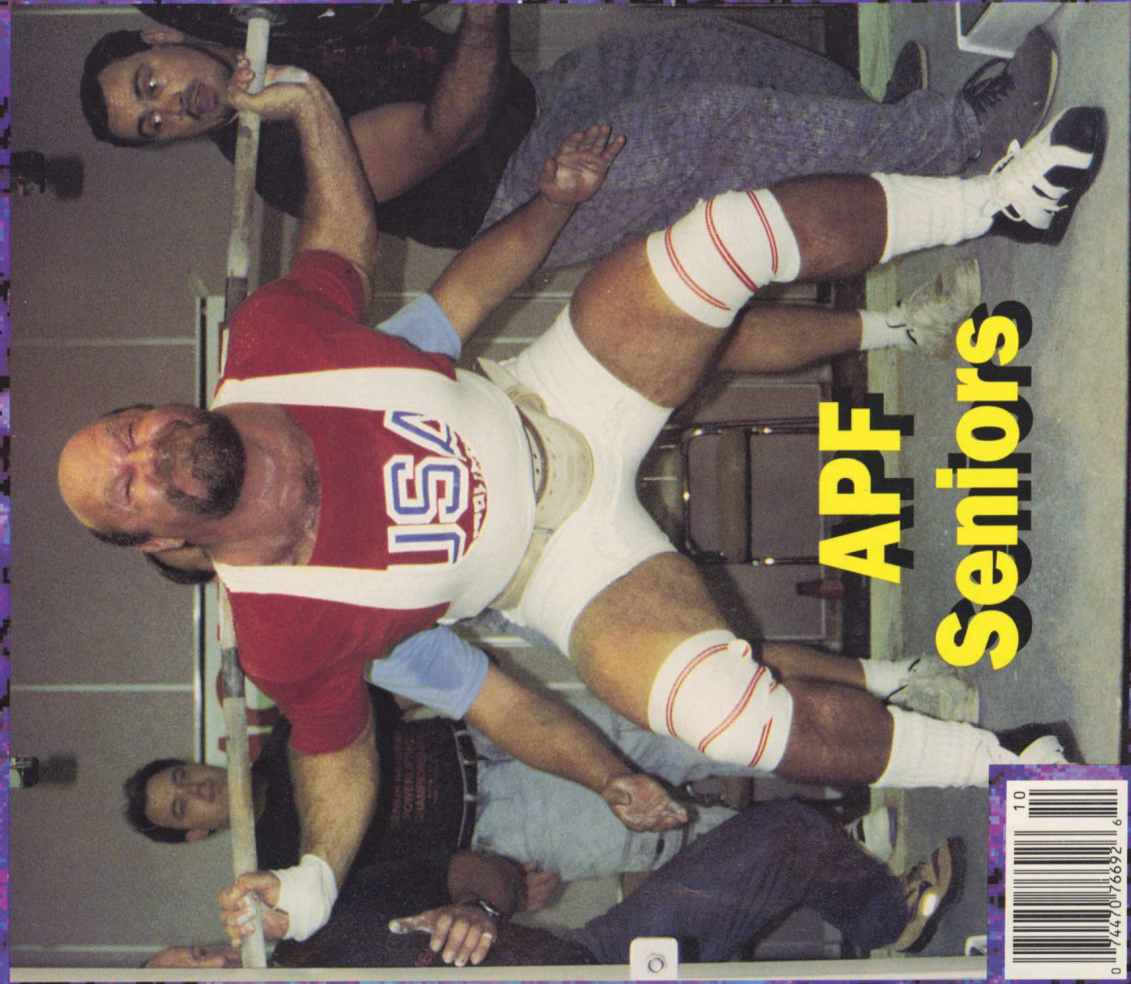
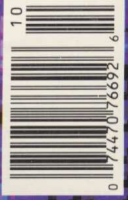


POWERLIFTING USA

VOL.17 NO.3 OCT/93 \$3.50



APF Seniors



Style B - Double thickness with 4 rows of stitching. Available in any one or two color combination.....\$55.00



Style A - Double thickness with 6 rows of stitching. Available in any combination of two or three colors.....\$65.00



Style C - Double thickness tapered belt with 4 rows of stitching. Available in any one or two color combination.....\$44.00



Style D - Single thickness tapered belt with 2 rows of stitching. Available in any color.....\$34.00



Style E - Single thick, solid leather style designed as a training belt.....\$21.00

Call to ask about colors available that are not shown.



Style A - Double Thick with 6 rows of stitching. Available in any combination of three colors.....\$65.00



Style A - Double thickness with 6 rows of stitching. Available in any one or three color combination.....\$65.00



NEW

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



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



Chalk - 8 - 2 ounce blocks.....\$10.00



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



Guarantee one week delivery



2062 Republic Drive, Dayton, Ohio 45414

To Order Use Order Form on Page 93 or Call 1-800-392-5496



T-shirts are available with the above logo.

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 utmost 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 # 5,946,194). 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 Tiant! 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

POWERLIFTING

THE CREATINE REVOLUTION IS HERE!

This Powerful New Performance Enhancer is the Talk of the Lifting World!...

FOR ANYONE WHO TRAINS SERIOUSLY, THE TWO MOST IMPORTANT NUTRITIONAL DISCOVERIES OF THE 1990'S!

...and now **MARATHON** brings you the **99% Pure Creatine Monohydrate** form of this **Breakthrough Bioenergetic Compound**.

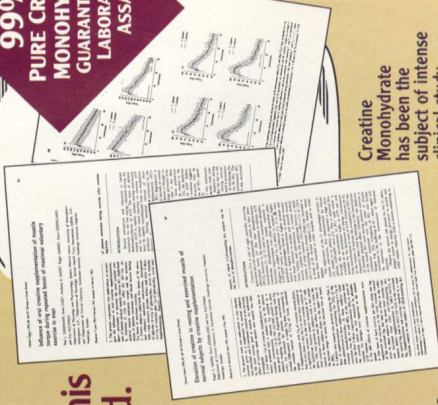
You've read about it. You've heard the buzz in the gyms. **Creatine Monohydrate** is causing a revolution in performance enhancement nutrition. First introduced by world-class Olympic athletes as a natural performance enhancer, powerlifters, elite strength athletes and bodybuilders have been raving for months about how this rare amino acid metabolite is helping them break through barriers, and consistently achieve much more productive workouts better than any other product that's ever been formulated.

Clinical research has proven that **Creatine Monohydrate** increases your ability to restore your muscles' primary bioenergetic source, **Adenosine Triphosphate (ATP)**, much more rapidly. The result is a constant supply of muscle energy. That means you'll be able to consistently handle heavier poundages in your training, for greater strength. Or, you'll do more reps, with heavier weights than ever before, for greater muscle mass and density. Simply put, **Creatine** is the best natural performance enhancing supplement we've ever found. And one of the easiest to use! It's tasteless, and it dissolves instantly in water or any liquid.

And now, **Marathon** brings you the quality of **99%+ Pure Creatine Monohydrate**, the exact same form of **Creatine** used in the research studies published in **Britain's Clinical Science Journal**.

Don't wait another day. Get ahead and stay ahead of your competition with the performance enhancer that's the talk of the lifting world!

99%+ PURE CREATINE MONOHYDRATE GUARANTEED BY LABORATORY ASSAY!



Creatine Monohydrate has been the subject of intense clinical study.

MARATHON'S VALUE PRICING!

99% PURE CREATINE MONOHYDRATE ONE BOTTLE (100 GRAMS) REG. \$29.95 PER BOTTLE
ORDER NOW AND SAVE!
 ONE BOTTLE - NOW \$24.95
 THREE-BOTTLE PACK - NOW \$59.95
 CALL FOR 12-PACK PRICING



Call 1-800-321-5064
 OR CLIP COUPON TO ORDER!

IMPORTANT! PLEASE NOTE:

Marathon's Creatine Monohydrate and OKG Supreme work completely independent of each other. Creatine Monohydrate gives you more productive, intensive workouts by providing increased muscle energy. OKG Supreme, as the major "anti-catabolic" nutrient, ensures you the fastest, most complete and most effective recuperation and muscle building between those intensive workouts. Each product on its own leads to greatly increased strength and muscle mass. You may, however—like many people who train seriously—are doing—use them as the perfect "team" and get even more dramatic results. But use one, or the other, or both, and in every case, you'll take advantage of what is clearly the training breakthrough of the decade!

OKG SUPREME™

The Supreme Recuperative Formula for Muscle Growth and Repair Between High Performance Workouts!

99%+ PURE OKG! GUARANTEED BY LABORATORY ASSAY!

Believe it or not, a remarkable medical breakthrough in the treatment of serious burns can help you break new ground in developing greater strength and muscle mass! It's called Ornithine Alpha-Ketoglutarate (OKG) and doctors have discovered that—just like steroids—OKG effectively fights muscle tissue breakdown in your body and—even more important—promotes muscle growth and increased strength—all without the serious side effect of using steroids!

For every bodybuilder, powerlifter or anyone who trains seriously, using OKG means faster recuperation and growth. And that means greater strength and muscle mass.

OKG works by stimulating your body's production of growth hormone and insulin—critical to rapid recuperation. It also assists protein metabolism and helps your body restore its proper nitrogen balance (for

Beware of imitations, however! Some products are labeled "OKG", but aren't effective because the ornithine and the alpha-ketoglutarate have simply been placed in a "mixing bowl!" and blended. And that just doesn't work! For OKG to be effective, the two compounds must be chemically bonded together in water—where ionization occurs—and then freeze-dried!

That's why you can trust Marathon OKG Supreme. We give you the correctly formulated and bonded compounds, in the optimum dosage, for the most powerful strength and muscle building effect.

So don't wait another day. Take advantage of our Money-back guarantee and prove to yourself—risk free—the huge difference Marathon's OKG will make in helping you develop greater strength and greater muscle mass faster than ever before!

Call 1-800-321-5064

OR CLIP COUPON TO ORDER!



ORDER TODAY! (ALL ORDERS SHIPPED 2ND DAY AIR AT NO EXTRA CHARGE!)
 CREATINE MONOHYDRATE ONE BOTTLE (100 GRAMS) NOW \$24.95
 THREE-BOTTLE PACK NOW \$59.95
 OKG SUPREME™ ONE BOTTLE (100 GRAMS) NOW \$39.95
 TWO-BOTTLE PACK NOW \$69.95

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 MC VISA CARD NO. _____
 DISCOVER _____
 SIGNATURE _____ PHONE (_____) _____
 APT. NO. _____
 EXP. DATE _____
 ADD \$5.00 SHIPPING/HANDLING

MARATHON'S VALUE PRICING!

99% PURE OKG SUPREME ONE BOTTLE (100 GRAMS) REG. \$49.95 PER BOTTLE
ORDER NOW AND SAVE!
 ONE BOTTLE - NOW \$39.95
 TWO-BOTTLE PACK - NOW \$69.95
 CALL FOR 6-PACK PRICING

NOW! 2ND DAY AIR DELIVERY AT NO EXTRA CHARGE!



Call 1-800-321-5064
 OR CLIP COUPON TO ORDER!

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief Mike Lambert
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Training Editor Ron Fermondo
Research Editor Dr. Tom McLaughlin
Sports Medicine Editor William Taylor, MD
Subscription Services Jean Lambert
Graphics/Layout In-Joo Lambert
Statistician Herb Glassbrenner
Publisher Mike Lambert

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

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.

PRODUCED IN USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$26.95
USA addresses, 2 yr.....\$49.95
First Class Mail, USA, 1 yr.....\$48.00
Outside USA, surface mail...\$36.00
US Outside USA, air mail...\$72.00 US

Telephone Orders
Subscription Problems
Call 805-482-2378

POWERLIFTING USA advertising rates available upon your request.

TABLE OF CONTENTS

- Volume 17, Number 3 - October 1993 -

APF SENIOR NATIONALS.....Marty Gallagher.....6
NASA WORLD CUP.....Dan Black.....9
GRANT PITTS PROFILE.....Vada Crosby.....10
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....12
USPF PRESIDENT'S MESSAGE.....John Black.....14
APA/WPA PRESIDENT'S MESSAGE.....Scott Taylor.....14
WORKOUT OF THE MONTH.....John Florio.....16
ADPPA DEADLIFT NATIONALS.....Peter Gisondi.....18
TOP 100 BANTAMWEIGHTS.....E. Jean Lambert.....20
EVOLUTIONARY TRAINING.....Jay Schroeder.....25
SEAN CULNAN INTERVIEW.....Bob Gaynor.....26
NO GUTS, PT.II.....Judd Biasiotto Ph.D.....27
BOMBING OUT.....Joe Walden.....33
MASTERS TRAINING.....Greg Reshel.....36
REST PAUSE REVISITED.....Doug Daniels.....37
COACHING & TRAINING.....Louis Simmons.....38
ALL TIME SHW BENCH.....Herb Glassbrenner.....40
BOB WARD PROFILE.....Bill Schaffner.....42
ASK THE DOCTOR.....Mauro Di Pasquale MD.....44
UNCLASSIFIED ADVERTISEMENTS.....56
ADPPA TOP 20 220 LB.....E. Jean Lambert.....77
COMING EVENTS.....Mike Lambert.....85

ON THE COVER..... APF 275 lb. champ Scott Warman in a photograph taken by Bert Wagner in Charlottesville, Virginia.

Copyright 1993 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

YES! SIGN ME UP!
Check one:

- NEW
- RENEWAL
- Address Change
(indicate previous address)

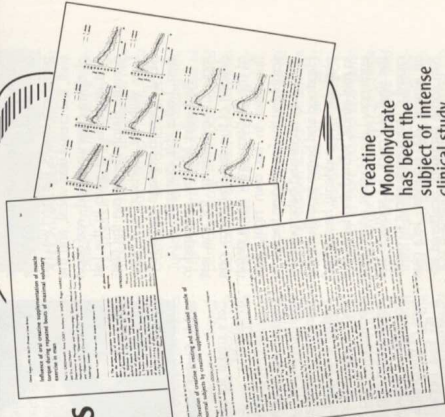
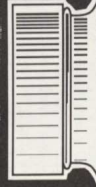
\$26.95 for 12 monthly issues.
\$49.95 for 2 years (save 14.6%)

Payable to: Powerlifting USA,
Box 467, Camarillo, CA 93011

Name _____
Address _____
City _____ State _____ Zip _____

THE CREATINE REVOLUTION IS HERE!

This Powerful New Performance Enhancer is the Talk of the Lifting World!...



Creatine Monohydrate has been the subject of intense clinical study.

...and now MARATHON brings you the 99% Pure Monohydrate form of this Breakthrough Bioenergetic Compound.

You've read about it. You've heard the buzz in the gyms. Creatine Monohydrate is causing a revolution in performance enhancement nutrition.

First introduced by world-class Olympic athletes as a natural performance enhancer, powerlifters, elite strength athletes and bodybuilders have been raving for months about how this rare amino acid metabolite is helping them break through barriers, and consistently achieve much more productive workouts.

They're simply saying that Creatine is the best natural performance enhancing supplement they've ever taken. And one of the easiest to use! It's tasteless, and it dissolves instantly in water or any liquid.

And now, Marathon brings you the quality of 99% Pure Creatine Monohydrate, the exact same form of Creatine used in the research studies published in Britain's Clinical Science journal.

Don't wait another day. Get ahead and stay ahead of your competition with the performance enhancer that's the talk of the powerlifting world!

Call 1-800-321-5064
OR CLIP COUPON TO ORDER!



NOW!
2ND DAY AIR DELIVERY
AT NO EXTRA CHARGE!

MARATHON'S VALUE PRICING!

(99% PURE CREATINE MONOHYDRATE
REG. \$29.95 PER BOTTLE)
ORDER NOW AND SAVE!
ONE BOTTLE - NOW \$24.95
THREE BOTTLE PACK - NOW \$59.95
CALL FOR SPECIAL 12-PACK PRICING

ORDER TODAY! ALL ORDERS SHIPPED 2ND DAY AIR AT NO EXTRA CHARGE!
 ONE BOTTLE OF CREATINE MONOHYDRATE (NOW \$24.95)
 THREE-BOTTLE PACK (NOW \$59.95)

NAME _____ PHONE (____) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
 MC VISA CARD NO. _____ EXP. DATE _____

IMPORTANT: Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 20% for surface freight, 30% or local air freight rate whichever is greatest. California residents add 8.25% sales tax. ADD \$5.00 SHIPPING AND HANDLING.

Mail to Marathon Distributing Co., 1229 Via Landeta, Palos Verdes, CA 90274

A.P.F. SENIORS

as told to PL USA by MARTY GALLAGHER

The 1993 APF Senior Nationals were held in the picturesque hill country of Charlottesville, VA. 56 lifters vied for national honors in this, the 8th annual APF American Championships. John Shifflett put on the meet in the locale powerlifting aficionados know as the stomping grounds of power immortal John Gamble. The UV strength coach, looking fit enough to enter the meet, was on hand to hand out the trophies on the final day. The meet ran smoothly albeit for a few bizarre incidents - how about a fist fight in the warmup room between one of the sport's premier trainers and the husband of one of the top female lifters in the country? How about several judges being threatened over disputed lifts? Regardless of these peripheral events, the meet was run well, the crowd was vocal, and the platform crew was good - real good - as good as I've seen in the last decade. Ralph Raiola ran the platform with the precision of a Navy SEAL team on hostage rescue mission. I offer this example:



Wide Squat Stance by Dr. Mariah Ligggett, who made 509 (Wagner)

Let's make some god-damn noise for him!"

The crowd, out of guilt and fear (mainly fear) rose as one and gave a slightly-stirred Lester Maslow a standing ovation as he strode to the barbell (he'd had his Walkman on and missed Susco's Patton-like exhortation.) Susco slammed the barbell scrubber into the floor, his work complete. Maslow, taking advantage of the drama, made the lift. If a fly had landed on the barbell during its ascent, the additional weight would have proved too much. A small moment worth savoring...

Women - 13 women competed in six weight classes, a very thin line-up in terms of quantity. The quality was good as the poundages indicate.

105 - Doris Simmons made a 319 pound squat, backed it up with



Janice Rogge got a new WPC/APF record in the bench press (Wagner)

and Krista Ford battled for top honors with Stephanie utilizing superior squatting and deadlifting prowess to take the national title.

181 - The female fireworks of the meet occurred in this class as Tamara Rainwater-Grimwood went orbital and posted one of the top totals in the world. Tamara made all three squats in journeyman fashion, ending with 534 pounds. In the bench press she broke two world records; 330 on her second attempt and a monstrous 341 pound third. She looked good for more. It is conceivable that this woman could be 400 before her career is over! Her 473 pound deadlift gave her a 1350 total and an 8 for 9 day.

Heavyweight - Maris Sternberg, APF pioneer, took it easy in capturing another national title. Maris lifted unopposed and did enough to bring home the bacon.

MEN - Rex McLaren was the lone entrant in the 123 pound class. Rex nailed a 429 squat, scared himself by missing his opening bench with 264, and ended his day with a 424 deadlift.

148 - Since no 114's or 132's bothered to show up (it's strange when national titles go uncontested), Daryl Cavin and Joe Vassile were pretty lonely. Rather than sulking, they decided to have a skirmish of their own. Actually, Joe pretty well wrapped things up in the squat when he hit a 507. Daryl posted a 435 and could never make up the 72 pound difference.

165 - Jay Rosciglione, a pre-eminent power name for the last decade, came, saw and conquered - easily. Looking tanned and fit (the young ladies with whom I was watching the meet with sat up and nudged each other when Rosciglione sauntered up to the bar) Jay blasted



Rainwater-Grimwood... not just a bench presser (Wagner photos)

ing with 716. He benched well going 3 for 3 and making 440. He was behind by 55 pounds at the subtotal when he proceeded to blow 'em into the weeds with a 683 opener and a 699 second attempt. Game, Set, Match to Mr. Croone. Rich Lirio was ahead at the subtotal and posted a fine 501 second attempt bench press. Mike Fessenden pulled a real nice 661 deadlift to pick up third. Leon Humphrey, lean and long, showed everyone how to deadlift by smoking a beautiful 744. Charlie Maxwell had one of those days when nothing goes right, making one squat, one bench and one deadlift.

220 - Another bizarre power war took place in this class with the two favorites bombing out, the defending champ hurt and only benching, and the ultimate winner coming from out of the pack to clinch the win with his one and only successful deadlift. All knowledgeable folks would have bet the farm that either Chris Confessore or Mike Meza would win the A.P.F. title this year. Confessore opened his squats with an astounding 777 pound effort. Astounding because, though he stood up with the weight, the depth wasn't close. Mike Meza opened with 760 (and he bombed out too. Jesse Kellum was there to bench, so he wasn't a factor; Dan Helgenberger had to be one surprised dude after the dust settled. He lifted well, but the victory had to have been extra sweet in view of the entrants. Bill Wesless squatted good, 760; benchered good, 529; found himself 22 pounds ahead at the subtotal and watched it all slip away when he couldn't pull 694 on either his second or third deadlift. Paul Urich took a solid third and Robert Rigert took fourth.

Jesse Kellum and Chris Confessore had a bench contest. Chris called for 95 on his opener and then let time run out in a psyche game. He jumped to 606 for a good lift and missed 633 on his third. Jesse Kellum missed his 600 opener, missed it on his second and came back to make 600 on his third. Some terrific bench pressing by the world's premier 220 benchers.

242 - Curtis Leslie turned in the performance of the meet. Looking like an international level bodybuilder, the inimitable Mr. Leslie squatted 903, scared the hell out of everyone by getting called for lifting his butt off the bench twice. In a do or bomb effort, he settled down and pushed the troublesome 567 easily. He finished the day with a 733 pull to give him a 2204 total. Old timer Doug Borden made one squat, one bench press and one deadlift to total 1984 and hang on for second

place. Curtis Pape finished a slim 11 pounds back of Borden and missed 749 twice, the weight necessary to pull him up a notch. Jerry Obradovic set a bundle of A.P.F. Junior world records in taking 4th. His 490 third attempt bench was of particular note. John Bott rounded out the field and with some work on his deadlift could become a contender.

275 - Scott Warman had an off day and totaled 2266 - which is a hell-of-a total on an off day. Scott made his opening squat with 881, jumped to 964, missed and came back to get it on his third. He made his opening bench with 501 and then missed 529 twice. In the deadlift, he sent shock waves through the audience by badly missing his opening deadlift with 804. He came back to make the weight in a tough, long pull that barely garnered two white lights. At this point, Scott thanked everyone and passed his third - his day was over. Tom Waddle, the only other entrant, made a nice 2039 total to grab second. His 821 third attempt squat was excellent.

308 - Powerlifting veteran-of-veterans, Mark Chaillet, pre-meet favorite, bombed after getting some questionable red lights on his squats. The audience erupted in a chorus of boos as two reds greeted Chaillet's second attempt squat with 843. Realizing he had to squat 900 to hang with Nichols and Kidder, Chaillet tossed caution to the wind and jumped to 903. The bar slipped off his back as he was half way up, shooting the 285 pound Chaillet off the platform and into the front row of the audience like he'd been shot from a cannon. Shaken and P.O.'ed, Chaillet had some choice words of advice for W.P.C. international president (and side judge) Kieron Stanley as he stomped off. Bill



Master Power represented at the competition by Terry Dangerfield

about him to take a well deserved second place.

198 - Five men squared off for the middle-heavyweight title and when the smoke cleared, Arthur Croone reaffirmed the old adage that "the meet don't start 'til the bar hit 'da floor" (Don Blue circa 1972). Arthur squatted with the pack, ended

three squats, ending with a pristine 711. He then made three benches, culminating in 396, missed his opening deadlift with 611 - came back on his second to make it and clinch the title. He put a little icing on the cake by making 639 on his final deadlift. Damn fine lifting by an old pro. Terry Dangerfield, an older pro, set a slew of masters world records in copping third place. Angelo Berardinelli took a comfortable second place trophy home via a 1587 total. Matt McLean had squat problems with 644 and had to wait the rest of the meet from the sidelines.

181 - The Charlottesville Masacre took place in the lightweight class as seven men started. FIVE bombed in the squat and only Lester Maslow and Joe McCoy finished the meet. Lester kept his head while all those around them lost theirs. Maslow squatted 672, benched 391 and pulled 683 to win his first A.P.F. national title. Actually, based on declared opening attempts, Lester probably would have won even if Russ Dell, Pat Murphy, Huggy Sherman, Patrick Harvey and Mike Vassallo hadn't bombed, though, you never know. Joe McCoy just kept his head down, his eyes straight ahead and his wits

total 1984 and hang on for second

Les Maslow wins a national title

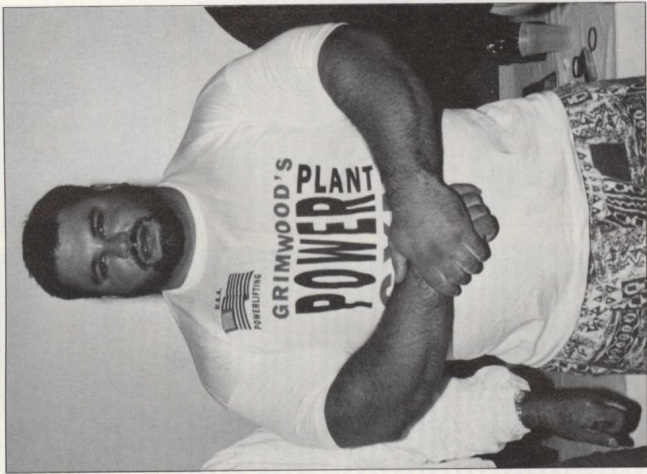


Art Croone takes the Midheavies

POWER PROFILE

GRANT PITTS

The Sky's The Limit.... by Vada Crosby



Grant Pitts is about as thickly developed as they come (V. Crosby)

There was fire in his eyes as Grant Pitts approached the bar, ready for his third attempt of 832 pounds in the squat at the APF Senior Nationals. As he heaved the weight upon his shoulders and the hooks of the Monolith that held the massive weight were released, the crowd roared with excitement as the big man took a few steps backward, planted himself and began his squat. The standing-room-only crowd exploded as he lowered himself with the weight. He went deep - real deep.

As slowly as he descended he began to rise, quaking slightly under the strain of the weight. The crowd screamed with support as he stood, moved forward and racked the bar. Seconds later, he realized the results of his efforts: three white lights. Pitts was ecstatic, and why not? He had conquered his biggest fear - overcoming the squat. Everything else was a downhill ride from there. After all, this was - believe it or not - his worst event.

Pitts, a superheavyweight known for being a big bencher, wasn't quite sure how he'd make out at the APF Seniors, having not lifted in a triple meet in two years. His worries were for naught, because after going 8 for 9 and winning the Supers with a 2,204 total, which included a 639 pound bench and 733 pound deadlift, the big man gave notice that he's definitely a force to reckon with in the squat and deadlift, as well as the bench. Pitts, a native of Hickory, NC, who weighed in at 356 pounds, was the man of the hour as he leaped ahead of some stiff competition, including the likes of big Steve Brodsky of Illinois and Jim Voronin of Texas, to grab the No. 1 spot.

"It still hasn't hit me yet that I won," said Pitts shortly after he received his trophy from former world powerlifting champion John Gamble. "It will probably sink in later."

For Pitts, a former high school and college football standout, the win was the culmination of weeks of heavy training at his hometown gym - Chester's Gym, a weightlifting and bodybuilding Mecca in Hickory where he works out, aided by a host of training partners. Pitts sees the gym as a haven, a place where he goes to practice his craft, perfect his style, and launch his powerlifting abilities into the outer limits....

It was just after 3 PM on a warm

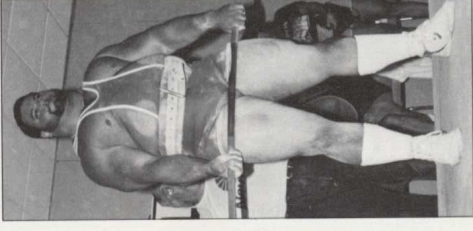
pion lifter Tamara Rainwater-Grimwood; entrepreneur John Howie; and the folks at Chester's Gym.

Pitts is an interesting and extremely complex character - a bright, shy, soft-spoken articulate man who has homespun values, a quick wit, a varied sense of music, and one who idolizes actor Ed O'Neill's TV character Al Bundy on "Married with Children."

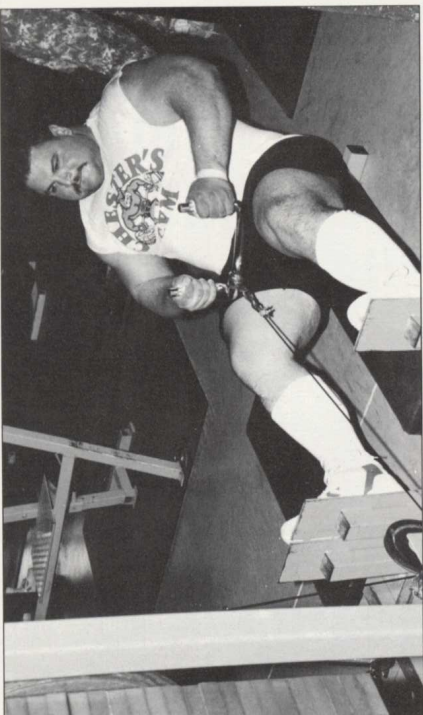
He fell in love with weightlifting at age 13, wooed to the hobby by Muscle and Fitness standouts such as Arnold Schwarzenegger. A 110 pound barrel set from Sears led to Pitts' introduction to the world of lifting. "I can't pinpoint an exact time. I had just seen a copy of *Muscle and Fitness* one day and I said, 'Hey, I'd like to look like that some day.' I didn't know much about powerlifting. I just wanted to get some big muscles."

And big he got. Pitts is a massive man, standing 6 feet tall, sporting a 60 inch chest, 24.5 inch biceps (cold), thick forearms and wrists, and 35 inch thighs. "I can remember coming home and lifting weights for hours," he said. "My body started responding in a couple of weeks. I remember for six months straight all I did was arm curls. That's all I did was curls for a long time. I used to love to work those arms."

In high school, Pitts was a varsity football player, and racked up a multitude of awards and honors. At Gardner-Webb College in Bowling Springs, NC, he starred as an offensive guard his freshman year. At 285 pounds, Pitts could run a 40



Pulling in the Win at the APF Senior Nationals. (V. Crosby)



Chester's Gym in Hickory, North Carolina is where Grant puts in those heavy training sessions. (Crosby)

the world," he adds. "I don't know how long it takes, but that's what I want to do. I think I have the potential to get me there, so I'll give it a shot."

As he says, the sky's the limit. Champion lifter Grant Pitts can design personal 8 week training routines for the squat, bench, and deadlift that can add as much as 25 pounds to your lifts. To obtain a personal routine send a \$15 money order, made payable to Grant Pitts, along with a note that includes your name, address, bodyweight, height, and current maximum lifts in the squat, bench, and deadlift. Also include a stamped, self-addressed envelope for an immediate reply. The items should be mailed to Grant Pitts, Route 12, Box 105, Apt. 3, Hickory, NC 28601.

STEROMAX introduces **OKG CAPSULES!**

Muscle Media reveals: "OKG works better and produces more metabolic changes than when ornithine-HCl or alpha-ketoglutarate are administered alone. By one treatment, plasma ornithine and creatinine increase strongly (ten-fold)." **SO STOP EATING BATTERY ACID and get ten times the results with Stero-Max's OKG Caps!**

ORDER TOLL FREE! 1-800-221-1833

Send me 1 2 3 bottles of OKG @ \$29.95 ea. \$

Shipping \$ 3.50 Total \$

City _____ State _____ Zip _____

Name _____

Address _____

Phone # _____ (required if ordering without card)

Play Method: Money Order/Check Enclosed Cash on Delivery (Additional \$4.00 fee)

Visa MasterCard Discover

Card # _____ Exp. Date _____

Mail to: **Stero-Max Labs**
Div. of **D&E Pharmaceuticals**
Dept. 35A3
216 Munson Road, Bloomington, NJ 07403

#131 (120) \$29.95

year dash in 4.8 seconds. His dream in life was to play professional football. "I knew from about the ninth grade on that I wanted to play pro ball," he says. But, the more he lifted, the more lifting took a greater priority. "I was beginning to love weight training more than I was playing football. But the stronger I became with the weights, naturally the bigger and better I was in football because I could dominate the player. It was like an addiction."

Pitts' interest in football took a turn when another player speared him in the knee from behind while Pitts was making a tackle during a game. "To this day it still hurts," he says. "When the helmet hit, it tore muscle tissue that never healed properly."

By then, Pitts had completed in his first organized powerlifting meet, where he totaled 1875 pounds. "From that spring to that fall, if I could have quit football and started training in powerlifting, that's what I wanted to do. And when I got hurt, it sort of set the wheel in motion," he said. Pitts later had a trout with the Atlanta Falcons, but nothing resulted from it. He eventually left school in his junior year and then began to give powerlifting more attention. Shortly after, he met someone who became an inspiration in his life and one of his driving forces, his girlfriend Angie Crump.

In a short time, Pitts began to focus on the bench press and soon became a master of the game. Asked what he's capable of benching, Pitts paused for a moment and said: "Seven hundred pounds, maybe more. Realistically, I think I can bench press 700 pounds within a year."

"I guess I want to be the best in APF Senior Nationals. (V. Crosby)

As I write this, my Iron Island Gym partner Ralph Raiola, has just returned from an ADFFPA meet. We had a number of lifters entered and all of them did well. This should probably serve as a public thank you to Ralph for doing such a wonderful coaching job, especially with a group that consisted of very inexperienced lifters. Helped by the more seasoned veterans like Linda Balisto and Beth Grater, almost all of our lifters brought home trophies and lots of positive reinforcement for their training.

Interestingly, none of these lifters were allowed to peak or specifically prepare for this meet. I have a philosophy that is quite a bit different from most coaches. As a high school football coach, my goal was to put a team on the field every week - that played to its ability. While I never planned on losing a game, there was no doubt that playing at our best would still leave us short against some teams who were much more talented than we were. Conference championships, a number of rushing titles reflecting our Veer and Wishbone philosophy, and numerous collegiate scholarship players marked my term as the Malverne High School coach. More than anything else, however, we stressed that each individual do their job well, win or

More From Ken Leistner

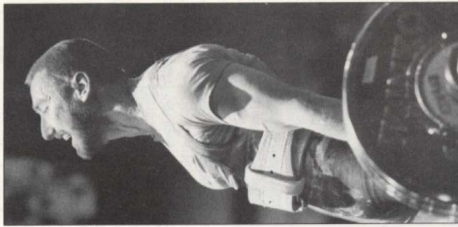
participation was the key. We have tried to instill this philosophy in our lifters. I have often bemoaned the fact that there is little critical thinking in our society and little tolerance for "not winning". Failure has become tantamount to not winning in this present culture. Doing is not enough; being there is not enough. The intrinsically satisfying value in competing and training that first excited the lifter, is no longer seen as viable. We don't believe this and don't teach it. Ralph and I have been in too many contests to believe that, especially because we didn't win most of them and still loved the sport. Our lifters as a group, and individually, did quite well, especially since they did not alter their regular training except for taking it easy the final week before the competition.

I believe there is a place for peaking for a meet. A state meet is certainly a reasonable place to do so, but Ralph and I did not want to pressure our newer lifters, not place too much emphasis on the "winning".

Recall that I have often stated that contests serve to disrupt one's training, both before and immediately after the meet. Our lifters peaked for an APF State Championship we hosted. They peaked again for meet we held later in the year. This is enough for many, although we encourage them to actually compete fairly often. Many of our local meets (Iron Island-Kal Classic DL meet, Iron Island Classic, Iron Island Bench Meet, etc.) have given these younger and/or inexperienced lifters a chance to learn how to compete and comport themselves at a real competition. They have learned to enjoy competing and all that goes into being part of a meet.

Ralph told me that the ADFFPA meet that Chip McElroy ran was great, and, of course, we support those meets strongly and will continue to do so. We also support the APF meets (as well as I should with me on the Executive Board). The fact is that we support the sport and show it. The more meets all of our lifters have to compete in, the better. Our meets, big and small, really allowed our lifters to relax and concentrate on doing their best. By not peaking constantly, and lifting for the enjoyment of it, our lifters can compete often and enjoy it, even

when they don't win. I hate to hear "I peaked for this". So what? If you're in it for the trophies, go buy some at your local trophy store, or lift only in those meets where the competition isn't very good relative to your own abilities. Or don't compete at all "until (you're) ready". How many times have we heard that? When are you ready? When none of the good guys or gals is around and



Jimmy Pellechia
"THE IRON BULL"

One-arm alternate dumbbell curls with 150 pounds! It's a Herculean exercise that requires superhuman strength, power and endurance. The kind only Jimmy Pellechia, the world's strongest powerbuilder, possesses. The kind only new advanced Power Fuel™ from TWINLAB can help give you.

"Power Fuel is new revolutionary formula is unbelievable!" says Pellechia. "I take one serving before working out to boost my muscular power, strength and endurance. It also helps prevent muscle protein breakdown due to high-intensity training. Then, I take another serving after my workouts to speed recuperation and recovery."

New advanced Power Fuel is packed with 100 grams of energizing, easily digested carbohydrates per serving (derived from glucose polymers and glucose with small amounts of fructose for replenishing vital muscle and liver glycogen stores).

Enriched with anti-catabolic branched chain amino acids (L-leucine, L-isoleucine, L-valine) with added L-glutamine and alpha-ketoglutarates to help minimize muscle-protein breakdown. Loaded with antioxidant nutrients — vitamins E, C and beta-carotene — to help prevent free radical-induced muscle damage during training.

Power Fuel also contains important nutrients for proper metabolism like B-vitamins, chromium (from patented Chromic Fuel™ chromium picolinate), coenzyme Q₁₀, L-carnitine, potassium, magnesium, phosphate for strength or power weightlifting).

Plus, Power Fuel contains Carni Fuel™ (L-carnitine magnesium citrate)

a preferred form of L-carnitine and magnesium for enhancing exercise performance.

So get new advanced formula Power Fuel and develop some super natural power of your own! Available in delicious 100% natural orange, fruit punch and lemon-lime flavors at fine health food stores, gyms, ^{Natural Food Centers} and most ^{Health Food Centers}. Write for our free catalog: Twin Laboratories, Inc., Ronkonkoma, NY 11779.

TWINLAB®
The Leader in Sports Nutrition™



FREE OKG

Yes, it's true, the company that brought Musashi to Powerlifting is now giving away OKG FREE to readers of PL USA. Our Ornithine Alphaketoglutarate is the same research quality OKG you've been hearing about. It's easy to do. Simply purchase 2 of our 100 gram bottles of OKG at the low regular price of \$39.95 and we'll send you a FREE 100 gram bottle as our way of saying thanks! ACT NOW! Regular: 1 bottle OKG 100 grams \$39.95

SPECIAL: 2 bottles OKG 100 grams \$79.90 get 1 bottle 100 grams OKG FREE. Actual cost only \$26.63/100 grams

Call NOW! 1-800-59-AMINO (cod only) or clip and mail coupon today!

How many buy 2 get 1 FREE offers x \$79.90

Phone _____ s&h add \$4.50 (2 day)

Name _____ Total _____

Address _____

City _____ State _____ Zip _____

mail to: Powerlifting Equipment & Products, Suite

5288, 1945 East Ridge Rd., Rochester, NY 14622

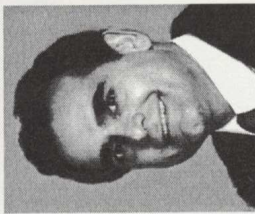
Message from the USPF President

I wish to thank the people who have been helpful in the short time I have been the President. I know the positive atmosphere begun at the National Committee Meeting is growing. I am putting some new programs into place. I have created an associate membership for the USPF. This will allow a special membership to non-lifters and provide financial support to the athletes who are willing to sell these memberships. I am working with vendors for a program of discounts for USPF members. This will make a membership to the USPF a savings for the athlete. The USPF office will be open for business daily. Please refer all calls for memberships, meet sanctions, and information to the National Office at 1-800-500-9727. I ask all USPF Committee chairpersons, state chairpersons, and regional chairpersons to contact the USPF office and update your information (address, telephone, fax, etc.). Peter Thorne, USPF General Secretary, spent several days meeting with the officers of the IPF at The Hague in Holland. He accepted an invitation by Heinz Vierthaler, President of the IPF, to address the IPF Executive meeting in Holland. A new understanding was forged between

Message from the APA/WPA President

It is with regret that I must write this letter. Due to the actions of a former APA state chairman, I feel it is necessary. I wish to apologize to all of those whose persons' actions affected including Canada's CPA President Jean-Marie Bergeron, the Canadian lifter that have supported and attended in great numbers our international events held in the U.S. in the past, and the great amount of confusion that has been caused to all lifters in general whom have been led to believe that two international level competitions are to be held on the same dates in separate countries. I speak in reference to an advertisement in *Powerlifting USA* placed by former APA Chairman John Schaeffer. The most advertised is the 1994 World Record Breaker and International Games to be held March 26 & 27, 1994. Many months prior to his placing the advertisement, Mr. Schaeffer had been advised that Jean-Marie Bergeron was holding the World Championships in Canada March 25-27, 1994. Mr. Bergeron had properly obtained sanction approval nearly nine months ago. Mr. Schaeffer was told he could not hold an International Championships in that time frame due to a conflict of interests. Mr. Schaeffer (article continued on page 60)

Dr. Alex D. Duarte says, "The secret is out!"



Alex D. Duarte, Ph. D.
Clinical & Sports Nutritionist

"My shoulder press went from 220 lbs. to 425 lbs. in just 12 weeks! I highly recommend RUSSIAN SECRET to every serious athlete."
Dr. Alex D. Duarte

"This is the most unbelievable product I've ever used!"
Marc Mader, Mr. Louisiana 1992

"My squats went from 275 lbs. to 400 lbs. in just 3 weeks."
Kedrell Vitator, New Iberia, LA

RUSSIAN SECRET

NOW AVAILABLE IN THE U.S.!

- ★ Dramatically increase strength in 2-3 weeks!
- ★ Build lean body mass quickly
- ★ Increase performance & endurance
- ★ Shorten recovery time
- ★ 100% Money-Back GUARANTEE

The RUSSIAN SECRET is 100% natural and comes in 60 tablet bottles. Derived from the roots of the *Pfiafia Paniculata* plant, it has been used for many years by top Russian athletes.

POWER LABS
1-800 748-5619
24 HRS. Distributors Welcome!



ANABOLIC HIGHS

BUILD ANABOLISM ANABOLIC POWER

CATABOLIC LOWS

ARE YOU REACHING YOUR ANABOLIC HIGHS? NOW YOU CAN TEST YOURSELF AND SEE!

The First and Only Anabolic Testing System with U.S. Patent Approval!

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

For the first time, you can respond to your individual anabolic/catabolic status by customizing your supplement program, diet, rest schedule, and training. You'll avoid catabolic lows and boost anabolic highs.

Here's how the ULTIMATE ANABOLIC KIT program works for YOU! Before and after you train, you promote positive nitrogen balance and set up recovery with **N₂TRO FIRE** protein optimizer. Before and during your workout, you get into high gear with **PreFlex HYPERDRIVE**, a unique formula of energy fuels and metabolites. Then, during the potentially catabolic sleep phase, you're covered by **PostFlex P.M.**, a special complex of pro-anabolic nutrients. All along, the kit's patented urine urea test strips give you a window into your body chemistry to evaluate your current anabolic status. You can respond immediately by customizing your dietary intake, supplement program, and other essential training elements. The kit's guidebook tells you now in complete detail. No other kit gives you this kind of feedback. No other kit gives you this kind of control!

Don't trust your performance and progress to kits that take a shotgun approach. Get the one that zeros in and puts YOUR finger on the anabolic trigger. Joe Weider's ULTIMATE ANABOLIC KIT™.



30-DAY SUPPLY IN EACH KIT

With Our Exclusive PATENTED NITROGEN TEST STRIPS SYSTEM, You Can Know For Sure That The Kit Works For YOU! IT'S THE ONLY KIT TO GIVE YOU JUST 120 SECONDS!

As with all supplements, use of this product will not promote faster or greater muscular gains. This product is, however, a nutritious low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

WORKOUT of the Month

This workout is based on a liter who has a current max. of 600 lbs. The program is 12 weeks long and should produce a gain of 25-30 lbs. The squat is worked twice a week - once very lightly (just to keep the groove), and once heavy.

We do light squats, leg and back assistance on Monday; bench press three times heavy on Saturday. This is done so we only have to get really psyched up once a week. Plus, this simulates a contest situation throughout the cycle. Our Monday and Wednesday workouts average 1 - 1.5 hours, but on Saturday we get together and get wild for 4 - 6 hours, depending on how close we are to the contest.

Since this is a squat cycle, I will tell what we do on Monday and Saturday. Except for light squats, all exercises start light at the beginning of cycle and increase throughout.

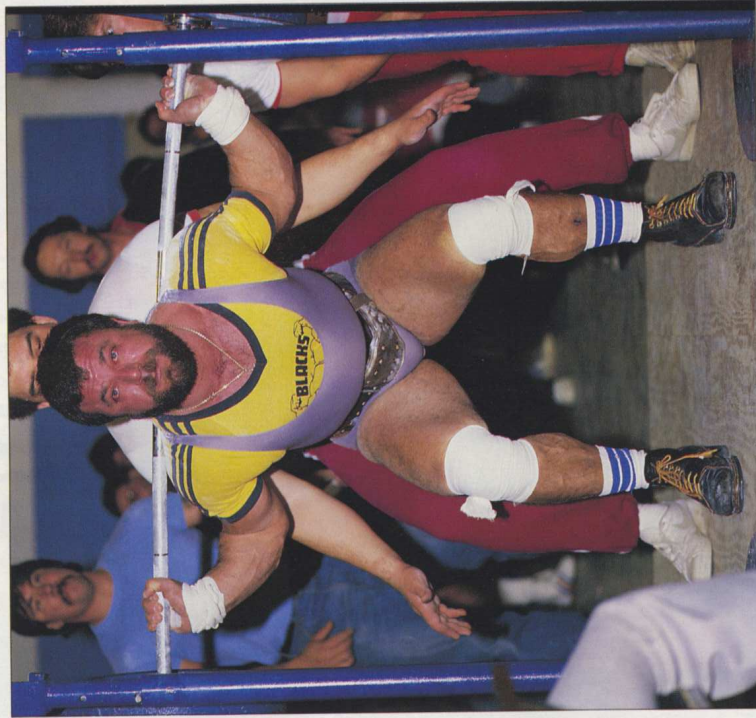
Monday: Light Squat - (stay at these weights throughout the cycle)
145x8:10, 195x5, 235x5, 235x5;
Good Mornings (knees slightly bent)
- 5 reps x 4 sets (increase weights each set. Start light on these and increase top weight each week.);
Shrugs - 10x3 sets, increasing weights; Bentover BB Rows OR Incline Rowing Machine - 10, 8, 5, 5 increasing weights; Lat Pulldowns - 10, 8, 8 increasing weights; Light Leg Extension - 10x3 sets; Light Leg Curls - 10x3 sets; Weighted Sit-ups - 8x3 sets; Heavy Dumbbell Side Bends - 8x3 sets.

Saturdays:

Week 1: 145x8-10, 235x5, 285x5, 325x5, 360x5
Week 2: 145x8-10, 235x5, 285x5, 325x5, 355x5, 380x5
Week 3: 145x8-10, 235x5, 285x5, 325x5, 365x5, 400x5
Week 4: 145x8-10, 235x5, 285x5, 325x5, 375x5, 420x5
Week 5: 145x8-10, 235x5, 285x5, 325x5, 395x5, 440x5
Week 6: 145x8-10, 235x5, 325x5, 395x5, 440x5, 480x3
Week 7: 145x8-10, 235x5, 325x5, 415x3, 465x3, 500x3
Week 8: 145x8-10, 235x5, 325x5, 415x3, 485x3, 520x3
Week 9: 145x8-10, 235x5, 325x5, 415x2, 465x2, 505x2, 540x2
Week 10: 145x8-10, 235x5, 325x5, 415x2, 485x2, 525x2, 560x2
Week 11: 145x8-10, 235x5, 325x5, 415x2, 500x1, 540x1,

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 lifting cycle is analyzed, those of differing strength, a different lifting cycle is analyzed. For example, the training weights are in direct proportion. For example, if your lift is 600, 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).

John Florio Squat Routine



John Florio continues to gain over the years and squatted 905 lbs. at the 1993 WPA World Submasters.

trained, back off a bit. Listen to your body!

Assistance work on Monday should be scaled down the last 2-3 weeks, as the meet gets closer. The week before the meet you should just squat once light (235x5x2 sets) during the week. No other assistance work should be done.

The last thing I have to say is fancy, just a simple, basic program. Keep in mind that the last couple of weeks on Saturday's program can be changed according to how the final sets are going. If the last sets are strong and easy, keep increasing. But, if you are feeling over-

In closing, I just want to say I couldn't have gotten this far without the help of my training partners. It really helps to have your friends psyche you up before a heavy set. I train with between 5-12 guys, depending on the time of the year. Here are the names of just some of the guys: Len Minus, Hoss "The Boss", Angelo Berardinelli, Steve Blankenship, Frank Cervelli, John Black, Tonya Meyers, Jim Geraci. Good luck! (Direct any questions to: John Florio, c/o Black's Health World, 11934 Lorain Ave., Cleveland, OH 44111).

100% PURE
FREE-FORM
AMINO ACID
CRYSTALS

Used by Missing Link
Powerlifting Team
ADFPA Champs
1992 and 1993

Why be like all
the rest when
you can use the
BEST

* Need more be said?
Order your MUSASHI
Today-CALL NOW!
1-800-59-AMINO

Note: Powerlifting USA will soon be featuring the Team MUSASHI lifters. FREE information will be sent with your order!
Use the chart below to order your MUSASHI program today!
(Musashi's yield best results when used in synergistic combinations.)

PRODUCT	Tissue Growth	Energy-Creatine	Weight Gain	Weight Loss	Recuperation	Endurance
HUAN- Red				X		
CHEN- Green	X	X	X			
NI- Grey	X		X	X	X	
KUAN- Yellow (men)	X		X	X	X	
K'UN- Blue (women)	X		X	X	X	
HENG- White			X	X		X
FU- Gold			X			

*Each Musashi type yields approximately 55 doses. Doses are in grams.

ORDER TODAY! CALL 1-800-59-AMINO (24 hrs./7 days/orders only)
or clip and mail this order blank immediately:

MUSASHI	Qty.	Size/Color	Price	Ext
CHEN- green			\$25	
FU- gold			\$25	
HENG- white			\$25	
HUAN- red			\$25	
KUAN- yellow			\$25	
K'UN- blue			\$25	
NI- grey			\$25	
Musashi T-shirt white or black 5-doll.			\$15	
S&H total items:	x \$1.50 per item	2nd day S&H		
		COD add \$5.00		
		TOTAL		

Name _____ (Sq/BP/D/I/T)
Address _____
City _____ State _____ Zip _____
Phone Number with area code () _____
Please indicate method of payment:
 Money order or certified check C.O.D.
 Check (must include driver's license number on check)
Join the elite circle of informed athletes by mailing this order
form TODAY to: **or call 1-800-59-AMINO**
POWERLIFTING EQUIPMENT & PRODUCTS
Suite 5288, 1945 East Ridge Rd.
Rochester, NY 14622
YOUR AUTHORIZED MUSASHI DISTRIBUTOR

Dealers welcome 1-716-621-9176 Phone/Fax

REMEMBER.... Be Careful... They Work!!

MUSASHI!



MATT DIMEL

SUBLINGUAL
ABSORPTION
MAXIMUM
BIOAVAILABILITY

In 1986, while squatting 1020 lbs., Matt ruptured both quadriceps. Today, Matt has returned to the lifting platform. When it comes to recovery--listen to Matt:

"MUSASHI amino's help me to heal and grow stronger. I rely on MUSASHI Green, Grey and Yellow for my supplementation. GET MUSASHI INTO YOUR SYSTEM AND WATCH YOUR TOTALS GROW."

Matt Dimel

Note: Matt is available for seminars or instruction.
Call 1-716-621-9176 for details

TOP 100

For 123 lb./56 kg. USA lifters competing in results received from August 1992 through July 1993.



PL USA Top 100 Achievement Awards

	SQUAT	BENCH	DEADLIFT	TOTAL
1	500 Nguyen, H., 10/24/92	377 Couch, R., 6/18/93	505 Taylor, T., 6/18/93	1245 Taylor, T., 6/18/93
2	475 Kendrick, 3/20/93	355 Garbowski, J., 3/13/93	468 Mays, L., 3/20/93	1230 Nguyen, H., 10/24/92
3	473 Mays, L., 3/20/93	355 Garbowski, J., 3/13/93	468 Mays, L., 3/20/93	1230 Nguyen, H., 10/24/92
4	473 Mays, L., 3/20/93	355 Garbowski, J., 3/13/93	468 Mays, L., 3/20/93	1230 Nguyen, H., 10/24/92
5	455 Curry, R., 4/22/93	290 Taylor, C., 10/10/92	462 Wain, D., 7/10/93	1130 Wain, D., 7/10/93
6	455 Curry, R., 4/22/93	290 Taylor, C., 10/10/92	462 Wain, D., 7/10/93	1130 Wain, D., 7/10/93
7	455 Curry, R., 4/22/93	290 Taylor, C., 10/10/92	462 Wain, D., 7/10/93	1130 Wain, D., 7/10/93
8	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
9	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
10	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
11	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
12	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
13	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
14	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
15	429 Pearce, 3/22/93	286 Benson, 4/19/93	457 Southern, D., 6/19/92	1129 Pearce, 3/22/93
16	405 Weira, D., 12/15/92	275 Stalvey, 5/27/93	440 Weira, D., 12/15/92	1069 Weira, D., 12/15/92
17	405 Weira, D., 12/15/92	275 Stalvey, 5/27/93	440 Weira, D., 12/15/92	1069 Weira, D., 12/15/92
18	405 Weira, D., 12/15/92	275 Stalvey, 5/27/93	440 Weira, D., 12/15/92	1069 Weira, D., 12/15/92
19	405 Weira, D., 12/15/92	275 Stalvey, 5/27/93	440 Weira, D., 12/15/92	1069 Weira, D., 12/15/92
20	405 Weira, D., 12/15/92	275 Stalvey, 5/27/93	440 Weira, D., 12/15/92	1069 Weira, D., 12/15/92
21	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
22	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
23	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
24	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
25	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
26	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
27	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
28	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
29	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
30	396 McLarn, R., 4/19/93	270 Taylor, C., 10/10/92	435 Higgins, F., 2/27/93	1050 Higgins, F., 2/27/93
31	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
32	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
33	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
34	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
35	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
36	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
37	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
38	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
39	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
40	374 Stewart, S., 4/30/93	260 Nguyen, P., 8/15/92	413 Zuh, B., 3/12/92	1003 Zuh, B., 3/12/92
41	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
42	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
43	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
44	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
45	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
46	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
47	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
48	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
49	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
50	355 Cannon, B., 11/13/92	265 Montgomery, 4/25/93	396 Lee, H., 3/13/93	964 Cheung, J., 3/13/93
51	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
52	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
53	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
54	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
55	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
56	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
57	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
58	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
59	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
60	350 Hardin, 4/26/93	245 Nguyen, S., 5/28/93	385 Bazzoli, B., 7/10/93	930 Villar, L., 5/28/93
61	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
62	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
63	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
64	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
65	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
66	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
67	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
68	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
69	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
70	341 Kennedy, 6/18/93	240 Flores, R., 2/20/93	374 Chirco, J., 3/13/93	890 Buicko, A., 3/13/93
71	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
72	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
73	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
74	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
75	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
76	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
77	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
78	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
79	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
80	330 Porter, L., 12/12/92	235 Bowen, M., 6/12/93	363 Miller, 8/9/92	865 Miller, 8/9/92
81	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
82	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
83	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
84	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
85	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
86	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
87	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
88	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
89	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
90	320 Challen, E., 3/27/93	225 Mohr, J., 11/17/92	353 Johnson, 5/19/92	848 Johnson, 5/19/92
91	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
92	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
93	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
94	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
95	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
96	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
97	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
98	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
99	314 Brady, S., 11/17/92	225 Adams, M., 5/9/93	350 Porter, L., 12/12/92	835 Adams, M., 5/9/93
100	303 Miller, 8/9/92	220 Perry, R., 6/18/93	341 Wereman, D., 4/17/94	821 Wereman, D., 4/17/94

Introducing The First Planned Approach To Sport Supplements.

Corrections: The lifts of Mike Branham, 832 squat and 1873 total, were not counted on the TOP 100 list for the Superheavyweight class. Mike Barquera's comeback meet lifts of 460 370 560 1570 were not reflected in the compilation of the ADFFPA TOP 20 181 lb. class listing. Kurt Schoknecht reports that his 540 bench at 242 from April of 1983 was not included on the ALL TIME TOP 100 list for that class. The TEAM USA photo from the WPA World Championships covered in the June issue of PL USA was not complete. It should have included John Florio, Burt Rosenfield, Gil Thompson, John Bower, Mark Dimiduk, Mark Chaille, Lyle Gibson, Rick Weil, Doug Heath, Cathy Falconio, Beth Grater, Pat Susco, Don Mills, John Schaeffer, and Tony Kamand. Lee Rortie should have been credited with a 473 bench press at 181 lbs. in the results of the USPF North Carolina State meet. Danny McMillan should have been credited with a 475 bench press on the ADFFPA TOP 20 ranking list for the 198 lb. division. In the results of the ADFFPA New York BP/DL championships Paul Bernard Sr., 242, 400 should have been credited with a 444 bench, and Ray Prothro, 132, 400-407, should have been credited with a 214 bench. Felicia's Manganiello's lifts of 314 181 319 815 were not listed on the TOP 100 114 lb. list. The Joe's Gym that placed 2nd at the ADFFPA Nationals is from New Jersey, not PA. Send corrections to "ERRORS", P.O. Box 467, Camarillo, California 93011.

NEXT MONTH... TOP 132s

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate and \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

INTERVIEW

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

Sean Culnan as interviewed for Powerlifting USA by Bob Gaynor

BG: Give us some personal information on yourself.
SC: My name is Sean Culnan and I live in Troy, New York. I am 25 years old. My employer is Mega Group, Inc. as a commercial lines insurance broker.

BG: Sean, how did you get started?
SC: After graduating from high school in 1985, I joined Colonia Sports & Fitness to lift and add some bodyweight (weighing 170 lbs. at the time). Fortunately this gym was full of quality powerlifters. While looking on impressed, I latched on to two quality lifters who got me started. Mike Renaud and Jeff Kristel taught me the ins and outs and got me on my way.

BG: When did you start?
SC: I started lifting in 1985, my first competition was in 1986.
BG: What are your best lifts?
SC: Squat 750; Bench 455; Deadlift 672.

BG: What are your goals?
SC: Within the next three years, with the ADFPPA Men's Nationals. Also, get more involved politically with the unification of all

federations.
BG: Would you share with us your views on steroid usage?
SC: Personally, I am a lifetime drug free lifter. As far as my views on steroids are concerned, it is the wrong decision to make growing up in a house where my father lifted weights and begged to stay fit and healthy. Steroids seem to cloud the picture of lifting weights for health and fitness. Most lifters that I've seen usually have shorter careers with steroids.

BG: Sean, what do you think about current testing methods?
SC: The current system seems to be fine. Sometime down the road I would like to see random testing throughout the year. That would leave less doubt of people beating the test. If a person is not drug free he should not lift in a drug free federation.

BG: Do you follow any special diet?
SC: My diet is boring, without ever changing. Breakfast is oatmeal and/or eggs. Pasta for dinner. Steak, chicken or veal for lunch. A bowl of oatmeal before bed. This is all supplemented with UNIPRO Carbonyl Carbohydrate drink throughout the day. Depending if I want to add bodyweight, I will push the meal count up five meals a day.

BG: Share with us your training program.
SC: Off Season: Monday - bench 5 sets of 5; Tuesday - squats 1 set of 5 (no equipment); Thursday - light bench set of 10; Friday - deadlifts 1 set of 5 Gradual increases. In Season: Monday - squats; Wednesday - benches; Thursday - deadlifts. During preparation for a competition the last few weeks consist of doubles.

An important point is not to leave your best lifting in the gym.
BG: What advice would you have for beginners?
SC: Get involved with the right people. Observe their technique along with others. After watching, develop your own form. Remember, always use proper form.
BG: Are there any other comments you would like to make?
SC: I would like to thank my family and wife Kim for all their support. Colonia Sports & Fitness Club has provided a great atmosphere for powerlifting thanks to gym manager Ned Norton. Training partners John Gato and Paul Gallucci help keep me motivated. Meet handlers and close friends Mike Rullo and John Weissenburger have been there ever since I started. All these people have played an important part in my enjoyable career in powerlifting.

BG: If anyone needs additional information, I can be reached at 12 Biscayne Blvd., Troy, NY 12182, or by calling (518) 237-0972.

A few months ago Dr. Carpella asked me to speak at the Italian Hall of Fame banquet. I would have been more excited if he asked me to be inducted into the Hall, but I understand that the Hall of Fame is a place reserved for greatness. So I had to settle for the bottle of red wine that I got for speaking. It was an offer I couldn't refuse. At least that's the way Dr. Carpella put it. I don't know about you, but I don't want to wake up one morning with the head of my favorite godfish sleeping next to me. Of course I'm just kidding. I don't have a godfish. In all candor though it was the most Italians I've ever seen assembled in one place without guns ... Ok, so I don't know about you.

Seriously though, I was extremely excited about being there to witness these incredibly gifted athletes being inducted into the Hall of Fame. Without question, the inductees were a breed apart. They possessed phenomenal speed, strength and power, and a will that could bend tempered steel. They were men of vision, commitment, determination, and mental toughness. Another common strain that I believe you will find among them is that they have the courage to risk. They are men who are willing to live on the edge. They are not afraid to venture beyond the boundaries of what most mortal men believe is possible. It is this type of risk taking that separates the good from the truly great, and that, my dear friends, is what I would like to talk to you about now.

Risking, taking chances, living your life fully. So lets begin. You know, I really believe most people in America are afraid. They're afraid of taking a chance, afraid of rejection, afraid of failing, afraid of not matching up - afraid, afraid, afraid. We're afraid of living life, and when you're afraid to live, you don't reach out; you don't take chances; and you don't grow. In reality, you're not alive; you're dead, because living means being actively involved. I know a lot of lifters who have the potential for greatness. They have it all - good genetics, a great work ethic, mental toughness and awesome strength and power. But sport is there for their taking, but they won't compete. They're afraid of competition, afraid of getting beaten. They don't have the guts to put themselves on the line, consequently, they will never amount to anything in their sport. They're not involved; they're dead.

The main problem seems to be that we have a mentality in our culture that every time we compete or do anything, we have to be great. Consequently, most of us are afraid to take a chance because were

There's a box out there called love, too, because I've experienced it; and there is a box called unadulterated ecstasy because I've lived it; and a box called happiness because I've had tons of it; there is a box called greatness, and I've opened that one, too. They are all fantastic. I've never experienced the box called total fulfillment. I'm looking, though, and if it's there I'll find it, even if I have to open every damn box there is.

And you can do the same. All it takes is a little guts. I'm no different than you. I'm not a superhero. I have fears, hopes and dreams just like you. Anything I can do you can do, too, and some of you can probably do it better. If you're not expecting it, it's not because the boxes aren't there, it's because you are not opening them. They're all there - love, happiness, ecstasy, rapture, greatness, and they're all yours if you're willing to take a few chances.

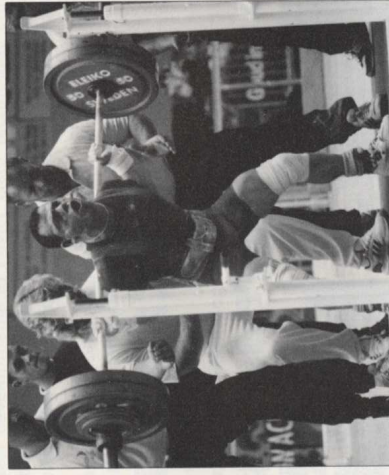
You know in all the years that I've been in sports, one athlete stands out in my mind as being the greatest. No, it's not Muhammad Ali, Pate Rose or Wayne Gretzky, although these guys have certainly reached a higher plane of existence. What might surprise you is that you've probably never even heard of the guy I have in mind. His name is Kenny Hall, and his sport is boxing. He's never won a world championship, a national championship, or even a regional championship; but in my mind, he's the greatest athlete I've ever come in contact with. Why do I feel that way? Well, the major reason I feel Kenny was the best of the best is that he got the very most out of what God gave him. Every time out, he performed at an optimum level, both physically and mentally. He took every moment to the limit - every moment. Best yet, he performed the same way in practice. He pushed himself to the ultimate point of possible development. That's greatness.

Besides Kenny's ever-present quest for personal success, one of his most impressive traits was that he lived his life on the edge. He wasn't afraid of risk, of the danger of failing. I am reminded of an incident a few years ago when Kenny went to Atlanta to compete in the Atlanta Boxing Classic. When he registered at the Classic, he found that no other contestant was in his weight class, nor was there anyone to fight in the next weight class. In other words, in order for Kenny to compete, he would have to jump two weight classes. To make matters worse, the opponent he would have to fight was a former Olympic qualifier.

(article continued on page 70)

Dr. Judd

No Guts- No Glory Part II as told to Powerlifting USA by Dr. Judd Biasiotto



Every Heavy Lift that any lifter attempts involves risk. Above, 1993 World Games Champ Gerry McNamara tries a squat (Hermann Korte)
I don't know about you, but I want to experience everything. I want to open up all boxes. I want to live my life fully. I'm not going to let fear rule me. I'll deal with it. It won't be fun and it is a rock, no man is an island. Life is full of wonderful experiences. There's joy, ecstasy, rapture and contentment. Sex is a great experience; love is better; and unadulterated happiness... well that's just one of the best experiences of all. Of course, in life there is also the experience of pain, disappointment, despair, loneliness, and confusion. You might envision that all these experiences are individually wrapped up in these beautiful little boxes. So you go looking for the box containing love and by accident and/or poor box selection you end up with the box called rejection instead. That rejection box stings a little, doesn't it? Still you've heard so much about that love box you take another chance. This time though you get the box containing emotional pain - a real butt kicker. So you say, "The hell with this box thing I'm not opening anything else!"

Well, I have news for you, life is more than just ecstasy and rapture, it's also confusion and hurt and a lot of other good and not so good experiences. It's all a part of life, and to really know life and live life, you

related to others who have to open that box. Just as I can relate to an athlete who experiences defeat, injury, failure, success, ecstasy and rapture, I've experienced all of those boxes, and I'm a better person for it.

Sean Culnan at the 1993 ADFPPA Men's Nationals. He has a very large frame, and could be one of the great upcoming Superheavyweights.



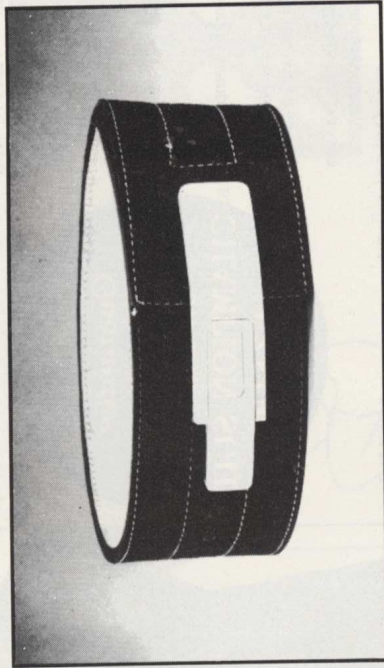
TENZER
ADVANCE DESIGNS
 We Make Power Gear A Science

1-800-222-6897
 IMMEDIATE SHIPPING

MC, VISA, C.O.D.
 903-236-4012

The LEVER BELT

patent #4541152



- Tightens up to 3 1/2" tighter than any other belt made
- "Dr. Squat" Fred Hatfield, Ph.D.
- Provides more safety than conventional belts
- Tightens or releases in less than one second
- Stays firmly shut. The tighter you wear it the firmer it holds
- Adjustable tightness
- Competition legal in all U.S. and world organizations
- First introduced to the powerlifting world by "Dr. Squat" Fred Hatfield, Ph.D.
- Provides more safety than conventional belts
- Hi tech design and appearance
- Belt made of thick leather and suede for the maximum support
- Lifetime guarantee

~~\$94~~, NOW ONLY \$62

The Highest Quality Buckle Belts Also Available

Let's discuss a subject that is often thought about by lifters but rarely discussed - bombing out of a meet. Talking about bombing out of a meet is sort of like talking about a no-hitter. No one wants to jinx themselves by discussing it.

Bombing out of a meet can be the most traumatic experience that a lifter can have on the platform - short of injury. When it happens, is it the end of the world? Does it mean that you are a failure at lifting? Or, is it simply someone else's fault? Maybe the judges, the spotters, the crowd, the photographers. I once heard a world class lifter blame it on the platform moving, although the same platform later supported a 1000 lb. squat.

Exactly what does it mean when you fail to get a good lift and bomb out of the meet? What should you do?

The first thing to do is to analyze the situation. Ask yourself, why did I bomb out? What did I do wrong? What can I learn from this situation? The intent of this article is to take the beginning lifter through the steps of analyzing the reasons for bombing out based on my own personal experiences. Hopefully, by doing this I can help prevent you from bombing out.

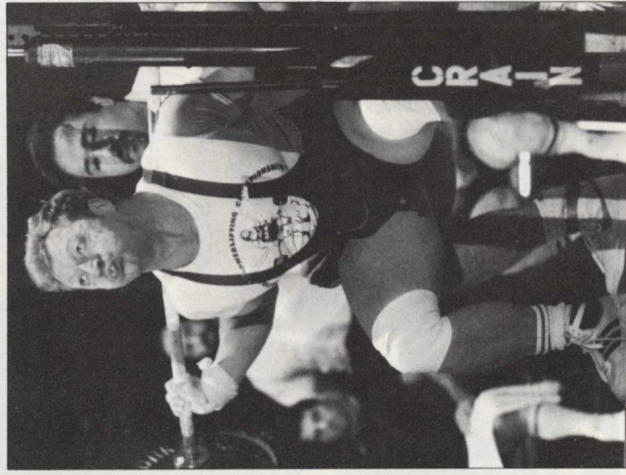
The first time that I chose to bomb out was at the 1982 Junior Nationals in Portland, Oregon. I say I chose to bomb out because no one made me choose the attempts that I tried that day. I felt that I had done everything right in preparing for the meet. My lifts in the gym were way ahead of where I had been in my previous meets. My bodyweight was close to competition weight throughout the cycle. I felt very confident going into the meet. My training partners at Walker's Gym were very supportive, and even the Army was supportive in my efforts.

However, my ego got in the way. I attempted to open at a national championship at a weight that was 15 pounds heavier than my best squat, done only 3 months earlier. The weights in the back room felt good and my confidence was high. What had not factored in was the nervousness of my first national meet. Kevin McClaverty and I were attempting the same weight under the old progression system. Since he was smart enough to take a conservative opener, he was taking his second attempt at 650. In a span of about 4 minutes my dream of winning a national championship went down in flames, or should I say a flurry of red lights.

Almost everyone that I talked to stressed that bombing would make me a better lifter. My cocky response was "How come you haven't done it then?" Fred Hatfield and

STARTIN' A special section dedicated to the beginning lifter OUT

BOMBING OUT- Is it the end of the world? as told to Powerlifting USA by Joe Walden



"Choosing to Bomb"... is Joe Walden at the 1982 Junior Nationals.

John Gamble then set me down and started talking about "why" I had bombed. Fred said there is a reason here, and the key is to figure out why you bombed and correct it. At the time I refused to admit that it was my fault. That day it seemed like the worst thing that could happen on the platform.

It was a long time before I tried to open with anything close to 650 again, but I did take Fred's advice and try to figure out what I did wrong. Before that I wanted to blame it on my training partners, the judges, and anything else I could

that my openers would have won. How nice - except my openers in the bench and deadlift were never seen because my opening squat was high.

Was it the end of the world for me? I thought so for several days, but after talking Fred and John's advice I corrected the reasons, not excuses, for the bomb. I started training the squats deeper in the gym and lowered my opener to a point that I knew I could "sink" plenty deep.

Did my experience make me a better lifter? I sure did not think so at the time or for some time to come. It made me a more conservative lifter, so I guess it made me better. It made me think about my openers. Therefore, I guess it did make me a smarter lifter. It definitely knocked me down a few pegs on the humility ladder. It is very difficult to tell people that you bombed out.

Did I learn all of my lessons well? Apparently not. In 1985 at the same meet, I once again bombed. This time on the deadlift. This time, once again, my ego got in the way. Knowing that the squats felt heavy, (Rumor had it that the plates were heavy, maybe the Sun, the moon and the Earth were in strange alignment and caused the weights to feel heavy) and knowing that I had a badly pulled/torn hamstring, I refused to lower my opening deadlift. Unfortunately, instead of finishing the meet with a conservative lift, I finished the meet with no lift and a worse hamstring. The most important lesson learned again was that the ego has no place in lift selection.

I am not the only person to bomb out of a big meet, but that does not make me feel any better. What does make me feel better is that I got some good advice from lifters of superstar quality that I finally listened to.

Save yourself the embarrassment of bombing out. Listen to my advice. When you select your openers attempt use common sense. Never open with something that you can't at least triple in the gym. Don't try to win meets on the opening attempt. Your openers will help you win the meet by keeping you in the meet.

If you do bomb out, remember, it is not the end of the world. Listen to the advice that Fred Hatfield and John Gamble gave me: "There is a reason why you bombed. Find out why and correct it." Bombing out helped to make me a smarter lifter.

Remember, it is nobody's fault but your own when it happens. Use my experience and learn from it. It will save you the pain and embarrassment later.

TRAINING

Masters Training - Novice Division. Off-Season - Squat, Bench Press and Deadlift as told to Powerlifting USA by Greg Reshel

The following training program is designed specifically for master lifters and can be increased or reduced in poundage to accommodate varying strength levels. This program is appropriate for hard gainers of all ages. If you have recovery problems, and can't seem to keep up with the workouts that some others perform, you will do well with this training program. As listed, the program includes only the primary lifts and does not include all accessory work. We wish only to give you a plan for spacing out off-season training so you can make good gains and not get stale. All accessory work needs to be tailored to the individual lifter and so is not included here.

We have designed the following training program to fit a 50-year old Master lifter with the following numbers: Bodyweight - 187 lbs. (85kg), Squat - 300 lbs., Bench Press - 210 lbs., Deadlift - 300 lbs., and Years Training - 2.

To follow the program as listed you must go through the following sequence of workouts, three times:

Legs - 1, Chest - 1, Back - 1,

Legs - 2, Chest - 2, Back - 1,

Legs - 3, Chest - 1, Back - 1,

Legs - 1, Chest - 2, Legs - 2,

Back - 1, Chest - 1, Legs - 3.

It does not matter how often you need to work out each week because all you need to do is complete the next workout in sequence, when you are recovered sufficiently. We recommend three to four workouts per week. If you work out an average of four times per week this routine will last approximately 12 weeks. We also recommend that you do not work out more frequently than five times per week to allow for enough recovery.

Legs 1: Squat - 135x5x3 sets, 185x5x5 sets; Deadlift - 135x3x2 sets, 185x1, 225x1, Shuffleg Deadlift - 115x6x3 sets.

Legs 2: Squat - 135x6x2 sets,

185x3x3 sets, 205x1x4 sets (walk-away singles); Good Morning from Half-squat - 65 lbs. x3x3 sets.

Chest 1: Bench Press - 95x5x3 sets, 135x3, 175x3x6 sets; Close Grip Bench with wrists locked forward - 10x3 sets with 95-115 lbs.

Chest 2: Bench Press with 25 lb. Plate under foot of Bench - 95x8x2 sets, 115x6, 135x6, 155x5, 175x5, 195x2x3 sets, 115x20 or limit (whichever comes first); Close Grip bench with elbows turned out and bar held in straight line above collarbone - 10x3 sets with 95 lbs. performed very slow and controlled.

Back 1: Note - this is a day of accessory work only and is designed to reset the stabilizing muscles of the upper back, shoulders, and torso and to pump and flush the big muscles like lats and traps.

Remember that this workout is designed to have more accessory work along with the primary exercises and that most of the accessory work is done with light to moderate weight and high volume. We want you to take note of the varying of the routines so that your weeks are not all the same. In this way you will make faster and more consistent gains than with a steady, predictable routine of one bench, one squat, and one deadlift per week. If you include accessory exercises that address the weak points of the primary lifts, make sure you perform 3-5 sets of 6-10 reps with light to moderate weights to insure growth in your problem areas.

Keep looking ahead to bigger numbers in your primary lifts. If you have any questions, feel free to contact any of us: Greg Reshel, Dawn Sharon or Asher Sharon, at Power Excel: (414)769-1211, or write us at Power Excel, 2809 S. Superior Street, Milwaukee, Wisconsin 53207

Power Excel Club

IF: You Wish to Make Steady Progress You Work Hard but Make NO Progress Confused By Conflicting Information Looking for the Coach in YOUR Corner

IF "YES" is your answer then...
POWER EXCEL GUARANTEES SUCCESS

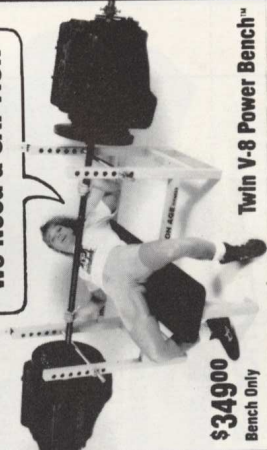
- Personalized Training Routines designed To Fit Your Genetics, Talents, Goals and Needs
- Nutritional Analysis
- Personal Coaching and Consultation available 6 days per week through: **POWER EXCEL HOTLINE - 414-769-1760**
- We Solve Your Technique Problems and Answer ALL your questions

NOW IS THE BEST TIME TO CALL FOR FREE!! CATALOG.

CALL 414-769-1211 24 hrs. 7 DAYS A WEEK FOR INFORMATION & QUESTIONS CALL 414-769-1760 BETWEEN 1-6PM CENTRAL TIME

Dawn Sharon - Asher Sharon - Greg Reshel

HELP!
We Need a CAPTION



\$34900
Bench Only
Twin V-8 Power Bench™

She's O.K. (Thanks to the "Twin V-8 Power Bench™") but we need a CAPTION (10 words or less) for our ad. FREE 8" x 10" Color Photo of Bench & Georgene for your trouble (Hurry! First 100 entries only)

Send to:
IRON AGE FITNESS
15 Montgomery Street
Middletown, New York 10940
(800) 544-7753

All captions become property of Iron Age Fitness.

©CREATE YOUR OWN GIF™

Most experts will agree that if a lifter can increase the intensity of a workout, more gains should result. There are many methods to attain higher training intensity, among them is the rest-pause system. Simply put, the rest-pause system has a lifter perform one or more reps of an exercise, take a short rest or pause, then immediately resume the set. This could include taking more rest-pauses and repeating this process until the set is completed.

The sets between pauses can be called "sub-sets." The time of short pause would be long enough for the lifter to recover to get more reps in, yet short enough to trick the body into thinking it's still the same set. The more time for recovery, the more strength the lifter would regain for the next sub-set, but if too long, it would result in separate sets with no substantial desired increase in intensity.

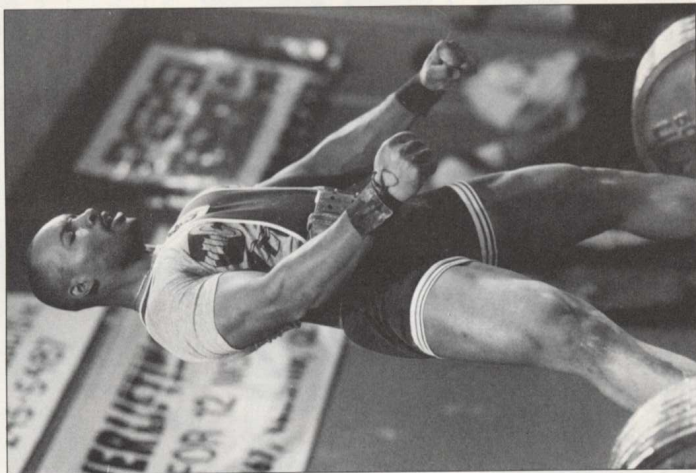
The rest-pause system is not new. A few years back, Mr. Universe Mike Mentzer popularized it. Mike claimed spectacular results with extremely short workouts using rest-pause. Mike's workouts were so intense that the time involved in his workouts had to be short because he could not recover from long workouts of high volumes of rest-pause sets. Nobody could argue with the results this short intensive workout brought him.

Before you think that you can gain by performing 1-3 reps, taking a break and doing 1-3 more, hold on. These 1-3 reps must be with a weight that you can only do 1-4 reps with good form. The concept behind rest-pause is that the majority of muscular growth comes from maximal or near maximal reps. If we were to make all or most of the reps maximal, this would be the most intense set possible. The rest-pause between reps would give the lifter just enough energy to perform another rep at this intensity level, and so on.

This can work, but this type of training may not sound agreeable to many lifters. The question is how the average lifter incorporate rest-pause principles within a more normal training regime and still increase training intensity and results? Let's use the bench press as an example. After warming up, the lifter would normally perform his top set of 5 reps, only the fifth rep was a maximal effort and produced the greatest results of all the reps combined. Using a modified version of the rest-pause, that same lifter would take 315 and get 3 reps with the third being a max effort. A rest-pause of 20 seconds would be taken and the lifter would resume the set and get another 1-2 reps. That would be one extra maximal rep with about the same total reps of the 300 for 5 but with 15 pounds more per rep. Here is an obvious example of an increase in intensity without hard-core use of the rest-

TRAINING

Rest Pause Revisited as told to PL USA by DOUG DANIELS



The Pause That Gets Results... are those short ones within a Rest Pause set. Fierce competitors like Ed Riley, above, often evaluate training systems like Rest-Pause to force out new gains past plateaus.

normal training regime and still increase training intensity and results? Let's use the bench press as an example. After warming up, the lifter would normally perform his top set of 5 reps, only the fifth rep was a maximal effort and produced the greatest results of all the reps combined. Using a modified version of the rest-pause, that same lifter would take 315 and get 3 reps with the third being a max effort. A rest-pause of 20 seconds would be taken and the lifter would resume the set and get another 1-2 reps. That would be one extra maximal rep with about the same total reps of the 300 for 5 but with 15 pounds more per rep. Here is an obvious example of an increase in intensity without hard-core use of the rest-

pause system. You can adjust the period between sub-sets within that 5-30 second range. Endeavor to keep it below 30. Much more than that you cross that fine line between a rest-pause set and separate sets. Experience will be your final guide in the long run. You can also increase the reps done per rest-pause sub-set if you do not want to go that heavy. Another twist would be to lower the weight on each successive sub-set. This would enable the lifter to keep the reps in the sub-set up and allow better form as the lifter tires. The lifter above could take his second sub-set with 300 and get 2-3 reps. A further weight reduction could be taken and a third sub-set could be attempted.

The weight reduction method is preferable but it may require work-out partners to change the weights on the barbell or dumbbells. On selectorized weight machines, the lifter can usually change the weight himself, quickly and safely. This system can work with just about any exercise. The lifter must remember to not go overboard with using the rest-pause. This will eventually result in overtraining and may lead to an injury.

Depending on your age and recuperative abilities, you may want to limit using the rest-pause system to once weekly for a 4-6 week period. After this, you can resume your normal training practices, hopefully with an increase in both muscular size and strength. I would also recommend only 1-2 sets per body part using rest-pause. Any more and you will not recuperate. Besides, if you have the energy or desire to do more, you did not go hard enough on your rest-pause sets.

Two final notes. Warm-up as usual treating your rest-pause sets as the top or heavy sets. Rest between complete rest-pause sets is up to you. I would recommend 3-5 minutes. These are mass, strength building sets and you'll need more energy to get the most out of your rest-pause sets.

I strongly recommend spotters for your rest-pause sets, especially for exercises like benches, squats, overhead presses, etc. You can reach muscular failure on a sub-set at any time and having an alert spotter present can save you from unnecessary injury.

Rest-pause can be used by lifters interested in both size and strength gains. Whenever you feel you may need an increase in intensity, this modified rest-pause system can be called upon to provide it. The saying "the pause that refreshes" can also mean "the pause that gets results."

How a regular set can be modified into a Rest-Pause set	
Normal 200 x 8 (max)	rest 10-30 seconds rest 10-30 seconds rest 10-30 seconds
Rest-pause 210 x max (5-6) 200 x max (2-5) 180 x max (2-5)	rest 10-30 seconds rest 10-30 seconds rest 10-30 seconds
or 200 x max (8) 200 x max (2-3) 200 x max (1-2)	rest 10-30 seconds rest 10-30 seconds rest 10-30 seconds
300 x 1 x 3 sets	rest 10-30 seconds rest 10-30 seconds rest 10-30 seconds
285 x 1	rest 10-30 seconds rest 10-30 seconds rest 10-30 seconds

TRAINING

Coaching and Training as told to Powerlifting USA by Louie Simmons



Coaches and Trainers like Sean Scully and Steve Murdock (center and right) make top lifters like Ausby Alexander even more effective.

What are the duties of a coach and trainer? In powerlifting, one person often does both. The primary responsibility of a coach or trainer is to be truthful at all times. I often see inexperienced people coach and give training advice, which is highly undesirable. In Russia, it is fairly common to have a Master of Sports training other Master of Sports candidates, while he is still competing. However, highly skilled lifters do not necessarily make good coaches, because these men usually achieve strength and fame because they are anatomically suited for powerlifting. Many times an older lifter is a very experienced trainer but only knows the old ways, while a younger coach may lack experience and dismiss old and proven methods. Regardless of age, a coach must possess an analytical mind, constantly read new information, and try new ideas. If he is an experienced lifter, he must realize that what worked for him may not work for his students. My range of coaching is from a 114 lb. lifter to superheavyweights, many of whom have competed nationally. I have also coached six female world champions. I believe my success stems from knowing the oldest methods, while continually striving to find the newest.

Make sure your lifter trains all three lifts equally, not just his favorite or two favorites. If you train more than one lifter, they may require different styles. Because of body structure, it may be advisable for lifters to train different assistance exercises. You cannot train all lifters one way. You must train them as individuals. In Russia, where sportsmen are hand-picked, most have the same body structure and there is basically one method of training. However, in powerlifting, there are many anatomically suited lifters for each of the three lifts: Lamar Gant excels in the deadlift, Doug Furnas in the squat, and Ricky Weil in the bench press. Seldom do men excel at all three lifts when they are anatomically built for one of the lifts. Sometimes it is difficult to learn technique from a lifter who is a specialist, who is gifted with leverage to excel at his favorite lift but is lacking knowledge. Normally, a lifter who has struggled for years to improve a bad lift will know more, because he has tried numerous styles and exercises to develop that lagging lift.

Always remind your lifter that after a contest, good or bad, it is always "back to the gym." You cannot rest contented after making a good contest total, nor reflect back on a terrible meet. Training may often be fabulous, while the contest was disastrous. A lifter may

This is normally impossible, because two lifters are seldom equal in all three categories. Know all competitors' bodyweight as well as your lifter's, in case the contest comes down to a tie on body weight. In this case, make sure your lifter wins with the lighter bodyweight.

Psychological strategy sometimes plays a large role in competition. If your lifter is behind at substantial time, he may feel defeated, although he may be a better lifter than his competitors. If he is ahead at substantial time and is a poor deadlifter, you must convince him that he must get every pound possible in the deadlift to gain the edge.

Know your lifter's personality and how he reacts at a meet. If he lifts like a madman, like Matt Dimel, the coach must make sure he acts like a controlled madman. Chuck Vogelwohl is a wild man, but he is under control at all times. As the coach, it is your job to control your lifters regardless of their personalities. Many lifters have a quiet demeanor, such as Amy Weisberger. Treat the lifter as such, but if he needs to be slapped, slap him. If he prefers to be quiet and approaches the bar in this method, then you too should be quiet and help to evade the scorer's table. Don't force your personality on the lifter. A coach must have multiple personalities. A coach

is a mentor, and the lifter must have confidence in him for this union to be successful. As in boxing, where there is only one corner man speaking only one coach per lifter and all advice should come from him.

A coach must analyze the lifting of other competitors at the contest, especially if he has a lifter with the same body structure as a man who is excelling at one lift. This may help his lifter when he resumes training for another competition. Always ask questions. The man who doesn't ask will never know. You can learn from the inexperienced as well as the expert. Know why some people put plates under their feet to bench press, for instance. Know why some people carry a high rack and others a low rack. Why do some use a wide squat stance and others use a close stance? These are observations the coach must make to realize how lifters make these adjustments to fit their particular structures, and then he can apply these tips to his own lifters.

I have brought up many of the problems that arise at a meet, but new ones may crop up, so be prepared. It is your job as a coach to meet these problems.

Louie Simmons, 2145 Sullivant Ave., Columbus, OH 43223 614-272-1123

Back view of dog appears on back of shirt

LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

NOW ON VIDEO!

- The Bench Press Video\$29.95
- The Squat Video\$29.95
- The Dead Lift Video\$14.95
- T-Shirts (M, L, XL, 2XL, 3XL), white only\$2.00

Shipping/handling.....\$2.00
Send check or money order to:
Westside Barbell Club
2145 Sullivant Ave.
Columbus, OH 43223



NO JUNK SOLD HERE! FAST, FAST, FAST FREE SHIPPING

- OKG 1 month\$36.95
- Liquid Vanady (Real) 2 months, 6x potency of tabs 29.95
- Ephedrine Hydrochloride 100 tabs 4.95
- GABA Powder 100 grams, a true GH Releaser 19.95
- Ephedra 833 mg 100 caps (Same as EPH) 22.95
- Vanady Sulfate (Ultimate Nutrition) 100, 10 mg tabs, 4 bottles for 60.00 or each 19.95
- Creatine 100 grams 20.00
- Herbal TNT (Stronger than Ephedrine) 19.95
- Ultimate Orange 1 lb. 27.95
- Promax (Premium Protein Powder) 31.95
- Duchaines Steroid Handbook II 24.99
- Duchaines Update 19.99
- Anabolic Ref Update 6th issue 27.99
- Anhydrous Caffeine 100, 110 mg tabs 4.99
- Premium Anti-Catabolics (Great Feedback) A Must Use 36.95
- Free Tech Line - Call us before you take or buy anything - 508-372-9773

Hops Sports Nutrition
800 Broadway
Haverhill, MA 01832
(508) 521-5218 • 1-800-446-4677

Free Shipping, M/C, Visa, C.O.D.
Instant Approval on Personal Checks
Hours: 10 am - 6 pm Mon - Fri, E.D.T.
1-800-446-4677 (508) 521-5218
Dealers Invited • Foreign Orders add 50%

apply equipment, such as knee wraps and wrist wraps. If your lifter wears a loose suit to deadlift, make sure he has it on when it is time to deadlift and/or bench press. Remind him of any faults in his technique immediately before the attempt. There are many things for coaches to check. Make a list. Check the bar position and make sure it is legal height. Check the lifting surface for talcum powder. Check the bar plates. If they are too tight, the bar will shake violently. Check the bench height and knurling on deadlift bars. Check to see when your lifters "up" to provide enough time to wrap, put up the straps, apply chalk, tighten his belt, and have smelling salts ready.

It is essential for a coach to ensure the lifter is squatting to proper depth in the gym. Many lifters bomb because of the poor coaches who lie to the lifter or boost their egos by letting them squat high in the gym. Reality will strike at the contest when he fails to squat deep enough on his opening weight.

Round System

Be familiar with the round system. Know when it is permissible to make a lift change. With the round system, a poor deadlifter can actually win the meet over a big deadlifter by making the most of the three attempts and forcing the big deadlifter into exerting himself with more than one calculated winning lift. A lifter should only lift at a contest knowing all nine attempts before the contest begins. The lifter should execute the lift and sit down. The coach makes all the changes at the scorer's table. The only time a change should be made is if the lifter has overrated himself and his strength is not up to par on that day.

Try to set small goals and progress will be easy. If one was to compete three times a year and progress at a 15 kg jump at each contest, that would add 99 lbs. on his total in one year. Know how much a lifter can jump from his first to his second attempt. It must be at least 5 kg for males and 2.5 kg for females or they forfeit their third attempt.

Strategies at the Meet

There are two basic strategies. The first is to have your lifter lift as much as he can in each category and hope for the best. The second is to wait until the deadlift and try to plan exactly what you need to win if your lifter has a strong deadlift. Always know his or her capabilities, especially if there was a great weight loss. With the 24 hour weight-in rule, the coach should not let his lifter train at a weight greater than what he can gain back in 24 hours after weight-in.

Know your competitor's best lifts and don't try to follow lift for lift.

beneficial. It is necessary for the lifter to perform the exercises before a contest. There are no shortcuts.

A coach should have more than one cycle to choose from. It is quite possible to use two different types of cycles in one cycling period, or to use the same one over several times. For example, in eighteen weeks, I may use a cycle three times by using percent training microcycles (65-80%) three times in succession.

Preparing for a Meet

A coach should know several methods of losing weight to provide his lifter with the best electrolyte therapy after he makes weight. Check your lifter's weight before leaving for the meet and be prepared to help him lose additional weight if necessary.

Make sure your lifter's gear is in order. Make a list and dress him mentally from head to toe, including therapeutic items. Know how to

want to immediately change his training, which is a mistake. Allow yourself bad days, and don't drop out of a contest because one or two lifts are lagging. You must be totally devoted to the contest you are training for - will can be more effective than skill.

Don't be afraid to experiment in the off season. You can use many cycles to determine if your new methods are actually working. Without changing the routine, lifters become stale. Pick only a few assistance exercises to train a particular lift. If you use all known exercises and you burn out, you will have nothing to resort to except rest. On the other hand, by using only a couple beneficial exercises, when you are becoming stale you can resort to another exercise which hits the muscle at a different angle or intensity and continue to progress. Unfortunately, many assistance exercises that are disliked are the most

1-800-362-3306

Nutrition WAREHOUSE



1lb. \$15.97
2lb. \$29.37



\$18.95



240 TABS
\$25.47



CALL FOR LOW
PRICE - FREE RAG TOP
WITH MIGHTY 1 ORDER

Nutrition Warehouse guarantees the lowest prices on sports nutrition. With over 1000 items in stock, experts to answer all of your questions and **wholesale** or **below wholesale prices**, we feel confident that we will become your #1 source for sports nutrition. Call today for a **FREE** catalog.

1-800-362-3306

USA All Time TOP 100 Benchers- SHW compiled by HERB GLOSSBRENNER

- | | |
|-----|---------|
| 725 | 28MAR80 |
| 726 | 24NOV90 |
| 727 | 23SEP90 |
| 728 | 09NOV87 |
| 729 | 09NOV72 |
| 730 | 31JAN81 |
| 731 | 09MAR82 |
| 732 | 28MAR83 |
| 733 | 07MAY88 |
| 734 | 01MAY93 |
| 735 | 11JUL93 |
| 736 | 26FEB89 |
| 737 | 07NOV88 |
| 738 | 07NOV92 |
| 739 | 17DEC83 |
| 740 | 09JUN81 |
| 741 | 09JUL88 |
| 742 | 17JUN87 |
| 743 | 19MAR80 |
| 744 | 17DEC86 |
| 745 | 16AUG87 |
| 746 | 30JUN82 |
| 747 | 12APR82 |
| 748 | 17AUG75 |
| 749 | 10SEP88 |
| 750 | 10MAY92 |
| 751 | 28SEP92 |
| 752 | 08JUL84 |
| 753 | 01SEP91 |
| 754 | 28SEP92 |
| 755 | 01APR79 |
| 756 | 01AUG87 |
| 757 | 05SEP87 |
| 758 | 10FEB91 |
| 759 | 23APR82 |
| 760 | 08AUG82 |
| 761 | 24AUG83 |
| 762 | 08MAY88 |
| 763 | 21OCT90 |
| 764 | 07MAY85 |
| 765 | 09MAY85 |
| 766 | 02APR89 |
| 767 | 02APR89 |
| 768 | 02APR89 |
| 769 | 02APR89 |
| 770 | 02APR89 |
| 771 | 02APR89 |
| 772 | 02APR89 |
| 773 | 02APR89 |
| 774 | 02APR89 |
| 775 | 02APR89 |
| 776 | 02APR89 |
| 777 | 02APR89 |
| 778 | 02APR89 |
| 779 | 02APR89 |
| 780 | 02APR89 |
| 781 | 02APR89 |
| 782 | 02APR89 |
| 783 | 02APR89 |
| 784 | 02APR89 |
| 785 | 02APR89 |
| 786 | 02APR89 |
| 787 | 02APR89 |
| 788 | 02APR89 |
| 789 | 02APR89 |
| 790 | 02APR89 |
| 791 | 02APR89 |
| 792 | 02APR89 |
| 793 | 02APR89 |
| 794 | 02APR89 |
| 795 | 02APR89 |
| 796 | 02APR89 |
| 797 | 02APR89 |
| 798 | 02APR89 |
| 799 | 02APR89 |
| 800 | 02APR89 |
| 801 | 02APR89 |
| 802 | 02APR89 |
| 803 | 02APR89 |
| 804 | 02APR89 |
| 805 | 02APR89 |
| 806 | 02APR89 |
| 807 | 02APR89 |
| 808 | 02APR89 |
| 809 | 02APR89 |
| 810 | 02APR89 |
| 811 | 02APR89 |
| 812 | 02APR89 |
| 813 | 02APR89 |
| 814 | 02APR89 |
| 815 | 02APR89 |
| 816 | 02APR89 |
| 817 | 02APR89 |
| 818 | 02APR89 |
| 819 | 02APR89 |
| 820 | 02APR89 |
| 821 | 02APR89 |
| 822 | 02APR89 |
| 823 | 02APR89 |
| 824 | 02APR89 |
| 825 | 02APR89 |
| 826 | 02APR89 |
| 827 | 02APR89 |
| 828 | 02APR89 |
| 829 | 02APR89 |
| 830 | 02APR89 |
| 831 | 02APR89 |
| 832 | 02APR89 |
| 833 | 02APR89 |
| 834 | 02APR89 |
| 835 | 02APR89 |
| 836 | 02APR89 |
| 837 | 02APR89 |
| 838 | 02APR89 |
| 839 | 02APR89 |
| 840 | 02APR89 |
| 841 | 02APR89 |
| 842 | 02APR89 |
| 843 | 02APR89 |
| 844 | 02APR89 |
| 845 | 02APR89 |
| 846 | 02APR89 |
| 847 | 02APR89 |
| 848 | 02APR89 |
| 849 | 02APR89 |
| 850 | 02APR89 |
| 851 | 02APR89 |
| 852 | 02APR89 |
| 853 | 02APR89 |
| 854 | 02APR89 |
| 855 | 02APR89 |
| 856 | 02APR89 |
| 857 | 02APR89 |
| 858 | 02APR89 |
| 859 | 02APR89 |
| 860 | 02APR89 |
| 861 | 02APR89 |
| 862 | 02APR89 |
| 863 | 02APR89 |
| 864 | 02APR89 |
| 865 | 02APR89 |
| 866 | 02APR89 |
| 867 | 02APR89 |
| 868 | 02APR89 |
| 869 | 02APR89 |
| 870 | 02APR89 |
| 871 | 02APR89 |
| 872 | 02APR89 |
| 873 | 02APR89 |
| 874 | 02APR89 |
| 875 | 02APR89 |
| 876 | 02APR89 |
| 877 | 02APR89 |
| 878 | 02APR89 |
| 879 | 02APR89 |
| 880 | 02APR89 |
| 881 | 02APR89 |
| 882 | 02APR89 |
| 883 | 02APR89 |
| 884 | 02APR89 |
| 885 | 02APR89 |
| 886 | 02APR89 |
| 887 | 02APR89 |
| 888 | 02APR89 |
| 889 | 02APR89 |
| 890 | 02APR89 |
| 891 | 02APR89 |
| 892 | 02APR89 |
| 893 | 02APR89 |
| 894 | 02APR89 |
| 895 | 02APR89 |
| 896 | 02APR89 |
| 897 | 02APR89 |
| 898 | 02APR89 |
| 899 | 02APR89 |
| 900 | 02APR89 |

(wheelchair, amputees, etc. not included)

NEW! SST PRO-SERIES

• New High-Performance Sockliner.
• HOT New Look!

\$139.95



MADE IN U.S.A.
safe usa
SAFE USA, INC.
30188 Hardwood Way,
Cannon Falls, Minn. 55009
507-263-4177
507-263-2005
VISA

1-800-344-4071
(Please add \$5.00 Shipping & Handling)

Also available: Contender Series . . . \$99.95

If these elite champions choose SAFE USA Lifting Shoes . . . SHOULD'N'T YOU?



JOHN WARE, C.S.C.S.

1,000 Lb. Squat. Strength Coach N.E. Missouri State

4th Largest Total - All Time



ANTHONY CLARK

1,025 Lb. Squat.

Biggest Total - All Time

Free catalog!



GENE BELL

900 Lb. Squat

(Under 200 Lbs. Bodyweight)



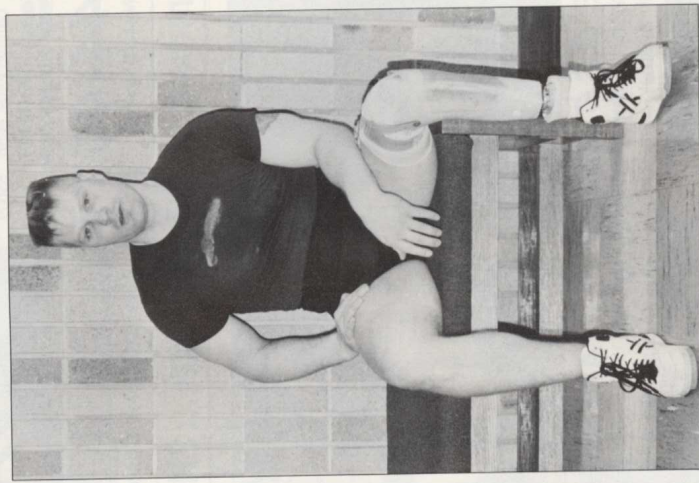
BILL GILLESPIE, C.S.C.S.

900 Lb. Squat

Strength Coach- Major Division | College

POWER PROFILE

BOB WARD as told to PL USA by "Wild" Bill Schaffer



At the Ohio ADFPA State meet this past May, I was in the warm-up room, helping a friend. As I reached down to pick a plate off the floor a guy's foot flashed into my field of vision just a second. I saw a shoe, and some metal at the ankle, but before I had time to really focus, it was gone. So I straightened up and almost said, "Hey, what the hell happened to your foot?" Well my eyes stopped my voice, and that was good because when I saw who was there and what the problem was with his leg, it looked pretty major.

Now the guy was in shorts, street clothes, so I figured he was like me, lending someone a hand. Later, when I saw him in a lifting suit, I grabbed the camera and ran to his platform. I run a small powerlifting publication out of my home and I thought for sure this story would be interesting. That day I saw Bob Ward, from Garfield Heights, Ohio (a Cleveland suburb) squat a nice 400 opener as a 181 pounder. He then took 435 for a second and had some frustrating balance problems, missing the lift. He jumped to 465 for #3 and again had trouble controlling the weight at the top and lost the lift. You could tell the guy was a fierce competitor and that he may have had strength for those lifts, but balancing the bar up high was too much that day.

I cornered Bob later and found him to be a pretty outgoing individual. I got these photos of him during the day and was amazed by what I saw; you'll be amazed by what you hear.

Now from the boss's mouth, here's Bob's story:

"I'm Bob Ward, I'm 28 years old, and I live in Garfield Heights, Ohio. I first became interested in weightlifting when I was about 13-14 years old. You see, I wasn't too big physically, but had a big mouth, which sometimes got me into trouble. But, I was fast and always seemed to be able to run faster than the other guy.

"This system worked well until February 8th, 1978 at which time some friends and I had gotten out of school early due to a teachers meeting. We were walking by some railroad tracks home as a shortcut, when lo and behold a train happened by. (Go figure.)

"Since this wasn't the first time this had occurred, we decided to "hop" it for a ride and jump off into snow plies for some entertainment.

Everything was going well until I made my fourth attempt at "hopping" onto the train. I can't tell you exactly what happened, there was a lot of snow and it was cold. I was running alongside the train and had my hands and right foot on the ladder of the boxcar. The next thing I remember is sitting on my butt in the snow, then trying to stand. I looked down to see what the problem was and saw that my left foot was no longer attached to my body.

About this time, I shouted to the fellow that my foot had just been cut off, to which they replied, "Quit screwing around and get up." It is moments like these in life when you find out who your real friends are. Because when the five or six of

a detailed PL USA look at some of the best lifters in the world

For some reason I think I accepted it down there on the tracks. (Sounds like a movie, huh?) Don't get me wrong, I had many a pity party and still do from time to time. It's just that my family did not baby me and my friends were all jocks. So, I had to keep up or find new friends. Not being all that popular (big mouth) in the first place, I decided to keep up.

"I was on cutches for three months before I got my first prosthesis in May of '78. My prosthesis and I got along pretty well from the beginning. I was running with a smooth gait in just a little over a week. I have never failed to try anything and there are some things I do better than others. I just try to be respectable in everything I do, and I think I have achieved that goal.

"I started lifting weights to be respectable and to hopefully get a body to match my mouth. (That never happened.) I didn't get into powerlifting until 1985 when I was lifting at Black's Health World. I had a fairly decent bench but had never deadlifted and had only done sissy-squats.

"During that time, John Black took some time and encouraged me to full depth squats. Two years later in the Class City Open (Toledo, Oh.) I totalled 985 in the 165 class.

"Since then I have been working out at the Garfield Fitness Center in Garfield Heights.

"In the two contests I've entered since then I took a silver medal at the Police Olympics (June of '92) in Cincinnati, with a total of 1060 pounds, and at the ADFPA '93 Ohio States in April I placed 8th with a total of 1130 pounds."

(Editor's note: Bob got 8th out of a large class of 17, not bad work.)

"I've been a police officer since August of '89 when I took the test on a whim. I didn't tell the examiner (written, physical, polygraph) about the prosthesis until I had to get a physical exam; at which time the nurse went into mild hysteria and wanted to call the Civil Service Commission. But after running a few flights of stairs with maneuverers to show agility she calmed down tremendously.

"This year, at the 1993 Police Olympics in Youngstown I am hoping to total over 1300 pounds. A 480 squat, 330 bench and a 500 deadlift are all reasonable goals considering I have done them in the gym and play it safe at the meet.



Bob completes a deadlift at one of his recent competitions. (All photographs by Bill Schaffer)

Hey, one more thing... I hope my friends didn't make me sound too good, because it's not true."

Here's one of Bob's comrades, speaking of their duties together: Patrolman Lawrence Remendowski

skeptical if Bob really had a pro-

of the Garfield Heights Police. Of course, the majority of us were skeptical. After all, the juveniles were all caught and arrested.

"In working with Bob over the years, it was quickly learned that a handicap could be just that if you let it handicap you, or it could be a motivating device through sheer determination and positive attitude. It was easy to see Bob chose the letter of the two, and strove to be the best at what he does.

"Police work today takes a well-rounded individual to be successful, and being challenged himself, Bob is sensitive to the concerns of those less fortunate and the victimized, as well as being physically strong and quite able to bring the perpetrators to justice. Bob credits his weight training for maintaining his determination and attitude on and off the job, knowing through hard work and workouts there is no obstacle that can't be overcome no matter what the odds. It will now be just a matter of time when Bob becomes as good a powerlifter as he is a police officer."

Bob's got some other friends, too, giving him the big push toward that goal of Ohio Olympic Champion. At the Garfield Heights Fitness Center his training partners

thesis, because by now I was convinced he had to be one of the fastest and most agile members of the department. Needless to say, the juveniles were all caught and arrested.

"I want to thank Big Bob and his cohorts whipping each other into an unmuzzled frenzy at the next ADFPA Ohio State meet. Good luck, guys, and thanks for your time and trouble.

You know Bob said it all one night when I was on the phone with him and we were talking about putting our heads together and getting this story started. I said, "Bob, we can get it done. I'm sure and I'll send it in, but you know there's no guarantee I'll be published. So what do you think?" Want to give it a shot?" I asked. Bob's reply: "Hey, no guts, no glory," was Somebody say, Amen! out there!

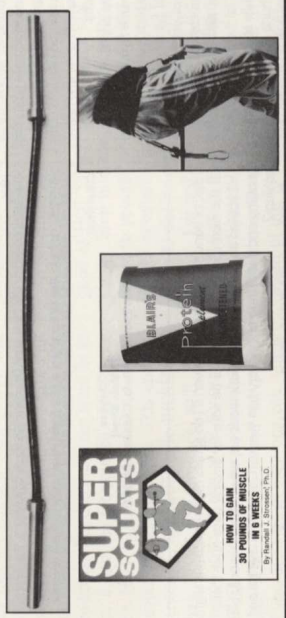
Joe Lupia and those famous brothers Kevin "the Thunderbolt" Van Bolt and Gerald "Boltergers" Van Bolt beat on each other like the Family Mule, aiming for new heights. All are competitive powerlifters headed for big things. "The Thunderbolt" was 3rd at Z75 this year at Ohio's ADFPA State, and "Boltergers" finished 5th at 242.

I want to thank Big Bob and his cohorts whipping each other into an unmuzzled frenzy at the next ADFPA Ohio State meet. Good luck, guys, and thanks for your time and trouble.

You know Bob said it all one night when I was on the phone with him and we were talking about putting our heads together and getting this story started. I said, "Bob, we can get it done. I'm sure and I'll send it in, but you know there's no guarantee I'll be published. So what do you think?" Want to give it a shot?" I asked. Bob's reply: "Hey, no guts, no glory," was Somebody say, Amen! out there!

Somebody say, Amen! out there!

Introducing the mother of all squat bars...



BUFFALO BAR: stronger, longer & better. Cambered to follow the natural curve of your shoulders. Holds 1,250 pounds with uncanny ease. Revolving Olympic type sleeves. Natural finish. Weighs 59 pounds. "The strongest, most comfortable squat bar ever made." - Onno "The Iron Master" Kiba \$249.95 + \$25 S&H

SUPER SQUATS: I find Dr. Randall J. Shoens's book, SUPER SQUATS, to be a refreshing and inspiring boost to powerlifting. It is long overdue, and I would recommend it to all who are interested in this most valuable and essential lift. - Paul Anderson \$12.95 + \$2 shipping (\$5 shipping outside U.S., Canada)

SUPER SQUATS HTP BELT: Train your quads with zero back stress; hit your sumo deadlift from a new angle; also use it for hip lifts, weighted chin ups and dips; plus call work. Holds 3,500 pounds. "In all I feel the Hip Belt to be one of the best \$90 I've ever invested in Powerlifting." - Howard Monks \$79.95 + \$5 shipping (\$20 shipping outside U.S., Canada)

BLAKE'S MILK & EGG PROTEIN: The legend in muscle building supplements returns. Mixes easily, tastes great and packs on muscle mass. 3 1/2 pounds \$34.95 + \$5 shipping

IronMind® Enterprises, Inc.

tel (916) 265-6725
fax (916) 265-4876
free catalog

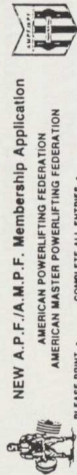
P.O. Box 1228
Novato City, CA 94959

Performance Powders...

- How much have you been paying?
- OKG 98% 100 grams \$22.50!
 - Arginine Pyroglutamate/Lysine 100g \$15.00
 - Anti-Cat Anticatabolic mix 260 grams \$22.50
 - C-P Formula (creatine production) 100g \$9.75
 - Colostrum 36 75 grams \$18.75
 - Dymedrine 25 100 tabs \$8.00
 - Ephedra Extract 100 dose 41.7g \$9.50
 - Mumie (Real) 25 dose packet \$12.50
 - Yohimbe Pwd. (natural) 200 grams \$14.50
 - MCT Oil 16 oz \$6.50
 - Predigested Whey Protein 2lb \$15.00
 - "Low Heat" Whey Protein 80% 2lb \$13.50
 - Arginine/Combaine 2:1 300 grams \$20.00
 - GABA 100 grams \$12.50
 - Vanadyl Sulfate 10mg 100 tabs \$12.00
 - Anabolic Activator 3.2lb (like the "sumo") \$36.00
 - Musashi Aminos & Aletika . . . 15% off retail

Shipping only \$3.50 any size order!
VISA/MasterCard/Discover orders call:
1-800-777-1324

Or send money order to:
Beyond A Century
PO Box 713P Greenville, ME 04441
Hundreds of products - Ask for a free catalog!
- Since 1983 -



NEW A.P.F./A.M.P.F. Membership Application
 AMERICAN POWERLIFTING FEDERATION
 AMERICAN MASTER POWERLIFTING FEDERATION
 COMPLETE ALL ENTRIES

PLEASE PRINT

LAST NAME: _____ FIRST NAME: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE NO: _____

REGISTRATION FEE: YES NO

MAKES CHECK PAYABLE TO: A.P.F./A.M.P.F. OTHER

DATE OF BIRTH: _____

DATE OF APPL: _____

SEX: _____

WEIGHT: _____

HEIGHT: _____

CLASS: _____

MEMBER OF CLUB YOU REPRESENT: _____

MAKE CHECK PAYABLE TO: **A.P.F./A.M.P.F.**
 60 SOUTH BROADWAY
 APOURIA, IL 60907



1-800-666-6865
1-919-775-5600
 613 Carthage St. • Spauld, NC 27330
 PRICES TOO LOW TO ADVERTISE



- Ultimate Nutrition
- ICOPRO
- MegaPro Int'l.
- Asst Research
- Gaba - 100 Gram
- E.P.H. 833
- Bricker Labs
- CGF - Colostrum Growth Factor
- Cybergenics
- 60 Day Kit
- Phase One
- MLO
- Hard Body 3600
- Metabolic Nutrition
- Opi-Growth 3.3 Lbs.
- Opi-APD Aminos
- Opi-Growth Factors
- National Health
- Hot Stuff
- Strength Systems
- Cleanabol
- Cyclotril
- Heavy Weight Mass
- Universal
- Hot Sauce
- Unipro
- Hardfast
- Monster 1100
- Vitol
- Russian Bear
- Soviet Weight Gain
- Twin Labs
- Vitalabs
- Weider

CALL
1-800-666-6865
 FOR FREE CATALOG
 WITH THE BEST
 PRODUCTS AND
 FASTEST DELIVERY IN
 THE INDUSTRY!

HOURS:
 (Eastern Standard Time)
 Monday - Friday
 9:00 am - 9:00 pm
 Saturday & Sunday
 11:00 am - 7:00 pm

STEROIDS

D-BALL TEST JET DECA

Anabolic Steroids build Muscle Mass and Strength

Now there are safe and effective replacements for steroids

PRO BODY® Power Formulas

Leading Steroid Replacer
 Huge gains in muscle mass and strength without the side effects of steroids. Completely safe and legal. The ingredients of PRO BODY have been proven to naturally increase growth hormone levels up to 700% in 90 minutes. Get the hard look with GH Power Formula. **BOKON** 3 month cycle #55001 \$17.95

The Real Thing - Dihydrozide
 Dihydrozide is the most powerful growth hormone releaser. Get big now. Combine all of the best Power Formulas for a **Sinazac** gains. Boron, Dibenzo, and the only one that comes with a copy of the lab analysis that proves it is 100% real. Get big today. **MASS FORMULA** At 3.30% savings. **DIBENCOZIDE** 90 caps 10mg #55006 \$34.95

All PRO BODY Power Formulas are 100% GUARANTEED or your money back

FREE CATALOGS **CALL 1-800-962-4769** ask for dept. #570

Toll free - 24 hours - 7 days
 10230 Bach Blvd., Dept #570 - St. Louis, MO 63132
 For questions and local orders call 314-426-7040

RUSH ORDER FORM

Name (as on card) _____ Apt.# _____
 City _____ State _____ Zip _____
 Phone# _____
 Card# _____

PRODUCT	ORDER#	QTY	PRICE	TOTAL
SUB TOTAL				
SHIPPING 4.00				
OTHER				
TOTAL				

SEND TO: JTR Labs
 10230 Bach Blvd. - dept#570
 St. Louis, MO 63132

IMPORTANT ORDERING INFORMATION
 -US orders add \$4.00 of total in US funds
 -COD orders add \$4.00
 -AMEX must be shipped to billing address
 -Dealer inquiries welcome

FAX Results to 805-987-4275

Spanish Bench Press
 15 May 93 - Madrid (kg)

Women	Weight	SQ	BP	DL	Total
48	M. Moreno	45	140	147.5	147.5
49	D. Moya	45	140	147.5	147.5
50	J. Sanchez	45	140	147.5	147.5
51	R. Balcells	45	140	147.5	147.5
52	J. Lillo	45	140	147.5	147.5
53	C. Cristobal	65	110	123	123
54	C. Aragon	65	110	123	123
55	J. Villacampa	65	110	123	123
56	E. Cruz	65	110	123	123
57	L. Navarro	65	110	123	123
58	A. Hernandez	65	110	123	123
59	M. Garcia	65	110	123	123
60	M. Martinez	65	110	123	123
61	M. Garcia	65	110	123	123
62	M. Garcia	65	110	123	123
63	M. Garcia	65	110	123	123
64	M. Garcia	65	110	123	123
65	M. Garcia	65	110	123	123
66	M. Garcia	65	110	123	123
67	M. Garcia	65	110	123	123
68	M. Garcia	65	110	123	123
69	M. Garcia	65	110	123	123
70	M. Garcia	65	110	123	123
71	M. Garcia	65	110	123	123
72	M. Garcia	65	110	123	123
73	M. Garcia	65	110	123	123
74	M. Garcia	65	110	123	123
75	M. Garcia	65	110	123	123
76	M. Garcia	65	110	123	123
77	M. Garcia	65	110	123	123
78	M. Garcia	65	110	123	123
79	M. Garcia	65	110	123	123
80	M. Garcia	65	110	123	123
81	M. Garcia	65	110	123	123
82	M. Garcia	65	110	123	123
83	M. Garcia	65	110	123	123
84	M. Garcia	65	110	123	123
85	M. Garcia	65	110	123	123
86	M. Garcia	65	110	123	123
87	M. Garcia	65	110	123	123
88	M. Garcia	65	110	123	123
89	M. Garcia	65	110	123	123
90	M. Garcia	65	110	123	123
91	M. Garcia	65	110	123	123
92	M. Garcia	65	110	123	123
93	M. Garcia	65	110	123	123
94	M. Garcia	65	110	123	123
95	M. Garcia	65	110	123	123
96	M. Garcia	65	110	123	123
97	M. Garcia	65	110	123	123
98	M. Garcia	65	110	123	123
99	M. Garcia	65	110	123	123
100	M. Garcia	65	110	123	123

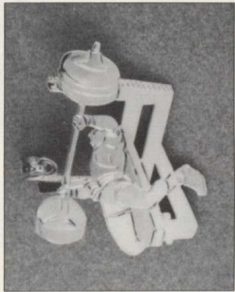
Concerning Mr. Ed Coan: "My name is Patrick Anderson and I'm a twenty-two year old powerlifter from Adelphi, MD. I'm writing this letter to relate a story I've told many times in the past few months. I recently competed at the USPF Senior Nationals in Greensboro, North Carolina. I didn't set any records and my lifting was nothing extraordinary (in fact, Steve Goggins beat me by more than 500 lbs and Phil Farmer out benched me by 177 lbs), but nonetheless I went 9 for 9 and set 4 personal bests in my first Senior Nationals. Well then, it will probably surprise you when I say that the highlight of my weekend wasn't my performance on the platform. It wasn't the historic and very exciting battle at 198 between Gene Bell, Sly Anderson, and George Herring either. It wasn't even the incredible comeback squat attempt by Kirk Kosowski with a World Record 970 lbs. On the contrary, the highlight of my weekend and one of the truly memorable moments of my existence occurred after my workout had finished lifting and during the final session of lifting. It was at this time that a friend and fellow powerlifter from Maryland, John Painter, introduced me to the Greatest Powerlifter Who Has Ever Lived (Bar None) - Ed Coan. So what does the Michael Jordan of Powerlifting proceed to do when introduced to a man he could out total at a lighter bodyweight without even benching. Well, I'll tell you. He had the nerve to good-naturedly punch me in the shoulder and say "you had a hell of a day". At this point I was so stunned all I could reply was a garbled version of the word "Thanks". Well, Ed kept on going, just to add icing on an already memorable. Seniors cake he said "In my first Seniors I was the only lifter to go 9 for 9, you could be very proud of yourself, you've got a good future ahead of you". At this point John introduced Ed to my older brother and mentor Mike and Ed said "I met you before at the Seniors two years ago in Dallas." Not only is Ed as strong as an elephant, but he's got the memory of one too. Just like he is at subtotal time, Ed wasn't finished yet. When John introduced my brothers, 424 lb. training partner and newcomer to powerlifting, Jeff Lewis, Ed looked up at him and said "I hear you're going to be something special." This, to me, is incredible - not only is he the best to ever tighten up a belt, but he also notices a young lifter's performance, remembers a guy he saw lift at a meet 2 years earlier, and is aware of the potential of a new lifter. At this point, let me make it clear that I'm not some starry-eyed youngster who's never met a world class lifter. In my 7 years as a powerlifter, I've had the pleasure to make the acquaintance of such current and former legends as Hugh Cassidy, Mark Chaillet, Doug Furnas, Lamar Gant, George Hechtler, Kirk Karwowski and several others, all of whom have left their mark on me in one way or another. But like I said before, we are talking about a man who is in a class by himself, a man who had no other reason to be nice to me other than the fact that Ed Coan, folks, is a genuine nice guy. There are plenty of examples in sports today of elite level athletes who are as big a jerk as they are a talent, and it's nice to know that at least in our sport the man at the top hasn't forgotten what it takes to get there."

Harbour Island Bench Press

22 May 93 - Tampa, FL

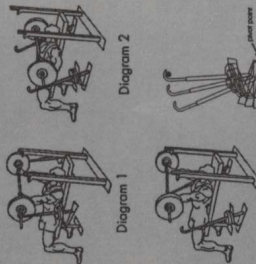
Open	Weight	SQ	BP	DL	Total
114	L. Snell	225	500	500	500
115	H. Washington	230	510	510	510
116	C. Farabolo	230	510	510	510
117	Light (97-135)	170	400	400	400
118	L. Williams	170	400	400	400
119	M. Blagoff	170	400	400	400
120	M. Blagoff	170	400	400	400
121	L. Williams	170	400	400	400
122	D. Tambalo	140	335	335	335
123	L. Davis	140	335	335	335
124	R. Jenson	140	335	335	335
125	K. Robertson	140	335	335	335
126	L. Newlin	140	335	335	335
127	J. May	140	335	335	335
128	R. Silva	140	335	335	335
129	R. Silva	140	335	335	335
130	J. Hunsaker	140	335	335	335
131	J. Hunsaker	140	335	335	335
132	J. Jacobs	140	335	335	335
133	F. Hon, Jr.	140	335	335	335
134	P. & C. Jones	140	335	335	335
135	M. Stange	140	335	335	335
136	K. Robertson	140	335	335	335
137	L. Newlin	140	335	335	335
138	J. May	140	335	335	335
139	R. Silva	140	335	335	335
140	R. Silva	140	335	335	335
141	J. Hunsaker	140	335	335	335
142	J. Hunsaker	140	335	335	335
143	J. Jacobs	140	335	335	335
144	F. Hon, Jr.	140	335	335	335
145	P. & C. Jones	140	335	335	335
146	M. Stange	140	335	335	335
147	K. Robertson	140	335	335	335
148	L. Newlin	140	335	335	335
149	J. May	140	335	335	335
150	R. Silva	140	335	335	335
151	R. Silva	140	335	335	335
152	J. Hunsaker	140	335	335	335
153	J. Hunsaker	140	335	335	335
154	J. Jacobs	140	335	335	335
155	F. Hon, Jr.	140	335	335	335
156	P. & C. Jones	140	335	335	335
157	M. Stange	140	335	335	335
158	K. Robertson	140	335	335	335
159	L. Newlin	140	335	335	335
160	J. May	140	335	335	335
161	R. Silva	140	335	335	335
162	R. Silva	140	335	335	335
163	J. Hunsaker	140	335	335	335
164	J. Hunsaker	140	335	335	335
165	J. Jacobs	140	335	335	335
166	F. Hon, Jr.	140	335	335	335
167	P. & C. Jones	140	335	335	335
168	M. Stange	140	335	335	335
169	K. Robertson	140	335	335	335
170	L. Newlin	140	335	335	335
171	J. May	140	335	335	335
172	R. Silva	140	335	335	335
173	R. Silva	140	335	335	335
174	J. Hunsaker	140	335	335	335
175	J. Hunsaker	140	335	335	335
176	J. Jacobs	140	335	335	335
177	F. Hon, Jr.	140	335	335	335
178	P. & C. Jones	140	335	335	335
179	M. Stange	140	335	335	335
180	K. Robertson	140	335	335	335
181	L. Newlin	140	335	335	335
182	J. May	140	335	335	335
183	R. Silva	140	335	335	335
184	R. Silva	140	335	335	335
185	J. Hunsaker	140	335	335	335
186	J. Hunsaker	140	335	335	335
187	J. Jacobs	140	335	335	335
188	F. Hon, Jr.	140	335	335	335
189	P. & C. Jones	140	335	335	335
190	M. Stange	140	335	335	335
191	K. Robertson	140	335	335	335
192	L. Newlin	140	335	335	335
193	J. May	140	335	335	335
194	R. Silva	140	335	335	335
195	R. Silva	140	335	335	335
196	J. Hunsaker	140	335	335	335
197	J. Hunsaker	140	335	335	335
198	J. Jacobs	140	335	335	335
199	F. Hon, Jr.	140	335	335	335
200	P. & C. Jones	140	335	335	335
201	M. Stange	140	335	335	335
202	K. Robertson	140	335	335	335
203	L. Newlin	140	335	335	335
204	J. May	140	335	335	335
205	R. Silva	140	335	335	335
206	R. Silva	140	335	335	335
207	J. Hunsaker	140	335	335	335
208	J. Hunsaker	140	335	335	335
209	J. Jacobs	140	335	335	335
210	F. Hon, Jr.	140	335	335	335
211	P. & C. Jones	140	335	335	335
212	M. Stange	140	335	335	335
213	K. Robertson	140	335	335	335
214	L. Newlin	140	335	335	335
215	J. May	140	335	335	335
216	R. Silva	140	335	335	335
217	R. Silva	140	335	335	335
218	J. Hunsaker	140	335	335	335
219	J. Hunsaker	140	335	335	335
220	J. Jacobs	140	335	335	335
221	F. Hon, Jr.	140	335	335	335
222	P. & C. Jones	140	335	335	335
223	M. Stange	140	335	335	335
224	K. Robertson	140	335	335	335
225	L. Newlin	140	335	335	335
226	J. May	140	335	335	335
227	R. Silva	140	335	335	335
228	R. Silva	140	335	335	335
229	J. Hunsaker	140	335	335	335
230	J. Hunsaker	140	335	335	335
231	J. Jacobs	140	335	335	335
232	F. Hon, Jr.	140	335	335	335
233	P. & C. Jones	140	335	335	335
234	M. Stange	140	335	335	335
235	K. Robertson	140	335	335	335
236					

NEW PRODUCT



It's here, at last! "The Bencher", only from CAMRO, "Home of the Power Pendant". This handcrafted 14 karat gold pendant is a must for anyone who wants to make a powerful statement. It can be engraved on the back or personalized with letters or numbers underneath. (Example: 500 Bench, Drug Free, A.P.F., etc.) Bench meet directors might consider this instead of a best lifter trophy. That should pack 'em in. The Pendant shown costs \$110.00 & \$5.00 shipping/handling. Checks or money orders should be made payable to: CAMRO, P.O. Box 423, Marlboro, New Jersey 07746 (New Jersey residents include 6% sales tax) Questions? Call 1-908-409-6789. Discounts are available to meet directors

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



For Olympic Style bar
For 1" bar without sleeves

Send Check or Money Order to:

POWER RECRUIT INC.

Route 1, Box 122c
Houtzdale, PA 16651

(Foreign orders include for Shipping Charges)

Shipping and Handling

\$64.95 plus \$7.00

PA residents add 6% sales tax

PERSONALIZED Powerlifting Training

Designed by 'PL USA' writer Doug Daniels and top lifter Jim Vrabel Our Courses Are Not Just Sets and Reps or Computerized Look-a-like Routines or 'Secret' Eastern European Methods

Strength Ink, Inc.

- Training Courses Offer Much More
- 1) Training Advice From Experienced, Proven Sources.
 - 2) Each Course is Unique, Tailored for Each lifter.
 - 3) New Training Articles and Info by Doug Daniels Get It Straight!
 - 4) Recommendations on Supplements, Lifting Gear, Etc. Save Time and \$\$\$
 - 5) Have a question during the course - write us
 - 6) Courses Geared for Novice or Intermediate Lifters - Men and Women with a Drug Free Emphasis

*If You've Tried Other Personalized Training Courses and Not Gotten Results, Try Strength Ink, Inc. Courses & Get Results!

- Three 12 week programs available
- 1) Bench Press, 2) Squat, 3) Deadlift
- Each program available for off season or contest phase, please specify

Send check or money order for \$13.95 1 course, \$25.00 for two, or \$30.00 for three payable to:

STRENGTH INK, INC.

Dept. PL USA-K, Box 1974

Highland, IN 46322

Allow 1 week to mail out questionnaire. Allow 2-4 weeks to mail out after receipt back of completed questionnaire

POWER HOTLINE... is the twice a month bulletin of the Iron World. It comes out quick, via FIRST CLASS MAIL, so it reaches you with the news when it still is 'new'. Maybe you've heard top powerlifters at meets or in the gym, discussing some exciting bit of lifting news and they say 'I read it in the HOTLINE', and you wonder what the 'HOTLINE' is. POWER HOTLINE gets you flash results of the major contests - just when everyone is hungry for that information, late word on training lifts of the top lifters, rapid insight into rule changes, etc. from the various lifting organizations, last minute notices of contest date changes, etc., and details of the big stories (drug test failures, etc.) of the day. Many of the top lifters, high level administrators, meet directors, and true inside fans of the sport subscribe to POWER HOTLINE so they don't miss a beat of what's happening in the World of Weightlifting. You, too, have this opportunity to become the 'Man in the Know' about Powerlifting and related strength sports. A one year subscription to POWER HOTLINE, 24 issues - each sent out via FIRST CLASS MAIL (not 2nd class mail, like magazines use, which can take weeks for delivery!) - is only \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 (\$39.00 US for foreign, Air Mail subscriptions). DO IT NOW!

CAPTAINS OF CRUSH



SILVER CRUSH GRIPPERS™
Absolutely the world's finest grippers: Knurled stainless steel handles and unbelievably tough springs. Acknowledged as the standard for building and testing one's crushing grip. Used by world champions in everything from arm wrestling to weightlifting.

Available in four strengths: Trainer, #1, #2, #3. Start with the Trainer and work your way up—the #3 has only been closed by two men in the world and most of the strongest have tried!

\$17.95 each + \$2 S&H*
\$6 S&H* on any 2 (save \$2)
\$7 S&H* on any 3 (save \$5)
\$8 S&H* on any 4 (save \$8)
*U.S. & Canada
FREE CATALOG
TEL: (616) 265-6725 FAX: (616) 265-4876

IronMind Enterprises, Inc.

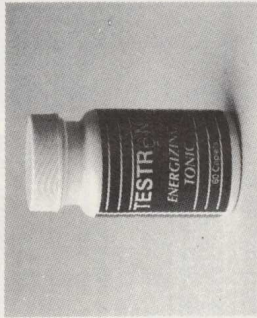
P.O. Box 1228
Nevada City, California 95959 U.S.A.

RDEPA Russian Championship
23, 24 Apr 93 - St. Petersburg (kg)

Women	SQ	BP	DL	Total
53	40	55	130	275
Mingulko				
67.5				
Vorobiev	240	147.5	255	642.5
Bozhanov	185	130	210	525
Koksharov	180	90	180	450
Sinyakov	155			
230	140	240	610	
Nashkov				
Babanik	165	110	180	455
Spiritsin	125	95	132.5	352.5
Vobin	165	120		
280	160	320	760	
Nikishin				
Koylin	200	120	210	530
Kalenkov	145	120	190	455
220	130	150	430	
Kushin				
155				
Morozov				
90				
315	195	275	785	
Shimulov				
100	130	220	530	
260	160	260	680	
Aladiev				
110	180	330	820	
Lukov				
Spiridonov	250			
125				
Kriflov	335	175	515	925
190				
290	300		780	
ivanovkov				
145				
300	250	300	850	
Atonov				
280	155	250	685	
Spiritsin				
198				
237.5	157.5	240	635	
K. D'Arca				
235	147.5	240	622.5	
220				
B. Mironov	232.5	165	250	647.5
R. Smith	192	122.5	205	519.5
242				
B. Maslens	287.5	185	272.5	745
L. Darrov	245	150	252.5	647.5
275	260	422.5	552.5	
Togel				
235	165	307.5	707.5	
M. Herberger				
SHW	250	147.5	240	637.5
M. Roberts				
148				
217.5	170	230	617.5	
D. Cavin				
37.5	130	215	582.5	
R. Bouzong				
182.5	132.5	210	525	
C. Platz				
185	112.5	192.5	495	
C. Stonebaker				
165	250	160	660	
247.5	150	240	637.5	
I. Wafar				
181				
277.5	177.5	280	735	
J. Schlopbach				
P. Luchak	320	215	307.5	842.5
T. Brock	302.5	172.5	285	757.5
S. Rhoads	272.5	190	267.5	730
T. Little	322.5	185	212.5	720
242				
227.5	147.5	217.5	592.5	
275				
340	325.5	320.5	915	
T. Wafar				
355	210	320	885	

TESTRO™

♀ Energizing Tonic



- Energizer for runners, cyclists, weightlifters and all men and women sports enthusiasts
- Increases sexual desire
- All natural ingredients
- 100% money back guarantee

John Black

says: "My squat is 'exploding' again. This is the best natural supplement on the market".

Interested Distributors should call John Black at 216-252-1695

1000's Of Satisfied Customers Across The U.S.

NOT SOLD THROUGH MAIL ORDER
FOR YOUR NEAREST RETAILER CALL
1-800-288-9232



CUSTOM MANUFACTURING

Buy From The Source! N.V.E. Pharmaceuticals

For big savings and top quality results, why not allow us at N.V.E. Pharmaceuticals to formulate and custom manufacture your products?

If you are a distributor searching for quality, efficiency and value - look no further! At N.V.E., we guarantee our products will satisfy both our customers, and yours.

- Pain Relievers
• Sleep Aids
• Vitamins
• Amino Acids
• Herbs
• Protein Powders
• Stimulants
• Diet Aids
• Ephedrine
• Phenylpropanolamine
• Caffeine
• Benzocaine
• Lidocaine

Call (201) 383-5444

Most orders will be shipped within 48 hours with your custom label on them!

Yorkshire NE Senior

Table with 2 columns: Name, Weight (kg). Includes names like D. Dixon, J. Clay, G. Haight, etc.

LDFAA Winter Extravaganza

Table with 2 columns: Name, Weight (kg). Includes names like P. Ferranti, J. Clayton, etc.

CAPO/WPC South Australian

Table with 2 columns: Name, Weight (kg). Includes names like J. Clarke, M. Clark, etc.

LDFAA Winter Extravaganza

Table with 2 columns: Name, Weight (kg). Includes names like J. Clayton, G. Haight, etc.

CAPO/WPC South Australian

Table with 2 columns: Name, Weight (kg). Includes names like J. Clarke, M. Clark, etc.

Wide distributors, sell the hottest new sports supplement line in the world!

Compare our price structure and market support. CALL NOW! USA SPORTS LABS INC. 1-800-489-4USA

INTERNATIONAL PHARMACEUTICALS

Europe's leading sports performance booster. Smart Drugs, Anti-Aging, DHEA, HGH and much more.

YOU'VE TRIED THE BEST NOW TRY THE BEST! PURE O.K. 100

Improve Your Squat and Deadlift! Olympic Style Trap Bar. \$119.95 plus \$14.95 UPS

Health Club for Sale

Health Club for Sale. Licensing Agreement Available. Call John Black at 216-252-1695

POWER HOTLINE is the twice a month newsletter of the Iron World

POWER HOTLINE is the twice a month newsletter of the Iron World, sent out via 1st class mail...

UNCLASSIFIED ADS

\$2.00 per line per insertion. Figure 34 letters & spaces per line. IRON MAN MAGAZINE, honest coverage of the Iron Game.

The Ultimate Powerlifting T-shirt

"Go Heavy or Go Home" with a Bent Barbell logo. Black with White Lettering - Sizes M,L and X-Large and \$12.95 per shirt.

Elkto Sport: the barbell of the World

Elkto Sport: the barbell of the World. Powerlifting Championships. High quality power bars and precision calibrated weights.

Steroid Alternatives at "Huge" Savings

Steroid Alternatives at "Huge" Savings. Hot Stuff, Cybergenics, Weider Universal, NO ONE SELLS FOR LESS! Free Catalog.

PRICES POWER PRODUCTS Call us for all your powerlifting needs

PRICES POWER PRODUCTS Call us for all your powerlifting needs. Titan Suits, Red Annuma Caps, and supplements.

"Cross County Pull" Deadlift

Table with 2 columns: Name, Weight (kg). Includes names like M. Bell, J. Heiser, etc.

Spanish Masters

Table with 2 columns: Name, Weight (kg). Includes names like M. Bell, J. Heiser, etc.

CDPFA Spring Class II

Table with 2 columns: Name, Weight (kg). Includes names like K. Gilling, P. Kerr, etc.

Anthony Clark presents his original

"POWER COMES FROM GOD"

Featured on the highest quality cotton blend material. My shirts are collectors items - white with blue lettering and a red crucifix.

Only \$15.00 + \$3.00 2 Day S&H ACT NOW. Clip and Mail Coupon Today!

Form with fields for Name, Address, City, State, Zip, and Total amount.

South Texas Championships

Table with 3 columns: Name, SQ, BP, DL. Lists athletes and their scores in various categories.

Spanish Women's Championships

Table with 3 columns: Name, SQ, BP, DL. Lists athletes and their scores in various categories.

ICPA Big 5 State Meet

Table with 3 columns: Name, SQ, BP, DL. Lists athletes and their scores in various categories.

Beast of the Northeast

Table with 3 columns: Name, SQ, BP, DL. Lists athletes and their scores in various categories.

STERIOD SPECIALS

The Complete Steroid Specials... Every book that has ever been published by the 'Steroid Guru'...

NEW RELEASES

And Popular Old Ones!... A collection of new and classic books for sale.

FRANKS MUSCLE WORK '87

Powerlifting Paraphernalia... A list of various fitness and powerlifting equipment.

LIFTING GLOVES

Personalized Training Routine by Ricky Dale Crain... A list of fitness products and their prices.

POWERLIFTING PARAPHERNALIA

Ammonia Inhalant Capsules... A list of various fitness and powerlifting equipment.

VIDEO AND BOOK SALES FINAL

VIDEO AND BOOK SALES FINAL... A list of fitness and powerlifting videos and books.

FRANKS MUSCLE WORK '87

FRANKS MUSCLE WORK '87... A list of various fitness and powerlifting equipment.

FRANKS MUSCLE WORK '87

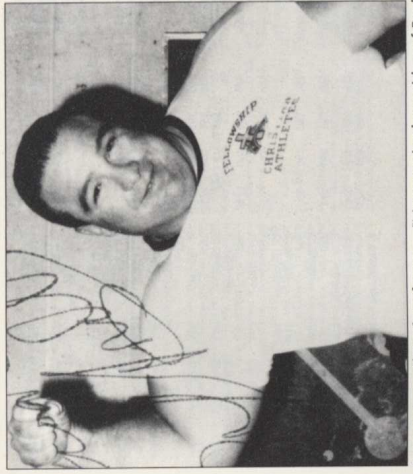
FRANKS MUSCLE WORK '87... A list of various fitness and powerlifting equipment.

FRANKS MUSCLE WORK '87

FRANKS MUSCLE WORK '87... A list of various fitness and powerlifting equipment.

ADFFA Northwest Regional
22-23 May 93 - Bellingham, WA

Women Open	SQ	BP	DL	Total
V. King	125	275	615	1015
P. Vozquez	240	130	260	660
M. Nable	245	105	245	595
T. Muehler	215	95	240	550
L. Prig	275	135	290	700
S. Smith-41	255	140	290	690
R. Tadej-36	290	150	320	760
G. Keeble-42	290	155	305	750
M. Robins	28	165	300	745
D. Sear	220	120	260	600
D. Sear	220	120	260	600
L. Pollitt	220	100	260	580
C. Brown	350	150	325	825
S. Lamson	185	125	230	540
P. Houston	400	200	380	980
C. Gredoff-41	305	155	340	800
W. Darnock	145	85	225	435
M. Campau	285	170	315	770
S. Rogers	300	150	325	780
B. Gill-43	260	130	290	680
L. Wainwright	370	175	340	885
S. Kenny-18	265	115	290	670
S. Hays	190	95	225	510
M. McShane-14	190	95	225	510
M. Up-Open				
D. Hahn-18	275	130	330	735
B. Cill-43	425	285	400	1110
L. Wainwright	485	235	365	1085
L. Wainwright	485	235	365	1085
D. Fawer	425	205	345	975
W. Shearer	480	245	465	1190
M. Williams	485	235	365	1085
R. Connors	315	215	425	955
J. Benson-55	310	275	365	950
A. Romo	215	2185	315	715
D. Saller	540	315	640	1495
B. Barlein	580	360	550	1490
S. Hughes	600	345	530	1475
M. Williams	485	235	365	1085
D. Hiley	275	285	425	985
D. Hiley	300	205	425	930
190				
M. Shultz	700	405	700	1805
J. Moore	575	275	615	1465
P. Fek	490	350	515	1355
J. Wendlin	490	350	485	1325
M. Jones	495	280	460	1235
220				
M. Shultz	600	380	590	1570
J. Ward	600	360	605	1565
M. Jones	600	360	590	1550
J. Ward	600	360	590	1550
D. Daniels	545	355	550	1450
D. Daniels	550	335	540	1425
D. Daniels	550	335	540	1425
W. Wainwright	550	335	540	1425
D. Groves	145	335	540	1025
242				
D. Davis	700	405	655	1760
H. Jones	560	305	600	1465
L. Jones	610	330	590	1530
T. Gilford	590	335	540	1465
800				
J. Markoff	700	400	1060	1960
B. Friedman-48	665	385	525	1545
C. Wainwright	385	345	600	1330
D. Ellison	540	320	540	1400
B. Marlinck	470	320	540	1290



Impressions of Paul Anderson... "I just received my video of Paul Anderson, 'The Strongest Man in History.' I just say that this tape brought back some great memories for me. We, the members of the (old) Silver Spring Barbell Club, were fortunate enough to have Paul Anderson put on an exhibition at one of our sponsored weightlifting meets in 1965. The meet was held at the Silver Spring Boys Club in Silver Spring, Maryland. To meet the man personally and up close was quite an experience. Mr. Marty Callagher's article (Powerlifting USA, October 1992) of Paul's lifts that night was very accurate, as announced at the meet. However, we did discover later that the 900 lb. squat was actually 920 lbs. We miscalculated the total poundage because of that special long bar Paul always used at exhibitions. Enclosed is a photo of Paul that snapped my moments after he made that 'fantastic' lift. Perhaps other readers of Powerlifting USA and fans of Paul's would enjoy seeing it. At the time of this photo his arms measured approximately 24 inches." - Mickey Pearson, Mt. Airy, MD

Battle of the Benchies
10 Apr 93 - Scottsville, KY

Open	SQ	BP	DL	Total
D. Nealy	510	450	510	1470
R. Adams	450	360	450	1260
T. Harrison	200	150	200	550
N. Adams	150	100	150	400
J. Elmore	350	300	350	1000
K. Kendall	200	150	200	550
E. Beverly	150	100	150	400
S. Northcutt	310	250	310	870
M. Sanchez	290	240	290	820
148				
R. Hancock	345	290	345	980
C. Spars	440	390	440	1270
P. Lave	185	135	185	505
C. Vainart	400	350	400	1150
245				
Novice	245	200	245	690
H. Towe	205	155	205	565
S. Blythe	170	125	170	465
181				
T. Toney	340	290	340	970
C. McClure	410	360	410	1180
M. Robertson	170	125	170	465
170				
C. Kibby	425	375	425	1225
C. Kibby	335	290	335	960
R. Beach	320	275	320	920
R. Hicks	305	260	305	870
C. Eney	365	315	365	1045
330				
C. Raney	320	275	320	920
T. Harrison	360	315	360	1035
158				
W. Bennett	250	200	250	700

POWER PEOPLE

172.5	102.5	315	495
D. Malstrom	405	250	465
P. Jordan	325	215	425
R. Jordan	280	235	250
345.5	150	217.5	650
R. Hughes	470	260	480
J. Hillfield	420	225	460
C. Hallett	350	250	420
225			
210	150	212.5	572.5
R. Schloser	380	315	460
C. Douglas	405	290	440
C. Thibodeau	400	290	440
230			
A. Simonelli	650	375	570
P. Gullit	350	275	375
111			
132.5	87.5	150	370
295	190	295	780
235	147.5	292.5	675
167.5	122.5	195	485
240	170	252.5	662.5
200	120	172.5	492.5
185	100	190	475
132.5	87.5	150	370
295	190	295	780
235	147.5	292.5	675
167.5	122.5	195	485
240	170	252.5	662.5
200	120	172.5	492.5
185	100	190	475
95	35	90	220
97.5	55	127.5	280
105	55	120	280
275	150	375	800

MCC Power Day
19 Apr 93 - Windham, Maine
A. Williams 350 250 435 1035
M. Boothby 275 150 375 800

POWER PEOPLE
155
165 135 190 490
167.5 122.5 195 485
230 160 262.5 652.5
97.5 55 127.5 280
105 55 120 280

POWER PEOPLE

Kieran Kidder's assessment of the USPF, published earlier in PL USA, is shown above lifting a 100 lb. block of concrete with one arm. His goal is 300 lbs. in this lift and among his other goals are a deadlift of 1000 lbs., seated military press of 200-300 lbs. for 20 reps, one arm dumbbell rows of 200-300 lbs. for 20 reps, a military press of 300 lbs. with no backbend and a leg press of 400 lbs. for 250 reps.

ADFFA Missouri/Ozark (kg)

Open	SQ	BP	DL	Total
M. Meyer	172.5	107.5	167.5	447.5
L. Shinn	180	122.5	172.5	475
C. Krockenberger	235	135	227.5	602.5
M. Johnson	207.5	137.5	200	545
D. Scroggins	217.5	117.5	200	535
S. Cissell	207.5	110	202.5	520
R. Schulz	184.5	142.5	182.5	467.5
L. Sample	250	155	265	670
A. Bezorle	225	142.5	215	582.5
J. Ward	207.5	110	202.5	520
R. Schulz	172.5	107.5	167.5	447.5
90				
N. Judd	247.5	142.5	265	660
N. Sicorelo	242.5	150	252.5	645
C. Host	242.5	150	217.5	610
185				
L. Sample	295	190	295	780
M. House	272.5	165	272.5	710
R. Fowler	207.5	127.5	200	535
P. Gervais	210	150	212.5	572.5
J. Paliz	222.5	142.5	210	575
110				
W. Phifer	255	115	247.5	617.5
M. Taylor	220	132.5	240	592.5
J. Sizemore	195	160	235	590
B. Black	222.5	137.5	210	570
295				
L. Sample	295	190	295	780
N. Johnson	235	147.5	292.5	675
T. Stanley	202.5	155	210	567.5
J. Pizer	265	170	265	700
S. Smith	252.5	162.5	222.5	637.5
M. Simmons	200	120	172.5	492.5
M. Blalas	305	207.5	262.5	775
J. Pledger	300	170	272.5	742.5
B. Olesen	277.5	167.5	272.5	717.5
B. Gilllette	292.5	192.5	237.5	722.5
J. Sampson	195	182.5	182.5	560
132.5	75	132.5	340	
172.5	107.5	175	455	
225	142.5	212.5	582.5	
182.5	137.5	162.5	482.5	
185				
100	190	190	475	
222.5	115	220	557.5	
132.5	87.5	150	370	
197.5	110	240	547.5	
295	190	295	780	

ADFFA Missouri/Ozark (kg)

Open	SQ	BP	DL	Total
M. Meyer	172.5	107.5	167.5	447.5
L. Shinn	180	122.5	172.5	475
C. Krockenberger	235	135	227.5	602.5
M. Johnson	207.5	137.5	200	545
D. Scroggins	217.5	117.5	200	535
S. Cissell	207.5	110	202.5	520
R. Schulz	184.5	142.5	182.5	467.5
L. Sample	250	155	265	670
A. Bezorle	225	142.5	215	582.5
J. Ward	207.5	110	202.5	520
R. Schulz	172.5	107.5	167.5	447.5
90				
N. Judd	247.5	142.5	265	660
N. Sicorelo	242.5	150	252.5	645
C. Host	242.5	150	217.5	610
185				
L. Sample	295	190	295	780
M. House	272.5	165	272.5	710
R. Fowler	207.5	127.5	200	535
P. Gervais	210	150	212.5	572.5
J. Paliz	222.5	142.5	210	575
110				
W. Phifer	255	115	247.5	617.5
M. Taylor	220	132.5	240	592.5
J. Sizemore	195	160	235	590
B. Black	222.5	137.5	210	570
295				
L. Sample	295	190	295	780
N. Johnson	235	147.5	292.5	675
T. Stanley	202.5	155	210	567.5
J. Pizer	265	170	265	700
S. Smith	252.5	162.5	222.5	637.5
M. Simmons	200	120	172.5	492.5
M. Blalas	305	207.5	262.5	775
J. Pledger	300	170	272.5	742.5
B. Olesen	277.5	167.5	272.5	717.5
B. Gilllette	292.5	192.5	237.5	722.5
J. Sampson	195	182.5	182.5	560
132.5	75	132.5	340	
172.5	107.5	175	455	
225	142.5	212.5	582.5	
182.5	137.5	162.5	482.5	
185				
100	190	190	475	
222.5	115	220	557.5	
132.5	87.5	150	370	
197.5	110	240	547.5	
295	190	295	780	

ADFFA Missouri/Ozark (kg)

Open	SQ	BP	DL	Total
M. Meyer	172.5	107.5	167.5	447.5
L. Shinn	180	122.5	172.5	475
C. Krockenberger	235	135	227.5	602.5
M. Johnson	207.5	137.5	200	545
D. Scroggins	217.5	117.5	200	535
S. Cissell	207.5	110	202.5	520
R. Schulz	184.5	142.5	182.5	467.5
L. Sample	250	155	265	670
A. Bezorle	225	142.5	215	582.5
J. Ward	207.5	110	202.5	520
R. Schulz	172.5	107.5	167.5	447.5
90				
N. Judd	247.5	142.5	265	6

(article continued from page 27)

Most athletes, even good athletes, would probably have taken the fort and the title. Not Kenny. Against the judgement of the coach and everyone else, Kenny fought and Kenny won three rounds, but he Kenny went all four rounds, but he took a terrible beating in the process. After the bout, I heard a number of other boxers talking about how crazy Kenny was for taking the fight. Later I asked him why he did it, what his motive was. He gave me a steady look. "If you never find your limits, or face your greatest fears, you'll never be a great fighter. After this guy, there is little that I will fear in the ring." How could someone so crazy be so smart?

I know you've heard of Leo Buscaglia, the "Love Doctor." There's no philosopher I enjoy reading more. After all, the guy proved what I've been saying for years: Italians are better lovers. Seriously though, I love - no pun intended - Buscaglia's philosophy of life, especially his views about taking risks. Let me read to you what he wrote about taking risks in his book *Living, Loving and Learning*:

"To hope is to risk despair, and to try is to risk failure. But risks must be taken, because the greatest risk in life is to risk nothing. The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn and feel and change and grow and love and live. Chained by his certitudes, he's a slave. He's forfeited his freedom. Only the person who risks is truly free. Try it and see what happens."

Buscaglia is right. In order to grow, I mean really grow, you have to be willing to risk. You have to do things you've never done before, try things you've never tried before. You have to live life a little recklessly. Life is just too short to play it safe. Get a little crazy. Ask a beautiful woman out, the one with the great boobs you've been dying to go out with. Enter a contest that will take you to your limit. Eat something you've never eaten before - rattlesnake is good, and so is squid. The possibilities for risk-taking are endless. Don't be satisfied with the way things are. It's in your best interest not to be totally dissatisfied but to always be unsatisfied. Once you're satisfied with life, you've reached a cumulative point; inertia is going to breed and, before you know it, you're on the backslide. Reach out to things in life you've never experienced - things you want to do but are afraid to do. Only by taking such chances can you come in contact with all that you are. Only then will you ever discover your greatness.

(article continued from page 25)

will drop. During the research, it was found that when the speed of the reps at a given percentage increased by 5% and the times stayed elevated in successive training sessions, the athlete could then lift more weight. The maxes were then increased by 2.5%. This kept the training focused at the appropriate intensity level. When the athlete stayed at the same times and was not able to improve over several sessions, but the athlete was not slowing down either, the adaptive process had stopped. It was now time to move into a recuperative cycle for 3-5 sessions and to begin developing Process 3.

In order to assist the recuperative/restorative process, the athletes use the following adaptive supplements to facilitate full supercompensation and optimal adaptation: 1) Reitol; 2) Eleuthrococcus; 3) Murnite; and 4) Rangiricin. These bioactive supplements are purchased from Atletika Sport International.



Evo-Training is a series of training programs designed to manipulate the body into accepting a response and not just directing the body toward the response. The supplements that were used, enhance and insure that Processes 1 and 2 happen. The supplements are designed to work in harmony with the training programs, and must be used together in complex order for the lifters to excel. In less than three years, Evolutionary Training has produced: 1) Two World Record Holders, 2) Six American and National Record Holders, 3) Twelve National Champions, 4) Two International Champions.

All of these athletes had no prior competitive experience and varied in age from 16-57 years. These individuals competed in the pure divisions of the Natural Athletic Strength Association or N.A.S.A.

The second article will investigate the training necessary to facilitate Process 3, the exercises used, and the order of those exercises. The third article in the series will look at an outline of a program involving all three processes for developing strength. For further information about Evo-Training programs, contact Atletika Sport International at 1-800-621-2602.

Jay Schroeder is the Director of the Ultra-Fit International Training and Conditioning Center located in Mesa, Arizona. His pioneering work in the area of training planning has gained him worldwide exposure. Jay is an accomplished powerlifter and internationally recognized coach.

MIKE MAC DONALD SYSTEMS
 COD
 Ok
 PO BOX 557
 503 GRANT AVENUE
 EVELETH, MINNESOTA 55734
 218-744-4775

BACK TO BASICS AND MORE
 Top quality and low prices
 Free catalogue upon request

1. Amino Acid 1200mg. High grade. Easy to take 250 tabs \$10.00
2. Milk and Egg Protein 4 lb. size. Easy mixing, great taste. \$27.00
3. Good Stuff Powder in 1 lb. containers. Easy mixing, great banana taste \$12.00
4. Dessicated Liver Tablet. Argentina Beef. Easy to take 250 tabs \$9.50
 500 tabs \$16.50
5. Inosine 1000mg capsules 100 caps \$18.00
6. Yohimbe Capsules 1000mg 100 caps \$22.00
 1500mg 100 tabs \$27.00
7. Herbal Energizer Tablets with Guarana Herb 60 tabs \$ 5.00
8. Test-RX Homeopathic Testosterone 6 week supply \$29.00
9. Humagro Homeopathic Growth Hormone 6 week supply \$32.75
10. Sumba... An ultra potent extract of deer antler, yohimbe, damiana, 9 ginsengs, saw palmetto, mira pauima, gotu kola and sasparrilla. An excellent herbal stimulant for pre-workouts or sex 1 ounce \$29.00

*** CALL TODAY AND TALK WITH MIKE ***
*** ORDERS WILL BE SHIPPED WITHIN 24 HOURS ***
COD ORDERS ACCEPTED

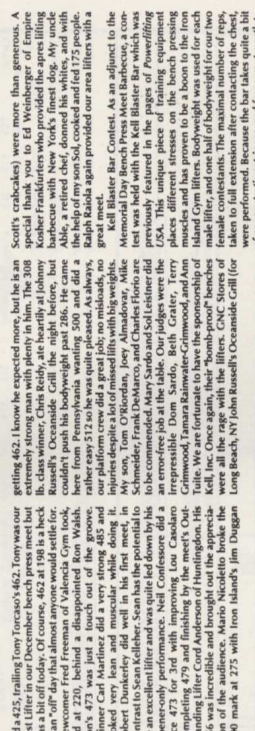


Iron Island Bench Contest
 31 May 93 - OceanSide, NY

Women	110	198	J. Carlino	286
M. Diamond	110	T. Torcaso	462	
C. DeAngelis	88	J. Blazer	374	
K. Hill	174	J. Palma	365	
M. Russo	198	220		
Men				
114	C. Martinez	485		
J. Green	R. Walsh	462		
J. Green	181	242	413	
148	242	413		
J. Manocchio	275	C. Anderson	556	
P. Bianco	259	L. Casolaro	479	
R. Herbst	314	S. Kelleher	429	
T. Thaler	242	R. Dunkelley	374	
181	275	275		
J. Alton	413	385	462	
J. Alton	385	M. Nicoletto	402	
S. Moscatello	369	308		
C. Rudy	512			

The great bench press meet, a maximal repetition contest with the keel blaster bar, and the most important part of the affair, a barbecue that fed all the Iron Island Gym members in attendance. NY state chairman Ralph Baida put another jewel in his crown of meets with successful, excellently run, and well attended contests. All of the female competitors indicated an interest in the sport by more and more individuals. Eighteen year old Keni Heit and the somewhat older Callen D'Angelo did well in their respective classes. The Iron Island Gym will doubt continue in the sport. Guest Lifter Linda J. Baido celebrated her birthday the night before, and she has ever done. She also performed well in the Blaster Bar contest, completing 39 reps to set a new record. She was the only lifter to set a last minute exhibition. A fabulous ten reps with 225 lbs. The audience was astounded to say the least. At 114 brokies Beth and Jon Green took their sibling rivalry to the platform. Both are state champions and this time around, Jon held off his brother by a mere 10 lbs. Beth's lift was impressive, so their 181-188 pound lift are quite impressive. Paul Bianco of Chris Confessore's crew finished behind an excited John Manocchio of New Jersey at 110. He was the only lifter to set a new record in his class. Robert Herbst, Herbert looked very strong, completing 314, at 165. CNC store proprietor John Carlino was our pre-workout guru. He had a signal twice. His strength was very good. Scott Alton did well in his first meet, in his 181 class. He was disappointed to lose his 3rd place to a lifter who had a better lift. The 2nd place lift, with long time bench star in our area Cary Levy only getting his opener at 413. He wanted more competition and was disappointed to lose to a lifter who had a better lift. He did a nice 363 for 400 mark at 275 with Iron Island's Jim Duggan. Jeff Balzer, the area's strongest lockmilch,

Iron Island Gym Benchers... left to right, front row, Jon Green, Melanie Diamond, John Manocchio; middle row, Robert Herbst, Anthony Torcaso, Cary Levy, Tamara Rainwater-Grimwood; back row, Jim Duggan, Chris Reidy, Carl Martinez, Cord Anderson. (photograph by Ann Tuite, provided courtesy Ken Leistner)



“DRUGS, SEX, SPORTS...”
 Plus “POWER” and “PSYCHING” \$10 each
 3 New Books - TOGETHER only \$25.00
 by Dr. Judd Biasiotto, Ph.D.
 “You’d spend over \$30 for a lifting suit to put 20 pounds on your squat. Why not spend \$25 and watch all your lifts go up?”
 Add \$3.00 for shipping and handling for first book and \$.75 for each additional book. Catalog available. Payment: AMX, MC, VISA, COD (+\$3.75), check or MO.
 Mail to: Sports Support Syndicate, Inc., 108 S. 12th St., Pittsburgh, PA 15203. Phone 412-481-2497

Scott's crabs) were more than generous. A special thank you to Ed Weinberger of Empire State College for providing the keel blaster bar, to Able, a retired chef, donated his whistles, and with the help of my son, 50k, cooked and fed 175 people. The help of my son, 50k, cooked and fed 175 people. The help of my son, 50k, cooked and fed 175 people. The help of my son, 50k, cooked and fed 175 people.

DON'T TRAIN ALONE— ALWAYS USE SPOTTERS —DON'T TRAIN WHEN HURT—ALWAYS CONSULT YOUR DOCTOR

Lee Circle YMCA Meet

10 Apr 93 - New Orleans, LA
 Bunch Press
 123
 B. Caston 280
 165
 B. Harkins 345
 D. Harkins 275
 B. Mosley 260
 J. Douglas 275
 198
 T. Phazza 325
 D. Rivera-107 240
 D. Rivera-137 300
 D. Hall 400
 J. Cole-125 165
 242
 S. Demberg 390
 J. Purkey-203 560
 J. Purkey-181 530
 J. Mathews-177 350
 L. Mathews-195 545
 S. Tzoni-215 350
 W. Burch-211 450
 Special Olympian
 123
 Martinez-115 460
 BP DK Total
 J. Echols 275 145 370 790
 M. Martinez 205 130 350 635
 D. Dawson 185 110 305 600
 165
 C. Lalo 400 260 465 1125
 N. Andrus 560 355 630 1545
 S. Wicker 350 185 430 965
 J. Paul 235 170 390 795
 B. Bordelon 235 165 390 790
 L. Tilley 470 300 545 1315
 220
 J. Reap 665 375 565 1605
 B. Wicker 350 185 430 965
 D. Bordelon 350 175 425 950
 (Thanks to Lee Circle YMCA for the meet results!)



Lee Circle YMCA Champs include Nathan Andrus, Outstanding Lifter, and J.R. Douglas, Both represented the United States Marine Corps as Sergeants and compete in the 181 lb. class. (Sgt. Gregory Smith photo)

USPF Vermont State

3 Apr 93 - Wilder, VT
 Open
 W. Moore 500 330 475 1305
 P. Moore 425 275 466 1166
 W. Celly 420 270 490 1180
 M. Conello 300 180 340 820
 D. Wilson 145 215 255 615
 S. Fessette 430 275 370 1075
 T. Trombley 315 215 360 890
 132
 K. Renoll 285 150 345 780
 148
 L. Sullivan 315 210 425 950
 J. Wood 380 225 400 1005
 K. Cillman 380 225 395 905
 18
 B. Stevens 450 315 450 1215
 S. Adams 155 260 155 570
 198
 T. Trombley 315 215 360 890
 T. Romeo 300 330 330 960
 A.R.T.'s Gym in Wilder, VT, held the 1993 Vermont State Powerlifting Championship on April 3. Forty-three lifters showed up to compete in the new and improved A.R.T.'s Gym. The gym is a 10,000 sq. ft. 10m sharp and lasted until 4:30 pm. When the day was done, A.R.T.'s Gym won its 3rd straight team title. 2nd was Northern Power from St. Albans. 3rd was the Vermont State Powerlifting Club. The gym's success would not have been possible without the help of co-owner Robert Lewin who took care of every detail no matter how big or small. A.R.T.'s Gym is located at 100 Main St. in Wilder, VT. Steve Debbie, Monica, and Jacque Mackay for judging and helping out whenever needed. Plus Dave and Jacque Mackay for their tables and Vermont Stable Mates for their loading. Matt Griffin, Errol Nelson, Todd Nelson, John Hamel & Armond Guerin. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography.

181	450	325	450	1225	420	270	490	1180
B. Stevens	430	220	525	1175	275	295	425	1170
S. Talbert	410	250	425	1085	510	420*	535*	1465
S. Fessette	430	275	370	1075	550	365	530	1445
T. Holliman	585	365	530	1480	500	330	475	1305
R. Mackay	535	325	580	1440	Novice			
J. Rogers	420	365	410	1195	Women			
A. Saine	255	120	280	655	A. Saine			
C. Boyde	670	365	630	1665	Men			
K. Lawson	450	300	475	1225	Submaster			
S. Pillsbury	405	300	460	1165	A. Bright			
T. Genovese	415	325	515	1255	480	290	525	1175
					330	250	360	940

Masters	500	330	475	1305
P. Moore	425	275	466	1166
W. Celly	420	270	490	1180
M. Conello	300	180	340	820
D. Wilson	145	215	255	615
S. Fessette	430	275	370	1075
T. Trombley	315	215	360	890
132				
K. Renoll	285	150	345	780
148				
L. Sullivan	315	210	425	950
J. Wood	380	225	400	1005
K. Cillman	380	225	395	905
18				
B. Stevens	450	315	450	1215
S. Adams	155	260	155	570
198				
T. Trombley	315	215	360	890
T. Romeo	300	330	330	960

State Powerlifting Championship on April 3. Forty-three lifters showed up to compete in the new and improved A.R.T.'s Gym. The gym is a 10,000 sq. ft. 10m sharp and lasted until 4:30 pm. When the day was done, A.R.T.'s Gym won its 3rd straight team title. 2nd was Northern Power from St. Albans. 3rd was the Vermont State Powerlifting Club. The gym's success would not have been possible without the help of co-owner Robert Lewin who took care of every detail no matter how big or small. A.R.T.'s Gym is located at 100 Main St. in Wilder, VT. Steve Debbie, Monica, and Jacque Mackay for judging and helping out whenever needed. Plus Dave and Jacque Mackay for their tables and Vermont Stable Mates for their loading. Matt Griffin, Errol Nelson, Todd Nelson, John Hamel & Armond Guerin. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography.

State Powerlifting Championship on April 3. Forty-three lifters showed up to compete in the new and improved A.R.T.'s Gym. The gym is a 10,000 sq. ft. 10m sharp and lasted until 4:30 pm. When the day was done, A.R.T.'s Gym won its 3rd straight team title. 2nd was Northern Power from St. Albans. 3rd was the Vermont State Powerlifting Club. The gym's success would not have been possible without the help of co-owner Robert Lewin who took care of every detail no matter how big or small. A.R.T.'s Gym is located at 100 Main St. in Wilder, VT. Steve Debbie, Monica, and Jacque Mackay for judging and helping out whenever needed. Plus Dave and Jacque Mackay for their tables and Vermont Stable Mates for their loading. Matt Griffin, Errol Nelson, Todd Nelson, John Hamel & Armond Guerin. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography. The gym is a great place to train. Absolutely for videography.

KUC'S FITNESS

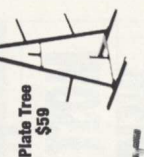
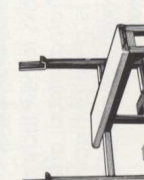


Plate Tree \$59



Preacher Curl \$119



2" Adjustable Upright Power Bench \$149



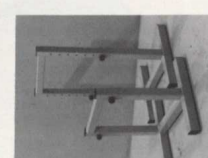
Super Gripper \$65



Deadlift Helper \$79



Flat to Incline \$149



Lift with complete safety \$149



Cambered Olympic Bar \$59

Flat Bench \$89

7" Olympic Bar \$89

Trap Bar \$129

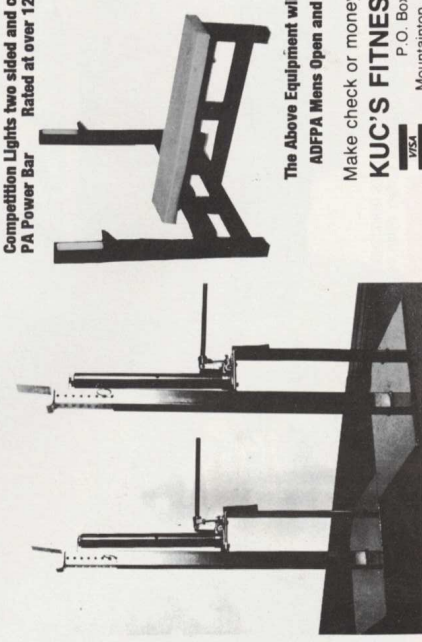
Free Shipping on all of the above

SUPER HEAVY DUTY POWERLIFTING EQUIPMENT

Competition Lights two sided and compact PA Power Bar Rated at over 1200 lbs. \$425 \$149

All Heavy Duty Equipment shipped freight collect

Super Heavy Duty 3" Power Bench \$275



3" Heavy Duty Hydraulic Squat Racks. Rated at over 6000 lbs. \$425

The Above Equipment will be used at the 1993 ADPPA Mens Open and Collegiate Nationals! Make check or money order payable to: KUC'S FITNESS SYSTEMS P.O. Box 215 Mountaintop, PA 18707

No CODS

Orders Only 1-800-543-2497 Information 1-717-823-6994

USPF OFFICE - 1-800-500-9727

Note: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All memberships include a personal letters copy of the rule book.

Registration Fee \$20.00 Mail & make checks payable to:

UNITED STATES POWERLIFTING FEDERATION P.O. Box 2170 Dept. M., Kilgore, TX 75663

I certify that the above names are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

SIGNATURE X

Application for Registration in UNITED STATES POWERLIFTING FEDERATION

Last Name	First Name	Initial	Y	N	Renewal
Street Address					
City					
State	Zip Code	Area Code/Telephone			
Elite-Master	I	II	III	IV	DP
Current USPF Classification	Referee Status	High School Athlete?	Y	N	Y
	Collegiate Athlete?	U.S. Citizen	Y	N	M
		Sex	U	S	F
CARD ISSUED BY					
DATE OF BIRTH					
AGE					

YOUR TIME HAS COME!

ADFFA 2nd ANNUAL EAST COAST POWERLIFTING CHAMPIONSHIPS
December 11 & 12

Men/Women/Teen

Contact Craig Safran
PO Box 4065
Bayside, NY 11360

SEND S.A.S.E.
BE THERE!!!

for master, grandmaster must have 2 wk. notice in advance! Frick's Lake, Mackinac MI 2615 or Bonita Rd., Fishburn, MA 01020, 508-342-4048.

6 NOV, USFF, Clemson Iron Men, BP/DL, Ironmen, masters, collegate, open, Dan Luk, Clemson W, Chh, Frick Rte Cr, Clemson University, Clemson, SC 29634, 803-882-7886.

6 NOV, 9th Eastern American Bench Press Open, Ironmen, women, novice, teen, Sandy Eke, 150 Sagarbush Rd., Stonebridge GA 30281, 404-474-2633.

6 NOV, NUSA/Crest Lake Challenge/BP/DL, Eddie Rutz, 4465 Bethune Ct., W Bloomfield, MI 48323, 313-363-2998.

6 NOV, ADFFA Hudson National Open (women, teen, masters, men - 18-50), 10015 15th St., #100, Bayside, NY 11360, 718-279-2626.

6 NOV, USFF, Ironmen, Ironmen, men, masters, BP and B&D, Crest Lake Bench Press, USFF, Crest Lake, 4465 Bethune Ct., W Bloomfield, MI 48323, 313-363-2998.

6 NOV, ADFFA Hudson National Open (women, teen, masters, men - 18-50), 10015 15th St., #100, Bayside, NY 11360, 718-279-2626.

6 NOV, USFF, Ironmen, Ironmen, men, masters, BP and B&D, Crest Lake Bench Press, USFF, Crest Lake, 4465 Bethune Ct., W Bloomfield, MI 48323, 313-363-2998.

18th Mountaineer Open

Joe Helminski
Box 26
Parkersburg
WV 26102
304-424-6800

F., master, grandmaster must have 2 wk. notice in advance! Frick's Lake, Mackinac MI 2615 or Bonita Rd., Fishburn, MA 01020, 508-342-4048.

6 NOV, USFF, Clemson Iron Men, BP/DL, Ironmen, masters, collegate, open, Dan Luk, Clemson W, Chh, Frick Rte Cr, Clemson University, Clemson, SC 29634, 803-882-7886.

6 NOV, 9th Eastern American Bench Press Open, Ironmen, women, novice, teen, Sandy Eke, 150 Sagarbush Rd., Stonebridge GA 30281, 404-474-2633.

6 NOV, NUSA/Crest Lake Challenge/BP/DL, Eddie Rutz, 4465 Bethune Ct., W Bloomfield, MI 48323, 313-363-2998.

6 NOV, ADFFA Hudson National Open (women, teen, masters, men - 18-50), 10015 15th St., #100, Bayside, NY 11360, 718-279-2626.

6 NOV, USFF, Ironmen, Ironmen, men, masters, BP and B&D, Crest Lake Bench Press, USFF, Crest Lake, 4465 Bethune Ct., W Bloomfield, MI 48323, 313-363-2998.

20th USPF Canton Open
11 Dec 93
Open, Women
Class II & below, Masters
Pat Leonti
3345 Sweitzer St.
Uniontown
OH 44685
216-699-5497

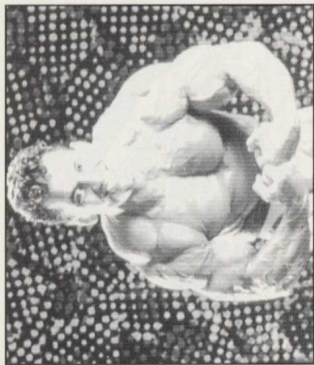
11 Nov 88 East, Titus, OK 74129, 519-238-7085.
26 FEB, National Drug Free Iron Men/Women (BP/DL) and National Drug Free Bench Press (5 yr, lifetime, masters, submasters, women F., collegate, teen, special classes, 15-18, 18-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75-84, 85-94, 95-104, 105-114, 115-124, 125-134, 135-144, 145-154, 155-164, 165-174, 175-184, 185-194, 195-204, 205-214, 215-224, 225-234, 235-244, 245-254, 255-264, 265-274, 275-284, 285-294, 295-304, 305-314, 315-324, 325-334, 335-344, 345-354, 355-364, 365-374, 375-384, 385-394, 395-404, 405-414, 415-424, 425-434, 435-444, 445-454, 455-464, 465-474, 475-484, 485-494, 495-504, 505-514, 515-524, 525-534, 535-544, 545-554, 555-564, 565-574, 575-584, 585-594, 595-604, 605-614, 615-624, 625-634, 635-644, 645-654, 655-664, 665-674, 675-684, 685-694, 695-704, 705-714, 715-724, 725-734, 735-744, 745-754, 755-764, 765-774, 775-784, 785-794, 795-804, 805-814, 815-824, 825-834, 835-844, 845-854, 855-864, 865-874, 875-884, 885-894, 895-904, 905-914, 915-924, 925-934, 935-944, 945-954, 955-964, 965-974, 975-984, 985-994, 995-1004, 1005-1014, 1015-1024, 1025-1034, 1035-1044, 1045-1054, 1055-1064, 1065-1074, 1075-1084, 1085-1094, 1095-1104, 1105-1114, 1115-1124, 1125-1134, 1135-1144, 1145-1154, 1155-1164, 1165-1174, 1175-1184, 1185-1194, 1195-1204, 1205-1214, 1215-1224, 1225-1234, 1235-1244, 1245-1254, 1255-1264, 1265-1274, 1275-1284, 1285-1294, 1295-1304, 1305-1314, 1315-1324, 1325-1334, 1335-1344, 1345-1354, 1355-1364, 1365-1374, 1375-1384, 1385-1394, 1395-1404, 1405-1414, 1415-1424, 1425-1434, 1435-1444, 1445-1454, 1455-1464, 1465-1474, 1475-1484, 1485-1494, 1495-1504, 1505-1514, 1515-1524, 1525-1534, 1535-1544, 1545-1554, 1555-1564, 1565-1574, 1575-1584, 1585-1594, 1595-1604, 1605-1614, 1615-1624, 1625-1634, 1635-1644, 1645-1654, 1655-1664, 1665-1674, 1675-1684, 1685-1694, 1695-1704, 1705-1714, 1715-1724, 1725-1734, 1735-1744, 1745-1754, 1755-1764, 1765-1774, 1775-1784, 1785-1794, 1795-1804, 1805-1814, 1815-1824, 1825-1834, 1835-1844, 1845-1854, 1855-1864, 1865-1874, 1875-1884, 1885-1894, 1895-1904, 1905-1914, 1915-1924, 1925-1934, 1935-1944, 1945-1954, 1955-1964, 1965-1974, 1975-1984, 1985-1994, 1995-2004, 2005-2014, 2015-2024, 2025-2034, 2035-2044, 2045-2054, 2055-2064, 2065-2074, 2075-2084, 2085-2094, 2095-2104, 2105-2114, 2115-2124, 2125-2134, 2135-2144, 2145-2154, 2155-2164, 2165-2174, 2175-2184, 2185-2194, 2195-2204, 2205-2214, 2215-2224, 2225-2234, 2235-2244, 2245-2254, 2255-2264, 2265-2274, 2275-2284, 2285-2294, 2295-2304, 2305-2314, 2315-2324, 2325-2334, 2335-2344, 2345-2354, 2355-2364, 2365-2374, 2375-2384, 2385-2394, 2395-2404, 2405-2414, 2415-2424, 2425-2434, 2435-2444, 2445-2454, 2455-2464, 2465-2474, 2475-2484, 2485-2494, 2495-2504, 2505-2514, 2515-2524, 2525-2534, 2535-2544, 2545-2554, 2555-2564, 2565-2574, 2575-2584, 2585-2594, 2595-2604, 2605-2614, 2615-2624, 2625-2634, 2635-2644, 2645-2654, 2655-2664, 2665-2674, 2675-2684, 2685-2694, 2695-2704, 2705-2714, 2715-2724, 2725-2734, 2735-2744, 2745-2754, 2755-2764, 2765-2774, 2775-2784, 2785-2794, 2795-2804, 2805-2814, 2815-2824, 2825-2834, 2835-2844, 2845-2854, 2855-2864, 2865-2874, 2875-2884, 2885-2894, 2895-2904, 2905-2914, 2915-2924, 2925-2934, 2935-2944, 2945-2954, 2955-2964, 2965-2974, 2975-2984, 2985-2994, 2995-3004, 3005-3014, 3015-3024, 3025-3034, 3035-3044, 3045-3054, 3055-3064, 3065-3074, 3075-3084, 3085-3094, 3095-3104, 3105-3114, 3115-3124, 3125-3134, 3135-3144, 3145-3154, 3155-3164, 3165-3174, 3175-3184, 3185-3194, 3195-3204, 3205-3214, 3215-3224, 3225-3234, 3235-3244, 3245-3254, 3255-3264, 3265-3274, 3275-3284, 3285-3294, 3295-3304, 3305-3314, 3315-3324, 3325-3334, 3335-3344, 3345-3354, 3355-3364, 3365-3374, 3375-3384, 3385-3394, 3395-3404, 3405-3414, 3415-3424, 3425-3434, 3435-3444, 3445-3454, 3455-3464, 3465-3474, 3475-3484, 3485-3494, 3495-3504, 3505-3514, 3515-3524, 3525-3534, 3535-3544, 3545-3554, 3555-3564, 3565-3574, 3575-3584, 3585-3594, 3595-3604, 3605-3614, 3615-3624, 3625-3634, 3635-3644, 3645-3654, 3655-3664, 3665-3674, 3675-3684, 3685-3694, 3695-3704, 3705-3714, 3715-3724, 3725-3734, 3735-3744, 3745-3754, 3755-3764, 3765-3774, 3775-3784, 3785-3794, 3795-3804, 3805-3814, 3815-3824, 3825-3834, 3835-3844, 3845-3854, 3855-3864, 3865-3874, 3875-3884, 3885-3894, 3895-3904, 3905-3914, 3915-3924, 3925-3934, 3935-3944, 3945-3954, 3955-3964, 3965-3974, 3975-3984, 3985-3994, 3995-4004, 4005-4014, 4015-4024, 4025-4034, 4035-4044, 4045-4054, 4055-4064, 4065-4074, 4075-4084, 4085-4094, 4095-4104, 4105-4114, 4115-4124, 4125-4134, 4135-4144, 4145-4154, 4155-4164, 4165-4174, 4175-4184, 4185-4194, 4195-4204, 4205-4214, 4215-4224, 4225-4234, 4235-4244, 4245-4254, 4255-4264, 4265-4274, 4275-4284, 4285-4294, 4295-4304, 4305-4314, 4315-4324, 4325-4334, 4335-4344, 4345-4354, 4355-4364, 4365-4374, 4375-4384, 4385-4394, 4395-4404, 4405-4414, 4415-4424, 4425-4434, 4435-4444, 4445-4454, 4455-4464, 4465-4474, 4475-4484, 4485-4494, 4495-4504, 4505-4514, 4515-4524, 4525-4534, 4535-4544, 4545-4554, 4555-4564, 4565-4574, 4575-4584, 4585-4594, 4595-4604, 4605-4614, 4615-4624, 4625-4634, 4635-4644, 4645-4654, 4655-4664, 4665-4674, 4675-4684, 4685-4694, 4695-4704, 4705-4714, 4715-4724, 4725-4734, 4735-4744, 4745-4754, 4755-4764, 4765-4774, 4775-4784, 4785-4794, 4795-4804, 4805-4814, 4815-4824, 4825-4834, 4835-4844, 4845-4854, 4855-4864, 4865-4874, 4875-4884, 4885-4894, 4895-4904, 4905-4914, 4915-4924, 4925-4934, 4935-4944, 4945-4954, 4955-4964, 4965-4974, 4975-4984, 4985-4994, 4995-5004, 5005-5014, 5015-5024, 5025-5034, 5035-5044, 5045-5054, 5055-5064, 5065-5074, 5075-5084, 5085-5094, 5095-5104, 5105-5114, 5115-5124, 5125-5134, 5135-5144, 5145-5154, 5155-5164, 5165-5174, 5175-5184, 5185-5194, 5195-5204, 5205-5214, 5215-5224, 5225-5234, 5235-5244, 5245-5254, 5255-5264, 5265-5274, 5275-5284, 5285-5294, 5295-5304, 5305-5314, 5315-5324, 5325-5334, 5335-5344, 5345-5354, 5355-5364, 5365-5374, 5375-5384, 5385-5394, 5395-5404, 5405-5414, 5415-5424, 5425-5434, 5435-5444, 5445-5454, 5455-5464, 5465-5474, 5475-5484, 5485-5494, 5495-5504, 5505-5514, 5515-5524, 5525-5534, 5535-5544, 5545-5554, 5555-5564, 5565-5574, 5575-5584, 5585-5594, 5595-5604, 5605-5614, 5615-5624, 5625-5634, 5635-5644, 5645-5654, 5655-5664, 5665-5674, 5675-5684, 5685-5694, 5695-5704, 5705-5714, 5715-5724, 5725-5734, 5735-5744, 5745-5754, 5755-5764, 5765-5774, 5775-5784, 5785-5794, 5795-5804, 5805-5814, 5815-5824, 5825-5834, 5835-5844, 5845-5854, 5855-5864, 5865-5874, 5875-5884, 5885-5894, 5895-5904, 5905-5914, 5915-5924, 5925-5934, 5935-5944, 5945-5954, 5955-5964, 5965-5974, 5975-5984, 5985-5994, 5995-6004, 6005-6014, 6015-6024, 6025-6034, 6035-6044, 6045-6054, 6055-6064, 6065-6074, 6075-6084, 6085-6094, 6095-6104, 6105-6114, 6115-6124, 6125-6134, 6135-6144, 6145-6154, 6155-6164, 6165-6174, 6175-6184, 6185-6194, 6195-6204, 6205-6214, 6215-6224, 6225-6234, 6235-6244, 6245-6254, 6255-6264, 6265-6274, 6275-6284, 6285-6294, 6295-6304, 6305-6314, 6315-6324, 6325-6334, 6335-6344, 6345-6354, 6355-6364, 6365-6374, 6375-6384, 6385-6394, 6395-6404, 6405-6414, 6415-6424, 6425-6434, 6435-6444, 6445-6454, 6455-6464, 6465-6474, 6475-6484, 6485-6494, 6495-6504, 6505-6514, 6515-6524, 6525-6534, 6535-6544, 6545-6554, 6555-6564, 6565-6574, 6575-6584, 6585-6594, 6595-6604, 6605-6614, 6615-6624, 6625-6634, 6635-6644, 6645-6654, 6655-6664, 6665-6674, 6675-6684, 6685-6694, 6695-6704, 6705-6714, 6715-6724, 6725-6734, 6735-6744, 6745-6754, 6755-6764, 6765-6774, 6775-6784, 6785-6794, 6795-6804, 6805-6814, 6815-6824, 6825-6834, 6835-6844, 6845-6854, 6855-6864, 6865-6874, 6875-6884, 6885-6894, 6895-6904, 6905-6914, 6915-6924, 6925-6934, 6935-6944, 6945-6954, 6955-6964, 6965-6974, 6975-6984, 6985-6994, 6995-7004, 7005-7014, 7015-7024, 7025-7034, 7035-7044, 7045-7054, 7055-7064, 7065-7074, 7075-7084, 7085-7094, 7095-7104, 7105-7114, 7115-7124, 7125-7134, 7135-7144, 7145-7154, 7155-7164, 7165-7174, 7175-7184, 7185-7194, 7195-7204, 7205-7214, 7215-7224, 7225-7234, 7235-7244, 7245-7254, 7255-7264, 7265-7274, 7275-7284, 7285-7294, 7295-7304, 7305-7314, 7315-7324, 7325-7334, 7335-7344, 7345-7354, 7355-7364, 7365-7374, 7375-7384, 7385-7394, 7395-7404, 7405-7414, 7415-7424, 7425-7434, 7435-7444, 7445-7454, 7455-7464, 7465-7474, 7475-7484, 7485-7494, 7495-7504, 7505-7514, 7515-7524, 7525-7534, 7535-7544, 7545-7554, 7555-7564, 7565-7574, 7575-7584, 7585-7594, 7595-7604, 7605-7614, 7615-7624, 7625-7634, 7635-7644, 7645-7654, 7655-7664, 7665-7674, 7675-7684, 7685-7694, 7695-7704, 7705-7714, 7715-7724, 7725-7734, 7735-7744, 7745-7754, 7755-7764, 7765-7774, 7775-7784, 7785-7794, 7795-7804, 7805-7814, 7815-7824, 7825-7834, 7835-7844, 7845-7854, 7855-7864, 7865-7874, 7875-7884, 7885-7894, 7895-7904, 7905-7914, 7915-7924, 7925-7934, 7935-7944, 7945-7954, 7955-7964, 7965-7974, 7975-7984, 7985-7994, 7995-8004, 8005-8014, 8015-8024, 8025-8034, 8035-8044, 8045-8054, 8055-8064, 8065-8074, 8075-8084, 8085-8094, 8095-8104, 8105-8114, 8115-8124, 8125-8134, 8135-8144, 8145-8154, 8155-8164, 8165-8174, 8175-8184, 8185-8194, 8195-8204, 8205-8214, 8215-8224, 8225-8234, 8235-8244, 8245-8254, 8255-8264, 8265-8274, 8275-8284, 8285-8294, 8295-8304, 8305-8314, 8315-8324, 8325-8334, 8335-8344, 8345-8354, 8355-8364, 8365-8374, 8375-8384, 8385-8394, 8395-8404, 8405-8414, 8415-8424, 8425-8434, 8435-8444, 8445-8454, 8455-8464, 8465-8474, 8475-8484, 8485-8494, 8495-8504, 8505-8514, 8515-8524, 8525-8534, 8535-8544, 8545-8554, 8555-8564, 8565-8574, 8575-8584, 8585-8594, 8595-8604, 8605-8614, 8615-8624, 8625-8634, 8635-8644, 8645-8654, 8655-8664, 8665-8674, 8675-8684, 8685-8694, 8695-8704, 8705-8714, 8715-8724, 8725-8734, 8735-8744, 8745-8754, 8755-8764, 8765-8774, 8775-8784, 8785-8794, 8795-8804, 8805-8814, 8815-8824, 8825-8834, 8835-8844, 8845-8854, 8855-8864, 8865-8874, 8875-8884, 8885-8894, 8895-8904, 8905-8914, 8915-8924, 8925-8934, 8935-8944, 8945-8954, 8955-8964, 8965-8974, 8975-8984, 8985-8994, 8995-9004, 9005-9014, 9015-9024, 9025-9034, 9035-9044, 9045-9054, 9055-9064, 9065-9074, 9075-9084, 9085-9094, 9095-9104, 9105-9114, 9115-9124, 9125-9134, 9135-9144, 9145-9154, 9155-9164, 9165-9174, 9175-9184, 9185-9194, 9195-9204, 9205-9214, 9215-9224, 9225-9234, 9235-9244, 9245-9254, 9255-9264, 9265-9274, 9275-9284, 9285-9294, 9295-9304, 9305-9314, 9315-9324, 9325-9334, 9335-9344, 9345-9354, 9355-9364, 9365-9374, 9375-9384, 9385-9394, 9395-9404, 9405-9414, 9415-9424, 9425-9434, 9435-9444, 9445-9454, 9455-9464, 9465-9474, 9475-9484, 9485-9494, 9495-9504, 9505-9514, 9515-9524, 9525-9534, 9535-9544, 9545-9554, 9555-9564, 9565-9574, 9575-9584, 9585-9594, 9595-9604, 9605-9614, 9615-9624, 9625-9634, 9635-9644, 9645-9654, 9655-9664, 9665-9674, 9675-9684, 9685-9694, 9695-9704, 9705-9714, 9715-9724, 9725-9734, 9735-9744, 9745-9754, 9755-9764, 9765-9774, 9775-9784, 9785-9794, 9795-9804, 9805-9814, 9815-9824, 9825-9834, 9835-9844, 9845-9854, 9855-9864, 9865-9874, 9875-9884, 9885-9894, 9895-9904, 9905-9914, 9915-9924, 9925-9934, 9935-9944, 9945-9954, 9955-9964, 9965-9974, 9975-9984, 9985-9994, 9995-10004, 10005-10014, 10015-10024, 10025-10034, 10035-10044, 10045-10054, 10055-10064, 10065-10074, 10075-10084, 10085-10094, 10095-1

THE IRONMAN TRAINING SYSTEM

"The IRONMAN Training System gives you exactly what you need to make the maximum bodybuilding gains possible this year and every year. Size, Strength, Mass, Definition, all the gains that bodybuilders deserve to see without the frustration of overtraining, and the confusion of guesswork. Every IRONMAN workout is calculated from the first weight load to the last rep. The IRONMAN Training System tells you exactly what to do, when to do it and how to do it. Developed in 1990, The IRONMAN TRAINING SYSTEM is the original, proven bodybuilding periodization program and the most advanced training system available." Your Coach **FRED KOCH**



Fred Koch
developer of
the IRONMAN
Training
System



"The IRONMAN Training System is simply the best bodybuilding training system available today. No gimmicks, no bull, just the proven results bodybuilders deserve".
LEE LABRADA

"As a logical, coherent approach, this system is top-notch. Everything is perfectly arranged for you"
Review: MasterTrainer Vol.3#1

"The original and only researched bodybuilding periodization program in the United States"

The IRONMAN Training System Success Guide '93

The IRONMAN Training System Success Guide starts where all other bodybuilding training books end. Developed in 1990 by the internationally recognized leading team of bodybuilding periodization specialist in the U.S. This complete, step-by-step, Do-It-Yourself book is the first training guide in the history of Bodybuilding that allows you to build your own periodization plan for an entire year. Size, Strength, Mass, Definition it's all here. Your training year is divided into different phases of training. Exact weight loads, sets, reps and rest intervals are provided for you to produce your workouts during each phase. Included in this Guide is your Annual Plan, Daily Workout Sheets, Test Sheets and Results Sheet that allow you to design, monitor and evaluate your bodybuilding training. Used as a text book at two major universities, the IRONMAN Training System Success Guide will answer many of your questions about overtraining, rest intervals, overcompensation plus much, much more. Included **Free** with every Success Guide is the Ironman Training System Exercise Manual. Whether you're a beginner or advanced, train at home or a gym, the IRONMAN Training System will get you the RESULTS you deserve. The IRONMAN Training System Success Guide is **ONLY \$49.95**. (Complete personal & custom programs also available) **FOR IMMEDIATE SERVICE CALL 1-800-942-1550**



Please make checks or m.o. payable to:
IRONMAN Training System
1 Sycamore Ave.
Little Silver, NJ 07739
800-942-1550

Name _____ Title _____
Address _____
City _____ State _____ Zip _____
Phone _____
Club _____
Number _____
Exp. Date _____
Signature _____

Visa MC Annex Cash

Please add \$10.00 for Shipping and Handling (add \$2.00 for all states not refundable - all sales taxes)

\$49.95 IRONMAN Training System Success Guide

YOU WORSHIP HOW OTHERS MUST WORSHIP YOU!
YOU BEAST! WHY CAN'T YOU FIGHT FAIR?

PLEASE WIZARD! WHAT AM I TO DO? HE IS UNABLE TO STAND UP TO THAT BILLY!

HERE, THIS MAGICAL POWERQUEST FORMULA!

FINALLY! YOU CAN GET AND CONQUER LIKE THE DOGS YOU ARE!

ANOTHER WIZARD WITH POWERQUEST!

Biohealth of Oregon wants to make the record clear. Powerquest is not magical. And it will take more than supplements for you to reach your athletic goals. Along the way, don't let hard work and dedication be wasted by taking useless imitations of our high quality products!

- MOLECULAR OKG™** (The molecular salt of Ornithine and Alphaketoglutarate)
100 capsules, 250mg.....\$30.00
MOLECULAR APL™ (One to one ratio of Lysine and the molecular salt of Argininepyroglutamate)
100 capsules, 500mg.....\$25.00
POWERQUEST™ (Synergistic blend of Molecular OKG, Vitamin E, Creatine Phosphate, Eleutherooccus, Hydrocotyle Asiatica and Co-enzyme Q10)
100 capsules, 500mg.....\$65.00
CREATINE PHOSPHATE
100 capsules, 200mg.....\$89.00

CALL OUR TOLL FREE ORDER PHONE 800-882-5882 to charge to VISA or MC
or send check or money order to **BIOHEALTH DISTRIBUTING**
16524 S. BRADLEY ROAD Call 503/631-3393 to request
OREGON CITY, OR 97045 additional written information

22 May 93 - Springfield, LA			22 May 93 - Albuquerque, NM		
Event	Team	Score	Event	Team	Score
Bench Press	J. Andrews	500	Mixed Pair Tag Team BP/DL	J. Lindley-13	125
75 (F56)	L. Coleman	420	J. Lindley-48	J. Lindley-13	695
123	S. Jones	300	Men	Women BP/DL for total	720
D. Warren	R. Holt	515	198	J. Lindley-13	125
22 and under	L. Walker	430	199	Women BP/DL for total	375
College	K. Taylor	455	200	J. Lindley-48	410
165	Master	250	201	Open	960
181	198	250	202	Men	
245	B. Lacer	355	203	Women	
260	199	325	204	Men	
300	B. Crank	325	205	Women	
365	R. Taylor	300	206	Men	
395	L. Barrett	325	207	Women	
420	Total	500	208	Men	
M. Wolfe-Jones	170	115	209	Women	
M. Smith	270	175	210	Men	
J. Singleton	220	175	211	Women	
C. Ward	325	185	212	Men	
M. Smith	310	210	213	Women	
C. Chandler	240	135	214	Men	
M. Sargent	370	235	215	Women	
C. Sargent	220	155	216	Men	
C. Sargent	405	310	217	Women	
J. Witherington	455	220	218	Men	
M. Holland	705	420	219	Women	
D. Holland	350	400	220	Men	
M. Uby	350	400	221	Women	
J. Lindley-48	520	410	222	Men	
J. Lindley-48	520	410	223	Women	

ATTENTION POWERLIFTERS!

Do you find yourself running out of gas in the middle of your workout?

Does your mind say, "yes, yes...yes" but your body says, "no, no...no"? Then let us show you how to...

UP YOUR GAS!

have tried it are freaking out...it's that good! And no wonder. **Up Your Gas** blends 15 of the world's most powerful energy boosters into one dynamite tablet.

But don't take our word for it. Try it for yourself and see if we're kidding or not. If **Up Your Gas** isn't available yet at your gym or health food store, you can order directly from us. It's just \$14.95 for a bottle of 60 (plus \$5.00 postage and handling). To order, call **1-800-537-7671**. It's that easy. We're open 24 hours a day, 365 days a year. Or you can even fax your order in at 407-290-2788. But we give you this fair warning.

Once you try **Up Your Gas**, the **Hot Stuff®** real world may never seem the same.



the creators of
Hot Stuff®

You heard right! **Up Your Gas** And if you think the name is outrageous, wait until you feel the blast of energy it delivers. No doubt this zany new energy formula is the wildest and craziest energy supplement on the market. In fact, **Up Your Gas** works so well that it starts to deliver its energy kick almost before it hits your stomach. You really need to experience it for yourself to know what we're talking about. In fact, we're betting that once you pop a few **Up Your Gas** down the hatch, you'll dump the rest of your energy pills in the trash.

Everybody laughs when they first hear the name **Up Your Gas**. But once they try it, the laughing stops. As a matter of fact,

New from the powerlifters who

NATIONAL HEALTH PRODUCTS ■ 731 KIRKMAN ROAD ■ ORLANDO, FLORIDA 32811

POWERLIFTING USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.

- Sep/90 ... APF Seniors, WDFPF Worlds, APF Juniors, World Bench Press Championships (Lain benches 7121), TOP 100 242s, ADFFA TOP 20 148s
- Apr/91 ... NASA Natural Nationals, Soviets & Steroids, Pt II, Gerni Badenhorst, Men vs. Women, Vladimir Mitromov, TOP 100 165s, ADFFA TOP 20 SHWS.
- May/91 ... Hawaii World Record Breakers, USPF Nationals, High Volume Training, Protect Your Joints, TOP 100 181st, ADFFA TOP 20 114 list.
- Mar/92 ... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFFA TOP 20 SHW list.
- May/92 ... NASA Natural Nationals, USPF & ADFFA Collegiates, Mary Jeffrey Interview, Blast for Mass, TOP 100 198 list, ADFFA TOP 20 123 list.
- Jun/92 ... Baddest Bench in America, ADFFA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, Love by Dr. Judd, TOP 100 220s, ADFFA TOP 20 132s
- Jul/92 ... USPF Jr's, Chris Stapanides Squat, ADFFA Lifetime Nationals, Elastic Muscle Energy, Tom Overholzer, TOP 100 242s, ADFFA TOP 20 148 list.
- Aug/92 ... ADFFA Men's, IPF Women's, APF Natl. Teen/Masters, USPF Natl. Masters, Scott Werner Bench Workout, ADFFA TOP 20 165s, TOP 100 275s.
- Sep/92 ... USPF APF Seniors, NASA Worlds, Craig Tokarski Bench Workout, Squats of Paul Anderson, ADFFA TOP 20 148s, TOP 100 Superheavies.
- Oct/92 ... Chris Confessore Profile, ADFFA National Deadlift, Paul Anderson, Lean Body Mass, Residual Effect Training, TOP 100 114s, ADFFA TOP 20 198s
- Nov/92 ... IPF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Scalpi Deadlift Workout, TOP 100 123s, ADFFA TOP 20 220 list.
- Dec/92 ... WDFPF Worlds, Team USA/Spain, Vic Kennedy Workout, New WL Classes, World's Strongest Man, OKG, TOP 100 132s, ADFFA TOP 20 242s.
- Jan/93 ... IPF Men's Worlds, WPC Worlds, ADFFA National Masters, ANPPC Nationals, Plant Steroids, Mike Hayes, TOP 100 148s, ADFFA TOP 20 275s
- Feb/93 ... Kirk Karwowski on Squats, Matt Dime's Comeback, Weight Release System, Blaster Bar, Pyramid Cycling, TOP 100 165s, ADFFA TOP 20 SHWs
- Mar/93 ... Women's TOP 20, WNPF World Controversy, WDFPF World Bench, Barrier Breaking Bench Routines, TOP 100 181s, ADFFA TOP 20 114s
- Apr/93 ... Pat Susco Profile, IPF World Bench Press, Doug Heath Interview, Sigmarsson Dues, Control Your Spine, TOP 100 198s, ADFFA TOP 20 123s
- May/93 ... NASA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFA TOP 20 132s
- Jun/93 ... WPA Worlds, USPF Collegiates, Masters Bench Routines, Keiso Shrug System, Nitro Six, Kinetic Chain, TOP 100 242s, ADFFA TOP 20 148s
- Jul/93 ... ADFFA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 275s, ADFFA TOP 20 165s.
- Sep/93 ... ADFFA Men's Nationals, NASA Grand Nationals, Female Confes-sions, Craig Tokarski Seminar, TOP 100 Flyweights, ADFFA TOP 20 198s.

MAKE A LIST OF THE ISSUES YOU WANT AND YOUR ALTERNATE CHOICES). MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

Men under 20		Spanish under 20		2 May 93 - Madrid (kg)		Total	
Men	Women	SQ	BP	SQ	BP	DL	DL
A. Lopez	110	65	135	310			
J. Martin	90	45	115	250			
I. Casellas	75	37.5	100	225			
S. Perez	65	35	95	195			
S. Ruiz	140	60	160	360			
M. Carballo	165	82.5	190	437.5			
P. Polo	145	87.5	180	412.5			
B. Caban	130	85	175	390			
J. Burrios	100	50	125	275			
A. Barcelona	205	120	200	555			
D. Cid	165	80	187.5	432.5			
C. Azagon	160	102.5	170	432.5			
J. Jara	140	82.5	175	397.5			
I. Herance	125	85	160	390			
D. Brufau	130	60	160	350			
I. Hernandez	125	57.5	142.5	325			
I. Riccon	142.5	77.5	142.5	360			
A. Hernan	200	100	225	525			
A. Britos	180	85	185	450			
O. Barredo	100	125	160	465			

(Thank to Lucio Dorend for providing the results.)

Best lifts: Squat-Kinchev; Bench-Forney; Deadlift-Forney; Total-Hackett; Overall Best Lifter-Forney.

World's Strongest Man: Team USA/Spain; Best Bench in America: Dorend; Best Bench Press: Dorend; Best Bench Press in Europe: Dorend; Best Bench Press in Spain: Dorend; Best Bench Press in Madrid: Dorend.

World's Strongest Man: Team USA/Spain; Best Bench in America: Dorend; Best Bench Press: Dorend; Best Bench Press in Europe: Dorend; Best Bench Press in Spain: Dorend; Best Bench Press in Madrid: Dorend.

New Jersey DOC Championships		Apr 93 - NJ		Manifold Correctional Institute Meet		20 Feb 93 - Mansfield, OH	
SQ	BP	DL	Total	SQ	BP	DL	Total
112	300	200	360	415	240	495	1150
118	300	200	360	415	240	495	1150
120	300	200	360	415	240	495	1150
122	300	200	360	415	240	495	1150
124	300	200	360	415	240	495	1150
126	300	200	360	415	240	495	1150
128	300	200	360	415	240	495	1150
130	300	200	360	415	240	495	1150
132	300	200	360	415	240	495	1150
134	300	200	360	415	240	495	1150
136	300	200	360	415	240	495	1150
138	300	200	360	415	240	495	1150
140	300	200	360	415	240	495	1150
142	300	200	360	415	240	495	1150
144	300	200	360	415	240	495	1150
146	300	200	360	415	240	495	1150
148	300	200	360	415	240	495	1150
150	300	200	360	415	240	495	1150
152	300	200	360	415	240	495	1150
154	300	200	360	415	240	495	1150
156	300	200	360	415	240	495	1150
158	300	200	360	415	240	495	1150
160	300	200	360	415	240	495	1150
162	300	200	360	415	240	495	1150
164	300	200	360	415	240	495	1150
166	300	200	360	415	240	495	1150
168	300	200	360	415	240	495	1150
170	300	200	360	415	240	495	1150
172	300	200	360	415	240	495	1150
174	300	200	360	415	240	495	1150
176	300	200	360	415	240	495	1150
178	300	200	360	415	240	495	1150
180	300	200	360	415	240	495	1150
182	300	200	360	415	240	495	1150
184	300	200	360	415	240	495	1150
186	300	200	360	415	240	495	1150
188	300	200	360	415	240	495	1150
190	300	200	360	415	240	495	1150
192	300	200	360	415	240	495	1150
194	300	200	360	415	240	495	1150
196	300	200	360	415	240	495	1150
198	300	200	360	415	240	495	1150
200	300	200	360	415	240	495	1150
202	300	200	360	415	240	495	1150
204	300	200	360	415	240	495	1150
206	300	200	360	415	240	495	1150
208	300	200	360	415	240	495	1150
210	300	200	360	415	240	495	1150
212	300	200	360	415	240	495	1150
214	300	200	360	415	240	495	1150
216	300	200	360	415	240	495	1150
218	300	200	360	415	240	495	1150
220	300	200	360	415	240	495	1150
222	300	200	360	415	240	495	1150
224	300	200	360	415	240	495	1150
226	300	200	360	415	240	495	1150
228	300	200	360	415	240	495	1150
230	300	200	360	415	240	495	1150
232	300	200	360	415	240	495	1150
234	300	200	360	415	240	495	1150
236	300	200	360	415	240	495	1150
238	300	200	360	415	240	495	1150
240	300	200	360	415	240	495	1150
242	300	200	360	415	240	495	1150
244	300	200	360	415	240	495	1150
246	300	200	360	415	240	495	1150
248	300	200	360	415	240	495	1150
250	300	200	360	415	240	495	1150
252	300	200	360	415	240	495	1150
254	300	200	360	415	240	495	1150
256	300	200	360	415	240	495	1150
258	300	200	360	415	240	495	1150
260	300	200	360	415	240	495	1150
262	300	200	360	415	240	495	1150
264	300	200	360	415	240	495	1150
266	300	200	360	415	240	495	1150
268	300	200	360	415	240	495	1150
270	300	200	360	415	240	495	1150
272	300	200	360	415	240	495	1150
274	300	200	360	415	240	495	1150
276	300	200	360	415	240	495	1150
278	300	200	360	415	240	495	1150
280	300	200	360	415	240	495	1150
282	300	200	360	415	240	495	1150
284	300	200	360	415	240	495	1150
286	300	200	360	415	240	495	1150
288	300	200	360	415	240	495	1150
290	300	200	360	415	240	495	1150
292	300	200	360	415	240	495	1150
294	300	200	360	415	240	495	1150
296	300	200	360	415	240	495	1150
298	300	200	360	415	240	495	1150
300	300	200	360	415	240	495	1150

Special thanks to John Jones and Brian Beverland for their help. (results provided by Fred Kosser.)

New Jersey DOC Championships		Apr 93 - NJ		Manifold Correctional Institute Meet		20 Feb 93 - Mansfield, OH	
SQ	BP	DL	Total	SQ	BP	DL	Total
112	300	200	360	415	240	495	1150
118	300	200	360	415	240	495	1150
120	300	200	360	415	240	495	1150
122	300	200	360	415	240	495	1150
124	300	200	360	415	240	495	1150
126	300	200	360	415	240	495	1150
128	300	200	360	415	240	495	1150
130	300	200	360	415	240	495	1150
132	300	200	360	415	240	495	1150
134	300	200	360	415	240	495	1150
136	300	200	360	415	240	495	1150
138	300	200	360	415	240	495	1150
140	300	200	360	415	240	495	1150
142	300	200	360	415	240	495	1150
144	300	200	360	415	240	495	1150
146	300	200	360	415	240	495	1150
148	300	200	360	415	240	495	1150
150	300	200	360	415	240	495	1150
152	300	200	360	415	240	495	1150
154	300	200	360	415	240		

