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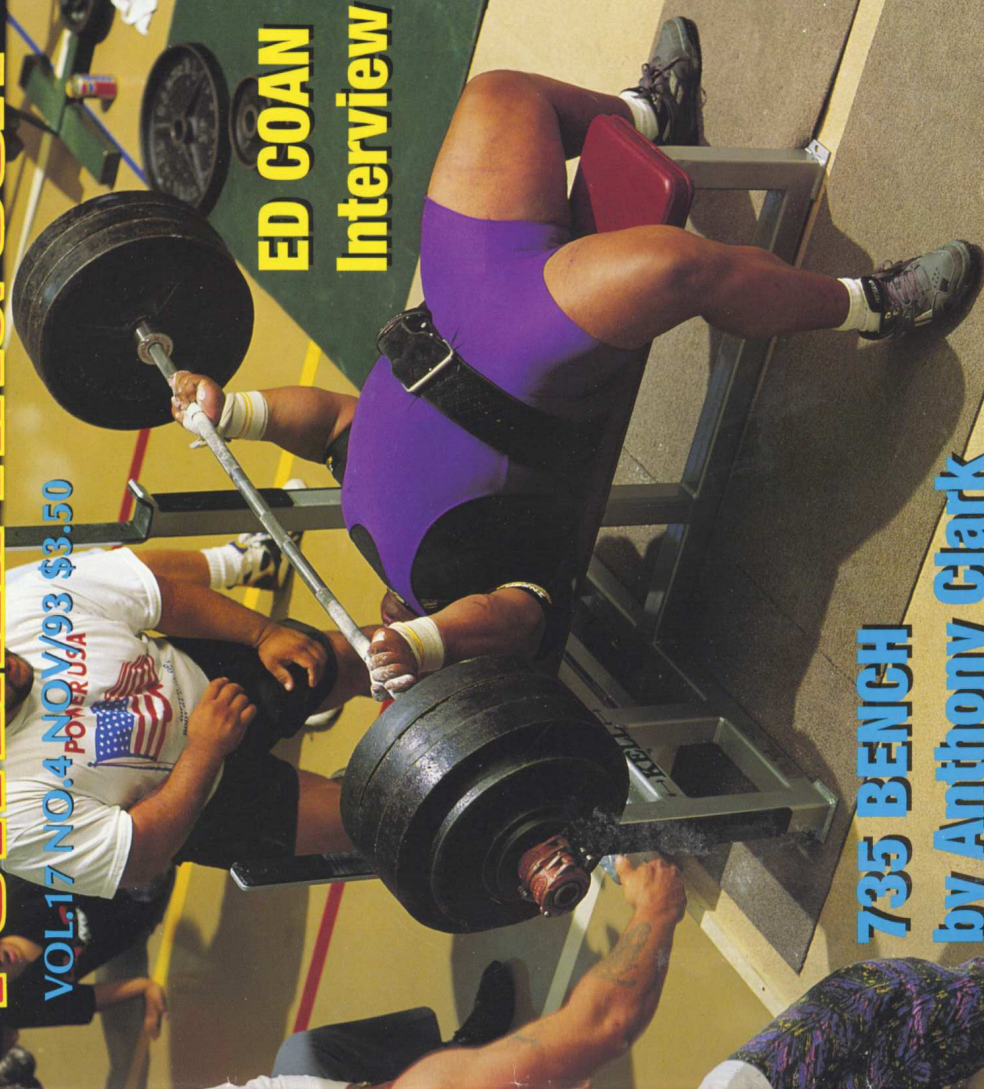
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ED COAN Interview

735 BENCH by Anthony Clark



36 13A

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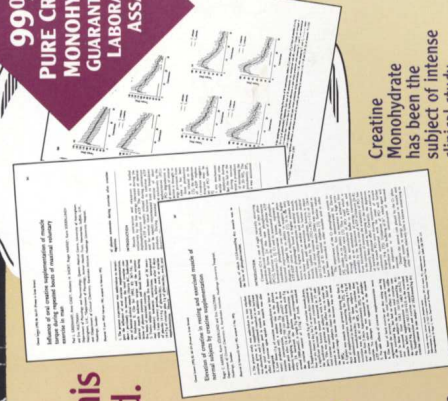
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ON THE COVER.....Anthony Clark bench pressing an all time world record 735 lbs. at Toby Huyber's Northwest Open Bench Press Championships. Louis Bence photo (Copyright 1993)

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INTERVIEW

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

ED COAN as interviewed by Marty Gallagher



personal best. Squat once a week.
PL USA: Run your bench cycle
down for us.

COAN: Two weeks of 10 rep
max's; two weeks of 8's; four weeks
of 5's; two weeks of max triples;
two weeks of max doubles.

PL USA: Do you push your 10 rep
sets?

COAN: Actually I push my 10's
more in the off-season than the
in-season, where I'm just getting
cranked up; it's an introductory
phase really.

PL USA: What's your best set of
live in the bench?

COAN: 510 for 5. I use a touch
and go style, but I never bounce
the bar off my chest. My best
triple is 535, and my best double
is 555. These personal records
were all done without a bench
shirt. I only wear the shirt at the
meet, although last year I did put
on a shirt right before the Nation-
als and did a really easy single
with 585.

For bench, I work up to two
heavy work sets. If I'm scheduled
to do 480 for five reps, I do 480
for two sets of five. Then, I'll do
two sets of close grip bench
presses (paused) and two sets of
heavy inclines (paused). I've in-
clined 450 for two paused reps. I
use the same grip in the inclined
as I do on my bench press. I follow
the same rep scheme in my close
grips and inclines as I do in my
bench.

I bench heavy once a week,
and I have a light chest day where
I'll come in and do a couple sets of
wide grip benches with my feet
up once a week. Sets of 10. Maybe
one or two sets of flies after that,
just enough to pump some blood
into the area. I'll do tricep push-
downs and weighted dips for a
couple of sets. On the triceps I'll
do three sets, working up around
230 for 8-10. On the dips I do
three sets (at the bottom) with
180 pounds around my waist for
12-15 reps. Pausing at the bot-
tom is safer as guys tend to try to
bounce through the sticking point
when doing dips - which is a real
bad idea. I'll do 2-3 sets of curls,
also. If I work my arms too much,
my tendons inflame, and they
really bother me. So I keep my
bicep work short and sweet.

Shoulder day is Thursday. I
work up to top sets in the
behind-the-neck press. I cycle the
behind-the-necks and have done
200 for reps. I then perform two

Ed Coan is, as Winston Churchill
once described the Soviet Union, "a
riddle wrapped inside a paradox
wrapped inside an enigma." Ed is
tough to figure both personally and
physically. Personality-wise, Ed can
be alternately gruff and tempera-
mental, friendly and open, shy and
introverted, aggressive and oph-
tonated. We got a glimpse of all of
these intertwined personalities dur-
ing the course of this interview - his
most extensive the Great One has
ever given.

The conversation rambled and
tumbled, covering every conceiv-
able powerlifting related topic. We
flowed from training to personali-
ties to politics, back to training and
stopped at all points in between. In
one sense the interview is contin-
ing. It covers so many areas - some
extremely technical (particularly on
the training) - that the reader can get
lost. But, rather than break Coan's
rhythm, we decided to let him flow
and let the reader fend for himself.
We started off a little stiff and formal
but, by the conclusion, the juices
were flowing and the tibias came in
torrents....

We mentioned that in addition
to being tough to figure as a person,
Ed was also tough to figure physi-
cally. Here's a guy who looks rather
ordinary - certainly well built and
powerful looking - but more along
the lines of a Mr. Detroit's physique
winner, certainly not what one would
expect (physically) of the world's
strongest man. When you look at a
Kaz or a Gable or a Furnas or a
Karwowski, you go, "Yeah, it's no
mystery how that guy can move
those giant weights!" You look at
Ed Coan and the sense of mystery
deepens. How does this guy do it?
How does this little (relatively) guy
squat 1000 and bench 600 and
deadlift 900 for a dead-stop double?
When you see him lift these giant
weights, you leave shaking your
head, seeing but still not quite be-
lieving....

My original intention was to edit
the dialogue own to a 2000 word
single article. After reading the tran-
scriptions, Mike Lambert and I felt
there was too much information
and insight to chop down and lose,
so we left the whole taped interview
intact and decided to run it in two
parts. The interview is verbatim,
course, raw, and unvarnished. It
might wander a bit, but it makes for
damned interesting reading.

We spoke at length with Mr.
Coan at the USPF National Bench

sets, paused as it were. I've done
510 for five reps in this fashion.
In all my assistance work, I do
about two, maybe three sets max
of each assistance exercise.

My back assistance work con-
sists of two sets of stiff-legged
deadlifts, two sets of rows, and
two sets of chins. On Monday,
Wednesday, and Saturday, I do
three sets of calls and three sets
of abs.

PL USA: You view conventional
deadlifts as the best assistance exer-
cise for your sumo-style competi-
tive deadlifting. Why?

COAN: The technique is the
same... Or should I say, for me it's
the same. I use conventional pull-
ing because it is the best way for
me to strengthen my back
muscles. The first time I walked
into a gym, I weighed 135 pounds;
a guy named Mike Larson said,
"Hey, try this!" He showed me
how to sumo. Knees barely out-
side the legs and using a lot of
back. I think I went to like 430x2
conventional and using sumo I

sets of front lateral raises and
two sets of side lateral raises.

PL USA: What does your Sumo
deadlift routine look like?

COAN: Four weeks of dead-stop
triples. The final two weeks are
dead-stop doubles. The first two
weeks of triples are performed
without a belt. I continue to do
conventional deadlifts after I fin-
ish my Sumo pulls. The three
conventionals become assistance
work. I stop the conventional
deadlifts 23 days prior to the con-
test and I stop all deadlifting 16
days prior to the contest.

PL USA: What assistance work do
you favor in the deadlift?

COAN: Stiff-legged deadlifts,
bent rows, chins.

PL USA: Any work off a box?

COAN: No. My strongest point is off
the floor, and deadlifting off a
block or plate strengthens the
initial pull off the floor, which I'm
already good at. My problem is
the lock-out phase. Stiff-legged
deadlifts work the top portion of
the pull, so I work them every
back workout. I keep the bar away
from me as I do them. A lot of
folks drag the bar up the legs
and thighs - I keep it away from
me....

PL USA: ...Which decreases the
leverage and makes it harder...

COAN: Exactly. I try to stay on
my toes; i.e., keep bodyweight
forward on the foot as I perform
the movement. I pause it on the
floor and pull the weight with a
completely locked knee. When
you start the set, just get the
technique on the first rep to get it
up, pull it erect, and don't worry
about anything. Now that you
have the bar aloft, you're ready to
begin your stiff-legged deadlifts.
Your upper back is tight, and
your lower back rounds slightly
as you lower the weight on locked
knees. The bar naturally moves
forward to a point in front of you.
Pause it on the floor, maintaining
your muscular tightness and ten-
sion; pull it up tight and con-
trolled. I use 450 for 8-10 reps,
pausing them and using no belt.

PL USA: So, since you're a 900
deadlifter, you use roughly 50% of
your max regular deadlift for your
stiff-legged deads?

COAN: Yep. A 500 pound dead-
lifter would use 250 pounds for
8-10 reps, overhead grip, no
straps. I never use straps.

PL USA: What about rows?

COAN: Barbell. One set off a
three inch block, not letting the
barbell touch the floor for a set of
8-10. I've done 440 for 8-10 reps
in this fashion. Again, no straps.
I then do one heavy of rows,
letting it touch the floor between

the cycle your talking. If I'm train-
ing heavy like at the ass-end of a
cycle, it takes longer. On squat
day, on average, a couple of hours.
Bench day takes one-and-a-half,
maybe two hours; back, two-and-
a-half hours.

PL USA: Where are you right now
in your training? The World Cham-
pionships are on December 11th,
and today is the 28th of August.

COAN: I've got two weeks left in
my off-season training program. I
am not wearing any equipment;
i.e., no suit, wraps, belt, or bench
shirt. In the squat I have two more
weeks of five rep top sets. I will go
710x5 and 725x3 for the final
two pre-season weeks, again wear-
ing no equipment. I'll start my
regular training to jump 20
pounds a week. The most I've
eversquatted without equipment
is 815x1. Most lifters make a big
mistake by never getting out of
their equipment. If I didn't have
the Worlds coming up, I would
definitely push my no-equipment
squat up to 825x1. You need to
squat without equipment for long
periods; it builds strength and
power. It strengthens your weak
points.

PL USA: What do you want to do
at the Worlds?

COAN: I want to go for 9. I
would like to squat 959 and total
between 2409 and 2420. I would
like to bench 573 and pull be-
tween 891 and 903. Who knows?
I want to lift conservatively and
within my limits, making a 2400+
total with IPF judging - the strict-
est, toughest judging in the world.
No one has ever done 2400 under
these conditions and I would like
to be the first.

PL USA: I guess the biggest IPF
world championships total would
be Lars Noren's 2370 made a few
years back as a Super.

COAN: Correct.

PL USA: What are you weighing
now?

COAN: 220. I'll push that up to
227 or 228 over the course of the
cycle.

PL USA: Any change in your train-
ing strategy this year as opposed to
years gone by?

COAN: No, not really...
PL USA: What's the strongest
you've ever been?

COAN: In the squat, when I made
my training video and doubled
950 in the bench, when I was a
198 pounder I benched 540 in
the gym without a bench shirt. I
force pec muscle shortly thereaf-
ter. In the deadlift, I have done a
dead-stop double with 900
pounds. That was in 1991. One
point: I've used basically the
same cycling philosophy for years;
it works well.



Ed sat out a drug test suspension since that 1989 meet, where he
totaled 2237 at 220. This time, he expects to see a different outcome.

CLARK BENCHES 735



Anthony Clark in another view of his all time record of 735 in the bench press (John Villarreal photo)

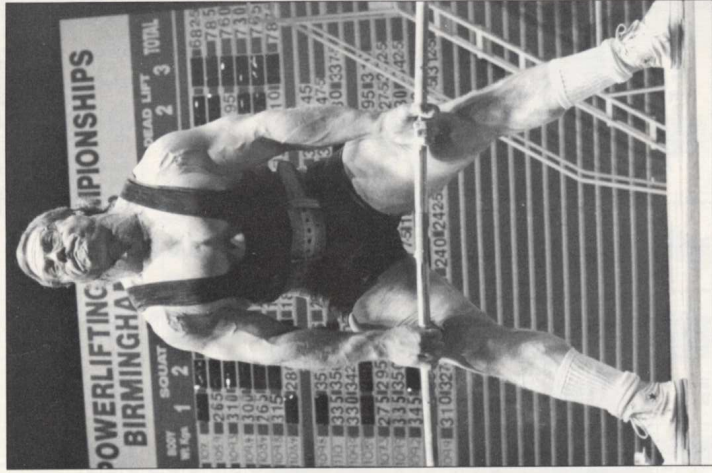
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T. Bai	175	175	235

Best Lifters: Masters Men - Derral Tyrner, age 53, lifted 365 at body weight of 196 3/4.
 4. Open Women - Christine Moorman, lifted 165 in 114 pound class. Open Men Lightweight (114-181) - Byron Boebe, lifted 420 in 181 pound class. Open Men Heavyweight (198-275) - Charles Stewart, age 18, lifted 475 in 220 pound class. Open Men Super Heavyweight - Anthony Clark, lifted 734 3/4 in SHW class. "Anthony Clark arrived in Seattle at 4:00 in the morning on Thursday to promote my Northwest Open Bench Press Championships to be held Saturday, September 25. As we talked on the way to the hotel, Anthony told me that he had done 735 in training and felt very confident about getting a 751 by his third attempt. He planned to save his fourth attempt for 800 pounds. At this moment, I knew that by Sunday, there would be a new world mark set in the bench press. Anthony spent the next three days with the local Seattle media promoting the event. Anthony was on the cover of the Seattle Times (Washington's largest newspaper), gave live interviews on the radio and was on two of the three major TV networks before the weekend was over. After a five hour plane flight and only six hours of sleep, he was scheduling a radio interview. Anthony keeps a schedule that would tire a 148 pounder in the three days prior to his lifting. It was hard to tell which world record Anthony was after, the world bench press record, or the world hand shaking record. All kidding aside, I'm sure that Anthony was very focused on his pursuit of the big bench press, but at no time did it get in the way of his ability to make friends or to take the opportunity to help someone or spread his anti-drug phi-

Dietary Supplements in Jeopardy

by John Villarreal, POWER USA Supplements



Will Today's Strength Athletes like Dave Jacoby, above at the 1992 IFF World Championships, face health food stores with empty shelves when they want to stock their performance fires in the future? ... and how will American powerlifters be able to compete under such circumstances against foreign lifters who have no such restrictions?

In today's atmosphere of health care reform one would think there would be a movement toward the exploration of alternative and preventive health care. However, this is not the case in the dietary supplement industry.

On June 18, 1993, the FDA released its report on supplements. This stated that as of December 15, 1993, the FDA will make dietary supplements either prescription drugs or illegal substances. The FDA does not allow health claims, yet the FDA will classify these products as "medicine" - prescribable for specific effects, which the FDA currently deny exist. Interesting given that the FDA Commissioner in a recent House Committee hearing on supplements said, "We are back at the turn of the century... where snake oil salesmen were free to make claims for their products which could not be substantiated." The FDA cannot have things both ways. Either supplements work - or they don't, and the FDA should not attempt to regulate them as drugs.

Where the FDA should investigate is on the question of safety. That is the legitimate interest concerning dietary supplements - SAFETY. The FDA would like to compare supplements to drugs. Yet, as explained by Martie Whittekin in House subcommittee testimony, "adverse drug reactions cause over 100,000 deaths per year, but there are few safety problems associated with supplements." The FDA's most widely used example is the amino acid L-typtophan, where 38 people died from blood disease. Compare this safety record to any known drug. As was later discovered, the problems with L-typtophan resulted from a contaminated shipment from Japan. So, the FDA evidence and the presentation of safety regarding supplements is dubious at best.

It is not clear why the FDA is against supplements. One can speculate that it is due to persuasive forces of drug company lobbyists. Many supplements that have emerged are exciting in their health-promoting and steroid alternative properties. This is not lost on the pharmaceutical industry.

The supplement business is a \$4-6 billion/year industry. It is estimated that if the industry's products were to become available by prescription only, their prices would triple. The pharmaceutical industry stands much to gain by this monopoly. Their powerful lobby has a greater interest than Americans' health and welfare; it is motivated by profit.

of products when the drug companies have maximum profit, not maximum health, as their goal. In this time of spiraling health care costs, we must find ways to reduce health care expenditures through preventive care. The fact that supplements can improve a person's health is well documented. If supplements are turned over to drug companies, costs will not be controlled. A patient cannot bargain over price, especially in life and death circumstances.

If the FDA succeeds in banning dietary supplements, it will cast a grim shadow over athletes. We are all aware of the amount of performance enhancing drug use in sports. Despite public education, drug use has not subsided - it has increased. The only realistic way to break the back of drug use in athletics is to provide realistic alternatives. If the FDA bans supplements, athletes who fight the odds to compete drug free will no longer have the opportunity to be competitive with drug users.

The ban not only would affect athletes, but would also affect the sick. AIDS activists know the healing properties of many herbs and supplements. These activists know well of the frustration that accompany waiting for new pharmaceuticals that may or may not work. In a life and death situation, people want as many tools available as possible.

So, what can a citizen do to keep supplements legal? Call your Congresspeople in your districts and in Washington DC. The D.C. switchboard number for information on your representatives numbers (202) 224-3121. Ask them to support H.R. 1709 sponsored by Rep. Bill Richardson (D-New Mexico), and S. 784 sponsored by Senator Orrin Hatch (R-Utah). These are the bills pending to ensure the availability of supplements. Tell them these are the bills you support. Another bill introduced concerning supplements, H.R. 2923 by Rep. Cardiss Collins, would give the FDA the tools needed to turn supplements into prescription drugs by approving a legal technical change called the "intended use" theory. If a consumer's intent in taking a supplement is to evoke a physiological change, the supplement is declared a drug. No consumer buys a supplement unless they believe it evokes a positive physiological change. If you want to maintain both your health and your freedom, you must contact your representatives now in support of H.R. 1709 and S. 784.

The Herb Research Foundation has examined the FDA's Dietary Supplement Task Force report. In House Subcommittee testimony they explained that the report explicitly identifies a primary FDA objective as insuring that supplements do not interfere with the development of new pharmaceutical drugs. It appears that the FDA is more interested in protecting the financial security of the pharmaceutical companies than with insuring quality health care, at affordable prices, for the American public.

Tamoxifen, a new anti-breast cancer drug could have easily been marketed as a natural herb product, the same way Yohimbe, a similarly sourced herb, has been. A drug company handled the research, and classified it as a prescription-only drug. The prescription Tamoxifen costs as much as four times as the over-the-counter herb Yohimbe, as the drug company has secured a monopoly and has set the price out of reach of many American women who would benefit. Saw palmetto berries, used in Europe as treatment for benign prostatic hypertrophy, are available at half the cost of Proscar, a prescription drug with the same effect.

Christine Moorman with a Washington State Record 165 at 114 (Huyber)

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4. Amino Acid 2500 mg. Tablets New Bigger Size	32.95	23.00	17.75	16.75	15.75	15.75	
5. Branch Chain Amino 750 mg. Capsules	18.00	14.25	11.25	10.25	9.25	9.25	
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15. Maximizer Plus Pak — Vitamin A 25,000 IU, Vitamin D 1,400 IU, Vitamin E 1,000 IU, Calcium 1,500 mg., B-Complex 150 mg., Vitamin C 3,000 mg. and much more	24.00	21.00	19.00	18.00	17.00	17.00	
16. Egg Protein II with Dibenzozide, Chromium Piccolinate, Gamma Oryzanol, Ferulic Acid, Vanilla Flavor	24.00	21.00	16.25	15.25	14.50	14.50	
17. Weight Gain 2025 Calorie Chocolate Flavor	32.00	23.00	17.75	16.75	15.00	15.00	
18. Weight Gain 2025 Calorie Vanilla Flavor	32.00	23.00	17.75	16.75	15.00	15.00	
19. Super Carb Complex	34.00	19.95	13.50	9.25	8.25	7.25	
20. Milk & Egg Protein	19.95	11.95	9.85	7.85	6.85	6.85	
21. Hot Energy	24.00	17.00	14.50	13.50	12.50	12.50	
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26. New Wrap 12™ Soft Cotton Fabric	78"	10.95	9.50	8.50	7.50	7.50	
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35. Powerlifting Belt, One Color, 13mm Thick, 10cm Wide - Any Color		29.00	24.00	18.50	17.50	16.50	
36. Powerlifting Belt, Leather Only, 10 mm Thick, 10 cm Wide		25.00	20.00	16.75	15.75	14.75	
37. Bodybuilding Belt, Leather Only, 2 1/2" Front, 4" Back		39.00	33.00	30.00	19.50	18.50	
38. Bodybuilding Belt, Suede Front, 2 1/2" Front, 6" Back, 10mm Thick		29.95	26.00	23.00	19.50	18.50	
39. Bodybuilding Belt, Leather Only, 2 1/2" Front, 6" Back, 10mm Thick		35.00	24.00	20.00	18.50	18.00	
40. Dipping Belt, Leather Only, Chain Front, 10 mm Thick	Pair	6.00	4.00	3.75	3.25	2.00	
41. Deadlift Hand Straps, Extra Wide-Cotton Sewn	S-M-L-XL	10.00	7.50	7.00	6.50	6.00	
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The objective of a powerlifter is to lift as much weight as possible one time in each of the three lifts in a meet. The objective of power training is to increase the one rep maximum in each of the three lifts. Quite often powerlifters have problems attaining these two objectives. The lifter spends far too much time attempting the one rep maximum and not enough time increasing the maximum lift.

Power training should emphasize increasing the total. This means concentrating on personal records. These records are not one rep maximums, but are repetition maximums. Training should use sets of eights, fives, threes, and twos. These build strength.

Singles in training have a very specific and limited place. Singles do not work toward strength increase.

Phase one of the routine is a guide for off season training. It is based on the weight which can be handled for a set of eight, five and three. It will take three weeks to prepare to use this program. The program should only be used for nine weeks at a time because it is physically and mentally demanding.

The theory of the program is set a repetition maximum in each category. The three categories are sets of eight, five and three. This will be mentally and physically demanding because each training session is an all out effort. The reps, weights and equipment change each week to stimulate an increase in strength in a different way. Each training session is to be better than the last.

To start out the maximum weight must be tested in each lift for each rep scheme. The first week determine the max for eight reps in the squat, bench and deadlift wearing only a belt. This will be considered a workout. Perform the squat, bench and deadlift on different days. The program requires the squat and bench to be worked twice a week. One will be heavy and the other will be light. The deadlift is only worked once a week, heavy. The light workout should be two easy sets of five with 100 to 200 lbs less than the

means an increased total. Over nine weeks the max should have increased thirty pounds in the squat and deadlift in each rep scheme and fifteen pounds in the bench. This is quite an addition to the total.

The lifter can customize this program to meet his/her personal style with the assistance work and light days. The assistance work and light days are completely the lifters choice. This makes sure the program fits each lifter's needs. Be sure to adjust the program as needed.

Phase two of the program is for meet preparation. The lifter is prepared by doing sets of three with the suit, belt, and wraps every third week. Do the exact same as above for sets of five, three, and two. Again, only use this program for nine weeks. This will be all the lifter needs to peak for a meet.

The sets of five should be done with a belt and wraps. The sets of three and two require a suit, belt, and wraps.

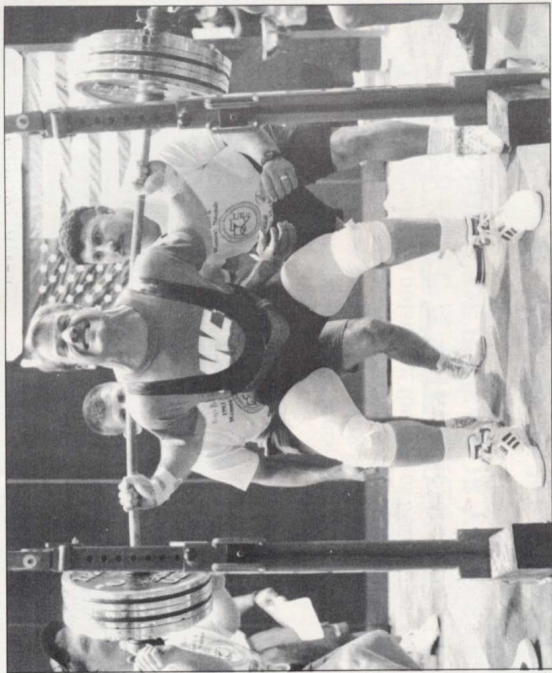
On meet day use the best set of three as an opener. The best set of two makes a nice second attempt. The third attempt should be a shoot for the personal best. The total should have significantly increased over past performances.

This program is unconventional. It is not for everyone, but worthy. The principles are sound. The weight is always increased in a reasonable progressive manner. The reps change each week for mental and physical change. The program allows heavy weight to be handled without the constant punishment of long heavy low rep and high weight training cycles. The body is conditioned to handle heavy with a decreased chance of injury. A mini peak is reached and the weight is reduced with increased reps. Because the body has just handled heavy weight, the new max plus weight will not be a shock. The body handles heavy weight every third week and is then always ready for the heavy load. Variety in training often leads to positive changes. Give this unique program a try.

STARTIN' OUT

A special section dedicated to the beginning lifter

Using Repetition PRs to Build a Bigger Total as told to Powerlifting USA by Steve Elgin



Steve Elgin has used his Repetition PR system to produce an 800 plus squat as a 220 pounder.

The assistance work is the lifter's choice. Next week determine the five repetition max wearing a belt and wraps for the squat, bench and deadlift. The following week determine the three repetition max wearing a suit (bench shirt), belt, and wraps for all three lifts. With this information the lifter is ready to begin phase one.

The first week out add 10 pounds to the max squat for eight reps wearing a belt only. The next week out add five pounds to the max bench for eight reps with only a belt. The deadlift will add 10 pounds to the eight reps max with only a belt. This concludes the first week. The second week, add the same amount outlined above to the max

set of five reps in each of the three lifts. Wear a belt and wraps for the set of five. The third week perform a set of three with the suit, (bench shirt), belt, and wraps. Add weight as outlined above to the max set of three.

The next step is to start over with the eight and use the new max. Then repeat the fives and threes. After this has been done start over again with the eights, fives, and threes. This whole program will take nine weeks. After nine weeks return to your normal off season training routine.

If the max with sets of eight, five, and three have increased it would be logical to assume the one rep max has increased also. This

max. The assistance work is the lifter's choice. Next week determine the five repetition max wearing a belt and wraps for the squat, bench and deadlift. The following week determine the three repetition max wearing a suit (bench shirt), belt, and wraps for all three lifts. With this information the lifter is ready to begin phase one.

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I would like to begin my president's letter by expressing what a challenge the USPF office and myself have had piecing back together all the information that always been handed down. It's been a lot of work but it seems to be coming together. I would like to thank everyone for their combined effort to reestablish this information. The USPF newsletter will outline some of our new programs, such as an associate membership to provide the athletes additional funds and equipment discounts. This will allow new sponsors to become involved and make money for the USPF. Thanks to everyone who sent in their resumes to offer help. We are waiting the updated directories to fill the vacant spots. Peter Thorne has been working very hard as our secretary and he deserves much more credit than myself for reorganizing the USPF. Peter has also served very well as our international representative and liaison with the International community.

John Inzer has put together a treasurer's office with an outside accounting firm to account for all the USPF funds. John has also volunteered to put together a newsletter at his own expense. It is a much needed tool for our future

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

and it will print information about the strong drug testing programs the USPF has embarked on and provide the lifters with the information about these policies. Dave Jeffrey is serving as vice-president. He has a welcome knowledge and is helping to select and coach our teams along with Sam Pardue and Ernie Gilbert. Marlene Pardue has spent countless hours and money as team manager. She is very thorough and her efforts in fund raising, organizing, promotions and providing athletes with the best possible travel arrangements are welcome. It has been great to work with her as I find her a very sincere person. The USPF Executive Committee as a whole has never resolved so many issues in harmony and unity. Different people are headed in the same positive direction. Don Haley and Bill Hartmann have written the rule book and are both willing to help in every area. Don is California State Chairman. I could use the entire

USPF National Headquarters Report

The sounds of "good times" are coming from the new USPF National Headquarters Office. The IPF and the USPF are working closely together now. The IPF (International Powerlifting Federation) is the international governing body for the sport of powerlifting. Peter Thorne, USPF General Secretary, says the USPF and the IPF are working closely coordinating their programs. The USPF has made dramatic strides in getting to the forefront of US sports with a comprehensive drug-testing program. In accordance with its stated objective the USPF adopted the full "banned substance" list of the International Olympic Committee (IOC)

and coordinated its procedures with those of the United States Olympic Committee (USOC). These programs go into full effect November 15, 1993. Thorne states that the USPF drug testing program is now consistent with the National and International Sports community (USOC/IOC/IPF). The positive dialogue established between the United States and the international community by Peter Thorne in Holland is seen in the continuing correspondence from the International community. The positive effects of the "new" relationship that is felt at the National Headquarters will be felt by meet directors and lifters alike as the USPF assumes its rightful place in the US sports community.

The USPF office will provide meet directors with the pertinent information about the USPF drug testing policy. Be sure to read this column in *Powerlifting USA* to keep informed about these procedures and changes as they occur. The USPF National Headquarters is open from 9:00 to 12:00 and 1:00 pm to 5:00 CST on regular business days. National Headquarters, Post Office Box 2170, Kilgore, TX 75663. TEL. 1-800-500-9727. FAX 1-903-758-7598

Jimmy Pellechia "THE IRON BULL"

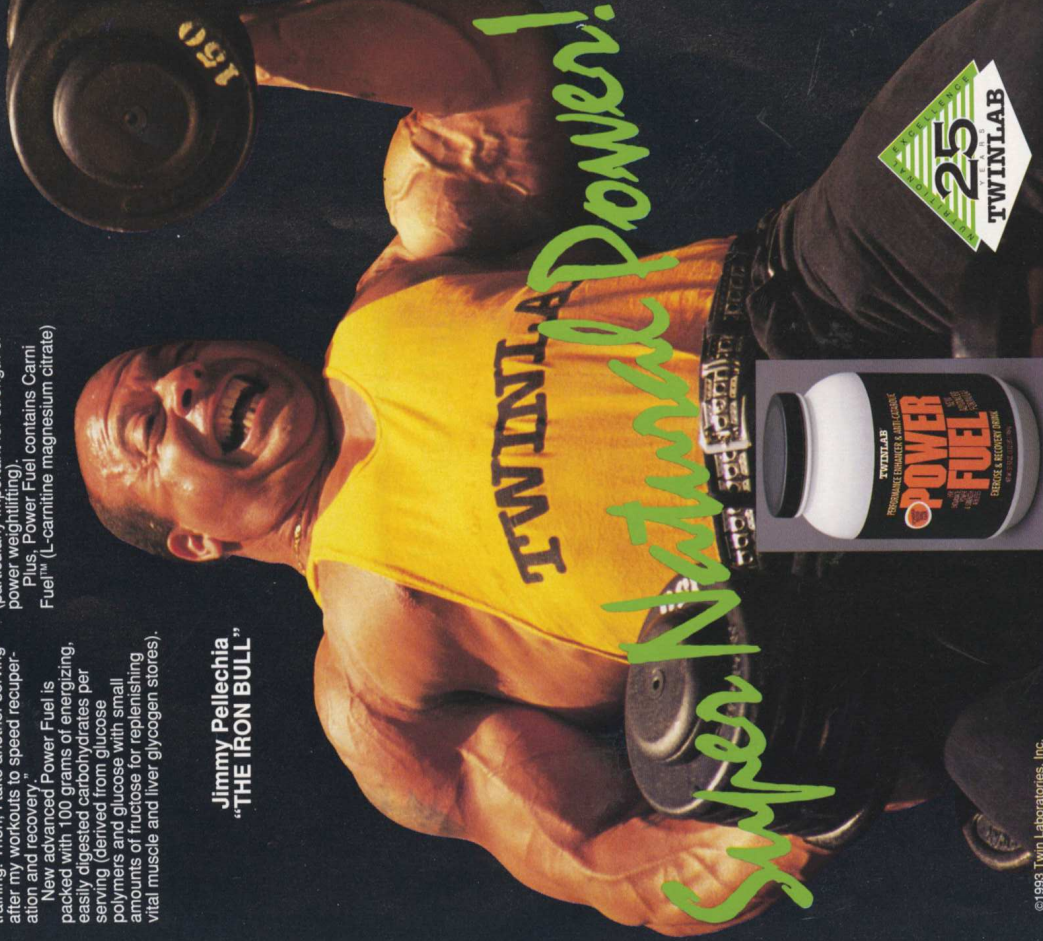
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WORKOUT of the Month

DOUG ORTIZ BENCH PRESS WORKOUT

This 12 week cycle is designed for a lifter with a max of 300 lbs. You can expect a 15-20 lb. increase. Two workout days per week: Monday - Light, Thursday - Heavy.

Week 1: 135x10, 185x6, 225x5, 245x8x2 sets, 185x6, 135x10.

Week 2: 135x10, 185x6, 225x6, 245x8x2 sets, 185x8, 135x10.

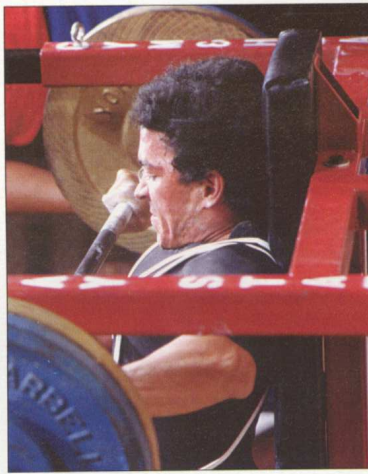
Week 3: 135x10, 185x6, 225x6, 255x6, 275x2x2 sets, 185x10.

Week 4: 135x10, 185x6, 225x6, 255x6, 285x2x2 sets, 225x8.

Week 5: 135x10, 185x6, 225x6, 255x6, 290x2x2 sets, 225x8.

Week 6: 135x10, 185x6, 225x6, 265x3, 295x2x2 sets, 225x8.

Week 7: 135x10, 185x6,



Doug Ortiz of Hawaii is one of the finest drug free bench pressers in history, with a best in the ADIFFA of 369 in the 132 lb. weight class.

225x6, 265x3, 300x1x2 sets, 255x6.

Week 8: 135x10, 185x6, 225x6, 265x3, 300x2x2 sets, 255x8.

Week 9: 135x10, 185x6, 225x6, 265x6, 305x2x2 sets, 260x8.

Week 10: 135x10, 185x6, 225x6, 265x6, 310x2, 260x8.

Week 11: 135x10, 185x6, 225x6, 270x5, 310x3, 265x8.

Week 12: 135x10, 185x8, 225x6, 255x3, 270x1. Last workout before meet.

Light days for 12 week cycle - all weeks same: 135x10, 185x8, 205x8, 225x5, 245x5x2 sets.

Your last workout should be on a Tuesday, 4 or 5 days before your meet on the weekend, Saturday or Sunday. Warm ups on meet day: 135x6, 185x6, 225x3, 245x3. Attempts: 290-305-320.

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

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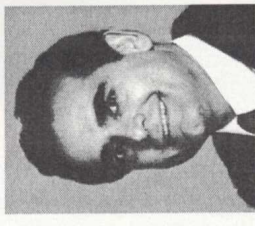
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Sonny Alexander of Canada has the unique perspective of having lifted in and having directed separate IPF World Championships.

The International Powerlifting Federation World Masters Championships is normally witness to great camaraderie and sportsmanship by lifters enjoying their "rebirth" as competitive strength athletes, but in the past year or so an unusual amount of discord has shown itself on certain facets of this otherwise quite successful "level" of worldwide Powerlifting competition.

First were events that surrounded the 1992 IPF World Masters Meet in Australia. Several USA lifters were bombed out of the meet, much to their consternation, and they were vehement in their criticisms of the event and its director, Robert Orr. Some lifters from other countries also came away with some negative feelings. Among them was Sonny Alexander, who did not bomb out at the meet and who, in fact, won his class. Sonny's name may be familiar to you as he was the director of the 1989 Combined Men's and Women's IPF World Championships held in Canada - arguably one of the finest IPF events ever staged. Sonny felt did not show all the lifters in a given contest in Australia was not run for the lifters. He did commend the loaders, spotters, scoretable, and medical staff, but also pointed out delicacies such as an inadequate warmup area, slippery platform, critique of many of the lifts by the announcer, and a scoreboard that did not show all the lifters in a given session. Regarding costs to the lifter, Sonny objected to lifters being charged to watch lifting sessions other than their own and "to being overcharged on ground transportation and having a 20 to 25% charge added to our hotel rooms by the organizing committee (over the rate at which the hotel and organizing

IPF World Masters Pre/Post View by Mike Lambert

committee had contractually agreed upon". Sonny was also insulted that spouses, etc. traveling around the world to the event were not allowed to take photographs of the event, and he suggested that "the IPF closely monitor the hosting of every major event so that these competitors are for the lifter and our sport".

Another Canadian observer, who had his recollections of the event published in his country was Ken Lam, a mainstay of Canadian World Championship teams for many years. Points of contention with Ken included higher hotel rates for lifters than for regular guests, lack of suitable pre-meet training facilities, restrictions on individuals taking photos or videos of the competition, problems with the warmup and lifting areas, a slippery platform that affected his lifting before the matter was corrected, biased commentary from the announcers, and confusion about the actual winning team at the contest.

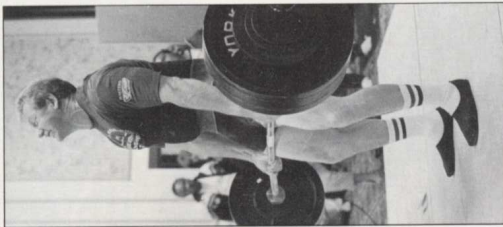
In a response dated 27 April 1993, Mr. Orr, who is the President of the Australian Powerlifting Federation, Inc., stated that "From day

one Mr. Lam, even before taking his room, was extremely unreasonable even after the efforts of the Hospitality Manager, Mr. Tony Duponstou, in response to the letter of Sonny Alexander (which was sent to Mr. Orr for his response). Mr. Orr states that "I can assure you that the \$80 rate referred to Mr. Lam in the article was never quoted."

He states the initial room rates were \$125 for a single, negotiated to \$100. He states that the \$85 rate quoted to Mr. Alexander after he left the hotel and called back was a "double" rate, weekend only. Mr. Orr states that the pre-meet training facility was arranged at no cost to the athletes, and that the warmup room was also available with 3 sets of apparatus prior to the meet. Mr. Orr points out that video cameras were not allowed at the Men's Worlds in Birmingham (still cameras were). He does not feel that the warmup room was ever full to capacity, but for "hangers on". The lifting platform (which may be used in the 2000 Olympics) received many compliments, however, after complaints, a non-slip surface was added.



Ken Lam has lifter's experience at IPF World Championship events that extends over a decade. Here he is at the 1982 Munich Worlds.



Bob Rood was furious with his treatment at the IPF Worlds in Australia, but still tried to make the USA team for the 1993 event.

As for this year's meet in Canada (re-sited after the USA bid was not accepted, due to the Frantz lawsuit judgment), Bill Jamison seems to be doing an excellent job, and the turnout appears to be enormous.

Several lifters hoping to represent the USA in this meet have been removed from the team because of their participation in non-IPF sanctioned international events, again causing much consternation. Lifters like Bob Rood, Bob Strange, and Mike Wonyette have called into question the propriety of the IPF rule regarding this matter, and the USPF enforcement of this and other rules, particularly concerning drug testing. Bob Rood comments "I ask that you reconsider your rules and procedures so that future USPF champions will be regarded as true champions and not mediocre pretenders, cursed with asterisks and cynical snickering from the public." Bob Strange feels that the enforcement of the rule will force many powerlifters into other organizations. Mike Wonyette objects to the USA team selection process which allows National Masters competitors to avoid testing if they do not want to be a member of the team for the IPF Worlds. USPF Secretary Peter Thorne, responded to Mr. Strange, explaining that the rule regarding team membership was a long standing IPF policy, that the USPF has only one vote in the IPF, and notes USOC level testing is now employed by the USPF.

In Dedication

Jan Foote Pettitt was born March 29, 1950, to Glenna & Charles P. Foote in Conway, Arkansas. Her first day of school was a very special one. She had made two new friends - two little boys! These two friends remembered her on Valentine's Day with a 3" x 5" box of candy. The size of the box did not matter to her - it was the two friends she was so proud of most.

During her first ten years she was interested in Church and made her public confession of Faith in Christ and was baptized April 10, 1960. The next few years found her active in the Youth Groups at South Hills Christian Church where her parents were active members.

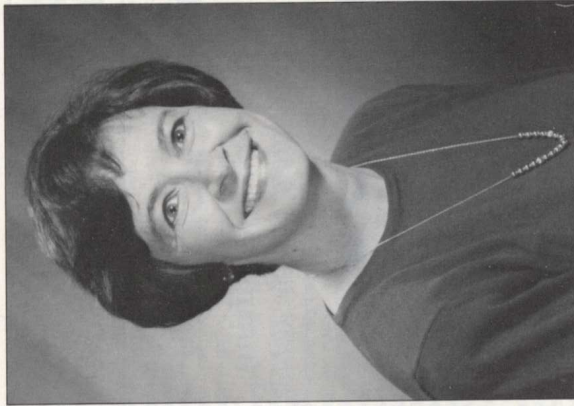
She graduated from R.L. Paschal High School in Forth Worth in Spring of 1968, then right on to Texas Christian University for her college work. She graduated with her Bachelors Degree on December 16, 1970.

She had worked in part-time jobs at Baldi's Florist and TCU School of Education at TCU during her last two years at Paschal and while at TCU. While attending TCU, she had met a John Pettitt who swept her off her feet so completely that she married him on December 17, 1971 - the next day after completing her degree. In later years she had completed per postgraduate degree at North Texas University at Denton, Texas.

She was a teacher for 21 of her 22 years of married life, with 10 of those years in Plano,



Could John Pettitt have so successfully replaced the vacated bid for the 1984 Worlds, the last IPF Men's World Championships held in the US, without the support of Jan?



Texas. She was a former President of ATPPE and a Director at Camp Classen. During her first years of teaching, Jan gave birth to two children - Jessica, born September 6th, 1974, and Jonathan, born April 16, 1978.

Her battle with cancer started in April 1990. She had clear checkups through October 1992, but was completely disabled by March of 1993. Her last day at school in the Spring of 1993 was on her birthday, March 29th. She attempted a return to teaching in August, 1993 - from a wheelchair, and lasted 3 1/2 weeks before melanoma invaded and totally consumed her bone marrow within 7 days.

She is survived by her husband John Pettitt, Daughter Jessica and Son Jonathan of Plano; Mother Glenna and Father Charles P. Foote, Fort Worth, TX; and Brother Lt. Commander Marcus G. Foote, Washington, DC; and scores of friends and former students. A memorial has been arranged in Jan's name. Since she was very active in supporting Camp Classen, a scholarship fund has been established for students who can not afford to attend the camp, and contributions should be sent to "Camp Classen Scholarship Fund" and sent in care of Mrs. Liz Kirby, 6537 Blue Ridge Trail, Plano, Texas 75023.

The greatest supporter of John Pettitt's many and varied efforts in the area of Powerlifting was Jan. She spent her first date with John scorekeeping at a meet. Family vacations were almost always structured around meets, many times with Jan and Jessica acting as scorekeeper and/or expeditor.

Jan backed John in anything he did, even if she knew John shouldn't be taking a project on. John made three promises to her: a) never run for USPF President (broken in 1982); b) never hold another meet (first broken with the Worlds in 1984); c) would never compete again after June 1982 (promise kept).

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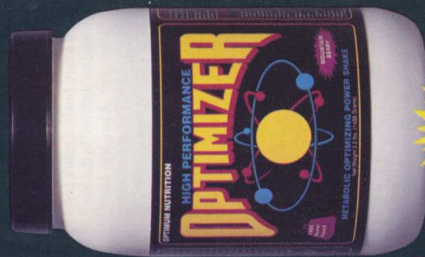
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INTERVIEW

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

KYM ALLEN

A Rising Star in Powerlifting as told to Powerlifting USA by Judd Biasiotto, Ph.D. of World Class Enterprises



Kim Allen saunters up to the bench, press sporting more muscle than Rambo ever thought about having. The weight on the bar is a mind-boggling 325 pounds. Only one woman in the world has ever lifted as much as Allen's bodyweight of 181 pounds. Allen is a strange mix, powerful and quick as a large cat, yet as gentle as a new born lamb. After positioning herself under the bar, Allen unracks the weight and lowers it to her chest. Then, with ungodly quickness she rams it upward with relative ease setting a new American record in the process. Before the afternoon is over, Allen will go on to post the third best total in the world, making her a legit contender for a world title.

Without question, Allen is on the verge of becoming a superstar in the sport of powerlifting - perhaps an icon. "She has it all," states Curtis Leslie a former World Champion himself, "good genetics, incredible quickness and awesome power." More importantly, though she has the intelligence and heart to become a World Champion. If Allen's past is any indication of what the future holds, Leslie's prediction may be right on. In the four short years that Allen has been competing, she has been ranked in the top ten in the world three of those years. During that time, she has set 4 state records, regional records, 2 national records, and 2 American records. Her best lifts include a 425 squat, a 330 bench press, and a 480 deadlift. Her best total is an incredible 1185 pounds. All of the aforementioned lifts were posted at a body weight of 181 pounds.

Perhaps just as important as her lifting, Allen could very well emerge as a forceful spokesperson for women's powerlifting and/or women's sports in general. She is extremely active in the "women's movement" and is determined to see women get their fair share in the sports world.

In order to get a closer look at powerlifting's newest star, World Class Enterprises went to Macon, Georgia to meet with Kim Allen. W.C.: Before we get into the meat of our discussion let's get some of the specifics down like your age, weight, employment and any other demands you think are important. Allen: O.K. I'm 23 years old 5'6" and 181 pounds. For the past four years I've been working as a firefighter with the Macon-Bibb

recognized sport and I would like to help women in the sport receive the recognition they deserve. Now to answer your question about bodybuilding, I don't know if I'm the next coming of Bev Francis, but I do believe that if I put forth the effort I would do well in the sport. In all candor, the thing I like most about bodybuilding is that unlike powerlifting the sport gets National exposure and women are featured more often and in a better light.

W.C.: Before we get into the issue of women in sports, why do you believe powerlifting doesn't receive the recognition that "bodybuilding" or some other sports receive? Allen: I believe the major reason is that powerlifting doesn't receive the financial support and exposure it needs to grow. Think about it, how many times have you seen powerlifting on ESPN or even on a local sports station? There are been people in America who don't even know what powerlifting is. In fact, I'd venture to say people don't know the difference between Olympic lifting and powerlifting or that women even compete in these sports.

W.C.: What do you think can be done to remedy that situation? Allen: Well, it won't be easy, but if powerlifting is to reach the status that other sports have in America, we have to educate the public as to what the sport is all about. I would like to see POWERLIFTING USA on every newspaper and other sports magazines and television exposure. Everyone who is a part of this sport is going to have to take the responsibility of selling it to the public. It's going to take a lot of time, energy, money and good will, but if we all work together we can bring powerlifting to the forefront of the sports world. Like I said, powerlifting is a great sport. People will love it once they get to know it.

W.C.: You said we all need to start working together, but I think you would have to admit that, next to boxing, powerlifting has more factionalism than any other sport in America. Allen: I can't argue with you on that point. We have too many federations and too much dissension in the sport. If the sport is going to grow we have to do something about these issues. The

federations need to find common ground and work closer together. It would be better if some of these organization would be ignorant about us and our sport. W.C.: Do you think the male lifters in the sport support the women's movement in powerlifting? Allen: Most men in powerlifting are extremely supportive, but there are some, I'm sure, who would like to see us go away. Maybe they think we're infringing on what they consider a male domain. A lot of men have trouble dealing with a woman who is confident and powerful. I believe they're intimidated.

W.C.: What would you like to tell those guys? Allen: I'm not sure there is anything I could say that would change the mind of anyone who has such a myopic view of sports. I will say this though, I'm an athlete! I work extremely hard every day and I've suffered a lot to get where I am today. I love the sport, it's in my heart and soul. All I ask is that you give me and other women in our sport the same opportunities that you enjoy. If you do that not only will you allow us to grow, but the entire sport of powerlifting.

W.C.: Is there anything else you would like to say before we close? Allen: I would like to thank POWERLIFTING USA for the opportunity to express some of my views on the sport. I'd also like to thank my training partner Allen Rozier for his support and encouragement. I'd also like to tell the people of powerlifting that if there is anything I can do for you on the sport please let me know.

competitive and dedicated just like any other athlete, male or female. Until we get the right exposure through to people, they are going to be ignorant about us and our sport.

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TRAINING

Intermediate Master Bench Press Accessory Work as told to Powerlifting USA by Greg Reshel

the shoulder strengthens triceps movement. It is more important to work that internal rotation of the shoulder if you want to finish a heavy bench press.

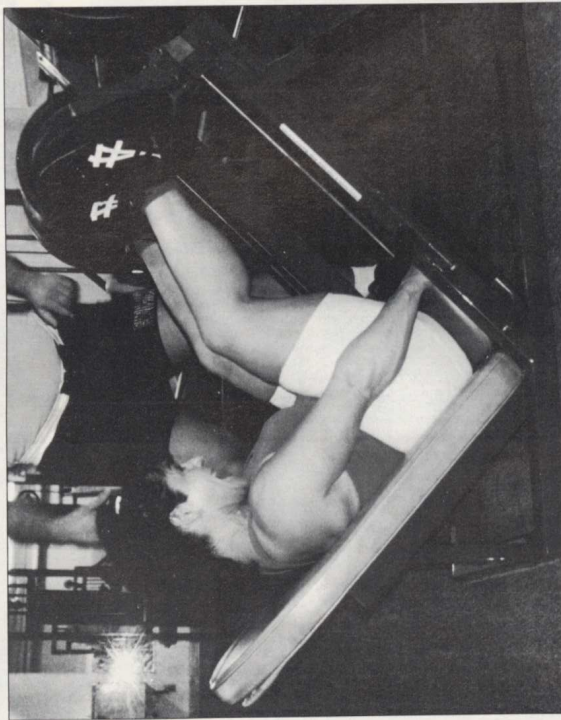
The two shoulder accessory movements are the medium grip (10") upright row combined with alternate dumbbell presses overhead.

Medium Grip Upright Row: Grip the straight bar with 10" between your thumbs and hands pronated (overhand). Stand with knees slightly bent and hips slightly bent with your torso leaning 10-20 degrees forward at the hip, weight on your heels chest and head up. Raise the bar to your collarbone by bending your elbows out to the side and raising your elbows. Do not use your forearms except as ropes to trail your elbows as you raise the weight. Do not hitch, shug, or bounce the weight to get it to your collarbone. The weight should be light enough to perform the exercise smoothly and to lower the weight slowly.

Seated Alternate Dumbbell Presses Overhead: Sit on the end of a bench with your feet flat on the floor. Lean slightly forward as you hold dumbbells at shoulder height with your palms facing forward. Be careful not to lean back or upright as you press one hand at a time up and slightly out from your head. Rotate your palm outward as you press the weight up. Always lower slowly.

These two accessory exercises will strengthen the inward rotation of your arm at the shoulder, while holding your shoulder blades down. (No straining!) This movement will enhance your ability to lock the weight out during a heavy bench press. These exercises strengthen two of your shoulder rotator muscles and when combined in the same routine, will work together to contribute to the bench pressing movement. Together they are far more productive than either exercise alone.

Our athlete is a 200 lb. man less than six feet in height and 49 years old. He is currently bench pressing 260-290 lbs. and usually misses a lift after getting it more than halfway up. The lift heads toward the rack until it is over his shoulders and neck and will no longer move up. He is stuck there straining with all his might with shoulders and triceps at 290 lbs. even though 275 went up smoothly. Here's a 6 week routine to get this athlete over 300 lbs.



Dawn Sharon of Power Excel cranks out heavy reps on the leg press machine. (courtesy Asher Sharon)

The second priority is nerve path or synergy. A successful powerlifter attempts to get all of his/her muscles to push in that same direction cooperative. Any muscular action that does not contribute to the performance of the lift will limit a lifter's potential.

Accessory work should be designed to increase an athlete's balance, to equalize strength in opposing muscle groups. Secondly, accessory work should increase the strength of stabilizing muscle groups in a sport specific manner. By this we mean that you must choose a manner of performing the exercise that strengthens both the nerve recruitment as well as the strength of the muscle in the range of its motion that is directly related to a particular powerlift. Many athletes perform accessory work without understanding how they improve their lifts. The results can be stronger accessory movements and weaker powerlifts.

We know of a rapidly improving heavyweight male powerlifter that tried to increase his bench press by performing heavy inclines. When he started the inclines to supplement his training he was benching

460-470 lbs. Within three months, he was benching 500 lbs. and incline pressing 365 lbs. for 3 reps. He decided correctly that the incline press had helped his bench and kept working at it aggressively. A year later, he was able to incline 500 for 3 reps and his bench was 510-520 lbs. At this point, I suggested that his incline was making the movement of his bar path too strong toward the rack and that was why he was coming out of the groove toward his face on his heavy attempts.

My suggestion was to drop the inclines entirely for 6-10 weeks and see what happened. In eight weeks he was able to pause 545 lbs. His bench technique improved as he was not losing the weight over his face anymore.

As long as we are looking at the bench press, I will point out two types of shoulder and accessory work that will contribute to the bench press. I will then show you one routine designed for master lifters that will strengthen your bench lockout. Too often we view bench lockout as being determined by triceps strength and neglect the fact that internal rotation of the arm at

175x3, 205x1, 225x3x3 sets, 185x10. Medium grip upright row 4x7 reps supersets with: alternate dumbbell presses 4x6 reps.

7. Bench: 4x2 reps with 205. Medium grip upright row 2x10 reps supersets with: alternate dumbbell presses 2x6 reps.

165x1, 195x1, 215x1x3 sets, Medium grip upright rows 1x10 reps supersets with: alternate dumbbell presses 1x10 reps.

9 Meet: 115x4x2 sets, put shirt on, then 185x3, 205x1, 225x1. Open: 255; 2nd- 280; 3rd- 300.

This workout is designed to be fast paced with very little rest between sets. This includes the supersets where you begin with upright rows followed immediately by seated DB press. Then allow 40-60 seconds rest. The weight should be challenging by moderate and controllable. You should never be so heavy that you are in danger of missing a rep. You should get fatigued and feel a burn.

Try this routine, especially you master lifters who are looking for a boost. Call us at Power Excel with any questions and definitely let us know how it worked. Good Luck.

We can be reached at Power Excel, 2809 S. Superior St., Milwaukee, WI 53207, 414-769-1211.

1. Bench press: 8 sets of 2 reps with row 3x12 reps supersets with: seated alternate dumbbell presses overhead 3x6 reps.

2. Bench press: with shirt 115x5x2 sets, 175x3, 205x1, 225x3x3 sets, 185x10. Medium grip upright rows 4x9 reps supersets with: seated alternate dumbbell presses overhead 3x6 reps.

3. Bench Press: 8 sets of 3 reps with row 3x10 reps with supersets with: seated alternate dumbbell presses overhead 4x10 reps.

4. Bench with shirt: 115x5x2 sets, 175x3, 205x1, 225x3x3 sets, 185x10. Medium grip upright rows 4x8 reps supersets with: alternate dumbbell presses overhead 4x10 reps.

5. Bench press: 6 sets x 3 reps 205. Medium grip upright rows 3x10 reps supersets with: alternate dumbbell presses 4x6 reps.

6. Bench with shirt: 115x5x2 sets, 175x3, 205x1, 225x3x3 sets, 185x10. Medium grip upright row 4x7 reps supersets with: alternate dumbbell presses 4x6 reps.

7. Bench: 4x2 reps with 205. Medium grip upright row 2x10 reps supersets with: alternate dumbbell presses 2x6 reps.

8. Bench with shirt: 115x6x2 sets, 165x1, 195x1, 215x1x3 sets, Medium grip upright rows 1x10 reps supersets with: alternate dumbbell presses 1x10 reps.

9 Meet: 115x4x2 sets, put shirt on, then 185x3, 205x1, 225x1. Open: 255; 2nd- 280; 3rd- 300.

This workout is designed to be fast paced with very little rest between sets. This includes the supersets where you begin with upright rows followed immediately by seated DB press. Then allow 40-60 seconds rest. The weight should be challenging by moderate and controllable. You should never be so heavy that you are in danger of missing a rep. You should get fatigued and feel a burn.

Try this routine, especially you master lifters who are looking for a boost. Call us at Power Excel with any questions and definitely let us know how it worked. Good Luck.

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A Visit With Vierthaler as told to Powerlifting USA by Paul Kelso

The Chinese kids stood mesmerized, staring at the two blonde foreigners struggling with their delirious, but unfamiliar dinners. ("Is there something moving in this?") Heinz Vierthaler approached the kids to shake hands. A little boy did not respond. He couldn't take his eyes of Heinz smooching; waiting for it to move, do doubt.

We were at the after-contest buffet of the 1993 Asian Powerlifting Championships in Changhua City, Taiwan, or the Republic of China, to be "politically correct." Living in the center of the island, only 245 miles by 85 at its widest (about the size of Switzerland), residents are not as blasé about foreigners as their big-city cousins in Taipei.

A member of the German Olympic weightlifting team, 1968-72, Vierthaler competed at the World Powerlifting Championships in 1980, and '81, placing 7th at 100 kg in Calcutta. President of the IPF for ten years, his current term ends in 1995. He may not run again as his position as director of the computer division of a large cable electronics company is increasingly demanding. Heinz lives in a suburb of Munich, with his wife and two sons, both football soccer players.

We shared a spot at the quest table as Heinz fended off queries and complaints, trying his best to be an observer and let the Asians run their own meet. I asked him about the future, having in mind Olympic participation or the Frantz lawsuit. His personal plan is to get in shape and enter master's weightlifting (he is now 50) and believes he can win his class with a 110 snatch and 140 clean and jerk.

We spoke of many things: the rise of Frank Schramm and of Strossen's "SuperSquats", recently translated into German; and the progress of Heinz's new *Power Sport* magazine. We then got into serious matters.

"Dudeja hear the one about the reporters in the bar in Barcelona during the last Olympics? Every night they flipped for assignments for the next day; the loser had to cover weightlifting."

One of his reasons for coming to the "Asia" was to discuss chances for a Men's Worlds being held in the region. He states that Europe and Scandinavia get many contests because member countries are close together and the area's federations



IPF President Heinz Vierthaler squatting at the 1981 World Championships in India.

have the time, money, and people. "You need fifty sharp people to run a world championship." The lack of attendance in Changhua was baffling. "We have 5,600 a day at a Worlds in Europe."

Heinz was told the Olympic Committee in Switzerland, 3-4 times that there is room for both powerlifting and weightlifting in the Games. "We don't want to replace them, but the Olympic people are afraid." For example, Germany has 3000 powerlifters and 3000 weightlifters. "Weightlifting is not popular; without funds from the government, it would die."

The IPF has 70 member countries, almost all sanctioned and funded by their governments. (The USA and Japan are notable exceptions.) Heinz states that "other world groups are NOT." The drug-free movement is second in the number of member countries, but "no drug-free group is recognized in any country by the government and can get no funds otherwise." Furthermore, the IPF is the only group using IOC and IAAF testing methods. He thinks like detectors and sweating on the Bible are inadequate for a true world body. (Good point - what validity would those methods have had in Changhua, with half a dozen different religions and national psychologists present?)

Vierthaler explains that the IPF-Inzer bench shirt affair in this way. It became apparent that the IPF would win the next court round. Both sides were spending too much

imposed. "We had no choice. They knew the rules." Most readers are aware that Frantz forces challenged the IPF and won a default judgement in the US that effectively prevents the IPF from operating there. Heinz believes that he and the IPF could win on appeal because "I was not notified of that hearing and a United States citizen can only sue a German in a German court, by our law." (Jurisdiction in these matters is a growing question, as in the Butch Reynolds-IAAF suit.) Lack of money currently presents the appeal. It is interesting to note that Inzer is now suing Frantz for patent infringement. Heinz believes that the IPF will return to the USA in 3-4 years. He states without arrogance that the IPF does not NEED to return, as they could hold world contests elsewhere indefinitely, but it would be better for the sport and much fairer to world class North American lifters if the IPF were to do so.

I told him about the odd procedures I've seen at Asian contests, such as 10th attempts awarded for a shot at a "total" record or spotters assigned to help deadlifters put the bar down. "You are kidding?"

In keeping with his hands-off meet officer's meeting. Instead, he handed them a list of recommendations, most important that they should have a referee clinic BEFORE the contest. We then got on the sight-seeing buses with the lifters to check out the temples and gardens and magnificent scenery of old Formosa, "the beautiful Isle," and to cruise the shopping districts and night markets for which it is famous.

Heinz Vierthaler, Paul Kelso, and Tony Sundjaja of the Indonesian Powerlifting Federation enjoy a dinner after the Asian Championships

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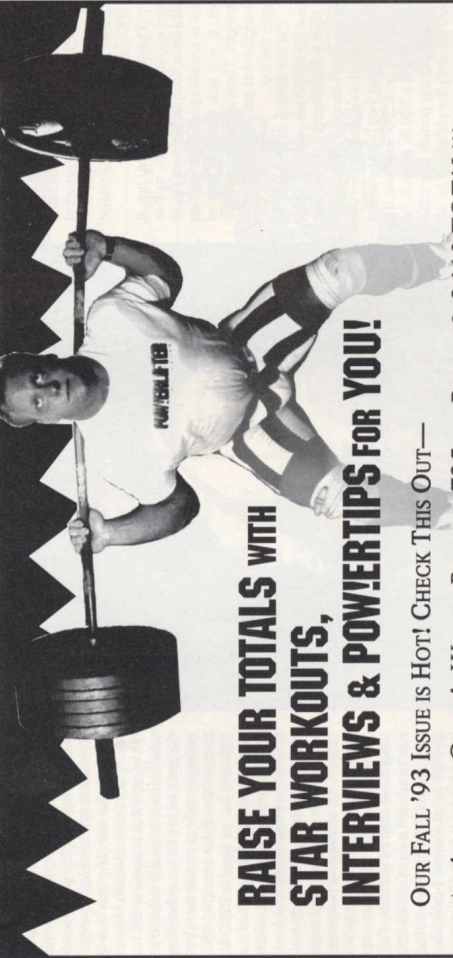
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Heinz Vierthaler, Paul Kelso, and Tony Sundjaja of the Indonesian Powerlifting Federation enjoy a dinner after the Asian Championships



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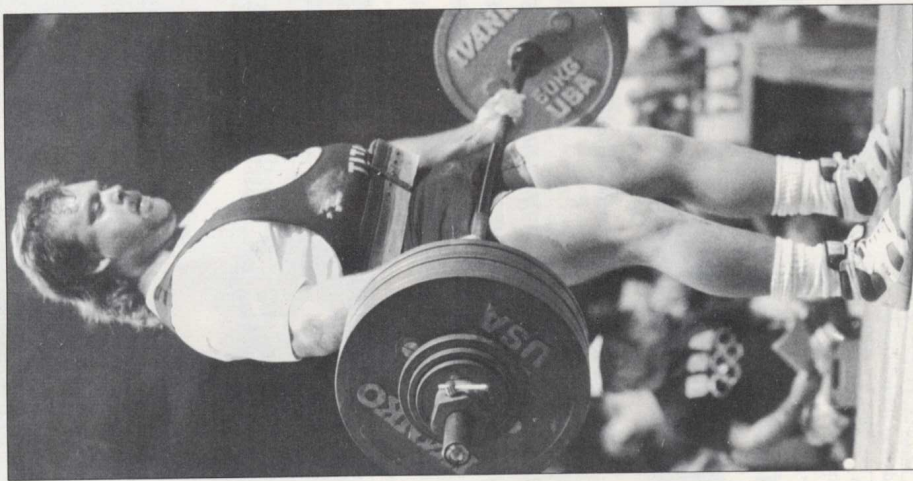
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TRAINING

Development of Special Strength II as told to Powerlifting USA by Louie Simmons



Developing Special Strength as recommended by Louie Simmons in this article can be the key to continued progress by athletes who have already reached the highest echelons of the sport, as with John Ware

we are not. Squatting builds massive thighs on some lifters but does little for back strength. Others have strong backs and glutes, but have small legs and still squat weak. These two different types of lifters need different exercises to complement their squatting.

A method that falls more times than not is the progressive overload system. I know of one top lifter that uses it over a long 26 week cycle that has trainer plans for him. It is based on hypothetical gains, possibly overrating his absolute strength. He may be handling too heavy attempts for several weeks close to the meet. What is worse is that his total tonnage is greatly reduced to the point where he is not handling enough weight to sustain the hypothetical lifts of, for example, 930-520-800 lbs. to equal a 2250 lb. total. The result of this method is a 2200 lb. total at the contest, which is no improvement over the previous 3 years. Many lifters don't realize that when training weights get heavy, total tonnage decreases tremendously. I found I had to do 10-12 thousand lbs. of squats with weights between 70 and 82% of my best to achieve a squat of 825-850 lbs. I trained a 198 lb. lifter who had an 800 lb. plus squat. I calculated his squat tonnage at 8-10 thousand lbs. per workout per week with short rest periods between sets of 1-1 1/2 minutes. He stopped training with me for a while, and when he returned he was only using 3700 lbs. during his entire workout, including warmups, working up to 100% nearly every workout. The result was a net squat of 738 lbs. His other lifts suffered as well, and he finally retired. He never asked me what his problem was, and I never told him the solution. The problem was that his volume was reduced drastically, and he had lost all of his accelerating strength. This happens to a great number of lifters. I'm sure you've heard someone say, "I squatted 900 for a double 3 weeks before the meet but only squatted 840 on meet day." The reason is reduced volume. It takes more training to squat 700 lbs. as opposed to 500 lbs. and certainly more to squat 900 lbs. Right? Right? Remember, that there are many different types of strength. If you lack one or more, you will cease to get stronger.

A lifter normally lacks a sufficient amount of absolute strength. This means he is not strong enough to squat 500 lbs. no matter how explosive he may be. He must build his squats by the repetition method. He must do repetitions with a certain weight at a fast tempo with rest periods of 1-1.5 minutes, he is ultimately controlled by his

muscular strength. Isometrics also work well to build absolute strength. However, strength will only increase the point where the isometric force is applied. It is not known whether static or dynamic strength training can better build absolute strength.

What do advanced lifters lack? In my opinion, they lack explosive-ness and accelerating strength which must be built using compensatory acceleration. This means that as the lift nears completion your leverage increases so you must push or pull faster and harder to compensate for that change in leverage and decreased range of motion.

How is explosive strength best developed? It is developed by doing exercises at maximum acceleration and maximum tempo (tempo means short rest periods between sets that last between 1-1.5 minutes). Gaining the required muscle tension is difficult to achieve with the 1-6 reps per set required for strength. That's where the short rest periods come in. Accelerating strength is developed with weights between 60-82% of your one rep maximum. With weights less than 60%, starting strength is the main propulsion for the bar during the course of the entire lift.

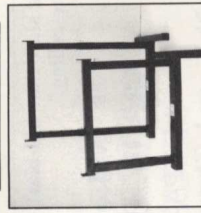
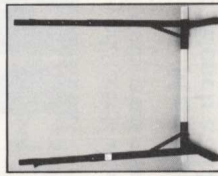
Explosive strength is shown most dramatically when it is followed by a stretch, or in the case of a squat,

its downward motion. This is seen in the bench press as well. Although there is a pause at the chest, at that time there is no stretching or lengthening of muscle, but the reflex action of the muscle lasts up to two full seconds, contributing to the concentric or upward portion of the lift. Because the deadlift does not have the initial eccentric portion, it may explain why the deadlift may lag behind the other two lifts even when the same equipment is used. So it would seem the deadlift training reps should be 60-80% of a one rep maximum for a large portion of the training cycle in order to develop speed and quickness. We have dropped the training weight 10% of some of our slower lifters and have seen a 10% increase in their max single, due to increased bar velocity.

People like lifters like Danny Wohleber, Scott Warman, and late Chip McCain for granted. Quick-ness was the key to their greatness, but this key is still overlooked by many. All three men acquired it all. They were very explosive and became very strong. You can, too.

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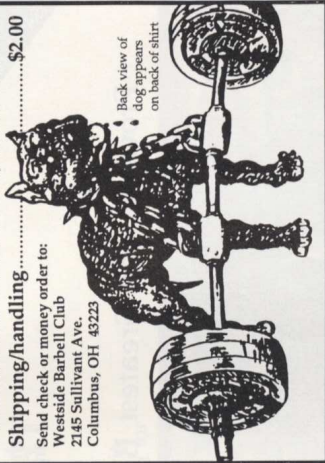
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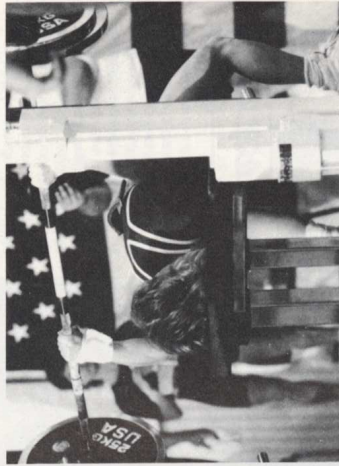


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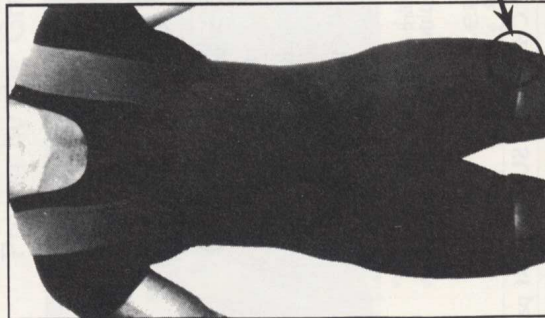
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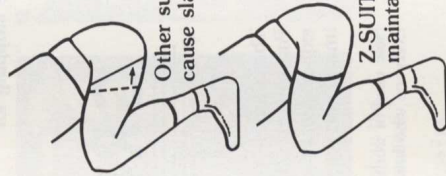
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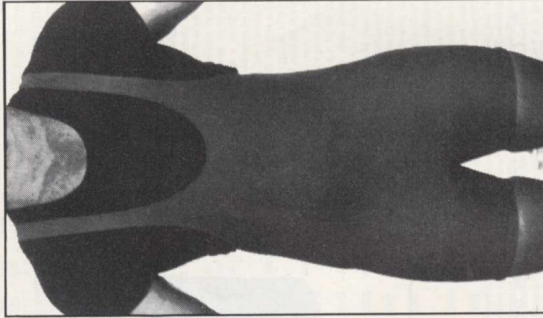
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Strangers in a Strange Land as told to Powerlifting USA by Paul Kelso

Cribbing Robert Heinlein's title, or taking it from the Bible as he did, is one thing. Understanding what it means to be in that situation is another. Athletes from many sports are moving to foreign countries to work, voluntarily or not, or resettling as political and economic refugees.

In my four years in Japan, I've seen only four foreigners competing on the local scene. I am excluding American service-connected lifters like Anderson, Alexander, or Rickles from that statement, base meets, and the "friendship" contests in Okinawa. I'm talking about expatriates from whatever country who live and work in Japan, on their own with no organizational support.

Charles Kent Wilson left the US Air Force in Korea 23 years ago and came to Japan with \$25 in his pocket. Formerly a high-ranked judo competitor in America, he was an Olympic alternate on the 1980 team which boycotted the Moscow games. Starting as an English teacher, Chuck threw himself into Japanese life, studied the language, trained in judo under local Sensei and swore to make it or break it. He has won amateur Sumo tournaments, competed in Trination and for years was a popular TV show guest because of his command of the language and his boyish good looks. In 1990-91, he starred in a bilingual TV drama series set in a boarding house for foreigners, and in August portrayed a Russian officer in a docu-drama about Japanese POW's in Siberia in WWII. His feature films include a Godzilla epic.

Chuck was the first foreigner to compete in a Japanese power meet.

Chuck says the believes, like Thomas Wolfe, that he can't go home

built himself up on the Japanese diet. Like most "western" men he lost weight rapidly his first few months here, falling to 165 lbs.



Chuck Wilson (center) has been featured on Japanese TV. Here he appears with (left to right) Chieko Nishimura, show host Tsutomu Sekine, Michiko Satonaka (comic book writer) and Kiyoson Ohashi (MC) in addition to his lifting.

The association here opened to outsiders in the early 70's in the interests of "internationalization," a concept much bandied about but little realized. Wilson also became the first non-Japanese to win national titles; taking the 165 lb. (75kg) and the 181 (82.5) before the local "kanchos" decreed that no "gaijin" (outsiders) were allowed. That rule was rescinded in the late 1980's. Chuck responded by winning the 110 kg (242) class in Sapporo in 1990 with lifts of 250-190-277.5 and a 717.5 (1580) total. He drug-tested negative and is adamant against drug use. He last lifted at the Men's Nationals in 1991, placing 4th with 715 behind Australian Michael Abdullah's 720. The two gain put on an exhibition of Western psychology, yelling, and lace-slapping, which amazed the restrained locals. Now in his mid-forties, Chuck may be back in the masters.

Along the way, Wilson published a training book in Japanese and recently became the top executive in a gym-spa business setting up and outfitting corporate programs and commercial operations. He helped Hammer Strength begin here. Hammer to an American girl from his language school days, Chuck says he believes, like Thomas Wolfe, that he can't go home



Mike Abdullah won the Japanese Nationals, but will represent Australia in the IFF World Championships. (photos courtesy Kelso)

who reminded me of when I first started. Neither of us have much business trying to lift because of unfavorable leverages, but he was getting stronger and having fun. As the late Chester O. Tvegerden once said, "All a kid needs in life is a good education and a barrel."

An unusual case is that of Ken Yamagawa, a Brazilian of Japanese

nese politician (a tribe notorious for his insensitivity to foreigners) commented, "How can we accept people who look Japanese, but can't speak their own language and who play guitars all night?"

Yamagawa has citizenship in two countries. This dual status is common in Europe, but almost unheard of in Asia. He will lift in the Brazilian Nationals as well. Should he reach the top in Japan, he will be eligible to represent Japan internationally. I wonder about Brazil?

The problem expatriate lifters have is that the rules vary as to their eligibility in representing their host country or their native land when living abroad. As explained by Susumu Yoshida, Secretary of the Asia and Japan governing bodies, individual countries in the IFF are free to set their own policies based on cultural peculiarities. In Europe, where countries are located close together, an athlete might lift for the country where he holds citizenship, but work and live in another. After a short period of time, two years in one case, he may lift for the country of residence or even be eligible to lift for either country.

Many countries outside the "western" orbit have more or less one race, one religion, or one political-body cultures and often restrict participation. This is understandable

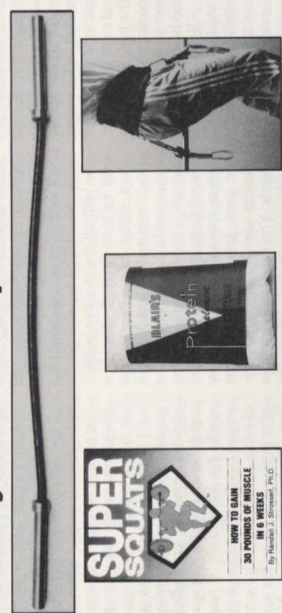
able and it is hard to say if it's right or wrong. It's up to the individual country, but these rules make it hard for an expatriate lifter whose lifts approach world class but finds himself without a national team.

Japan is criticized for being a closed culture that stone-walls foreigners. The population is about 99% racially Japanese, so perhaps their position is inevitable. There is one powerlifting association, which is predictable, but they do allow outsiders to compete in local meets and in their nationals if they have lived in-country for one year. How many US organizations, of which there are more than most continents have countries, let outsiders in their nationals or on world teams? This is the most polyglot nation racially and culturally on earth.

Track and field world bodies now allow independent participation for athletes from Eastern Europe and break-away "republics" in what was the USSR. Might powerlifting do the same? Would the leadership of the various world groups care to make their positions clear? If they will send me their rule books and policies, I will be happy to put together a comparative study on this and other issues. The problem will only grow as the Earth shrinks and boundaries change daily.

I can be reached at PL USA.

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THE BENCH

There are a lot of assistance exercises available, some productive, some not so productive. One assistance exercise that may have benefits is the reverse grip bench press. Simply put, the reverse grip bench is a bench press with your grip going the opposite way - that is, knuckles facing your feet. I first heard of the exercise in *Muscle & Fitness*. There was a picture of the famous Paul Brothers, The Barbarians, doing reverse grips. They put on exhibitions and routinely reverse press over 500 pounds. At first, I considered this exercise a novelty. Later, 275'er Bill Nichols told me in an interview that after Rick Weil suggested he add them to his bench training, his max press went up when no other techniques seemed to work. Lately, Anthony Clark has been benching massive weights in competition using a reverse grip. I am not suggesting using the reverse grip at a meet, but I am suggesting you may have something here.

This exercise greatly changes the leverage as well as the involvement of the pressing muscles. The



Anthony Clark carefully sets up for a reverse grip bench press attempt, surrounded by alert, caring spotters.

regular benches or do reverses only on your second bench day to the exclusion of regular benches. If your reverses as your assistance move of choice. You can also experiment with narrower grip widths. I would not go narrower than shoulder grip or safety type bench it was, but little else. Many thought it was great but didn't share their enthusiasm. When the Monolift Squat rack was presented to the market, I didn't really pay much attention to it as I didn't like the bench press. When I saw it in use at the 1992 APF Senior Nationals I was still not sold on it. Yes, it could give an advantage as many men and women did not have to walk out of the rack and could just set and squat. As the weight supporters were swung out of the way, this was obviously advantageous, but it was an expensive squat rack if no one was there to operate the swing mechanism.

After getting some pressure from our lifters to get one, as they had continued exposure at various APF contests, I bought the Monolift Squat rack. In the past few months I have reinforced my belief that I can be incredibly stupid, shortsighted, and unable to recognize something for what it is, even when it's sitting under my nose. My wife might tell you that this is not a surprise to her! As more and more of our lifters continue to improve and use heavier weights, I am convinced that the

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Reverse Grip Bench Presses as told to Powerlifting USA by Doug Daniels

More From Ken Leistner



Steve Brodsky stands up with the weight so the Monolift hooks can be withdrawn.

Monolifts are an INVALUABLE PIECE OF EQUIPMENT. Pat Susco and Lou Loria have done more than any others to make me a believer. Pat and thirty rep squats they go until they just can't go any more. Return the bar to the racks is an impossibility that is left to spotters with injury lurking right there to the lifter and spotter. The Monolift has eliminated this for us. There are no disadvantages to it. It is a very strong and capable traditional squat stand if used in the conventional way. It has drawn many comments just on its appearance. Used as Mr. Madden designed it to be used ofers a lifter at any level of development a huge advantage, especially in safety. Performance is obviously important, but again, safety for us, comes first and foremost. I would go so far as to apologize to my lifters for not buying this sooner as I had the opportunity to do so and they made numerous requests. As more of the organizations follow the lead of the American Powerlifting Federation and allow it's use in all meets, the advantages of the Monolift will be readily apparent and every gym will have one.

For those who insist on a more traditional rack, let me recommend the electric hydraulic squat racks made by Jim Sutherland. Many will remember Jim as Hastings Barbell Co. from the early 1980s. Jim developed and made the first electric

cause they are easily portable and can be shoved in a corner when the sets are completed. Kell has sponsored a number of our meets and we like to refer business to those who support the sport.

Squat racks, like many things in our sport, are often chosen due to personal preference. In all cases, the racks must be sturdy and secure. Using racks that topple make no sense. Randy Strossen of Iron Mind makes a very lightweight set of adjustable racks that weigh next to nothing, yet will easily support 1500 pounds and will not be knocked over by the largest Super Heavyweight smashing the bar into the saddles. For home use, the portable hydraulics, or Strossen's garage or a gym where there is more space, Sutherland's electric hydraulics are great, especially if there is a group of men and women squatting together. For the ultimate, try the Monolift, especially for the lifter who competes on a regular basis.

Jim Sutherland can be reached at 616-945-3388. Paul White of Kell, Inc. can be reached at 1-800-837-1663. Randy Strossen USA advertiser, is available at 916-265-6725. Ray Madden of Monolift is at 1-800-783-7290

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INTERVIEW

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

POWER PROFILE

Joe Naperkowski

"POLISH POWER"

as told to POWERLIFTING USA by Vada Crosby

powerlifters; and several professional athletes.

In fact, it was Kuc, along with ADFFPA official and meet director Bob Gaynor, who got Naperkowski involved in lifting several years ago.

"I was introduced to competition by going to Kuc's Fitness Center, and I got to know Bob and John. They sort of led me to go into bench press competition competitively in June of 1987."

Naperkowski said, "The biggest influence I've had in lifting to motivate me and lead me in the right direction, other than my wife, is Bob Gaynor."

Shortly after meeting Kuc and Gaynor, Kuc gave Naperkowski a training suit, as well as a bench shirt which Naperkowski still uses in competition.

Naperkowski was 36 when he first began lifting, he says. Since then, there's been no stopping him, saying the thrill of conquering the weight keeps him going.

"I don't like to compete (against others) in a meet. I enjoy it to the extent of getting together and having a lot of friends and meeting a lot of people, but not to beat my competitors," he said. "I'm there to do what I can do."

He credits much of his success and drive to a support team of friends and family, particularly his wife, Lynda and three children, Ashli, Joseph Jr. and Lydia; his brother, Michael and friend, Jack Ziomek, who travels with Naperkowski to most of his meets.

"There's a lot more than just powerlifting, and we're talking about non-steroids."

"This fellow gets the job done," he added. "The things he's accomplished makes us all feel good. Wilkes Barre township is very proud of him."

For Naperkowski, the son of a coal miner who fathered nine children, Wilkes Barre, a small town just outside of Scranton, PA, has always been home. The lifter grew up in a community - the Wilkes Barre/Scranton area - that has produced such champion lifters as legendary Jim "Chimes" Williams, who 21 years ago set a bench-press record of 675 pounds at a body weight of 343; John Kuc and John Gentile, formidable heavyweight

powerlifter. Joe Naperkowski is a talker. He speaks with a rapid-fire, rat-a-tat style that can be dizzying to the unprepared. But when Naperkowski eases beneath a bar loaded with 500-plus pounds, he's all action and no talk.

Wilkes Barre, PA, has earned a reputation and respect as an awesome drug-free lifter, as he quickly racks up more and more records and titles as a former 242-pound lifter and now as a 275-pound bench presser in the open, lifetime, submaster's and master's powerlifting divisions.

Case in point: three years ago, Naperkowski's best lift was a 501.5 pound bench. But during the 1992 ADFFPA All-American Bench Press Championships in Wilkes Barre, PA, last August, he lifted an astounding 560.5 pounds in the 275-pound class.

And last November, lifting without a bench shirt and without receiving a hand-off, he took second place in the 275-pound class at the 1992 WDFFP's World Bench Press Championships with a lift of 501.5 pounds, winning the master's division but losing first place in the open class by a mere 5.5 pounds.

Not bad work for a guy who's 42 years old.

"Like any sport I participate in, I always want to be the best... and I looked at lifting and competing that way," he said. "And so far, that's the way it's been going."

A Vietnam veteran, Naperkowski, a former U.S. Army Airborne Ranger, is built like a fire-plug, sporting a 50-inch chest, an 18-inch neck, 20-inch biceps and 250 pounds of body weight on a 5-foot, 9-inch frame. He's a low-key, seemingly timid man who frequently uses the word "we" instead of "I" when he talks excitedly and fondly about his goals as a drug-free powerlifter.

"I enjoy it," said Naperkowski, who shines the spotlight and would rather note the contributions and efforts of other lifters than talk about himself. "What I get out of it (powerlifting) is being able to do something others can't do, particularly at my level and my age."

Though he acts and performs

BG: Please give us some personal information on yourself.

TB: My name is Tim Borgia. I'm 31 years old and I live in Erie, PA. I'm an adult probation officer. In my spare time I like to invent and create and I love to laugh.

BG: Tim, how did you get started? TB: I didn't start lifting seriously until I was 21 years old. I began wrestling in the third grade and continued until my third year at West Virginia University. I was tired of wrestling, but I still harbored that competitive drive. One day I was watching NBC Sportsworld and saw the World Powerlifting Championships on TV. At that instant, I felt that I had found my niche. I discovered the sport that I was best equipped to do. I wanted to be a powerlifter. I went to the local gym in Morgantown, WV and met Buster Whitener (I consider him a genius regarding training and technique).

He took me under his wing during the next several years while at school. I knew I'd have to find a gym at home. There was only one choice for what I had to do. That was Joe's Gym. The day I met Joe Oreglia, he was hanging upside-down in a pair of ironing boots. We carried on a 10 minute conversation about why I was there and what I wanted to do. He never did get down! I left there knowing that place was where I belonged. I've been there since.

BG: How long have you been competing? TB: I've been competing since 1983. I had only lifted weights for a few months before Joe talked me into competing in the Pennsylvania State Championships. (I hadn't even seen a meet at that point). I was fortunate enough to win. That early taste of victory fueled my desire to improve and be the best I could be.

BG: Tim, what are your competitive lifts? TB: My best lifts in competition are: squat - 468 lbs., bench press - 308 lbs., and deadlift - 497 lbs.

BG: What goals do you have? TB: I would like to squat over 500 lbs. and total over 10 times my bodyweight in competition. I think I'm very close.

BG: Please give us your views on steroids? TB: I've never used steroids and never considered it. I feel that

drug free competition is the only way to determine who truly is the best athlete. I hope drug free lifters will continue to gain more recognition in the sport.

BG: Do you feel that the ADFFPA does a good job at drug testing? TB: Over the past several years I have noticed an improvement in drug testing, but I think more improvement is needed. I like the idea of random, year round testing.

BG: Do you follow any special diet? TB: Paying attention to my diet has probably had the single greatest impact on my performance over the past year and a half. It's not so much that I pay attention to what I eat as much as I concentrate on what foods I should abstain from. I don't eat junk, at all.

I eat very little fat, but lots of carbs and proteins. I drink as much water as I can drink. It seems to work for me.

never considered it. I feel that

days. I usually get 12 heavy days, per body part, per training cycle. I'm in the gym an average of 1 1/2 hours of workout. I mix up my assistance exercises as much as possible. Simply put, I continually confuse my body to avoid adaptation, yet, I give it plenty of rest between heavy days to recuperate. I also incorporate lock-outs and compensatory acceleration.

BG: Tim, what advice would you have for a beginner? TB: Find and train with another drug free powerlifter who knows what he is doing. If you train with someone using steroids, you'll likely overtrain and become discouraged. Drug-free is the right choice.

BG: Any other comments you would like you make? TB: I would just like to say that I feel very fortunate to be able to do what I do. There are so many less fortunate. There are a handful of people that have definitely had an impact on my powerlifting career and without them I may not have achieved the level of success that I am currently enjoying.

I want to thank Buster Whitener who got me started and trained me early on. I also want to thank Jeff Laddner, my training partner for the last two years, Randy McKinney my personal consultant (we've spent many hours discussing ideas on improving our training, technique and diet). But most of all I want to thank Joe Oreglia who has been there for me since the beginning. His knowledge of powerlifting is incredible and he is one of the nicest people you'll ever meet. Thanks, Joe!

Tim Borgia locks up a big win at this year's ADFFPA Men's Nationals

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Tim Borgia locks up a big win at this year's ADFFPA Men's Nationals

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HOT STUFF UPDATE

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"This new stuff is unbelievable," says Anthony Clark



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

We're pleased to introduce you to the next generation of HOT STUFF — our latest and greatest version of the fantastic supplement you have all come to love. Five all new ingredients make this latest HOT STUFF work better and faster than ever. It's now so far advanced that it leaves all other sports supplements behind. You won't believe how quickly this next generation HOT STUFF will boost your strength and power efforts.

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2	423 Wagoner, B. 11/19/92	551 Santoro, T. 11/19/92	1416 Heath, D. 3/27/93
3	590 Lombard, P. 4/17/93	550 Lombard, P. 4/17/93	1325 Cowen, D. 6/26/93
4	385 Couch, R. 9/5/92	512 Mayer, L. 6/18/93	1276 Williams, R. 12/12/92
5	490 Lombard, P. 4/17/93	509 Mordue, J. 11/24/92	1278 Sandovall, R. 4/10/93
6	480 Beck, W. 12/5/92	501 Alderman, D. 10/11/92	1251 Roderick, B. 12/5/92
7	380 Grubbs, J. 8/26/93	500 Danton, G. 8/27/93	1256 Payne, P. 5/15/93
8	470 Meyer, M. 3/17/93	500 Payne, P. 5/15/93	1245 Walker, D. 10/11/92
9	485 Muncaster, B. 5/1/93	500 Evans, D. 7/25/93	1244 Castro, M. 11/12/92
10	475 Payne, P. 5/15/93	495 Brown, G. 7/10/93	1229 Nguyen, H. 3/16/93
11	473 Payne, P. 5/15/93	495 Brown, G. 7/10/93	1229 Nguyen, H. 3/16/93
12	468 Sandovall, R. 4/10/93	485 Franks, E. 1/13/93	1220 Hoff, R. 2/14/93
13	465 Hoff, R. 2/14/93	485 Franks, E. 1/13/93	1216 Roderick, B. 12/5/92
14	450 Williams, M. 11/5/92	485 Franks, E. 1/13/92	1216 Roderick, B. 12/5/92
15	450 Williams, M. 11/5/92	485 Franks, E. 1/13/92	1216 Roderick, B. 12/5/92
16	460 Monahan, M. 11/15/92	480 Beck, W. 12/5/92	1210 Roderick, B. 12/5/92
17	450 Williams, M. 11/5/92	470 Jones, G. 3/27/93	1190 Kozlowski, M. 11/13/92
18	450 Williams, M. 11/5/92	470 Jones, G. 3/27/93	1180 Beck, W. 12/5/92
19	451 Walker, D. 10/11/92	465 Hoff, R. 2/14/93	1179 Averberg, B. 4/10/93
20	450 Denton, J. 10/24/92	465 Hoff, R. 2/14/93	1179 Averberg, B. 4/10/93
21	446 Averberg, B. 4/10/93	475 Pallas, T. 7/10/93	1173 Pallas, T. 7/10/93
22	445 Gray, D. 3/26/93	475 Pallas, T. 7/10/93	1155 Muncaster, B. 5/1/93
23	445 Williams, M. 11/5/92	470 Jones, G. 3/27/93	1159 Braselton, J. 7/20/93
24	440 Pallas, T. 7/10/93	470 Jones, G. 3/27/93	1145 Wilson, K. 12/5/92
25	445 Gray, D. 3/26/93	468 Williams, A. 12/12/92	1140 Diballe, J. 7/10/93
26	435 Deep, D. 2/27/93	468 Williams, A. 12/12/92	1130 Franks, E. 1/13/92
27	435 Deep, D. 2/27/93	468 Williams, A. 12/12/92	1130 Franks, E. 1/13/92
28	429 Vickars, J. 11/7/92	462 Nguyen, H. 3/16/93	1130 Deep, D. 2/27/93
29	425 DeBelle, J. 2/27/93	462 Nguyen, H. 3/16/93	1124 Wilson, K. 12/5/92
30	424 Whing, J. 11/7/92	460 Franks, E. 1/13/92	1124 Wilson, K. 12/5/92
31	424 Whing, J. 11/7/92	457 Harsch, J. 5/22/93	1118 Adams, D. 10/11/92
32	424 Whing, J. 11/7/92	457 Harsch, J. 5/22/93	1118 Adams, D. 10/11/92
33	420 Williams, M. 11/5/92	457 Harsch, J. 5/22/93	1118 Adams, D. 10/11/92
34	420 Williams, M. 11/5/92	457 Harsch, J. 5/22/93	1118 Adams, D. 10/11/92
35	420 Williams, M. 11/5/92	457 Harsch, J. 5/22/93	1118 Adams, D. 10/11/92
36	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
37	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
38	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
39	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
40	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
41	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
42	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
43	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
44	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
45	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
46	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
47	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
48	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
49	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
50	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
51	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
52	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
53	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
54	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
55	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
56	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
57	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
58	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
59	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
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62	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
63	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
64	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
65	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
66	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
67	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
68	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
69	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
70	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
71	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
72	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
73	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
74	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
75	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
76	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
77	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
78	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
79	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92
80	410 McKnight, M. 10/31/92	457 Harsch, J. 5/22/93	1113 Kim, C. 11/16/92

NEXT MONTH... TOP 148s

Corrections: Dan Trobler reports that we did not have his best lifts of 700 squat, 507 bench press, and 711 Larry McWhorter deadlifted 665 lbs. and should have been recognized for that lift on the ADPPA TOP 20 list for the 198 lb. class. Send future corrections to "ERRORS," Post Office Box 467, Camarillo, California 93011.



Doug Heath at the site of his big total at Featherweight for the year, the WPA Submasters/Masters Worlds. (Photo by Eugene Davis)

ADFA Region 5—The EventSM 15 May 93 - Evansville, IN

Event	Score	Event	Score		
Bench Press	195	Women	500		
1. Simmons	320	M. Stryker	500		
P. Degaffano	200	M. Coates	475		
A. Wells	95	M. Gaines	315		
M. O'Connell	95	M. Miller	245		
C. Adams	255	C. Allen	255		
C. Chandler	225	P. Schaefer, Jr.	215		
J. Harts	170	T. Hall	135		
L. Deters	155	M. Soud	135		
W. Diers	155	M. Soud	135		
C. Davis	140	R. Byling	120		
C. Potts	120	R. Byling	120		
B. Potts	105	A. Schow	95		
P. Evans	95	R. Robinson	75		
L. Spitt	135	A. Eckham	250		
A. Eckham	250	A. Eckham	250		
R. Deters	230	A. Eckham	250		
L. Jeffrey	220	A. Eckham	250		
B. Graham	210	S. Wilson	340		
S. Miller	205	A. Squites	340		
R. Davis	310	M. Camp	250		
C. Nesbit	305	F. Coon	260		
S. Evans	280	J. Bayer	245		
J. Bayer	245	D. McMillan	250		
J. Dimmett	200	G. Hoffman	250		
Men		SC	BP	DL	Total
M. McCaffren	325	200	825		
M. Miller	300	145	290	735	
M. Payne	300	160	135	595	
L. Hawilla	300	175	300	775	
P. Payne	280	500	255		
L. Beyer	260	500	260		
L. Lillard	315	200	365	870	
J. Burns	460	315	420	1335	
M. Green	365	265	435	1065	
M. Doyle	400	230	420	1050	
M. Miller	400	250	450	1100	
J. Brown	350	185	425	960	
R. Clark	490	245	480	1215	
C. Carter	480	295	420	1160	
L. Dalton	300	275	420	995	
R. Russell	500	315	550	1365	
S. Mackay	450	300	485	1235	
A. Hall	450	270	475	1195	
B. Foust	450	290	425	1165	
L. Schlicher	405	250	455	1110	
D. Faust	410	250	465	1125	
B. Thomas	385	265	460	1110	
J. Cooper	375	230	405	1010	
P. Goodman	315	195	410	920	
D. Hall	690	405	640	1735	
D. Anguish	550	405	600	1555	
D. Goodhue	525	350	500	1375	
P. Tyring	660	380	675	1715	
R. Gregory	475	380	600	1455	
J. Schlicher	465	365	595	1425	
L. McEade	435	335	135	605	
J. Smith	600	390	690	1680	
M. Goodman	515	285	535	1335	
S. Corum	450	330	540	1320	
C. Porfiro-Millon	425	380	500	1305	
T. Mooney	605	390	650	1645	
R. Richey	660	400	500	1560	
C. Pate	570	390	510	1470	
D. Hurley	575	350	540	1465	
M. Berram	475	315	520	1320	
M. Berram	675	400	605	1680	
C. Milligan	625	360	305	1395	
D. Jenkins	525	355	515	1395	
Women		155	105	190	450
106 Woodall					
122 Droege		300	165	305	820
129 Droege					
130 Beck		305	160	340	805
A. Spaw		320	170	330	820
A. South		240	160	305	705
D. Porfiro-Millon		135	120	240	495
B. Lattimore		145	185	330	660

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University of Evansville. Bench Team: 1. Caille High, 2. North Posey, 3. Booneville, 4. Jasper, 5. Tecumseh, 6. Greenfield. NOTE: No bench belt was used.

The event was held at the University of Evansville on 15 May 1993. This was one of the most unique contests that I had ever witnessed; it was the first time that a bench belt was used in a college event. The contest site was a one year old fitness complex that the university had built, and it is a two basketball floor-contest area with a plus an unbelievable dressing room and weight area. The contest itself consisted of an ADPEA Region 5 powerlifting contest; an Indiana High School Athletic Association (IHSAA) bench press contest; and a 100 lb bench press contest. What was unusual was that these three contests were all run at the same time. If you get this picture in your mind, the region's powerlifting contest, the demonstration on the left of the Region 5 meet was the Indiana State High School Bench Press Contest had its own sound system, and that it was probably the best sound system I have ever seen at.

Potter Festival Bench Press 19 Jun 93 - E. Liverpool, OH

Women

J. Burchett	130	125	165	395
M. Stryker	300	275	360	935
C. Hoyle	242	240	315	800
R. Shelle	198	188	255	640
M. Keefer	201	275	370	946
J. Price	150	190	240	580
L. Deters	165	200	275	640
R. Biddins	185	260	340	785
W. Stevens	167	290	320	777
J. Williams	165	250	242	657
L. Smith	165	250	242	657
L. Smith	165	250	242	657
L. Smith	165	250	242	657
L. Smith	165	250	242	657
L. Smith	165	250	242	657

It gets bigger and the lifters get 'big and mean.' Sue-Bully, the new YMCA director, really gave her table along with Mike Higfield, another of my workhorses, and they kept the meet rolling along. The two judges got a good job. The loaders are really the backbone of the meet and enough cannot be said of how we appreciate their help. Mark White was really the one who kept the meet on track. Thanks, Mark. (results courtesy Ernie Nagy)

CAPO/WPC Victorian (kg)

1,2 May 93 - Moorabbin, Australia				
Saturday	SC	BP	DL	Total
H. Horneam	125	80	140	345
K. Sutcliffe	105	62.5	127.5	295
R. West	178	250	310	738
C. Heffern	132	145	185	462
J. Smith	132	145	185	462
W. White	245	140	250	635
C. White	265	165	250	680
L. Wilson	265	165	250	680

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Florida State Drug Free Bench 17 Apr 93 - Lakeland, FL

Open/114	110	J. Hehman	145
D. Hill	110	G. Brokaw	140
H. Washington	240	C. Irons	80
L. Sowell	132	J. Schutte	185
P. Richardson	250	J. Dares	225
J. Dares	250	M. Serge	165
J. Dares	250	M. Serge	165
C. Roberts	345	C. Roberts	470
M. Davis	330	J. Pandolfi	445
F. Lindberg	320	M. Pardue	270
S. Reese	335	D. Roberg	260
A. Murray	210	J. Fack	435
E. Gille	165	E. Gille	365
P. Hill	365	P. Proutman	360
R. Nammal	305	D. Bins	300
K. Nammal	305	D. Bins	300
C. Spiliger	290	P. Bellperuch	280
D. Annzard	290	P. Bellperuch	280
J. E. Gille	410	D. Hicks	200
J. Jacobs	500	J. Jacobs	500
R. Cuzich	410	H. Rhobon	260
R. Cuzich	410	H. Rhobon	260
W. Ungart	360	D. Hogan	280
W. Ungart	360	D. Hogan	280
W. Stränge	520	D. Lawrence	230
K. Raines	505	198	300
L. Arthur	470	C. Boser	300
C. Bryan	400	220	290
J. Pandolfi	445	E. Williams	290
UNL	525	UNL	310
I. John	315	P. Crutz	275
R. Harris	500		

Team: All American Gym. The Florida State Drug Free Bench Championship was cosponsored by the Florida State University, Florida State Parks and Recreation Dept., Lakeland, FL. Seven tested contest. Beau Moore hit 525 for the heaviest lift in the class. Willifred Stränge weighed light in his class but lifted heavy with 520. Willifred hit the best lift trophy for 147.5 Tony Conyers, who ran up a 14.500, but he missed his lift. Larry Arthur at 470 was the over 40 winner. Fred Lack won the over 50 with, for him, a disappointing 435. Bill Komesy continues to improve at over 550 on the floor. Willifred Stränge weighed light in his class but lifted heavy with 520. Willifred hit the best lift trophy for 147.5 Tony Conyers, who ran up a 14.500, but he missed his lift. Larry Arthur at 470 was the over 40 winner. Fred Lack won the over 50 with, for him, a disappointing 435. Bill Komesy continues to improve at over 550 on the floor. 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Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can

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What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

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However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had. Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

At Marathon, we've decided to give you an unheard-of TRIPLE Guarantee that puts our money where our mouth is. It's this...

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Just imagine the best male and female powerlifters in the country putting on Marathon's new **DOUBLE GOLDLINE™** kneewraps, doing a couple of warm-ups and immediately throwing away their "trusted" kneewraps—the ones they came prepared to compete with! Why did they throw their old wraps away? Simple. These experienced lifters *instantly* recognized the superior performance and quality of the **DOUBLE GOLDLINE™**. So they decided to use them in their three squat attempts during the actual competition!

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These amazing results have led Marathon Distributing Company to make the following guarantee: If you don't find Marathon's **DOUBLE GOLDLINE™ SUPERWRAP® 10** to be the best kneewrap you've ever worn, just return them and Marathon will promptly refund every penny you paid—including shipping and handling charges—with no questions asked!

What Makes This Kneewrap So Special?

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- **LONG LASTING, HIGH-QUALITY!** The high quality materials used in the **DOUBLE GOLDLINE™** kneewrap will provide consistently higher performance—better than any other kneewrap available!
- **UNEQUALLED COMFORT!** An added plus is that the **DOUBLE GOLDLINE™** kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

With all this, it's no wonder that after the competition the competitors said the **DOUBLE GOLDLINE™ SUPERWRAP® 10** is the best performing kneewrap they've ever worn!

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26, 27 Jun 93 - Dallas, TX (kg)

Bench Press	165	192.5	112.5	210	515
Kumbar	181	252.5	145	227.5	625
Marshall	150	270	155	255	680
Ol	120	322.5	185.5	275	782.5
Millions	155	147.5	100	100	100
Millions	120	167.5	223	120	120
Millions	181	145	145	145	145

ADPFA Natus C. Rhodes Memorial

Nov 92 - Gulfport, MS	151	192.5	112.5	210	515
Nov 92 - Gulfport, MS	181	252.5	145	227.5	625
Nov 92 - Gulfport, MS	150	270	155	255	680
Nov 92 - Gulfport, MS	120	322.5	185.5	275	782.5
Nov 92 - Gulfport, MS	155	147.5	100	100	100
Nov 92 - Gulfport, MS	120	167.5	223	120	120

Willmarfest Bench Press
26 Jun 93 - Willmar, MN

Women Novice	114	192.5	112.5	210	515
Women Novice	148	252.5	145	227.5	625
Women Novice	150	270	155	255	680
Women Novice	120	322.5	185.5	275	782.5
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Women Novice	155	147.5	100	100	100
Women Novice	120	167.5	223	120	120

Judge: Keith Sorenson, Darwin Jacobson, and John Anderson, Darwin Jacobson, and John Anderson, Darwin Jacobson, and John Anderson...
L. Whibes 264 231 330 826
M. McNeil 506 297 484 1289
D. McGrath 583 341 561 1488
M. Stanovich 627 381 479 1433
R. Stanovich 132 468 253 854
M. Stanovich 322.55 185.5 275 782.55
M. Stanovich 147.5 100 100 100
M. Stanovich 167.5 223 120 120

ADPFA Natus C. Rhodes Memorial
Nov 92 - Gulfport, MS
151 192.5 112.5 210 515
181 252.5 145 227.5 625
150 270 155 255 680
120 322.5 185.5 275 782.5
155 147.5 100 100 100
120 167.5 223 120 120

Willmarfest Bench Press
26 Jun 93 - Willmar, MN
Women Novice 114 192.5 112.5 210 515
Women Novice 148 252.5 145 227.5 625
Women Novice 150 270 155 255 680
Women Novice 120 322.5 185.5 275 782.5
Women Novice 155 147.5 100 100 100
Women Novice 120 167.5 223 120 120

Willmarfest Bench Press
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Women Novice 148 252.5 145 227.5 625
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Women Novice 120 322.5 185.5 275 782.5
Women Novice 155 147.5 100 100 100
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The IRONMAN Training System Success Guide '93

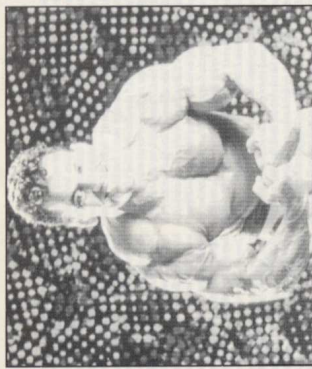
The IRONMAN Training System Success Guide starts where all other bodybuilding training books end. Developed in 1990 by the internationally recognized leading team of bodybuilding periodization specialist in the U.S. This complete, step-by-step, Do-It-Yourself book is the first training guide in the history 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**



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IRONMAN
Training
System
Success
Guide



"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"

Tommy Buzzo squatting 650 at the Virginia Games (Paul Sutphin)

Virginia State Games
26 Jun 93 - Richmond, VA

Women Open	SQ	BP	DL	Total
D. Colazzi	175	145	255	575
114 Junior				
R. Simmons-17	200*	190	280*	670*
148 Judo-19	205	150	285	640
165				
S. Call-21	405*	245	470*	1120*
T. Kontos-21	400	250*	465	1115
181				
C. Colazzi-17	195	145	275	615
181				
R. Johnson-22	385*	265*	380*	1030*
148 Open				
R. Bernhard	315	295	340	950
165				
A. Hymyak	480	350	480	1310
181				
A. Olawubosola	585	365	600	1550
R. Weaver	440	285	450	1175
181				
R. Belknap	585	300	520	1405
D. Foster	450	250	480	1180
220				
F. McInyre	700	500	640	1710
T. Kelly	700	400	610	1710
D. Foster	525	355	550	1430
T. Grady	220	155	245	620
242				
T. Bennett	650	390	605	1645
242				
D. Burzo	655	360	585	1600
275				
D. Wood	575	370	490	1435
275				
Men Masters				
L. Eggleston-46	390*	220	425*	1035*
148				
R. Nelson-49	225	250	300	775
220				
D. Walters-42	460	350	470	1280
B. Hoge-43	320	260	480	1075
B. Hoge-43	320	260	480	1075

Downtown YMCA in Richmond, VA, was the site of the 3rd edition of the powerlifting Competition. This year, the title of "Virginia's Best" went to Steve Call and Tim Kontos had a great battle in the 202-23 165s, as Steve claimed new squat, deadlift, and total records and Tim won squats, deadlift, and total records and Tim was reweighed to get into the 165's and set a new 16-

WNPF Massachusetts BP/ DL
22 May 93
Bench Press
A. Brunell 410
A. Brunell 360
220 Master 40-44
P. Falkowski 330
275 Natural
275 Teen 17-19
M. Puglia 425
275 Master 45-49
A. Wallers 360
Deadlift
Women
R. Boyland 305
148 Master 40-44
D. Leham-Scott 375:
275 Teen 14-16
N. Spodio 350!
181 Master 45-49
P. Beaumont 350
K. Brown 365
D. Levesque 530!
198 Master 55-59
F. Peterson 580!
M. Conroy 360
A. Brunell 510
220 Lifetime
C. Blanchard 400
A. Brunell 410
The results of this competition to Powerlifting USA)

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- *CAFFEINE
- *DIET AID

For information on custom manufacturing and distributing.

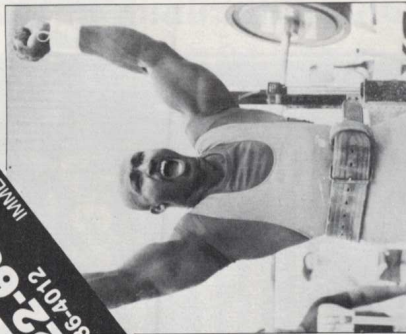
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"Other suits are okay. Okay is okay, but I want the best. That's why I wear Inzer suits." - BULL STEWART

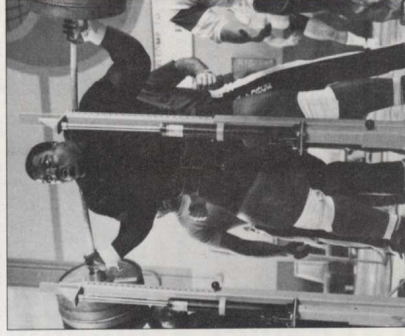


"I've tried other suits. Inzer Suits are the best I've ever worn." - ED COAN

Ed Coan is available for seminars and appearances. For information call 800-222-6897



I wear all of Inzer's gear, because it's a must for safety and top performance." - GARY HEISEY



"Inzer Advance Designs gear is the most excellent quality. It's what I wear." - O.D. Wilson

*In Memory of O.D. Wilson
 9/12/54 - 10/29/91*

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Inzer Advance Designs T-shirts — 2 color logo
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 S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo	\$8.00
Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L, XL, XXL	\$19.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	\$29.00
Wrist Wraps — full length with velcro and thumb loop	\$9.95
Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$11.95

COMPETITION BELTS

Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching	\$74.00 \$64.00
10 cm x approximately 10 mm • 4 rows of stitching	\$90.00 \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality

Chalk — imported from Italy. The very best for grip — 1 lb. box of 8 - 2 oz. blocks

Suit Slippers — makes putting on tight suits easier. M, L	\$2.00
Ammonia Caps - Box of 12	\$19.95
	\$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	
Baddest Bench in America - multi-color design	\$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs	\$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

NASA New Mexico State
22 May 93 - Albuquerque, NM (kg)

Bench Press	114	123	132	140	148	156	164	172	180	188	196	204	212	220
Women														
Clark	45	50	55	60	65	70	75	80	85	90	95	100	105	110
Rosier	110	115	120	125	130	135	140	145	150	155	160	165	170	175
Junions	175	180	185	190	195	200	205	210	215	220	225	230	235	240
Bar	62.5	65	67.5	70	72.5	75	77.5	80	82.5	85	87.5	90	92.5	95
Marinez	137.5	140	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170
Dobesh	171.5	174	177	180	183	186	189	192	195	198	201	204	207	210
Blanch	217	220	223	226	229	232	235	238	241	244	247	250	253	256
James	125	128	131	134	137	140	143	146	149	152	155	158	161	164
Waller	127.5	130	133	136	139	142	145	148	151	154	157	160	163	166
East	172.5	175	178	181	184	187	190	193	196	199	202	205	208	211
Siddell	192.5	195	198	201	204	207	210	213	216	219	222	225	228	231
Waller	242	245	248	251	254	257	260	263	266	269	272	275	278	281
Waller	300	303	306	309	312	315	318	321	324	327	330	333	336	339
Nichols	137.5	140	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170
Marinez	175	178	181	184	187	190	193	196	199	202	205	208	211	214
Paul	127.5	130	133	136	139	142	145	148	151	154	157	160	163	166
Paul	172.5	175	178	181	184	187	190	193	196	199	202	205	208	211
Paul	217	220	223	226	229	232	235	238	241	244	247	250	253	256
Paul	262	265	268	271	274	277	280	283	286	289	292	295	298	301
Paul	317	320	323	326	329	332	335	338	341	344	347	350	353	356
Paul	362	365	368	371	374	377	380	383	386	389	392	395	398	401
Paul	417	420	423	426	429	432	435	438	441	444	447	450	453	456
Paul	462	465	468	471	474	477	480	483	486	489	492	495	498	501
Paul	507	510	513	516	519	522	525	528	531	534	537	540	543	546
Paul	552	555	558	561	564	567	570	573	576	579	582	585	588	591
Paul	597	600	603	606	609	612	615	618	621	624	627	630	633	636
Paul	641	644	647	650	653	656	659	662	665	668	671	674	677	680
Paul	685	688	691	694	697	700	703	706	709	712	715	718	721	724
Paul	729	732	735	738	741	744	747	750	753	756	759	762	765	768
Paul	773	776	779	782	785	788	791	794	797	800	803	806	809	812
Paul	817	820	823	826	829	832	835	838	841	844	847	850	853	856
Paul	861	864	867	870	873	876	879	882	885	888	891	894	897	900
Paul	905	908	911	914	917	920	923	926	929	932	935	938	941	944
Paul	949	952	955	958	961	964	967	970	973	976	979	982	985	988
Paul	993	996	999	1002	1005	1008	1011	1014	1017	1020	1023	1026	1029	1032
Paul	1036	1039	1042	1045	1048	1051	1054	1057	1060	1063	1066	1069	1072	1075
Paul	1080	1083	1086	1089	1092	1095	1098	1101	1104	1107	1110	1113	1116	1119
Paul	1123	1126	1129	1132	1135	1138	1141	1144	1147	1150	1153	1156	1159	1162

ADFFA New Mexico Bench Press
12 Jun 93 - Tesuque, NM

Women																					
Clark	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	
Rosier	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	
Junions	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	
Bar	62.5	65	67.5	70	72.5	75	77.5	80	82.5	85	87.5	90	92.5	95	97.5	100	102.5	105	107.5	110	
Marinez	137.5	140	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170	172.5	175	177.5	180	182.5	185	
Dobesh	171.5	174	177	180	183	186	189	192	195	198	201	204	207	210	213	216	219	222	225	228	
Blanch	217	220	223	226	229	232	235	238	241	244	247	250	253	256	259	262	265	268	271	274	
James	125	128	131	134	137	140	143	146	149	152	155	158	161	164	167	170	173	176	179	182	
Waller	127.5	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	
East	172.5	175	178	181	184	187	190	193	196	199	202	205	208	211	214	217	220	223	226	229	
Siddell	192.5	195	198	201	204	207	210	213	216	219	222	225	228	231	234	237	240	243	246	249	
Waller	242	245	248	251	254	257	260	263	266	269	272	275	278	281	284	287	290	293	296	299	
Waller	300	303	306	309	312	315	318	321	324	327	330	333	336	339	342	345	348	351	354	357	
Nichols	137.5	140	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170	172.5	175	177.5	180	182.5	185	
Marinez	175	178	181	184	187	190	193	196	199	202	205	208	211	214	217	220	223	226	229	232	
Paul	127.5	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	
Paul	172.5	175	178	181	184	187	190	193	196	199	202	205	208	211	214	217	220	223	226	229	
Paul	217	220	223	226	229	232	235	238	241	244	247	250	253	256	259	262	265	268	271	274	
Paul	262	265	268	271	274	277	280	283	286	289	292	295	298	301	304	307	310	313	316	319	
Paul	317	320	323	326	329	332	335	338	341	344	347	350	353	356	359	362	365	368	371	374	
Paul	362	365	368	371	374	377	380	383	386	389	392	395	398	401	404	407	410	413	416	419	
Paul	417	420	423	426	429	432	435	438	441	444	447	450	453	456	459	462	465	468	471	474	
Paul	462	465	468	471	474	477	480	483	486	489	492	495	498	501	504	507	510	513	516	519	
Paul	507	510	513	516	519	522	525	528	531	534	537	540	543	546	549	552	555	558	561	564	
Paul	552	555	558	561	564	567	570	573	576	579	582	585	588	591	594	597	600	603	606	609	
Paul	597	600	603	606	609	612	615	618	621	624	627	630	633	636	639	642	645	648	651	654	
Paul	641	644	647	650	653	656	659	662	665	668	671	674	677	680	683	686	689	692	695	698	
Paul	685	688	691	694	697	700	703	706	709	712	715	718	721	724	727	730	733	736	739	742	

2nd Winterville Bench Press
13 Jun 93 - Winterville, OH

Women																					
Clark	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	
Rosier	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	
Junions	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	
Bar	62.5	65	67.5	70	72.5	75	77.5	80	82.5	85	87.5	90	92.5	95	97.5	100	102.5	105	107.5	110	
Marinez	137.5	140	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170	172.5	175	177.5	180	182.5	185	
Dobesh	171.5	174	177	180	183	186	189	192	195	198	201	204	207	210	213	216	219	222	225	228	
Blanch	217	220	223	226	229	232	235	238	241	244	247	250	253	256	259	262	265	268	271	274	
James	125	128	131	134	137	140	143	146	149	152	155	158	161	164	167	170	173	176	179	182	
Waller	127.5	130	133	136	139	142	145	148	151	154	157	160	163	166	169	172	175	178	181	184	
East	172.5	175	178	181	184	187	190	193	196	199	202	205	208	211	214	217	220	223	226	229	
Siddell	192.5	195	198	201	204	207	210	213	216	219	222	225	228	231	234	237	240	243	246	249	
Waller	242	245	248	251	254	257	260	263	266	269	272	275	278	281	284	287	290	293	296	299	
Waller</																					

1993	1992	1991	1990	1989	1988	1987	1986	1985	1984	1983	1982	1981	1980
187.5	117.5	220	525	187.5	117.5	220	525	187.5	117.5	220	525	187.5	117.5
240	162.5	265	667.5	240	162.5	265	667.5	240	162.5	265	667.5	240	162.5
198	135	90	162.5	198	135	90	162.5	198	135	90	162.5	198	135
181	97.5	67.5	110	181	97.5	67.5	110	181	97.5	67.5	110	181	97.5
198	105	47.5	120	198	105	47.5	120	198	105	47.5	120	198	105
202.5	170	237.5	605	202.5	170	237.5	605	202.5	170	237.5	605	202.5	170
225	135	200	557.5	225	135	200	557.5	225	135	200	557.5	225	135
220	232.5	145	300	220	232.5	145	300	220	232.5	145	300	220	232.5
202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5
145	127.5	165	437.5	145	127.5	165	437.5	145	127.5	165	437.5	145	127.5
200	105	182.5	487.5	200	105	182.5	487.5	200	105	182.5	487.5	200	105
200	105	182.5	487.5	200	105	182.5	487.5	200	105	182.5	487.5	200	105
280	102.5	242.5	625	280	102.5	242.5	625	280	102.5	242.5	625	280	102.5
200	145	180	535	200	145	180	535	200	145	180	535	200	145
167.5	102.5	185	455	167.5	102.5	185	455	167.5	102.5	185	455	167.5	102.5
215	115	220	550	215	115	220	550	215	115	220	550	215	115
230	175	290	715	230	175	290	715	230	175	290	715	230	175
220	132.5	237.5	590	220	132.5	237.5	590	220	132.5	237.5	590	220	132.5
200	137.5	157.5	495	200	137.5	157.5	495	200	137.5	157.5	495	200	137.5
267.5	162.5	265	695	267.5	162.5	265	695	267.5	162.5	265	695	267.5	162.5
142.5	155	165	462.5	142.5	155	165	462.5	142.5	155	165	462.5	142.5	155
157.5	120	177.5	455	157.5	120	177.5	455	157.5	120	177.5	455	157.5	120
65	155	65	205	65	155	65	205	65	155	65	205	65	155
192.5	167.5	167.5	167.5	192.5	167.5	167.5	167.5	192.5	167.5	167.5	167.5	192.5	167.5
202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5
150	122.5	210	462.5	150	122.5	210	462.5	150	122.5	210	462.5	150	122.5
232.5	125	205	562.5	232.5	125	205	562.5	232.5	125	205	562.5	232.5	125
250	155	232.5	637.5	250	155	232.5	637.5	250	155	232.5	637.5	250	155
302.5	232.5	250	785	302.5	232.5	250	785	302.5	232.5	250	785	302.5	232.5
181	181	181	181	181	181	181	181	181	181	181	181	181	181
90	Percentile	190	190	90	Percentile	190	190	90	Percentile	190	190	90	Percentile
40	242	207.5	207.5	40	242	207.5	207.5	40	242	207.5	207.5	40	242
114	Men Pure	190	190	114	Men Pure	190	190	114	Men Pure	190	190	114	Men Pure
53.5	High School Pure	220	220	53.5	High School Pure	220	220	53.5	High School Pure	220	220	53.5	High School Pure
145	198	135	135	145	198	135	135	145	198	135	135	145	198
135	Colles	135	135	135	Colles	135	135	135	Colles	135	135	135	Colles
160	198	140	140	160	198	140	140	160	198	140	140	160	198
202.5	Submaster 1	150	150	202.5	Submaster 1	150	150	202.5	Submaster 1	150	150	202.5	Submaster 1
162.5	165	162.5	162.5	162.5	165	162.5	162.5	162.5	165	162.5	162.5	162.5	165
162.5	Shilley	145	145	162.5	Shilley	145	145	162.5	Shilley	145	145	162.5	Shilley
157.5	198	157.5	157.5	157.5	198	157.5	157.5	157.5	198	157.5	157.5	157.5	198
190	Payne	155	155	190	Payne	155	155	190	Payne	155	155	190	Payne
177.5	220	177.5	177.5	177.5	220	177.5	177.5	177.5	220	177.5	177.5	177.5	220
222.5	Shilley	137.5	137.5	222.5	Shilley	137.5	137.5	222.5	Shilley	137.5	137.5	222.5	Shilley
137.5	242	137.5	137.5	137.5	242	137.5	137.5	137.5	242	137.5	137.5	137.5	242
145	Nugen	175	175	145	Nugen	175	175	145	Nugen	175	175	145	Nugen
142.5	181	142.5	142.5	142.5	181	142.5	142.5	142.5	181	142.5	142.5	142.5	181
160	Lambert	155	155	160	Lambert	155	155	160	Lambert	155	155	160	Lambert
140	Tabor	140	140	140	Tabor	140	140	140	Tabor	140	140	140	Tabor
170	Taylor	155	155	170	Taylor	155	155	170	Taylor	155	155	170	Taylor
155	Master 2	140	140	155	Master 2	140	140	155	Master 2	140	140	155	Master 2
192.5	165	192.5	192.5	192.5	165	192.5	192.5	192.5	165	192.5	192.5	192.5	165
167.5	220	167.5	167.5	167.5	220	167.5	167.5	167.5	220	167.5	167.5	167.5	220
190	242	190	190	190	242	190	190	190	242	190	190	190	242
148	Hoop	165	165	148	Hoop	165	165	148	Hoop	165	165	148	Hoop
117.5	190	117.5	117.5	117.5	190	117.5	117.5	117.5	190	117.5	117.5	117.5	190
148	Hoop	117.5	117.5	148	Hoop	117.5	117.5	148	Hoop	117.5	117.5	148	Hoop

1993	1992	1991	1990	1989	1988	1987	1986	1985	1984	1983	1982	1981	1980
187.5	117.5	220	525	187.5	117.5	220	525	187.5	117.5	220	525	187.5	117.5
240	162.5	265	667.5	240	162.5	265	667.5	240	162.5	265	667.5	240	162.5
198	135	90	162.5	198	135	90	162.5	198	135	90	162.5	198	135
181	97.5	67.5	110	181	97.5	67.5	110	181	97.5	67.5	110	181	97.5
198	105	47.5	120	198	105	47.5	120	198	105	47.5	120	198	105
202.5	170	237.5	605	202.5	170	237.5	605	202.5	170	237.5	605	202.5	170
225	135	200	557.5	225	135	200	557.5	225	135	200	557.5	225	135
220	232.5	145	300	220	232.5	145	300	220	232.5	145	300	220	232.5
202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5
145	127.5	165	437.5	145	127.5	165	437.5	145	127.5	165	437.5	145	127.5
200	105	182.5	487.5	200	105	182.5	487.5	200	105	182.5	487.5	200	105
200	105	182.5	487.5	200	105	182.5	487.5	200	105	182.5	487.5	200	105
280	102.5	242.5	625	280	102.5	242.5	625	280	102.5	242.5	625	280	102.5
200	145	180	535	200	145	180	535	200	145	180	535	200	145
167.5	102.5	185	455	167.5	102.5	185	455	167.5	102.5	185	455	167.5	102.5
215	115	220	550	215	115	220	550	215	115	220	550	215	115
230	175	290	715	230	175	290	715	230	175	290	715	230	175
220	132.5	237.5	590	220	132.5	237.5	590	220	132.5	237.5	590	220	132.5
200	137.5	157.5	495	200	137.5	157.5	495	200	137.5	157.5	495	200	137.5
267.5	162.5	265	695	267.5	162.5	265	695	267.5	162.5	265	695	267.5	162.5
142.5	155	165	462.5	142.5	155	165	462.5	142.5	155	165	462.5	142.5	155
157.5	120	177.5	455	157.5	120	177.5	455	157.5	120	177.5	455	157.5	120
65	155	65	205	65	155	65	205	65	155	65	205	65	155
192.5	167.5	167.5	167.5	192.5	167.5	167.5	167.5	192.5	167.5	167.5	167.5	192.5	167.5
202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5	212.5	532.5	202.5	117.5
150	122.5	210	462.5	150	122.5	210	462.5	150	122.5	210	462.5	150	122.5
232.5	125	205	562.5	232.5	125	205	562.5	232.5	125				

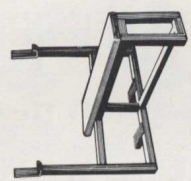
KUC'S FITNESS



Plate Tree \$59



Preacher Curl \$119



2" Adjustable Upright Power Bench \$149



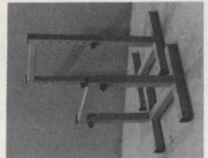
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Lift with complete safety Spotter \$129



Cambered Olympic Bar \$149

Olympic EZ \$59

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All Heavy Duty Equipment shipped freight collect

Super Heavy Duty 3" Power Bench \$275

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Power People



A Walking, Talking, Rolling Representative of several powerlifting and mainstream sponsors and supporters, super strongman Anthony Clark gets around in a new car decorated with the logos of companies the likes of Hot Stuff, Iner Advance Designs, Toka Enterprises, Gold's Gym, Safe USA, LATOK, Body Glove, Olymco, Taniast Center, Malibu Grand Prix and others. This is one way he helps and promotes both the sport of Powerlifting and the institutions and individuals that support him.

Paul Sulphin, Kenny Woodell, Charlie Thompson, Men 45-49
and Earl Lilly, head director Rusty Harvey again did a
outstanding job last year in promoting the Greenbrier
Championships. Thanks to the hard work of Ken, Men 50-54
Woodell was presented a special award. Woodell
edging his achievement in both 1991 and 1992 as a
winner of the WVP Classic series. (Thanks to Paul
Men 45-49
350 240 355 945
198
Women 33-39
435: 300: 465 1200
Men 50-54
350 215 375 950
Men 60-64
480: 300 440 1230
4th attempt
220
Men 55-59
480 245 500 1225
Men 65-69
400 285 405 1090
Men 45-49
430* 260 450 1140
Men 50-54
690 465 610 1765
S. MacCormick
F. Francisco
E. Francisco
Men 50-54
450
Men 45-49
SHW
B. Riley
635 375 550 1610
Women 40-44
N. Tessler
155 100 250: 505
*Florida state record, world record. Meet Direc-
tor of the event, Scott Taylor, alternates courtesy of Cobra
Rice, Scott Taylor; alternates courtesy of Cobra
Power Team. Team Winner: Titan Power Team.
This year's event produced quite a few interesting world
records and state records were set. Barbara Rohr
made a nice submaster Florida record in the squat
while Lynn Robinson, 198 Michigan made a 425
squat. Jill Bernly set a new masters record in a 200
total. 330 bench press, and 465 deadlift for a 2000
total. Jill Bernly set a new masters record in the
60-64 198 division with a 145 lbs. 500 squat.
with an easy 430. Steve McCormick set some new
Florida Submaster records showing excellent form
on each lift. Nancy Tessler set a new women's
lifts. She looked like she had more in her and I'm
sure the next time she will set new records. Rea-
place each weight class and excellent! Look forward
to next year's event. (results courtesy Scott Taylor)

USPF Connecticut

Men	SQ	BP	DL	Total
148	470	290	510	1270
150	465	270	490	1225
155	440	310	465	1215
160	275	320	250	845
165	405	275	500	1180
170	600	430	630	1740
175	540	340	525	1405
180	525	305	550	1380
185	425	300	475	1200
190	600	410	540	1550
195	525	350	530	1405
200	700	300	700	1700
205	700	300	700	1700
210	300	250	500	1250
215	275	250	450	975
220	275	290	365	930
225	500	305	450	1255
230	375	300	500	1175
235	275	170	320	765
240	170	135	250	555
245	275	140	300	715
250	440	310	465	1215

The meet went very well. I would like to thank all the helpers and supporters of the Hard Core Pro-
motional Series. Thanks to all the people who made
the meet could not have taken place. (Thanks to Jerry
Sylvia, Hard Core Promotions, for these results)

APA Master and Submaster Championships

Men	SQ	BP	DL	Total
148	235*	125	295	610
150	235*	125	295	610
155	235*	125	295	610
160	235*	125	295	610
165	235*	125	295	610
170	235*	125	295	610
175	235*	125	295	610
180	235*	125	295	610
185	235*	125	295	610
190	235*	125	295	610
195	235*	125	295	610
200	235*	125	295	610
205	235*	125	295	610
210	235*	125	295	610
215	235*	125	295	610
220	235*	125	295	610
225	235*	125	295	610
230	235*	125	295	610
235	235*	125	295	610
240	235*	125	295	610
245	235*	125	295	610
250	235*	125	295	610

Buller's 93 Outdoor Push/Pull

Men	SQ	BP	DL	Total
148	465	290	510	1270
150	465	270	490	1225
155	440	310	465	1215
160	275	320	250	845
165	405	275	500	1180
170	600	430	630	1740
175	540	340	525	1405
180	525	305	550	1380
185	425	300	475	1200
190	600	410	540	1550
195	525	350	530	1405
200	700	300	700	1700
205	700	300	700	1700
210	300	250	500	1250
215	275	250	450	975
220	275	290	365	930
225	500	305	450	1255
230	375	300	500	1175
235	275	170	320	765
240	170	135	250	555
245	275	140	300	715
250	440	310	465	1215

USPF 2nd Annual Biggest Bench on the Greenbrier

Men	SQ	BP	DL	Total
114	155	165	355	675
115	181	181	355	717
116	275	181	325	781
117	265	181	325	771
118	265	181	325	771
119	265	181	325	771
120	265	181	325	771
121	265	181	325	771
122	265	181	325	771
123	265	181	325	771
124	265	181	325	771
125	265	181	325	771
126	265	181	325	771
127	265	181	325	771
128	265	181	325	771
129	265	181	325	771
130	265	181	325	771
131	265	181	325	771
132	265	181	325	771
133	265	181	325	771
134	265	181	325	771
135	265	181	325	771
136	265	181	325	771
137	265	181	325	771
138	265	181	325	771
139	265	181	325	771
140	265	181	325	771
141	265	181	325	771
142	265	181	325	771
143	265	181	325	771
144	265	181	325	771
145	265	181	325	771
146	265	181	325	771
147	265	181	325	771
148	265	181	325	771
149	265	181	325	771
150	265	181	325	771
151	265	181	325	771
152	265	181	325	771
153	265	181	325	771
154	265	181	325	771
155	265	181	325	771
156	265	181	325	771
157	265	181	325	771
158	265	181	325	771
159	265	181	325	771
160	265	181	325	771
161	265	181	325	771
162	265	181	325	771
163	265	181	325	771
164	265	181	325	771
165	265	181	325	771
166	265	181	325	771
167	265	181	325	771
168	265	181	325	771
169	265	181	325	771
170	265	181	325	771
171	265	181	325	771
172	265	181	325	771
173	265	181	325	771
174	265	181	325	771
175	265	181	325	771
176	265	181	325	771
177	265	181	325	771
178	265	181	325	771
179	265	181	325	771
180	265	181	325	771
181	265	181	325	771
182	265	181	325	771
183	265	181	325	771
184	265	181	325	771
185	265	181	325	771
186	265	181	325	771
187	265	181	325	771
188	265	181	325	771
189	265	181	325	771
190	265	181	325	771
191	265	181	325	771
192	265	181	325	771
193	265	181	325	771
194	265	181	325	771
195	265	181	325	771
196	265	181	325	771
197	265	181	325	771
198	265	181	325	771
199	265	181	325	771
200	265	181	325	771
201	265	181	325	771
202	265	181	325	771
203	265	181	325	771
204	265	181	325	771
205	265	181	325	771
206	265	181	325	771
207	265	181	325	771
208	265	181	325	771
209	265	181	325	771
210	265	181	325	771
211	265	181	325	771
212	265	181	325	771
213	265	181	325	771
214	265	181	325	771
215	265	181	325	771
216	265	181	325	771
217	265	181	325	771
218	265	181	325	771
219	265	181	325	771
220	265	181	325	771
221	265	181	325	771
222	265	181	325	771
223	265	181	325	771
224	265	181	325	771
225	265	181	325	771
226				

Power People



David Nichols has been competing for ten years and is proud of his drug free status. One of his most memorable lifts was a 500 lb. squat at 183 lbs. pictured here with Cameron, Dave is the man behind Camro 'Home of the Power Pendant' 1-908-409-6789

ADFFPA Maryland/Mason-Dixon			
15 May 93 - Columbia, MD			
Submasters	SQ	BP	DL
165	500	275	515
180	500	275	515
198	500	275	515
200	500	275	515
210	500	275	515
220	500	275	515
230	500	275	515
240	500	275	515
250	500	275	515
260	500	275	515
270	500	275	515
280	500	275	515
290	500	275	515
300	500	275	515
310	500	275	515
320	500	275	515
330	500	275	515
340	500	275	515
350	500	275	515
360	500	275	515
370	500	275	515
380	500	275	515
390	500	275	515
400	500	275	515
410	500	275	515
420	500	275	515
430	500	275	515
440	500	275	515
450	500	275	515
460	500	275	515
470	500	275	515
480	500	275	515
490	500	275	515
500	500	275	515

Japanese Masters National			
23 May 93 - Tokoname City (kg)			
Women	SQ	BP	DL
1331	72.5	125	332.5
1332	72.5	125	332.5
1333	72.5	125	332.5
1334	72.5	125	332.5
1335	72.5	125	332.5
1336	72.5	125	332.5
1337	72.5	125	332.5
1338	72.5	125	332.5
1339	72.5	125	332.5
1340	72.5	125	332.5
1341	72.5	125	332.5
1342	72.5	125	332.5
1343	72.5	125	332.5
1344	72.5	125	332.5
1345	72.5	125	332.5
1346	72.5	125	332.5
1347	72.5	125	332.5
1348	72.5	125	332.5
1349	72.5	125	332.5
1350	72.5	125	332.5
1351	72.5	125	332.5
1352	72.5	125	332.5
1353	72.5	125	332.5
1354	72.5	125	332.5
1355	72.5	125	332.5
1356	72.5	125	332.5
1357	72.5	125	332.5
1358	72.5	125	332.5
1359	72.5	125	332.5
1360	72.5	125	332.5
1361	72.5	125	332.5
1362	72.5	125	332.5
1363	72.5	125	332.5
1364	72.5	125	332.5
1365	72.5	125	332.5
1366	72.5	125	332.5
1367	72.5	125	332.5
1368	72.5	125	332.5
1369	72.5	125	332.5
1370	72.5	125	332.5
1371	72.5	125	332.5
1372	72.5	125	332.5
1373	72.5	125	332.5
1374	72.5	125	332.5
1375	72.5	125	332.5
1376	72.5	125	332.5
1377	72.5	125	332.5
1378	72.5	125	332.5
1379	72.5	125	332.5
1380	72.5	125	332.5
1381	72.5	125	332.5
1382	72.5	125	332.5
1383	72.5	125	332.5
1384	72.5	125	332.5
1385	72.5	125	332.5
1386	72.5	125	332.5
1387	72.5	125	332.5
1388	72.5	125	332.5
1389	72.5	125	332.5
1390	72.5	125	332.5
1391	72.5	125	332.5
1392	72.5	125	332.5
1393	72.5	125	332.5
1394	72.5	125	332.5
1395	72.5	125	332.5
1396	72.5	125	332.5
1397	72.5	125	332.5
1398	72.5	125	332.5
1399	72.5	125	332.5
1400	72.5	125	332.5

Application for Registration in

Natural Athlete Strength Association

Last Name: _____ First Name: _____ Initial: _____ Date of App.: _____

Street Address: _____

City: _____ State: _____ Zip: _____

High School: _____ Referee: _____ Date of Birth: _____ Age: _____

High School: _____ \$15.00 Adults - \$25.00 Youth - \$15.00

Membership includes a Personal Rulebook and a year's subscription to "The Natural" Make and Mail Checks payable to: NASA, Box 735, Noble, OK 73068

I Certify that the above Answers are Correct

ADFFPA Pennsylvania Bench Press			
12 Jun 93 - Lemoyne, PA			
Women	SQ	BP	DL
165	350	225	515
180	375	240	540
195	400	255	570
210	425	270	600
225	450	285	630
240	475	300	660
255	500	315	690
270	525	330	720
285	550	345	750
300	575	360	780
315	600	375	810
330	625	390	840
345	650	405	870
360	675	420	900
375	700	435	930
390	725	450	960
405	750	465	990
420	775	480	1020
435	800	495	1050
450	825	510	1080
465	850	525	1110
480	875	540	1140
495	900	555	1170
510	925	570	1200
525	950	585	1230
540	975	600	1260
555	1000	615	1290
570	1025	630	1320
585	1050	645	1350
600	1075	660	1380
615	1100	675	1410
630	1125	690	1440
645	1150	705	1470
660	1175	720	1500
675	1200	735	1530
690	1225	750	1560
705	1250	765	1590
720	1275	780	1620
735	1300	795	1650
750	1325	810	1680
765	1350	825	1710
780	1375	840	1740
795	1400	855	1770
810	1425	870	1800
825	1450	885	1830
840	1475	900	1860
855	1500	915	1890
870	1525	930	1920
885	1550	945	1950
900	1575	960	1980
915	1600	975	2010
930	1625	990	2040
945	1650	1005	2070
960	1675	1020	2100
975	1700	1035	2130
990	1725	1050	2160
1005	1750	1065	2190
1020	1775	1080	2220
1035	1800	1095	2250
1050	1825	1110	2280
1065	1850	1125	2310
1080	1875	1140	2340
1095	1900	1155	2370
1110	1925	1170	2400
1125	1950	1185	2430
1140	1975	1200	2460
1155	2000	1215	2490
1170	2025	1230	2520
1185	2050	1245	2550
1200	2075	1260	2580
1215	2100	1275	2610
1230	2125	1290	2640
1245	2150	1305	2670
1260	2175	1320	2700
1275	2200	1335	2730
1290	2225	1350	2760
1305	2250	1365	2790
1320	2275	1380	2820
1335	2300	1395	2850
1350	2325	1410	2880
1365	2350	1425	2910
1380	2375	1440	2940
1395	2400	1455	2970
1410	2425	1470	3000
1425	2450	1485	3030
1440	2475	1500	3060
1455	2500	1515	3090
1470	2525	1530	3120
1485	2550	1545	3150
1500	2575	1560	3180
1515	2600	1575	3210
1530	2625	1590	3240
1545	2650	1605	3270
1560	2675	1620	3300
1575	2700	1635	3330
1590	2725	1650	3360
1605	2750	1665	3390
1620	2775	1680	3420
1635	2800	1695	3450
1650	2825	1710	3480
1665	2850	1725	3510
1680	2875	1740	3540
1695	2900	1755	3570
1710	2925	1770	3600
1725	2950	1785	3630
1740	2975	1800	3660
1755	3000	1815	3690
1770	3025	1830	3720
1785	3050	1845	3750
1800	3075	1860	3780
1815	3100	1875	3810
1830	3125	1890	3840
1845	3150	1905	3870
1860	3175	1920	3900
1875	3200	1935	3930
1890	3225	1950	3960
1905	3250	1965	3990
1920	3275	1980	4020
1935	3300	1995	4050
1950	3325	2010	4080
1965	3350	2025	4110
1980	3375	2040	4140
1995	3400	2055	4170
2010	3425	2070	4200
2025	3450	2085	4230
2040	3475	2100	4260
2055	3500	2115	4290
2070	3525	2130	4320
2085	3550	2145	4350
2100	3575	2160	4380
2115	3600	2175	4410
2130	3625	2190	4440
2145	3650	2205	4470
2160	3675	2220	4500
2175	3700	2235	4530
2190	3725	2250	4560
2205	3750	2265	4590
2220	3775	2280	4620
2235	3800	2295	4650
2250	3825	2310	4680
2265	3850	2325	4710
2280	3875	2340	4740
2295	3900	2355	4770
2310	3925	2370	4800
2325	3950	2385	4830
2340	3975	2400	4860
2355	4000	2415	4890
2370	4025	2430	4920
2385	4050	2445	4950
2400	4075	2460	4980
2415	4100	2475	5010
2430	4125	2490	5040
2445	4150	2505	5070
2460	4175	2520	5100
2475	4200	2535	5130
2490	4225	2550	5160
2505	4250	2565	5190
2520	4275	2580	5220
2535	4300	2595	5250
2550	4325	2610	5280
2565	4350	2625	5310
2580	4375	2640	5340
2595	4400	2655	5370
2610	4425	2670	5400
2625	4450	2685	5430
2640	4475	2700	5460
2655	4500	2715	5490
2670	4525	2730	5520
2685	4550	2745	5550
2700	4575	2760	5580
2715	4600	2775	5610
2730	4625	2790	5640
2745	4650	2805	5670
2760	4675	2820	5700
2775	4700	2835	5730
2790	4725	2850	5760
2805	4750	2865	5790
2820	4775	2880	5820
2835	4800	2895	5850
2850	4825	2910	5880
2865	4850	2925	5910
2880	4875	2940	5940
2895	4900	2955	5970
2910	4925	2970	6000</

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NASA Ryan Powerlifting Club Meet
22 May 93 - Detroit, MI

	SQ	BP	DL	Total
Vicuna	225	215	300	790
148	190	340	755	
RonaldX	350	220	435	1005
Wilson	350	235	420	1005
146	200	375	905	
Danzler-Bey	315	260	375	950
Watson	300	280	365	945
181				
Brockman	520	260	520	1300
Sisk	475	300	500	1275
McClure	450	350	450	1250
145	440	280	425	1145
Bond	535	310	600	1445
Irvin	495	335	545	1375
Williams	515	330	525	1370
220	420	290	450	1160
Ogbyard	600	345	640	1585
Towns	595	345	610	1550
147	420	300	450	1170
Hudson	405	440	450	1275
Wiggins	480	370	500	1350
Marowski	500	340	490	1330
144				
McRatcliff	630	455	565	1650
Bell	630	440	610	1680
Weingarte-CL	370	3210	440	1020
Clark-CL	355		450	805
Young	450	385	520	1355
Starr-CL	375	450	520	1345

Guest Lifter, Official: Mario Torrez, I. Noriega, should become the greatest powerlifting meet to ever be held in a correctional institution. The Ryan Body-Building/Powerlifting Club, at the Ryan Prison, is a unique organization that has been successful in intense and time-shows of human prowess. Officialing such a meet can result in hard feelings and calls that were sure to be controversial. However, I. Noriega, Mario Torrez, and D. McCline-Bey are going to be fair, but that all competitors must compete with established universal powerlifting rules. The stages were set, competitors primed, set count, and minutes from the start of the meet. Three months of planning, commitments from the Ryan's RBB/PLC President, Mr. McCline-Bey, Vice-President, Mr. Noriega, Mr. Torrez, and the Master of Ceremonies Mr. Beyer, created an atmosphere that break all previous records by Ryan Body-Building/Powerlifting Club. The meet was held in the gymnasium of the Ryan Prison, hand-selected 20 of the most proficient and down right Gang Ho individuals in the club. These members were to challenge the outside lifters from the group to beat. I guess the name Hardbody was not chosen for nothing. As the day progressed, it could have gone either way. When they were all done, the Ryan Body-Building/Powerlifting Club had cleared the gymnasium and set up a hard up-hill battle with prisoners that have more time and determination than the outside lifters. The Ryan Body-Building/Powerlifting Club did not give up and in a few of the competitions they took the over title. The competition committees would like to thank all those involved in making the meet a success. If you are interested in joining the Ryan Body-Building/Powerlifting Club, please contact D. McCline-Bey at 15910106, 17500 Ryan Road, Detroit, MI 48212. If you are up to the challenge, then come on year if you are up to the challenge, then come on -we're waiting! (Thanks to Alan Sarcini for results.)

PSCPA Eastern Regional
17 Apr 93

	SQ	BP	DL	Total
T. Pruzinsky	260	175	335	770
R. Curtis	275	215	400	890
W. Kerec	200	115	290	610
S. Kerec	205	105	240	550
123				
J. Doung	235	155	290	680
J. Hostler	190	170	265	575
132				
T. Manore	300	195	330	875
B. Rimmel	275	200	370	845
C. Marday	275	150	355	780
V. Way	265	135	345	745
K. Black	255	195	295	745
F. Johnson	225	155	285	660
148				
C. Gallagher	385	240	370	995
K. King	320	190	425	935
A. Moore	300	210	405	915
R. Witniewski	295	200	385	880



NASA Officials at the Ryan Powerlifting Club Meet include Mario Torrez (seated), Doc Death, Tony Noriega, and D. Rosa, flanked by C. Vicuna (left) and D.L. McCline-Bey (right). Courtesy Ryan BB/PL club.

1st Napa Powerfest
10 Jul 93 - Napa, CA (kg)

	SQ	BP	DL	Total
Women Open	80	60	115	255
11				
Shanno	115	75	140	330
Cathy Savino	115	75	140	330
H. Carpenter	115	75	140	330
11				
M. Ustun	95	37.5	100	227.5
R. Zuber	95	40.5	97.5	233
J. Nelson	95	40.5	97.5	233
13				
P. Perry	335	210	350	900
M. Keretz	300	225	350	875
D. Cunningham	290	205	365	860
18				
Masters 35-39	515	295	490	1300
19				
S. Fogarty	460	285	465	1210
S. Fogarty	435	290	455	1180
R. Palmer	400	265	425	1090
D. Johnson	420	275	425	1120
D. Meaiti	370	270	405	1045
176+				
E. Young	365	260	405	1030
18				
Mack	375	205	420	1000
D. Fitzgerald	375	210	370	945
19				
M. Gernick	335	220	360	915
19				
J. Tirado	480	300	500	1280
K. Khalid	475	230	500	1205
A. Tronimo	430	200	500	1130
K. Andrews	400	245	490	1135
200				
J. Half	390	250	400	1040
J. Bachiaki	330	250	450	1030
T. Felle	350	205	455	1010
T. Gony	300	200	335	835
200				
J. Puckyn	500	345	520	1365
T. Beyer	500	250	500	1250
242				
T. Werley	500	275	500	1275
B. Kelton	450	285	460	1195
N. Weidman	405	235	425	1065
T. Carasco	375	215	400	990
J. Munchino	350	215	375	940
J. Munchino	300	235	325	860
242				
J. Griffin	655	310	1440	2405
E. Myrski	325	185	360	870
Team: I. Allentown Central Catholic, 2. Glen Mills, north-Hampton, Cheltenham, Outstanding Lifters: Light-Paul Flaver, Heavy-Jeff Puckyn				

Battle of the Bench
26 Jun 93 - St. Pete, FL

	SQ	BP	DL	Total
Tren	140	105	170	415
R. Richardson	140	105	170	415
J. O'Neil	295	215	340	850
S. Nelson	275	210	340	825
198				
Master 50+	360	240	360	960
123				
G. Bennett	220	120	220	560
F. Colon	220	120	220	560
123				
G. Carabato	245	140	245	630
J. Dilled Bl	245	140	245	630
132				
R. Bogardus	215	140	245	600
T. Wright	350	240	340	930
D. Vias	340	240	340	920
165				
R. Richardson	270	165	270	705
C. Owens Bl	300	275	300	875
P. Diaz	325	305	325	955
18				
S. Springfield	305	215	305	825
R. Harris	305	215	305	825
18				
J. Hamrick	400	275	400	1075

One KILOGRAM equals 2.2046 Pounds
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

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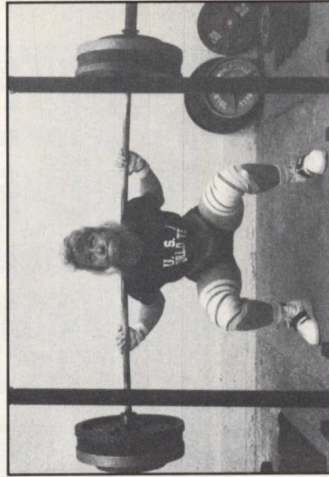
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<input type="checkbox"/> VISA/MC <input type="checkbox"/> AMEX <input type="checkbox"/> COD Height _____ Weight _____ Leg (Larger part) _____ Hip (Buttocks) _____ Chest _____ Overall (Below Groin) _____					

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(Closed) December 4, 1993
Iron Masters Gym USA
Proctorsville, Vermont
1st-3rd All wt. classes. All divisions open, teen, submaster, master, grandmaster, P&F
Deadline to apply: Nov. 20th
Call Dan C. Harvie
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1st-3rd All wt. classes. All divisions for men & women: open, teen, submaster, master, grandmaster, P&F
Deadline to apply: Nov. 20th
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Deadline to apply: Nov. 20th
Call Dan C. Harvie
802-226-7855
MWFF 9:00 or leave message

INTRODUCING THE BIGGEST, MOST POWERFUL WEIGHT-GAINER IN HISTORY

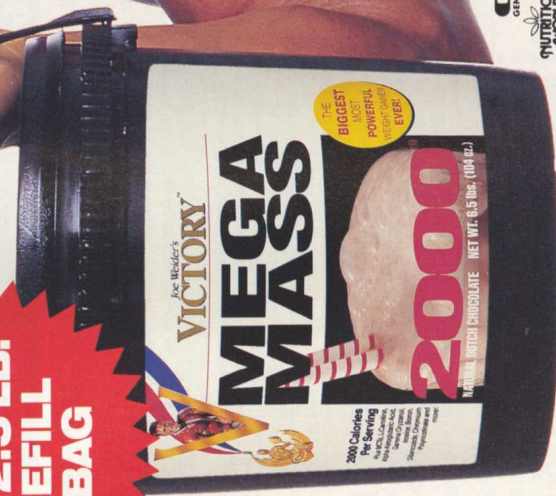
If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

Thanks to new technology, nutrients can be superconcentrated without affecting their bioavailability. The result is a weight-gain formula that delivers a mind-blowing, sleeve-busting 2000 calories in every delicious shake!

Even with water, **MEGA MASS 2000** yields 82 grams of the highest quality protein, 317 grams of turbo-charged carbohydrates and only 5 grams of fat. There is absolutely no bigger, more powerful weight-gainer than **MEGA MASS 2000**.

Try it. Drink up the power. Feel the weight piling on. Compared to **MEGA MASS 2000**, everything else is small fry.

**NOW
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IN 12.5 LB.
REFILL
BAG**

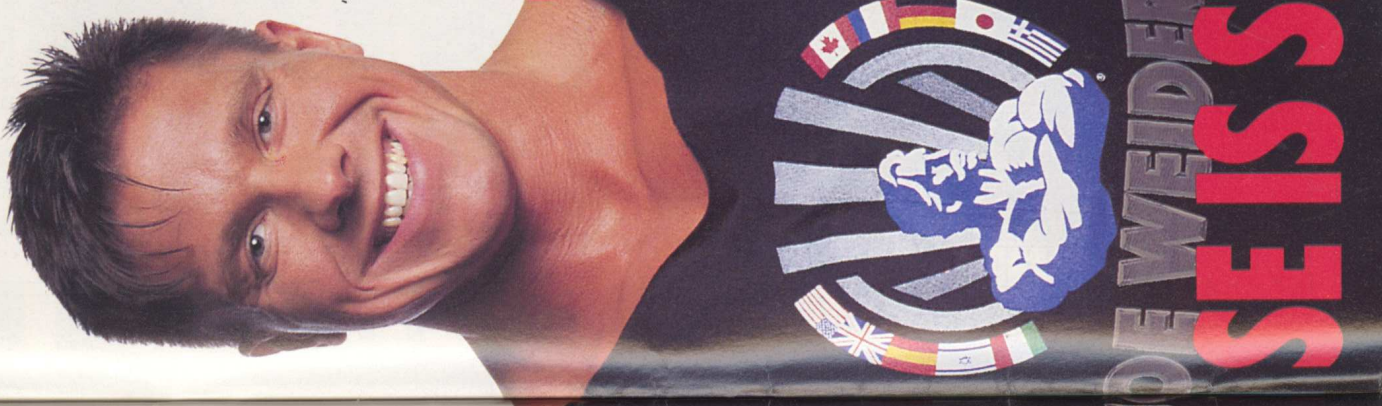


ACHIM ALBRECHT, World Champion Bodybuilder, is using **MEGA MASS 2000** to pack on mass between contests!

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EVERYTHING ELSE IS SMALL FRY



VICTORY MEGA MASS 2000

CALORIES PER SERVING MIXED WITH LOWFAT MILK	CALORIES PER SERVING POWDER ONLY	NUTRITION PROFILE POWDER ONLY		
		PROTEIN (g)	CARBS (g)	FAT (g)
2000	1640	82	317	5

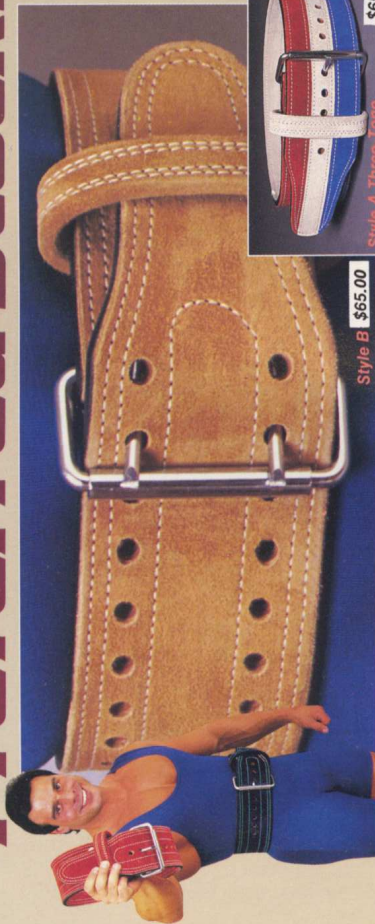
IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS
 "If you want a delicious, ultra-high calorie drink, this is it! Mega Mass 2000 is an extremely concentrated, nutrient dense formula that's great anytime, but advanced athletes can benefit by splitting up servings into three or four portions to help maximize nutrient absorption and utilization. Smaller drinks once after breakfast, again after lunch, late afternoon and in the evening provide the nutritional support your body needs to help pack on mass!"

New Flavor Creamy Strawberry!
 You asked for it we listened.
 Also in chocolate, Vanilla and Banana

Joe Weider
 Trainer of Champions
 Since 1936



Preferred Stock!



Style B \$65.00

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

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

- Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:
- Made from the world's finest leathers, for total and safe support
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

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

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

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

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

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

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

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

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

The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

- Silver
- Black
- Pearl White
- Grey
- Kelly Green
- Forest Green
- Brown
- Rust
- Sand
- Gold
- Pink
- Red
- Orange
- Maroon
- Purple
- Navy
- Light Blue
- Royal Blue

INZER ADVANCE DESIGNS

We Make Power Gear A Science

Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

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