

POWERLIFTING



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M-L-XL-XXL \$13.00

Now, a full line of Champion of Champions apparel for today's smart Power Lifters and Body Builders. Our wide variety of belts, suits, briefs and wraps are smartly designed for maximum wearability and made with the finest of materials. Guaranteeing you the upmost in style, safety and all of the function that you've come to expect from Pacifico Enterprises.

Put Pacifico Powerful apparel to work for you during your next workout and train like a PRO! When ordering, send us your height, weight, thigh, and hip measurements.



The Centurion - (1,000 lb Squat Suit - Patent # 5,046,194). Of the many brands of suits out in the powerlifting world, only one suit has ever been unique enough to earn a U.S. Patent...**The Centurion**, from Titan! That's because the dual quad harness design offers a unique support system so revolutionary that it has produced gains of 15 to 60 lbs over what conventional suits give. And we back the Centurion with the **strongest performance guarantee** in the lifting world!
Colors: Navy Blue, Royal Blue & Burgundy. Combination colors available (legal in all organizations)
Centurion-\$60.00 Also available in Custom Tailored Dual Quad-\$75.00

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Radial Redline Wrap - We tried to make it stronger but couldn't. This is the number one wrap in the world! One pair \$15.00/Two pair \$25.00

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Redline Wrist Wrap (Velcro) - Comfortable elastic with convenient thumb loop and velcro fasteners. One pair \$8.00/Two pair \$15.00

Hand Straps - Our new hand straps are made of canvas strap and comes in two sizes (measure fist), 10" or 11". \$6.00 each/Two pair \$11.00

Chalk - 8 - 2 ounce blocks\$10.00

Magnesium Carbonate - 300 capsules \$10.00



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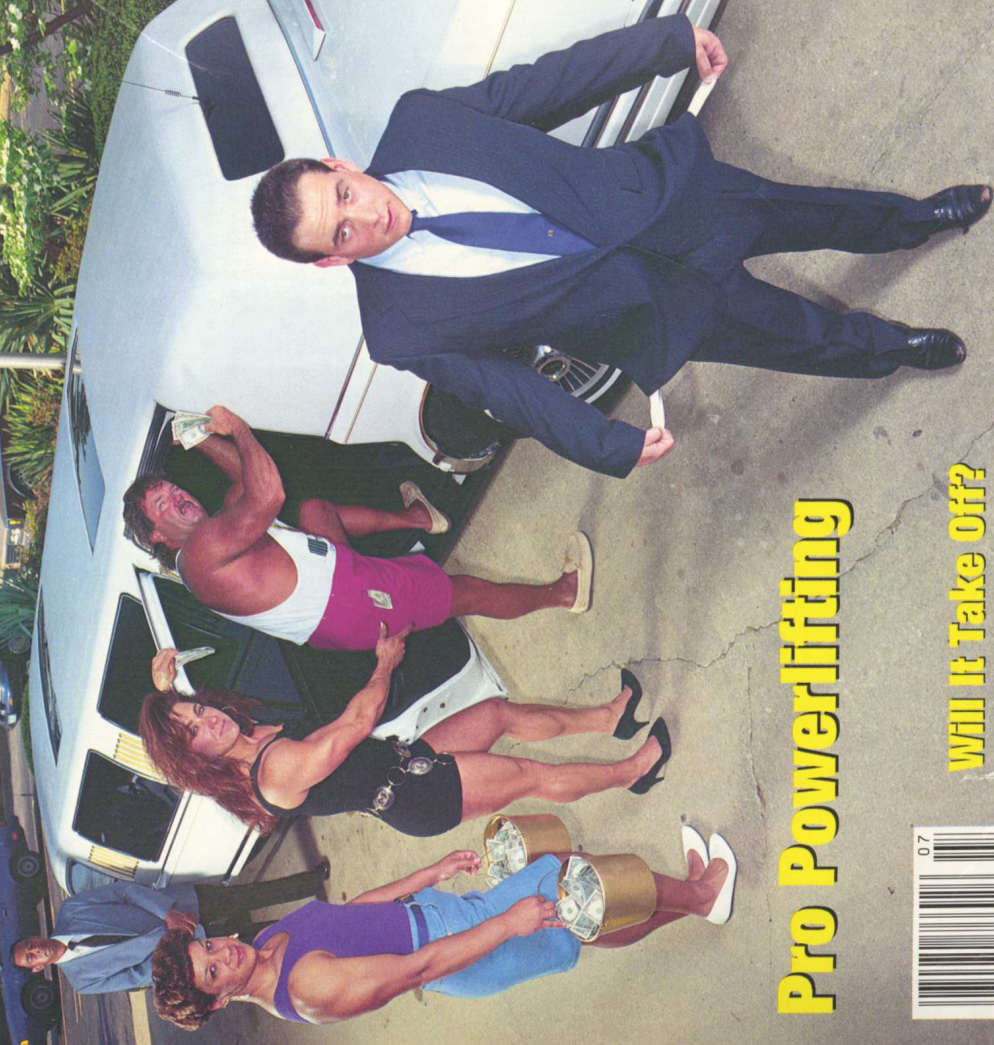
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POWERLIFTING USA

VOL. 16 NO. 12 JUL/93 \$3.50



Pro Powerlifting

Will It Take Off?



How to Build Your Way to Greater Strength and Power: A Surprising Report from Marathon Nutrition

Why Almost Everybody in Powerlifting is Wrong About the Way They Choose and Use Nutritional Supplements

(Plus, The Right and Wrong Ways to Solve the Problem)

Dear Powerlifter,

In the field of powerlifting—where the development of strength, power, and efficient muscular body weight is critical—a lot of people don't understand how to design a nutritional program that complements their lifting program. Nor do they understand why nutrition can be more or less effective for different people.

I'd like to clarify once and for all the real facts of the matter so you can finally make the most intelligent decision about the company you deal with and the supplements you take.

Look, it doesn't matter what anyone promises you, nutritional supplements produce different results for different people depending on training, body composition, diet, and the particular needs at a specific point in time. What this means is that one person can see enormous gains from using a particular supplement, whereas another will see very little gain. It differs for different people based on the factors I've mentioned.

The point? It's this: The only way you, as a seriously committed powerlifter, can determine how significant a benefit any nutritional supplement can produce for you is to try out that product for at least 30 days continuously in conjunction with your regular training program. Only by doing this will you know if a particular supplement works for you.

You Decide if it Works For You

So when you buy from Marathon Nutrition, your purchase is always protected by a quibble-free, no-risk 100% money back guarantee. If you're not satisfied with the results you get from any of our supplements simply return them within 30 days for a full-refund of every penny you paid, including shipping. No questions asked. No hard feelings, either!

By the way, Marathon's 30-day guarantee isn't like anybody else's. Some companies will tell you how great their products are and how many tests they've subjected them to, but then—and this is very important—won't take back any returns if the bottle is opened. Now what kind of a guarantee is that? This may be surprising, but it's a fact.

Why High Quality Means More Lifting Power

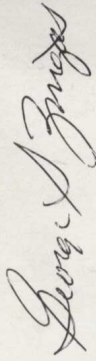
I can't speak for anyone else. But at Marathon, we're committed to making sure you get the best results from your supplements. That's why we've spent 16 years and hundreds of thousands of dollars analyzing, studying, comparing, and evaluating different formulas, potencies, compositions, and combinations. All this work has helped us formulate the highest quality, purest products that produce results for you.

And we continuously test these products. We have their contents tested and verified by pharmaceutical labs. In fact, we won't send a product out unless it's been tested and proven to our satisfaction to produce dramatic strength-building results.

More Successful Training Stories

Because of this, we at Marathon Nutrition have probably more successful training stories and satisfied powerlifters on all levels continuously turning to us for our products than anyone else in the country. And we're

Important: If your order totals \$50 or more, I'll send you a free copy of my new Special Report *The Connection Between Nutrition and Building Great Strength*. This report is a \$29 value. See order form.

Sincerely,


George S. Zangas, President, Marathon Nutrition



A Powerful Trio of Products Formulated to Beef Up Your Training and Increase your Totals!

Increase training intensity by up to 300%

Ephedra Extract 850 mg.

A Powerful 100% Natural Pre-Workout Strength Enhancer and Fat Burner

Marathon's Ephedra Extract is a natural herbal concentrate. As a powerful pre-workout Performance Enhancer, powerlifters, bodybuilders, and other athletes that used this product noticed an almost immediate...

- Increase in training intensity of up to 300%! And training intensity is the single most important factor in your strength and muscle-building efforts.

- 10% - 15% increase in strength from the first time you take it.

- Improvement in focus and concentration during training

- Plus, Ephedra Extract is a powerful fat burner

Marathon's Ephedra concentrate is a 6:1 extract—the highest potency available—making it the most effective product of its kind on the market. We use only the highest quality of the herb Ma-huang to obtain our Ephedra Extract.

The extraction is done with a high-vacuum, low-temperature to guarantee you the purest, most concentrated form of Ephedra. We guarantee your workouts and training sessions will take an immediate upturn when you use this product.

It's a safe, natural, effective way of getting the most out of your workout. And it's compatible with other supplements.

100 Caps (\$24.95) NOW \$29.95 - SAVE \$5.00

or Buy FIRST Bottle of 100 Caps \$24.95

Get 2nd Bottle 100 Caps FREE

Build Great Strength and Muscle Mass with... Pure-Form Diosgenin Extract 100 mg.

In recent years, Diosgenin has been one of the most sought after natural supplements among powerlifters, bodybuilders and other strength athletes because of its unique ability to help develop greater strength and increased muscle mass.

Important: don't be misled! Many of the Diosgenin products currently offered on the market are not concentrated enough to offer the consumer the desired results.

But due to our advanced production methods, we were able to develop a concentrated form of Diosgenin, never before marketed. In fact, it's a powerful 8:1 extract in capsule form. And it will give you far better results than any other Diosgenin product or derivative you've ever used—guaranteed.

Marathon Nutrition's Pure-Form Diosgenin is an extract of Dioscores Composita which is derived from the Mexican yam. The extract is done with a high-vacuum, low temperature to ensure a high concentration of Diosgenin without any degradation of its nutritive values.

Marathon's Pure-Form Diosgenin Concentrated 8:1 Extract will truly benefit anyone interested in getting stronger and building more muscle mass.

100 Caps (\$29.95) NOW \$23.95 - SAVE \$6.00

or Buy FIRST Bottle of 100 Caps for \$29.95

Get 2nd Bottle 100 Caps FREE



Turn Fat into Energy for Better Workouts and a More Muscular Look

L-Carnitine Supreme 1600 Mg. Liquid

Marathon Nutrition is currently introducing the most powerful form of L-Carnitine ever to hit the market. Each serving of L-Carnitine Supreme (2 tablespoons) contains 1600 mg. of pure L-Carnitine in a concentrated liquid, which is the most logical form to use.

L-Carnitine is the spark that will allow you to convert muscle fat into fuel, therefore allowing longer, stronger, more enduring workouts. It helps your body convert fat into energy for better workouts and a more muscular look!

It's almost impossible to manufacture high potencies of L-Carnitine in tablets or capsules because L-Carnitine is very hydroscopic (attracts water) and therefore deteriorates rapidly. L-Carnitine Supreme liquid solves this and several other problems.

- Highest potency available—800 mg. per tablespoon
- We've added B-6 for increased assimilation.
- Because it's a liquid, it's easily used.
- Easy to take and good tasting.
- It's a clear money-saver over tablets and capsules.

12-oz. Bottle (\$24.95) NOW \$19.95 - SAVE \$5.00

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Growth Factor

NutriBlast®

Five-Way Anabolic Stack
The most significant and result-producing anabolic ever developed. Each portion contains the 5 most powerful natural anabolics available in a convenient liquid form:

- 400 mg. of Double-Potency Smilax
- 400 mg. of Pure Form Yohimbe
- 5 mg. of Boron
- 100 mg. of Transferulin Acid
- 100 mcg. of Chromium Picolinate

As you can tell by the potencies, NutriBlast is formulated to bring you the best results in building strength and muscle mass. 2-oz. (60 c.c.) bottle. 30-60 day supply.
2 oz. Bottle (\$34.95) **NOW \$26.95 SAVE \$8.00**
or Buy 1st 2oz. bottle at \$34.95, Get 2nd 2-oz. Bottle FREE



FirePower®

The Most Powerful Yohimbe Product Ever Developed
We combined the purest form of Yohimbe with 3 other powerful herbal anabolites that greatly enhances this formula's effect. Each capsule of FirePower contains:

- 500 mg. of Pure Form Yohimbe
- 250 mg. of Sarsaparilla
- 250 mg. of Damiana
- 250 mg. of Saw Palmeto

That's a total of 1250 mg. of the most powerful herbal combination ever put together in capsule form. It's guaranteed to outperform any other Yohimbe formula.

60 Caps (\$29.95) **NOW \$22.95 SAVE \$7.00**
or Buy 1st 60 Cap-Bottle for \$29.95 2nd 60-Cap Bottle FREE

Growth Factor

Dibenzozide Supreme 10 mg.

Build strength and increase recuperation. Marathon's Dibenzozide Supreme is not only the highest potency of this non-steroidal anabolic agent—it's Dibenzozide in its most correct form! Dibenzozide Supreme capsules are specially treated and stabilized to pass through the stomach intact and then break down in the upper intestinal tract, where optimal assimilation takes place. That way, you get maximum power from every capsule—something most other products—including liquids and sublingual tabs—simply can't offer!

Marathon's Dibenzozide Supreme comes in 10 mg. capsules—the highest potency you can buy.
50 Caps (\$34.95) **NOW \$26.95 SAVE \$8.00**
or 1st 50-Cap Bottle \$34.95, 2nd 50-Cap Bottle FREE
100 Caps (\$59.95) **NOW \$46.95 SAVE \$13.00**
or 1st 100-Cap Bottle at \$59.95, 2nd 100-Cap Bottle FREE



Chromo-Mass Supreme 1200 Mcg.

Test results have proven that Chromo-Mass Supreme (chromium picolinate) safely increases muscular growth and strength and reduces body fat by multiplying the normal actions of insulin, your body's primary anabolic hormone, thus...

- Improving the uptake of amino acids into your muscles!
 - Enhancing protein synthesis
 - Decreasing the breakdown of amino acids and extending their life!
- Each capsule contains 1200 mcg. of chromium picolinate—the highest potency available—plus 10 mg. of glutathione, and 10 mg. of niacin to guarantee you maximum utilization.

50 Caps (\$22.95) **NOW \$14.95 SAVE \$8.00**
100 Caps (\$39.95) **NOW \$24.95 SAVE \$15.00**
250 Caps (\$79.95) **NOW \$49.95 SAVE \$30.00**

Performance Enhancer

"Natural Liquid Power"

Ignition ATP

ATP (Adenosine Triphosphate) is your body's main source of muscular energy. Marathon's Ignition ATP provides you with a true natural source of ATP. By using it immediately before and during your workouts, you'll immediately boost your ability to work out harder and stronger.

It rapidly goes to work to give you the energy you need for better performance.

It's 100% natural with no negative side-effects. Just two squirts under your tongue and within minutes you'll realize the difference.

2-oz. Bottle (\$24.95) **NOW \$18.95 SAVE \$6**
or Buy 1st 2-oz. Bottle at \$24.95, Get 2nd 2-oz. Bottle FREE



Triple-Strength, Pure-Form Inosine 1500 mg.

Turbo-charge your body for monster workouts. Inosine stimulates the production of your body's main energy source—Adenosine Triphosphate (ATP)—a natural nutrient. Inosine also helps you utilize oxygen more efficiently, thereby increasing your training endurance. And Marathon's Inosine is triple strength! Each capsule contains 1500 mg. of Inosine. Take 2-3 capsules prior to your workout. It goes to work that fast!

Triple the potency of standard 500 mg. Inosine formulas!

30 Caps (\$11.95) **NOW \$9.95 SAVE \$2.00**
60 Caps (\$19.95) **NOW \$16.95 SAVE \$3.00**
90 Caps \$27.95 **PLUS \$3.00 FREE**
180 Caps \$49.95 **PLUS 60 FREE**



Muscle Food

Amino Supreme™ 3-Way Amino Stack™

A real breakthrough product! This powerful amino complex contains more branch chain amino acids than any other amino complex.

1. Each 2200 mg. tablet is heavily loaded with more branched-chain amino acids (over 27% than ever.
2. Each 2200 mg. tablet has a unique balance of amino acids specially created for muscle growth.
3. The addition of L-aspartic acid and L-aspartates insures the most complete utilization possible.

Each 5-tablet portion provides 11,000 mg. of amino acids.

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250 Tabs (\$54.95) **NOW \$43.95 SAVE \$11.00**
500 Tabs (\$104.00) **NOW \$79.00 SAVE \$25.00**



Muscle Food

The most important glandular supplement you can take

2-Gram Liver

An Excellent Source of De-Fatted Glandular Protein
If you're not using Liver by itself or combined with your amino complex, you're missing out on some powerful results. 2-Gram Liver is loaded with amino acids, and is an excellent source of de-fatted glandular protein and many key nutrients and enzymes which are essential to strength building, muscle growth, and endurance.

5 tablets contains:

- Argentine Beef Liver 10,000 mg.
- Protein 10 Grams
- B-12 250 mcg.
- 250 Tabs (\$12.95) **NOW \$10.95 SAVE \$2.00**
- 500 Tabs (\$23.95) **NOW \$19.95 SAVE \$4.00**
- 1000 Tabs (\$43.95) **NOW \$37.95 SAVE \$6.00**

Muscle Food

3-Gram Amino Complex The Highest Potency Amino Complex Available!

Each tablet contains 3,000 mg. of amino acids! By using the latest advances in amino acid raw materials and tabletting technology, we bring you this truly amazing product. It has 20% more potency than ever thought possible, plus a guaranteed fast breakdown time.

Each 5-tablet portion provides:
Amino Acids 15,000 mg.
100 Tabs (\$16.95) **NOW \$14.95 SAVE \$2.00**
250 Tabs (\$35.95) **NOW \$31.95 SAVE \$4.00**
500 Tabs (\$68.95) **NOW \$59.95 SAVE \$9.00**
1000 Tabs (\$134.00) **NOW \$112.00 SAVE \$22.00**



Double-Potency Smilax Officialis 30-Power Liquid Extract

Marathon's Smilax Officialis is a double-potency, sub-lingual liquid that will bring your body's testosterone to optimum levels. This is a 30-1 extract of 12,000 mg. per c.c., yielding 400 mg. of smilagenin. For best results, use mornings and evenings.

Now available in two sizes—both at deep discounts!

2 oz. \$12.95 Get 2nd 2-oz. bottle FREE
3-Bottle Pack (6 oz.) \$29.95, 2nd 3-Bottle Pack FREE
NOW AVAILABLE IN THE LARGE "BIG JUG";
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$26.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

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ON THE COVER..... (left to right) Krista Ford, Janice Roge, and Ritchie Creevy carry the loot away from the Maryland Professional Bench Press Championships, while Meet Director Scott Werner wonders where it all went to. (Bert Wagner photo)

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Product Overview	Target Areas	Weight Loss	Recovery	Stress	Muscle Gain	Instant Energy	Endurance	Weight Gain
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as told to Powerlifting USA by Dr. Ken Leistner



LeAnn Adams...pulled herself a win in the 122s (Ann Tuite photos)

"Team New York" may have been the accurate moniker for the stated meet, director of this major contest, Linda Jo Belisto, the highly respected and popular ADFPA lifter, competes at the top levels of the sport year after year. In attempting to direct the ADFPA Women's, she realized that Beth Beaton would be needed to get the meet to reality, and wisely recruited most of the lifting talent in the metropolitan NY City area to assist. Linda and Beth did the bulk of it and produced a wonderful meet with many amenities that were unexpected and effective. Pete Gisondi, Frank Caramico, and Felicia Manganiello contributed significantly to a well run, and well received tournament. Ralph Raioa coordinated the platform staff but was unable to attend the meet due to a death in the family. The fact that there was but one misload and no injuries on the platform or in the warmup room speaks very well of the job he did. Again, the Keil, Inc. strength equipment company provided benches with a variety of spotter platform heights to please any lifter, and two different sets of hydraulic racks were utilized for the same reason. Jim Sutherland's Custom Weight Rooms provided one set and those used in the warmup room. The equipment and staff performed flawlessly.

The Plainview Plaza Hotel proved to be a very nice venue, with the smallest room providing a charged and exciting atmosphere. The usual contingent of ADFPA judges gave selfless of their time and provided consistent judging. The meet started predictably, although Beth Grater expected more but was hampered by a chronic low back injury. As usual, Judith Barnes won comfortably, although Barbara Talmadge chased admirably. Linda Barnes needs a bit more seasoning,



Judith Gedney...wins again at 97

room over Jacqueline Davis. Davis put herself in a hole in making only one bench press, on a third attempt at that. With the top squat and bench press of the class, Felicia needed to squeeze out all she could to hold off the deadlifting ability of Davis. Nothing less than three for three would have done it as Davis pulled mightily, completing a second attempt 341 and then trying for the win with 352. By virtue of a half fail of bodyweight, Manganiello won the right to represent the U.S. at the Worlds. The teenaged champions here were Jennifer Johansen at 15 years, and Jamie Gordon at 17. This was a very exciting class that set the stage for the rest of the meet.

There are a few lifters in every organization that lift in accordance with their own yardstick. They are far and away superior to others in their class, not because the others are inferior lifters, but rather because they are so spectacular. Lee Ann Adams is one of these great lifters who define the organization they lift for. Despite a two for six performance in the first two lifts she still totaled 909! This is great lifting anywhere at 122 pounds and her deadlift was of course, a record. At 407 you would think so wouldn't you? Sandy Brady was off her usually excellent lifting, although anyone else in the class would have begged for her numbers. She's just very, very good. Many Hietzel does well each time out, although missed lifts plagued her on this day. Tracie



Felicia Manganiello - a big day

trim physique belies her strength, and allowed her to take third. Sue Kay Douglas and Kim Ryman will do better in the future, as will Abigail Stine. At this level, missed lifts are crucial. Maria Saris won the 14 year old title and Melinda Stewart the 16 year old crown. Many of the younger lifters, and Saris is a case in point, showed very good attempt selection and poise, at times, serving as a good example for their senior counterparts.

The first day of lifting concluded with a heck of a battle at 116 and stunning lifting at 122 pounds. The class was packed with quality lifters with long big meet experience. Veteran Sue Elwyn lifted creditably and finished in fifth place. The fire and fun began as Sue Razor and Donna McKinney jockey for third place. McKinney expected a very big squat, but could only manage the opener at 303. Razor picked up a bit of ground in the bench press, readying the stage for the deadlift. McKinney got only her opener, but Razor missed the second attempt and finished in fourth place. She needed to win. On her third, she proved her championship mettle and finished the 319 needed to win the third place trophy. McKinney settled for fourth, but I doubt she'll be there next year. The battle for first was just as fierce. Manganiello's first squat gave her a little breathing

room over Jacqueline Davis. Davis put herself in a hole in making only one bench press, on a third attempt at that. With the top squat and bench press of the class, Felicia needed to squeeze out all she could to hold off the deadlifting ability of Davis. Nothing less than three for three would have done it as Davis pulled mightily, completing a second attempt 341 and then trying for the win with 352. By virtue of a half fail of bodyweight, Manganiello won the right to represent the U.S. at the Worlds. The teenaged champions here were Jennifer Johansen at 15 years, and Jamie Gordon at 17. This was a very exciting class that set the stage for the rest of the meet.

Williams was just behind Hietzel and lifted in a very balanced manner. Newcomer Diane Oates was supported by the presence of her brother John Oates (of the singing group Hall and Oates) and just missed a big 330 deadlift that would have lifted spirits a bit. Debra Sadhar got huge support from her Pacific teammates and finished strongly. Kristine Ingram nudged past Alexia Houser to win the 14-15 year class, with Amy McAllister in third. At 16-17 Amanda Smith-Socarr was way ahead of the field. Jennifer Saleem took second. Frank Caramico's platform crew under the direction of Ken Zimek of the Iron Island Gym did a great job the entire day.

Day Two was for some of the more established names to strut their abilities. Altizer, Stevens, DeGennaro, Sortwell, Belisto, Olanen, and Regan were the ones that many wanted to see and the lifting was, across the board, quite excellent. At 129 it was "no contest", but Bettina Altizer is just so good, she demands one's attention. Great form and unbelievable strength resulted in a 1014 total. Road that number again. If it wasn't for Altizer, Deanna Nollette would have won a few titles I'm sure. She is assured and powerful but stuck with the Mike Bridges of the AD-PPAI Thomas and Keller were creditable while the teenage entries carried themselves with a lot of poise.

Someone forgot to tell Linda Jo that you cannot direct a meet, any meet, and certainly not the national championships, and lift in it. Sure, you can show up but not for the purpose of posting anything close to one's best lifts. Thus, after doing everything humanly possible to pro-

vide the lifters with a first class meet that drew rave reviews and numerous letters of thanks after the meet, Linda was poised to win the entire affair with her final deadlift. Andrea Sortwell of course, had something to say about this. They both made three squats and two bench presses with Sortwell ahead by 2.5 kilos, but the heavier lifter. All of the premeet work and stress was shown in her final deadlift. Andrea Sortwell of course, had something

Laurie Lemie defeated Naomi Hill but both young ladies can be very proud of their efforts.

A battle royale was expected between DeGennaro and Stevens. The miscalculated attempt of last year haunted Michelle D. all year, but she was off, perhaps due to bodyweight loss prior to the meet. Her lifting at the Iron Island Gym in the weeks leading up to the meet was very impressive, but done a bit heavier than the class limit. This would be a good time to interject that the lifting done by Manganiello, Linda Jo, Beth Grater, and Michelle D. intimidated many of the male lifters in the gym. The enthusiasm was contagious and enormous. Michelle Stevens it seems, always wins, she is that good and that consistent. With one squat completed, Michelle D. was essentially carried her to numbers that others would be happy to post. Stevens is awesome by anyone's criteria. Lisa Salfan had a good day relative to her experience and appears to be very coachable. Kathy Meyers completed this very good class.

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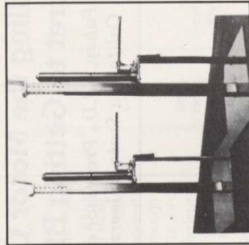
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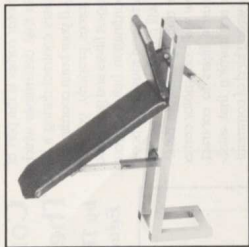
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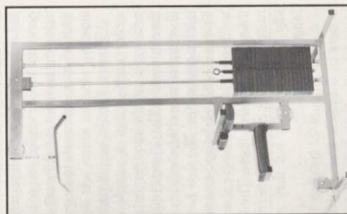


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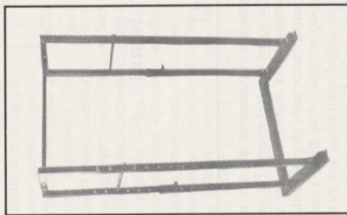


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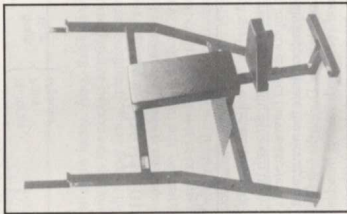
Equipment used in 1993 ADFPA Collegiate and Men's Nationals: 3 Power Benches / Incline / Decline / Military Press / 2 Flat Benches / Power Rack / Tiered Squat Rack / Hydraulic Squat Racks



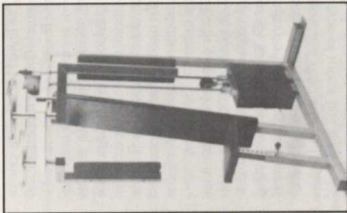
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ited competition lent an air of excitement to both the competitors and spectators.

The team trophy was won by the Pacific Powerlifters of Washington state under the direction of Martin Beavers, Willie Austin, and Guy Adams (who did quite a great job with Lee Ann). The Keystone Ironwomen were second with New York's Cutting Edge team of teenagers third. Once again, the ADFPA attracted a large number of quality female athletes who were forced to test their abilities under strict judging and drug testing procedures. The referees were quite experienced, with men like Bill Ennis and Charles Schroeder having held cards in a number of organizations over many years. Marie did a great job announcing and she and Charles Schroeder should be again commended for making powerlifting in NY State a step above that in other locales.

As mentioned previously, this meet was Linda Jo Belsito's baby and she nurtured it successfully with the help of Beth Beaston and her many friends and acquaintances. Apologies to the many more who were not mentioned specifically by name. It would almost take an entire page to do so. This meet, like many of the national meets before it, serve to positively highlight the organization, and the work it is doing to spread the word of drug free competition.

Linda would like to give a special thanks to all of the generous sponsors who made this event possible. Bob Berenson of Grey Advertising arranged the support of the Cannon Yogurt Company and Canon Cameras. Norwalk Kawasaki was extremely generous, as was the Kell Equipment Company of Marion, Ohio. Ken's Fitness Center and the Iron Island Gym also receive Linda's heartfelt appreciation.



Magnificent Michelle manages yet another impressive national win.

While Angela Perri walked into fourth, Long time veteran Ruth Welding proved that Purdue athletes just get better over time with a nine for nine meet that was well within her limitations and previous injuries. Sue Weiner just finished out of the money while Eileen Kenny took second in the teenage division to the surprising Brannon.

Many time champion Cyndi Regan surprised many by bombing on the bench press, and one well believe is her fourth national title. Laura Kantor and Benita Sands, through behind the leaders, had their own win and tuck battle with Kantor winning by a scant 2.5 kilos. Dorothy Kuppa set a number of Masters records while Stephanie Barnes squeaked past Jill Sodatis. The teenage lifting in this class was very good. Kenda Harms posted a strong 782 total to win the 18-19 class. Kristine Calderone's lifting would have put her in the trophy hunt in the open division with Cindy Miller and Rebecca Laport representing the 16-17 class in that order.

Judged a poor day by her past performances and expectations, Betsy Ojanen is just a strong, powerful competitor who can lift with anyone, anywhere, and at any time. Her many past athletic activities and accomplishments has truly aided her vocation as a firefighter and her lifting career. Teenager Jennine Brannon not only won the teenage division, but captured second in the open class with a strong 953 total. This will be a star of the future. Theresa Ruskoski has been known as a strong squatter in a number of weight classes and squatted strongly here. She finished comfortably in



Betsy Ojanen... formerly Betsy Wonyetye... consistently an ADFPA winner. Co-Hon (see ad on page 7 was also a sponsor at the meet)

ADFFA Women's Nationals

1,2 May 93 - Hicksville, NY

	SQ	BP	DL	Total
J. Gedney	253	148	286	688
B. Talmadge	259	126	275	661
G. Guter	270	110	231	611
L. Barnes	187	116	237	540
C. Jablon	154	82	198	435
104				
S. Hartwig	264	165	303	733
T. Kozjak	244	132	286	683
B. Lee	248	121	308	677
E. Vigue	231	159	239	630
J. Shear	253	111	259	628
T. Michaud	212	121	259	628
L. Arma	154	99	198	451
111				
Y. Chang	303	176	369	848
Balkhinitede	303	154	264	722
P. Vasquez	248	132	292	672
S. Douglas	237	110	303	639
K. Ryman	226	110	242	595
A. Sline	198	104	248	584
M. Saris	236	104	198	584
M. Siewart	209	110	259	579
116				
Manganiello	314	181	319	815
J. Davis	314	159	341	815
S. Rasor	286	170	319	777
D. McKinney	303	170	292	686
S. Elynn	218	143	259	630
C. Eddid	218	143	259	630
J. Gordon	192	137	264	595
J. Johnson	165	88	198	451
122				
L. Adams	352	148	380	909
S. Brady	281	148	319	771
M. Hetzel	281	159	325	766
T. Williams	292	154	314	760
D. Oates	264	115	303	683
D. Saldívar	220	126	264	611
K. Ingram	220	104	220	545
A. Socarns	214	121	209	545
A. Houser	198	101	242	540
J. Saleem	148	66	259	473
123				
B. Altizer	421	225	369	1016
D. Nollette	319	181	341	843
F. Thomas	286	126	336	749
W. Keller	231	143	297	672
L. Lemle	231	121	264	617
N. Hill	137	121	231	479
139				
M. Stevens	424	176	457	1058
Degenaro	341	181	407	931
L. Safran	275	159	314	749
K. Meyers	225	121	319	666
154				
A. Sortwell	369	214	407	992
L. Belsito	374	203	380	959
L. Kantor	341	187	383	897
B. Sande	326	154	363	854
K. Calderone	326	126	330	782
D. Krups	253	209	319	782
C. Miller	292	170	308	771
S. Barnes	253	159	319	733
J. Sodarlis	281	176	270	727
R. Lapolik	181	115	270	567
176				
B. Ojanen	424	225	429	1080
J. Brannon	347	231	374	953
T. Rykaski	391	187	352	931
E. Kenny	358	176	374	909
A. Perri	380	165	363	909
R. Weidling	319	187	341	848
S. Weiner	314	154	352	837
176				
L. Conroy	413	187	407	1008
J. Deragilla	407	198	396	1003
J. Weidling	380	220	385	986
C. Van Dyke	347	242	303	892
C. Regan	457			

Team Champions: 1st place - Pacific Powerlifters coached by Martin Beavers, Willie Austin, and Guy Adams. 2nd - Keystone Ironwomen coached by Al Siegel, 3rd - Cutting Edge coached by Dyke Naughton

POWER RESEARCH

Controlling the Motor Cortex: The Secret to Getting Big Reps

by Thomas Fahey, Ed.D., Professor of Physical Education, California State University, Chico

The motor cortex is the part of your brain that determines which muscle fibers contract during a lift (Figure 1). If your brain coordinates muscles forces properly, you use your strongest fibers and get a good lift. If coordination between your motor cortex and muscles is poor, then you will not lift to your potential. Your training program determines how well your motor cortex signals muscle fibers to contract. Scientists are learning that establishing the wrong kind of communication between the motor cortex and the muscles will delay progress and hamper strength gains.

Motor units and their muscle fibers receive the signal to contract from nerves connected to the spinal column. The signal originates in the motor cortex. A motor nerve (a nerve connected to muscle fibers) may be linked to as few as one or two muscle fibers or more than 150 muscle fibers. Nerve-muscle combinations are called motor units (Figure 2). Powerful muscles, such as the quadriceps in the legs, have large motor units - each motor nerve is connected to many muscle fibers. Smaller muscles, such as those found around the eye, have much smaller motor units.

The three types of motor units are fast glycolytic (FG), fast oxidative glycolytic (FOG), and slow oxidative (SO). They are subdivided according to their strength and speed of contraction, speed of nerve conduction, and resistance to fatigue. The type of motor unit chosen by the body depends upon the requirements of the muscle contraction. The body chooses FG fibers for lifting heavy weights or sprinting because they are fast and powerful. SO fibers are chosen for prolonged standing or slow walking because they are more resistant to fatigue.

The body exerts force by calling upon one or more motor units to contract. This process of calling upon motor units to contract is called motor unit recruitment. When you want to pick up a small weight, for example, you use a few motor units to do the task. However, when you want to pick up a large weight, you will use many motor units. When a motor unit calls upon its fibers to contract, all the fibers contract to their maximum capacity.

Training with weights improves your nervous system's ability to coordinate the recruitment of muscle fibers. It is a kind of "muscle learn-

ing" and is an important way of increasing strength. Strength training improves your nervous system's ability to coordinate the recruitment of muscle fibers. During the first few months of strength training, muscles can increase in strength without greatly increasing in size. In fact, most of the changes in strength during the first weeks of weight training are due to neurological adaptations.

Motor units and their muscles are recruited according to size. According to the size principle, the frequency of motor unit use (recruitment is directly related to the size of the nerve cell. Motor units with smaller nerve cells, such as those found in slow twitch motor units, are easier to recruit than motor units with larger nerve cells found in fast twitch motor units. These slow-twitch motor units are largely genetically determined. However, compared with other types of tissues in the body, skeletal muscle is very plastic. This means that a muscle fiber can change dramatically in response to certain types of stimuli. You can change a motor unit's characteristics by changing

the nervous signals from the motor cortex. This can happen when you train for endurance or subject muscles to low frequency electrical stimulation. In other words, if you do the wrong type of training (such as distance running when you are trying to increase strength), you will "bias" the fibers towards endurance. Strength and power will be compromised.

Muscles adapt specifically to the nature of the exercise stress. The strength training program should stress the muscles in the way you want them to perform. The most obvious example of specificity is that the muscle exercised is the muscle that adapts to training. Thus, if you exercise the leg muscles, they hypertrophy rather than the muscles of the shoulders. Fibers and motor units also respond to the rate of force development. So, if you try to generate force rapidly, you will develop the muscles in a different way slowly.

There is specific recruitment of motor units within a muscle depending upon the requirements of the contraction. The different muscle fiber types have characteristic contractile properties. The slow twitch fibers are relatively fatigue-resistant, but have a lower tension capacity than the fast twitch fibers. The fast twitch fibers can contract more rapidly and forcefully, but they also fatigue rapidly.

The amount of training that occurs in a muscle fiber is determined by the extent that it is recruited. You only train a motor unit and its fibers when you use it. High repetition, low intensity exercise, such as distance running, uses mainly slow twitch fibers. Endurance training improves the fibers' oxidative capacity. Low repetition, high intensity activity such as weight training, causes hypertrophy of fast twitch fibers. There are some changes to the lower threshold slow twitch fibers. The training program should be structured to produce the desired training effect.

Increases in strength are very specific to the type of exercise even when the same muscle groups are used. Figure 3 shows the results of a study in which subjects performed squats for 8 weeks and made impressive improvements in squat strength. However, strength gains in the leg press were only half as much and gains in knee extensions

strength were negligible. Specific motor units are recruited for specific tasks. If a person is training to improve strength for another activity, the exercises should be as close as possible to desired movements.

Likewise, when attempting to increase strength after an injury or surgery, rehabilitation should include muscle movements as close as possible to normal activities. Much of what we have learned about motor unit recruitment is useful to the practicing weight lifter. Following several principles about motor unit recruitment will help you master your motor cortex and better control the motor units in your major muscles.

- Train specifically for competitive lifts. Be careful not to drift too far from presses, pulls, and squats in your workouts. Until big squats become a powerlifting event, don't concentrate on them at the expense of more critical lifts. Having large, shapely biceps is of little use when you are trying to get a big rep in a contest. The time and energy you spent on your arms might have been better used working the prime mover muscles needed for weight lifting.

- Don't overemphasize auxiliary exercises that ostensibly work the same muscle groups as the primary lifts. For example, many lifters do knee extensions to help improve performance on the squat. Several studies have shown surprisingly little transfer from these lifts to the primary exercises. As discussed, a study conducted in Canada by Sale showed that lifters who improved squat strength by 75

percent only improved knee extension strength by 3 percent. **- Don't do too much endurance exercise if your goal is to gain maximal strength.** Endurance exercise is important for good health. Unfortunately, classic exercises like jogging interfere with your ability to gain strength. Strength training will provide some small benefits against heart disease (although much less than endurance exercise). Serious weight lifters have a problem when trying to use exercise to help prevent heart disease.

- Train explosively. This means exerting as much force as rapidly as possible during the active phase of the lift. The largest, most powerful motor units are used in a lift when a large nerve impulse is sent from the motor cortex. You can influence this signal by lifting explosively. This doesn't mean cheating on lifts or moving light weights very fast. Rather, it means consciously trying to "explode" during part of the movement. For example, when doing a heavy single on the bench, lower the weight into position, staying tight and controlled. Then, blast the weight upward. If you do this consistently in training, you will gain strength faster. Also, this skill will transfer to a contest so that you will lift to your actual strength potential.

- Give yourself enough rest between training sessions. Remember, the high threshold units respond to absolute effort. You will only train them significantly when you have had enough rest. When you build rest into your program, you can plan heavy training days. Those are the days that develop the high threshold, strongest motor units. Those are the motor units that give you the big lifts.

- Include enough quality in your program. Intensity is the most important factor increasing strength and power. Don't do a lot of reps at the expense of singles, doubles, and triples in your program. Doing 30-40 reps of a lift with 135 pounds may cause you to fatigue, but it will do little to increase absolute strength.

The Bulgarian Olympic weight lifting team has had considerable success with multiple set, single rep workouts. Except for warm-ups, they don't do multiple reps when doing the Olympic lifts. From a theoretical standpoint, this method has a lot of merit - single, maximal reps cause your body to use the largest, most powerful motor units. Motor units must be used to be trained. Heavy singles call on the high threshold units that translate to bigger lifts.

You can make faster progress in your program if you understand the way your motor cortex works and harness its power. Force the motor cortex to call on the largest motor units during training and you will have better results in weight lifting contests or wherever you need to exert maximal strength and power.

Tom Fahey, Ed.D.

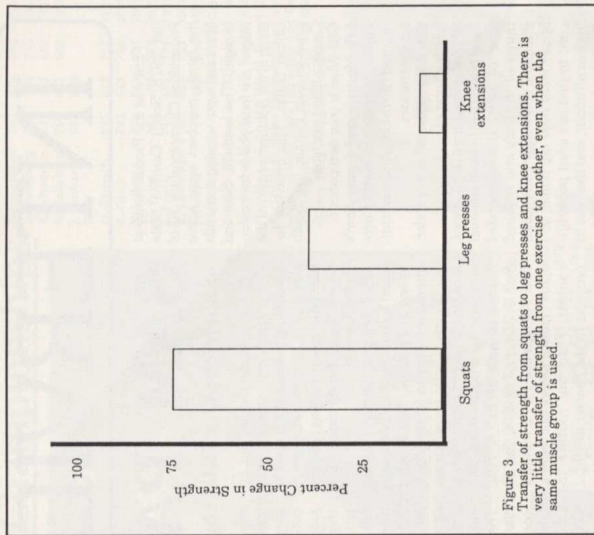


Figure 3
Transfer of strength from squats to leg presses and knee extensions. There is very little transfer of strength from one exercise to another, even when the same muscle group is used.

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You can make faster progress in your program if you understand the way your motor cortex works and harness its power. Force the motor cortex to call on the largest motor units during training and you will have better results in weight lifting contests or wherever you need to exert maximal strength and power.

Tom Fahey, Ed.D.

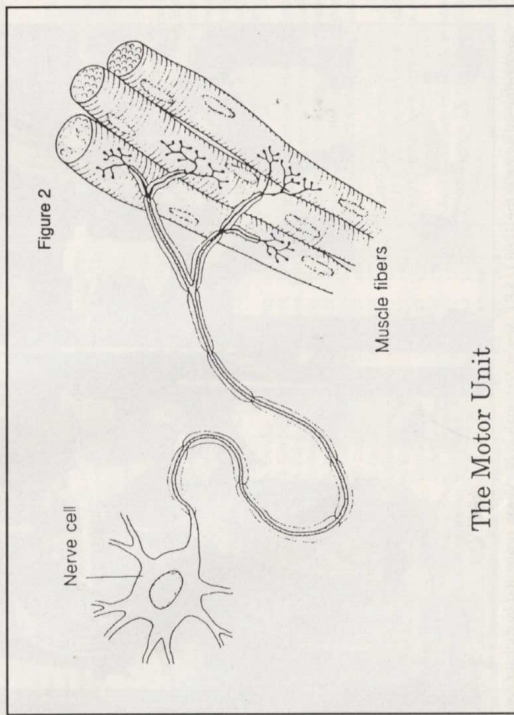


Figure 2

The Motor Unit

Pro Powerlifting Debuts!

Maryland Professional Bench Press

8 May 93 - Waldorf, MD

Professional	185
V. Palmer	140
S. Mullen	115
T. Teen	60
S. Nguyen	245
F. Pulio	370
M. C. Coody	290
R. Goodman	265
K. Frankin	210
M. Stebbins	395
S. Higley	325
R. Matthews	425
D. Marchelle	390
J. Schaffer	390
R. Cressy	390
F. Lee	400
L. Short, Jr.	400
M. Brenzetti	400
L. Kornik	335
Maryland State BP	
H. Harris	320
A. Poir	320
L. Short	300
L. Short	215
165	300
165	245
R. Pirelli	385
A. Willah	285
181	245
D. Wattman	485
M. J. Cook	600
A. J. Cook	430
I. Kovach	375
S. Muscatello	410
P. MacCall	410
L. McCally	395
158	198
C. Confessore	430
M. Peck	490
C. Kasmals	410
T. Harkla	385
T. Harkla	385
242	570
R. Wilson	570
T. Grand	3470
275	560*
K. Karowski	490
N. Confessore	470
M. Sherman	370
J. Palio	430
185	140
V. Aldert	140
M. Nicali	385
SHW	370
M. Bernardin	505
M. Paitter	480
W. Paitter	410
L. Short, Jr.	400
J. Roge	300



Scott Werner... paid out \$10,000 to the lifters in his inaugural Maryland Professional Bench Press Championships (Bert Wagner)

land took home the first \$500 check with a lift of 155. Going into the 123's Sonny Nguyen couldn't quite catch up. Chris had 630 on 171 and took first. Third and fourth were Mike Cooley and Kevin Train. A Connecticut coach who had a little problem making weight, but when all was said and done, the last few minutes of sweating paid off. Bill Matthews and Peter Edged took home the \$500 first place, but also pocketed a bountyweight at 570. When the 242's went to work, it was Rob Wilton finishing first with a 570 and Cord Anderson coming in second with 550. In the 275's there was a very infamous name. Peter Forezetti with a strong 540. Peter edged home Joe Kurnick for first place and also took home a huge best-light lifter check. With Scott Werner running the show to the occasion was Rich Penell. Rich came from New Jersey with a 395 bench to take home the first place check. Tracy Dorsey and Alvin Milloh earned \$150 and \$75 respectively. When the 181's entered the arena, Mike Cooley and Bill Cole came out to meet them. Both Biggie Grevy appear all the way from California. Ritchie took second place to Dave Watterman. Dave had a strong 485 bench and will hit a 500 sometime in the near future. The 198 lb. champ came from New Jersey. He did not even have a bench set on a 500 pound bench, but he had a little bit of strength still extremely happy as he cashed his \$500 check but felt he had lost a little bit of strength in his travels to the show. Rudy and all the lifters were in a specially customized 50' stretch limo. As the 220's took center stage the crowd was on their feet to see Chris "The Machine" Confessore open with a 600 lb. bench. Chris gave the crowd a new way to see the special introductions, an on-line picture-taking system. Chris got the big \$500 for the new world record. As 630 came down Chris waited for the press signal. Upon receiving it Chris launched

meets Well folks. Mr. Karowski came to show finished with 600 not far from his grasp. Kirk Kirk was nice enough to cash his \$500 check and buy some pro gear. Scott with a 495. John look home two checks since he was entered in the masters and the open. The SHWs featured two state champions and also two friends. Mike Bernardin took home the \$500 with a lift of 505. Not bad for a 220 lb. man. The 505's were split. A close second was John Poir with a PR of 480 which earned him \$150. As the teens warmed their turn at the cash, James Pulio earned first place with a 420 bench. Second went to Larry McCally. The 200's was dominated by the unbelievable Janice Rode. Janice finished with an impressive 300. Second place went to Pattie Civan with a 185 and third to Vicki Pedersen with 140. Last but not least, Matt L. McCally. After a little bit of nervous tension about the strict rules, Larry's coach Tom planned out his attempt perfectly. Larry, an unbelievably in shape 66 year old master finished with a lift with a coach like Tom it is no wonder why they finish first every time. Second place went to the best master lifter in West Virginia Dave Marchette. Dave finished with a strong 425 on his third attempt. John Schaffer edged out is already wondering what Scott Werner and Power Promotions are planning for next year. Well, we might as well let the cat out of the bag so everyone can begin training. Next May we are going to give the good computer lifting system we are confident that next year will be just as unbelievable as this year. Also we strongly believe that all contents should reward the lifters by paying them for their participation in the championships. Scott Werner and Scott Werner are launching a nationwide campaign to have professional body proteins — that matters. In the simplest terms, anabolism means building. It means strength increases; it means healing and recuperation. Anabolism is the essence of bodybuilding.

Introducing NITRO-STIX™, the anabolic/catabolic balance testing system that enables you to instantly determine whether your body's muscle chemistry is working for or against you.
The ULTIMATE ANABOLIC KIT™ is the only program that recognizes the two most critical factors of training physiology. First, anabolic/catabolic

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cycles occur daily. Second, these cycles are different for every athlete. We give you the power to measure and control these cycles!

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WORKOUT of the Month

World Disabled Bench Press Champion Workout

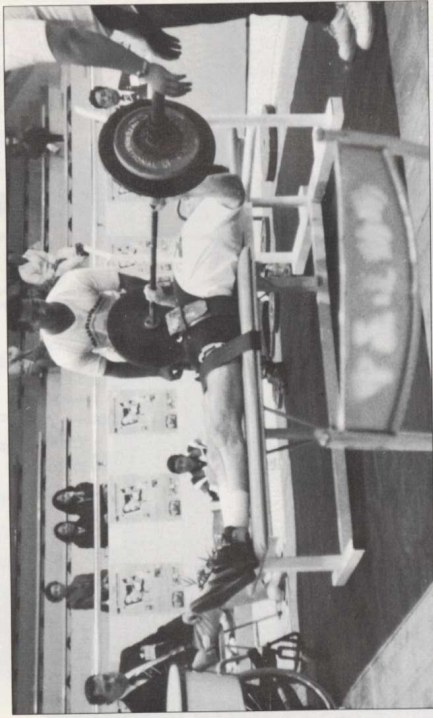
In February 1990, I took a step that changed my life. I fell thirty feet off a tower, broke my back, and crushed my spinal cord. Now I am paralyzed from the waist down, and squats and deadlifts are out. But the situation has a positive side also. I have returned to school and am a senior studying business at the University of Washington. I can also bench more now than before my accident.

December 8-10, 1992, I competed in the IFF World Open Bench Press Championships in Kaohsiung, Taiwan. Earlier in the year I read the results of the 1991 Worlds in Powerlifting USA and found that I was strong enough to compete in the disabled division. I called 1992 Bench Press Nationals meet director Chip Fullquist and let a message to have an entry form for the Nationals sent to me. Then I trained for and entered my first bench meet, not sure that I was going to the Nationals. At the meet I benched 245 lbs and missed a third attempt at 260. I actually won the 181 lb Men's open division. About an hour after I got home I got a call from Chip Fullquist. His job had brought him all the way from Tennessee to Washington State and his hotel was only a couple of miles from my house. He hand-delivered an entry form and encouraged me to enter the Nationals. He also outlined a training program and recommended a bench shirt. Within a week I had a travel sponsor and started a 10 week cycle. At the USPF Bench Press Nationals in Tallahassee, Florida I benched 270 lbs. and set a personal record. Here are the exercises and ten week cycle I used for the Nationals.

For the chest I did benches and inclines. All benches are done with perfect form and a pause. I do incline presses on a Smith Machine because it is easier to balance. This allows me to push much heavier weights. I add weight on reps for the first six weeks of the cycle, back off for two weeks, then drop inclines the last two weeks before the meet. Bench work is always pulldowns and rows. Pulldowns are usually done to the rear. I do rows on a seated row machine with a padding support my back. I can not use my lower back muscles so this is the best rowing movement. Shoulder work includes a couple of sets each of bent, lateral, side laterals, and one arm dumb-

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).

World Disabled Bench Press Champion Workout



Brian Blum winning the Disabled Division at the 1992 IFF World Bench Press Championships (Keller)

bell presses or military presses on the Hammer Strength machine. Bicep work is one arm at a time dumbbell curls, hammer curls, or cable curls. The main tricep assistance exercise is the close grip bench. Warm-ups on this day include light benches (135 x 10), stretch the benching muscles. The close grips are cycled similar to the incline presses, but aren't dropped until the week before the meet.

This cycle can be used by someone who has a 245-250 pound bench without a bench shirt. The sets do not include warmups:

Week 1: Monday - rest, Friday 185xOx3; Incline 3 sets, Curls 3 sets.

Week 2: Monday - Back 7 sets, Close Grip bench 3 sets, Shoulders 6 sets, Friday - Bench 195xOx3, Incline 3 sets, Curls 3 sets.

Week 3: Monday - Back 8 sets, Close Grip Bench 3 sets, Shoulders 6 sets, Friday - Bench 205x9x3, Incline 3 sets, Curls 4 sets.

Week 4: Monday - Back 8 sets, Close grip bench 3 sets, Friday - Bench 215x8x3, Incline 3 sets.

Week 5: Monday - Back 8 sets, Close grip bench 3 sets, Friday - Bench 225x7x2, Incline 3 sets, Curls 3 sets.

Week 6: Monday - Back 8 sets, Close grip bench 3 sets, Friday - Bench 235x6x2, Incline 3 sets, Curls 3 sets.

Week 7: Monday - Back 5 sets, Close grip bench 2 sets, Curls 4 sets, Saturday - Bench 255x2x2 (w/shirt)

Week 8: Tuesday - Back 5 sets, Close grip bench 2 sets, Curls 4 sets, Saturday - Bench 255x2x2 (w/shirt)

Week 9: Tuesday - Back 5 sets, Close grip bench 2 sets, Curls 4 sets, Saturday - Bench 255x2x2 (w/shirt)

Week 10: Tuesday - Rest. Saturday - Meet day! At the meet I opened with 245.4 lbs. to get me into the meet. On the second attempt I set a PR with a 270 lb. lift. My third attempt was a miss at 281 lbs.

For the Worlds I used basically Hammer Strength military press machine. I work to pump up the

Just about every powerlifter in the country can tell you how to get to the nearest House of Pancakes, but how many of these guys know witchcraft? That's right, witchcraft, like in *The Sword and the Sorcerer's Lot*.

Well, today I'm going to give you a crash course on the forces from the darker side. Now, I don't want to brag, but when it comes to witchcraft, I'm right up there with, say, Elvira - maybe Papa Smurf even. In fact, I had already studied various aspects of the occult when I was but a child of ten years.

It was a woman who got me involved. Her name was Bridget Yvonne, and she was the finest, foxiest, brick house that God ever put into the fourth grade at St. James Elementary School. It was love at first sight. The problem was that Bridget didn't even know I existed. At first, the way she ignored me I thought it was some type of innate response that women have, like their inability to parallel park. Eventually though, I realized it was just her way of saying "buzz off, creep."

Out of complete desperation, I turned to witchcraft just to see what it had in its repertoire along the lines of love. Surprisingly, I found no less than 30 different love potions. Unfortunately, most elixirs required ingredients that were a little difficult to come by. For instance, two common ingredients in all these love potions were a toe nail from a Giant Chinese Panda Bear, and a drop of menstrual blood from a virgin. The toe nail I figured I could come up with, but the menstrual blood ... well, let's be serious. Even in 1966 it was about as easy to find a virgin in the Western World as it is to find a football player at some of our universities who can read and write. Even if I did find a virgin, do you really think I could get her to give me a drop of her menstrual blood? Hell, if I was that good of a talker, I wouldn't need witchcraft to get a woman.

Casting a love spell wasn't much easier. In case you are interested, here is what you have to do to get a woman to fall in love with you by way of witchcraft. On a Thursday night, with a full moon, at exactly midnight, you have to view through a mirror two dogs copulating behind you, while you recite an incantation that is as long as the Presidential of the Constitution: Oh yeah, you also have to vividly visualize the girl who you are casting the spell on. Anyway, I figured if I could get all that stuff together, I would certainly be smart enough to get Bridget to fall in love with me without spells or potions. This ended my initial escapade into the powers of the

Dr. Judd

A View to the Darker Side

by Judd Biastotto Ph.D., World Class Enterprises



Dr. Judd explores another aspect of the power of the human mind.

"darker side." Since then, I have come to realize that most people are fundamentally ignorant and fearful of the practice. Some believe that the mere mentioning of the occult borders on the sacrilege. I firmly believe, though, that ignorance itself is the greatest danger to man. Knowledge is power and the more you have, the more effectively you can deal with the experiences of both good and evil. With that thought in mind, get ready to enter into the world of magic and mysticism.

The term witchcraft was originally synonymous with any type of magical practice. However, in recent years it has become more closely associated with the practice of black magic and an allegiance to Satan. You know Satan, the guy who created sin. It should be understood, however, that most witches, especially those in the Western World, practice white magic. There is a significant difference between

white and black witchcraft. Black witchcraft is used for evil purposes, while white witchcraft is used to benefit mankind. Still, these terms are not as objective as they might appear. For example, interpretation of what is beneficial for mankind may vary from one witch to another. What one witch may perceive as being beneficial, another may perceive as being destructive or evil. Generally though, white magic aggressively opposes the sets of black magic.

Black magic is usually used to enhance personal gain, for revenge, or to lure others to Satan. A witch using black magic calls upon the powers of the dark side to cause illness, death, destruction, or even the transmutation of animate and inanimate objects. It was originally thought that it was this type of black magic that attracted hurricanes to trailer parks. I always thought it was just nature's attraction to plastic flamingos.

As mentioned, white magic can be used as a militant force against the evils of black magic. When this situation occurs, white magic can have killing and destructive powers that parallel black magic.

Of course, all of this is mere speculation. There is absolutely no scientific evidence to indicate that spiritual or magical forces can be used to manipulate human behavior. Whether such forces exist or not, there is no doubt that witchcraft has had a significant impact on the lives of millions of people. In fact, in some cases people have actually been killed by witchcraft-dead even.

A prime example is Voodoo death. In many primitive cultures the "witch doctor" is believed to possess supernatural or magical powers that are strong enough to kill others. If the villagers believe that the witch doctor possesses powers over life and death, there is a good chance that they will actually die shortly after the curse has been made. Western World scientists who were highly skeptical of Voodoo deaths actually confirmed the authenticity of such deaths after investigating them. Scientifically verified accounts of Voodoo deaths are on record in Australia, the South Pacific, Haiti, Africa and Italy. The question remains, however: are Voodoo deaths a product of occult methods or are they a product of some other condition?

Research seems to indicate that Voodoo operates within the confines of particular cultural traditions and each individual's unique pattern of social development. Generally, if you've been raised in a culture that fosters the belief in a spiritual and occult world, there is an excellent chance that your behavior would be significantly affected by occult methods. If you are raised in a culture that calls such beliefs B.S., it's doubtful if occult methods would have a significant impact upon your behavior. It seems that belief in the occult is a determining factor in its effectiveness.

The fact still remains that the occult has influenced the behavior of a large contingency of people. An estimated one million people in the United States, 5 million in the Caribbean basin, and an estimated 50 million worldwide believe in one form or another of witchcraft is not just the spiritual, but also the social and political basis of society. In short, witchcraft is not a passing fad or a fancy of a few, but rather a viable force in today's world.

Now, I know what you're thinking - Biastotto, what the hell does all this have to do with powerlifting? Well... nothing, really?

Judd Biastotto Ph.D.



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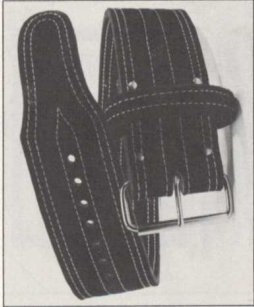
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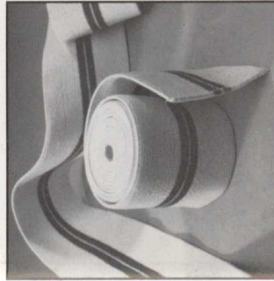
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TOP 100

For 275 lb./125 kg. USA lifters competing in results received from May 1992 through April 1993.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	964 Korowski, K. 7/1/92	600 Tokanaki, C. 10/25/92	843 Worman, S. 7/25/92	2314 Worman, S. 7/25/92
2	920 Isac, C. 3/15/93	580 Isac, C. 3/15/93	2248 Chalik, K. 7/1/92	2248 Korowski, K. 7/1/92
3	940 Lovel, G. 8/27/92	592 Reibel, C. 8/27/92	765 Hines, B. 5/2/92	2149 Lovel, G. 8/27/92
4	905 Florio, J. 3/27/93	575 Nichols, D. 5/2/92	755 Korowski, K. 7/25/92	2138 Villanacci, V. 7/25/92
5	875 D'Aranzo, A. 3/27/93	570 D'Aranzo, A. 3/27/93	755 Santon, J. 10/10/92	2105 Nichols, B. 8/2/92
6	865 Villanacci, V. 7/25/92	565 Villanacci, V. 7/25/92	749 Russell, B. 2/20/93	2065 Florio, J. 3/27/93
7	854 Green, R. 2/26/93	562 Lofano, T. 2/26/93	727 Thompson, T. 5/25/92	2020 Battles, M. 3/27/93
8	825 Shott, T. 10/92	560 Nepszkowski, J. 8/19/92	727 White, P. 1/17/92	2011 Santon, J. 10/10/92
9	820 Shiver, T. 4/7/93	560 Shiver, T. 4/7/93	727 White, P. 1/17/92	2000 Kato, M. 4/15/93
10	804 Arnold, J. 6/6/92	555 Sautoulli, R. 7/25/92	722 Villanacci, V. 7/25/92	1989 Nichols, B. 6/15/92
11	804 Sozo, G. 7/25/92	551 Villanacci, V. 7/25/92	722 Villanacci, V. 7/25/92	1975 Arnold, E. 6/6/92
12	804 Miller, J. 11/21/92	550 Toranzo, J. 5/17/92	716 Hiller, J. 2/28/93	1973 Muller, J. 4/10/93
13	800 Borner, D. 5/2/92	548 Lee, G. 12/6/92	716 Hiller, J. 2/28/93	1970 Lofano, T. 1/17/92
14	782 Estimation, S. 6/19/92	540 Cabrer, M. 5/25/92	705 Gillingham, B. 6/6/92	1955 Tate, D. 6/20/92
15	782 Alvin, J. 3/4/93	540 Talar, L. 10/92	705 Soth, G. 7/25/92	1951 Bielek, M. 12/12/92
16	775 Mitchell, K. 10/3/92	536 Peck, S. 3/4/93	705 Thompson, K. 5/2/92	1945 Dowler, D. 11/13/92
17	771 Block, E. 11/21/92	534 Boutsanos, M. 4/3/93	705 Robinson, S. 3/27/93	1940 Muller, J. 11/21/92
18	766 Beare, D. 3/4/93	530 Ugapan, T. 10/24/92	700 Steen, R. 8/2/92	1929 Minter, L. 2/28/93
19	765 Brock, J. 6/6/92	529 Korowski, K. 7/25/92	700 Davis, M. 8/15/92	1925 Rayner, S. 8/25/92
20	749 Long, J. 10/92	525 Johnson, J. 3/27/93	700 Barro, D. 9/28/92	1912 Phillips, M. 6/6/92
21	740 Long, J. 10/92	523 Todorich, R. 7/13/92	700 Forsalis, D. 2/20/93	1900 Ribaschi, S. 9/2
22	735 Phillips, M. 6/6/92	522 Worman, S. 7/25/92	700 Edwards, M. 2/28/93	1899 Brock, J. 6/6/92
23	735 Phillips, M. 6/6/92	522 Ritter, W. 4/3/93	700 Douglas, M. 3/15/93	1890 Macklowe, K. 10/3/92
24	735 Phillips, M. 6/6/92	520 Villanacci, V. 7/25/92	700 Salver, T. 4/3/93	1890 Macklowe, K. 10/3/92
25	730 D'Aranzo, A. 3/27/93	520 Tate, D. 6/20/92	699 Granno, B. 6/6/92	1895 Allen, T. 3/4/93
26	730 D'Aranzo, A. 3/27/93	520 Garner, N. 11/14/92	699 Granno, B. 6/6/92	1890 Miller, J. 11/21/92
27	725 Post, A. 7/25/92	518 Reeves, M. 8/15/92	699 Granno, B. 6/6/92	1884 Springer, M. 8/6/92
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PL USA Top 100 Achievement Awards



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NEXT MONTH... TOPSHW's

Corrections: Gary Uyeeda did not get TOP 100 credit for his bench of 534 in the 220lb. class. Leon Wright's bench of 465 at 242 should have been listed on the TOP 100 list, and there was an error in our transcription of the press release from Back's Health World (P.O. Box 93 PL USA). Len Minus should have been credited with a 1355 lb. total at 196, and Frank Cervelli with a 1480 lb. total at 220 lbs. In the event of errors in future results and ranking lists, send corrections to "ERRORS," Post Office Box 467, Camarillo, California 93011.

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TRAINING

Assistance Work for the Squat and Deadlift as told to Powerlifting USA by Louie Simmons



Gary Sanger used the special exercises Louie Simmons came up with to squat big

high reps are usually done; although, in Europe it is common to see Olympic lifters using heavy weights for low reps. Vladimir Besonowski, the Olympic lightweight champion in 1968 was reported to have done 220 lbs for 5 reps regularly in his workouts.

Most back raise benches are constructed wrong—they lack a toe plate, which allows the feet to apply force. This simulates an actual pull or squat. All contraction must be applied through the glutes, and this cannot be done without a toe plate.

Half-ham-glu raises are great if you have an apparatus with a toe plate. They work the muscles simultaneously/although the hamstrings do most of the work). In this exercise, the body is lowered to a parallel position and is raised straight up, perpendicular to the floor. Remember to keep the back in a straight line, not arched or hyper-extended.

Hise Shrugs

When it comes to a size builder, the Hise shrug, made popular by Joe C. Hise, is excellent. It is performed with the bar across the shoulders by inhaling air into the rib cage and by contracting and shrugging the traps. It is common to do 20 to 25 reps with weights up to 600 lbs. Hise shrugs will expand the rib cage. The high reps will increase circulation, thus building a lot of muscle and size. With very heavy weight (800-900 lbs), you will gain strength and power, although it is hard to expand your chest with such a massive weight.

You will need a pad for the bar. A cambered bar, like the one made by Iron Mind, is excellent for this type of training. Look for more information in Perry Rader's Iron Man magazine (pre-1988). Especially helpful are articles by Fred Howell, a man with extraordinary knowledge about early exercises and physical culture.

Beit Squats

Because I had done box squatting most of my career, I found that my legs were becoming my weak link in the squat. To correct this, my good friend Gary Sanger and I came up with the squat in 1975.

The apparatus required consists of a platform to stand on with a wide slot through which the weights are lowered. We first used a special belt which allowed the weight to hang directly beneath us.

Seated good mornings. This exercise places little stress on the legs. If you have a leg injury, these are a good option.

Back Raises

These are more commonly known as hyperextensions; however, this term implies something dangerous. So let's call them back raises. Anchor the feet under a hold your feet while your hips are supported by an elevated platform. Now lower the upper body as far as possible, arch your back, and raise up to a parallel position. Clasp your hands behind your head and point your elbows to the rear for maximum back contraction. High reps (up to 25) are most effective. The lower back is composed mainly of tendons and ligaments. This is why

on your back, feet close or shoulder-width apart. Simply bend over as far as possible with a rounded back, and try to touch your chest to your knees. Always push the glutes out but don't force your knees out to the sides. This exercise works the erectors and hamstrings. Remember to hold your breath and push out on your belt. This exercise is great for conventional deadlifters. Do 6 to 12 reps with 50 to 60 percent of your best conventional deadlift or slightly less for sumo.

Bent-over good mornings can be done with straight legs or with legs bent. The more leg bend, the more emphasis on the hamstrings. The straighter the legs, the more the straighter will do the work. I recommend accelerating out of the bottom position.

Arch-back power good mornings. Arch-back power good mornings are a great back, glute, and hamstring exercise. What most people don't know is there are different types, each of which can be used to build a particular group of muscles.

Good Mornings

Good mornings are a great back, glute, and hamstring exercise. What most people don't know is there are different types, each of which can be used to build a particular group of muscles. Arch-back power good mornings are a great back, glute, and hamstring exercise. What most people don't know is there are different types, each of which can be used to build a particular group of muscles.

Use a normal squat bar position

Gary was able to use 700 lbs for 5 reps. His squat was only about 720 lbs, so we knew our method was incorrect. We certainly weren't isolating the legs. We needed to decrease the leverage, but we increased it with the weight in line with the body's center of gravity. So we fashioned a belt with a hook in front, which places the stress over the legs.

Belt squats can be done with any stance and with heels raised for emphasis on quads or with toes raised for emphasis on glutes. I trained a 60-meter Big Ten champ on his toes. He is also did them on his toes. He is beneficial for sprinters. The elevation of the toes or heels is done with short ramps not a 2 x 4 board. Do not hold onto anything as a means of handling more weight; the arms will be helping out more than you think. A lifter once told me he could do 600 lbs for 5 reps in the belt squat, when his best squat was only about 600 lbs. If done correctly, an 800 plus squatter can use no more than about 500 lbs for 5 reps. Belt squats are best used after back or deadlift workouts. In Europe they are known as leg squats.

Hip Flexors

Hip flexor development is important for a max squat and deadlift. Leg raises of all types are one

way to build them. Weight can be attached to the feet. Be sure to keep your legs straight and don't hyper-extend your back while lowering the weight in a hanging leg raise. Weighted sit ups will involve the hip flexors to some extent. Also try lying on an inclined bench with your head at the top and one leg hanging off the bench. Raising the unsupported leg will work the hip flexors, especially with weight added. If your hip flexors become sore after squat or deadlift workouts, they are weak and need work.

Abdominals

Weighted sit ups work well. These can be done on a decline or dumbbell. I prefer to use a heavy hold it for 6 seconds before returning to upright. Holding them statically stimulates keeping the abs tight (pushed out) during a squat or deadlift. I am surprised how many lifters don't push out on their belts when lifting. This is crucial for safety as well as strength. While squatting, abs must be held for at least 6 seconds. Weighted side bends are great for building the obliques, which are important stabilizing muscles. While walking out a squat, they also connect the erectors with the abs. A small waist is usually a weak waist.

Ed Zercher Lift

Here is a grueling exercise for



Steve Wilson was a lifter who used his assistance work wisely (Louie)

the abs, glutes, lower back, and hamstrings. Although old, it is very effective. Squat down to a bar on the floor with a set of 45's on it. Hook your elbows under the bar and lift it to a standing position. You may need to use some padding. Bob Barnett, who held the American record at 675 lbs as a middle mousing, for instance, work many muscles together as in a squat or deadlift. If you aren't built to squat or deadlift, you may have to find a different approach to strength. Only people with perfect body mechanics need only to squat and deadlift. The rest of us have to add reliable assistance work to our training routines.

There should be no off season in the power lifts. You must get stronger all year long. When no contests are near, try Zercher squats and back lifts for a change. You may be surprised with the results. It will add variety and excitement to a sometimes boring routine a powerlifter must follow. Never drop assistance work 2 to 6 weeks before a meet. If a certain exercise or activity goes where you are, why drop it before the most important period of a contest? I have seen lifters do the same weights year after year because of layoffs, and they never train weights. You must be innovative and experiment, or you will find yourself in a rut.

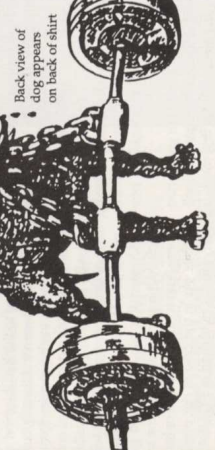
I prefer to do assistance exercises that closely resemble the three power lifts. That's why I don't do leg curls, extensions, and leg presses. Although leg extensions and curls

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STARTIN' OUT

A special section dedicated to the beginning lifter

Novice Deadlift Training as told to PL USA by Greg Reshel, Power Excel



Jeff Jacques drives up a deadlift. This champion 220 pounder has tried out for the Northeast Missouri State football team, at fullback, and had a 50yd. run in spring practice.

As we all have heard, the meet is not over until the bar hits the floor. A good deadlift will make the difference between a competitive lifter and a champion. A good deadlift will also give you confidence to test yourself on the other two lifts because you know that you have the big pull to save your place and total. If you want to find out what you can really pull, choose one of the programs written below.

Power Excel programs will frequently put deadlifts and squats together because both lifts fatigue hips and low back. Hips and low back are slow areas to recover and combining squats and deadlifts will allow maximum recovery time. Combining squats and deadlifts will also build a greater foundation for endurance so that you are able to deadlift more strongly at the end of a meet.

I want to discuss a less than obvious observation that you should not pull a deadlift as that decreases your leverage. Whether you are lifting sumo or conventional you need to **drive** a deadlift, not pull it. If you think that I am bantering semantics take a moment and consider this. The more you try to pull a deadlift, that is to try to raise the weight by pulling on it as you move your back away from the bar, the more you will be moving your hips away from the vertical line of travel that is the shortest and most efficient lift. As your hips move away from the vertical line directly above the bar you are losing mechanical efficiency by lengthening the lever arm of the movement - your back! Grab a sledgehammer close to the head and you will have no trouble lifting it as the lever arm is very short. Grab the same hammer at the opposite end from the head and try to lift the hammer, it will be far more difficult as the lever is much longer.

The first key to the deadlift is to keep your hips as close to the vertical line above as possible.
In this way the lever arm, your back, is as short as possible.
The second key to the deadlift is to drive forward into the bar much as a ski jumper will drive forward during take-

off from the platform. Your hips must move forward and up immediately and explosively as you drive the bar off the floor.

Many deadlifts are lost because the athlete tries to sit into a squat position to begin the lift. The result first move is always to pull the hips away from the bar as the lifter is unable to stabilize the weight in front of him. The bar will frequently leave the floor only after the athlete has reached the 1/2 squat position or, in the case of a novice lifter, the gym our athlete was able to pull

much higher. The lift is lost as the momentum of the athlete has driven his hips rearward away from the vertical line above the bar. The bar stops just below the knee as momentum has carried the athlete's hips so far back that the vertical line above the bar now passes through the athlete's shoulders and the athlete's leverage is lousy as possible.

Our first athlete is a young novice lifter with average genetics looking to compete in his first meet. In the gym our athlete was able to pull

a very shaky 300 lbs. Our novice athlete will deadlift once per week and perform related assistance work on another day. He is pulling conventional. His stance should be with feet about 4-6" apart with toes turned slightly out. He should grip the bar with his hands no more than one inch from the inside border of the knurling on a power bar. Once the athlete has feet and hands in position, his shoulder blades should be pulled back and down, thrusting head and chest out over the bar as the upper back gets very tight and his upper arms are squeezing tightly against his rib cage. Do not loosen up, you must lock yourself in this position.

Your head must look down and slightly forward as you tighten the muscles in your neck by locking your neck in the longest position possible with your skull thrust rearward relative to your torso. Our athlete is now extremely tight with the bar under his lower chest and back flat. Most athletes will find themselves in a 1/4 squat position or slightly lower. This is a preferred start position as it is the most mechanically efficient position to start the drive forward and up with the hips. You must drive forward over the bar as you are pulling the bar back into your legs and hips. It will take several weeks to get the dynamics of the drive. During these weeks you must not train very heavy as it will cause you to revert to the pulling motion as the forward stabilizers in your hips will not have had time to develop enough strength to maintain position as you drive forward over the bar.

The training period for our novice will be 8 weeks. We must stress technique and precision extremely consistent with setup and the drive over the bar you will not need to think at the meet at all. You will have conditioned yourself to move in the proper form. This allows you to get psyched and go with no hesitation. Any hesitation at the bar or during the lift will cause you to fail. Once you have addressed the bar, setup and go exactly the same way each time so there is no room for thought or bad habits. As in the case of our previous articles published in PL USA I will not include all of the warmups

except in this case for the first day as an example.

Deadlift Day - Note: If you do not choose to squat first I would recommend 4-5 sets of leg presses, increasing weight each set. Top out with a weight that is fairly heavy, but is easily moved for eight reps. Week 1 - 155x2x5 (2 sets of 5 reps), 185x2x2 (2 sets of 2 reps). Week 2 - 6 sets of 3 reps with 185, Week 3 - 4 sets of 5 reps with 185, Week 4 - 8 sets of 2 reps (185, 190, 195, 200, 205, 210, 215, 220). Week 5 - 4 sets of 4 reps with 200 lbs., Week 6 - 4 sets of 2 reps with 215 lbs., Week 7 - 4 sets of 1 rep with 185 lbs., Contest - open - 250, 2nd - 280, 3rd - 300 to 320.

Deadlift Accessory Day - Lat Pulldown behind head - 3 sets of 7 reps, Narrow grip Underhand Lat Pulldown to chest - 3 sets of 6 reps, Flat Back Stiff Leg Deadlifts - 4 sets of 8 reps with 65-105 lbs., Single Leg Bodyweight Squats - 3 sets of 12 reps, Toe Raises - 4 sets of 10 reps light.

Our second athlete is a larger novice athlete that has been training for several years, but has competed little or not at all. This athlete has been pulling 450 lbs. on a regular basis for months and wants to compete and post a deadlift of over 500 lbs. He also lifts conventional. Our workout is for 5 weeks 1211.

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and no warmups are included in our program. Our athlete trains three times per week, training deadlift once per week.

Deadlift Day - a warmup with leg presses or squats is recommended. Deadlift - Week 1 - 6 sets of 3 reps with 285 lbs., Week 2 - 3 sets of 5 reps with 285 lbs., Week 3 - 3 sets of 2 reps with 335 lbs., Week 4 - 8 sets of 2 reps with 315 lbs., Week 5 - 5 sets of 5 reps with 315 lbs., Week 6 - 2 sets of 2 reps with 385 lbs., Week 7 - 5 sets of 2 reps with 335 lbs., Week 8 - 5 sets of 1 rep with 285 lbs., Week 9 - Contest - open - 420, 2nd - 460, 3rd - 505.

Behind Back Deadlift - perform deadlifts that start behind your legs immediately after finishing the deadlift workouts on Weeks 1, 3, 4, 6, and 7. Keep your head up and your back flat with 3 sets of 8 reps with 135-205 lbs.

Final Note - when driving your deadlifts only have one thing on your mind: "How fast can I stand up with this weight?" If your only consideration is speed and you make a game of how fast you lift each weight you will succeed much more often!

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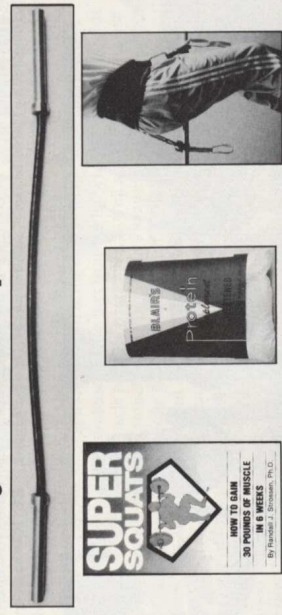
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INTERVIEW

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

TOM SCHOTT as interviewed by Bob Gaynor

BG: Give us some personal information on yourself?
TS: My name is Tom Schott. I'm 28 yrs. old and I have a 52 inch waist (seated). I live in Elysburg, Pennsylvania with my beautiful wife Tracy.

BG: How did you get started?
TS: Actually, I didn't start powerlifting until the end of my senior year in high school. I weighed 140 lbs. and was interested in gaining some muscle weight. One day I walked into a lifting supply and supplement store to see what miracle weight-gain powders I wanted to form a long-term relationship with. The owner of the store, Mike Darrup, now a close friend of mine, was huge! I've seen muscular guys before, but that was different, this guy was big (and drug-free) and I never saw anyone bench as much weight as he did. To keep the story short, Mike outlined some training guidelines and powerlifting exercises for me. From that point on I was "injected" with the Iron Game fever, and twelve years later there's still no sign of a cure.

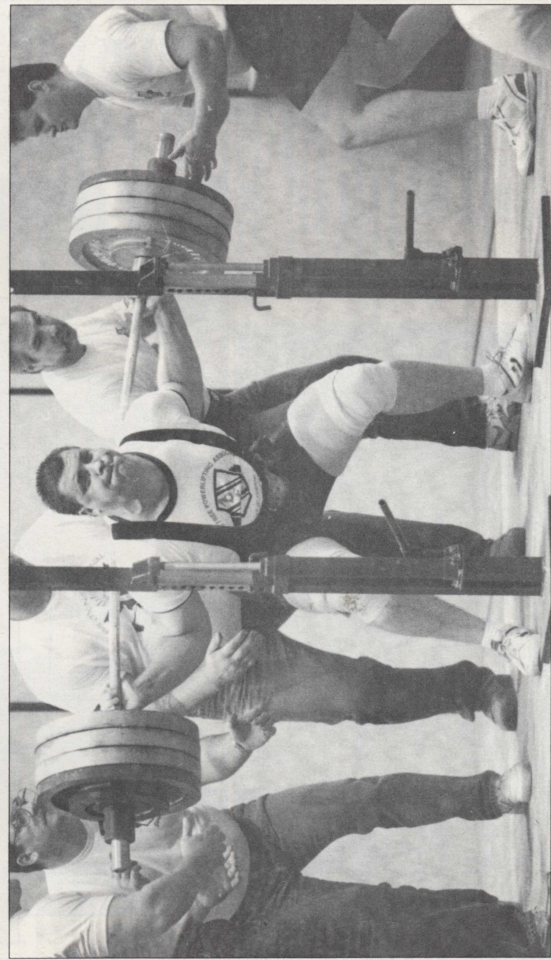
BG: How long have you been training and competing?
TS: I obtained my first barbell set when I was 13 yrs. old, but didn't

start powerlifting until I was 17. I entered a deadlift contest about five months after my introduction to powerlifting.... that was 1982.
BG: What are your best lifts?
TS: My best lifts at 275 lbs are as follows: 825 SQ, 450 BP, 660 DL and 275 curl.
BG: What are your future goals?
TS: I thought I might increase my bodyweight to 350, drop my bodyfat below 2%, get totally ripped and win the 1995 Mr. Olympia, but since my bodyfat hovers around 25% (without even trying) I'm going to keep focused on winning the ADFPA Nationals. I'd like to squat 1000 lbs. someday also (as soon as John Inzer comes out with a 12-ply suit).
BG: What about steroid use?
TS: I think we all need to be a little more careful on how we address this subject. We're all athletes striving to be the best at what we do. If a lifter chooses at some point in time to use steroids, that's their call, and who am I to say otherwise, but let me ask that lifter how much

said, "If you get caught, you don't know what you're doing." You can't say that the federations aren't trying and continually looking for better ways to test (why else would there be 50 federations), but unfortunately no sport will ever be drug-free unless the athlete makes the decision, not the federation or league. Understanding the dark side of steroids will inevitably prove to be the best form of drug testing.
BG: Do you follow any special diet?
TS: Because I know you on a personal basis, Bob, I would have to say that you're being sarcastic. But I'll humor you and answer the question anyway. No, I don't and yes, I do. Over the years I've paralleled some training cycles with extensive vitamin programs, high protein/high carb/low fat diets, and an array of "performance supplements" (smilax, gamma, etc.). I've also trained for meets on just pizza and cheeseburgers. I think the individual has to experiment and see what supplements, what protein:carb ratio and what foods maximize their strength and recovery. Those supplements that seemed to boost my total 20 lbs one meet, may prove to be ineffective the next time I cycle with them. You can train your body to react favorably to specific diets,

but your body is constantly adjusting, adapting and teaching you how it responds. Learn how to train a smart, but flexible diet/supplement program.
BG: Would you give us a breakdown of your training program?
TS: Successful training programs are based on principle, not set and rep schemes. Don't be afraid to make changes! Do a cycle using high reps, do a cycle using doubles and triples, do a pyramid cycle, take some time off, do some aerobic work. Mixing it up keeps your motivation high. Attitude is everything! You have to be strong in your mind and heart before your physical strength takes championship form. A successful lifter knows when and how to adjust their set/rep routine mid-cycle. Discern when to drop certain assistance exercises and when incorporate new ones into your program.

The following program is currently what I am using to train my squat: wk1-52%x8x5; wk2-52%x5, 61%x6x4; wk3-52%x5, 65%x6x3; wk4-52%x3, 69%x5x3; wk5-6, 7-52%x3, 65%x3, 78%x3-5x2; wk8-off; wk9-60%x3, 76%x3, 93%x2-4x2; wk10-60%x1, 81%x1, 96%x1, max x 1. I use knee wraps and a belt



Tom Schott... is a drug free champion who routinely squats with over 800 pounds, as above at the 1991 ADFPA Men's National Championship

throughout, gradually tightening the knee wraps as the weight increases. I train with a squat suit only on week 9. For assistance work I do 3x8 each of leg extensions, leg curls and calf raises. I squat once per week (Monday), and occasionally do 3 or 4 sets of heavy leg press on Friday.
BG: What advice would you have for beginners?
TS: Start competing! So many lifters are waiting for that big total before they enter a contest. That total may be a long way off, or it may never materialize. Don't deprive yourself of the fun. Contests can be stressful but they're always a lot of fun, and you can learn so much from the other lifters. Train hard and don't take short cuts. You need to discipline yourself with patience, perseverance and consistency.

John Kuc once said to me, "You don't get stronger workout to workout, you get stronger over the years." Don't ever limit your self and don't let others set limits on you... aim high! If someone else has done a phenomenal lift in a certain weight class, then so can you. When I focus in on a contest, I train with the attitude that everyone in my weight class has to beat me, I don't have to beat them. If another lifter ex-

pects my total then he is the better lifter. He still hasn't defeated me, however, maybe I set new PRs, maybe I placed high, and I know I still haven't reached my potential. A champion lifter needs a champion attitude, and no better time than when you're starting out.
BG: Are there any other comments you would like to make?
TS: I'd like to thank you, Bob, for this flattering opportunity, along with Mike Lambert for providing powerlifters with such an enjoyable magazine. I would also like to thank the following training

partners and mentors: Mike Darrup, Bob Lucas, Larry Schott, Ron Szido, Bob Hunt, Don Hickey and John Gentile. Also, thanks to Rex "the Bull" Crowl and his wife Sue, of the Mount Carmel Fitness Center, for providing the powerlifters with A-1 equipment to train on (and for putting up with the baby powder). But most of all, I would like to thank my Lord and Savior Jesus Christ, and credit Him with all my success.

If anyone needs additional information, I can be reached at 5 Hillcrest Drive, Elysburg, PA, 17824 or call 717-672-9314.

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If you've hit a plateau or are feeling a bit overtrained, you might want to try changing training partners. Over the last 15 years, I've had many different training partners, some good, some bad.

The perfect training partner is:
 1) Dependable - always at the gym at the mutually agreed times or at least calls to let you know they're not coming in.

2) Trustworthy - willing to tell you honestly how a lift looks, if a squat's too high, a bench uneven or if a deadlift locks out.

3) Motivating - knows what triggers your adrenaline
 4) Good sport - if they happen to miss a lift they won't let it affect yours.

Through the years I've made a great deal of changes to benefit my training. I've moved from state to state, gym to gym, and training partner to training partner. During the period when I won my three Teenage National titles, I trained with a group of guys in a garage.

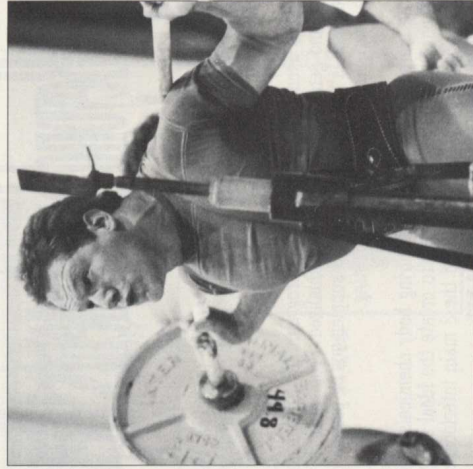
Larry Plumlee trained all of us and was the person responsible for getting me into competition. Our equipment was limited, so we mainly worked different variations of the three lifts. Dave Davis was my first training partner during those years;

his brother-in-law is the world famous "Dr. Squat" Fred Hatfield. At the age of 18, I competed in my first Men's Senior Nationals. This was where I met Larry Pacifico and accepted his offer to go to Ohio. I'll never forget those training sessions in the "Power Elite Fitness Center".

Tim Martin was probably the closest in poundage of any training partner I ever had. The lifting atmosphere was always perfect when

TRAINING PARTNERS

The Good, the Bad, and the Ugly by Joe Ladinier



"The LAD"... at his first Senior Nationals in 1982. Joe won 1st place in the Gulf Coast Bench Championships a few months ago and would like to thank the Morrison Hospitality Group for their sponsorship

the "Power Elite Gang" were around. There were well-known lifters coming into train with us all of the time, Jim Cash, Louie Simmons, Jeff Chorpenning, Mark Chaillet and the late Wayne Bouvier were just a few.

While I was in Sweden for the Worlds, I met "THE ICEMAN" Buddy Duke. I was in desperate need for changes to help my deadlift, so two weeks later, I moved to Georgia to swap secrets with "THE ICEMAN". After six months, my deadlift had jumped from 749 to 832, and Buddy's squat and bench jumped up past his personal best.



Larry Plumlee, 1980 Jr. National Champ, got Joe started in the sport

the country and some of the requests have been from lifters overseas. In 1991, I trained a guy for the U.S. Navy Seals; he graduated in the top 10 of his class.

If you're interested in my personalized training programs, please send \$25.00 and a S.A.S.E. with the following information: height, weight class, best "current" lifts, type of program you need: powerlifting, bodybuilding or total fitness. (give example of the types of foods you eat) type of diet you need: weight gain, loss or maintain and include the type of supplements you use. I also give advice on equipment and lifting apparel. Send to: Dimensions Unlimited, 1421 Bay Ridge Dr., Gautier, MS, 39553.

The following advice is mainly for the younger, inexperienced lifters. Regardless of how far you go in your lifting career, never forget where you started or how you got there, always remember the people that helped you. All of the trophies and titles mean nothing without them. "THE LAD"

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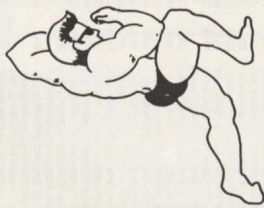
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575	10FEB91
575	20JUL01
575	25APR92
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570	ROBINSON, E
570	22NOV89
567	02DEC89
567	PACIFICCO, L
567	COAN, E
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560	15NOV80
560	21APR91
560	27APR91
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523	02SEP94
523	CLARK, X
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523	07JUL85
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521	GARCIA, A
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520	DICKE, D
520	20NOV83
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520	07NOV85
520	ROBSON, D
520	21DEC91
518	KELLY, J
518	HOFFMAN, J
518	21MAY89
518	PRECHER, D
518	01AUG92
518	BELL, G
518	22FEB93
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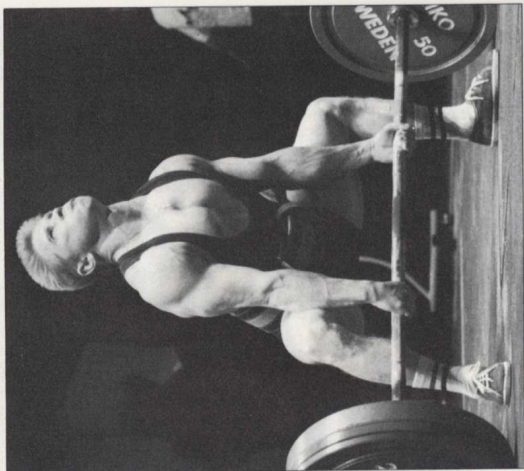
Realistic Steroid Alternatives as told by John Villarreal, POWER USA Supplements

As a teen national champion powerlifter and a trainer of Olympic and professional athletes, I understand the extent to which performance enhancing drugs are used. I would be a liar if I said that these drugs either don't work or are not being used in great abundance. World class athletes take these drugs not so much because it means the difference between being Charlie Brown and Superman, but rather because most other competitors are doing it.

A the world class level, even an improvement of less than 1% can be the difference between first and third. Thus, the pressure to gain even a slight advantage is great. Today, drug use is so prolific that I have heard many bodybuilders and powerlifters state that one has to take pharmacy worth of drugs just to win a good local show.

The main issue as I see it is not really a question of fairness. People are born with different genetics, have access to varying degrees of training facilities, nutrition, coaches, etc. Probably 99,999% of the people in the world and take all the drugs they wanted and they still would never lift the weights that Ed Coan can, or run as fast as Carl Lewis can. So, the question of fairness is not that cut and dried. That is not to say that drugs do not work; they do. The fact that Ben Johnson was unable to even qualify for the Olympics after previously running the fastest 100 meters of any human ever while using drugs is partial proof that they work.

No, the real issue is the health concern of the athletes. Will most of the performance enhancing drugs kill you? Maybe not. However, they are drugs and do have a very pow-



Lifters around the World... like IFF World Flyweight Champion Zhur/lev of Russia are looking for natural means to boost their totals.

erful effect. Some, like Halostatin, are quite toxic. On top of that, athletes are taking more drugs than they used to, and often without a doctor's supervision, especially since performance drugs have become taboo. This can create a dangerous situation. Recently, Mohammed Benazza (a world champion professional bodybuilder) did die from

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gains. Victory Wyrsh, a firefighter, gained 50 lbs. on his bench in three weeks without any special personal training. He simply used the Power USA products alone! These are just a few examples out of many. With hard work, intelligent training plans, and viable steroid alternatives you can do it.

Viable Steroid Alternatives

You might ask, what are viable steroid alternatives? Viable steroid alternatives are substances that have enough tangible results that they allow one to choose not to use steroids and still excel. You may say that you have heard this all before. Well, the difference is that each one of these substances have been proven effective by both medical studies and by competitive athletes. Here is a list of safe, effective products, in different categories, are listed in order of preference.

Substances of Anabolic Action
(These are substances that increase strength and muscle mass)

1. **Anabol 350 - ANABOL-350** is an herbal compound grown in two parts of the world, Russia and Brazil. The active ingredients in ANABOL-350 have been used by the Soviet Olympic teams for the last six years. ANABOL-350 is a simply amazing plant extract. In addition to being a general tonic and immune system booster, certain ingredients in ANABOL-350 have been shown to have between 30-55% the effect of an anabolic steroid! Dosage varies to individual needs and body types. However, standard dosage is at least 1 tablet of ANABOL-350 for every 15 lbs. of bodyweight. A typical cycle is 10 days on, 5 days off, and 10 days on. Then get off for two weeks and repeat the cycle.

2. **Vanadyl Sulfate - Vanadyl Sulfate** is a derivative of the trace mineral vanadium. Research has indicated that Vanadyl actually mimics the effects of insulin. Insulin is one of the body's three strongest anabolic hormones. Athletes using Vanadyl will experience a much harder pump, greater localized muscle endurance, and increased muscle mass. Dosage is a minimum of 20 mg. for every 100 lbs. of muscle. However, do not exceed 120 mg. per day. Cycle two days on (continued on following page)

and one day off.

3. **Growth Hormone Releasers** - Growth Hormone is an extremely powerful anabolic and fat reducing hormone. Real growth hormone is far too powerful for most people and is illegal. There are many growth hormone releasers. However, only Arginine Pyroglutamate/L-Lysine is proven effective and legal. Arginine Pyroglutamate/L-Lysine is an amino acid combination. It must be in an exact 50/50 blend to be effective. It is the strongest growth hormone releaser available. Dosage is 3 grams, or use one level teaspoon, per 100 lbs. of bodyweight. GH releasers can be used continually.

4. **Amino Acids** - Amino acids are very necessary and potent for muscle growth. However, they must be taken in sufficient quantities. Most people only take 1-2 grams per day. The effective dose is over 25 grams a day. Amino acids should be used every day.

5. **Magnesium** - Magnesium is a standard mineral that is critical for protein synthesis, yet most people don't take enough magnesium and it is easily lost during intense exercise. Therefore, additional supplementation by athletes should improve strength and muscle growth. Dosage is 800-1600 mg. a day. Magnesium should be used every day.

Substances of Energetic Action (These are substances which give you more energy for workouts and competition)

1. **ATP (Adenosine Triphosphate) - ATP** is the flat out best energetic substance. ATP is the simplest, most basic energy form usable by the body. It is the form in which all other energy substances - carbohydrates, creatine phosphate, etc. - break down into. The energy boosting effect is almost immediate and very pronounced. Dosage is 200-300 mg. as needed.

2. **Co-Enzyme Q10 - Co Enzyme Q-10** breaks other energy substances down into ATP at an increased rate. Co-Enzyme Q-10 provides sustained energy release over a span of several hours. Dosage is around 200mg per 100 lbs. of bodyweight.

Substances of Healing Action (These are substances which decrease recovery time and speed injury rehabilitation)

1. **Growth Hormone Releasers** - Growth hormone is directly responsible for the growth, development, and reconstruction of every cell in the body. Higher growth hormone levels mean greatly increased rates of injury recovery.

You Can Do It! With the proper training, diet, and use of these products, you can make tremendous gains. The meticulous use of these substances should yield you results approaching those of anabolic steroids without any of the deleterious side effects that steroids possess. With today's technologies the drug free athlete can compete and even prosper. Perhaps some day athletes will no longer need anabolic steroids. In fact, right now we at Power USA are researching and will soon be testing a product that we believe is unquestionably stronger than anabolic steroids. It apparently not only causes muscle growth, hypertrophy, but also hyperplasia, muscle splitting. That means it may be able to actually improve a person's genetics by giving them more muscle cells. However, it will take us some time to both prove this and then test the products with complete safety. If anyone has any questions about training or how to get any of the products mentioned please give me a call, John Villarreal, (1-800-30-POWER), Power USA, 173 Doris Dr., Pleasant Hill, CA 94523.

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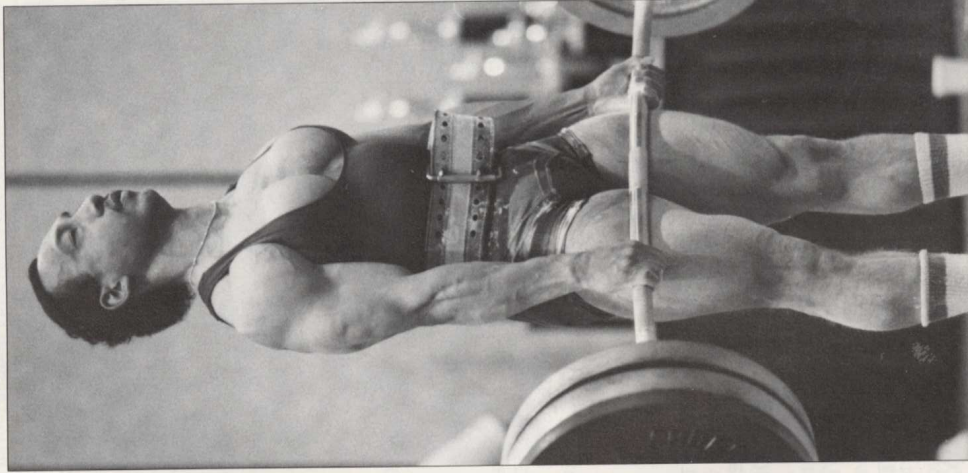
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THE DEADLIFT

Strategic Deadlift Initiative as told to Powerlifting USA by Doug Daniels



A Strategic Deadlift Initiative is the best defense for successful competitors like Martin Beavers to put themselves on top at total time. The extra range of motion, you will not be able to use as much weight as regular deadlift. However, it is that extra range which will help you pull off the floor. Work this exercise in a 45 or 100 pound plate will do nicely also. Because of

President Reagan had his "SDI", a deadlifter should also. But to a deadlifter, SDI means Strategic Deadlift Initiative. This SDI however, does not consist of laser beams and satellites, it consists of an effective plan to produce a constantly improving deadlift.

The best way to improve your deadlift is to deadlift. No amount of assistance work will substitute for hard work pulling off the floor, but there is also the saying "a chain is only as strong as its weakest link." The deadlift uses most of the muscle groups of the body, the legs and hips, along with the back muscles and abs. Also included are the gripping muscles of the hands and forearms. If any of these groups are relatively weaker than any other, it will limit your maximum capability. For example, if you can get 500 pounds off the floor, but can't lock it out, you are limited to the weight you can lock out. Confining your deadlift training to just deadlifts will not resolve weaknesses as quickly as when assistance work is added strategically. Also, strong points will not be overloaded, as you will be limiting yourself to weights governed by weak points. In order to do this, we must approach the deadlift in three phases: evaluation, solution, and implementation.

EVALUATION PHASE

First, you must evaluate your deadlift. What are your strong and weak points? Do you have trouble getting the bar off the floor, getting it past the knees, locking it out, or holding on to the bar itself?

Another problem shared by some lifters is severe leg shake while pulling up the lift. This is obviously not conducive to lifting max weights. A while back, I had the good fortune of asking the top deadlifter in the world, Ed Coan, about this. Ed blamed it on weak legs and as the lifter squats more, this problem should disappear. This underlines the importance of leg strength in the deadlift. The back cannot efficiently pull while the legs lack stability and don't contribute their share of lifting the load.

One factor that cannot be altered is your body structure. Most top deadlifters have long arms and short backs. This greatly decreases the distance the bar must travel where as great bench pressers have body structures quite the opposite. Even though a non-favorable body structure may be your fate, it does not mean that you cannot get good results from SDI.

SOLUTION PHASE

Weakness from the floor can be attacked by one really great exercise, the deadlift off the blocks. This deadlift is performed the same way, but the lifter stands on a platform

in addition to helping prevent injuries, flexibility will enable the lifter to obtain a more upright position in the deadlift. This will improve your leverage by allowing more of the load to be supported by the stronger leg muscles. This more upright position will also shorten the distance you will have to lift the bar. An upright position is even more critical to sumo style deadlifters.

Don't overlook calf training. Strong calves will add to stability. Exercises here are your choice. Hit them at least 2-3 times per week.

Ab training must also be considered. Training your back and not your front side could cause problems. Strong abs help to support the spine and torso, which is important to just about every physical activity, let alone deadlifting. Weighted ab crunches are your best choices over unmoderated sit-ups. There are many others. Just make sure they receive attention at least 2-3 times per week.

A trick to use in the deadlift is to shave the front of your thighs. Swimmers shave their heads to reduce drag or friction in order to swim faster. We don't need to go to that extreme, but it could be worth it. Also, put baby powder on your thighs to further reduce friction. Be careful not to get any on your hands; it will hamper your grip.

IMPLEMENTATION PHASE

Most top deadlifters train their deadlifts specifically once per week. This lift is very demanding and takes a while to recuperate from. Assistance work like lats, etc., can be done twice per week, once heavy, the next time 10-15% lighter. Concentrate on the deadlift off the blocks during off season and early in your contest training cycle, again only once per week. As the meet nears, say 6-8 weeks away, resume doing regular deadlifts. Sumo lifters might want to include one light set of sumo lifts to work on technique. There will be time later for transition and heavy sumo lifts.

Also, as the contest nears, reduce your assistance work gradually until the last two weeks when it should be near zero. This will prevent over-training as the weights you will be using at this time should be at maximum levels which will require more recuperation. Abs are an exception. They can be worked until the last few days.

For example, in a 16 week cycle, alternate shugs with lock-bar must travel and should have lifters should use flat tennis type shoes. In both cases, try to use flat soled shoes. A high heel will make you lean slightly forward, causing you to pull weight backward as well as up.

Regular style lifters should consider wearing house slippers. They fulfill the rules of footwear. They are low which reduces the distance the bar must travel and should have non-skid soles for stability. Sumo lifters should use flat tennis type shoes. In both cases, try to use flat soled shoes. A high heel will make you lean slightly forward, causing you to pull weight backward as well as up.

same assistance work. Drop the reps of the work sets down to the 3-6 range. The last 4 weeks, lower your reps and increase the weight of your deadlifts and do away with all assistance work the last 3 weeks. Take your last deadlift workout 10-14 days before the meet.

It is important to curtail your assistance work down as you near the meet because over-work on the deadlift can have a negative on your squat which also is stressed by heavy back involvement. Experience will indicate just how much work you can do. Your life style, age, and general health determine your recuperative abilities and these will change over time.

I hope I have given you something to go on to keep your deadlift moving up. Be aware that your strengths and weaknesses in the deadlift, as well as your other lifts, can change over time. This will require you to analyze your lifts continually after each competitive phase to determine your new SDI. Keep in mind that it may take a while to resolve a weakness. Also, your body structure may be a plus or minus in your final result. Many competitors are won and lost during the deadlift. Make this lift count positively on your lifting total. SDI should definitely be included in your training budget.

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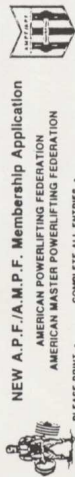
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132				
C. Smith	225	154	347	727
C. White	181	165	275	622
165				
J. Butt	402	236	507	1146
C. Dobbin	352	270	462	1085
C. Hodge	198	121	253	573
181				
S. Powell BL	451	248	523	1223
C. Barfield	451	259	479	1190
C. Dobbin	352	270	462	1085
D. Connor	402	281	363	1047
J. King	231	137	330	699
198				
C. Young	403	208	467	1078
C. White	305	198	385	979
C. White	264	176	308	749
220				
J. Connor	451	303	518	1256
C. Dobbin	385	286	440	1091
242				
D. King BL	584	375*	518	1478
J. Mitchell	523	303	600	1427
S. Campbell	622	325	573	1521
J. Harding	303	154	352	810

*Canadian national record. This was the second time that a Canadian woman has broken a national record. This was a first class meet organized by former national senior champion Terry at the high school level. The meet was held in Stephenville, Newfoundland, participating at the meet, which was good to see. The meet was sanctioned by the CPU, and there were 3 random doping control procedures conducted. The results of the random doping control records were set that day. Jackie Moroy (JFB), Danny King, Steve Powell, Charles Banfield, Duany King and Steve Campbell all qualified for the 1993 World Championships. (results provided courtesy of Steve Powell)

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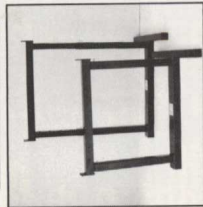
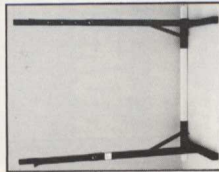


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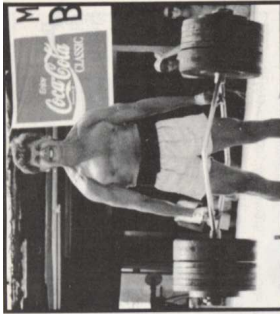
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Low with a 727 squat at 181 is Jarm Virtanen at the Finnish Nationals. (Photo provided courtesy of Jari Tahminen.)

Finnish Nationals
20, 21 Mar 93 - Sotkamo (kg)

SQ	BP	DL	Total
52	130	105	195
53	142.5	79.5	222.5
54	122.5	70	192.5
55	122.5	70	192.5
56	122.5	70	192.5
57	122.5	70	192.5
58	122.5	70	192.5
59	122.5	70	192.5
60	122.5	70	192.5
61	122.5	70	192.5
62	122.5	70	192.5
63	122.5	70	192.5
64	122.5	70	192.5
65	122.5	70	192.5
66	122.5	70	192.5
67	122.5	70	192.5
68	122.5	70	192.5
69	122.5	70	192.5
70	122.5	70	192.5
71	122.5	70	192.5
72	122.5	70	192.5
73	122.5	70	192.5
74	122.5	70	192.5
75	122.5	70	192.5
76	122.5	70	192.5
77	122.5	70	192.5
78	122.5	70	192.5
79	122.5	70	192.5
80	122.5	70	192.5
81	122.5	70	192.5
82	122.5	70	192.5
83	122.5	70	192.5
84	122.5	70	192.5
85	122.5	70	192.5
86	122.5	70	192.5
87	122.5	70	192.5
88	122.5	70	192.5
89	122.5	70	192.5
90	122.5	70	192.5
91	122.5	70	192.5
92	122.5	70	192.5
93	122.5	70	192.5
94	122.5	70	192.5
95	122.5	70	192.5
96	122.5	70	192.5
97	122.5	70	192.5
98	122.5	70	192.5
99	122.5	70	192.5
100	122.5	70	192.5

Upper-Austrian Championships
27 Mar 93 - Bad Ischl (kg)

Women	SQ	BP	DL	Total
52	120	77.5	130	327.5
53	90	55	120	265
54	87.5	55	95	237.5
55	87.5	55	95	237.5
56	87.5	55	95	237.5
57	87.5	55	95	237.5
58	87.5	55	95	237.5
59	87.5	55	95	237.5
60	87.5	55	95	237.5
61	87.5	55	95	237.5
62	87.5	55	95	237.5
63	87.5	55	95	237.5
64	87.5	55	95	237.5
65	87.5	55	95	237.5
66	87.5	55	95	237.5
67	87.5	55	95	237.5
68	87.5	55	95	237.5
69	87.5	55	95	237.5
70	87.5	55	95	237.5
71	87.5	55	95	237.5
72	87.5	55	95	237.5
73	87.5	55	95	237.5
74	87.5	55	95	237.5
75	87.5	55	95	237.5
76	87.5	55	95	237.5
77	87.5	55	95	237.5
78	87.5	55	95	237.5
79	87.5	55	95	237.5
80	87.5	55	95	237.5
81	87.5	55	95	237.5
82	87.5	55	95	237.5
83	87.5	55	95	237.5
84	87.5	55	95	237.5
85	87.5	55	95	237.5
86	87.5	55	95	237.5
87	87.5	55	95	237.5
88	87.5	55	95	237.5
89	87.5	55	95	237.5
90	87.5	55	95	237.5
91	87.5	55	95	237.5
92	87.5	55	95	237.5
93	87.5	55	95	237.5
94	87.5	55	95	237.5
95	87.5	55	95	237.5
96	87.5	55	95	237.5
97	87.5	55	95	237.5
98	87.5	55	95	237.5
99	87.5	55	95	237.5
100	87.5	55	95	237.5

Swedish Nationals
Mar 93 (kg)

SQ	BP	DL	Total
114	175	110	462.5
115	175	110	462.5
116	175	110	462.5
117	175	110	462.5
118	175	110	462.5
119	175	110	462.5
120	175	110	462.5
121	175	110	462.5
122	175	110	462.5
123	175	110	462.5
124	175	110	462.5
125	175	110	462.5
126	175	110	462.5
127	175	110	462.5
128	175	110	462.5
129	175	110	462.5
130	175	110	462.5
131	175	110	462.5
132	175	110	462.5
133	175	110	462.5
134	175	110	462.5
135	175	110	462.5
136	175	110	462.5
137	175	110	462.5
138	175	110	462.5
139	175	110	462.5
140	175	110	462.5
141	175	110	462.5
142	175	110	462.5
143	175	110	462.5
144	175	110	462.5
145	175	110	462.5
146	175	110	462.5
147	175	110	462.5
148	175	110	462.5
149	175	110	462.5
150	175	110	462.5

19-21 Mar 93 - Brumunddal (kg)

Men	SQ	BP	DL	Total
52	180	90	165	435
53	180	90	165	435
54	180	90	165	435
55	180	90	165	435
56	180	90	165	435
57	180	90	165	435
58	180	90	165	435
59	180	90	165	435
60	180	90	165	435
61	180	90	165	435
62	180	90	165	435
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89	180	90	165	435
90	180	90	165	435
91	180	90	165	435
92	180	90	165	435
93	180	90	165	435
94	180	90	165	435
95	180	90	165	435
96	180	90	165	435
97	180	90	165	435
98	180	90	165	435
99	180	90	165	435
100	180	90	165	435

19-21 Mar 93 - Brumunddal (kg)

Men	SQ	BP	DL	Total
52	180	90	165	435
53	180	90	165	435
54	180	90	165	435
55	180	90	165	435
56	180	90	165	435
57	180	90	165	435
58	180	90	165	435
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98	180	90	165	435
99	180	90	165	435
100	180	90	165	435

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(2) June 1955, Cleveland, Ohio: World Record
(3) June 1955, Russia: Two World Records
(4) October 1955, Munich, Germany: World Record
(5) June 1956, Philadelphia, PA: 3 World Records
(6) December 1956, Melbourne, Australia: Gold Medal in Olympic Games

- Home Movie Footage
(1) Anderson returns to Toccoa, GA., after stunning the Russians
(2) Anderson meets Vice President Richard Nixon in 1955 after returning from Russia
(3) Anderson working out in Toccoa 1955, squatting huge weights, lifting two 55 gallon drums, presses, and upside down push-ups
(4) Paul returns to L.A. airport after winning gold medal in Melbourne in 1956
(2) Paul turns professional wrestler in 1957; shows Paul walking down the street in wrestling outfit, lifting large iron dumbbell overhead with one arm and lifting two women-one with each arm
Movie footage of Paul during many of his public appearances in the sixties and seventies

- (1) Squatting with around 900 pounds at an appearance in Texas
(2) Driving nails through 2x4 wooden beams with his bare hands
(3) One arm presses with 240 and 300 pound dumbbells
(4) Numerous back lifts of tables loaded with men from the audience
(5) Holding sixty pound iron balls out at arms length with his little pinkies
(6) Many of his speeches concerning his love of God, country and the free enterprise system

- Interviews with:
(1) High school classmates of Paul in Toccoa, Georgia
(2) Bob Peoples, world-renowned lifter during the forties and fifties, and one of the first recognized lifting authorities to see Paul Anderson make record-breaking lifts
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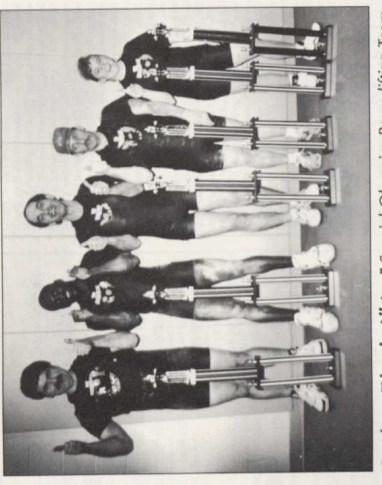
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The Goodyear Invitational Special Olympics Qualifier

Table with 4 columns: Gender, Name, SQ, BP, DL, Total. Lists results for various age groups and genders.



Goodyear "Lincoln Allstars" Special Olympics Powerlifting Team. From left to right: Mike Santero, Charles Davis, Steve Hennessey, Corky Bear, Marlene Lacey.

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Netherlands "B" Class Nationals

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

USA Bench Press Championship

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

APA/WPA World Bench Press

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Olympic Bench Press Federation USA Bench Press Championship

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Tennessee State Championship

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

USA Bench Press Championship

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Tim Isaac benching 600 at the OBPF USA Bench Press (Tsaminos)

Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

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German Team Finals 17 Apr 93 - Soest (kg) Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Netherlands "B" Class Nationals Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

USA Bench Press Championship Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

APA/WPA World Bench Press Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Olympic Bench Press Federation USA Bench Press Championship Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

Tennessee State Championship Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

USA Bench Press Championship Table with 4 columns: Name, SQ, BP, DL, Total. Lists results for various age groups and genders.

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As we approach the date for the 1993 USPF Men's & Women's Nationals and the Annual National Committee Meeting, I feel the need to share my hopes for the future of the USPF with the lifting public. If the USPF is to survive the onslaught of new federations that plague our sport in the United States, we must make some basic changes in both policy and practice. I will now attempt to outline the changes I feel are necessary for the survival of the USPF.

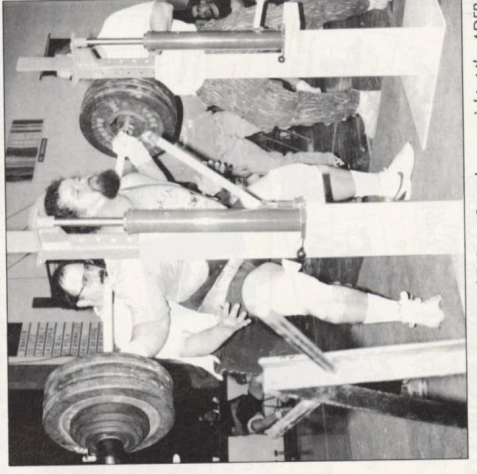
1. We must ally ourselves with the International Powerlifting Federation in spirit and in policy. The stronger our ties are with the IFF the better our chances for growth and the return of the USPF as the dominant force in the United States and in the sport of Powerlifting.
2. We must make a declaration of policy stating that the USPF is a Drug Free Federation. This policy statement must be considered as "words to live by." Drug free lifting is the way of the future here in the United States and around the world.
3. We must hold all of our national meets under IFF rules. This gives the lifters at our national meets the opportunity to compete under the rule set that will be used at all IFF World Championships. This will give our lifters a concept of what to expect at world competitions and also affords the opportunity for a larger number of lifters a chance to

NASA Louisiana State

13, 14 Mar 93 - Alexandria, LA (kg)	SQ	BP	DL	Total
D. Osborne	460	240	440	1080
K. R. Keith	400	200	425	1025
B. Poe	420	205	410	1035
R. Cagle	310	155	300	765
198				
B. Alker	560	300	510	1290
B. Birch	400	200	460	1060
D. Gregg	420	215	485	1120
M. destinatione	460	275	450	1185
J. Dinkak	400	225	425	1100
J. Nelson	400	225	425	1050
D. Reid	345	265	300	910
D. Hebert	325	200	325	850
22				
T. Dailes	515	390	460	1365
J. Summers	475	330	560	1335
D. Caspell	470	320	525	1290
D. Ryan	410	275	525	1210
B. Rysan	450	325	425	1200
T. Clem	420	285	485	1190
J. Allen	400	240	390	1080
B. Shifley	350	225	475	1050
242				
S. Eye	485	330	510	1325
S. E. Hummelroy	440	300	470	1210
275				
R. Ashley	375	365	500	1340
J. Goodnoough	500	380	450	1330
C. He	420	300	420	1140
C. Hess	450	300	400	1150
Open				
114				
L. Ryan	245	115	260	620
A. Harmon	190	95	235	520
D. Shifley	155	90	195	440
172				
L. Lucas	425	265	300	990
L. Hampel	225	110	245	580
S. Muir	220	110	250	580
D. Beatty	540	340	560	1440
165				
D. Day	330	220	470	1020
186				
C. Gombak	440	310	450	1200
L. Barron	430	285	480	1195
187				
J. Valchine	620	300	580	1500
J. Selby	555	330	525	1410
R. Davis	500	280	470	1250
J. Hilderfender	500	380	470	1350
190				
B. Hicks	485	300	435	1240
66				
W. Warren	142.5	66	142.5	351
Men Pure				
A. Arterberry	157.5	70	157.5	385
Pure Novice				
R. Cagle	165	80	165	410
148				
B. Barber	142.5	100	142.5	385
Dennis				
115				
M. Destinatione	460	265	425	1090
D. Hebert	325	200	365	890

6.7 Mar 93 - Woodstock, VA

Women Light	SQ	BP	DL	Total
K. Ryan-104	245	115	260	620
L. Barron-109	190	95	235	520
D. Shifley-130	155	80	195	430
D. Shifley-148	130	70	210	410
Women Heavy <td></td> <td></td> <td></td> <td></td>				
A. Tallentire-139	275	175	370	820
D. Reid-148	320	210	425	955
P. Moomaw-127	225	110	245	580
Master Light				
L. Barron-143	485	305	450	1110
R. Lewis-171	400	250	410	1060
R. Cagle-170	420	205	410	1035
B. Barron-109	190	95	235	520
Master Heavy				
B. Shum-243	560	365	575	1500
R. Brooks-197	430	300	600	1330
J. Gouley-235	525	385	600	1510
R. Pike-219	440	280	470	1190
R. Familyroy-242	440	300	470	1210
B. Shifley-216	330	225	475	1030
D. Reid-148	320	225	425	970
R. Brooks-212	535	370	935	1440
R. C. Z. Hinkel-198	525	330	940	1450
Novice				
L. Barron	190	95	235	520
D. Shifley	130	70	210	410
132				
D. Strayer	270	125	285	680
148				
Herring	385	260	470	1115
R. Lewis	400	250	450	1100



Reuben Weaver squatted 740 as a Superheavyweight at the ADFPA Shenandoah Open (photo provided by meet director Tom Giordani)

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

set IFF world records. 4. We must listen to our lifters at the grassroots level and pay heed to what they are saying. We have somehow lost our perspective as to what is important to the USPF, the wants and needs of the lifter have been lost in the shuffle. If we are to survive we must move the needs of the lifter back to the top of the list when we prioritize our goals for the future.

This is just an example of some of the items that need to be dealt with immediately in the USPF to insure our survival. There are certain factors within the USPF that will find my mandate treasonous. It is not operating with the best interest of the USPF and the lifter at heart. I have worked very diligently over the past several months to try and build the USPF back to the early 1980s, and believe me it has been a road to go. Often I feel like I take one step forward and two steps backward and my opposition seems to always come from the same group of individuals with their own personal agenda that is their main concern, and nothing else seems to matter to them. Recently, my husband Tim and I have had our integrity challenged by a very powerful individual in the USPF. I have never been attacked on a personal level in such a vicious manner. To

make matters worse, in a situation like this it seems that your profession of innocence tends to make you appear guilty. To make a long story short, I have spent countless hours of precious time over the past few weeks digging out information and records that prove our innocence. Time taken away from me personally and professionally, time that can never be recaptured, and we do have so precious little time in our lives. The really sad part of this story is that the attack came from this individual after we had a disagreement as to the direction the USPF will pursue in the future.

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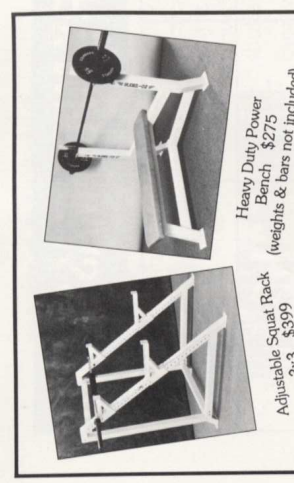
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ADDFPA TOP 20

75 kg
165 lb.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 638 Beemer, L. 1212/92	468 Miller, L. 418/93	694 Biddis, B. 5/16/92	1625 Gibson, L. 12/12/92
2. 425 Gibson, L. 12/12/92	413 Beavers, M. 4/6/92	600 Villott, M. 5/7/92	1580 Beemer, L. 12/12/92
3. 600 Hammer, E. 6/6/92	400 Bell, J. 12/12/92	600 Gibson, L. 12/12/92	1580 Beemer, L. 12/12/92
4. 600 Gibson, L. 12/12/92	400 Bell, J. 12/12/92	589 Hollisap, R. 4/6/92	1494 Hammer, E. 6/6/92
5. 584 Lewis, S. 3/14/93	400 Dorsey, T. 10/25/92	585 Brumback, B. 7/25/92	1494 Hammer, E. 6/6/92
6. 584 Lewis, S. 3/14/93	391 Mabeur, J. 11/7/92	578 Woytoway, M. 8/7/92	1466 Zwick, T. 11/1/92
7. 580 Brumback, C. 12/6/92	390 Lee, S. 5/23/92	570 Brumback, C. 12/6/92	1466 Zwick, T. 11/1/92
8. 578 Murrin, B. 11/8/92	375 Turner, C. 2/22/93	570 Brumback, C. 12/6/92	1466 Zwick, T. 11/1/92
9. 578 Murrin, B. 11/8/92	375 Turner, C. 2/22/93	570 Brumback, C. 12/6/92	1466 Zwick, T. 11/1/92
10. 578 Murrin, B. 11/8/92	375 Turner, C. 2/22/93	570 Brumback, C. 12/6/92	1466 Zwick, T. 11/1/92
11. 568 Turner, C. 2/22/93	375 Giffin, J. 4/10/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
12. 568 Turner, C. 2/22/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
13. 555 Chappell, R. 8/15/92	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
14. 551 Blanchard, W. 5/10/92	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
15. 551 Blanchard, W. 5/10/92	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
16. 551 Mader, J. 11/3/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
17. 548 Darter, M. 11/3/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
18. 548 Darter, M. 11/3/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
19. 548 Darter, M. 11/3/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93
20. 548 Darter, M. 11/3/93	369 Williams, L. 11/2/92	568 Short, M. 12/7/92	1442 Brown, J. 3/13/93

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Bench Press Champions... won the team title at the USPW West Virginia Bench Press Championships. On the team are (1st row, kneeling, left to right) Bill Van Kirk, Dave Lewelling, Kenny Woodell, James Rinker, and Dave Lewis. 2nd row, standing, Teresa Woodell, Mike Wamsley, Mike Gullio, Jim Rubenstein, Gerald O'Loughlin, and Michele Puddler.

USPW WV State Bench Press
1 May 93 - St. Albans, WV

Women	114	C. Thomson	363
T. Woodell	148	J. Rubenstein	325
W. Alder	148	S. Williams	429
Men	114	Master 50+	220*
S. Poole	198*	B. Workman	220*
R. Laramée	214	M. Gullio	275
J. Hubbard	220	H. Cochran	359
K. Sisk	275	31*	319*
R. Timnell	284	L. Saunders	137
T. Ginn	284	J. Saylor	137
B. Lively	275	L. Warkley	137
D. McCall	309	J. Morris	137
C. Marshall	309	P. Pack	264
A. Winner	286	B. Vantek	347
R. Adkins	248	40*	315
R. Artis	352	D. Lewellyn	385
Submaster 35-39	181	M. Hager	314
D. Lewis	220	J. Pugh	270
G. O'Loughlin	225	M. Wamsley	440
M. Wamsley	259	A. Blake	440
L. Lewis	347	J. Jones	457
R. Kyle	352	B. Reasley	407
Master 40-49	132	K. Ripplet	374
J. Stuck	270	J. Shuck	435
M. Tennant	418	M. Tennant	418
W. Likens	341	SHW	639*

WV state record. The W. Williams 639 is the highest bench press ever recorded by a woman in the USPW. The W. Williams record was set on the day of the 1993 West Virginia Bench Press Championships, which were held at the St. Albans Recreation Center. The W. Williams record was set on the day of the 1993 West Virginia Bench Press Championships, which were held at the St. Albans Recreation Center. The W. Williams record was set on the day of the 1993 West Virginia Bench Press Championships, which were held at the St. Albans Recreation Center.

Camp Foster USO Bench Press
25 Apr 93 - Okinawa, Japan

Women	97	Y. Hanami	100
D. Lewis	100	R. Tompkins	290
M. Akemi	90	A. Reeves	270
A. Nina	114	C. Lobo	260
K. Yoshinobu	80	M. Stalworth	160
M. Stalworth	160	D. Bajana	305
A. Gudson	135	A. Shobila	305
L. Moore	105	M. Hester	250
I. Stopp	165	Y. Nakamura	350
A. Wynne-Brice	155	J. Thompson	335
K. Sazuki	140	R. Jackson	325
D. Anderson	85	J. Carmelia	320
L. O'Neal	155	M. Gino	385
P. T. Roach	130	P. Johnson	360
M. Gamble	115	K. Meyer	275
D. Lewis	110	L. Turner	425
E. Uechi	130	K. Jones	405
T. Namtel	200	H. Vickers	385
O. Susumu	242	S. Nakamura	330
M. Treda	285	S. Nakamura	330
J. Wyatt	195	J. Roberts	225
Y. Kokazu	325	R. Roberts	175
O. Moritaka	275	SHW	385

Hiro Inagawa brought in an impressive Japanese team. This content, co-sponsored by KDO, a Japanese telephone company, is the largest and most competitive bench press meet ever held in Okinawa. The USPW World Championships (male and female) a round trip ticket to Guam, and they were Alvin Stalworth and Robert Gay. They finished in second place in the 1982 West Virginia Bench Press Championships. World champ St. Anderson for providing results.)

NASA Carlshad Classic
20 Mar 93 - Carlshad, NM (kg)

Bench Press	230	137.5	205	572.5	198	H. McComas	88	281	369
Women	148	80	67.5	217.5	198+	A. Jones	88	220	308
M. Wood	165	87.5	62.5	102.5	114	J. France	121	292	413
Walker	60	198	215	150	132	B. Winner	121	270	402
Wife	52.5	181	182.5	107.5	202.5	T. Johnson	137	286	424
Women Pure	60	198	182.5	107.5	202.5	R. Brocious	143	303	446
Men Pure	275	242	147.5	192.5	165	J. Weidner	220	231	451
Moore	127.5	88	187	275	148	J. Woodson	159	374	534
Escobedo	100	77	220	297	165	N. Eagle	159	374	534
181	88	187	275	148	165	M. Brocious	143	303	446
175	147.5	114	143	275	418	K. Callagher	126	303	429
147.5	143	275	418	147.5	114	C. Cupland	126	303	429
165	147.5	143	275	418	147.5	L. Jeffrey	126	303	429
100	147.5	143	275	418	147.5	M. Woodson	159	374	534
127.5	147.5	143	275	418	147.5	N. Eagle	159	374	534
195	147.5	143	275	418	147.5	M. Woodson	159	374	534
SQ	BP	DL	Total	242	147.5	A. Wheeler	121	248	369
80	60	102.5	242.5	147.5	143	S. Welch	176	314	551
115	52.5	115	282.5	147.5	143	S. Welch	176	314	551
115	52.5	115	282.5	147.5	143	S. Welch	176	314	551
260	122.5	300	687.5	147.5	143	S. Welch	176	314	551
230	125	230	585	147.5	143	S. Welch	176	314	551
247.5	1427.5	267.5	657.5	147.5	143	S. Welch	176	314	551
325	200	280	805	147.5	143	S. Welch	176	314	551
230	165	245	640	147.5	143	S. Welch	176	314	551

(Thanks to Dave Jeffrey for providing the results.)

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US Armed Forces Europe Contest

17 Apr 93 - Kaiserslautern, WG (kg)

Male	SQ	BP	DL	Total
H. Lare	125	77.5	170	372.5
S. Hunter	87.5	60	102.5	250
J. Morgan	160	100	170	430
D. Worman	102.5	65	155	322.5
L. Pace	137.5	20	177.5	435
D. Caldera	135	105	187.5	427.5
M. Rebber	149.5	105	167.5	422
D. Wainera	192.5	125	222.5	540
O. Burton	195	110	227.5	532.5
J. Gaidner	185	127.5	205	517.5
L. Gaidner	150	97.5	203	450.5
K. Ervin	137.5	102.5	190	430
J. Helges	260	143.5	275	678.5
J. Nolan	190	132.5	220	542.5
N. Davis	190	100	240	530
M. Grubwell	190	100	180	470
G. McNeil	172.5	125	220	497.5
D. Smith	240	157.5	262.5	660
D. Diaz	235	130	275	640
L. Hebrick	235	130	275	640
R. Aleman	247.5	172.5	325	645
S. Williams	195	155	257.5	607.5
T. Smith	182.5	142.5	210	535
L. Walden	300	205	300	805
E. Foster	242.5	152.5	290	685
A. Brooks	265	160	257.5	682.5
M. Tomlinson	255	160	275	690
A. Allen	220	135	213.5	567.5
D. Ambler	200	120	215	535
J. Helges	265	170	290	725
E. DeBattista	262.5	182.5	262.5	712.5
M. Frego	227.5	140	220	587.5
G. Goodrich	247.5	182.5	277.5	707.5
J. Johnson	235	162.5	295	692.5
J. Veltun	220	165	250	635
T. Gagnon	320	232.5	373.5	926
M. Rimek	250	162.5	265	677.5
M. Deaton	185	145	227.5	557.5
M. Romayne	242.5	147.5	260	650
E. Foster	85	47.5	105	237.5
D. Decker	60	42.5	90	192.5
C. Brown	75	47.5	115	237.5
G. Golladay	85	42.5	120	247.5
S. Toller	25	47.5	130	307.5
T. Kemper	35	47.5	100	242.5
J. Williams	105	72.5	120	297.5
E. Jones	85	55	142.5	282.5
D. Lovely	100	60	117.5	277.5
J. Crawford	72.5	52.5	235	360
T. Hays	35	47.5	95	197.5
C. Covet	142.5	97.5	175	415
T. Lavie	92.5	57.5	122.5	272.5
H. Chappin	115	72.5	142.5	330
S. Washington	92.5	42.5	132.5	272.5
K. Harris	57.5	40	122.5	220
R. Davis	135	75	122.5	332.5
T. Merrick	75	52.5	122.5	250

Women Open

K. McCowen OLL	250	150*	300*	700
H. Ledrick	170	150	225	545
R. Grendel				
L. Vukers	230	125		355

Women's Open

M. McConen OLL	250	150*	300*	700
H. Ledrick	170	150	225	545
R. Grendel				
L. Vukers	230	125		355

Salzburger Championships

Apr. 93 - Austria (kg)

E. Hakik	110	60	135	310
A. Pichler	105	60	130	295
B. Grendel				
L. Vukers	230	125		355
F. Kautschitz	172.5			
A. Scheffler	160	350	635	1635
K. Waack	172.5	500	325	1065
M. Rodolf	130	320	325	775
L. Krabich	122.5	280	265	667.5
M. Rodolf	170			
G. Klappacher	135	455	under 200	600
M. Heronymus	130	500	355	1385
D. Wobisan	455	310	520	1285
H. Kobl	325	325	410	1060
M. Schlab	162.5	45*	under 200	610
H. Kobl	160	480	300	1440
H. Kobl	150			
E. Kellner	120	140	160	420
L. Ulich	45			
C. Schenz	45			
H. Kobl	65			
H. Kobl	65			

CHAMPIONSHIP OF THE AMERICAS

IPF

September 17, 18 and 19
WASHINGTON, DC

Open to all powerlifters registered with an IPF Affiliated Federation in North America, Central America, South America, and the Caribbean Islands

IPF Affiliated Powerlifting Federations

North America: Canada and the United States
Central America: Guatemala, Nicaragua, and Mexico
South America: Argentina, Bolivia, Brazil, Colombia, Ecuador, Peru, and Guyana
Caribbean Islands: Bahamas, Netherlands Antilles, and Puerto Rico

IPF Affiliated Provisional Powerlifting Federations

Antigua, Barbados, Belize, Cuba, Dominican Republic, US Virgin Islands, Trinidad/Tobago, and West Indies

2 Meets in 1

* IPF Federation Team Competition (No Masters or Jr. teams)
* IPF Individual Lifter Competition: Senior Men and Women, Jr. Men and Women, and Masters Men and Women

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Bill Ennis 703-989-9482 (Days)
Amanda Mitchell 301-924-4940 (Evenings)

Armed Forces Europe Champions include (left to right) Eric-Holmes, Edward DeTommaso, Dennis Smith, Dominick Caldera, Lorrin Smith, Al Clark, Olie Burton, Holly Foster, Algin Brooks Jr., Colleen Brown, Sharon Tolliver, Kathleen Chippinot, Colleen Colvert (Best Lifter, Female), Aaron Byas (Coach), (courtesy Walden)

M. Piazza	210	140	232.5	582.5
H. Lare	145	145	210	500
T. Wilson	145	145	210	500
D. Whitehead	150	160	192.5	502.5
H. Deaton	212.5	140	235	587.5
M. Tomlinson	185	130	262.5	577.5
M. Bennett	185	142.5	235	562.5
M. Romayne	232.5	150	232.5	615
M. Tomlinson	195	160	242.5	597.5
M. Tomlinson	195	160	242.5	597.5
M. Tomlinson	195	160	242.5	597.5
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M. Tomlinson	195	160	242.5	597.5

Continental Sports Conference Meet

13, 14 Mar 93 (kg)

Women	SQ	BP	DL	Total
S. Toller	110*	42.5	115	267.5
T. Kemper	90	40	97.5	227.5
M. Deas	55	45	105	205
D. Loney	92.5	55	115	262.5
C. Brady	70	47.5	85	202.5
H. Foster	115	60	135	310
H. Foster	72.5	47.5	112.5	232.5
K. Harris	67.5	30	95	192.5
K. Crocvera	67.5	52.5	130	250
T. Merrick	85	55	137.5	277.5
D. Worman	85	60	125	270
H. Lare	140	72.5	180	392.5
J. Smith	130	72.5	175	377.5

For the European Championships, a lifter had to be 60 or older, a coach had to be 30 or older, and an official had to be 25 or older. The competition was held at the Department of Defense, D. Caldera and other place first or second in one of the 67.5 qualifying meets or meet the qualifying totals. In the 67.5 class, the only lifter to meet the qualifying totals in the Armed Forces, Sixty-seven lifters from Germany, Italy, Holland, Belgium, and England participated in the championships. Most of the lifters from the United States were on hand to add to the favorites. The women gave the crowd a lot to cheer for as two of them (L. Vukers and J. Helges) were in the 148 lb. class and the best lifter while winning the 148 lb. class and the best lifter with a 914 lb. total. Elaine Darden, J. Helges, and Hunter participated with her 424 lb. deadlift. V. Caldwell title, which Jackson won with the 148 lb. title with an 8 for 9 day that produced a 1190 total. There were a number of 148 pounders who beat each other in the 148 lb. class. The only lifter to beat some of the Stater was only there to judge. The men had some close battles with only five lbs. separating the 2nd and 4th in the 181 lb. class. Eric-Holmes, 165 and 145 lb. class. The only lifter to beat the 148 lb. class was only there to judge. The men had some close battles with only five lbs. separating the 2nd and 4th in the 181 lb. class. Eric-Holmes, 165 and 145 lb. class. The only lifter to beat the 148 lb. class was only there to judge.

Gene Bell totaled 2006 at the CSC Championships in Holland (Fowler)

Gene Bell, a 43-year-old powerlifter from Holland, Michigan, has set a new record for the 225 lb. class at the CSC Championships. Bell, who has been competing in the sport since 1970, totaled 2006 lb. (907 kg) in the 225 lb. class, which is a new record for the class. Bell's lifters were 148 lb. Chen Shuman, sixth place; 165 lb. Gary Johnson, seventh place; 181 lb. Brian Ven, fourth; 181 lb. Joseph Kearney, eighth; 181 lb. Jeff Sussman, ninth; 198 lb. Chris Jackson, a third; and 198 lb. Michael Demarzio, a sixth. (Thanks to Sandy Vest for providing the contest results.)

Women

S. Toller	110*	42.5	115	267.5
T. Kemper	90	40	97.5	227.5
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D. Worman	85	60	125	270
H. Lare	140	72.5	180	392.5
J. Smith	130	72.5	175	377.5



Paul Anderson Offers

"The Home Society's Pacemaker, A Parental Guide." More than thirty years of research, observation, and personal experience have resulted in this book on the family. Paul believes that the family is the backbone of society. His experience in working with young people at the Paul Anderson Youth Home as well as their parents has revealed answers to the majority of problems faced in the home today. Every parent should read this guide about how to nurture children. It deals with today's problems that are destroying families, and in turn America. Children are far too valuable to their parents and society for even one to not have the proper guidance which would help him become a good productive citizen. The price is \$7.95 plus \$4.50 shipping to Paul Anderson Youth Home, P.O. Box 525, Vidalia, Georgia 30474

Miami County Championships

20 Mar 93 - Paola, KS

M. O'Brien	240	160	300	700
B. Hogelin	200	140	225	565
P. Petrich	200	140	225	565
H. Mangebelger	225	125	225	575
R. Grendel	180	100	210	490
90 Richter	180	100	210	490
M. Rodolf	210	130	260	600
H. Krabich	215	122.5	235	572.5
M. Heronymus	262.5	130	270	662.5
G. Klappacher	200	135	230	565
110 Heutz	320	145	242.5	627.5

Women Open

H. Hagelner	181			
J. Fernandez	335	235	38	600
J. Rodriguez	220	170	280	670
W. Gebke	215	105	245	565
J. Garcia	215	105	245	565
R. Cruz	340	235	360	935
M. Desrick	385	180	390	955
M. Deas	480	335	425	1240
M. Dinked	475	335	455	1265
J. Williamson	250	190	385	825
198 M. Taylor	480	310	520	1310
K. Rodriguez	450	350	425	1225
D. Morgan	455	310	525	1290
220 R. Rolles	500	320	600	1420
C. Harris	460	330	520	1310
M. Kelly	405	330	520	1255
M. Medina	440	350	425	1215
S. Taylor	375	315	465	1155
242 D. Harbower	550	400	550	1500
B. Olson	610	350	635	1595

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ANRPC Drug Free Northeastern BP

Table with 2 columns: Name, Points. Lists athletes like K. Sparta, M. McGuinness, etc.



Tony Toracasso (center) flanked by Lenny Vanetta (left) and Eddy Perez (right), co-winners of the Valencia Health Club of Elmont, New York...

Table with 2 columns: Name, Points. Lists athletes like R. Leach, R. Pugliese, etc.

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New IPF Weight Class Study...

As you are no doubt aware, last November the I.P.F. Congress considered the question of changing the bodyweight class limits for powerlifting competition. The matter was passed on to the I.P.F. Medical Committee for research...

It should also be brought to your readers' attention that the I.P.F. does not intend to move into a change of classes prematurely or without good reason to do so...

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Table with 2 columns: Name, Points. Lists athletes like W. Wright, J. France, etc.

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category, a combination of the natural and lifetime records of the champions. However, only one category of drug free records will be recognized and kept by the USPF-WV powerlifting committee...

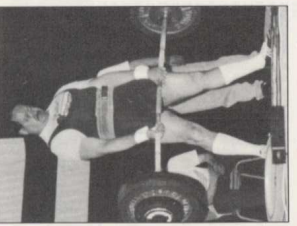
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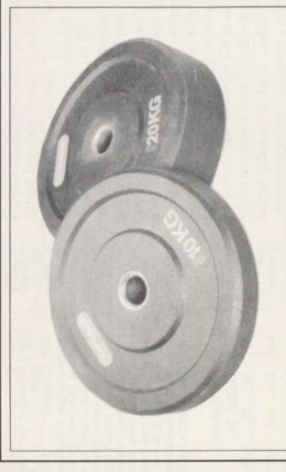
Paul Sulphin won the Submarina at the 18th West Virginia Championships. He has been to 8 lifting events, either as a lifter or referee from January 9th to April 11th...

category, a combination of the natural and lifetime records of the champions. However, only one category of drug free records will be recognized and kept by the USPF-WV powerlifting committee...

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Advertisement for Weightlifter's Warehouse featuring 'SOLID RUBBER TRAINING PLATES' and 'Ultra Dense Black Rubber with Brass Hole Insert'.

Large table listing athletes and their points across various categories like ANRPC, USPF, and IPF.

BLPF Forms... This is to notify the lifting public that another (yes, another) powerlifting organization has been formed: The Budd Lake Powerlifting Federation. Other organizations may claim to be the lifting organization, but this federation will truly be the lifter, by the lifter, and for the lifter. Make up your own rules! Where else can you find the following?

BENCH PRESS Taking our hint from the most recent issue of Powerlifting Video, we will allow assistance on the bench press. For example, at our first meet fat world records can be set! Richard Vinski, a 148 lb. master lifter, whose best bench press under the current restrictive rules is 250 lbs., will be opening with 317 lbs. in the assisted bench press. He will go for a world record of 1101 lbs. on his second attempt. Mr. Vinski will be assisted by Ted Giannini, Gaspar Orlando, Joe Pyra, and Fred Rice. It might be argued by some that this is actually a deadlift with Mr. Vinski assisting, but there are always those who try to detract from the accomplishments of others.

DEAD LIFT Since the Monolith is gaining increasing acceptance in the squat, why not try it for the deadlift? Here we predict some astronomical numbers. The lifter will assume an erect position on the platform. The Monolith will deliver the weight to him. The lifter must hold the weight momentarily before dropping it to the platform. Here, however, a warning is in order: should the dropped bar destroy said platform, the lift will be redighted.

SQUAT We will be using the Pyra squat method, developed by Jumpin' Jersey Joe Pyra, and practiced in many "Strong Man" contests (do not try this at home!). The lifter will stand in a power rack, place his shoulders under the bar, and stand erect. It is helpful if you have a foam spine for this event, due to the enormous weights that will be handled. The bar must travel at least 3 inches, which is probably further than it travels in some organizations.

Can there be any doubt that this will be the most elite organization of all, with 1100 lb. bench presses, 1400 lb. squats, and 1500 lb. deadlifts? Since this is the lifter's federation, nutritional supplements will be readily available at a modest charge: M&M's, coffee, Jolt Cola, Polish Kuebas, etc. Naturally, these meals will be drug-tested. Red-Light Bill Clayton will be performing psychological drug tests. Who detects expensive equipment such as lie detectors or voice stress analyzers? Mr. Clayton will be observing facial expressions and mannerisms throughout the lifting, and will disqualify those that he feels are behaving strangely. Here the only danger is that the entire Joe's Gym team may be disqualified.

Fred Rice, Joe's Gym, Budd Lake, NJ

"I will admit that I haven't promoted that many contests in my 7 year powerlifting career but have competed in quite a few contests all over the states as well as different organizations such as the A.D.F.P.A., U.S.P.F. and the A.P.F. and I have noticed a lot of articles printed about the many problems in the sport of powerlifting. I am not writing about drugs or other different organizations because I think that this problem is in any organization and I would like to bring a very important subject to contest site attention. Meet promoters go to great lengths to try and find a contest site in nice hotels or auditoriums and to put on a fine contest. I personally went to a lot of trouble to find a beautiful hotel in downtown Peoria, Illinois to hold the A.P.F. Illinois State Championships and the hotel went out of their way to make sure that everything was perfect for everyone. But the hotel contacted me a couple days after the contest and presented me with a bill for all of the damages to the hotel. According to the hotel security and the Peoria Police there was a fight in one of the lifters rooms. The room was trashed and there was blood on all of the bed sheets and carpet due to a fight in the room that night. There were also multiple complaints about noise and rude conduct. There was also a table that was dismantled in the warmup room during the meet. I personally think that this kind of b.s. is one of the main reasons that our sport is getting such a bad reputation. I think that the hotel should have contacted me in my room and asked me to deal with the problems. If I would have been contacted about the conduct of the lifters in my meet I would have disqualified that lifter. A couple of months after the State Championships the A.P.F. Junior Nationals were held at the same hotel in Peoria, IL. The meet director Mr. Uhlig found out that his contest was not welcome at the hotel and they went out of their way to get Mr. Uhlig to move his meet to a different hotel. The hotel also told him that this will be the last time that any powerlifting contest will be held in the hotel. That's right, we are banned from that hotel due to the conduct of a few lifters that can't conduct themselves like adults. What am I trying to say is that meet directors all over the country go out of their way to promote contests that a lot of times lose money because they love the sport and they want to see the sport advance in the public's eye so the lifters get the recognition that they deserve. It's hard to put on a good contest in a nice hotel with this kind of crap going on. I am sure everyone that I just mentioned knows who they are and I hope that they can try to conduct themselves in a more sportsmanlike manner. Remember that the meet director wants everything to be perfect for everyone and if there is a problem go to the director or one of his staff to see if they can help. If you have any comments you can contact me at: Gordon's Gym, Greg Gordon, #42 Sunnysland Plaza, Washington, IL 61571"

ADFEPA Mississippi State
 20 Mar 93 - Hwando, MS
 Women State SQ BP DL Total
 L. Renick 15 133* 250 600
 M. Duffie 145 80 170 395
 D. Taylor 280* 180* 300* 760*
 Men State
 J. Taylor 340 230 400 970*
 R. Smith 275 225 400 900
 B. Crawford 375 225 415 1015
 C. Walls 455 305 500 1260
 C. Littleton 500 335 405 1240
 A. Athley 405 315 515 1235
 P. Liles 670 420 600 1690
 R. Erb 670 480 535 1685
 R. Spencer 435 305 475 1215
 A. Reynolds 550 410 600* 1560
 S.H.W. 615 370 565 1550
 R. Smith 340 340 600 1480
 181 Masters 40-44
 R. Foster 350 240 405 995*
 275 Master 45-49
 275 Master 50-54
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 275 Master 75-79
 275 Master 80-84
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Style B \$65.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

- Made from the world's finest leathers, for total and safe support
- Made to legal thicknesses
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$65.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two-, or three-tone. \$65.00

Style C Double thickness smooth leather. Available in single or double prong. \$65.00

Style D Single thickness, heavy leather. Double prong recommended. \$29.00

Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$65.00

Three-Tone Belt Any three colors. Style A & B only. \$65.00

Two-Tone Belt Any two colors. Style A & B only. \$65.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the line craftsmanship and materials found in more expensive belts.

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$55.00

Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$55.00

Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$55.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00



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We Make Power Gear A Science

Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer
Owner

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