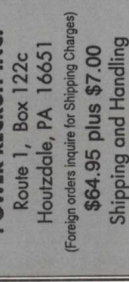
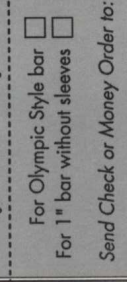
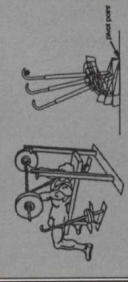
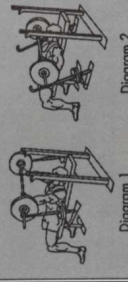
(wheelchair, amputees, etc. not included)

WEIGHT RELEASE DEVELOPS EXPLOSIVE STRENGTH



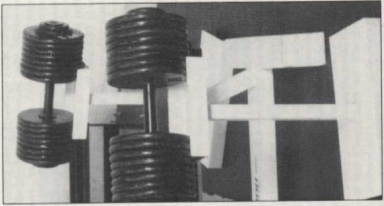
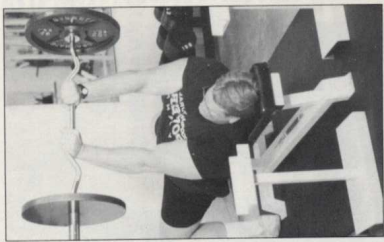
Louie Simmons says, "They are, no doubt the best apparatus I have ever used for the bench press."

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



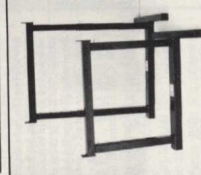
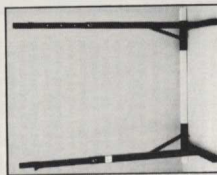
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Dear Mike:

I have been a subscriber to *Powerlifting USA* for many years. Your articles have helped inspire me to break my old goal of bench pressing 500 lbs. and set a new bench press goal of 575-600 lbs. Last year I set a new Florida bench press record (SHW) 535 lbs. I am writing you this letter to bring to your attention a new product that I have developed out of necessity. Recently, I had some 173, 188, 202 lb. dumbbells made to do flat and incline dumbbell presses. I was having a hard time getting people in the gym to hand me the dumbbells. So, I made some stands to get the dumbbells up off the ground, approx. bench height. It worked! Now I don't have to worry about the hand-off and can go about my business of breaking my goals! The last couple of months have been remarkable. All types of people, powerlifters to weekly members, in the gym began to use them for many different types of exercises from shoulder shrugs, curls, tricep extensions to flies. I thought that some of your readers might benefit from the stands. Enclosed are some photos and brief description that I hope you could use in your New Product section.

John Clifton Jahn

APA-UBPF Tasmanian Devil Bench Press Invitational

10 APR 93 - Fresno, CA

Class	1st	2nd	3rd	4th	5th
123	R. Couch	377	Mens Submaster	405	
132	L. Turner	300	Women Submaster	370	
133	C. Mutschka	285	Women Submaster	370	
134	R. Hadzini	205	K. Couch-123	162	
148	P. Rogalski	352	P. Rogalski-132	170	
150	N. Corrallo	315	N. Corrallo	172	
151	M. Margolis	340	M. Margolis	181	240
152	C. Chun	335	A. James-105	160	
153	S. Turner	530	K. Burgess-198	155	
154	D. Monroe	295	Teen	500	
181	J. Roeker	600	J. Roeker	500	
182	R. Wierwille	450	T. Kozlowski	380	
198	P. Lewis	500	G. Hraz	200	
200	P. Lewis	500	C. Glaz	195	
201	J. Zapata	470	Master 40-45	410	
202	M. Villareal	460	M. Villareal	320	
220	T. Barnes	500	M. Nakamura	355	
221	S. Nichols	470	Master 45-49	350	
222	L. Johnson	325	D. Malzone	220	
242	R. Robles	405	Heavy	435	
243	R. Hubbard	305	D. Smith	420	
275	N. Burnel	465	M. Sperrling	335	
280	N. Sumnerville	400	Master 50+	355	
281	S. Hill	535	J. Fine	210	
282	S. Hill	420	J. Fine	210	

(See contest report on page 7)

Northeastern Ohio High School

27 Feb 93 - Akron, OH

Class	1st	2nd	3rd	4th	5th	Total
125	M. Preswit	135	210	345		
126	J. DeWitt	75	205	280		
127	G. Parks	155	365	520		
128	M. Reagan	170	250	420		
129	H. Stueck	160	205	365		
130	K. Cheney	265	380	645		
131	D. Lilo	200	400	600		
132	J. Backenstok	200	370	590		
133	B. Merriman	205	340	545		

Class	1st	2nd	3rd	4th	5th	Total
134	A. Brewer	145	340	485		
135	C. Parks	95	250	345		
136	M. Reagan	95	225	320		
137	H. Stueck	85	180	265		
138	K. Cheney	70	150	220		
139	D. Lilo	130	260	390		
140	J. Backenstok	150	240	390		
141	B. Merriman	1185				
142	M. Vajuro	720	105	825		
143	J. Dulaui	590	114	704		
144	P. Seng	1010	R. Sabaka	535		
145	F. Ruiz	845	L. Weaver	460		
146	A. Shipstonower	705	J. Lund	405		
147	M. Magin	575	123			
148	A. Reyes	1095	F. Blum	545		
149	C. Rodriguez	1065	S. Lawrence	505		
150	A. Rodriguez	1015	S. S. Lawrence	505		
151	A. Davilla	950	C. Jackson	405		
152	S. Becher	980	M. Pannick	440		
153	J. Cabrera	1130	C. Hagler	570		
154	B. Scott	980	A. Gleason	550		
155	E. Zuniga	950	M. Perry	475		
156	R. McCloud	900	148			
157	R. Leon	1195	D. Hart	600		
158	J. Morin	1020	K. Heemah	570		
159	L. Castilleja	1065	J. Eaton	500		
160	C. Smith	1215	D. Miller	710		
161	D. Svirguy	1085	M. McGuire	515		
162	C. Byers	1070	A. Madril	435		
163	R. Schuler	1070	A. Valencia	225		
164	R. Schuler	1070	A. Valencia	225		
165	R. Schuler	1070	A. Valencia	225		
166	R. Schuler	1070	A. Valencia	225		
167	R. Schuler	1070	A. Valencia	225		
168	R. Schuler	1070	A. Valencia	225		
169	R. Schuler	1070	A. Valencia	225		
170	R. Schuler	1070	A. Valencia	225		
171	R. Schuler	1070	A. Valencia	225		
172	R. Schuler	1070	A. Valencia	225		
173	R. Schuler	1070	A. Valencia	225		
174	R. Schuler	1070	A. Valencia	225		
175	R. Schuler	1070	A. Valencia	225		
176	R. Schuler	1070	A. Valencia	225		
177	R. Schuler	1070	A. Valencia	225		
178	R. Schuler	1070	A. Valencia	225		
179	R. Schuler	1070	A. Valencia	225		
180	R. Schuler	1070	A. Valencia	225		
181	R. Schuler	1070	A. Valencia	225		
182	R. Schuler	1070	A. Valencia	225		
183	R. Schuler	1070	A. Valencia	225		
184	R. Schuler	1070	A. Valencia	225		
185	R. Schuler	1070	A. Valencia	225		
186	R. Schuler	1070	A. Valencia	225		
187	R. Schuler	1070	A. Valencia	225		
188	R. Schuler	1070	A. Valencia	225		
189	R. Schuler	1070	A. Valencia	225		
190	R. Schuler	1070	A. Valencia	225		
191	R. Schuler	1070	A. Valencia	225		
192	R. Schuler	1070	A. Valencia	225		
193	R. Schuler	1070	A. Valencia	225		
194	R. Schuler	1070	A. Valencia	225		
195	R. Schuler	1070	A. Valencia	225		
196	R. Schuler	1070	A. Valencia	225		
197	R. Schuler	1070	A. Valencia	225		
198	R. Schuler	1070	A. Valencia	225		
199	R. Schuler	1070	A. Valencia	225		
200	R. Schuler	1070	A. Valencia	225		
201	R. Schuler	1070	A. Valencia	225		
202	R. Schuler	1070	A. Valencia	225		
203	R. Schuler	1070	A. Valencia	225		
204	R. Schuler	1070	A. Valencia	225		
205	R. Schuler	1070	A. Valencia	225		
206	R. Schuler	1070	A. Valencia	225		
207	R. Schuler	1070	A. Valencia	225		
208	R. Schuler	1070	A. Valencia	225		
209	R. Schuler	1070	A. Valencia	225		
210	R. Schuler	1070	A. Valencia	225		

ADFFA TOP 20

67.5 kg 148 lb.

SQUAT

1.	650	Compton, T.	3/27/93
2.	562	Kimbale, D.	4/11/92
3.	551	Kapstein, E.	6/6/92
4.	540	Page, G.	10/17/92
5.	539	Smith, A.	4/5/92
6.	538	Blake, H.	2/27/93
7.	537	Blake, H.	2/27/93
8.	536	Blake, H.	2/27/93
9.	535	Blake, H.	2/27/93
10.	534	Blake, H.	2/27/93
11.	533	Blake, H.	2/27/93
12.	532	Blake, H.	2/27/93
13.	531	Blake, H.	2/27/93
14.	530	Blake, H.	2/27/93
15.	529	Blake, H.	2/27/93
16.	528	Blake, H.	2/27/93
17.	527	Blake, H.	2/27/93
18.	526	Blake, H.	2/27/93
19.	525	Blake, H.	2/27/93
20.	524	Blake, H.	2/27/93

BENCH PRESS

1.	450	Wern, G.	11/21/92
2.	405	Fronzaglia, J.	3/27/93
3.	370	Fronzaglia, J.	3/27/93
4.	365	Audin, J.	2/17/92
5.	360	Baron, R.	4/26/92
6.	350	Blake, H.	2/27/93
7.	341	Lebeck, K.	3/13/93
8.	340	Besty, D.	3/6/93
9.	330	Gayton, C.	4/25/92
10.	330	Gayton, C.	4/25/92
11.	330	Gayton, C.	4/25/92
12.	330	Gayton, C.	4/25/92
13.	330	Gayton, C.	4/25/92
14.	330	Gayton, C.	4/25/92
15.	330	Gayton, C.	4/25/92
16.	330	Gayton, C.	4/25/92
17.	330	Gayton, C.	4/25/92
18.	330	Gayton, C.	4/25/92
19.	330	Gayton, C.	4/25/92
20.	330	Gayton, C.	4/25/92

DEADLIFT

1.	610	Compton, T.	3/27/93
2.	600	Olliver, J.	4/11/92
3.	573	Reynolds, J.	6/6/92
4.	562	Johnson, S.	12/6/92
5.	562	Johnson, S.	12/6/92
6.	562	Johnson, S.	12/6/92
7.	555	Bowe, M.	4/11/92
8.	540	Franklin, S.	12/6/92
9.	545	Blake, H.	2/27/93
10.	530	Benvenuto, J.	9/26/92
11.	530	Benvenuto, J.	9/26/92
12.	529	Payne, M.	2/17/92
13.	529	Holmes, J.	9/25/92
14.	529	Holmes, J.	9/25/92
15.	529	Holmes, J.	9/25/92
16.	529	Holmes, J.	9/25/92
17.	529	Holmes, J.	9/25/92
18.	529	Holmes, J.	9/25/92
19.	529	Holmes, J.	9/25/92
20.	529	Holmes, J.	9/25/92

TOTAL

1.	1645	Compton, T.	3/27/93
2.	1440	Besty, D.	3/6/93
3.	1410	Franklin, S.	12/6/92
4.	1405	Blake, H.	2/27/93
5.	1385	Fronzaglia, J.	3/27/93
6.	1380	Audin, J.	2/17/92
7.	1350	Reynolds, J.	6/6/92
8.	1344	Wannan, L.	6/6/92
9.	1333	Page, G.	10/17/92
10.	1315	Eaddy, R.	4/11/92
11.	1310	Eaddy, R.	4/11/92
12.	1300	Kimbale, D.	4/11/92
13.	1300	Kimbale, D.	4/11

POWERLIFTING USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.
Sep/90 ... APF Seniors, WDFPF Worlds, APF Juniors, World Bench Press

Table with columns for event names, dates, and various categories like 'Bench', 'Total', 'Open', etc.

Table with columns for event names, dates, and various categories like 'Bench', 'Total', 'Open', etc.

An amazing new concept in music enhancement harnessing where to put your Walkman while doing an activity? We at Champ Inc. have the answer for you designed by a world class bodybuilder who got tired of his own cassette player falling off or slipping during his workout. This product can be adapted to any athletic activity, from bodybuilding, powerlifting, swimming, aerobics, jogging, etc.

Advertisement for USPF Oklahoma State 27 Feb 93 - Norman, OK. Includes a photo of a lifter and a list of results.

Advertisement for Paul Anderson Offers... 'The World's Strongest Man Becomes A Christian' - Paul shares his thrilling story about becoming a Christian in 1956 at the Olympic Games in Melbourne, Australia, where he won his gold medal even though he was quite ill.

Advertisement for USPF American Masters record 660 squat at 181, 15 weeks after knee surgery. Includes a photo of Rickey Dale Crain.

Advertisement for Lifetim Drug Free Free Championship. Includes a photo of Vae Maifui and a list of results.

Advertisement for ADFFA Lifetime Drug-Free Natls 27 Feb 93 - St. Louis, MO (kg). Includes a photo of Vae Maifui and a list of results.

Table with columns for event names, dates, and various categories like 'Bench', 'Total', 'Open', etc.

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Table with columns for event names, dates, and various categories like 'Bench', 'Total', 'Open', etc.

Savannah Open Bench Press

27 Feb 93 - Savannah, GA

114	D. Wilson	185
123	D. Wilson	198
132	M. Mulhern	230
133	M. Mulhern	240
134	M. Mulhern	245
135	M. Mulhern	250
136	M. Mulhern	255
137	M. Mulhern	260
138	M. Mulhern	265
139	M. Mulhern	270
140	M. Mulhern	275
141	M. Mulhern	280
142	M. Mulhern	285
143	M. Mulhern	290
144	M. Mulhern	295
145	M. Mulhern	300
146	M. Mulhern	305
147	M. Mulhern	310
148	M. Mulhern	315
149	M. Mulhern	320
150	M. Mulhern	325
151	M. Mulhern	330
152	M. Mulhern	335
153	M. Mulhern	340
154	M. Mulhern	345
155	M. Mulhern	350
156	M. Mulhern	355
157	M. Mulhern	360
158	M. Mulhern	365
159	M. Mulhern	370
160	M. Mulhern	375
161	M. Mulhern	380
162	M. Mulhern	385
163	M. Mulhern	390
164	M. Mulhern	395
165	M. Mulhern	400

ANPPC Drug Free "All Natural Gym" Bench Press & Deadlift

23 Jan 93 - Lindenhurst, NY

1	T. Adams	270
2	T. Adams	275
3	T. Adams	280
4	T. Adams	285
5	T. Adams	290
6	T. Adams	295
7	T. Adams	300
8	T. Adams	305
9	T. Adams	310
10	T. Adams	315
11	T. Adams	320
12	T. Adams	325
13	T. Adams	330
14	T. Adams	335
15	T. Adams	340
16	T. Adams	345
17	T. Adams	350
18	T. Adams	355
19	T. Adams	360
20	T. Adams	365
21	T. Adams	370
22	T. Adams	375
23	T. Adams	380
24	T. Adams	385
25	T. Adams	390
26	T. Adams	395
27	T. Adams	400
28	T. Adams	405
29	T. Adams	410
30	T. Adams	415
31	T. Adams	420
32	T. Adams	425
33	T. Adams	430
34	T. Adams	435
35	T. Adams	440
36	T. Adams	445
37	T. Adams	450
38	T. Adams	455
39	T. Adams	460
40	T. Adams	465
41	T. Adams	470
42	T. Adams	475
43	T. Adams	480
44	T. Adams	485
45	T. Adams	490
46	T. Adams	495
47	T. Adams	500

Mid-Virginia Bench Press/Curl

23 Jan 93 - Stanardsville, VA

1	T. Smith	315
2	T. Smith	320
3	T. Smith	325
4	T. Smith	330
5	T. Smith	335
6	T. Smith	340
7	T. Smith	345
8	T. Smith	350
9	T. Smith	355
10	T. Smith	360
11	T. Smith	365
12	T. Smith	370
13	T. Smith	375
14	T. Smith	380
15	T. Smith	385
16	T. Smith	390
17	T. Smith	395
18	T. Smith	400
19	T. Smith	405
20	T. Smith	410
21	T. Smith	415
22	T. Smith	420
23	T. Smith	425
24	T. Smith	430
25	T. Smith	435
26	T. Smith	440
27	T. Smith	445
28	T. Smith	450
29	T. Smith	455
30	T. Smith	460
31	T. Smith	465
32	T. Smith	470
33	T. Smith	475
34	T. Smith	480
35	T. Smith	485
36	T. Smith	490
37	T. Smith	495
38	T. Smith	500

AVS Open Bench/Deadlift

13 Feb 93 - Omatia, NE

1	T. Cole	370
2	T. Cole	375
3	T. Cole	380
4	T. Cole	385
5	T. Cole	390
6	T. Cole	395
7	T. Cole	400
8	T. Cole	405
9	T. Cole	410
10	T. Cole	415
11	T. Cole	420
12	T. Cole	425
13	T. Cole	430
14	T. Cole	435
15	T. Cole	440
16	T. Cole	445
17	T. Cole	450
18	T. Cole	455
19	T. Cole	460
20	T. Cole	465
21	T. Cole	470
22	T. Cole	475
23	T. Cole	480
24	T. Cole	485
25	T. Cole	490
26	T. Cole	495
27	T. Cole	500

YMCA Santa Maria Strict Curl

6 Feb 93 - Santa Maria, CA

1	B. Conley	135
2	B. Conley	140
3	B. Conley	145
4	B. Conley	150
5	B. Conley	155
6	B. Conley	160
7	B. Conley	165
8	B. Conley	170
9	B. Conley	175
10	B. Conley	180
11	B. Conley	185
12	B. Conley	190
13	B. Conley	195
14	B. Conley	200
15	B. Conley	205
16	B. Conley	210
17	B. Conley	215
18	B. Conley	220
19	B. Conley	225
20	B. Conley	230
21	B. Conley	235
22	B. Conley	240
23	B. Conley	245
24	B. Conley	250
25	B. Conley	255
26	B. Conley	260
27	B. Conley	265
28	B. Conley	270
29	B. Conley	275
30	B. Conley	280
31	B. Conley	285
32	B. Conley	290
33	B. Conley	295
34	B. Conley	300
35	B. Conley	305
36	B. Conley	310
37	B. Conley	315
38	B. Conley	320
39	B. Conley	325
40	B. Conley	330
41	B. Conley	335
42	B. Conley	340
43	B. Conley	345
44	B. Conley	350
45	B. Conley	355
46	B. Conley	360
47	B. Conley	365
48	B. Conley	370
49	B. Conley	375
50	B. Conley	380
51	B. Conley	385
52	B. Conley	390
53	B. Conley	395
54	B. Conley	400
55	B. Conley	405
56	B. Conley	410
57	B. Conley	415
58	B. Conley	420
59	B. Conley	425
60	B. Conley	430
61	B. Conley	435
62	B. Conley	440
63	B. Conley	445
64	B. Conley	450
65	B. Conley	455
66	B. Conley	460
67	B. Conley	465
68	B. Conley	470
69	B. Conley	475
70	B. Conley	480
71	B. Conley	485
72	B. Conley	490
73	B. Conley	495
74	B. Conley	500

4th Whaling City Deadlift

17 Jan 93 - New London, CT

1	M. Ward	490
2	M. Ward	500
3	M. Ward	510
4	M. Ward	520
5	M. Ward	530
6	M. Ward	540
7	M. Ward	550
8	M. Ward	560
9	M. Ward	570
10	M. Ward	580
11	M. Ward	590
12	M. Ward	600
13	M. Ward	610
14	M. Ward	620
15	M. Ward	630
16	M. Ward	640
17	M. Ward	650
18	M. Ward	660
19	M. Ward	670
20	M. Ward	680
21	M. Ward	690
22	M. Ward	700
23	M. Ward	710
24	M. Ward	720
25	M. Ward	730
26	M. Ward	740
27	M. Ward	750
28	M. Ward	760
29	M. Ward	770
30	M. Ward	780
31	M. Ward	790
32	M. Ward	800
33	M. Ward	810
34	M. Ward	820
35	M. Ward	830
36	M. Ward	840
37	M. Ward	850
38	M. Ward	860
39	M. Ward	870
40	M. Ward	880
41	M. Ward	890
42	M. Ward	900
43	M. Ward	910
44	M. Ward	920
45	M. Ward	930
46	M. Ward	940
47	M. Ward	950
48	M. Ward	960
49	M. Ward	970
50	M. Ward	980
51	M. Ward	990
52	M. Ward	1000

1st No Guts-No Glory Bench Press

6 Mar 93 - Seaser, IL

1	M. Ward	490
2	M. Ward	500
3	M. Ward	510
4	M. Ward	520
5	M. Ward	530
6	M. Ward	540
7	M. Ward	550
8	M. Ward	560
9	M. Ward	570
10	M. Ward	580
11	M. Ward	590
12	M. Ward	600
13	M. Ward	610
14	M. Ward	620
15	M. Ward	630
16	M. Ward	640
17	M. Ward	650
18	M. Ward	660
19	M. Ward	670
20	M. Ward	680
21	M. Ward	690
22	M. Ward	700
23	M. Ward	710
24	M. Ward	720
25	M. Ward	730
26	M. Ward	740
27	M. Ward	750
28	M. Ward	760
29	M. Ward	770
30	M. Ward	780
31	M. Ward	790
32	M. Ward	800
33	M. Ward	810
34	M. Ward	820
35	M. Ward	830
36	M. Ward	840
37	M. Ward	850
38	M. Ward	860
39	M. Ward	870
40	M. Ward	880
41	M. Ward	890
42	M. Ward	900
43	M. Ward	910
44	M. Ward	920
45	M. Ward	930
46	M. Ward	940
47	M. Ward	950
48	M. Ward	960
49	M. Ward	970
50	M. Ward	980
51	M. Ward	990
52	M. Ward	1000

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5. Branch Chain Amino 750 mg. Capsules	120	18.95	14.25	11.25	10.25	9.00	9.00		
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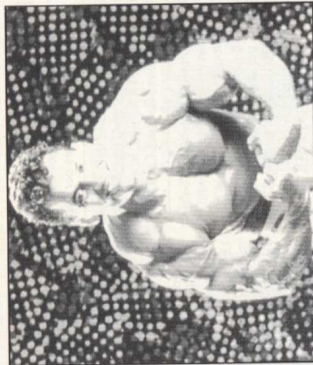
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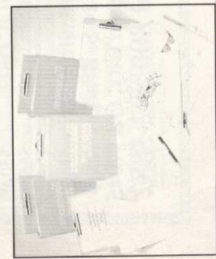
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P.S. When writing a meet director for information ALWAYS include a S.A.S.E. (Stamped, Self-Addressed Envelope), (except for Canadian/foreign meets) for the meet director to return an entry blank or other information to you, and if you decide to telephone a meet director for information, please note if he has a telephone or a fax number and DO NOT CALL THE MEET DIRECTOR COLLECT.

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open, closed, men & women, masters, submasters, teen, Derrin-Jackson, Box 1031, Wilmar, MI 56201.
11 JUL, ADPPA California Women's State Meet, Doug Carroll, Weight Room, 3535 Industrial Dr., Bldg. B2, San Jose, CA 95143; 707-971-8441.
9 JAN, ONI, USPF 4th Texas Death Classic (single and 2 team), 10000 N. Loop W., Ft. Worth, TX 76116; 817-471-6111.
19 MAR, USPF, WOPFF World Championships, Erin Fiddles, 5525 Cedar Lake Rd., St. Louis Park, MN 55416; 612-571-1965.
8,9 OCT, ADPPA National Bench Press, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707; 717-823-6994 or 474-6111.

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12 FEB, USPF Oklahoma State BP, P. Rickay Owen, Box 1322, Shawnee, OK 74802; 405-275-3689.
12 MAR, International ADPPA World Gym/Bench Press (open, master, women, teen), World Gym, 801 W. Dilbold Ave. #111, Cooke, CA 95612; 209-298-6389.
12 MAR, MDSA Super-Spot Nationals/Missouri-Master Bench (W/M), 147 W. Main, Norman, OK 73069; 405-346-0109.
22 JAN, ADPPA Minnesota State Meet, open, master, women, police & fire, Mike Hardt, Box 201905, Bloomington, MN 55420; 612-869-1219.
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9 OCT, Bob Baker Championships (open, masters, teen, women, bench press, deadlift, special olympics), Bob Baker or George Frintona, 10000 N. Loop W., Ft. Worth, TX 76116; 817-471-6111.
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PRESS RELEASE (1/14/93) "Homeopathic Test-Rx and Humagro" by J. Michael Pavloff, Ph.D., Director, Anabolic Research Institute. "Sports Nutrition, Please Take Two Steps Forward": In the never ending quest to be bigger, faster, stronger, more vital and maintain a 22 year old body forever, testosterone Greek and Roman Emperors, warriors and athletes alike were chewing roots and drinking potions in an attempt to somehow stimulate that magic button and turn on the test, transforming them from an ordinary average guy into the stallion of life itself. So, where has 20,000 years of civilization brought us? Well, let's see. We're still chewing roots, and we're still taking potions. Or, we've gone outside the law for such large doses of synthetic hormones, but the biggest and fastest today, is often the slowest and smallest tomorrow, in more ways than one. All for a moment of glory, until now!

Homeopathic medicine is a natural medical science that uses naturally occurring substances of plant, mineral, or animal origin which, when taken in very small doses, stimulate a person's natural defenses or innate healing powers, which is called the law of similars. Whereas a large dose of almost any substance, is seen by the body, as a threat to our human system, i.e. the side effects of anabolic steroid use, by inducing very small amounts of testosterone or GH, the body recognizes it as a naturally occurring substance of its own, and helps to maintain that level, keeping everything in a high state of balance. This is very similar to immunizations or allergy treatments used in conventional medicine, by stimulating the body's own healing process through small dose therapy.

Used throughout Europe and the rest of the world for centuries, Homeopathy was at its peak in the US at the turn of the century. When 15% of all American doctors were Homeopathic Physicians, there were 22 Homeopathic medical colleges and over 1000 Homeopathic pharmacies, but due to strident attacks from the American Medical Association, the ever so powerful pharmaceutical industry, combined with our American "I want a new drug" mentality, homeopathic medicine has declined drastically within the United States over the last 90 years.

Because Homeopathic medicines are recognized and approved by the FDA as "over the counter drugs" they do not require a prescription. Actually, the founding father of the FDA, Dr. Royal Copeland, was a homeopathic physician back in the late 1930's. And now for that step forward: Both a testosterone and a growth hormone stimulating product; yes! growth hormone, the *creme de la creme* of all sports drugs, the one that many would die for and some have died of, is now available in homeopathic form. Legal, safe, effective, and affordable, not exactly the dose that would meet with Mr. Duchaine's approval, but I did say legal, safe, effective, affordable. 3 out of 4 isn't bad. So, throw away your roots, potions, and snake oil, and get ready to step into a new realm of sports nutrition, finally! No, you probably won't see the gains of Sustanon, D-ball, or Gorm, but you also won't look like a paranoid blow-fish with a great set of nips, and you'll be natural, legal, safe, and much healthier.

Biopharma USA, a relatively small company specializing in effective and uniquely esoteric sports nutrition products is now importing testosterone and growth hormone in a homeopathic form. Could this be the real European secret? Both male and female users of these products have reported definite gains in strength, and lean tissue in as little as five days. I would imagine that age, activity level, and diet would also be determining factors. Test-Rx is available

DEAR FELLOW POWERLIFTERS: Due to circumstances beyond this meet directors control, I was forced to cancel this year's Hall of Fame Powerlifting Championships held in Toledo, Oh. each June. I had already announced the event in *Powerlifting USA* for June 5th, but did so prior to 2 major setbacks. When word got out that our meet was cancelled, The Firm Fitness Center and I received calls of both disappointment and support. We appreciate the encouragement and have regrouped with lifting greats Bob Wahl, George Crawford, Lowell Sickler, and others. We will put on the event later in the year and are targeting for late Sept. or mid Oct. for the meet. Thank you for your support and I apologize for any problems this may have caused. Keep your eye of *Powerlifting USA's* coming events for exact date/location and we will see you in the fall. Sincerely, Ken Roberts, Meet Director.

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