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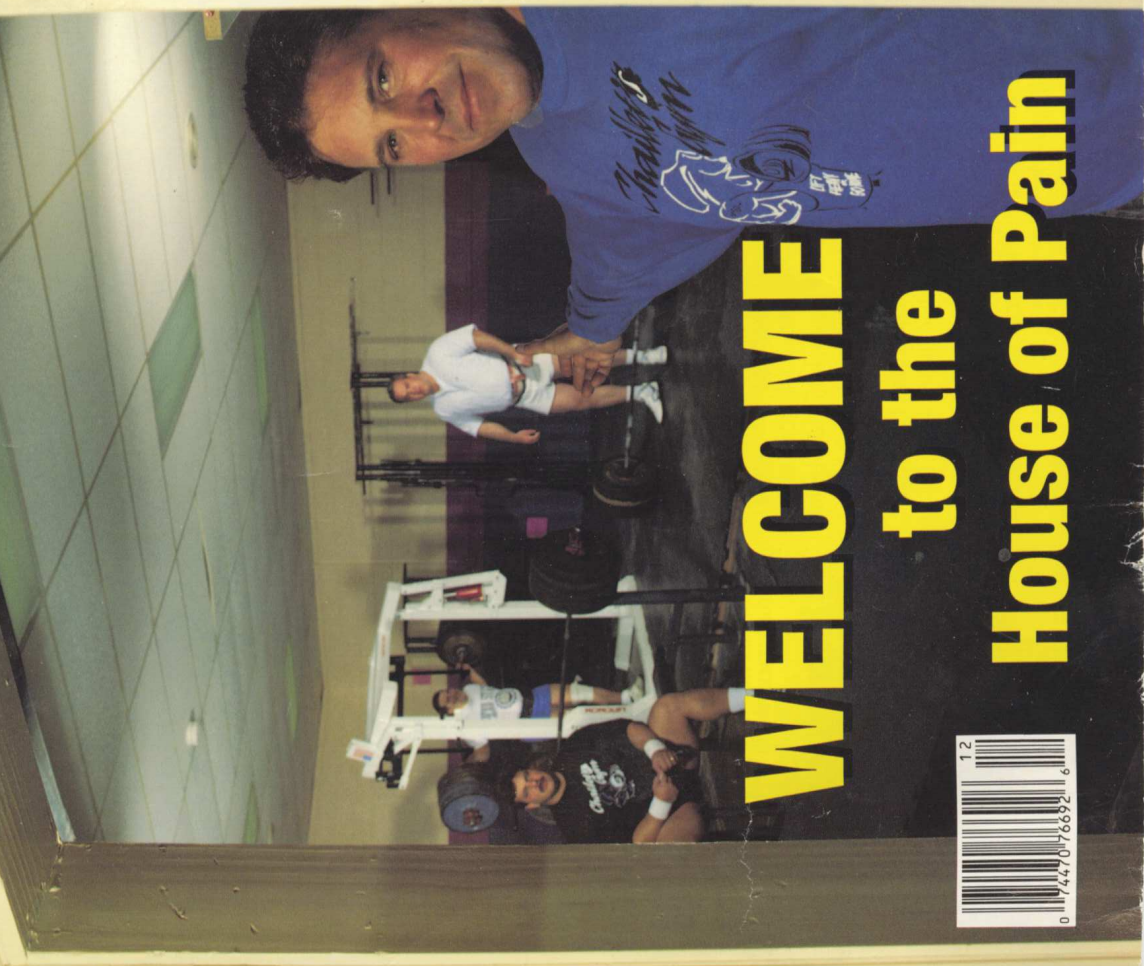


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ON THE COVER.....Mark Chaillet opens the door to the "House of Pain" that bears his name. (photo by Bert Wagner)

NEXT MONTH.....IPF Men's/Women's Worlds from Sweden

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WDFPF World Championships

as told to Powerlifting USA by ADFPA President Allan and son Jay Siegel



TEAM USA... put on a fashion show in front of the meet hotel with the variety of uniform combinations they received as team members thanks to the efforts of Felicia Manganiello. Missing from this picture are John Binkowski, Doan Nguyen, and Betsy Ojanen, but included are (bottom row, left to right) Tim Borgia, Dave Weiss, Derek Beatty, Ray Benamerito, (middle row) Judy Gedney, Suzanne Hartwig, Yueh-Chun Chang, Felicia Manganiello, Lea-Ann Adams, Bettina Altizer, (back row) Steve Scialpi, Rob Wagner, Bill Stewart, Al Siegel, Linda Courney, Andrea Sortwell, Rich Seidal, and Michelle Stevens. (C. Adams)

Erin Feldges, meet director for 1994's WDFPF World Powerlifting Championships will have to issue a new piece of equipment to the ADFPA team when they arrive in Minnesota, if the performance of this year's team will be the same. That piece of equipment will be a BROOM, which will be needed for the SWEEP.

Sweep is what it was, as it has been for several years. Lifters from Russia and Ukraine traveled to beautiful Chilliwack, British Columbia to join in the festivities along with the standard lifters from England, Canada, France, Australia, Belgium, Wales, Ireland and the United States. Hugh Ward and his family and associates were great hosts for the meet which drew a total of about 90 lifters from the 10 countries.

The ADFPA team also took the "unofficial" team title of BEST DRESSED TEAM thanks to the great efforts of Felicia Manganiello. The photo session on Friday drew almost as many spectators as did the meet. The session was held in front of the Holiday Inn and saw the team switch outfits about seven times. The team stars and stripes baggies combined with 2 beautiful custom sweat shirts, one stars and stripes dress shirt and 4 different custom team shirts along with a matching hat to make all the switches necessary.

Friday was meeting day with Judy Gedney of the United States being elected to represent the WDFPF Secretary, replacing John Petroff who recently resigned his positions in both the ADFPA and WDFPF. The meeting lasted about three hours and had to sound like the "Tower of Babel" to the Ukrainian representative Vladimir Ivanenko, who had no language problem on the lifting platform.

Saturday's morning session consisted of three flights for the 31 women who were competing. Flight one gathered 4 gold and the sole bronze medal for the ADFPA's lifters.

Ageless Judy Gedney coasted unopposed to her fifth WDFPF Open World Championship with a six for nine performance which included all new American master records in the 50 to 54 year old age group. Going unopposed at this level meet doesn't lessen the title when you consider this 50+ lifter has been earning the right to lift at this meet by beating ALL comers for years. Some of them are 20 and 30 years younger. A great job, especially after 1992's disappointing.

Newcomer Suzanne Hartwig coasted to her first World Championship despite not having a great day, going only 4 for 9. She still had super lifts for a 104# lifter. Barbie Lane of England was the silver medal winner in this class.

The 111# class was again won by Seattle's Yueh-Chun Chang who had

form after missing last year's meet due to attending a National Firefighters School the same weekend as the meet, and won her 5th world championship while setting new world marks in both the squat and bench press. She did beat second place finisher Lela Duhan of France by over 100 pounds, while last years gold medal winner, Laurence Morales of Belgium, had to settle for the bronze.

Linda Courney dived down to make weight in the 198# class in order to take a shot at the world records and her only problem was making weight. Linda is from Cleveland, Ohio, and trains with Michelle Stevens and was determined to make weight at 198#. Her surprise came when she only weighed 195.76, her lowest body weight since she was in her teens. She managed to get world records in the squat, deadlift and total in winning her first world championship. "Boscoe" will be around for a few years in this weight class.

Saturday afternoon's session continued the victory march for the ADFPA team, as the men took to the platform. Victory isn't always easy, but it always feels good and you'll always take it. That must have been on the mind of several of the USA men's team members after their experience at this year's world championships. All won, but not all of them did so easily, nor by looking good doing it. 5 out of 10 ten missed openers. 3 were seriously close to bombing. One lifted injured and could have lost because of it. One injured himself doing it. All 10 will take it! A closer look at the US team will show you what I mean by not always looking good while winning, but always taking it.

At 114, there was only one entrant. If there's only going to be



Rob Wagner shows his best side at the awards ceremony (Adams)

one, it may as well be this one, as nobody seems to beat him anyway. For the second year in a row Doan Nguyen's only suspense in winning was whether he'd finish at all. Just as in England last year, Doan missed his first two deadlifts. He, like many of the other sumo deadlifters, had traction problems on the smooth lifting surface. Doan came through to make the 407 on his last try for the win. Not stopping there Doan called for the world record poundage of 475. It wasn't as crazy as you may think because he pulled it to completion, only to go over backwards right before receiving the down signal. It pressed. Doan has 1200 pound total capabilities.

Returning at 123 to defend his title was Virginia's 1992 Male Pler of the year, Dave "Slice" Weiss. Dave was the first to learn that things can be even more difficult the second time around. Patrick Legard of France moved up a weight class and 100 pounds in total from last year. He actually out-squatted and out-deadlifted Weiss, but couldn't provide his only margin of victory that shrank from 140 pounds to 40

the first to respond to Ray's problems.

The 181 pound class showcased the first ever USA vs. Russia encounter in the WDFPF. If all the battles are like this one, let's hope it's not the last. The US lifter, Rob Wagner, had the squat; while the Russian lifter, Valery Nikishin, had the deadlift. Fortunately for Rob, the squat won this time; but we know this isn't usually the case. Despite missing his opening squat at 705, Wagner's specialty did win it for him. Nikishin, having that potential winning deadlift provided a much needed boost to the competitive fires of the contest. Not knowing what the Russians were capable of made the meet more exciting and challenging. The 181's were a good example of this, but the best was yet to come.

As at 114 and 165, disaster almost struck in the 198's. The fourth new US team member was another who almost didn't finish what he started. Rich Seidal's big meet inexperience just about cost him his first world title. Rich wasn't that close on his first two squat attempts, but somehow conquered the weight on his final attempt. Rich learned quickly as his bench press and deadlift openers were lowered to very makeable weights. His close miss at a big 727 deadlift is very indicative of how strong Seidal really is.

Perhaps the USA's best ADFPA lifter in recent years, certainly one of its most active, Steve Scialpi found himself in a confrontation that great deadlifters must dream about. The 220's were easily the best weight class in the whole men's competition. Being up a weight class and not being 100% healthy really let the door open for a huge upset against Scialpi. Adding a great Russian lifter, Vladimir Ivanenko, to the mix almost provided that huge upset. Ivanenko out-squatted and benched Scialpi to build a 66 pound subtotal lead. Of course if you're down 66, it's good to know that you're the best deadlifter in the world. The Russian lifter and handlers did show their inexperience in PL strategy, as they were easily outmaneuvered during third attempt deadlifts. The Russian was forced into an attempt in which he had no chance; while Scialpi was able to pull well within his capabilities despite his leg injury. It was very exciting for Steve to win a world title on a final attempt deadlift. It was very exciting just to be there to see the highlight of the meet.

Every WDFPF Open World's headline could read the same: Bull wins; Andrew "Bull" Stewart is now 6 for 6 at this meet. (There have only been 6 of these). At 35, the

this year, but margin doesn't matter, only victories matter here.

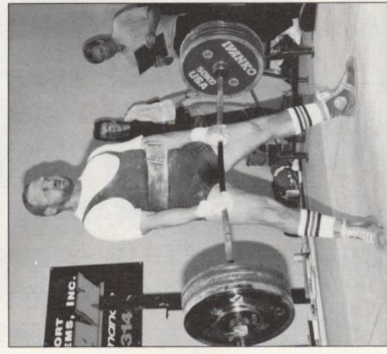
First time National Champion Tim Borgia became first time World Champion Tim Borgia. Tim bench pressed his way to his National victory, but it almost turned ugly here. After missing his opener, Tim struggled to make his last two. They weren't pretty nor anywhere near his capability. Tim learned a lot at his first international competition and will surely do better with more experience. He should be back next year, at least as ambassador to France.

Derek Beatty continued his run of great lifting at 148 to finally win his first world title. Derek has performed very well at his last few major competitions, and this one was no different. He was very close to his lifts at Nationals, which most people at the Worlds can not do. His deadlifting superiority made a close race a runaway over the Frenchman, Lespok, who was only down by 5 pounds at subtotal.

A three year layoff and a new weight class didn't prevent New Jersey's Ray Benamerito from obtaining his 4th WDFPF world title. Just in time for the deadlifts, Ray went from sure-fire winner, to sure-fire loser, to sure-fire comic-relief. Talk about an ugly, but happy victor. Benamerito severely cramped during the deadlifts and it took until his third to successfully complete one. He had to be carried off the platform like "Handman", but a win's a win. Ray has only ever been beaten once in a powerlifting competition, and it wasn't to a cramp.



USA lifters in his weight class, as they're the only ones who can beat him. He either wins, as in 91, or is runner-up to whomsoever represents the Americans. The ultimate sportsman, Adrian, was one of male sportsman, Adrian, was one of



USA versus Ukraine.... Scialpi (right) had quite a go-round with Ivanenko (photos courtesy Guy Adams)

did break American master records in the squat and deadlift while earning the bronze medal. Edith LeWoulter of France moved down from the 122# class from 1992 to outdistance Flea and Suzanne Smith of England while increasing her total at the lower weight. Suzanne moved up two weight classes from last year's win in the 104s but could not catch the great deadlifting of Edith.

Lea-Ann Adams of California dominated the 122# class again with World and American records all over the place. Her 352# world record squat was done on her opener and she then proceeded to go 3 for 3 in the deadlift, finishing with a world record 418# and a 925 total both of which exceeded her World and American marks. She let her opposition far behind in winning her second straight world title.

Flight 2 featured World Champion performances by both Bettina Altizer of Virginia and Michelle Stevens of Ohio. The only question here was who would take the outstanding lifter honors, as they completely outclassed the other lifters in their weight classes. The honor was won by Bettina for the third year in a row with her 1003 lb. total in the 129 lb. class. We always knew that she could squat and bench, but now she can deadlift with the best and should be able to dominate this weight class for awhile. She missed her third attempt deadlift because it surprised her by "flying" off the floor

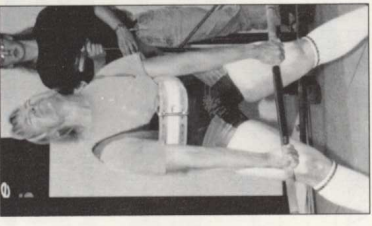
and throwing her off balance. Her deadlift has improved due to the coaching of Steve Scialpi. She looked so strong that almost moved her 4th attempt up over 400 lbs., but we stayed at the world record 393 and it was EASY. Bettina is capable of breaking the 1050 mark at this point, even without a bump short, which, by the way, was turned down again at the meeting on Friday.

Michelle won her second World Championship while setting a world record in the squat in the largest women's weight class of the tournament. Her 5 for 9 day resulted in her outdistancing 6 other lifters by at least 160 pounds. She, like several of the US lifters, did not have a great day compared to what they were capable of, but they are all champions, nevertheless.

The last flight added three gold medals to the ADFPA's team with Andrea Sortwell of Colorado winning her third in a row, Betsy Ojanen of Arizona winning her 5th and newcomer Linda Courney winning her first world championship.

The 154# class saw Andrea outdistance the other four lifters despite only a 5 for 9 day. Andrea's 953 total is far from her best, but it was enough to beat teenager Emma Willan of England by 50 pounds. Emma traveled with her father who competed in the men's 242# class and broke some of her own world teenage records.

Betsy returned to the world plat-



Lea-Ann Adams with a world Record deadlift. (Guy Adams)

POWER PROFILE

Anthony Clark as told to PL USA by Rosemary Hallium



Anthony is often surrounded by fans when he competes (Finnegan)

One of the brightest new stars in powerlifting is also one of the nicest, most highly-regarded guys in the sport: Anthony Clark.

Anthony is familiar to Powerlifting USA readers from the December 1990 cover shot - in which he's lifting a pickup - to coverage on his competition accomplishments. At 26, Anthony has already earned the title World's Strongest Man, courtesy of some impressive records:

- * First, and only teenager to bench press 600 pounds, 1986; World record holder in the squat: 1025 pounds, 1988.

- * First man to reverse grip bench press 700 pounds, 1992.
- * Most weight lifted in powerlifting competition history: 1015-pound squat, 725-pound bench, 720-pound deadlift at the 1993 WPA World Record Breakers meet in Pennsylvania, for a total of 2460 pounds.

And to think that Anthony started out as a 98 pound weakling! "I did!" he recalls with a rueful smile. Now 330 pounds at 5'7", with 8% bodyfat, Anthony says that when his whole family moved to Texas from the Philippines, he was "lost" at the neighborhood bullies, and I got beat up again when I came home. I suffered physical abuse from my dad for years. I felt like I was nothing, the lowest of the low. I even failed at three suicide attempts.

"Discovering lifting when I was 13 really helped me a lot, but it was a Jay Streek religious crusade one day at school that totally turned my life around. I remember how excited I was hearing that the Lord loves you unconditionally and that trials and tribulations in life aren't there to punish you, but to help teach you lessons you need to learn. If you don't learn, it's your fault, and the same lesson will keep coming back again and again.

"Once I accepted the Lord into my life and put Him first, that put everything in my life into order. I began to develop self-respect, discover my God-given talents, and use these talents for the benefit of myself and others. I'm an instrument of the Lord, and I want to make an impact."

That Anthony is successful in these wishes is evident in the faces

of kids and youth when he talks at schools, gyms, detention centers, and prisons. "The best thing in the world," he says, "is to see a kid smile and be happy, to tell you that you made a difference in his life. I'm thrilled, actually, when guys from the detention center where I worked four years ago will come back and tell me what they're doing right in their lives."

Anthony does scores of such appearances every year, plus his training, dieting, and business activities. "It can be tiring," he says, "My work days are always at least 10 hours long. You need a strong body to serve the Lord."

Anthony's training sounds like a take-no-prisoners deal: all out, no holds barred. He trains very care-

fully, always warming up first, and very strictly, to try to avoid injury. His program is a combination of powerlifting, bodybuilding, and aerobics, supplemented by racketball, basketball, fishing, shooting at the rifle range, and playing with whatever kids are around.

Off-season Clark follows a two-

on, one-off schedule: Day 1 - Chest, shoulders & tris and Day 2 - Legs, back and bis.

His pre-contest program is carefully worked out, as per the following workout plan preparing for a 10/23/93 meet:

Squat attempts: 1st-969, 2nd-1022, 3rd-1065. The last squat is 16 days out. The last bench is 9 days out. The last deadlift is 26 days out. Week 1: 7/5/93 Squat 533x5;

7/93 Deadlift 355x3; Rack DL 710, 749, 780x2.

Meet Day: 1st Attempts - (969 - 713 - 710 - 2392); 2nd Attempts - (1022 - 733 - 749 - 2504); 3rd Attempts - (1065 - 748 - 780 - 2593).

Anthony's diet is a source of amazement to many, as you may well imagine. It's got to take a humungous amount of food to nourish that 330 pound frame with a 61" chest, 108" shoulder girth, 24.5" arms, 18" forearms, 33" thighs, 21" calves, and 23" neck. No pencil-neck, this Clark.

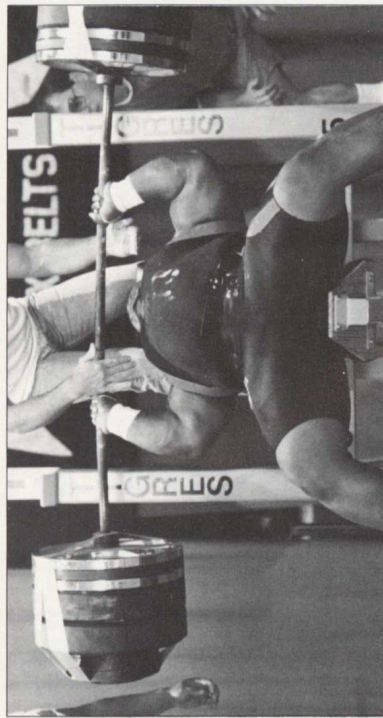
The question he gets asked the most often is, "What do you eat?" His answer is, "A lot of food! I eat eight meals a day, and yet I'm pretty much always hungry. I've always eaten well and consistently, and contrary to what a lot of kids think, I don't eat everything in sight."

Recently Anthony has been working with nutritionist Skip La Cour to fine-tune his diet for optimum nutrition. Here's a sample Sports Enhancement/Fat Reduction diet that La Cour designed for Anthony:

Meal 1: 3 cups of cream of wheat, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of broccoli, 1 cup of corn, 1 apple, 1 cup of lowfat milk, 18 egg whites.

Meal 2: 3 cups of rice, as much lettuce and cucumbers as you want, 1.5 cups of broccoli, 1 cup of corn, 1 banana, 7 ounces of turkey breast.

Meal 3: 3 cups of rice, as much lettuce and cucumbers as you want, 1.5 cups of broccoli, 1 cup of corn,



Overall Strength... Anthony can move incredible weights in any kind of pressing movement (Finnegan)

1 banana, 7 ounces of turkey breast, 2.25 cups of broccoli, 1.5 cups of corn, 1 apple, 7 ounces of chicken breast.

Meal 4: 3 cups of rice, as much lettuce and cucumbers as you want, 2.25 cups of broccoli, 1.5 cups of corn, 1 banana, 7 ounces of chicken breast.

Meal 5: 3.75 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 6: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 7: 3.75 cups of cooked pasta, as much lettuce and cucum-

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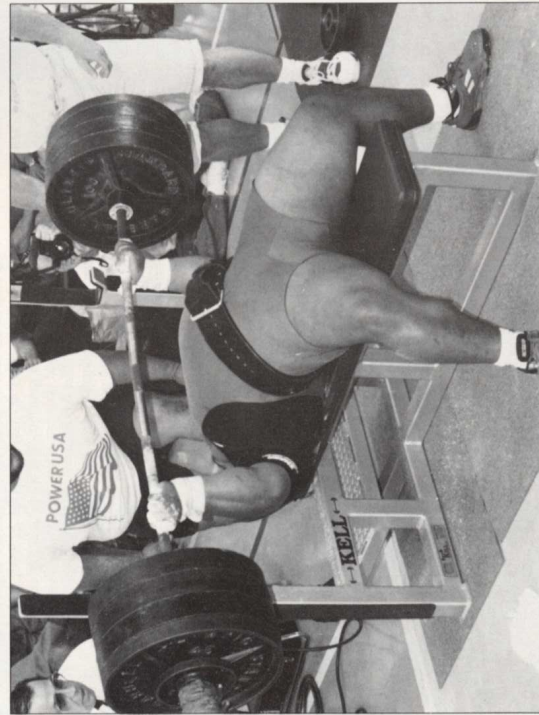
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Another Look at Anthony's all time record 735 bench at the Northwest Open (Brian Baerflein photo).

THE DEADLIFT

Coming to Grips With Your Grip

as told to POWERLIFTING USA by Mike Golden ATC



Capt. Kirk Karwoski proves you don't need big mits to have a big pull!

Thank God I was misinformed. When I first started into this wonderful world of powerlifting, my most pressing question was "How do I become a huge deadlifter?" After seeing my first state meet it became evident that the deadlift will make or break you. Period. So, I searched and searched for the solution to deadlifting prowess, and the general consensus was "If you don't have big hands, you won't ever get a big deadlift. Your grip will never be strong enough to hold onto the heavy iron", so believing only half of what I hear, and possessing a strong desire to become a big deadlifter, I began my journey with my medium sized hands determined to see what I could do.

Then it happened. I went to the USPF Senior Nationals in Hollywood, Florida to see the best of the best. The big dance. I saw little guys with little hands making big deadlifts, contrary to what the gym rats had told me.

Some doubt began to creep back in on the heavy day. Big guys, big hands. The biggest and the best. I wanted to be a monster deadlifter, so I had to watch the monsters, starting with Ed Coan. I don't know why I even bothered comparing anything to Ed. He's not human. His hands and fingers are bigger than sewer piping, and unless you've been under a rock, you know that he is the Man. Mondo deadlifter. Huge hands - Huge Deadlift - Huge doubt. A little confused I gave myself a chance to rate some humans; next stop 242 lb. class. Willie "the Hammer" Bell, 800 lb. puller. Dave

"Big Daddy" Jacoby. Huge Deadlifter - huge hands. Possessing average hands, hope was fading. Then came the 275 lb. class and along with it its current King - Kirk Karwoski. Kaplain Kirk. The Kirkster. Godzilla. The Big Kahuna with a capital K. The owner of one of the largest bodies I've ever seen. Ever... and one of the smallest set of hands I have ever seen on a human being. He looked like a Tyrannosaurus Rex - big giant body and short tiny arms and hands. When I shook hands with Kirk, my small hands engulfed his even smaller hands. We went out to a bar after the meet (surprise), and played one of those 3 ball basketball games. When Coan was holding the basketball, all you saw was his hands and no ball. When Kirk held onto the basketball he needed to use two hands.

Three years later and Karwoski did a 800 lb. deadlift with the hands of a five year old. My search was over. It doesn't matter how big your hands are. The answer is that you must specifically train your grip to increase your deadlift. As we all

performing regular deadlifts try over-

rack and an Olympic set. Set the power racks to knee level. Place the bar on the inside of the racks on the bars. Load the weight up to a moderate poundage and grip the bar by the center knurling. Have your training partner pick the weight up and then let go, leaving you holding the weight while standing erect a few inches over the pits. At this point you simply hold it until the weight uncurls your fingers. Your training partner should stand there and help only to balance the weight if it dips to one side or the other. Do this for 2 sets of 30-40 seconds for both hands. Ed has done this with 480 lbs, and held it for 40 seconds. Again - not human.

Miscellaneous: These next two devices are extremely helpful to any grip program. They let you work the entire hand and the individual fingers as well. The first is from the company Hammer Strength. The machine is called the Gripper. It is a piece of equipment that you sit in, about the size of a seated calf machine. It works your entire hand, fingers, overhand and underhand grip so you can get the best of both worlds. You can get more information by writing to Hammer Strength, P.O. Box 19040, Cincinnati OH, 45219, or call 1-800-943-1123.

Last but not least, a company called Everequipment that sells a set of plastic rings that give when you exert pressure upon them. The set comes with different sizes and intensities. The idea is to squeeze and expand these rings (which you can fit in your pocket) to develop hand and finger strength. They sell for \$19.95, and a set includes 6 rings and a book explaining how to use them. They can be ordered by writing to Everequipment, 616 Enterprise Dr., Oakbrook, IL, 60521, or calling (708) 789-8884. The book is very informative and the rings work. Just ask Ed Coan, he uses them.

When using the standard gripping devices such as the spring or coil grippers the hardness of the material and where it is placed in your hand may actually cause numbness, therefore decreasing your grip strength! Those standard gripping devices place pressure on the median nerve, which runs into the thumb side of your hand. Any excess pressure can cause damage to this nerve which will cause a strength loss to that portion of the hand. In standard English, it will make your grip weaker. So don't use 'em!

These are four methods that should improve your grip strength. If you have any questions or comments, please do not hesitate to contact me at Elite Athletes, c/o Mike Golden, ATC, 4 Carriage Dr., Cromwell, CT 06416.

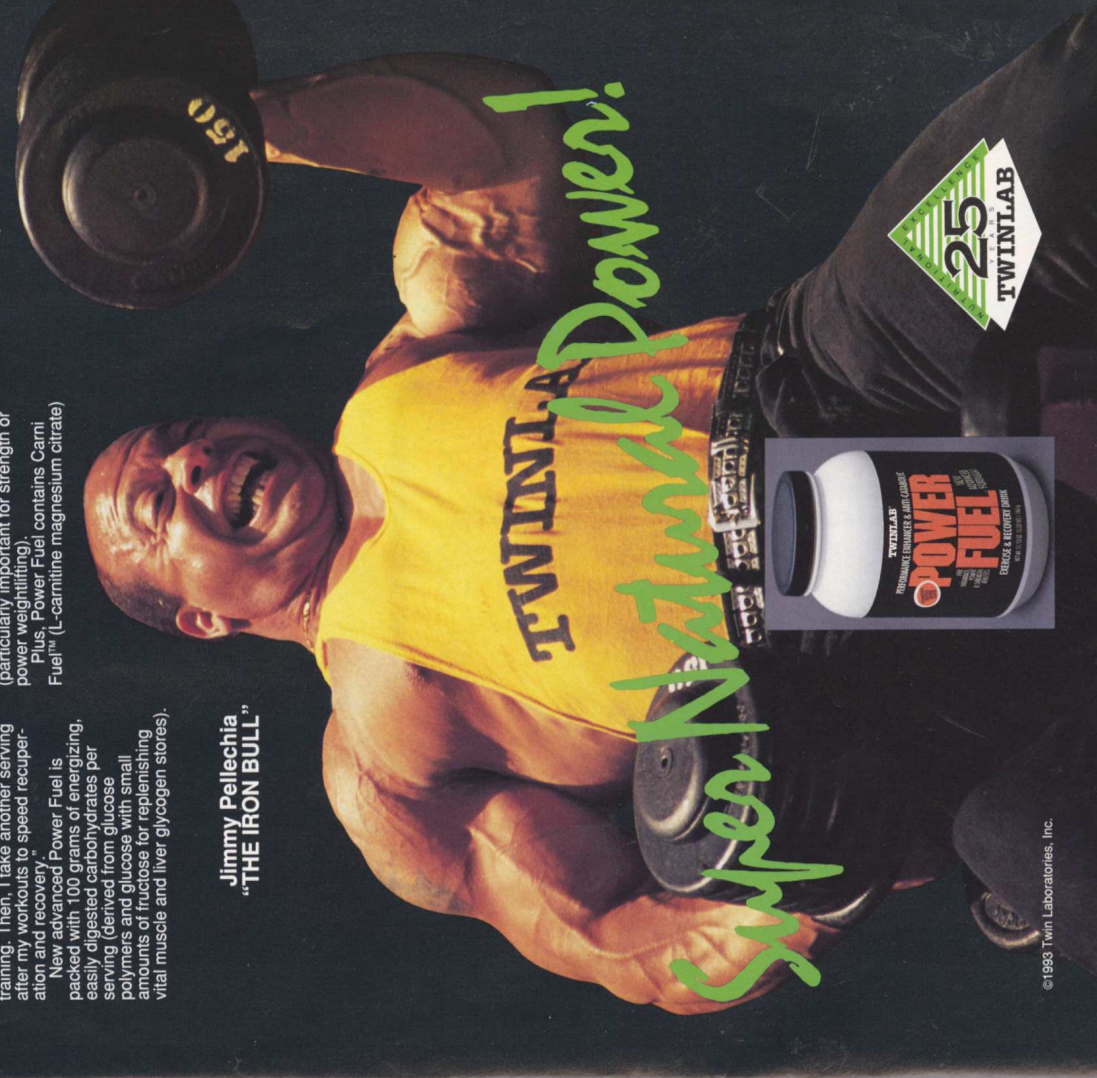
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ED JUBINVILLE DIES

Ed Jubinville has died at the age of 72. He passed away in the gym, while working out. He had recovered very quickly from a severe stroke a few years ago to compete in ADFPA Masters competition in recent years. Ed's life was one immersed in many facets of the Iron Game. For years, he and his sons ran Jubinville Health Equipment, putting affordable benches, racks, and machines in the garages of 1000s of home gyms and professional gyms around the country. He was involved with physique competitions for longer than some of our top powerlifting champions have been alive. Arm wrestling was another of his passions, one which he followed around the globe. He will long be remembered as the Dean of American Muscle Control. He traveled to uncounted com-

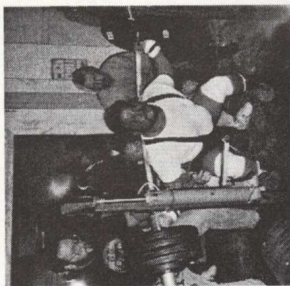


Ed Jubinville received an award for 25 years of dedicated service to Powerlifting from ADFPA President Al Siegel and Greg Kostas' June 5th New England Open. He also received the Brother Bennet award at the 1993 ADFPA Men's Nationals, an event that moved him to tears.

petitions, without compensation, simply to judge or help out in any way he could. He rejoiced in the success of all participants, male or female, young or old, champ or novice.

Ed Jubinville was one of the great gentlemen in the world of Physical Culture. He was always ready with a kind word and a handshake when you got to a meet, and was sure to shake your hand again when it was time to go home once again. He developed and maintained contacts with the broadest array of administrators, judges, competitors, and fans from so many arenas of physical strength and development. He lived this life he chose fully, enjoying down to that last set. This issue of **POWERLIFTING USA** is dedicated to his memory.

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Through These Doors Walk Champions...

The Story of CHAILLET'S GYM as told to POWERLIFTING USA by E.J. Hollingsworth



Inside the House of Pain... left to right, Mike Bernardon (290 lbs.), Kirk Karwowski (275 lbs.), Mark Caniff (335 lbs.), and owner Mark Chaillet (280 lbs.). Photo by Bert Wagner, World's Strongest Photographer

Why do powerlifters come from near and far to this mecca of oversized beefcakes, 100 pound plates, screams of encouragement, crashing weights and clouds of chalk and powder? For a good workout, of course!

A selection of excellent powerlifting equipment is only part of the reason for Chaillet's Gym's popularity. It's success is succinctly defined, in one word, camaraderie, which is clearly attributed to its owner Mark Chaillet and the outstanding members which frequent his establishment. True to its reputation, no lifter is too small or too weak for a spot or a bit of advice from one of the champs.

Through its extroverted unassuming doors walk many assuming characters. Chaillet's Gym proudly lists many Godzillalike losses on powerlifting platforms around the world.

Among the record breakers include Mark Chaillet himself, a 275 pound deadlifting ace who claims a World Record 848 pound deadlift and is the 1986 American Powerlifting Federation's (A.P.F.) World Powerlifting first place titleholder in the superheavyweight division. He is also a Guinness Book of World Records holder for a 1,600 pound two-man deadlift pulled with John Gamble. Chaillet reigns as the current World Powerlifting Association's 275 pound sub-master's division champion.

Kirk Karwowski, recently featured on the January 1993 cover of *Powerlifting USA* hails from Chaillet's Gym. The 275 pound squatting phenomenon proudly tucks the 1991, 1992, and 1993 United States Powerlifting Federation's (U.S.P.F.) Senior National and 1991 and 1992 IPF World Championships first place medals under his lifting belt along with his own collection of world records.

Scott Werner, featured on the December 1992 cover of *Powerlifting USA*, was the first 165 pounder to break the 500 pound bench press barrier. Exercising his wonderful sense of sportsmanship and, foremost, sheer love for the sport of powerlifting, Werner regularly serves up his bench press position to any Chaillet's Gym member who asks. Also in the ranks of great Chaillet's Gym lifters is Don Mills, the master of the World Masters 220 pound division, who regularly lends his certified fingers of steel to massage many sore, cramped backs.

The host of exceptional lifters who Chaillet's Gym proudly touts also includes: one of powerlifting's

not - a quality which remains unrivaled by any other area gym.

Imagine walking into a weight room where on any given day the average body weight tips the scale somewhere between 220 pounds and 300 pounds, with an errant individual weighing 350 pounds or maybe even 450 pounds and towers to a height of up to 7'2" tall. In a room where the sound of 100 pound and 45 pound plates are heard chattering against raucous background music played by AC/DC or Van Halen where one can almost be certain to find the "heavy room's" centerpiece Monolith squat rack occupied by the owner of perhaps the most muscular set of glutes in the sport, Kirk Karwowski. As if beckoned by some unheard plea, virtually the entire gym gathers around the perimeter of the "heavy room" to catch the wave of excitement as Karwowski doubles a 970 pound squat! In fact, both Chaillet and Karwowski each have successfully completed over 1,000 pound squats in the gym. This is a place where 700 pound squats and deadlifts are commonplace and, on one occasion, Chaillet recalls wandering into the "heavy room" and counted

14 people benching at least 400 pounds. The top-notch lifting caliber of the owner and the lifters who frequent Chaillet's Gym make it a virtual university of powerlifting, which is a common denominator of the Gym's draw.

Chaillet spares no expense as is apparent by the assortment of quality powerlifting equipment available. Considering the poundage moved on a regular basis here, only the best will do. Among the pieces of equipment of note are six sets of squat racks including one electric squat rack and two hydraulic squat racks (one of which is an exceptional new squat rack on the market called Monolith), four competition quality bench presses, an elevated 8' feet wide x 10' feet long deadlifting platform complete with two HEAVILY knurled deadlifting bars, an ample supply of 100 pound and 45 pound plates and a collection of some of the best spotters around! This is a place where chalk and powder fly as freely as do the screams of encouragement.

Died and gone to powerlifting heaven? Nah, it's just another day at Chaillet's.

WARNING: Be prepared to check your ego upon arrival at the front door!

From a Former Member... Presently I train in a small, but adequate, health club in Florida. Just last week, some of the young lifters asked what lifting at Chaillet's Gym in Suitland, MD meant to me. To answer that, I had to put "me" into context. I am 45, finishing a third master's degree in order to start a third career (this time in the conservation and management of whales and dolphins), and a life-long powerlifter whose wife accepts the weekly training regime, its related demands, and the occasional meet. I hold a state squat record (which means I do) and have won a national championship in the 40-44 year old 198 lb. class (which means "the really good guys didn't show up that day") Because of extensive job related traveling, I have worked out in just about every state and am well aware of what is available across the country. Chaillet's gym is like "the one true place" to hear the blues, ride the perfect wave, learn the most different procedure from the best surgeon, etc. It's the haven for pursuing one of the most solitary and challenging athletic callings - powerlifting. Saying why is pretty easy; the equipment is first rate, accessible, and open at great times. The top supplements are available at very reasonable prices. But, the true differences between Chaillet's gym and any other place I've ever been are the human element and the environment. Mark Chaillet - owner, operator, strength coach, guru - is one of the strongest men ever. But he doesn't wear his achievements; he lives them. He runs his gym (and his meets) for lifters, with none of the neurotic rules found in most other places. He only asks that his patrons respect themselves and others, be courteous, train hard, and be careful. Anybody is welcome, from world class athlete to beginner. Mark is one of the best coaches in the country, teaching his students how to do each lift in ways best suited to every person's skills and capacities. He is very sensitive to individual differences, which sets him apart from just about all the other trainers who think that there is only one way to do anything (their way), and he knows how to deal with all kinds of people. In addition, Mark is an unusually honest, fair, and trustworthy business person. Mark Chaillet helped me re-learn everything after a bout with degenerative arthritis, patiently taking me from the bar to respectability over many months. (He has done the same for several.) Mark has also assisted me and a number of other lifters personally. It seems that counseling and coaching are not that far apart! This is the only gym I've ever been in where at any time, you can see 6-10 people repeating double bodyweight in the bench and triple bodyweight (plus) in the squat and deadlift on a routine basis at almost any time of the day or week. (These are not always the same people!). The multiple world/national/state champion powerlifters are free with their expertise, advice, and time; and nobody is too important to sport or too busy to cheer on somebody going for a personal best. The Mark and Ellen Chaillet run a professional, yet totally personal, oriented enterprise. The interpersonal atmosphere comes from all of the people involved. This is a lifter's paradise, where everybody is important and equal, as long as he/she tries. What you do outside Chaillet's matters (in the sense that it makes each of us unique), but it doesn't make your total any bigger. All are trusted with respect. Nobody struts or swaggers. Everybody is there to train to his/her own level, and pursue this truly individual sport toward different personal objectives. When Chaillet's Gym changed location two years ago, dozens of us trucks a long weekend lugging many, many tons of iron up and down stairs, onto and off trucks, in and out buildings - all on a purely voluntary basis. Ellen and Mark have big hearts, and this move clearly demonstrated the esteem in which they are held and the loyalty they inspire. Chaillet's Gym is truly the best place to do powerlifting, to be a powerlifter. For people like me, this particular discipline is a way of life. I have derived a great sense of serenity, pride of belonging, joy of achievement, and feeling of well-being in my chosen vocation from Mark Chaillet and the wonderful Mecca he has create. **Rick Spill**

consecutive years until 1986. After a six year hiatus, "The Temple Hills" Open resumed in 1992 as an open powerlifting and bench press meet combined. The meet attracted over 100 lifters and received an overwhelmingly positive response as spectators filled the hotel auditorium and adjoining halls to over capacity. Adding to the club's accomplishments, it is responsible for introducing powerlifting to the military and held the first powerlifting meet on a military base at Andrews Air Force Base in Maryland.

In the years to follow, Chaillet made a name for himself in powerlifting on the Junior National level. Chaillet soon met Larry Pacifico who took him under his wing offering Chaillet not only expert weight training advice, but also a position with the Midwest's New Life Fitness Centers. Using this management position as a means to an end, Chaillet moved back to his hometown in Maryland in 1983 where the germinating seedling of strength into Chaillet's Fitness & Blomgren ten years ago.

The members of the original Temple Hills Weightlifting Club developed familial ties which remain unaltered today. It is this fraternal experience that Chaillet personally injects into his members today, and nothing less is received from them in return.

The strength of Chaillet's Gym's human support structure envelops each lifter whether competitive or

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INTERVIEW

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

ED COAN as interviewed by Marty Gallagher



Ed Coan reveals, in this second of a two part interview, his reservations about record lifts done outside the USPF/IPF/ADFFA; the only organizations he feels are legitimate. Ed pulls no punches in discussing the slow or recent "world records" set around the country in circumstances he views as suspect at best. Eddie is also sure to stir up tons of controversy on the subject of lifting equipment as he describes the double bench shirt, multi-squat suits, Monolift and loose judging. No one can speak with the authority of Coan and without further ado we present you this no-holds-barred interview.

PL USA: Are you going to do a 2500 pound total before you quit?
COAN: If I want to.

PL USA: Well, what in the hell is that supposed to mean?
COAN: I'll pick a meet sometime and do it. Legitimately... Not with double bench shirts and wearing two squat suits and using judges that pass bogus lifts.

PL USA: I guess you have some reservations about some of the big lifts we've been hearing about lately?
COAN: Yeah, you could say that. I mean, look at the recent "World Championships of Pennsylvania". Here's a meet where you could basically do whatever you wanted.

There were guys who had previous best of around 760 at 198 in the squat, looking like they weighed 220, weighing in at 181 and squatting 845. Excuse my expression, but that's bullshit.

These guys will never do these lifts again! I challenge any of these people to do these lifts under real contest conditions with strict judging and equipment checks. I'll put up money for them to do these lifts under legitimate conditions! How about making these guys bench without double bench shirts or squat without four squat suits... Stuff like that burns me up. These guys will never go into a legitimate meet - ADFFA or USPF - and duplicate these lifts!

PL USA: Most lifters are probably unaware of the existence of a double bench shirt. I was at a double bench shirt meet recently and a bunch of guys walked out when the USPF meet judges wouldn't allow the double shirts. I guess that sums up how effective they really are. I wonder how many of the 700 pound bench presses have been made using them?

COAN: No, I think it changes the squat as a lift. The ability to take a weight off the rack, walk it out and set it up has always been part of the lift. If we tamper with the components of the lift - eliminating parts of the lift that we don't like - we are making a mistake. Already I don't think you can compare lifts made on the Mono-

lift to squats of the past. It is a different lift. I'm opposed to the Monolift; what about guys who can't afford to have one in their gym? Why should they be at a disadvantage to the lifters who can afford one? Look; if we want to become the laughingstock of the strength world, keep allowing the double and triple bench shirts and guys who wear three and four squat suits and Monolifts and start passing shit lifts. If we don't start exercising some quality control and show some integrity we will become a joke in the eyes of the sports community.

PL USA: What would you have to lift to hit 2500?

COAN: Well, for one thing, you have a guy weighing 220 who out-totals all the 242's, 275's and superheavyweights; either they are lagging or the 220er is some sort of freak. And we just established that you're not a freak so everybody else must be lagging.

COAN: No way!
PL USA: Yes way! Everybody we talk to dismisses your accomplishments in a very off-hand fashion. "Oh Coan, he's a freak of nature!" and in doing so they dismiss your training as not being relevant.

COAN: Well, that may be; I mean, they may say that but it doesn't make it true. Besides, it didn't start with me - look at Kaz and look at Bridges. Everyone said the same things about them "Oh, he's a freak! His system won't work for me!" Believe me to work but you have to believe in and follow them religiously. Most guys

think that they're in a cafeteria where they can pick and choose what they like and discard the parts they don't like or agree with, but by doing that, they screw up the system. A lot of it is mental. I look at a 1000 pound squat at 220 pound bodyweight and it doesn't scare me. Most good lifters get hung at 800 going. "Oh my God, that's a lot of weight!" The mind of the lifter can limit his growth potential as surely as his body, maybe more so. If you just approach your training methodically, not getting scared by the weights, just methodically knocking those barriers down as they come up, then, pretty soon, your mental limits are no longer a factor.

PL USA: Let's talk about the specifics of your mental approach anything to pass on?
COAN: I'm a big believer in visualization immediately prior to a lift. I won't just see myself doing the lift, I will literally feel the weight. I don't bother with visualization on the warmups; I kind of save that for the heavier weights of the training session. I really get focused on the big attempts. Here's a key point: The weight is irrelevant - whether it's 700, 800, 900, 1000 - it's how the weight feels. 700 can feel heavy and 900 can feel light. It's all dependent on how the lifter makes the weight feel. When I get under the bar in the squat, as I wiggle into position, mentally, I'm a step or two ahead. I know how the bar should feel at every point of the process. I don't know how guys can just run up to the bar, jump under it and take it out. You have to take your time. Combine the mental with the physical, obtain the perfect position and then, and only then, begin the lift. Once I've taken the bar out of the rack and am awaiting the down signal, I make a decision as to whether to descend slow and tight or use a quick descent and bounce out of the hole.

PL USA: You have two different descent methods depending on the feel of the weight?
COAN: Yes! This is a split second decision based on how tight or loose the weight feels. If you feel loose, you cannot take that weight down slow and expect to make it. You want to be upright; if, however, you feel loose and cannot obtain the preferred tight feeling, you've got to think speed and take it down and get the hell up fast. Go down, get your head up, get your chest up and out really fast. Control is the key.

PL USA: Do you have this in any of your other lifts? I mean style A if the weight feels a certain way, style B if it feels funny?
COAN: You can do the same in the bench; take it down quicker if the same in the bench; the deadlift, there is no descent so it's not appropriate. In the deadlift you want to consciously tighten every muscle before lifting.

PL USA: Let's talk nutrition; how big a factor does it play in your success?
COAN: A big part. You have to have energy for your training. You have to have specific nutrients to recover quickly and completely. All this comes from your diet.

PL USA: What do you eat in a typical day?
COAN: I eat five times a day. Breakfast before the gym. Lunch after the gym. Dinner and two more meals after that. I don't really count carbs, fat and protein. I do try to stay

balanced in my food selection and eat some extra protein in the evening. I'm not a big eater. I like chicken and I'm not a big red meat eater. As I mentioned, I put on a few pounds as the contest closes in.

PL USA: Supplements?
COAN: I take protein powder, multi-vitamin packs, inosine, minerals, smilax, Welder amino acids after I work out. I try to eat as good as I can, but I will cheat occasionally.

PL USA: What is cheating and what's occasionally? A piece of pie occasionally?
COAN: A hot fudge sundae...
PL USA: What, once a week?
COAN: Hey, it could be once a day - you never know. I don't seek that stuff out but I will have a desert. If the occasion presents itself. I've got a fast metabolism. I'm not gonna worry about it that much. (Gestures at a smiling 300 pound John Painter who is observing the interview) Looks like he's happy!

Coan says eat deserts and not worry about it (laughs). I religiously take a protein shake at night. I mix it with milk. Welder has come out with a new all egg protein which I use. Good stuff.

PL USA: Who's the greatest powerlifter you've ever seen?
COAN: The first guy to inspire me was watching Kaz on TV.

PL USA: Let me bring up some names for your response. Bill Kazmaier.
COAN: At the height of his powerlifting career, the most physically impressive man I've ever seen. Kaz can whip himself into shape quickly.

PL USA: Gene Bell.
COAN: A lot like me. Stubborn as hell; will never let a weight beat him.

PL USA: Doug Furnas.
COAN: The smartest Powerlifter - he taught me how to train smart, how to stretch and how to lift smart in a meet. Never did what he did what he had to do. If he had stuck around he would have done a lot more. Most people don't know that Doug was allergic to chalk. Still he deadlifted 826 with very limited training on the lift.

PL USA: Larry Pacifico.
COAN: I haven't talked to Larry in a long time. One of the founding fathers of powerlifting. I studied the routines of guys like Pacifico to learn their mistakes and avoid them in my own training. Hopefully, the young guys coming up will do the same with my training.

PL USA: Joe Ladinier.
COAN: Haven't seen him or talked to him in a long time. A strong lifter. He could have been a lot better. He got hurt and that set him back.

PL USA: Lamar Gant.
COAN: I don't know whether he's done or not. I'm sure he can lift whatever he wants. It's a shame - Lamar comes from the era when there was one organization, you were only one world champion per weight class since there was only one organization. Everything was paid for as far as national and world championship travel and hotel expenses went. Lamar has what, 16 world titles (Ed Coan interview continued on page 74)

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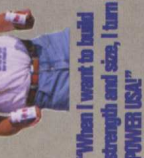
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GH Releaser - Growth hormone activity increases mass while eliminating fat. Medical studies show that the ingredients in Power USA's GH Releaser will increase growth hormone release by 700% above normal. Power USA's GH Releaser is over 10 times stronger than Arginine.

This article will talk about results obtained by world class athletes using POWER USA supplements and training methods. POWERUSA focuses on elite revolutionary training methods and supplements which produce impressive gains in strength and muscle mass without the use of drugs. Several examples will be used to show how different athletic situations were analyzed and specific concerns addressed. For the bodybuilders out there, many examples are of professional, Olympic, or strength athletes. This is my area of expertise. I was a Teenage National Champion Powerlifter in 1990 and have been training professional and world class athletes since then. However, you should remember what Mike Mentzer says, "with strength increase comes a corresponding size increase." The heavier you lift the more dense and hard your muscles become. It is for these reasons, that top pro bodybuilders train extremely heavy a good portion of the year. Dorian Yates and Kevin Levrone are prime examples. Therefore, every bodybuilder should pay close attention to this article.

POWERUSA offers several very potent highly bioactive anabolic substances. These are the supplements that we used in training our world class athletes. The supplements are as follows:

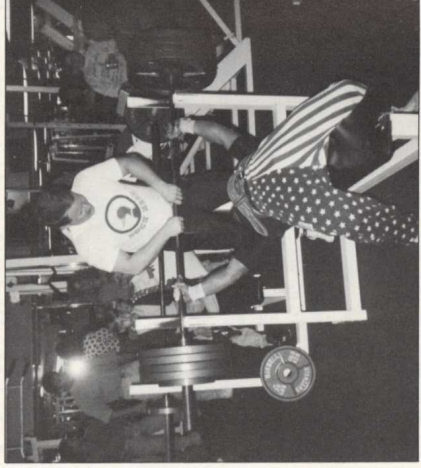
- ANABOL. 350mm is a plant extract from Brazil, classified as adaptogenic plant. It is used by strength athletes and bodybuilders looking for freaky size and strength. Soviet researchers claim that the active ingredients have between 35-60% the muscle building effects of anabolic steroids. Usage is usually around a minimum of one tablet for every 15 pounds of bodyweight a day, for approximately 25 day cycles.

- GH RELEASER, a natural amino acid blend designed to promote maximum growth hormone release. In 1981, a Rome medical study claimed that this combination can produce as much as 700% rise in resting growth hormone levels in the average man. As those of you in the bodybuilding public know, growth hormone is used by athletes to promote muscle mass and trigger massive fat loss.

- VANADYL SULFATE, a mineral substance used by athletes to spare muscle and achieve a harder pump. Several studies claim this substance "mimics insulin".

Our athletes used these products in a variety of ways, depending on their needs, in conjunction with specially tailored elite training programs. Here is a brief list of some of our athletes, a description of how we addressed their individual needs,

POWER USA REPORT as told to PL USA by John Villarreal of POWER USA



Greg Warr making a 500 pound bench in the 148 lb. class at the Northside Fitness Open in Dothan, Alabama as a guest lifter. He opened hard with 455 and it looked like that would be his max for the day, however, he made 480 easily and went on to get 500. TV, radio, and newspaper reporters were on hand to see Greg attempt an unofficial all time world best record at 148. (photo courtesy of N.F.C.)

and the results they obtained by working with POWER USA:

- MARK MCGWIRE - First baseman, Oakland Athletics, M.L.B. 622 deadlift at the 1992 USPF Junior Nationals. His best shot put is 63 feet, 6.3/4 inches. He recently placed sixth at the 1993 US Olympic Festival. Goal - to maintain and hopefully build strength throughout the season, to improve recuperation and explore ways to train at higher intensity without overtraining. Ron is an older athlete, age 33, and therefore recuperation plays a bigger role. Ron would also like to make the 1996 Olympic team.

- ANALYSIS - Ron's training consisted of once a week heavy basic powerlifting. We felt Ron would do better by implementing shock methods and exploring methods to increase his workload during the week. We wanted to get Ron out of the "maintenance" pattern and into a growth pattern. The trick was how to do this without incurring overtraining, or interfering with his shot-putting. Our goal of training was clearly to add strength and mass, and then work more specifically on power and flexibility as the training progressed. We advised Ron to up his training to 2-4 times per week, increase the volume, repetition, and number of exercises to set a base to implement to incorporate some hard work strength and shock routines. We also employed Anabol-350 and his strength from anywhere from 50 to 100% depending on the lift.

- RON MCKEE - Ron is a world class shot-putter and nationally ranked working with POWER USA. 749 squat, 573 bench press, and 622 deadlift at the 1992 USPF Junior Nationals. His best shot put is 63 feet, 6.3/4 inches. He recently placed sixth at the 1993 US Olympic Festival. Goal - to maintain and hopefully build strength throughout the season, to improve recuperation and explore ways to train at higher intensity without overtraining. Ron is an older athlete, age 33, and therefore recuperation plays a bigger role. Ron would also like to make the 1996 Olympic team.

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not use Vanadyli Sulfate because it is not necessary for Ron's sport to have a "pump" and we did not want to deal with fluctuating blood sugar levels (we approach the use of "insulin like regulators" with "caution").

Results - Ron has recently reported having some of the best workouts this season. He called to tell me that he competed in a Scottish Games event where he threw a 16 pound hammer 95 feet, a 56 pound stone 28 feet, and then threw the shot 60 feet, 8 inches, which is less than 3 feet off his all time best, and his best for this year. These results occurred only two weeks into the program. In addition, Ron has already lost five pounds of fat, and his friends have even called him "ripped".

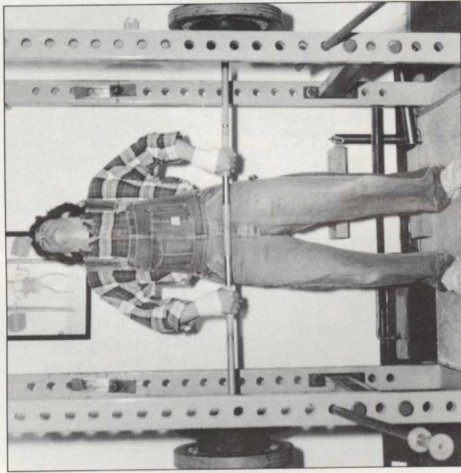
- **Greg Warr** - Greg is a world class 148 and 165 pound bench presser. Greg is an IPF World Champion and a two time national champion. Greg's best lifts are an IPF world record 396 at 148, an APF world record 458 at 148, and a 575 in training at 162. Goal - Greg wanted to compete at the USPF bench press nationals weighing 148, and come in stronger than before.

Analysis - We need to design a supplementation program that would keep Greg's strength while he lost the weight. When we talked to Greg he had about a month and a half before his contest. Greg used 10 tablets of the Anabol-350 a day, and two tablets of Vanadyli Sulfate a day. This was enough to provoke a strength/muscle sparing effect, but not enough to create a serious weight problem for Greg. Results - Unfortunately, Greg came in still one pound overweight at 149. However, Greg was stronger than he had hoped for. His previous best at the USPF Nationals was 450. This time he got 469!! That's a huge jump for a world class lifter. Greg won the 165 pound class and will be going to IPF World Championships in Hungary in December. Recently, at a local meet held by Bill Kazmier, Greg hit a 500 lb. bench at 148!! That is freaky weight at that size by anyone's standards.

- **Chuck Brunson** - Chuck is a world class 148 pound bench presser. Chuck competes for the USPF and the IPF. Goal - Chuck's goal was to get a world championship, and an IPF world record. Chuck had been close to both for a while, but was plateaued out. Analysis - when Chuck contacted me, he was 6 pounds over bodyweight limit, 4 weeks out from the world qualifying meet. Clearly, we needed to add strength without mass. I advised Chuck to use the Anabol-350 for the strength, increase his calories for the next two and a half weeks to make sure the Anabol worked prop-

(article continued on page 70)

More From Ken Leistner



Dr. Ken Leistner doing pulls in the rack at his Iron Island Gym (Tuite)

Robert Zuver, stressed the fact that one could not expect to achieve their ultimate possible powerlifting potential unless a long range plan was undertaken. This plan had to include both long and short range goals, with the emphasis on realistically achieved, short term progress.

The two primary causes of failure for most aspiring lifters lies in their inability to establish realistic and clear goals, and to then lay the proper physical foundation. Each holds great importance if one is to expect a long and productive lifting career. It is impossible to predict how much weight anyone will be able to lift in the future. No matter how advantageous one's physical leverage factors are, how seemingly perfect the attitude is, how singlemindedly motivated one seems to be, so many positive and negative factors can influence one's eventual abilities. It is possible, however, to establish realistic, short term goals that are consistent with one's motivational abilities. A series of successfully met short term goals becomes a successfully completed long range goal. A series of successful long range goals culminates in a successful powerlifting career, over the course of a number of years.

One major error that is often made by both neophyte and experienced lifters, is establishing short term goals that are inconsistent with the training program one is utilizing. Simply put, almost every lifter bases his or her progress in terms of performing a single maximal repetition with a particular weight. While this is the standard of measurement for the sport in each of the three lifts, it is unrealistic to use this as a benchmark during certain phases of one's training. If one hopes to eventually perform a single repetition with four hundred pounds for any of the three lifts, it is obvious that they must first successfully lift three hundred pounds. If however, the current training program has the lifter performing sets of six repetitions, the short term goal (at the

the body that I was now lifting what was interpreted to be extremely heavy weights, negative emotional feelings quickly followed. The combination is often too much to overcome, resulting in failure with weights that one actually has the physical capability to complete.

If one spends six or eight weeks doing sets of six repetitions in the bench press, for example, they will not be able to adequately demonstrate the strength increases they have made in that period of time, if they choose to do so by the performance of a single repetitions. If however, they had chosen to perform an "all out" set of six repetitions, or even five repetitions, substituting a weight they felt was suitable for that task, the results would more accurately reflect their real progress made in the six or eight week training period. In short, realistic and accurate goals include the utilization of "testing goals" that are consistent with the number of repetitions being used in the current training program.

Although everyone differs in the ability to translate their best performance for two, three, five, eight, and any other number of repetitions to a single maximal rep, one's progress towards their long range goals can be accurately determined by using repetition schemes other than the single rep attempt. It is possible to accurately have a "demonstration of strength gains" only when one chooses a demonstration that closely matches their current mode of training. This also prevents two major pitfalls.

If one's training utilizes repetitions higher than single attempt tests each set, their single attempt "tests" will naturally suffer, and not accurately reflect their progress, nor their current levels of strength. This leads to confusion, the belief that major overhauls in training are necessary, and negativism. It may also encourage the lifter to train so that they place an emphasis on performing single maximal repetitions in their training on a regular basis. While it is necessary to practice the basis of doing these heavy, single lifts in training prior to a competition in which one will be required to do exactly this, it is dangerous and unproductive to do so for extended periods of training time, or as a basis of one's training. The utilization of very heavy weights and low or single repetition sets on a regular basis invite injury, an inability to properly recuperate between workouts, possible illness, and a true emotional fatigue from the necessity of being psychologically "up" for the majority of sets in the majority of workouts.

Dr. Ken Leistner

MACHINE TRAINING as told to PL USA by Doug Daniels

machine training. First, some exercises are better performed on a machine. For example, leg curls are difficult to perform any other way. This enables a trainee to work a specific muscle easily and safely. Second, they provide a higher degree of safety. If properly installed and maintained, there is far less chance of getting hurt by a falling weight or bad spotting.

Secondly, many machines come with selectorized weights which enable quick change of weight. This can prove useful while using specialized training methods like rep-pause and descending sets, in addition to ordinary weight changes between sets, especially when training with partners of different strength levels.

There are many different brands of weight machines on the market, like Universal, Nautilus, Keiser, David and Paramount. I can not suggest which type of machine to use. You will have to examine and try out various types to see if they are applicable to your training. Of course, it also depends on what is available for your use where you

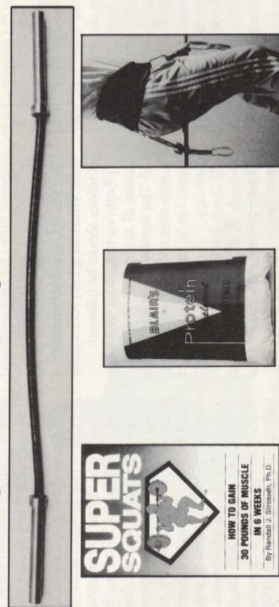
written. I have expanded on the benefits of basic barbell and dumbbell training. This is not to say that the use of machines is not beneficial to the powerlifter. On the contrary, they do have their place. In our quest to gain strength for competition, we should exploit all that is at our disposal.

Let's start off with the disadvantages of machine training. The first disadvantage is that machine movements do not strongly involve balancing and stabilizing muscles when training with free weights. Second, machine movements do not always resemble free weight movements in execution. Third, machines do not allow changing of the method of performing the movement. The movement is more or less fixed.

These disadvantages, however, can be made into advantages by applying their use strategically. For example, machines can be used when training around an injury. If your back is worse for wear, you can still get a reasonable leg workout by doing leg presses or back squats. Their use will not stress your back. Leg extensions and leg curls are also good substitutes. In the event of soreness or muscle strain, it might be advisable to use machines because they would not stress

train. Incorporating machine training is the final topic to consider. As I mentioned earlier, barbell training is your first choice, especially as a contest nears. Machine training can be blended into your training easily in your off season periods and early in your specific contest cycle. You could add leg presses to your squat routine, perhaps on light days or after your regular squat sets. Leg curls could be used throughout most of your cycle. For your deadlift, you could add lat pulldowns while spotting your back. Keiser and Nautilus offer back machines that also do not stress your lower back. Various chest, arm, and shoulder machines could be used for assistance work. You should try to use both machines and free weights for various purposes along the way, but remember not to push your recuperative powers. Too little is better than too much. Be constantly aware of the results from your routines. Don't get stuck on an exercise that is not giving you results. I can't stress enough that a natural lifter does not usually possess the ability to benefit from marathon routines. Each exercise you should have a purpose and be regularly evaluated to see if it is doing the job. Machine training is a tool that can help you reach your goals. Good Luck.

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Lifters from novice to elite read this magazine for training advice. Some want to learn about how to prepare for a contest. While others want to pick up a few tips to fine tune their current routine or learn how to add additional muscle. Unfortunately, in this society, we have been conditioned to believe more is always better. This applies not only to money and power but also to weightlifting.

Most novice lifters usually begin with a very basic routine and progress at first comes very easy. After a few months the novice usually begins to plateau as his body becomes adjusted to the workouts. When this begins to happen many lifters increase exercise duration in the form of additional exercises, training days or a combination of both. The thinking is that a little bit of training brought me this far, more training will get me even farther. The workouts now become longer and more frequent, but progress soon stops and the trainee is left looking for answers. At this point the lifter, now confused and unsure of what to do may even resort to steroids for help. So what is the answer when progress stops?

The answer for increased progress when workouts become stale and a plateau is reached is to increase your intensity, not the length of the workouts. Most powerlifters have realized that short intense workouts, when coupled with a good diet and adequate rest can bring continued gains in strength and mass. What constitutes an effective routine? What kind of exercises should you use? What sort of set and rep scheme is correct? Over the past few decades lifting has been analyzed by exercise physiologists and kinesiologists and the general consensus of most experts is that there are no definitive answers to these questions, just some generalities.

To gain muscle mass and strength the lifter has to impose a stress on the body that is greater than encountered in the normal course of daily living. The most efficient way to do this is to use

keep you loose and reduce soreness. It will also help keep body fat levels down.

5) Form. Don't forget to use good form in all your lifts. Good form will help you derive the most benefit from each exercise and prevent injury.

Try this routine for about six weeks. After that switch the exercises around, i.e., barbell rows for seated rows, decline press for incline press, etc.

Try to increase the weight or reps every week. If an exercise calls for sets of six reps, pick a weight that you can handle with good form in your first workout. The next time you do that exercise try to get one more rep. When you can handle the same weight for eight reps, increase the weight and drop the reps back down to six. Do this until progress stops and you begin to feel stale. At this point it is probably wise to change to another exercise.

Remember that you must always try to increase the intensity every workout. You almost have to "dare yourself to fail". Don't ever be afraid to push yourself a little further. Goals can never be reached until you make up your mind and try to push yourself past previous limits. If you want to get bigger and stronger just "dare yourself to fail", and break records every workout. This goes from adding 1 more rep in the front press to adding 3 pounds on dumbbell curls. It doesn't matter what the daily or weekly goals are. All that matters is that you dare yourself to push beyond it.

Your mind will play a major role in pushing past previous limits. Remember this, "What you imagine is what will transpire. What you believe is what you will achieve". Your progress is up to you. Make up your mind and set daily, weekly and monthly goals for each workout. Once you set the course of action you can then go out and achieve it.

Give this routine and ideas a chance and you may be surprised with the results. Remember, as with anything in life, what you get out depends on what you put in. Good Luck!

STARTIN' OUT

A special section dedicated to the beginning lifter

IT'S SIMPLE, BUT IT'S UP TO YOU

as told by Tony Kamand and Pat Cuntera



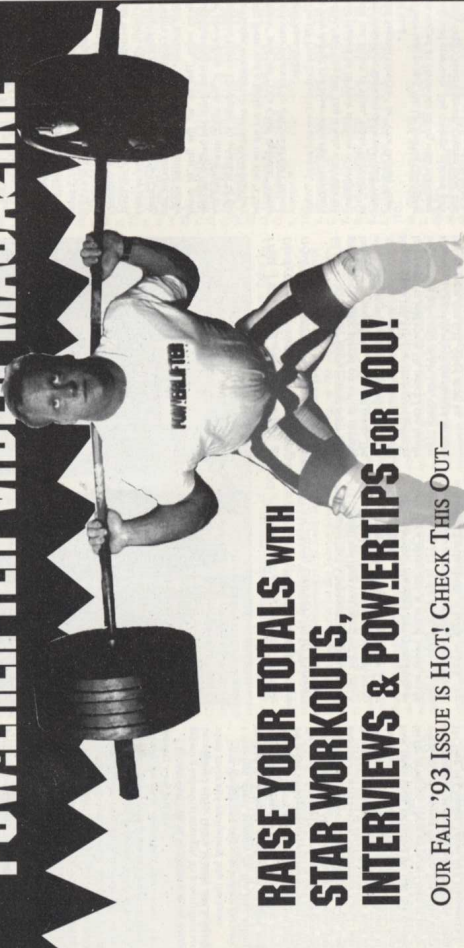
Tony Kamand squatted 845 at 181 at the WPA World Record Breakers Meet in Lancaster, PA (photograph taken by Eugene Davis)

multi-joint exercises that work the large muscle groups (legs, back, chest). The lifter must train very intensely in the shortest period of time and allow the entire body to fully recover between workouts. This coupled with adequate calories will facilitate growth. The correct amount of sets and reps varies from individual to individual, but in general reps in the 5 to 8 range should be the goal and 2 to 3 sets should be sufficient to evoke a response in the muscles.

The simple routine presented here can be used as a model to make up your own routine. The total time

DAY 1 - MONDAY	DAY 2 - WEDNESDAY	DAY 3 - FRIDAY
Squats (free weight or smith machine) warm-ups, then 3 sets @ 6 reps	Bench Press - warm-ups, then 3 sets @ 6 reps	Squats - warm-ups, then 2 sets @ 20 reps (yes, twenty)
D.B. Rows - 3 sets @ 6 reps	Power cleans - 3 sets @ 6 reps	Seated rows - 3 sets @ 6 reps
Front Press - 2 sets @ 8 reps	Shrugs - 2 sets @ 8 reps	Incline press - 3 sets @ 6 reps
Concentration Curls - 2 sets @ 8 reps	Tricep extensions - 3 sets @ 6 reps	E-Z Bar curls - 2 sets @ 6 reps
Crunches - 3 sets @ 15 reps	Leg raises - 3 sets @ 15 reps	Crunches - 3 sets @ 15 reps

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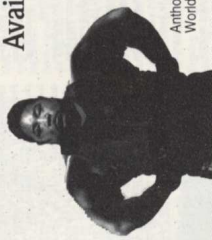


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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question).

DEAR MAURO: Recently I tore some cartilage in my right knee. I will be operated on later this month. Basically, what does this involve? How long before I can squat again? What can be done to prevent this in the future? Any supplements to take? Enclosed is a check for \$15.00. Thanks. **Chris**

DEAR CHRIS: I've known several lifters that have squatted heavy after removal of torn cartilage. It's important that you don't rush the process. Even with the best surgical technique, rehabilitation of the hamstring and quadriceps musculature is necessary to provide an optimal surgical result. Aggressive physical therapy including phosphoresis and other measures for swelling, and electrical stimulation and isotonic and isometric exercises to build up the musculature is very important. I don't recommend squatting until 2 months after surgery. Start off with just the bar and vary your stance, distance of the bar down your back, hand width etc. Find the most comfortable style and the one that puts the least strain on your knees. Increase your weight slowly, squatting twice a week at first both sessions may be with the same weights, later you can do one light and one heavy session. After doing some warm-up sets, work with 3 sets of five reps with a comfortable weight. After a few weeks, increase the weight by 10 to 20% per week until you get to within 60% of your previous best. Once you're within 60% of your previous max, start a twelve week cycle to take you up to 80% of that max. Following that start another cycle of between 12 and 16 weeks, depending on how the last cycle went, to get you up to your previous max. In the next cycle you should easily be able to surpass your previous best. You can vary the program according to how the knees and weights feel - but don't rush it. Along with the program above you should also use knee wraps to protect the knees and ancillary exercises to build up the muscles, tendons and ligaments around the knees. Experiment with using knee wraps, and always use them with the heavier weights. I usually recommend that light tensors be used with the warm-ups, and power wraps for the heavier weights, cranking them a bit tighter as the weight gets heavier. I wouldn't use a suit until you're getting serious about competing again. Make sure you do a lot of ancillary exercises for the quads. Don't do any hack squats, sissy squats, or full leg presses as these place too much strain on the knees. Quadriceps extensions, hamstring curls,

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half squats, and partial leg presses (legs down to half squat position) might all prove helpful and you should find out which ones work best for you. You can do the other exercises either before or after squatting. Do them after on days when you want to squat heavier (once a week) and before to pre-exhaust the leg muscles on days you squat lighter. Although I'm not sure how useful it might be, you might try using some supplements to optimize healing. Zinc may prove useful as studies have shown impaired healing in cases of zinc deficiency. Another product you might consider is chondroitin sulfate (CS), one of the structural components of articular cartilage. While some athletes feel that oral CS helps their joints, I'm not sure that the oral use of this compound has any beneficial effects. There are two other things you might try. Surlagum (a drug used to treat arthritis) used over the long term, may have some beneficial effect on joint cartilage. It might be worth while to use it for a few months to see if it helps. There is also a product called Joint Connection (from Body Ammo, 1-800-346-2303) that may be of some use. Above all listen to your body. If your knees hurt, back off. Use less weight and do more of the ancillary exercises. If you don't get into too much of a hurry, there's no reason why you can't build your squat back up to what it was, and beyond. All the best. Sincerely, Mauro

INTERVIEW

SCOTT WAITS as interviewed for PL USA by Bob Gaynor

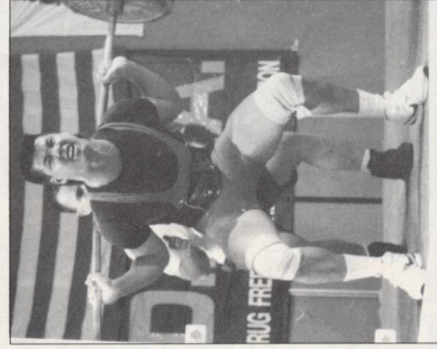
B.G.: Give us some personal information on yourself.
S.W.: My name is Scott Waits. I am originally from Hawaii and I currently live in San Jose, California where I train at World's Gym in Campbell. I am 28 years old. I graduated from Santa Clara University where I played football for 2 years. I now work as a Programmer/Analyst for a semiconductor company. In San Jose named AT&T.

B.G.: How did you get started?
S.W.: When I was in high school, there were two very good lifters who already actively competed. One of them, Chris Lee, introduced me to the lifts. Also, one of our football coaches, who was also the school strength coach, put together a powerlifting team which I joined. We competed in a couple of meets where I lifted in the 181 lb. class weighing about 168. My best lift was a 440 squat, 285 bench and a 440 deadlift.

B.G.: How long have you been training and competing?
S.W.: I have been lifting weights since 1979, 14 years, and powerlifting since 1982 when I was in high school, almost 11 years. Although after my last high school meet in 1983 I was still training again until 1986 in the ADFFA California State meet as a 181 pounder where I bombed out. I returned to win it in 1988 and have been competing regularly ever since.

B.G.: What are your best lifts?
S.W.: My best competition lifts are a 705 squat, 413 bench and a 612 deadlift in the 90 kg weight class.
B.G.: What are your future goals?
S.W.: I want to win the 90 kg class at the 1994 ADFFA Lifetime Nationals. I also hope to win the ADFFA Open Nationals and then the WDPFF Worlds by 1995. I feel I had a great chance to win the Nationals in Wilkes-Barre this past year, but I lifted very poorly which I couldn't afford to do against the very good lifters that were

there. Beyond that my goal is to be ranked among the top 10 90 kg. lifters in the USA, not just the ADFFA. As far as my lifts are concerned, I believe I can squat 775, bench 450 and deadlift 660 at 198. I have also taken up olympic lifting and hope to qualify for the USWF Nationals my best Clean and Jerk has been 297 lbs. and I have Snatched 231.
B.G.: What about steroid use?
S.W.: I personally do not choose to take any steroids. I could not feel good about lifting heavy weights if I knew I could not do it without being on. Part of my enjoyment of powerlifting comes from the challenge to become stronger and learning how to become stronger. Yet, I try not to judge those who take steroids. It is their choice. They make their decision based on what's important to them. I believe it only becomes an issue when lifters who take them try to compete against drug-free lifters in a drug-free meet.
B.G.: What about drug testing?
S.W.: If the one of the goals of a lifting organization is to pro-

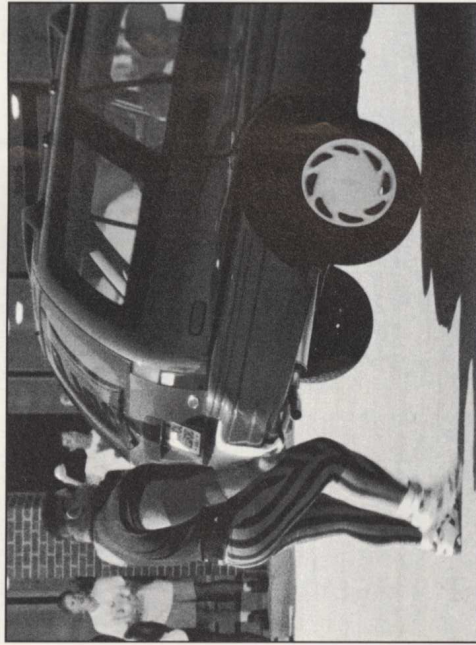


Scott Waits at the 1993 ADFFA Men's Nationals

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

light squats. I work off a 6 week cycle that used throughout the year. For all three lifts the heavy day is based on the following set structure. Week 1 - 70% of 1 rep, 8 sets of 3 reps. Week 2 - 75% 8 sets of 3 reps. Week 3 - 80% 6 sets of 2 reps. Week 4 - 85% 5 sets of 2 reps. Week 5 - 80% 1 set of 2 reps. Week 6 - 80% 1 set of 2 reps. Week 7 - 80% 1 set of 2 reps. Week 8 - 80% 1 set of 2 reps. When training for a meet an additional week is added where the end of Week 7 is the meet day. I believe the percentages should be calculated from your max in the lift with full gear. I think it is essential to feel natural lifting with gear since it is worn during competition. Therefore, I use gear throughout the cycle starting loose and getting progressively tighter. In the squat I use gear from Week 1, while in the bench and deadlift I wait until 80% or 85% before I put on any gear besides a belt.
B.G.: What advice would you have for beginners?
S.W.: I believe the single most important piece of advice I can give to a beginning lifter is: be patient. You must take the time to find the technique for each lift that works best for you. Only after you have built a solid technique base can you begin to make solid gains in strength. Don't be embarrassed to lift light weights while you're learning. After a while you will fly by all your friends who are trying to lift heavy every workout.
B.G.: Are there any other comments you would like to make?
S.W.: I would like to thank my training partner for the past 2 and a half years, Mark Reikind. He always supports me in every way that I lift in and puts up with my ravings when things aren't going well. Although I hope his reputation with the ADFFA doesn't get me blacklisted due to association. Also, I'd like send my regards to all the powerlifters and olympic lifters at World Gym in Campbell, California who have been training there enjoyable and interesting and who are always inspiring me to lift more.
If anyone needs additional information you can write to me at P.O. Box 612363, San Jose, California, 95161 or by calling (408) 436-4250.

"He's The Strongest Man On This Planet— Yet He Couldn't Pick Up A Can Of Weight Gain Powder That Really Worked!"



By Anthony Clark

Believe it or not, just a few short years ago I was a skinny little kid getting the stuffing beat out of me by the tough guys at school. And to make things even worse, I'd go home and get beat up again by an abusive father. Let me assure you, life was very discouraging for this young Filipino immigrant.

But then something fantastic happened which would change my life forever! I discovered weight lifting and I'm proud to say that I loved this sport right from the start. Little-by-little, day-after-day, I saw great changes taking place in my body. Where before there was only skin and bone, all of a sudden new muscle was beginning to spring up. Skinny little Anthony was becoming a thing of the past. And even though back then I never dreamed I would some day be the strongest man in the world, deep down, for the first time in my life, I began to believe in myself.

Just like all of you, I wanted to grow. In fact I wanted to be huge and powerful just like the guys I was reading about in the magazines. Over the next several years I trained with a vengeance. And

more nutrition articles, I soon realized that what really mattered was the ratio of protein, fat and carbohydrates to calories. It was really quite easy. Fats need to be relatively low, while protein and complex carbohydrates need to be high. Stuffing yourself by forced feeding just stretches out your stomach and is a guaranteed road to blubber with little or no strength increases.

So it wasn't until I fine-tuned my diet and supplementation program that I was able to put it all together. The first supplement I used that really made a difference in my performance was Hot Stuff. As most of you know, this is my number one supplement of choice. I'd recommend it to anyone lifting weights.

Gain Weight The Old-Fashioned Way? Cake And Ice Cream!!!

But I still needed an extra source of quality calories to maintain my muscle mass and possibly even add a few more pounds of bodyweight. Since Hot Stuff Sports Supplements did not have a weight gaining product out at the time, I checked into some of the other brands on the market. What an eye-opener!!! Most were just a lot of sugar and fats. Heck!!! You might as well go out and eat lots of cake and ice cream. You'd get just as many junk calories and for a lot less money. The deeper I explored, the worse things got. I was really disappointed when I saw how the numbers game was

"It Wasn't Until I Fine-Tuned My Diet And Supplementation Program That I Put It All Together"

working. Everybody was bragging about higher and higher numbers of calories but I soon found out this was just a labeling trick. You can only pack so many calories in a cup. The only way to make their product look stronger was to increase the serving size. And so the

scammers began to recommend huge amounts a day just to make their calorie count look better.

This really got me mad. What really was needed was a product with high quality proteins and carbohydrates with moderate amounts of the good fats. And then I had a brain storm!!! Imagine a great weight gain powder with all the anabolic activator agents that were in Hot Stuff. Quality calories with great strength potentiators all in one. WOW!!! I was flipping out. There was only one way I knew of to get a product like this. So I rushed to the phone and called my good friends at Hot Stuff. If anybody could put together this product... they could. They got as excited as I was. They agreed to research some formulas if I would be willing to test them on myself. Of course I said yes, and we were off and running.

Grown Men Jump For Joy!!!

In no time at all, we hit on a formula that knocked my socks off. Once I began using the samples they sent me, I knew we had a winner. I saw and felt the difference instantly. Amazingly, I gained 10 pounds in the first ten days without adding any extra fat. And I already weighed 330 pounds. Unbelievable! This stuff was

fantastic. I wanted to be sure it wasn't my imagination so I gave some samples to my friends. They all were freakin' out. "Anthony, what the heck is in this stuff?" I've never seen grown men get so excited about a supplement. But it was nice to know I was right. Mix anabolic activators with a weight gain formula and you

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Anthony Clark

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Dr. Judd

Nick Theodorou interviewed by Judd Biasiotto



Nick Theodorou was one of the referees at this year's ADFPA Men's Nationals in Wilkes-Barre, PA

"Theodorou" isn't that a great name for a powerlifter? It seems to conjure up the image of a man who possesses awesome power with a will that could bend tendons and steel - at least it does to me. Well, let me tell you, Nick Theodorou is such a man. A world champion Master Lifter Theodorou has been pumping iron for close to three decades.

"Nick is one of the greatest athletes I've ever met," says Chris Kolroth, a former training partner of Theodorou. "He's not just physically strong but mentally strong as well. I've never seen him out of control. He has incredible volition as well as incredible power. Like I said he's one of the greatest athletes I've ever met." With-out any question Theodorou's track record attests to Kolroth's assertion.

Interestingly, Theodorou started his lifting career as an Olympic lifter. He has officially snatched 190 pounds and 250 pounds as a light-weight. Because of numerous shoulder injuries, however, Theodorou never reached his full potential as an Olympic lifter. He eventually gravitated to powerlifting where he set a number of state, national and world records in the Master's division. His most important contribution to the sport of powerlifting, however, is not his lifting prowess, but rather his contribution to drug free lifting. You see Nick Theodorou is one of the founding fathers of the American Drug Free Powerlifting Association (ADFFA). Through the efforts of Theodorou, Brother Bennett and George Hummel, the ADFPA has been transformed from relative obscurity to national prominence. Arguably this transformation may just be the most significant thing that has ever happened in the sport of powerlifting. Think about it.

To interview this prominent figure in the sport, World Class Enterprises went to Easton, PA, to meet with Nick Theodorou. It was there at Formula Fitness Center that Theodorou sat down with us and reflected upon the last decade with the ADFPA. Here are some of his

thoughts concerning the organization's progress and future.

WCE: How about giving us a little of that history.

Theodorou: Well, the first slate of officers was actually Brother Bennet as President, George Hummel as Vice-President and Rusty Berry as Secretary-Treasurer. Due to some personal constraints, Rusty resigned and was replaced by myself. Despite minimal funds, the organization slowly grew as membership cards were issued and a newsletter was published. The first Women's Nationals ADFPA meet was held in May of 1983 in Cambridge, MA, under the direction of Sue Elwyn and Michelle Greenspan. Later, that same year, Allentown, PA, was the site of the first ADFPA Men's Nationals under the expert direction of George Hummel. Recollections of the meet flood the memory. John Kuc's deadlifting, the first national meeting, Mike Hall, the drug-testing controversy, George Herring, Phil Elmore, Joe Hood and many other interesting characters! But, that is the subject of a future article. Now, 12 years later, the ADFPA is the largest and oldest incorporated powerlifting organization in the country, sanctioning dozens of contests each year. The original premise of the ADFPA still rings true today, to provide an alternative to those lifters who choose not to use anabolic steroids. Remember: Mens sana in corpore

sano! A sound mind in a sound body!

WCE: Has the ADFPA progressed according to your expectations?

Theodorou: All in all, I am quite pleased with the growth and direction of the ADFPA; however, we need to recruit new people into the association, not just "light" other PL organizations for a larger share of the powerlifter "pie". This is the only way we will blast through the 10,000 membership level.

WCE: How do you think that could be done?

Theodorou: Television coverage would be an excellent way, but we're not getting any of that. I blame the PL "administrators" of the 70s for totally alienating network TV, particularly ESPN. We need to approach the network executives with a concise and coherent proposal on presenting our best lifters so as to appeal to main stream sports enthusiasts. A demo tape of, say, the '93 ADFPA Men's Nationals featuring the likes of Weiss, Borglu, Beatty, Weinstein, Braca, Cain, Scialpi, Stewart etc... will get our message across. Along those same lines, we need to present an image of powerlifters as clean cut, lean, muscular athletes who speak and conduct themselves well. Champions such as Lloyd Weinstein and Damian Fronzaglia exemplify powerlifters with class! Other lifters I admire... Not everyone can total international elite... are guys like Bill Clayton, Joe Pyra, "Wild" Bill Schaffer and Italo Bonacci that keep the sport going.

WCE: It seems that every time you turn around another powerlifting organization springs up. It's getting crazy as well as confusing. Wouldn't it be nice to alleviate all this division and have one organization?

Theodorou: I support the right of other organizations to exist. Their longevity, however, will ultimately be determined by their quality. White-lighting squats that are six inches high simply will not hold up to long term scrutiny. The ADFPA has the strictest, but fairest, set of standards.

WCE: Recently, criticism has surfaced, especially from the select group of lifters who have never used drugs, that the ADFPA has become a "recycling" organization for lifters who were once on drugs. How do you respond to these people?

Theodorou: It's easy. The ADFPA is an organization whose purpose is to give people the opportunity for state and national recognition for state and national lifters who were once on drugs. How do you respond to these people?

WCE: It's easy. The ADFPA is an organization whose purpose is to give people the opportunity for state and national recognition for state and national lifters who were once on drugs. How do you respond to these people?

such, plan to stay active in the association as both a competitor and national referee for the rest of my life! I am very comfortable with this role and have no desire to move back into administration at this time. Specifically, my lifting goals are to push the PA State Master's records as high as possible, three-pats as lightweight National Deadlift champion by winning in Wilkes-Barre in 1994 and lift in the open Men's Nationals, something which very few masters have accomplished! Of course, Master's Nationals and World's are in my future plans.

I have also developed a comprehensive five-point program which integrates, a nutritious diet, high intensity exercise, nutritional supplement support regimen, adequate rest and recovery, and positive mental attitude. This program enables me to train six days a week; three heavy powerbuilding days separated by three lighter remedial days. I am planning an article on this routine which is a hybrid of Olympic lifting and Powerlifting. It should be helpful to many lifters.

WCE: Tell us a little bit more about Nick Theodorou.

Theodorou: Well, I was born and raised in Palmer Township,

PA, a suburb of Easton, graduating from Easton Area High School in 1968 and Lafayette College in 1972 with a degree in chemistry. I have worked in the chemical industry since 1973, starting my own company, NT REAGENTS, INC., in 1990 to provide consulting services. I also have a "dual" career as a Major in the PA Army National Guard, presently serving as the Executive Officer of the 154th Trans Battalion, out of Philadelphia. Cathy, my wife of twenty years, and I have three children: Steve - a freshman in the Pharmacy program at Philadelphia College of Pharmacy and Science, Andrew - a sophomore at EAH&S and Eleni - in the sixth grade. The family helps me operate Nutritional Technologies, which is a wholesale sports supplement distributorship and personal training business. By the way, anyone wanting more info on our programs and supplements is more than welcome to call me at (215) 258-1894 to talk.

WCE: You have been called "the thinking man's powerlifter" care to explain?

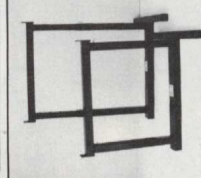
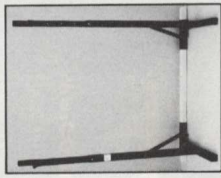
Theodorou: Sure, I have seen a lot in my twenty-five years of lifting and, more importantly, I have learned a lot - what works

and what does not when it comes to the actual weight training. With my degree in chemistry and interests in biochemistry, anatomy and kinesiology, I know which supplements really work. My good friend, Lenny Stires, Sr., has helped me put together all the aspects of making weight without losing muscle, I get adequate rest and recuperation and maintain a very positive outlook on life. In fact, I can not wait until my next competition! Basically, these are the five points of the Nutritional Tech program that I mentioned earlier. They have enabled me to transcend certain limitations and achieve the best results in my life; and, frankly, the end is nowhere in sight. For example, I seriously believe that I am capable of a 600 pound deadlift as a drug-free lightweight Master lifter!

WCE: Well, we certainly wish you luck with it. Is there anything else you would like to say before we close?

Theodorou: I would like to thank Powerlifting U.S.A. for this opportunity to interview. I would also like to thank my training partners Steve Theodorou, Dean Lewis and Mark Long and all the gang at Formula Fitness Center in Easton, PA.

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TRAINING

Plateau Breaking Squat Routines, Squat Accessory Work and Residual Effect Training as told by Greg Reshel of POWER EXCEL



Dawn Sharon has used Residual Effect Training with great success.

Residual Effect Training is training a muscle or muscle group that is a major contributor to one of the powerlifting movements to a point of fatigue followed by resting it for 5-8 weeks. There is a two week time period about 5-8 weeks after working a muscle very hard, in which this muscle is unusually strong. This two week period is the window for your meet in which you will be able to perform way beyond your ordinary expectations.

What follows are the outlines for two simple squat routines that will utilize residual effect training principles in different ways to accomplish plateau breaking gains. The first routine will utilize the bottom squat exercise. This exercise is a heavy compound partial movement that will look exactly like your regular power squat style. You will use the same stance, the same setup, and the same bar position. The significant difference is the fact that once you make legal depth on the first squat you will never go more than 2/3 of the way back up to a full standing position until you have finished all your reps. The idea is to lower yourself in your regular squat style to legal or slightly greater depth and then explosively drive to the half squat position at which point you will hesitate for a count of 1 thousand 1. Now repeat the same pattern. Lower to depth slowly and explode half the way back up and pause. Lock out fully on only the last rep to rack the bar.

The second squat routine will utilize two exercises to accomplish the residual effect we need to break a plateau. The first exercise is the narrow stance squat. This squat has a foot spacing of 4-6" with toes pointed straight forward and a slight forward knee bend for balance. It is not the typical bodybuilding squat where the athlete carries the bar high and looks up while dropping straight down. In this narrow squat you will carry the bar in a lower power position and sit back in your first movement from the top. Look forward or slightly down for balance and only let your knees travel forward far enough to balance. You will be laying over quite a bit.

The second exercise in this residual effect workout is the bodyweight single leg squat. In this exercise you will stand on a block or sturdy stool with one leg while leaving the other leg dangling in space. Bend the leg that is hanging at the knee slightly. Hold onto a stable stationary object for balance as you perform a power squat on your balance leg (the leg that is on the block). In this power squat you will sit back keeping your shin near vertical and leaning forward for balance. Slightly below parallel drive

ger and bigger, only to cause yourself to get smaller and weaker. I can accomplish the same results with little or no training and without decreasing my immune system, so why risk overtraining.

Overtraining is an experience I will wish on no one. However, residual effect training seeks to bring a major muscle group to a strength performance peak 5-8 weeks before the athlete will peak the athlete entit itself. By doing this, the athlete will notice that 5-8 weeks before the meet the powerlift being targeted for residual effect will stop improving and feel a bit stale because a major muscle group involved in the movement will be tapped out and needing a rest. This powerlift will improve very slowly and 2-3 weeks out of the meet will feel OK but will not be up to normal peak levels. If the routine is performed correctly, the muscle that was peaked out 5-8 weeks before the meet will be somewhat stiff and will ache on the day of the meet. This is actually a sign that the muscle is ready to go, it is aching for a heavy workout. Certain biochemical mechanisms in the muscle will be at an adaptive peak having responded to the previous heavy training by increasing their levels. The result is a strength level that you have to feel to believe. We have found no other way of training that will produce this kind of dramatic results. When you do it right you will be at a strength and endurance peak and you will be fresher than overtrained. Think about it - all your heaviest training ends 2 months before your meet. Even if you make a mistake you will be fresh and ready to go on meet day.

Routine 1 - This routine is designed for anyone that needs to gain more power coming out of the hole. If you want a stronger squat at the bottom you need to try this routine at least once. The routine is twelve weeks long. You will train the squat twice per week, once heavy and once light. We are assuming a previous best of 500 lbs. for this routine but all you need to adjust the numbers to fit your own squat and it will work. Call us if you have questions.

Week 1: Light Day - no suit. Bottom Squat: Warm up then 5 sets of 5 reps at 275 lbs. Heavy Day - no suit. Power Squat: warm up then 2 sets of 2 reps at 345. Bottom Squat: 1 set of 7 at 275 lbs.

Week 2: Light Day - no suit. Bottom Squat: warm up then 5 sets of 5 at 285. Heavy Day - no suit. Power Squat: warm up then 2 sets of 2 at 355. Bottom Squat: 1 set of 7 at 275 lbs.

Week 3: Light Day - no suit. Bottom Squat - warm up then 5 sets

Week 1: Light Day - no suit. Narrow Stance Squat - warm up then 6 sets of 4 reps with 255 lbs. Heavy Day - no suit. Power Squat - warm up then 3 sets of 3 reps with 345 lbs. Single Leg Squats - 3 sets of 15 reps each leg.

Week 2: Light Day - no suit. Narrow Stance Squat - warm up then 6 sets of 4 reps with 275 lbs. Heavy Day - no suit. Power Squat - warm up then 3 sets of 3 reps with 365 lbs. Single Leg Squats - 3 sets of 15 reps each leg.

Week 3: Light Day - no suit. Narrow Stance Squat - warm up then 6 sets of 4 reps with 295 lbs. Heavy Day - suit. Power Squat - warm up then 3 sets of 3 reps with 395 lbs. Single Leg Squats - remove suit then 3 sets of 15 reps each leg.

Week 4: Light Day - no suit. Narrow Stance Squat - warm up then 6 sets of 4 reps with 315 lbs. Heavy Day - suit. Power Squat - warm up then 3 sets of 3 reps with 405 lbs. Single Leg Squats - remove suit then 3 sets of 15 reps each leg.

Week 5: Light Day - no suit. Narrow Stance Squat - warm up then 6 sets of 4 reps with 255 lbs. Heavy Day - suit. Power Squat - warm up then 3 sets of 3 reps with 405 lbs. Single Leg Squats - 3 sets of 15 reps each leg.

Week 6: Light Day - suit. Power Squat - warm up then 5 sets of 1 rep with 315 lbs. Heavy Day - Power Squat - warm up then 1 set of 3 reps with 385 lbs.

Week 7: Light Day - suit. Power Squat - warm up then 5 sets of 1 rep with 315 lbs. Heavy Day - Power Squat - warm up then 1 set of 3 reps with 445 lbs.

Week 8: Light Day - suit. Power Squat - warm up then 5 sets of 1 rep with 315 lbs. Heavy Day - suit. Power Squat - warm up then 3 sets of 5 reps at 315 lbs. Heavy Day - suit. Power Squat - warm up then 2 sets of 1 rep with 445 lbs.

Week 9: Light Day - suit. Power Squat - warm up then 5 sets of 1 rep with 315 lbs. Heavy Day - suit. Power Squat - warm up then 2 sets of 1 rep with 425 lbs.

Week 10: Light Day - suit. Power Squat - warm up then 3 sets of 1 rep with 315 lbs.

Meet Day: Open - 455 lbs.; 2nd - 505 lbs.; 3rd - 540 lbs.

NOTE: all the hip work performed in the bottom squats will help your deadlift as well, especially if you deadlift sumo.

Routine 2 - This routine is designed for any squatter who loses weight forward or gets stuck halfway up on their heavy attempts. You will work the squat twice per week, a light day and a heavy day. You will narrow stance squat on your light day and power squat on your single leg squat on your heavy day. This routine will help overall muscular balance and is great for improving any bilateral deficiency, i.e. one leg stronger than another. It is ten weeks in length. We are assuming that you have a previous best of 500 lbs. but this routine will work for anyone, you just need to convert the numbers to your squat maximum. Call us if you need help.

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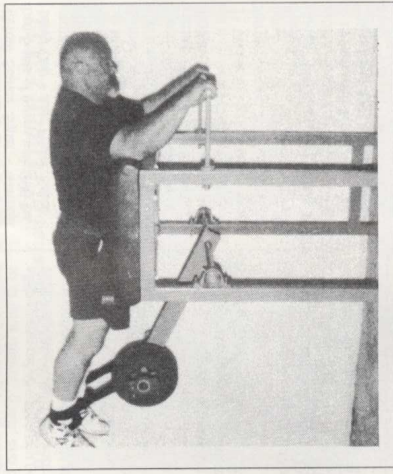
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TRAINING

People ask me how Matt Dimel squatted 1010. Others inquire how five of our girls squatted or deadlifted over 500 lbs in world or national meets. And still others want to know how a private club developed 27 Elites, three of which have totaled over 10 times body weight, two have squatted 4 times body weight, and myself, gaining Elites in five weight divisions. Is there really a secret to it all? My answer is yes. Reverse hypsers are a main constant to our success. Now what is a reverse hypser? It is just what it implies. Instead of doing a conventional back raise, you raise your legs to the rear while your torso is supported. This is accomplished by tightening the glutes, which will activate the hip flexors, hamstrings, and lumbar and sacral regions, as well as teach lower abs to contract. This works all the lower body muscles required to squat and deadlift, unlike a conventional back raise where most of the work is done at the top portion, resulting in a short static contraction, and hardly any work is done in the bottom portion where the back should be stretched maximally. The reverse hyper overloads all the muscles throughout the entire range of motion. In the bottom portion it simulates the beginning of a deadlift, where the lifter's back lengths or stretches completely. In the top portion, where the legs are raised to the rear to a parallel position by tightening the

Reverse Hyperextensions Westside Barbell's Best Kept Secret as told to PL USA by Louie Simmons



Patent Pending #73,544... this is what the Reverse Hyperextension Machine looks like in action, demonstrated by inventor Louie Simmons.

Perhaps some perceptible readers of POWERLIFTING USA noticed. Despite the wealth of practical training information that was offered in Louie Simmons' series of training articles published in the magazine, and even with the successful line of training videos he produced, there was a gap. It was something that tied together the various training discoveries and philosophies that Louie espoused, some of them considered quite radical, a physical distillation of all those years Louie spent trying anything and everything to repair his own injured body and build his strength back up to PR exceeding levels, again and again. It was something that incorporated all the proven knowledge he had accumulated from his many discussions with the top lifting stars of the day as well as the translated theories of legendary Russian sports scientists. It was the Reverse Hyperextension Machine.

As Louie refined his idea, it became clear that needed protection, if it's inventor was to reap the fruits of his labor on the business end, so he sought a patent on the device. During this lengthy process and before gym members had been sworn to secrecy about the machine. In his articles, Louie talked around use of the device, except in general terms. In the videotapes, I believe the machine was removed from the gym, so as not to compromise the process of receiving the protection the patent offered. Now that the matter has proceeded to the stage of "Patent Pending", Louie is legally able to share with PL USA's readers the great secret of the Westside Barbell Club's success over the years.

This is no theory - it's a training device that works - and works so well that numerous members of his club have gone on to tremendous accomplishments in the field of strength training. Their records are a testimony that speaks loud and clear. Louie sent us a video tape of the machine in action, and it is a simple but clever design. I remember that Olympic lifting great Tommy Kono always used to say that the glute-low back area was the center of any athlete's power - not the pecs, not the biceps. This machine works that region in a fashion that doesn't seem to interfere with your other heavy strength work - particularly in the squat. How many lifters have had a fight on their hands trying to train both the deadlift and the squat in one contest cycle? One of Louie's current lifters, Chuck Vogel, did not even train his deadlift prior to a recent meet, and still pulled a PR 745, because he was working his back on the Reverse Hyperextension Machine, helping his lower back to recover due to increased blood flow to the region, without missing a beat on his heavy squat training.

Louie sees a great future for the machine, and not just in Powerlifter's gyms. He notes the rehabilitative aspect of this device, proven to himself as it brought him back off crutches

glutes, it duplicates the lock-out. So what's the advantage of reverse hypsers? They can be done four times a week. Unlike other lower back exercises, it won't build you up. As a case history, Dr. Tom Paudcut was the first to experiment with four reverse hyper workouts a week and found his deadlift jumped from 700 to 800 in 15 months. He also increased 100 lbs in the squat, to 780, in the same time frame. Before, he refused to do them, continually suffering from lower back injuries. By doing reverse hypsers, he not only experienced a big jump in his lifts, but his back never felt better. Mark Borda, a 20 year old lifter, had similar success in the squat after being stagnant for 18 months. He, too, did reverse hypsers four times a week. The result was a jump from 578 to 750 at the same body weight (275). Mariah Liggert and Laura Dodd did them from the beginning of their lifting careers and seldom experienced low back pain like many of us. The results speak for themselves. Mariah: 485 deadlift at 132, 508 squat at 148. Laura: 567 squat, 534 deadlift at 163. I can go on forever with such exploits, including a 71' 10" shot putter, Kevin Atkins, and how a sprinter at O.S.U. named George Nicholas stalled at 10.47 in the 100 meter. His coach stated that he could not run faster. I took him under my wing, and in 9 weeks he

ran a 10.17, three-tenths faster, enabling him to qualify for the 1984 Olympic Trials. I invented the reverse hyper machine out of necessity. In 1973 I pulled 670 at 181. I thought my back was indstructible. While doing bent-over good mornings with 435 for 5, I lost my concentration and heard a snap and felt severe pain in my lower back. I spent most of 1974 on crutches. Nothing helped, and yet I vowed to return to national status and to total Elite again. I tried anything I or anyone else could think of. One day I found that if I supported my upper body on a platform while hanging my legs down and lifting them to the rear, it pumped my back up, reducing the pain. I built my back up by slowly adding weight to my ankles until I had completely rehabilitated it and was now getting stronger to the point that I pulled 710 at 198 in 1977. What a comeback, and it was all the result of reverse hypsers. The lower back is composed mostly of ligaments and tendons, which can be strengthened continuously through heavy training. It is repaired only by rest or continuously pumping blood into the area. The reverse hyper does just that. Two types of workouts are performed. For strength use heavy weight, 150

to total Elite in 5 different weight classes, and expects that various types of rehab facilities may be interested in his new machine.

At long last, Louie can talk about his discovery with the public at large. The secret is out. He's already sold several of the machines to locals who had the inside track as soon as the patent paperwork was finalized, and hopefully the merit of his idea will be appreciated by lifters and others. This is a situation where a powerlifter, searching for answers and remedies to very serious injuries, used a wide variety of information sources and practical experience to develop something that is both applicable to our sport directly and human performance in general. The Reverse Hyperextension Machine deserves strong consideration as an important equipment purchase priority in hard core training gyms around the country.

Mike Lambert, PL USA

LOUIE SIMMONS PRESENTS

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For rehabilitation use 50-100 lbs for up to 30-40 reps for 4 sets, 2 with feet close together and 2 with feet wide apart. The machine supplies an eccentric as well as concentric and static contraction. It comes with two belts, one long and one short. The long belt is used with the outside of the glutes and hips. The short belt will stimulate the lumbar region as well as the inner glute area. There is absolutely no compression on the spine because the legs are doing the work, in a similar fashion to stretching your back by lying down and pulling the legs up toward your face. Plus, there is no dizziness, which you usually experience using a conventional hyperextension bench. We all yearn to be stronger. To accomplish this, we must stay healthy. Both can be accomplished with this device - a must for all gyms and rehab centers. I have now received my patent and hope to share reverse hypsers with the world to rehabilitate and strengthen backs like those at Westside Barbell.

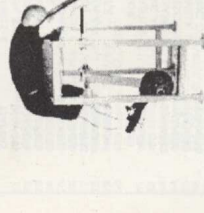
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Louie Simmons presents the REVERSE HYPER machine

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USA All Time Top 100 Squatters - 123 compiled by HERR GLOSSBRENNER

540	CUNHA, J
520	DUNNAN, C
515	BAPOSO, D
512	PATAWAY, D
510	MORRIS, J
505	KENDRICKS, B
500	BLAKE, H
500	NOUDEN, H
496	RAMSEY, D
490	LOON, M
485	NEPSON, M
485	CAPUTO, R
480	NELSON, M
475	MILLAN, E
475	HARTMAN, M
474	ADAMS, R
465	PERRY, R
457	CLEMENS, K
455	PATERMILITZ, T
451	MISCEVIC, T
451	HAINES, T, K
450	GAMBRELL, M
450	WHITNEY, K
450	HINTON, G
450	JENKINS, B
450	CONNOLLY, S
446	HEATH, D
446	GARCIA, H
444	STENKES, R
441	CALDWELL, J
441	MASSON, M
441	JEFFREY, M (F)
441	TAYLOR, T
441	FELDER, C
440	SCHEVO, V
440	BOWERS, K
440	WINTERS, H
440	LEWIS, W
440	CLARK, W
440	MCCOY, K
440	MILLER, B
435	EGHEVARRIA, M
435	HUDSON, R
430	SMYDSON, D
430	BROWSTEIN, E
429	WILLIAMS, J
429	WULLY, J
429	RYAN, S
429	HUNNICUTT, G
429	MOORE, D
429	ARENBERG, J
429	MARKER, J
429	PENCE, J
429	NCKNGHAT, M
429	RAMSEY, R
425	ZEOILA, G
425	KLICHPAK, G
425	SHING, C
425	FOODRILL, B
425	OLSEN, B
424	DESSANTIS, N
424	ROSE, M
424	JOHNSON, M
424	JOHNSON, F
424	LUSK, J
424	PADOVA, J
424	HOFER, A
424	TAYLOR, C
424	AUGUSTIN, S
420	TOUSSANO, V
420	HENNING, S
420	YOUNG, S
420	HO, N
420	STENKES, R
420	ANTINORO, T (F)
418	FOGT, P
418	RINGI, G
415	BERAZZANI, J
415	SALSER, R
415	WILCKI, T
415	THONGYANH, K
413	MUCILLI, D
413	FERRERA, M

TOP 100 for 148 lb./67.5 kg. USA lifters competing in results received from October 1992 through September 1993.

SQUAT	BENCH	DEADLIFT	TOTAL
1	650 Hodges, A./25/93	672 Austin, D./6/18/93	1645 Conyers, T./3/27/93
2	630 Conyers, T./3/27/93	670 Conyers, T./3/27/93	1638 Austin, D./6/18/93
3	628 Hooper, W./3/20/93	668 Hooper, W./3/20/93	1630 Conyers, T./3/27/93
4	615 Schuchter, L./7/7/93	655 Douglas, J./4/3/93	1466 Hooper, W./3/20/93
5	570 English, L./1/17/92	650 English, L./1/17/92	1466 Hooper, W./3/20/93
6	566 Kling, C./6/26/93	646 Kling, C./6/26/93	1460 Kling, C./6/26/93
7	551 Kimmer, M./2/20/93	642 Okafor, F./3/4/93	1422 Okafor, F./3/4/93
8	551 Kimmer, M./2/20/93	642 Okafor, F./3/4/93	1422 Okafor, F./3/4/93
9	551 Kimmer, M./2/20/93	642 Okafor, F./3/4/93	1422 Okafor, F./3/4/93
10	551 Kimmer, M./2/20/93	642 Okafor, F./3/4/93	1422 Okafor, F./3/4/93
11	545 Howard, A./10/9/93	640 Gagnon, M./2/20/93	1406 Gagnon, M./2/20/93
12	540 Page, G./10/17/92	638 Page, G./10/17/92	1400 Hamel, A./12/5/92
13	540 Page, G./10/17/92	638 Page, G./10/17/92	1400 Hamel, A./12/5/92
14	540 Page, G./10/17/92	638 Page, G./10/17/92	1400 Hamel, A./12/5/92
15	540 Page, G./10/17/92	638 Page, G./10/17/92	1400 Hamel, A./12/5/92
16	540 Kahlke, D./3/6/93	637 Frenzel, J./1/17/92	1394 Spang, M./5/15/93
17	535 Holmes, D./8/15/93	635 Holmes, D./8/15/93	1385 Johnson, S./2/7/93
18	534 Black, L./10/11/92	635 Holmes, D./8/15/93	1378 Johnson, S./2/7/93
19	534 Black, L./10/11/92	635 Holmes, D./8/15/93	1377 Vailke, J./8/7/93
20	534 Black, L./10/11/92	635 Holmes, D./8/15/93	1377 Vailke, J./8/7/93
21	534 Ambrose, A./8/14/93	635 Holmes, D./8/15/93	1366 Blunt, R./3/27/93
22	534 Ambrose, A./8/14/93	635 Holmes, D./8/15/92	1365 Smith, K./6/26/93
23	534 Ambrose, A./8/14/93	635 Holmes, D./8/15/92	1365 Smith, K./6/26/93
24	534 Ambrose, A./8/14/93	635 Holmes, D./8/15/92	1365 Smith, K./6/26/93
25	525 Boyer, M./10/25/92	630 Hartman, W./3/20/93	1360 Valdez, J./2/9/92
26	525 Boyer, M./10/25/92	630 Hartman, W./3/20/93	1355 Temmerman, G./10/25/92
27	525 Boyer, M./10/25/92	630 Hartman, W./3/20/93	1355 Temmerman, G./10/25/92
28	525 Boyer, M./10/25/92	630 Hartman, W./3/20/93	1355 Temmerman, G./10/25/92
29	523 Rostoung, B./5/22/93	630 Hartman, W./3/20/93	1355 Young, J./2/9/92
30	523 Rostoung, B./5/22/93	630 Hartman, W./3/20/93	1355 Young, J./2/9/92
31	520 Temmerman, G./10/25/92	630 Hartman, W./3/20/93	1355 Young, J./2/9/92
32	520 Ausler, J./2/7/93	625 Zubeck, J./9/4/93	1340 Boyer, M./10/25/92
33	520 Ausler, J./2/7/93	625 Zubeck, J./9/4/93	1340 Boyer, M./10/25/92
34	520 Ausler, J./2/7/93	625 Zubeck, J./9/4/93	1340 Boyer, M./10/25/92
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91	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
92	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
93	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
94	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
95	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
96	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
97	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
98	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
99	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93
100	496 Kochermer, J./2/20/93	620 Brown, V./3/1/93	1340 Loney, Z./9/11/93

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual ranking in this documentation of your achievement is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date/weight made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.14% tax).

NEXT MONTH... TOP 165s

Corrections: Corrected results on the April 24th, 1993 NASSA Ken-Regional include the lifting of Jeff Phillips in the 148 lb. Pure Division, with a 182 kg squat, 117.5 kg bent press, 197.5 kg deadlift, and 497.5 lb. total. Marvin Miedman's lifts in the March 27, 28th, USPF Georgia State meet were at 123 lbs. rather than 132 lbs. and included a squat of 445, bench of 225, deadlift of 450 and a total of 1120. Mike Whittington should have been credited with the bench of 281 lbs. on the TOP 100 123 lb. class listing. Russ Backhaus that on the All Time TOP 100 Deadlift list for the 242 lb. class. Tom Bechtel was not credited with his 584 lb. lift. There was a mislisting in the name of the lifter in the 104 lb. class at the ADFPA Northwest Regional that should have been C. Robins. The lifts of James Christian were reported in the results of the USPF National Masters Champs in the 165 lb. division. Bob Coleman's 335 squat in the 125 was not reflected on the TOP 100. Tamara Rainwater-Grimwood did not receive credit for her lift attempt world record bench press of 347 at the ADFPA Masters in the 165 lb. division. The top 100 listing of 1995 were not including on the TOP 100 listing. Lifts of 132 lb. division. Phil Halliday, 170 lb. division was not on the ADFPA TOP 20 242 lb. lift and the reports that Babbitt and Abbott on that list are the same. ER-ROARS "Post Office Box 467, Camarillo, California 93011.

THE BENCH

How Often Can or Should One Train the Bench Press?

as told to PL USA by the Great Jim Williams

A question that is old as Greek Mythology, and contemplated by every avid powerlifter since powerlifting was conceived! My quick answer would be five or six days a week, or 13 days straight for style and endurance. In this article I am going to attempt to explain my reasons why you should lift more than twice a week to develop a giant bench press!

The first time I contemplated bench pressing every day, I was told that it was a foolish, non-practical idea and that it "just won't work out!" A good friend said take it to bed and sleep on it, but I learned fast that nothing comes to a sleeper but a dream. The more I thought not to train my bench press every day, the more convinced I became to give it a try. I thought of professional people such as surgeons, carpenters, football players and lawyers, etc. What if they practiced their professions only several times a month or year. Could you imagine what would be taking place? No need to answer that, because we know that it requires concerted and concentrated effort by all who are involved in order to succeed. I know I would not want a football player playing for me that trained only twice or eight times a month.

One argument I find against benching every day is that follows: believe that a big arm is all they need, therefore more time is spent on arm routines than they spend

we use more weight to squat with, and can do it two or three times a week, then why should anyone think that 5 to 6 times is too much to bench! Bench pressing is like anything else, you put in a little - and that just what you get out - "A LITTLE".

Believe me, your muscles can stand it; you have been uniquely constructed. If muscles would respond as easily as a lot of people would like to believe, just the mileage you've put on walking since birth would render you the biggest legs ever, but we know that is not true. It takes an awesome amount of work, and unless you're ready to take the chance, your chances for a big bench are nil.

I have at least five different bench routines that have worked for me, and with this variety, I am able to ward off staleness. I have found out for myself that twice a day benching will, most of the time, enhance the second workout. The first workout sets my muscles and leaves them well heated, and directs my style and all that is left in my psychology.

You will find out, if you have not done so already, that the only way to lift correctly is through practice; practice makes perfect and perfect can only come by practice. There is not too much you can do to your muscles, if you first work correctly.

Injury comes mainly from doing what you have never practiced, and in a forced situation you sustain

below their desired dream. If this is true, it's only because they are weak in the bench from not doing them enough anyway.

The chest cavity is enhanced greatly by squatting, so then, again, you can see the frivolous argument against not bench pressing daily. Squats are definitely an asset to a stronger chest cavity, but if you don't do benches regularly, then it's like sound to a deaf ear. Also, many lifters have confused fatigue and injury. When you don't really know the difference it's easily done. I know myself that many lifters have complained to me of injured delts, and at most, they were fatigued from the lack of an endurance routine.

Just think, we use more than 60 odd muscles to perform the bench press. One can imagine how much more comes into play just to do one squat, plus we squat with more weight than we bench press. So, if thus rendering their bench press

deadlifts, it almost invariably affects the muscles in the shoulder girdle, thus rendering their bench press

injury. With this in mind, how could anyone think that a two day routine can accomplish anything. Of course, you always have the gifted lifter who does not have to train regularly, but he too needs his match against skilled lifters and forced situations. It is necessary, without a doubt, that to become a class lifter one needs countless hours of training to accomplish the desired results, or he is just fooling himself.

Bench pressing calls for a unique style and brute strength, and neither of these can be attained on a two day week program. Good bench pressers must be perfectionist about their work.

Before I go any further, I would like to emphasize a problem that has gone unobserved. I do not think the bench press is receiving its due, because of the fact that there are few mechanical devices or material masquerades that can be used to enhance the bench movement. Therefore, it is somewhat overlooked and under-trained by many. The squat and deadlift devices have in this case rendered later. In many of the classes, as I said before, the bench is lagging due to its being undertrained, and the right routines have not been implemented.

I broke a bench press record every time out, whether local, state, national, American or world, only because I was thorough in hours and weaker tendons (they may

they may be able to repeat a hard press, but they seldom make a big gain. They count more on their strength and do less techniques. This alone will make them bench less, therefore, robbing them of the big one.

I have taken 100 lbs. jumps with confidence because of my awareness of the bench press. I have also opened with 650-700 pounds and bombed, but my percentages from benching regularly are a lot better than a stronger benchmer, who, if he is off that day, may blow it entirely.

Great bench pressers are the likes of Mel Hennessy, Ronnie Ray, Pat Casey, Doug Young, Mike MacDonald, Larry Pacifico, Joe Weinstein, T. Arcidi, John Kuc, Wayne Bouvier, Jon Cole and the Author. These men possessed both unique style and strength. Strong benchers are the like of Paul Anderson, Don Reinhardt, L. Ians, Bill Kazmaier, Lars Hedlund, T. Hardman, Hugh Cassidy, S. Samaniego, etc. I think you have received the picture; and if you do not agree, just try benching 5 or 6 times a week for a month with a concentrated effort. If nothing else you will learn the trick of the bench press. You may even acquire this delicate skill called finesse that will enable you to make gain, after gain, after gain.

training the bench press. From my training method and the rapidly with which I performed them, I could look at a bench press and tell you whether it was done with style or just plain brute force strength.

In closing, I would like to say this, there is a great difference between a great bench presser and a strong bench presser. Great bench pressers can use more drive line style and less power to complete a lift. This comes from countless hours of practice and meditation about what you are doing. Strong bench pressers can bench press naturally because they are strong, but they may even bench less than a drive line style benchmer, because of being uncomfortable and not able to determine a style. Understand now,

leave you accident prone). Your total may be up, but you may not necessarily be stronger. The bench press is the proof of it, as it lays far behind compared to the other lifts. PROOF: Since I have bench pressed 675 lbs. officially, and 705 lbs. unofficially, and have done 720 lbs. in the Scranton Y.M.C.A., and these lifts remain some of the longest standing records to this day, many years later. In many of the classes, as I said before, the bench is lagging due to its being undertrained, and the right routines have not been implemented.

I broke a bench press record every time out, whether local, state, national, American or world, only because I was thorough in hours and weaker tendons (they may

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Jim Williams came this close with 700 lbs. in the bench press at the 1972 Worlds, weighing 343 1/4 pounds. He had just made 675, which stood as the American Record, and exceeded the official IFF World Record for many years. The 700 looked easier going up than the 675, according to the man who took this historic photograph, George Coates, but then it stalled out at this position, just short of full lock out.



APA/CFA/WPA Border Brawl
15 May 93 - Magog, Canada

Bench Press	285	290	290
Women			
E. Berrich	132		
L. Hazel	148		
C. Lamoureux	205	270	
M. Binks	210		
M. Masters	40-44		
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West Coast Championships

31 Jul, 1 Aug 93 - Rialto, CA
SQUAT
 165 Teen 14-15 292
 J. Drake 275
 198 Men Pure 198
 M. Sicular 402
 165 Master 40-44 292
 M. Drake 402
 275 Master 45-49 468
 B. Meek 331
 220 Master 70-74 303
 L. Rickner 505-545 187
BENCH PRESS
 165 Teen 14-15 160
 D. DeAdutt 167
 W. Pryor 364
 165 Teen 14-15 336
 J. Drake 242
 D. Crowwell 402
 D. Centrono 298
 M. Drake 292
 220 Men 18-19 430
 C. Paxton 452
 M. Sicular 331
 165 Master 40-44 347
 M. Sicular 311
 165 Master 45-49 347
 L. Rickner 505-545 402
 220 Master 70-74 402
DEADLIFT
 165 Teen 14-15 160
 W. Pryor 364
 165 Teen 14-15 336
 J. Drake 242
 D. Crowwell 402
 D. Centrono 298
 M. Drake 292
 220 Men 18-19 430
 C. Paxton 452
 M. Sicular 331
 165 Master 40-44 347
 M. Sicular 311
 165 Master 45-49 347
 L. Rickner 505-545 402
 220 Master 70-74 402

Prairie Rose State Games

24 Jul 93 - Fargo, ND
Women
 16 Teen 14-15 245* 120* 210* 575*
 SHW Open 181
 J. Schulz 425 300* 375 1100
 A. DeCoster 300 200 380 880
 S. Wolf 185* 105* 235* 545*
Men
 275 Teen 16-17 300 275 405 980
 J. Webster 570 400* 510 1480
 C. Gargatz 555 375 620* 1550
 M. Rodacker 505 350* 555 1410
 J. Drosker 525 310 565 1400
 242 Open 535 385 600 1520
 D. Sears 550 390 410 1350
 SHW Masters 435 390 485 1310
Women
 176 Teen 14-15 245u 120u 210u 575u
 J. Lindley 181
 D. Staplin 330 285 375 910
 132 Collegiate 330 225 360 935
 C. Gargatz 570 400 510 1480
 220 Collegiate 320 215 350 885
 T. Schepker 505 350 555 1410
 220 Open 535 385 600 1520
 SHW Open 500 335 525 1360
 S. Dunk 690 420 650 1760
 SHW Masters 435 390 485 1310
 J. Lindley 181
 L. Unofficial American teen record. *State record.
 U-100% N/A on Double-knit
 220 Open 305 215 325 795
 M. Brygle 325 145 225 595
 J. Wilkon 350 220 410 980
 181
 J. Frazer OL 350 220 410 980
 J. Barnett 365 180 365 910
 C. Lewis 430 260 410 1100
 148
 K. Blakely 160 100 210 470
 132
 L. Wilson 265 215 260 740
 181
 J. Ragdale 600 402 655 1660
 D. Clinton 300 360 450 1110
 220
 M. Medina 440 340 430 1210
 S. Sill 375 225 575 975
HWT
 J. Ufford OL 705 525 720 1950
 M. Pierce 580 350 620 1550
 M. Thompson 365 315 370 1050
 Women Open
 L. McCowan OL 265 145 310 720
 148
 S. Meyer 190 115 235 540
 Masters A 550 270 500 1320
 L. Duce BL 300 255 315 870
 Masters B
 J. Olesen OL 625 380 630 1635
 J. Caples 340 320 420 1080
 H. Sery 320 210 330 860
 (Thanks to Greg Barnett for providing the results.)

End of Summer Challenge

14 Aug 93 - Paola, KS
High School 1/2 SQ BP DL Total
 148
 165 White 235 205 260 700
 J. Jackson 320 190 350 860
 Z. Tlake OL 625 265 460 1200
 D. Durbin 330 230 330 890
 198
 C. Stanchfield 410 250 440 1100
 J. Howe 475 300 460 1235
 B. Elmore 490 285 530 1305
 B. Scroggins 405 285 400 1025
 J. Hodgson 470 325 430 900
 High School Fr/S 105 65 110 280
 R. Howe 165 135 220 520
 S. Osborn 130 100 150 380
 T. Pinger 110 95 145 350
 M. Smith 90 70 140 300
 148
 A. Herron 205 145 225 575
 J. Lindley 305 215 325 795
 M. Brygle 325 145 225 595
 J. Wilkon 350 220 410 980
 181
 J. Frazer OL 350 220 410 980
 J. Barnett 365 180 365 910
 C. Lewis 430 260 410 1100
 148
 K. Blakely 160 100 210 470
 132
 L. Wilson 265 215 260 740
 181
 J. Ragdale 600 402 655 1660
 D. Clinton 300 360 450 1110
 220
 M. Medina 440 340 430 1210
 S. Sill 375 225 575 975
HWT
 J. Ufford OL 705 525 720 1950
 M. Pierce 580 350 620 1550
 M. Thompson 365 315 370 1050
 Women Open
 L. McCowan OL 265 145 310 720
 148
 S. Meyer 190 115 235 540
 Masters A 550 270 500 1320
 L. Duce BL 300 255 315 870
 Masters B
 J. Olesen OL 625 380 630 1635
 J. Caples 340 320 420 1080
 H. Sery 320 210 330 860
 (Thanks to Greg Barnett for providing the results.)

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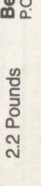
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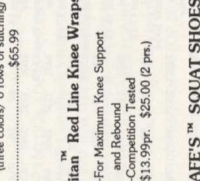
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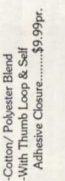


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once on the platform after an extended recovery from the previous meet. She felt good enough to post an 1100 lb. total, including a very strong 300 lb. state record bench press. In the 132 men bill she posted a 425 lb. total and a 245 lb. bench press. Annik, giving him a 935 to 885 win. Mark Rodacker, 181, was literally in a class by himself. His spectacular (and slow) 520 lb. state record deadlift continued to put him in the top 10. He posted a 347 lb. state record in the 176 lb. class. The 132 men bill was good. Everything went smoothly. (Thanks to Meet Director Jay McVeigh for providing results.)

ND, and they both wanted to win. The winner would be decided by the deadlift. John pushed to a 585 lb. total, but he was out of the competition by a 585 lb. total. The 132 men bill was 50 lb. behind Chad Gargatz at the subtotal, but he pulled a strong 600 lb. deadlift with a close 425 lb. bench press. He posted a 1480 lb. total. Maurice Peak took a break from professional wrestling to come to Fargo and post the biggest numbers in the 132 men bill. He posted a 347 lb. deadlift and a 245 lb. bench press. He was just as eager to give it one of the first powerlifters ever in North Dakota, Jack Lindley, was the sole masters division four for nine. He seemed more interested, however, in coaching his daughter Jessica to multiple state records. (results courtesy of Shawn Frady.)

the field a great high Steve Adams, football coach at Baldo High School and some of his toughest players - Adam Spill and Ryan Albert - loaded equipment from the center, unloaded and loaded all day. The meet was a success. The meet went back to the center. Clean job, fellas! The area middle bench helped set up and clean up the area and judge at days. Jim Vertino and Debbie Cina were the judges. The meet was a success. The meet was good. Everything went smoothly. (Thanks to Meet Director Jay McVeigh for providing results.)

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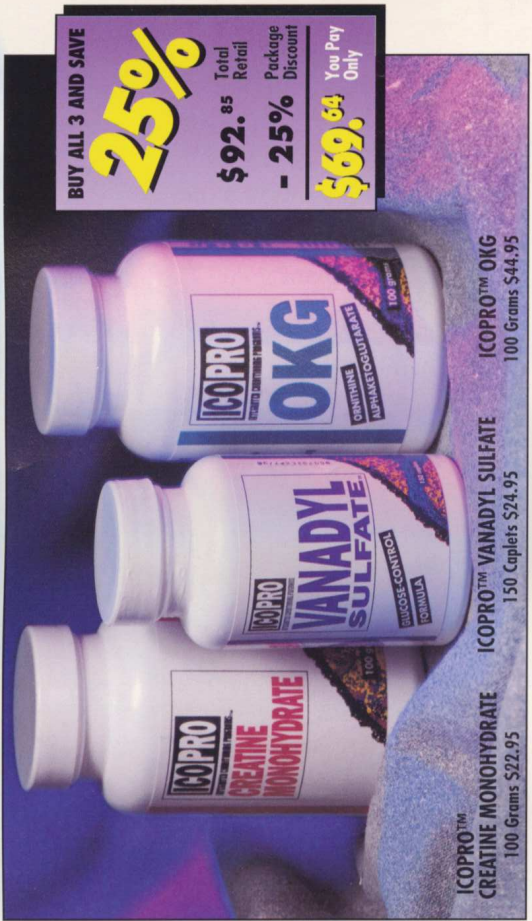
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