

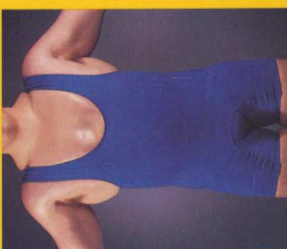
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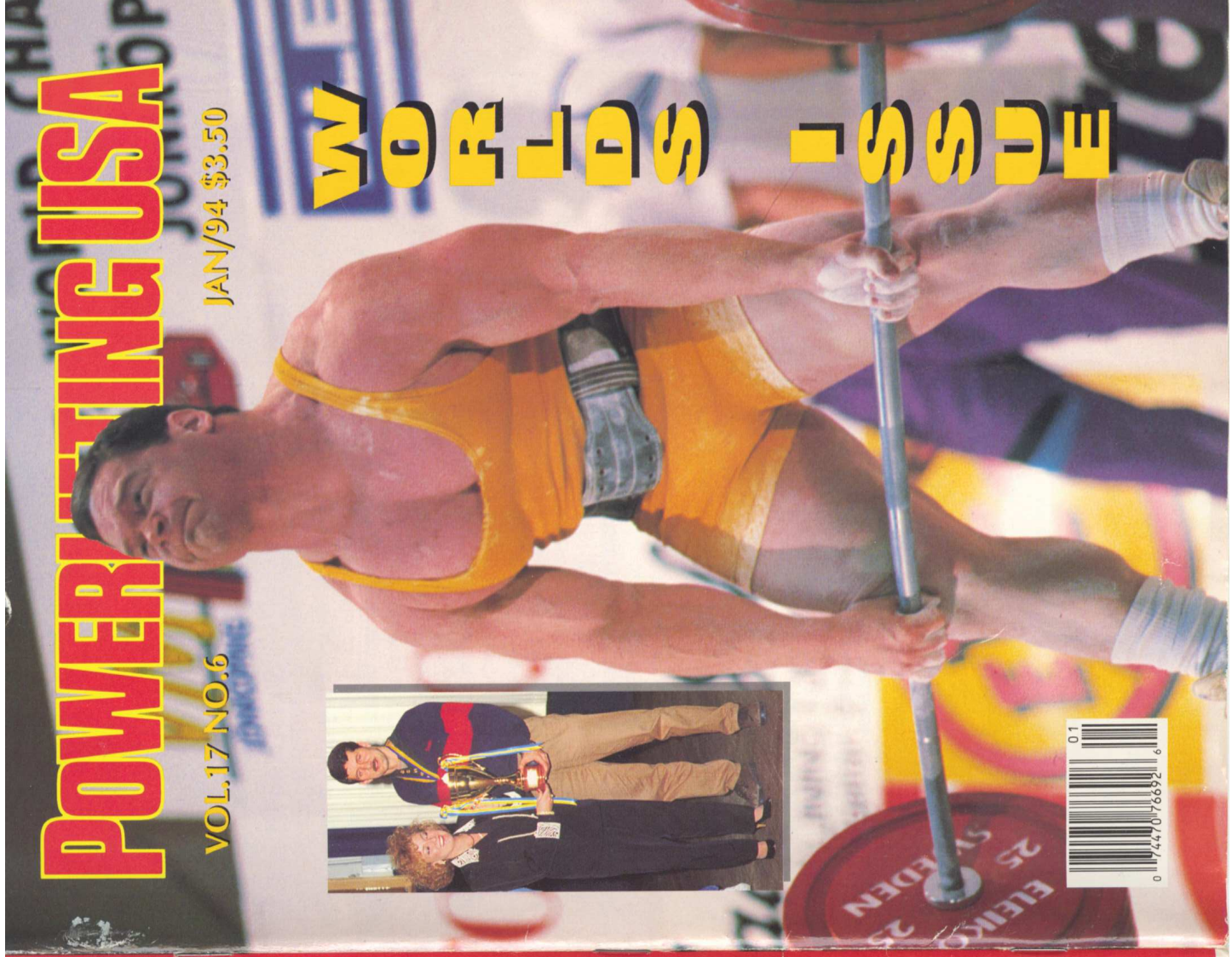
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# POWERLIFTING USA

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# WORLDS - INSIDE



**Powerlifting USA**  
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NEXT MONTH.... a comprehensive survey of drug testing technology and methods, pro and con, by Dan Wagman begins

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# I.P.F. WORLDS

## as seen by Powerlifting USA Editor Mike Lambert

Taipei failed all but her last attempt with 281 in the deadlift to win the bronze.

In the 48 kilo division, it was another French flower blooming with a string of 9 more successful attempts that led to the victory. Claudine Cognac touches her knees together in the squat, as does Vilasiano, but all her lifts were touched. Upon her final deadlift of 374 lbs., a European record, she shook hands with each judge and each member of the jury, despite a torn callous, and she still seemed animated about her win the next day. A very youthful-looking Yamskikh of Russia pulled a Junior World Record 352 to secure the silver medal over her Finnish opponent, Ms. Vilasario. Medals were also awarded in each of the individual lifts, and Vuokko got the bronze in each category. Standing with the overall title, Malou Thill's day for Luxembourg was frustrating, but was enough to outlast the determined (as were all the Finnish ladies) Jokitalo, Elizabeth Street looked bad on her 1st two tries at 303 in the deadlift, but she came through nicely when the chips were down. Suzuki of Japan looked especially strong in the bench press, with her wide grip technique. April Delmore could not satisfy the judges with any of

her squats.

In the 52 kilo division, the "gem" of Spanish Powerlifting, Gemma Cristobal, with her firm grip spirit and striking barcut (brimed to the skin above an inch above the ears, all the way around) tilted the Junior World records in both the squat and deadlift, while Valentina Nalibova of Russia easily tossed the Junior mark in the bench press.

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Cristobal... a gold for Spain.



DiAnda rolled to the 765 victory

from 1989 when she competed in the previous combined Men's and Women's Championship in Canada. Her lifting was confident, precise, and nine successes for nine attempts. The medal placings jumped from deadlift to deadlift and Hineno of Japan took her shot for bronze with a final 424 deadlift, but it was a few grams too much. The Japanese team was very supportive of both each other and the other competitors in the championship, and they made many friends despite linguistic differences.

In the lightweight division, Ekaterina Tanakova of Russia looked the part of winner with her massive proportions, and she littered the platform with new European records as she robotically proceeded to 468 248 462 1179, but there was an interesting counterpart to her rampage in the person of Elena Sunoruk of a former Russian "satellite" state, the Ukraine. Tall and lean, she appeared almost childlike compared to the Russian, which made her lifting ability that much more shocking. She opened with a Junior World Record in the 440 lbs. like there was simply no weight on the bar. Only on her final try, at a further record of 457, did she even grimace. In the deadlift, her declination of Junior World marks kept pace, with seemingly easy successes with 462 and 485, finally reaching her limit with a fearsome, twisting rip at 518 for the win. She collapsed with the weight just short of completion, and nearly collapsed into the arms of her coach in her disappointment. She and Ekaterina are friends and they embraced warmly at the awards platform. The contrast was evident - Tanakova looked like she should win, but Sunoruk showed that what you can't see from the outside - from her heart of a lioness to a bonus of fast twitch muscle fibers - can also make you a winner. For host nation Sweden, there was much to be proud of as Spoststrand won the Bronze without challenge. Orsini of Italy had a spirited battle with the more experienced Belgian, Nelis for 4th place, with Mary of France, Esther Harris of Great Britain (another team that supported their lifters vocally), and Janin

in this class, Ms. Ching, is only 17 years of age.

At 60 kilos, another IFF member nation had reason to cheer, as the tall, lean Norsewoman, Beate Amdahl, squatted her way to a new world record, with dramatic form and control, at 457 lbs. She continued her quest for the gold with 3 good benches opened nicely in the deadlift, but then missed 396 badly. With a world champion's pride, she came back to make it struggle. Though not within striking distance for the top spot, Germany's Irmingard Wohlhofer emerged from very tight competition in the bench press - twice, hitting 233 and 237 to the tune of her nation's tradition airhorn and noisemaker support from the audience. In for the bronze was Argentina's Irene Frangi, who faces enormous financial difficulties to make the trip to these championships. What a difference this year



Cathy Millen's lifting was simply larger than life... five world records.

A fair number of the lifters in the 165 lb. class were just up from the lightweight division, and the same was true in the 181 lb. division, with none but Rumataiseva of Russia and May of Australia being close to the legendary Liz Odendahl of the Netherlands was on hand to make a comeback, and another powerful Russian lifter, Magula, was also entered, but she should have been, as Natalya Rumataiseva, still a junior, was on her game, and didn't miss a lift all day, and broke the world junior record total mark on all of her deadlifts, including the final 485, which was a new junior record by itself. Sarah, who lives, works, and studies in France, had to take her opener squat over again, and then missed 429, but her superior benching brought her back into contention. Remarkably, after a hard opener deadlift of 396, and a 2nd attempt of 424 that was glued to the platform, Sarah took some advice and converted to conventional style and made a believer out of that previously stubborn poundage to lock up the silver medal. Soon Sarah's studies in France will be completed and she is applying for a doctorate program in French Literature stateside. A favorite of the crowd, Norberg of Sweden, had a great day and gave no else a chance at her bronze medal, though Doragaya of Russia was close enough to think about it. A vocal Fictus of Germany, Ulrich Ute Hienchen for her buddy Ullrich Hienchen for lifts pop out of her hands or her total would have been much higher.

In the 90 kilos class, New Zealand's Bodybuilding Championships earlier



World Title Number Three for Dave Rickson... will he go for four?

Cathy Millen barely weighed the minimum at 83.2 kilos, but despite the bodyweight deficit, she would have won the contest on just her initial attempts by wide margin. She forced up squats of 507 and 540, but a world record 562 took some will on her part, which she amply provided. This gave her IFF world records in three different categories, but she wasn't through. Ever hear someone say that so and so's record was so easy, it was like an opener? In the case of Cathy's bench press, her opener WAS a world record, and she went on to two more successes, breaking the old mark by a remarkable 44 pounds. Her opening deadlift established a new record total, but on her second effort with the new world record poundage of 562, she lost her grip and tore her hand a bit. The next attempt was close, but she really tore her hand on that one. She had merely broken the world record in three 198 lb. categories, weighing only 183. It was a day that other lifters can only imagine. Back a notch from Cathy's lofty perch in first place was a very effective lifter from the Ukraine, Ludmila Gaiduchenko, the current European champion, who set a new European total record with each of her fine deadlifts. Shelby Corson had heavy trouble with 529 in the squat, but held up for the bronze with a nice 6 for 6 in the bench press and deadlift. Russian Koshtunova and a big framed girl who hardly knew her strength, easily performing her lifts, but a lack of experience made her lower her first deadlift, yanked up with extreme speed, before getting the signal, and she inexplicably dropped her 2nd try to the platform after getting the signal. Another junior lifter, Sarah Robertson was nervous prior to the start of the class, and well she should have been, as Natalya Rumataiseva, still a junior, was on her game, and didn't miss a lift all day, and broke the world junior record total mark on all of her deadlifts, including the final 485, which was a new junior record by itself. Sarah, who lives, works, and studies in France, had to take her opener squat over again, and then missed 429, but her superior benching brought her back into contention. Remarkably, after a hard opener deadlift of 396, and a 2nd attempt of 424 that was glued to the platform, Sarah took some advice and converted to conventional style and made a believer out of that previously stubborn poundage to lock up the silver medal. Soon Sarah's studies in France will be completed and she is applying for a doctorate program in French Literature stateside. A favorite of the crowd, Norberg of Sweden, had a great day and gave no else a chance at her bronze medal, though Doragaya of Russia was close enough to think about it. A vocal Fictus of Germany, Ulrich Ute Hienchen for her buddy Ullrich Hienchen for lifts pop out of her hands or her total would have been much higher.

In the 90 kilos class, New Zealand's Bodybuilding Championships earlier

Herchenheim of Germany, sporting some big biceps and some new tattoos. Who would win between them was a question that could not be answered until the next to the last deadlift. Juanita made a 573 squat, but 584 was too much for her in the squat. Uly emerged with a PR, 496 pounds. Juanita did some nice benching, but Uly, who had just recently set a new world record in this category, did better. Her 2nd attempt tied her new record, but a shot at a new world mark of 341, was just a bit too much. So, it was a 20 kilo lead for the heavier lifter from the USA. Juanita lifted within herself on her first two pulls, but reached too far on the last, which just wouldn't lock back, and that set the stage for Uly's final attempt within the competition a 518 that was just her case, giving her a bodyweight victory. She pulled it so strongly that coach Rudy Kuster insisted that she be given a 4th attempt at the world record weight of 524 before the chalk dust had even settled, and she pulled that one up as well. Tall and massive, Jesse Vancatachallum of France was impressive in 3rd, and Pavlova of Russia overcame a bar dropping misadventure on her opener deadlift to get 4th. Chao Chen Yeh, world junior champion, tied junior world marks in each category and made them in the bench press and deadlift, and Siv Lidman finished up the fine effort of the Swedish women's team with a crowd pleasing effort. When all the paperwork was totaled up, 33 world records in open and junior categories, some broken and then re-broken, had been newly established. In the Champion of Champions competition, the USA's Carrie Boudreau took the crown over the performances of New Zealand's rugged Cathy Millen and Russia's impeccable Ekaterina Tanakova. In the team competition, the Russians came to the meet in full force and made their mark against all the rest with a 1st place finish, followed by the USA and the beginning of the end of a long period of USA domination in powerlifting, much as what happened in Olympic lifting when the Soviet sports machine kicked into full gear? Well, the Russian sports machine has been dismantled into many separate entities, but the real significance lies in the fact that so many of these Russian girls, while very, very strong, are obviously well below their ultimate potential. The Russians will be making marks in international competition for many years to come. All was not well with the Russian delegation, however. Two members of the men's team were arrested on the way to the meet in Gothenburg, Sweden for possessing a large quantity of steroids. At the IFF Congress the issue of suspending the Russian team from the competition was discussed but turned down since it represented the punishment of an entire team for the actions of two individuals. This caught the media's attention and some sponsors came down on meet director Jarmo

Under the direction of Jarmo Nouslainen, whose experience extends over three IFF World Championships the Swedes have logged yet another entry into the record of the IFF World Championship events. The city of Jönköping was surprised by a few inches of snow prior to the event, but the support of the Swedish lifting association came in from all over the country to lend their hands to the event, which opened the ceremonies with a musical program including a local violin group, singers from the local music school, and more. Jarmo brought to the Worlds some innovations he credits to an earlier contest in Denmark. The scoreboard had vertically rotating sections, with the "A" flight on the opposite side from the "B" flight. When one group was completed, the scoring crew simply rotated the board to bring the other group into view.

Beginning with the first class, there were some surprises and some close competition for medals. In the 44 kg division, two Finnish ladies looked strong - Prinkkala with her multiple World Championship successes and countryman Koskinen with her mammoth 330 lb. starting attempt in the squat, but the tough judging failed both their openers. Prinkkala recovered, and Koskinen did get up with a slow, hard 330 on her 2nd, before a world record exceeding 343 was not accepted on her 3rd. Meanwhile, France's Natalie Janot began a string of successful lifts that brought her into contention at the end. Prinkkala rolled to a 462 subtotal, but Koskinen met with disaster on the bench. Her new shirt did not have the usual effect and she bombed badly, though it should also be said that her recent heavy patient load as a medical doctor may have also played a role. Janot lean but with good leverage, put her exception strength in the lift to use, tying with Finn at subtotal, and she was 100 grams lighter in bodyweight. Prinkkala matched each of the French girl's deadlifts with a 2.5 kg higher attempt of 341 own, but when Natalie pulled a tough 341 final attempt, 347 was too much for the gracious Anna-Lisa, who had broken her world record in the total with her 2nd attempt, only to see Janet top that mark on her 3rd. Sprightly Hsu, Yen Ping of



4 Gold Medals for Women's Champion of Champions Carrie Boudreau.

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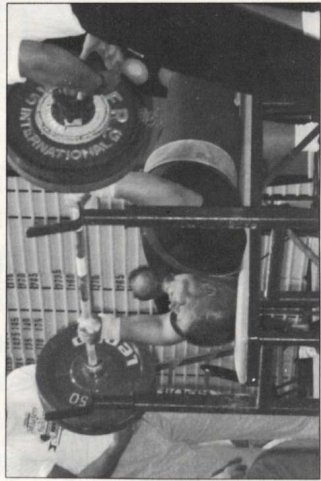






**Czeching Out Niagara Falls...** Czech coach and 181 lb. competitor Jiri Holirek with Josef Micka (90 kg) and World Champ Antonin Sota (SHW) at the world famous Niagara Falls (John Buckley photograph).

Japan was 2nd. In the 67.5 kg. class, Charles Wodarska of Oklahoma City finished up with 560. John Yreor of Dallas, Texas finished up with 662.5. After lifting, John was there to support his colleague Yreor. The audience laughed as he had a good reason to. The coach said that Yreor's encouragement that he offered to her, Martin Brown totaled 667.5 in the 90 kg. class. In the 100 kg class we had two world caliber lifters: Nat Washington and Larry Shepard. Nat finished up over Hiddi with 705 kg. over Anders, Sobram of Norway. Marty Gallagher, in the 110 kg. class, came in 2nd over van der Meulen of the Netherlands, with a total of 767.5, thanks to the support of his coach, Scott. The 125 kg. class was won by Maurice, Ohio finished up over Susumu Yoshida from Maine, coached by Ernie Gilbert, placed 3rd over Yusei Inaura of Japan with a total of 237.5. Newcomer Shannon Cooke from Albany, TN finished up with 225 kg. In my husband's famous words, "can't touch that," Junior made a new world record in the bench press with 245 kgs. The first time I met Junior was 2 years ago in South America. They may make an excellent match outside. He is 16 years old. He is the oldest of all of them, only 12, plus team and rolls. I told him enough, he ate them all and on his first lift attempt, he busted his suit, but he got the lift. In 2nd, Bob Taylor of Richardson, Texas placed 3rd over Daniel Sznage of France with a proud USA total of 740. It was about 2:00 am when they gave out awards and Junior wasn't there, so Sam kind of



Jamie Moller with a Jr. World Record in the bench of 236 kgs. (Pardue)

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coach, literally carried lifters up the ramp to the platform. In the 82.5 kg. class, the women in for 3rd in the team trophy competition. Finally, our junior men decided it was time to end the meet with a show of shows. Anthony Jenkins (Illio) trained and finished his first world record in the 100 kg. class. A special thank you to Jankovskibrought home the gold in the 60 kg. class going 8 for 9 in his first worlds. Michael Capibola of Collegeville, PA finished up with a 580 kg. total in the 67.5 kg. class. In the 75 kg. class, Duane McMillon from North Carolina took out at 637.5. Matt Johnson from Ohio finished up with 625 kg. total finished with 255 in the 90 kg. class. Also in the 90 kg. class, Chris Farrell of Maine and coached by Ernie Gilbert finished up at 620 kg. Bob Eucker from Ohio finished up in the 100 kg. class with a total of 750 kg. In the 110 kg. class, it was time to rock the lift. Scott Smith and Larry Brown were the closest competition, yet with team oriented sportsmanship between Scott Smith and Larry Brown. Scott, from Clinton, IL, brought home the gold with a new world record in the bench press, 230 kg. and a total of 845 kg. Scott and Larry took home the silver with 842.5 kg. In the 125 kg. class, Jamie Moller of Champaign, IL, decided he'd keep the trend going, and he also got a gold, and a new record in the bench press as well with 236 kilos, and a personal best of 832.5 kg. In the SHW division was our Jeffery Lewis. He won the silver medal with a total of 852.5, but went for a new world record in the squat. The strength was good, but it was a little high in the lift. Lars Klier of New Jersey won with 905. It was a high lift for the USA. I came away with the team title in this division.

The USA was the only country to place in every category of team competition. This was the largest world's ever, with approximately 378 lifters from 25 countries, but only we have a celebration for our lifters. We have a celebration for Dave and Mary Jeffrey, since while Dave was coaching they became the proud parents of a baby boy! I wonder if the world of powerlifting is ready for this young man. Robert Keller coached the team in order for him as well as he will be living the sport with his fiance at the World Bench Press competition. Stuart Thompson, while acting as



Marlene Pardue accepting Vicki Steenrod's Champion of Champions award (courtesy of Pardue)

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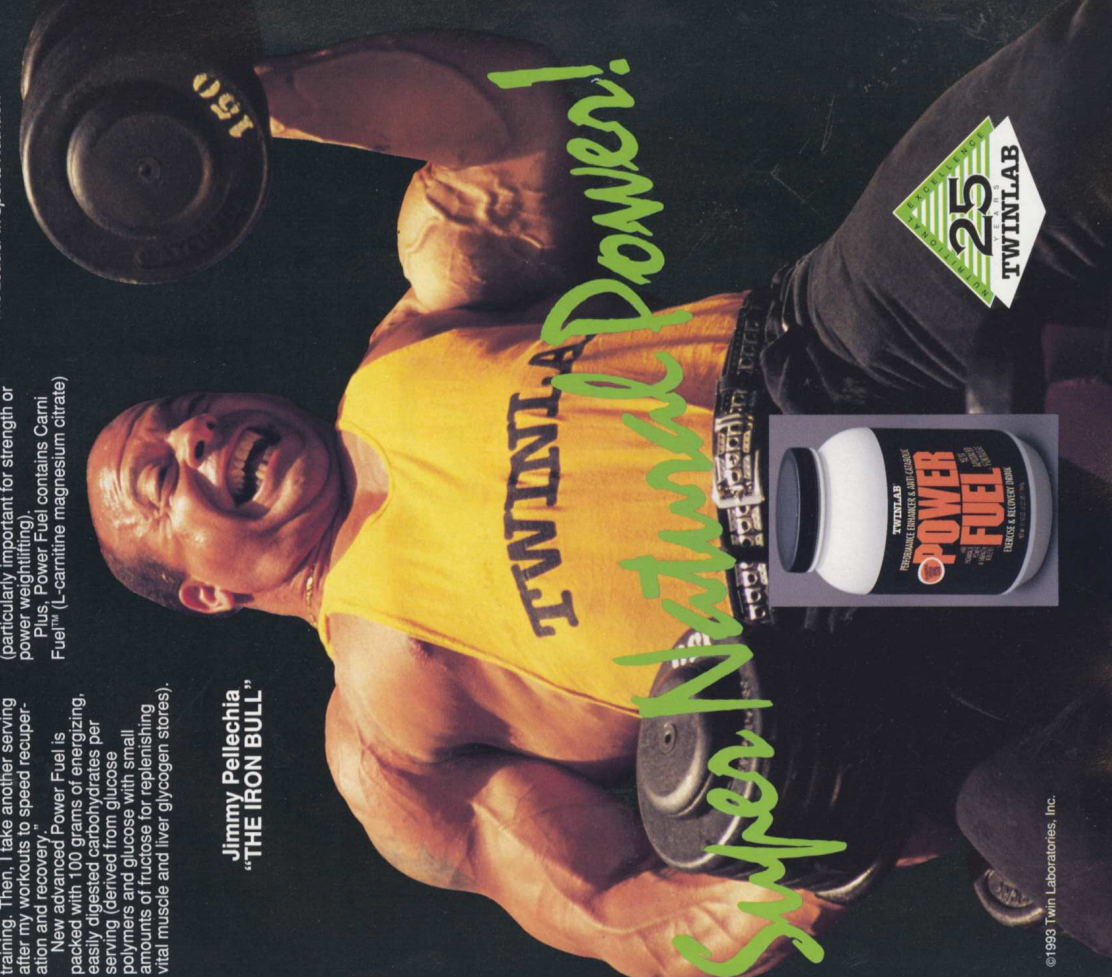
Power Fuel also contains important nutrients for energy metabolism like B-vitamins, chromium (from patented Chromic Fuel™ chromium picolinate), coenzyme Q10, L-carnitine, potassium, magnesium, phosphate for strength or (particularly important for strength or power weightlifting).

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## Anthony says THANKS!



Anthony Clark poses with Tyler Malejko's (standing at Anthony's left) Jungle Gym Team, which won 1st place at the Northwest Open Bench Press Championships, where Anthony made the biggest bench press of all time, 735 lbs. (photograph provided by Brian Baertlein).

Dear Fellow Powerlifters, Churches, Companies, Friends and Family: This year has been an enlightening and exciting year. I have accomplished many of my expectations. I have traveled to many far away places, which has met a desired love and devotion to Powerlifting. I have conquered not only great pleasure, but true meaning of this awesome sport. Though faced with disappointments at times, the good out-weights the bad. It has been long hard driven year, "a real challenge", but very successful. A lot of people never take that extra time or effort to show and express their appreciation and acknowledgment to other people that they should. I want to take this personal opportunity to say Thanks.

Thanks! To the people, companies, churches, friends and family that have helped me to achieve my goals and supported my endeavors. I want to show recognition and would never intentionally forget in regards to any particular order. Special Thanks To: Tom and family at Hot Stuff Sports Supplements; Tom Newlin, family and crew at Toka Enterprises; Dr. Mac and Tony Sappington for keeping my back in line; Golds Gym/Alameda Crew, Gil, Lyle, Nate, Jim, Frank, Shawn & little Anthony; Daugherty Broth-ers at Sweat Shop; Dan Bastine of

Low of Powerlifter, Video; Fred McCormick; Pep Wahl of OH; Buddie Debbie "Squash you like a Walnut" Toole; Wadsworth Church and the sewing crew of Inzer Advancement Design; Tom Lincir of Ivancko; Bob and Donny of Body Alive; Cindy Gensler "A diehard of a person that keeps me going"; Ned of God; Pastor Slaus; Ernie's Res-

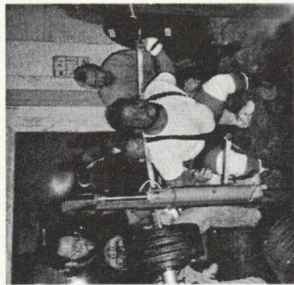
taurant "For all the Food"; Pasadena Police Department; Bonnie Spencer of Katy, TX; Ed Lorez and John Villarreal of Power USA; Tyler Malejko of Jungle Gyms; My boys Shawn and Brock at Lator; Trish at Hot Skins; couple of my biggest fans Nick Summerville, Bruce Citerman; Jeff Pell of American Body Building. Thanks to Don and Jean "For all the Love, support and advice you have given me"; Tim Bruner "For all the upliftings you gave me"; Sate USA, Linda Finnegan "For all the pictures"; Gus Redwisch, "For the motivation"; Bill Kazmaier "For the Vision"; Mary Lou and Ray Madden of Monolift; ADS Systems "For the Bench"; Ashley and Ross of R&A's Fitness; John and Lynn Schaeffer of Winning Factor. Please accept my deepest apologies if I have forgotten to mention anyone - which I am sure I have not intentionally done. But most of all I want to Thank God and my family for always being there for me.

The Best Is Yet To Come!  
**Happy Holidays**  
**Have A Great New Year**  
TEAM

**AC+**

God Bless You  
ANTHONY CLARK

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# Dr. Judd

## CHI - the Magic of the East

by Judd Biasiotto, Ph.D., World Class Enterprises



Judd Biasiotto Ph.D. with another tale of the wild and wonderful ways that people around the world use to get stronger.

**Warning** - Do not read this article if your cholesterol level is higher than your SAT scores, if you're intellectually constipated or if you have the I.Q. of a turnip.

It's a warm summer day in Beijing. Thousands of people are gathered in Many Huan Park that lies adjacent to the Chinese National Institute of Sport. The main focus of the people on hand is a 140 lb. Qigong master who looks as if he hasn't had a good meal in months. The "master" stands before a squat rack burdened with 545 kilos. By American standards of weights and measures that translates to an amazing 1200 pounds. The "master" appears to be in a trance-like state; his eyes are closed and he is breathing deeply but rhythmically. After a few seconds, a transformation begins to take place. The master's arms and shoulders begin to expand, seemingly in both size and density. The transformation continues down his body into his legs and calves. Shortly thereafter, the master opens his eyes and positions himself under the awesome weight. Then, in one mighty effort, he unravels the weight and presses it overhead to a locked-out position. He then lowers the weight and racks it effortlessly.

Understandably, the large crowd is absolutely spellbound, but that is just the beginning. The "master" turns and stares at a 15 foot tree that is approximately 40 meters from where he is standing. At first there seems to be a moment of contemplation. Then without warning, he explodes from a standing position into a full spring. Within 10 meters, he is moving at world class speed. When he is approximately 8 meters from the tree, he leaps upward and over the tree, easily clearing it by at least two feet.

Upon witnessing these phenomenal feats, an awestruck American asked the master how he developed such powers. The master simply replies, "Chi".

The aforementioned story is commonly told throughout Chinese folklore. It is also similar to the stories that many American students of oriental disciplines, such as karate, kung fu, etc., frequently tell. In fact, there are enough stories emanating out of China and the Far East about supernatural feats and the power of Chi to fill a small library. Do such stories have any validity? Is there really a power in "Chi"? And if so, what is it?

"There is no truth to these stories," says Dr. Weishong Sun, medical Director of China's National Sports Institute. Such stories emanate from unscrupulous merchants who are trying to sell their services and products to an ignorant public. If there was a man in China who could jump 20 feet, we would know about him. These ridiculous claims are bad for Chinese medicine and sports. They rob the

next time they were there. Hey, it gets better. Listen to this, through these channels flow a life force called Qi (Chi). Yes, it's invisible too, and, no, it can't be detected by scientific means, but, yeah, it exists because of 5000 years of Chinese medicine. Anyway, when Qi (Chi) is surging through your channels unrestricted, you are potentially a butt kicking mother trucker, or something like that. The problem is that more often than not the channels become congested or blocked due to an illness, disease, or an injury. When this occurs, your Qi (Chi) can't flow freely through your channels. Consequently, you become a butt licker instead of an ass kicker. In other words, you're totally out of sync; no body equilibrium say the Chinese.

Of course, you can reverse that scenario by opening up your channels again. One way to do that is through Qigong - a psycho-neurological exercise method that incorporates posture, breathing, and mind focus. As mentioned, "Qi" refers to the body's vital life force and "Gong" refers to Gongfu, which means practicing skills. Therefore, Qigong is a kind of self-training technique in which exercise (movement, posture, breathing, and mental energy) are used to increase the flow of Qi. In turn, the increased Qi flow unclogs the channels and re-establishes the body's equilibrium. This improves the dynamic equilibrium of Yin and Yang (I'll explain that next), and fosters vitality and essential Qi. If you understand all of that, raise your hand...

Too bad, we're going on anyway. Hey, get excited! I'm giving you the Keys to the Universe here. I mean, when was the last time someone explained to you the effects of dynamic equilibrium between your Yin and Yang? Well, today is your lucky day.

According to Kim, the theory of Yin and Yang refers to the unity of the two opposites. Yin and Yang depend on each other, but also oppose each other. Yin and Yang are the source of each other and under certain conditions are opposites to each other. Now that makes sense... Right? Well, if it doesn't, this will straighten everything out. Female is Yin and male is Yang, they're opposites, but they depend on each other and oppose each other. Now do you get the big picture? Along these same lines, Yin and Yang is hot, Right?... like men. Also, heart, lungs, kidneys, spleen, and liver are Yin and the stomach and bowels Yang; internal is Yin and external Yang; quiet is Yin and movement Yang; Cory Everson is Yin, Arnold Schwarzenegger is Yang and Richard Simmons is either Yin or Yang or both. But who really cares? Did you get all of that? Good, because now it gets really confusing.

According to Kim, there are times when Yin and Yang are as one. This is called unity. Think of it like a psychic intercourse, it helps. When Yin and Yang are one, there is no high, no low, no external, no internal, no upper viscera, no bowels, no cold, no heat, no activity, no solace, no Cory, no Arnold, and maybe no Richard, unless he is a Yin and a Yang which means he's already reached unity, I think. Now for the good part. Under the right conditions, Yin and Yang can change into their opposites. For example, chills (Yin) cause fever (Yang) and fever leads to vice versa. And so on and so forth, as long as life continues.

As mentioned, Yin and Yang always depend on each other. With Yin alone, there would be no birth; with Yang alone, there would be no growth. Consequently, the Chinese believe that we must maintain an equilibrium between Yin and Yang in order for our body to function normally. If the balance is lost, illness or even death may follow. Obviously then, keeping fit is keeping your Yin and Yang in balance. Actually, that's no easy task because Yin is quiescence (quiet) and Yang movement. Consequently, Qigong practitioners have to observe the Yin/Yang relation or chance throwing the whole system out of balance.

Now, get this. Qigong doesn't only increase Qi flow, it also strengthens it. In case you weren't aware of it Qi comes from heaven. (An interesting concept considering that China is a communist country and philosophically does not accept the existence of a deity). Although Qi comes from heaven, it is nourished biochemically by

air, water, and Qigong. The more Qigong is used, the more powerful the Qi becomes. Supposedly, the Qi can become so powerful that it can give the individual super-human powers.

Well, there you have it. The persistent use of Qigong exercise will help you maintain dynamic Yin/Yang equilibrium, harmonize your Qi and blood, dredge your channels and supercharge your Qi. All of which will increase your resistance to disease, strengthen your constitution, prolong your youth and life, and give you superhuman power. The Chinese are so convinced of the power of Qi that everyone of their Olympic athletes are required to practice Qigong at least one hour daily.

Now, all of this doesn't make a lot of sense, and if you think it does, I suggest you lay off the funny weed for a month or two. From a purely psycho-physiological point of view, the Chinese description of Qi and the various channels is about as scientific as a Charlie Brown football line. Hell, most people can't understand it!

Now, I realize that the big wigs who pioneered the field of Qigong have built upon centuries of experience sitting around trying to achieve psychic intercourse between their Yin and Yang. And I'm sure they put this whole thing together before anyone knew about human anatomy and physiology as such, but let's face it, we are in the 20th century. How about a little progress after 5000 years of Chinese medicine? Without question most of their theories are heavily ambiguous, metaphysical, and unscientific. It's no wonder that scientists in the Western world who can't tell their Yin from their Yang are turned off by all the mysticism that surrounds Qigong. I know I was.

Now, I know what you're thinking. If Qigong is built on ambiguous, metaphysical, and unscientific concepts, why in the world would anyone be interested in the technique? Good question, but one that's easily answered. First of all, the Chinese have a prolific amount of scientific research which indicate that Qigong is extremely effective in treating numerous diseases including hypertension, ulcers, chronic constipation, and even cancer. There are also studies, many of which were conducted in America, indicating that Qigong could be used to enhance strength, muscular endurance, and power. Best yet, most of the studies in existence contained strong experimental paradigms, excellent monitoring devices, and longitudinal duration. In short, there seemed to be strong scientific evidence that Qigong could be used to enhance human performance. Consequently, if Qigong works, you can always use the procedure without accepting the mystical explanations for why it works. In other words, you don't have to understand why it works as long as it works, and apparently it does work.

What all this means is that you can forget everything I told you here and still become a Qigong butt kicking mother trucker by mastering the exercises. I'm sure you'll be glad to hear that mastering these exercises requires no superhuman skill or intellect, just a little patience and work. In case you're interested the best book I read on the subject is Qigong: Opening the Door to the Universe written by Dr. Edward Chang and published by McGraw-Hill in 1983. It has great illustrations and easily understood instructions. It's certainly worth reviewing. Until next time chow ... or Chi ... whatever.

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# WORKOUT of the Month

Most lifters fear this lift, but the squat by far is the "Rolls Royce" lift of powerlifting. If you would like to improve and add pounds to your present squat max, the following routine - done correctly - could add from 30 to 90 lbs to your lift. This routine is designed for a lifter with a 600 lb. max squat. Remember, in order to be a good squatter, you must possess confidence in yourself. Before starting this cycle, I assume the lifter has had the opportunity to build a basic foundation by squatting twice a week for a couple of weeks without equipment (i.e. knee wraps, squat shoes, etc.).

Now you're ready for Week One, but before you begin squatting, it's very important to stretch all your muscles. The squat places tremendous demands on your muscles and mind. Start off doing toe touches, deep knee bends and leg raises for one set of 30 reps. During the first four weeks of the cycle you should focus your attention on form and depth.

Many lifters use various stances when squatting. I personally recommend a stance that places your legs shoulder width apart. Remember to keep your head up, back straight, and to use your hips on the descent and push your hips toward your pelvis on the rebound. This will help to keep your back in a straight line. This routine should be done twice a week, Monday - heavy, Friday - light. You will need the following equipment: knee wraps, power belt, squatting shoes, squatting suit. Weeks One through Seven you should use only your belt, shoes and wraps. Sets one and two will pump blood into the muscle. At set three add your belt. For sets four to six add your wraps.

**WEEK ONE:** Monday: 135 x 10, 225 x 10, 315 x 8, 405 x 8, 500 x 5 for 2 sets, Assistance Exercises: 3 sets of 25 crunches, Friday: warm up with 135 x 10, 225 x 10 for 2 sets, that's all! Every Friday add fifteen pounds until you reach 345 x 10 for 2 sets. This will be half of your projected goal of 690 lbs. Your light work out will also be your assistance exercise day; leg curls - 4 sets of 10 with 100 lbs; leg extensions - 4 sets of 10 with 140 lbs; leg press - 4 sets of 8 with 500 lbs; calf raises - 4 sets of 20 with 350 lbs. You will not add any weight for the duration of the cycle. The light work should be done until Week nine of the cycle.

**WEEK TWO:** 135 x 10, 225 x 10, 315 x 8, 405 x 8, 500 x 5, 525 x 5.

**WEEK THREE:** 135 x 10, 225 x 10, 315 x 8, 405 x 8, 500 x 5, 525 x 5, 540 x 5.

**WEEK FOUR:** 135 x 10, 225 x 10, 315 x 8, 405 x 8, 515 x 5,

in the next three weeks of your cycle. Keep your mind focused through proper mental preparation. Have no fear of the heavy weight and you will be successful.

**WEEK EIGHT:** 135 x 10, 315 x 5, 460 x 5, 540 x 5, 610 x 3. You have just set a personal record for triple. Remember to make your equipment work for you! Make your lifts easy!

**WEEK NINE:** 135 x 10, 315 x 5, 460 x 5, 540 x 5, 630 x 3. Your body and mind are now focused on the contest a couple of weeks away. One more solid workout before you complete this cycle.

**WEEK TEN:** 135 x 10, 315 x 5, 460 x 5, 560 x 4, 650 x 2. You have cut back on reps once again to conserve strength. When you get to your last work set of 650 lbs., it should be very easy! You have done many reps, now is the time to stay focused on the singles you will be doing during the contest.

**WEEK ELEVEN: COMPETITION WEEK ON MONDAY!** 135 x 10, 225 x 8, 315 x 5. No equipment, this light workout will help to repair and relax your muscles. Get ready for the competition on the weekend. You have really worked hard these eleven weeks. Now its time to make the hard training pay off on the platform. Believe in yourself and have no fear!

**CONTEST DAY:** Stretch!! Do some warm-ups to get ready!! 135 x 10, 315 x 2, 450 x 1, 540 x 1. Your opening attempt is 600 lbs. Your second attempt of 640 lbs. will be a meet, personal record. Something to feel good about your third attempt should be in the 675-690 lb. range. You can squat the weight, don't think about it - just do it!! This routine can be done by any lifter who is willing to work hard. The end results will definitely pay off!! Train hard and Train smart!!

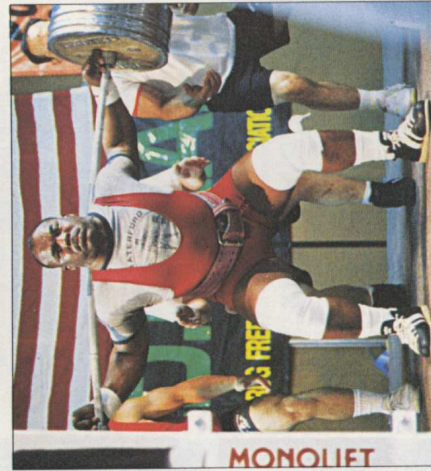
I am a gifted squatter. I hold the American Drug Free Powerlifting Association (ADFFPA) National Squat record of 903 lbs. in the 275's. I hold the ADFFPA American Open Squat record of 860 lbs. in the 242's. I hold the ADFFPA American Open Squat record of 913 lbs. in the 275's. I'm a living testimony that you can lift well without steroids or supplements. Hard work and belief in yourself will lead you to be the best lifter you can possibly be!!

If you have any questions about this program, or would care to correspond, I can be reached at this address: Greg "Beetle" Lowe AF, 6015, P.O. Box 244, Graterford, PA 19426.

**P.S. Squat deep and strong!! Stay Drug Free!!**

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## GREG "BEETLE" LOWE DRUG FREE 11 WEEK SQUAT PROGRAM



**Greg Lowe** made his unique mark in the Powerlifting history books when he was released from the confines of Graterford Prison long enough to travel to the 1993 ADFFPA Men's National Championships in Wilkes-Barre, PA, where he won the 275 lb. class title with lifts of 903 lbs. in the squat, 451 lbs. in the bench press, and 755 lbs. in the deadlift for a total of 2088 lbs. Training conditions while incarcerated are not optimal - Greg sweated through big time squat workouts with no air conditioning, and he doesn't have the supplements and other training aids that other lifters routinely enjoy in their workouts.

550 x 5. You have conditioned the body with high reps, now you will cut back and do fewer reps to compact the muscle strength. You should feel very strong, but the key is to conserve your strength. Your body will be ready to take bigger weight jumps.

**WEEK FIVE:** 135 x 10, 225 x 5, 350 x 5, 480 x 5, 530 x 5, 565 x 5.

**WEEK SIX:** 135 x 10, 135 x 10, 315 x 5, 460 x 5, 525 x 5, 575 x 4. Your body should have adapted

### USA All Time Top 100 Squatters-132 compiled by HERB GLOSSBRENNER

650	J. BRADLEY	17 NOV 80
589	R. CARISCO	08 APR 86
575	E. BIASOTTO	30 MAY 86
565	D. JOHNSON	03 JUN 83
556	K. WESTBROOKE	12 SEP 90
551	C. LAWSON	19 JUN 92
551	R. J. JENKIN	12 FEB 86
550	R. PELL	02 OCT 86
540	N. WICKAL	09 MAR 91
534	C. HANSKOR	10 NOV 90
534	R. KEA	06 JUL 85
529	M. WILKIN	05 JUL 86
529	R. VERDONCK	19 MAR 87
529	M. KIMURA	28 MAR 80
529	P. FOGT	02 DEC 87
525	R. STEINHAUSER	15 NOV 86
525	S. ALKORD	28 JUN 86
523	J. D. CAR	12 DEC 86
520	E. MILIAN	15 NOV 86
520	O. NOVY	02 NOV 91
518	T. WOLFORD	14 DEC 85
518	S. DRUM	08 JUN 87
515	E. CANGEMI	01 JAN 83
512	V. WILLIAMS	03 DEC 82
512	J. BURK	23 JUL 89
510	H. BLAK	06 JUL 91
507	E. BROWNSTEIN	05 OCT 91
507	I. FINCH	05 JUL 86
505	M. SHAMONS	03 JUN 87
505	R. RUETIGER	26 MAR 81
501	D. YOSHIZU	03 MAR 85
501	D. RANNEY	22 NOV 87
501	C. OLESY	25 APR 87
501	D. EDMONDSON	13 FEB 88
501	R. HERNANDEZ	30 SEP 89
501	M. WARMAN (F)	21 OCT 79
500	S. FRANKLIN	01 APR 89
500	R. PARKER	06 JAN 90
490.5	R. CAPUTO	01 DEC 84
490.5	F. STALES	18 JUL 90
490	C. WENGA	16 FEB 84
490	G. LEWIS	24 FEB 85
490	R. KAUFMAN	26 MAR 88
490	T. PALLAS	09 FEB 92
490	T. LOHARD	11 MAR 93
485	D. PERO	20 FEB 81
485	J. STYLI	02 JUN 84
485	R. MCCLAREN	13 APR 85
485	T. SMITH	12 APR 82
485	G. GLEN	12 MAR 88
485	W. PAYNE	23 JUN 91
485	H. NGUYEN	04 MAR 93
480	M. SMITH	01 APR 89
480	J. CUNNINGHAM	16 APR 89
480	W. BECK	05 DEC 92
480	D. CAVIN	26 JUN 93
479	J. GROSSEN	26 JUL 78
479	T. COX	12 FEB 90
479	I. BENERITO	01 MAY 92
475	S. FOUNELLE	09 MAR 91
474	W. MARTIN	12 APR 80
474	D. DAVIS	09 JUL 80
474	R. DREMO	04 JUN 83
474	P. LOONIC	15 NOV 83
474	T. WOLFORD	20 APR 91
474	K. COLLINS	20 APR 91
474	A. RIZONDO	01 MAR 90
474	M. WIDEMAN	02 JUL 92
470	J. GROSSMAN	06 MAY 78
470	C. RIBICKI	03 MAY 90
470	F. TOINS	19 MAR 83
470	P. YAHAGI	03 MAR 84
470	F. MANNA	12 MAY 87
470	D. SMITH	06 FEB 88
470	A. RIZONDO	01 MAR 90
470	C. MCCOY	03 MAR 90
470	M. MORSHICE	17 JUL 91
470	M. MORSHICE	17 JUL 91
468	D. PALMATEER	04 JUN 83



**The Squat Heard Around the World...** Joe Bradley's 650 at 132 at the 1980 World's Here are Herb Glossbrenner's comments about this month's all time list: "Mighty Joe Bradley leads the pack with his 'Bridgesarian' squat, which will probably still be intact as we cross the threshold of the next century. Heath leads this year with 5th best of all time - 565. He is now just one notch behind the magical, mystical '375' of our own Judd Biasotto. Of the Top 10 Best, I personally witnessed Ken Westbrook's 556. It was impeccable and a lift to truly be proud of. Lady Mary Warman made the Top 50, a remarkable achievement, and became the lightest woman to squat 500. Oldest mark among 15 years ago. Nearly 50 athletes made 500. Veteran Ernesto Millan is still in the Top 25."

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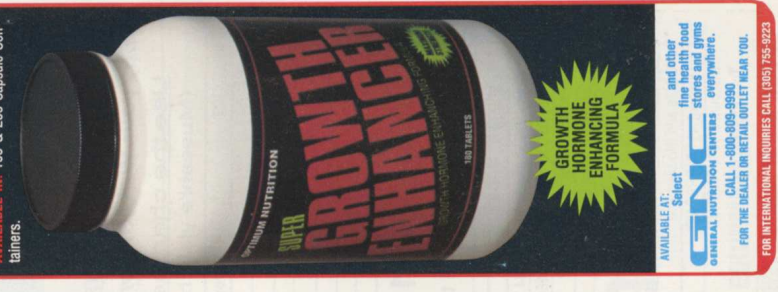
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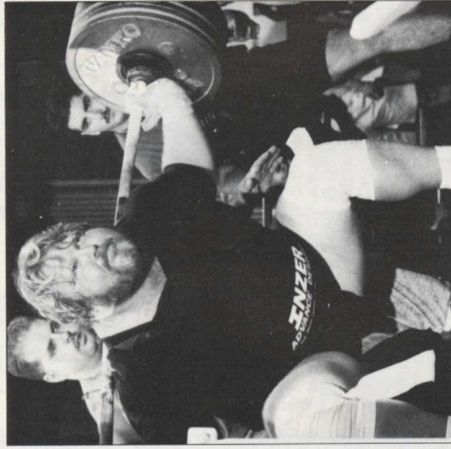
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HENG- White			X	X		X
FU- Gold			X			

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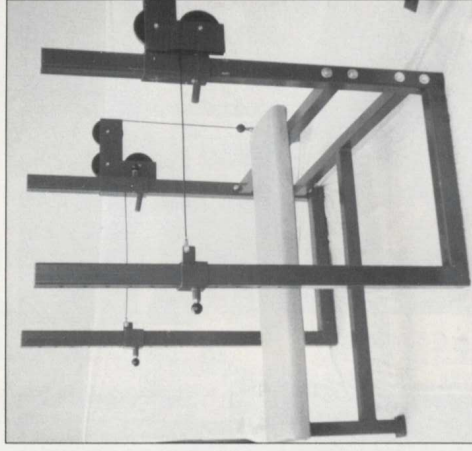
There are always a few enterprising individuals in powerlifting who continue their quest for improved equipment. All of us benefit from this. A few new items were exposed to Ralph and I recently that are worthy of the sport's attention.

Bob Solo is a lifter from New London, CT who has what he calls a Bench Press Assistance/Resistance System. Although still in its early stages, those with bench lockout problems may want to contact him and see what he has cooking. Essentially, it's a safe bench press set-up that allows one to get assistance when training alone, getting a boost for the bar as it leaves the chest and heads for completion. It is very much like having a spotter when none is available. More valuable in my opinion, is it's ability to add resistance as the bar travels through its range of motion. In the last few inches prior to lockout, one can really get some additional poundage on the bar. Thus, one can either have assistance as they lift, doing forced type reps, or get additional resistance, especially near bench press completion. It was rather easy to use and comfortable, although again, this is only in the prototype stage. Bob can be contacted at 203-447-3995 or 800-251-9271 or write to him for information at 1132 Ocean Ave., New London, CT 06320. Bob used to own the Pegasus Gym in Connecticut and always made most of his equipment.

The well known Jim Sutherland is still on the scene. For those in the dark, Jim was always one of the very influential, but rather unknown individuals in powerlifting. When he formed Hastings Barbell Co., in the 1970s, he was so far ahead of his time, some could not understand what he was doing. He developed the first electric squat rack, and some of the originals are still in use today. His were the racks that moved in and out or up and down at the touch of a switch. Needless to say, he is still developing these to an even higher

level of quality. The so-called Passanella Bar, the oversized 32.5 kilo bar that is used in the APF for the really heavy squats, is Jim's. With no disrespect to the late Dave Passanella, it really should be termed the Sutherland Bar. Jim developed and designed it, and owns the patent on it. Dave's phenomenal squatting made it well known, but Jim was the one who made it and still does. If one is going to squat, and squat with 700 pounds plus, they have no business using a standard bar. Why

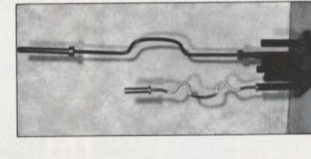
## More From Ken Leistner



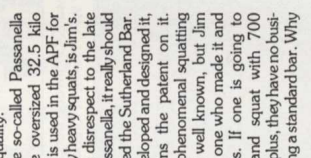
The Sollo Assist Bench, one of the more recent prototypes of the device developed by Bob Solo is pictured above (Solo photo).

other federations have not adopted use of the bar is beyond my understanding. Safety is always the first thing that needs to be considered. As good as some bars are, the whipping they yield with very heavy weights, the fact that many bars have bent or broken under loads over eight hundred pounds, has us insist that the Sutherland Bar be used. In the power rack, it is a Godsend, reducing the vibration transmitted to the lifter in squatting and pulling/deadlifting movements, especially as the bar hits the pins.

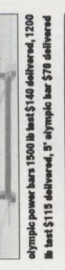
After some conversation, Jim and I agreed that it was a good idea to revive the Pat Casey Bench. Pat of course, was the first official six hundred pound bench presser and one of his secrets was his specially made bench. It had a power rack attached to it, or more accurately, that was actually part of the body of the bench. Jim has developed a pin system that is fast, unique, and extremely safe. We ordered one immediately as I believe bench lockouts are a very important movement as a bench starts. In my case, a bench press transplant may be more appropriate, but Jim hasn't come up with that one yet. Jim can be reached at 616-945-3388



rubber floor mats 6'x6'



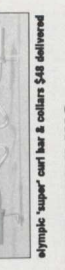
Olympic Bar Holder Holds 5-bars \$70.00 delivered



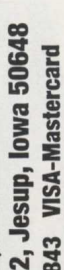
3/8" mat \$33 delivered, 1/2" mat \$58 delivered



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olympic curl bar & collars \$42 delivered



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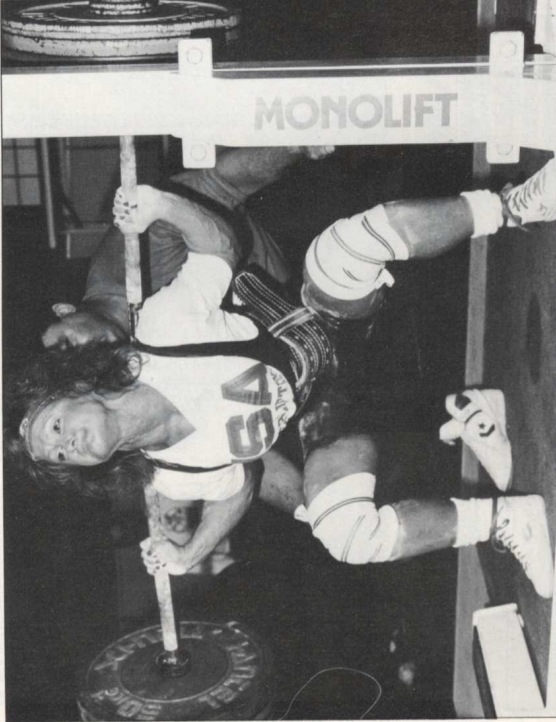
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# W.P.C. WORLDS

WPC World Championships  
21-24 Oct 93 - Macon, France (kg)

Men/Women/Ten/Yr.	Men 18-19	Men 20-29	Men 30-39	Men 40-49	Men 50-59	Men 60-69
21-24 Oct 93 - Macon, France (kg)	117.5*	50	125	292.5	67.5	292.5
Men/Women/Ten/Yr.	117.5*	50	125	292.5	67.5	292.5
Men 18-19	130	82.5*	150	362.5	190	200
Men 20-29	130	60	132.5	322.5	190	200
Men 30-39	145	97.5	155	397.5	200	230
Men 40-49	115	45	135	295	140	240
Men 50-59					140	240
Men 60-69						240



Above... Mary Warman squats 501 in the 132s, and below Tamara Rainwater-Crimwood benches 352 in the 181 lb. division. All photos by James Benbow, provided courtesy of WPC President Kireon Stanley.



Stenberg RSA	255	127.5	225	607.5
Lombard RSA	230	130	230	590
Bates USA	205	130	250	585
Pedini FRA	190	160	220	610
Billy RSA	307.5	210	292.5	815
Bladed USA	320	162.5	300*	787.5
Koenig RSA	170	100	205	475
Under-23				
67.5				
75				
82.5				
90				
97.5				
105				
112.5				
120				
127.5				
135				
142.5				
150				
157.5				
165				
172.5				
180				
187.5				
195				
202.5				
210				
217.5				
225				
232.5				
240				
247.5				
255				

Amira FRA	220	127.5	230	577.5
Beauregard GBR	190	100	242.5	522.5
Belgium BEL	180	100	200	420
Levin GBR	135	100	180	420
Rousselle RSA	255	160	265	680
Malin USA	240	155	240	635
Rousselle RSA	255	160	265	680
90				
97.5				
105				
112.5				
120				
127.5				
135				
142.5				
150				
157.5				
165				
172.5				
180				
187.5				
195				
202.5				
210				
217.5				
225				
232.5				
240				
247.5				
255				

Stenberg USA	137.5	72.5	120	330
Men 60-69				
56				
64				
72				
80				
88				
96				
104				
112				
120				
128				
136				
144				
152				
160				
168				
176				
184				
192				
200				
208				
216				
224				
232				
240				
248				
256				

McCalmon GBR	95	45	135	275
82.5				
90				
97.5				
105				
112.5				
120				
127.5				
135				
142.5				
150				
157.5				
165				
172.5				
180				
187.5				
195				
202.5				
210				
217.5				
225				
232.5				
240				
247.5				
255				

Berg GBR	220	125	235	580
82.5				
90				
97.5				
105				
112.5				
120				
127.5				
135				
142.5				
150				
157.5				
165				
172.5				
180				
187.5				
195				
202.5				
210				
217.5				
225				
232.5				
240				
247.5				
255				

Stenberg USA	137.5	72.5	120	330
Men 60-69				
56				
64				
72				
80				
88				
96				
104				
112				
120				
128				
136				
144				
152				
160				
168				
176				
184				
192				
200				
208				
216				
224				
232				
240				
248				
256				

Stenberg USA	137.5	72.5	120	330
Men 60-69				
56				
64				
72				
80				
88				
96				
104				
112				
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128				
136				
144				
152				
160				
168				
176				
184				
192				
200				
208				
216				
224				
232				
240				
248				
256				

Stenberg USA	137.5	72.5	120	330
Men 60-69				
56				
64				
72				
80				
88				
96				
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112				
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128				
136				
144				
152				
160				
168				
176				
184				
192				
200				
208				
216				
224				
232				
240				
248				
256				

Seabrook GBR	242.5*	130	220	592.5
60				
67.5				
75				
82.5				
90				
97.5				
105				
112.5				
120				
127.5				
135				
142.5				
150				
157.5				
165				
172.5				
180				
187.5				
195				
202.5				
210				
217.5				
225				
232.5				
240				
247.5				
255				

Younger AUS	100*	67.5*	150*	317.5
Men 60-69				
56				
64				
72				
80				
88				
96				
104				
112				
120				
128				
136				
144				
152				
160				
168				
176				
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216				
224				
232				
240				
248				
256				

Wheeler USA	160	97.5	162.5	420
Myers USA	165	75	172.5	

# TOP 100

For 165 lb./75 kg. USA lifters competing in results received from November 1992 through October 1993.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	716 Krichly, J. 2/20/93	530 Werner, S. 4/10/93	720 Trice, A. 3/27/93	1770 Geller, W. 3/27/93
2	639 Toles, F. 3/16/93	508 Perez, J. 3/28/93	710 Bridges, B. 10/20/93	1750 Trice, A. 6/26/93
3	710 Rosenthal, J. 3/17/93	473 Miller, E. 3/27/93	600 Oiler, W. 3/27/93	1738 Rosenthal, J. 3/17/93
4	642 Williams, J. 3/17/93	473 Miller, E. 3/27/93	655 Elamson, J. 7/19/93	1730 Crain, R. 10/9/93
5	642 Williams, J. 3/17/93	466 Weil, R. 3/27/93	655 Elamson, J. 7/19/93	1681 Ricka, D. 6/18/93
6	641 Gorman, Q. 5/20/93	450 Lutz, C. 4/24/93	644 Ricka, D. 6/18/93	1681 Ricka, D. 6/18/93
7	644 Walsh, B. 11/21/92	440 Dumanan, M. 1/17/93	635 Niemi, G. 1/22/93	1636 Toles, F. 3/16/93
8	644 Walsh, B. 11/21/92	440 Dumanan, M. 1/17/93	635 Niemi, G. 1/22/93	1635 Toles, F. 3/16/93
9	644 Alexander, A. 6/18/93	440 Decourt, B. 8/27/93	630 Solomon, E. 9/11/93	1625 Gibson, L. 12/12/92
10	644 Alexander, A. 6/18/93	435 Peretz, J. 11/5/92	625 Thompson, A. 12/5/93	1625 Alexander, A. 6/18/93
11	639 Toles, F. 3/16/93	429 Contreras, D. 6/18/93	622 Wahl, B. 11/21/92	1625 Contreras, D. 6/18/93
12	639 Toles, F. 3/16/93	429 Contreras, D. 6/18/93	622 Wahl, B. 11/21/92	1625 Contreras, D. 6/18/93
13	633 Contreras, D. 6/18/93	425 Gibson, L. 12/12/92	617 Holmes, E. 3/13/93	1585 Callahan, T. 4/24/93
14	633 Contreras, D. 6/18/93	425 Gibson, L. 12/12/92	617 Holmes, E. 3/13/93	1585 Callahan, T. 4/24/93
15	633 Beavers, M. 8/22/93	425 Subicrop, M. 8/22/93	617 Benvenuto, R. 7/10/93	1576 Wahl, B. 11/21/92
16	633 Beavers, M. 8/22/93	425 Subicrop, M. 8/22/93	617 Benvenuto, R. 7/10/93	1576 Wahl, B. 11/21/92
17	610 McCoy, J. 3/27/93	413 Beavers, M. 7/10/93	606 Crain, R. 6/18/93	1550 McCoy, J. 3/27/93
18	610 McCoy, J. 3/27/93	413 Beavers, M. 7/10/93	606 Crain, R. 6/18/93	1550 McCoy, J. 3/27/93
19	606 Zanolis, S. 5/11/93	410 Jackson, K. 12/92	605 Chigilano, R. 8/14/93	1543 Gorman, Q. 5/20/93
20	606 Zanolis, S. 5/11/93	410 Jackson, K. 12/92	605 Chigilano, R. 8/14/93	1543 Gorman, Q. 5/20/93
21	605 Edwards, J. 2/20/93	405 Roberts, A. 2/6/93	601 Gibson, L. 12/12/92	1535 Thomas, J. 6/24/93
22	605 Edwards, J. 2/20/93	405 Roberts, A. 2/6/93	601 Gibson, L. 12/12/92	1535 Thomas, J. 6/24/93
23	605 Williams, A. 6/13/93	405 Harts, R. 6/12/93	600 Gibson, L. 12/12/92	1515 Thompson, A. 12/5/93
24	600 Gibson, L. 12/12/92	405 MacDonald, L. 10/2/93	600 Shuckler, S. 3/13/93	1510 Friday, S. 10/2/93
25	600 Gibson, L. 12/12/92	405 MacDonald, L. 10/2/93	600 Shuckler, S. 3/13/93	1510 Friday, S. 10/2/93
26	600 Guthrie, G. 10/9/93	402 Roberts, A. 2/6/93	600 Poiry, A. 7/22/93	1505 Schuman, E. 9/11/93
27	600 Rosehill, A. 5/1/93	402 Roberts, A. 2/6/93	600 Poiry, A. 7/22/93	1505 Schuman, E. 9/11/93
28	600 Rosehill, A. 5/1/93	402 Roberts, A. 2/6/93	600 Poiry, A. 7/22/93	1505 Schuman, E. 9/11/93
29	600 Wood, J. 11/17/92	402 Wood, J. 11/17/92	595 Moore, J. 6/18/93	1500 Shackler, S. 3/13/93
30	600 Wood, J. 11/17/92	402 Wood, J. 11/17/92	595 Moore, J. 6/18/93	1500 Shackler, S. 3/13/93
31	585 Miller, S. 3/13/93	400 Lee, S. 12/12/92	590 Mastromarino, T. 1/19/93	1493 Holmes, E. 4/17/93
32	584 Redden, B. 11/21/92	400 Wood, M. 3/16/93	590 Drapechik, R. 7/19/93	1490 Beck, J. 6/19/93
33	584 Redden, B. 11/21/92	400 Wood, M. 3/16/93	590 Drapechik, R. 7/19/93	1490 Beck, J. 6/19/93
34	580 Brumbach, C. 12/5/92	400 Potvin, V. 4/17/93	584 Perez, J. 11/5/92	1488 Major, J. 4/20/93
35	580 Brumbach, C. 12/5/92	400 Potvin, V. 4/17/93	584 Perez, J. 11/5/92	1488 Major, J. 4/20/93
36	575 Naon, J. 11/22/93	400 Naon, J. 11/22/93	584 Brumbach, C. 12/5/92	1478 Drapechik, R. 7/19/93
37	575 Naon, J. 11/22/93	400 Naon, J. 11/22/93	584 Brumbach, C. 12/5/92	1478 Drapechik, R. 7/19/93
38	575 Holmes, E. 4/17/93	400 Robbins, D. 5/29/93	584 Ford, M. 8/18/93	1471 Rodriguez, J. 4/19/92
39	575 Holmes, E. 4/17/93	400 Robbins, D. 5/29/93	584 Ford, M. 8/18/93	1471 Rodriguez, J. 4/19/92
40	570 Freeman, J. 12/12/92	395 Redden, B. 11/21/92	580 Banno, M. 9/18/93	1471 Mascher, J. 3/13/93
41	570 Freeman, J. 12/12/92	395 Redden, B. 11/21/92	580 Banno, M. 9/18/93	1471 Mascher, J. 3/13/93
42	570 Yost, T. 6/5/93	391 Penninger, B. 1/17/93	578 Woupeque, M. 11/7/92	1468 Ball, G. 5/9/93
43	570 Yost, T. 6/5/93	391 Penninger, B. 1/17/93	578 Woupeque, M. 11/7/92	1468 Ball, G. 5/9/93
44	567 Dittler, L. 11/28/92	391 Lerner, E. 9/4/93	575 Redman, F. 11/13/92	1466 Denton, T. 4/9/93
45	567 Dittler, L. 11/28/92	391 Lerner, E. 9/4/93	575 Redman, F. 11/13/92	1466 Denton, T. 4/9/93
46	567 Francis, J. 6/26/93	390 McCoy, J. 3/27/93	575 Fort, J. 12/9/93	1460 Wolf, R. 3/27/93
47	567 Francis, J. 6/26/93	390 McCoy, J. 3/27/93	575 Fort, J. 12/9/93	1460 Wolf, R. 3/27/93
48	567 Garcia, J. 2/25/93	390 Owens, C. 6/26/93	575 King, S. 3/20/93	1450 Hanson, J. 11/7/92
49	567 Garcia, J. 2/25/93	390 Owens, C. 6/26/93	575 King, S. 3/20/93	1450 Hanson, J. 11/7/92
50	565 Turner, W. 10/7/93	390 Ward, W. 10/7/93	575 Chambers, R. 6/12/93	1450 Hanson, J. 11/7/92
51	565 Turner, W. 10/7/93	390 Ward, W. 10/7/93	575 Chambers, R. 6/12/93	1450 Hanson, J. 11/7/92
52	560 Stumm, S. 3/13/93	390 Giffin, J. 10/31/93	573 Arberthy, S. 13/13/93	1449 Garich, C. 2/20/93
53	560 Stumm, S. 3/13/93	390 Giffin, J. 10/31/93	573 Arberthy, S. 13/13/93	1449 Garich, C. 2/20/93
54	560 Stumm, S. 3/13/93	388 Dault, T. 4/24/93	573 Short, M. 5/14/93	1449 Garich, C. 2/20/93
55	560 Stumm, S. 3/13/93	388 Dault, T. 4/24/93	573 Short, M. 5/14/93	1449 Garich, C. 2/20/93
56	560 Stumm, S. 3/13/93	388 Dault, T. 4/24/93	573 Short, M. 5/14/93	1449 Garich, C. 2/20/93
57	560 Johnson, L. 5/8/93	388 Turner, L. 6/5/93	573 McChomert, R. 7/2/93	1444 Bedner, J. 7/10/93
58	560 Johnson, L. 5/8/93	388 Turner, L. 6/5/93	573 McChomert, R. 7/2/93	1444 Bedner, J. 7/10/93
59	560 Johnson, L. 5/8/93	388 Turner, L. 6/5/93	573 McChomert, R. 7/2/93	1444 Bedner, J. 7/10/93
60	560 Johnson, L. 5/8/93	388 Turner, L. 6/5/93	573 McChomert, R. 7/2/93	1444 Bedner, J. 7/10/93
61	551 King, S. 3/22/93	380 Palumbo, K. 4/5/93	562 Lanza, V. 8/7/93	1425 Oyer, A. 5/19/93
62	551 King, S. 3/22/93	380 Palumbo, K. 4/5/93	562 Lanza, V. 8/7/93	1425 Oyer, A. 5/19/93
63	551 Moore, J. 6/19/93	380 Bridges, B. 7/10/93	560 Williams, D. 12/5/92	1420 McElroy, J. 12/12/92
64	551 Moore, J. 6/19/93	380 Bridges, B. 7/10/93	560 Williams, D. 12/5/92	1420 McElroy, J. 12/12/92
65	550 Dunforth, M. 3/13/93	380 McAuley, W. 7/17/93	560 Williams, D. 12/5/92	1420 McElroy, J. 12/12/92
66	550 Dunforth, M. 3/13/93	380 McAuley, W. 7/17/93	560 Williams, D. 12/5/92	1420 McElroy, J. 12/12/92
67	550 Young, D. 4/5/93	375 Sabatman, S. 2/14/93	556 Gaffney, G. 6/5/93	1416 McK, S. 8/7/93
68	550 Young, D. 4/5/93	375 Sabatman, S. 2/14/93	556 Gaffney, G. 6/5/93	1416 McK, S. 8/7/93
69	550 Culbertson, T. 4/24/93	375 Conzalez, R. 3/13/93	555 Williams, J. 12/5/92	1415 West, J. 11/7/92
70	550 Culbertson, T. 4/24/93	375 Conzalez, R. 3/13/93	555 Williams, J. 12/5/92	1415 West, J. 11/7/92
71	550 Brown, D. 9/11/93	375 Lynch, W. 4/24/93	555 Johnson, L. 5/8/93	1415 Brown, D. 9/11/93
72	550 Brown, D. 9/11/93	375 Lynch, W. 4/24/93	555 Johnson, L. 5/8/93	1415 Brown, D. 9/11/93
73	550 Sully, B. 9/25/93	375 Vining, J. 3/1/93	551 Pepp, V. 12/6/92	1410 Moore, J. 6/18/93
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79	545 Thomas, A. 7/24/93	374 Toles, F. 3/16/93	551 Sooner, D. 3/20/93	1405 Holmes, D. 12/12/92
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82	545 Thomas, A. 7/24/93	374 Toles, F. 3/16/93	551 Sooner, D. 3/20/93	1405 Holmes, D. 12/12/92
83	545 Thomas, A. 7/24/93	374 Toles, F. 3/16/93	551 Sooner, D. 3/20/93	1405 Holmes, D. 12/12/92
84	545 Thomas, A. 7/24/93	374 Toles, F. 3/16/93	551 Sooner, D. 3/20/93	1405 Holmes, D. 12/12/92
85	540 Hudson, M. 6/5/93	370 Pines, R. 4/24/93	551 McCoy, J. 3/27/93	1405 Williams, M. 12/12/92
86	540 Hudson, M. 6/5/93	370 Pines, R. 4/24/93	551 McCoy, J. 3/27/93	1405 Williams, M. 12/12/92
87	540 McCoy, R. 7/19/93	370 Tamczak, A. 6/5/93	550 Crawford, S. 2/6/93	1390 Lantry, R. 12/12/92
88	540 McCoy, R. 7/19/93	370 Tamczak, A. 6/5/93	550 Crawford, S. 2/6/93	1390 Lantry, R. 12/12/92
89	540 Scheller, B. 8/6/93	370 Ackerman, J. 6/26/93	550 McCoy, J. 3/27/93	1388 Karm, J. 3/20/93
90	540 Scheller, B. 8/6/93	370 Ackerman, J. 6/26/93	550 McCoy, J. 3/27/93	1388 Karm, J. 3/20/93
91	535 Maxwell, R. 12/12/92	370 Morrison, S. 7/11/93	550 Haulay, R. 6/26/93	1388 Pace, B. 3/4/93
92	535 Maxwell, R. 12/12/92	370 Morrison, S. 7/11/93	550 Haulay, R. 6/26/93	1388 Pace, B. 3/4/93
93	535 Maxwell, R. 12/12/92	370 Morrison, S. 7/11/93	550 Haulay, R. 6/26/93	1388 Pace, B. 3/4/93
94	534 Korman, J. 1/20/93	370 Arberthy, S. 13/13/93	550 Avants, P. 10/2/93	1388 Scheller, B. 8/6/93
95	534 Korman, J. 1/20/93	370 Arberthy, S. 13/13/93	550 Avants, P. 10/2/93	1388 Scheller, B. 8/6/93
96	534 Korman, J. 1/20/93	370 Arberthy, S. 13/13/93	550 Avants, P. 10/2/93	1388 Scheller, B. 8/6/93
97	530 Moore, J. 6/19/93	365 Neal, J. 11/7/92	545 Adams, J. 6/26/93	1385 Oshawa, T. 12/12/92
98	530 Moore, J. 6/19/93	365 Neal, J. 11/7/92	545 Adams, J. 6/26/93	1385 Oshawa, T. 12/12/92
99	530 Moore, J. 6/19/93	365 Neal, J. 11/7/92	545 Adams, J. 6/26/93	1385 Oshawa, T. 12/12/92
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### NEXT MONTH... TOP 181s

Corrections: B.J. Tralongo should have been credited with a 325 bench press in the 148 lb. class in the results of the California State Bench Press Championships. Eric Gregg's lifts of 325 squat, 402 deadlift, and 925 total that the USPF National Nationals were not reflected on the TOP 100 list for the 132 lb. class. The 463 bench press at the USPF bench nationals by Greg Warr was done in the 165 pound class but he weighed in at 149. This was his 9th triple bodyweight in competition. He unofficially benched 505 in a competition in Feb. at 148 but results were not turned in. Michael Soong reported that Ed Coan's deadlift of 898 at the 1991 USPF Seniors actually weighed 901 and the actual weight total of his lifts at the meet was actually 2408. Andy Mantella's bench press of 475 was not reflected on the TOP 100 list for the 275 lb. class. Carl Holmquist's 255 bench at 132, performed in October 1992, should have been listed on the TOP 100 list for his class. Doug Horton's 480 deadlift in the 132 lb. class should have been included on the TOP 100 ranking for that division. On our TOP 100 list for the 132 lb. class, the following lifters: "W. Payne", "P. Payne", and "S. Payne" are all the same person, William Scott Payne uses the name, William Scott Train's 455 squat should have been included on the All Time TOP 100 list for the Flyweight Division. Send any future corrections to "ERRORS" Post Office Box 467, Camarillo, California 93011. We apologize for all errors and hope to publicly correct them.

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# THE DEADLIFT

## Conventional Deadlift Training - 2 Options as told by Greg Reshel of Power Excel



Even Great Deadlifters like Brian Reynolds of England need to change their program occasionally to stimulate progress (Sagawa)

In this article we are going to explore two plateau busting workouts for powerlifting athletes that have been training for at least a few years and need something to spur them past old limitations. I would like everyone looking to try a new wrinkle in deadlift training to give these programs some work. Please understand that I am assuming that you're probably training 3 times per week and are in good shape and rested before starting these programs. You must have 3-5 weeks of light training to be pain free and fresh before undertaking these peaking cycles. These are straight peaks and not residual training so you must be fresh before you start the programs.

Many powerlifters try to increase their three principal lifts by training heavier in the three lifts. This works on occasion, but will probably not continue to work after 6 months to one year of continued emphasis. If you are genetically average for a powerlifter, you will have one or more structural flaws of imbalance to deal with. These flaws may include bone length anomalies, imbalance in the relative size or distribution of muscles and muscle cells, and less than advantageous attachment angles. We all have some lifters with little or no experience, already possessing big triceps, deltoids, or glutes. Sometimes these obvious genetic traits in muscular balance work to the lifters' benefit. Frequently, the imbalance is too great to provide the stabilization to move big weight. The majority of athletes with average genetics must develop their strengths to overcome their flaws. Accessory work and powerlifting variations are critical to the potential success of the majority of powerlifters.

The two programs listed in this article are deadlift peaking programs. They utilize accessory work, key exercises, to drive past plateaus. Once you have successfully completed these programs and have developed new strengths, you may follow with a cycle of conventional power training to make your next gain. As I said before, you must be conditioned to heavy work and then use a moderate load, moderate volume rest cycle to be fresh before you start these programs. You will make progress by developing new strength in a different phase of the movement.

The first program is designed for every lifter but most especially for those lifters having trouble missing lifts at the knees or higher. A common problem is lack of sufficient hip drive during the middle phase of the conventional deadlift technique. I am targeting a multi-week peaking cycle to develop hip drive through good morning exercises worked from a stable 1/4 squat position.

The narrow stance sit back squat

at the top of the lift. For the purpose of this article, I assume that you can deadlift 400 lbs. going into the program. You can convert the poundages by using your actual max and factoring by a percentage of 400 lbs.

### PROGRAM 1. CONVENTIONAL DEADLIFT TRAINING

Light Day (Tuesday): 1. squat for deadlift - conventional deadlift 400 max. **Week 1:** 5x6 reps @ 155, **Week 2:** 5x6 reps @ 175, **Week 3:** 5x4 reps @ 195, **Week 4:** 5x4 reps @ 205, **Week 5:** 3x5 reps @ 205, **Week 6:** 3x5 reps @ 225, **Week 7:** 2x6 reps @ 135, **Week 8:** none. Deadlifts: **Week 1:** 185x3, 225x1, 275x1, 315x1, **Week 2:** 185x3, 225x1, 275x1, 315x1, **Week 3:** 185x3, 225x1, 275x1, 315x1, **Week 4:** 245x1, 275x1, 315x1, **Week 5:** 245x1 x5 sets, **Week 6:** 245x1 x5 sets, **Week 7:** 245x1 x5 sets, **Week 8:** 185x1 x3 sets. Heavy Day (Saturday) - 1/4 Squat good mornings 4x6 reps @ 115. Deadlift - **Week 1:** 145x5, 225x3, 255x3 x4 sets, 195x8, **Week 2:** 145x5, 225x3, 255x3 x4 sets, 195x8, **Week 3:** 145x5, 205x3, 275x3 x4 sets, 205x8, **Week 4:** 145x5, 205x3, 275x3 x4 sets, 205x8, **Week 5:** 145x5, 225x3, 285x1 x2 sets, 225x3, 285x1 x4 sets, 225x8, **Week 6:** 145x5, 225x3, 285x1 x3 sets, **Week 7:** 145x5, 255x1 x3 sets, **Week 8:** meet: 185x3, 255x1, 315x1. Open: 365, 2nd 410, 3rd 445

The second program assumes that you are a conventional deadlifter with a current max of 500 lbs. You will increase your max deadlift by getting a stronger pull off the floor. You will work twice per week and work very hard on the following exercises for a total of ten weeks. Keep all other assistance work light for pump and flush only.

Stiff Leg Deadlift: perform these with feet pointed straight forward and 4-6" apart. Knees will be slightly bent and locked in that position. You will bend forward from the hips, extend your torso out over the bar, keep your elbows rotated tightly in toward your chest so that your upper back is tight, and hold it against your legs at all times.

The first 4 workouts you will work off a 4 inch block and use a somewhat rounded back for full stretch. The last 6 weeks you will keep your back flat with low back very tight and lower the bar no further than the bottom of your knees.

Back Hyperextensions: perform this exercise on a back hyper apparatus with ankles held tight under pad. You will work within a 90 degree sweep never reaching vertical with head down and never going higher than horizontal with your torso level with the floor at the top of the motion. When using weight your arms will be

folded tight across the weight held on your chest. Lower slowly by bending from hips only. Raise your torso at a steady even rate, using hamstrings and glutes while holding erectors locked tight.

Deadlift Bottoms: pull conventional deadlifts from a slightly narrower than normal stance. Use normal path but exaggerate slightly by holding the bar further underneath your abdomen while extending your torso further forward over the bar during the pull. You will pull to a position slightly higher than your knees. This is normally past the sticking point. Lower slowly to the floor. Make sure you maintain a position exaggerating a forward position out over the bar during the pull.

**PROGRAM 2: DEADLIFT 10 WEEKS 5000 LB. MAX:** Light Day: Stiff Leg Deadlifts: **Week 1:** 145 x 10 x 3 sets off 4" block, **Week 2:** 145 x 10 x 3 sets off 4" block, **Week 3:** 195 x 8 x 3 sets off 4" block, **Week 4:** 195 x 8 x 3 sets off 4" block, **Week 5:** 235 x 6 x 3 sets flat back just below knees, **Week 6:** 235 x 6 x 3 sets flat back just below knees, **Week 7:** 275 x 4 x 3 sets flat back just below knees, **Week 8:** 295 x 3 x 3 sets flat back just below knees, **Week 9:** 135 x 5 x 2 sets flat back just below knees, **Week 10:** 135 x 7 x 2 sets flat back just below

knees. Back Hyperextensions: **Week 1:** 15x3 sets, **Week 2:** 15x4 sets, **Week 3:** 12x4 sets w/25 lbs on chest, **Week 4:** 12x4 sets w/25lbs on chest, **Week 5:** 10x4 x 4 sets w/35lbs on chest, **Week 6:** 10x4 sets w/35lbs on chest, **Week 7:** 8x3 sets w/35lbs on chest, **Week 8:** 8x3 sets w/35lbs on chest, **Week 9:** 8x3 sets, **Week 10:** 8x2 sets. Heavy Day: Deadlifts: **Week 1:** warmup then 315 x 5 x 3 sets, **Week 2:** warmup then 345 x 5 x 3 sets, **Week 3:** warmup then 365 x 5 x 3 sets, **Week 4:** warmup then 315 x 3 x 3 sets, **Week 5:** warmup then 365 x 3 x 3 sets, **Week 6:** warmup then 385 x 3 x 3 sets, **Week 7:** warmup then 405 x 1 x 3 x 3 sets, **Week 8:** warmup then 235 x 1 x 3 sets, **Week 9:** warmup then 225 x 5, 315 x 1, 385 x 1. Open 445, 2nd: 485, 3rd: 535.

Deadlift Bottoms: **Week 1:** 195 x 8 x 3 sets, **Week 2:** 235 x 5 x 3 sets, **Week 3:** 195 x 8 x 3 sets, **Week 4:** 235 x 5 x 3 sets, **Week 5:** 195 x 8 x 3 sets, **Week 6:** 235 x 5 x 3 sets. Give these routines a try and call us if you have any questions. We can be reached at Power Excel: 2809 S Superior St., Milwaukee, WI 53207, 414-769-1211

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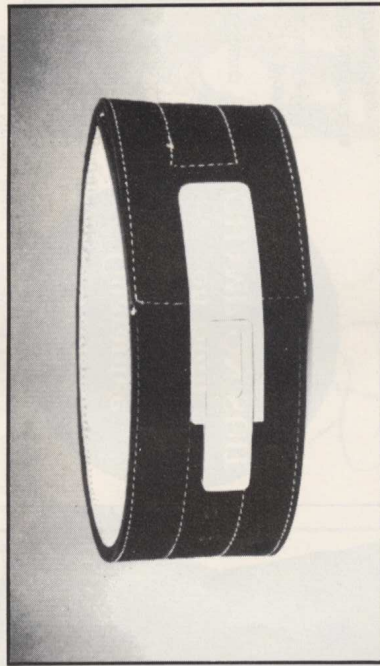
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Time is one resource we never seem to have enough of. Working out takes part of that precious time and we always want to make the most of our workouts, but sometimes time can be short and we may either have to skip a workout or cut it short. Corporations spend millions on time management seminars for their employees, hoping they'll help them extract more productive time out of their work days. While attending one myself, I saw how easily some time management concepts can be applied to weight training to prevent missing a workout or making one short on time as effective as possible. Let's look at some time oriented tips to make the most of our gym time.

Time management starts even before you get to the gym. One good idea is to come to the gym dressed in gym attire; change at work or home before leaving. When you get to the gym, just toss your coat and gym bag in your locker and you're ready.

Plan your workout in advance, know exactly what you're trying to accomplish. Don't go to the weight room and stop to think what exercises you're going to do. A good time for this is on the way to the gym. For example, if it's leg day, decide on your exercises for the day before you even get to the squat rack.

These two time savers can be addressed before you even get to the gym, but once you've made it there, resolve not to spend any time socializing or keep it to a minimum. I'd say socializing is a major time waster.

Planning your workout in advance is a great idea, but sometimes the machines or benches may be tied up by fellow gym members. Remember planning: If it looks like benches are out of the question, plan in advance for a substitute for main exercises. It's better to do another chest exercise like inclines dips, or machine presses instead of skipping chest work altogether. At least those alternate exercises will not cause you to lose ground like missing a workout would.

You may also consider changing the order of your exercises in a pinch. If you were planning on legs and back and the leg equipment is busy, you could start with back work. Of course, you can't do triceps before chest, as this would really hamper your chest work, but exchanging order between opposing muscles like biceps and triceps or chest and back would make sense.

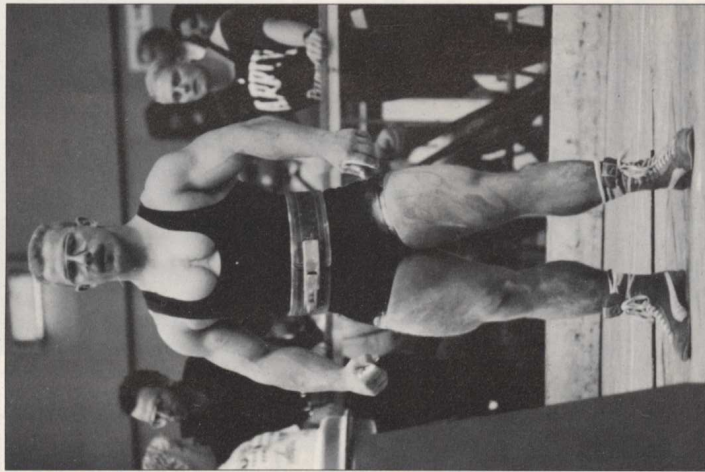
Some of you may have heard of the '80/20' rule. For a salesman that could mean that 80 percent of his orders come from only 20 percent of his clients. That should indi-

# STARTIN' OUT

A special section dedicated to the beginning lifter

## TIME MANAGEMENT FOR WEIGHT TRAINING

as told to Powerlifting USA by Doug Daniels



**Masters of Time Management...** almost all top lifters are, by intent or personal nature, great managers of their time. Like German phenom Frank Schramm, above, they have to work for a living and maintain contacts with friends and family, and balancing all these commitments effectively is the essence of successful time management. (photograph by Hiro Isagawa, taken at the World Games in Holland)

cate that he should devote more time to these important clients. To weight trainers, the '80/20' rule means that 80 percent of their results come from only 20 percent of their exercises like squats, benches, presses, and rows. So, if there's time, but it doesn't make sense to try to get a quick, effective workout in using these.

Another benefit of squats,

benches, etc., is that they are compound exercises that work more than one muscle group. Benches work the chest, delts, and triceps. Hard work on benches can give these three groups a good workout without needing to do separate exercises for each. Squats work the entire lower body. Rows work the entire back as well as rear delts, biceps, and forearms. So with just three exercises, you could get a workout for just about every muscle in your body. Remember the '80/20' rule next time is at a premium. Get the most bang for the buck by using the most effective exercises.

Prioritize your exercises or muscles you want to hit that workout. If you're trying to get chest, legs, and shoulders in, decide which body part you want to hit most. If it's chest, do your chest routine first. If it takes longer than you thought and you can't get to shoulders today, at least you achieved your Number One priority that day. Allow only so much time for the whole workout and for each body part. Parkinson's Law states that work expands to fill the time allowed for its completion. Set a time limit and stick to it. If you allow yourself 2 hours, you'll fill it just as if you only allowed 45 minutes, but with less fluff or unused time.

Using selectorized machines can also help to save time. Selectorized machines with weight stacks, erable you to make fast and safe weight changes by yourself and some machines don't require you to spend time finding a spotter.

Just because you're in a hurry, don't forget safety. The only wasted workout is one where you injure yourself and suffer a setback in training. Warm-up is still needed, but if you go lighter, you may need less warm-up. Use your head; don't make big weight jumps just to cut sets. Work harder on the ones you do.

On most occasions, you'll have plenty of time to get your full workout in. But sometimes, you may get out of work late or have another commitment pending. These are the times that time management pays off. Even when you do have adequate time, these methods can help you allocate time more productively. Remember the '80/20' rule. Where do the bulk of your results come from? Plan ahead and plan for inconveniences. Use the clock to your advantage. I hope you can incorporate some of these time management techniques in your training. It may make the difference between skipping a workout altogether, cutting one short and gaining little benefits, or getting in some serious training when time is short.

# INTERVIEW

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

## JOHN KRAUSS as interviewed for PL USA by Bob Gaynor



**B.G.:** Give us some personal information on yourself?  
**J.K.:** I'm 23 years old, and live in Richmond, VA.

**B.G.:** How did you get started?  
**J.K.:** When I was 14, I wanted to play football but lacked a little size. My father bought me a weight set and I started lifting. Even though I wasn't sure of what I was doing, I still made gains. It helped me a lot physically and mentally because most of the kids my age weren't working out. By the time I was 16, I was going to a gym. By my senior year, I weighed around 175, started on both sides of the line, and was fortunate enough to make first team all district, which was a dream come true.

**B.G.:** How long have you been training and competing?  
**J.K.:** I've been training for 9 years and competing for 4.

**B.G.:** What are your best lifts?  
**J.K.:** My best lifts are as follows: at 181 lbs. (teenage) 500 lbs.; at 181 lbs. (teenage) 500 lbs.; at 181 lbs. (teenage) 500 lbs.; at 181 lbs. (teenage) 500 lbs.

**B.G.:** What are your future goals?  
**J.K.:** I hope to break my state record of 407 lbs. in the bench press. I would also like to break the state deadlift record of 685 lbs. and the total record of 1725 lbs. at my next meet. My biggest weakness is obviously the squat, and my main objective is to get that moving. In 1994 I plan to go to the Lifetime Drug Free Nationals and/or Men's Nationals. After that I see myself moving up to 220 lbs. where I feel I will be a lot more competitive at the national level. World champion would be nice!

**B.G.:** What about steroid use?  
**J.K.:** Steroid use is an issue that I'm very sensitive about. Society needs to be more aware of the risks involved. It isn't natural and it's wrong. Anyone who uses steroids isn't patient enough to deal with cards they've been dealt.

**B.G.:** What about drug testing?  
**J.K.:** Drug testing should be conducted in all sports. The natural athlete is unable to recuperate at the same level as someone who isn't natural. Therefore, someone on steroids or other drugs can make faster gains and pass natural abilities. Anyone who uses drugs to enhance their performance shouldn't be allowed to compete. The 3-year suspension is a good idea because everyone makes mistakes.

**B.G.:** Do you follow any special diet?  
**J.K.:** I have an awareness of my basal metabolic rate along with my energy expenditure based on my type of workouts to make sure my daily required caloric intake is met. This way I don't under-eat or over-eat. My meals consist of high carbs, moderate protein, and low fats.

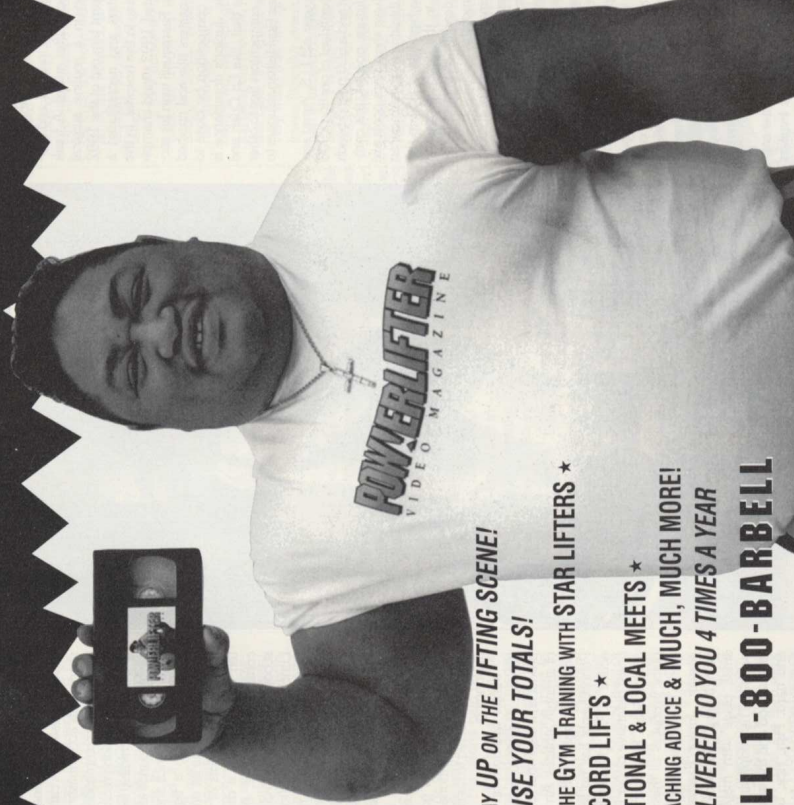
**B.G.:** Would you give us a break-

**JOHN KRAUSS** at the 1993 ADFPA Men's National Championships.

down of your training program?  
**J.K.:** My off season training consists of one goal: improvement of muscular size. This is one way of improving strength. Strength is displayed in the improvement of rep maximums which vary between 3 and 20 reps involving all the elements of the muscle cells which is important for increased size. This is done through periodization, realizing that no natural athlete can improve on rep maximum work week after week. I train for a peaking affect by varying the volume and intensity

of my training program?  
**J.K.:** I would like to thank my trainer, Mike Craven, owner of Mike's Olympic Gym, for all his support and dedication to fitness, and for helping me achieve my goals. Also my parents for their support and all the guys at Mike's. And finally, I would like to thank Bob Gaynor for this interview. If anyone needs additional information, I can be reached at 1217 Bowden Rd., Richmond, VA 23229 or by calling 804-740-3671.

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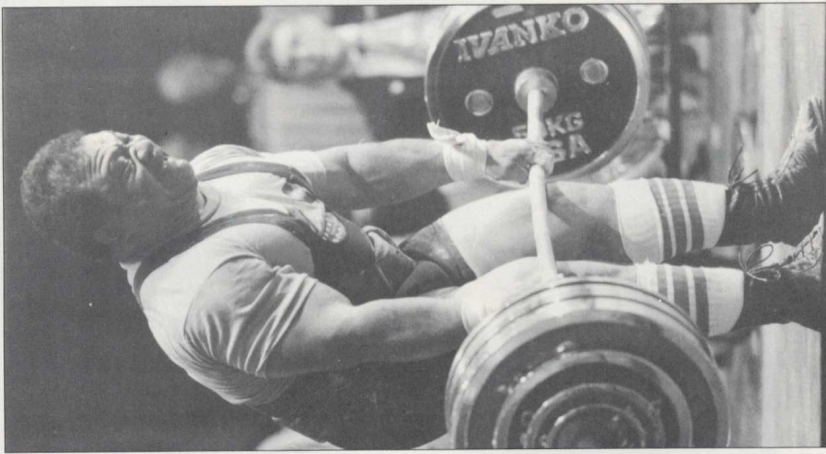
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# POWER PROFILE

## Junior Faamausili

as told to Powerlifting USA by Marty Gallagher



**A Mass of Muscle...** Junior has one heckuva heavy duty physique

Junior Faamausili has been the dominant force on the international masters powerlifting scene for the last two years. Junior catapulted into the limelight when he won the I.P.F. World Masters title in 1991 and captured the Best Lifter award. A freak complication in a routine surgical procedure kept him out of the 1992 World Masters and necessitated a four week stay in the hospital. In the just completed 1993 world championships, Mr. Faamausili won his second world masters title and crushed his nearest competition by close to 200 pounds. Junior's dominance is so complete that, like Ed Coan and Dan Austin, competitors flee to other weight classes like Haitian refugees to avoid him.

The 42 year old U.S. Army sergeant feels confident of posting a 900 pound squat and a 600 pound bench in the near future, possibly this coming year. These short term goals are not wishful thinking as the American Samoan has best lifts of 854 in the squat, 585 in the bench press and 704 in the deadlift, all posted in the last twelve months.

One fascinating aspect of Junior's career is that the drug free lifter continues to progress at an age when most powerlifters have long since hung up their lifting belt. A lot of his ability to make progress into middle age is attributable to his unique training philosophy, his sound nutritional habits and his positive mental outlook. Faamausili believes he can continue to progress and this outlook becomes a self-fulfilling prophecy. Quite a contrast to the majority of masters lifters who believe they've lost a step and self-fulfill that negative prophecy.

We talked with Junior at the conclusion of the 1993 world masters championships and found the 57", 275 pound lifter to be funny, sincere, knowledgeable and totally candid. Junior has a wonderful tropical patois in his speech pattern. His Samoan accent falls lightly on your ears and combined with his easy and infectious sense of humor makes for great conversation.

Junior Faamausili was born 42 years ago in the village of Masuamua in American Samoa. He has been in the U.S. Army since March of 1976. He is currently stationed at Schofield Barracks on the island of Oahu in Hawaii with his wife and two children. "I love Hawaii. I'm a Sergeant 1st class and the personnel staff non-commissioned officer." As a career Army man, Junior is allowed to substitute the star-

started lifting weights in 1979. At the time I was nothing but an alcohol. I was concerned that they might toss me out of the Army so I took a hold of myself and changed my life. I started weight training in terrible physical condition weighing 165 pounds. Progress came slow but Junior persevered. "At first, I only did upper body work. I loved to bench press and would bench five, six and seven days a week. Way too much!"

In December of 1983 Junior was introduced to powerlifting by Jimmy Pegues and Dave Coleman while stationed in Germany. Pegues and Coleman noticed the 205 pound Samoan quietly repping 400+ pounds in the bench press and suggested a power arrangement: they'd teach Junior how to squat and deadlift if Junior would share his bench secrets. In March of 1984 Junior entered his first powerlifting competition. "I was very balanced lifter." Junior says with a smirk. "I benched, squatted and deadlifted 400 pounds!"

Recognizing the utility of competing on an equal footing with a sub-par squat and deadlift, Mr. Faamausili, to use a jazz phrase, went to the wood shed. For the better part of a year, his bench press went on the back burner and squats and deadlifts were practiced exclusively. His efforts paid off as he discovered he had a knack for squatting and his deadlift (to this day his lag lift) showed dramatic improvement. In his second meet in 1984 he squatted and deadlifted 585 and benched 440. Phenomenal progress for a 220 pound lifter in his second meet. Several years of hard training produced a listful of titles and Junior had a serious trophy collection going. In 1988 he hit a 540 pound bench at 242. In 1989 Junior competed in his first international meet when the World Powerlifting Congress held its championships in England. He took third with a 1800+ total. He then went on to win the 1990 Armed Forces meet posting a drug tested 551 bench in the 275 pound class. This won him a spot on the mighty All-Armed Forces squad that competed in the U.S.P.F. Senior Nationals. Junior took third place behind Calvin Smith and John Santos. He had arrived...

In 1991 Junior Faamausili turned 40. He debut on the international masters scene was the I.P.F. world masters championships. In addition to squatting 800 for the first time in his career he won his class and the Best Lifter award. He tells of a dramatic incident surrounding his 804 squat. "As I was squatting 777 on my second attempt, I blew out my suit and missed

the lift. I didn't have a backup suit; all I had was my loose wrestling singlet I use for benching and deadlifting. Tim King, the U.S. coach, wanted me to repeat 777 on my third attempt, but I was strong and I wanted 800 real bad! I made 804 with strength to spare! Boy, was I happy!" No doubt, an 800 pound squat with just wraps and a belt in front of merciless IPF judging ranks as one of the best strength feats in recent memory.

In February of 1992, Junior began to have throat problems and a routine tonsil removal operation almost cost him his life. The operation was initially deemed a success

was hospitalized for 28 days! Needless to say, when I stepped back into the gym I could not bench press 135 pounds. I had to start with the empty bar (45 pounds) and work up from nothing... I contacted the U.S.P.F. and explained that I would not be able to lift at the National Masters in 1992... I wanted a spot on the world championship team, but was unable to lift at the National Masters to capture a spot. I had hoped that because I was the best lifter that perhaps I could be given a berth on the team without having to lift at the Masters. In the end they wouldn't let me do it... I was devastated."

It took Junior a full year to get back to 100% of his previous strength levels. When he reached his previous best, a funny thing happened, he kept going, exceeding personal records. As is so often the case, the enforced layoff, the very thing that brought him to his knees (literally) eventually allowed him to exceed his previous strength levels. Physiologically, when the body undergoes a calamitous situation and is then rehabilitated sensibly and logically, the restored and rested body is somehow capable of exceeding previous limits. The previous limitations are erased removed and true progress is now possible. Such was the case with Junior.

He lifted conservatively at the 1993 World Masters championships held in Canada, just missing a 881 world record squat. He is optimistic about the future; "I honestly feel that I can squat 1000 pounds before I hang it up."

So do we, Junior Faamausili, so do we, Junior Faamausili, so do we. **Marty Gallagher**



**Junior Faamausili squatting at the 1990 U.S.P.F. Senior Nationals** promoted by Rich Peters in Florida.

**JUNIOR FAAMAUSILI'S SQUAT ROUTINE**  
Off season - work up to 700 once a week to maintain strength; 225x10, 325x6, 425x5, 525x4, 625x3, 700x1. In season - 10 week cycle - after warmup: Week 1 - 700x5, Week 2 - 725x5, Week 3 - 750x3, Week 4 - 750x3, Week 5 - 775x3, Week 6 - 775x3, Week 7 - 790x2, Week 8 - 790x2, Week 9 - 810x2, Week 10 - 810x2. MEET: 1st attempt - 804; 2nd attempt - 865; 3rd attempt - 903.

There are some interesting twists in Junior's training. Note that he will hold a weight for two successive training sessions before moving upward. This is unique. We've never seen this before and think it might deserve some serious contemplation particularly for the competitive master lifter. In the first session the body handles the weight - say, for example 750x3, and in the second session rather than increase to 775 he will do the 750x3 again! To Junior, this solidifies the gains and allows the body to handle the 750x3 again, hopefully with more ease and comfort. With two weeks of handling 750x3 the body has adapted to the poundage and the lifter really "owns" the weight. He then moves onward.

Note that he doesn't do single rep maximums but goes by the "90% rule", i.e., a double with 810 equates to a 900 single (810 being 90% of 900). This percentage varies from lifter to lifter, but it would behoove the lifter to determine what his double to single ratio is.

and Junior was released from the hospital. Two hours later he was back in the emergency room and the doctors were performing an emergency tracheotomy on his 23 inch neck. Faamausili was bleeding to death internally. The bleeding was stopped but Junior experienced an adverse reaction to the anesthesia and went into a paralytic coma. For seven days he hovered near death in the intensive care unit. During this seven day death struggle he lost a staggering 44 pounds of bodyweight.

"People did not recognize me after my release from the hospital. I was in I.C.U. for seven days but I



# 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:** I recently hurt my back deadlifting. On Sunday I did a personal best 405 in the deadlift for a set of ten. This was extremely tiring but nothing hurt. Then I tried for a personal best triple. I got 460 for 2 and a half. I may have rounded out my back. Then I felt some pain in the muscles of the lower back. I proceeded to do stiff-legged deadlifts two sets of ten. Then I did T-Bar Rows. During the T-Bar rows my back was hurting. The following 2-3 days, driving a car in the morning for 30 minutes caused pain. Wednesday I squatted 315 for 3 sets of 5. My back was a little sore. The following Sunday I had planned to attempt 415 for a set of 8, so I warmed up. I completed the first rep, but it was acutely painful, and I put the weight down. Incidentally, I don't know if this was a factor, but on this first rep my Lever Belt popped open. I tried a second set. It was quite painful and I did not even complete one rep. The following 3 days, driving in the morning was again painful. The next Wednesday I tried to do squats. I got as far as my final warmup with 275, but my back was hurting and so I stopped. I then took a month off all deadlifting and squatting. I started feeling better and started deadlifting. First session back I did 275 for two sets of 10. Second session I did 295 for two sets of 10. On the day of the third session, I felt a little tight, but I did 315 for two sets of 10, with plenty to spare. The next morning, after driving about 30 minutes, my back became painful. This went away after about 3 days. I went to a doctor and had an MRI done. This revealed a "disk protrusion". He told me that many people have these. It could have been caused by the injury, by the cumulative effects of weightlifting, or it could have been there all along. By this time I was quite frustrated, so I went to a chiropractor who was a powerlifter. He said I have none of the symptoms of a pinched nerve. He thinks that I injured a muscle in the back. The injury feels like torn muscles to me. I feel the injury when the lower back is flexed, or rounded out, and under strain, like in deadlifts, stiff-legged deadlifts, and T-Bar rows. I have decided to take off 3-4 months from all deadlifting, squatting, stiff-legged deadlifts, and T-Bar rows. My questions for you are: (1) What type of injury do you think I have in my back? (2) How should I treat it so as to maximize recovery? (3) About how long should I rest the lower back before resuming deadlifting? (4) Can you guess what caused this injury? Leading up to the injury I was making good progress with 3 heavy sets of deadlifts followed by 2 heavy sets of stiff-legged deadlifts, once a week. Was I overtraining? (5) When I do resume training, what would be a good rep scheme to start with? Two sets of 20 with 205? Three sets of 5 with 315? etc... (6) I really

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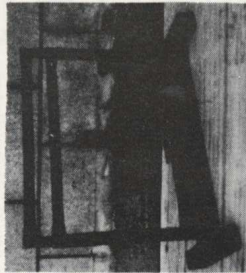
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like stiff-legged deadlifts, but I have read that they are potentially very damaging to the spine. Is that true? (7) How likely is it to rupture a disk while deadlifting? Many Thanks, **Dave B.**

**DEAR DAVE:** It sounds to me like you injured a disk. You don't have to have symptoms of a pinched nerve with disk protrusions. It all depends on where and how the disk is injured. I think you were overtraining and that the injury likely resulted from the type of cumulative damage seen with overtraining. I would give it a few more months to heal and then begin a 12 week recuperation cycle where at the end of 12 weeks you're using within 70% or your best deadlift. By the time you hit the next cycle you should be almost back to par. I never took deadlifts to more than 5 reps, even in warmup sets. If my back was at all stiff, I never pushed it to anywhere near max. This system worked for me and allowed me to deadlift over 700 lbs. as a middleweight (165 lb. class). I never liked stiff legged deadlifts or in fact any deadlift that required me to stretch down too much - such as deadlifts done standing on a bench or blocks. I always found heavy cheating bent over rowing the best assistance exercise for deadlifting. I always deadlifted first and then did the bent over rows. Let me know how you get along. Sincerely, **Mauro G. Di Pasquale, M.D.**

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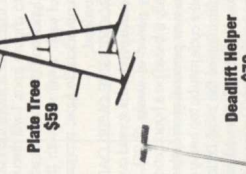


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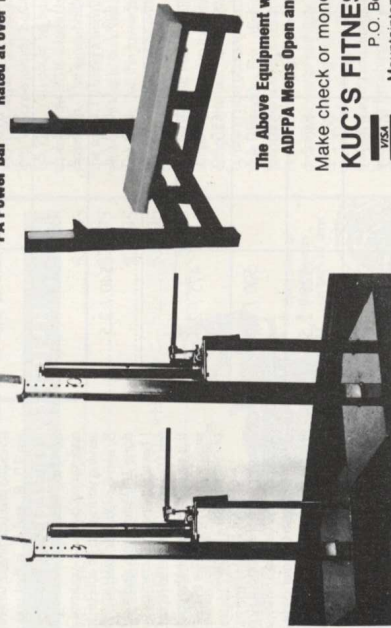
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# TRAINING

## CYCLING SYSTEMS

as told by Louis Simmons, Westside Barbell

crease their strength, then because the bench press becomes quite heavy near the end of the cycle and you back off on your triceps, your bench press can suffer as your triceps strength diminishes. The same mistake is that near the end one must reduce or eliminate most assistance exercises, which most of the time are the core of what strength was built upon. For example, if you had weak triceps and had to in-

### GAUGLER CYCLE:

WEEK	SQUAT lbs / reps	BENCH lbs / reps	DEADLIFT lbs / reps	4" BLOCK lbs / reps
1	525 / 3 495 / 5	325 / 4,3 310 / 5	575 / 1 535 / 2	455 / 2,5
2	540 / 3 510 / 5	340 / 4,3 325 / 5	600 / 1 560 / 2	480 / 2,5
3	555 / 3 525 / 5	355 / 4,3 340 / 5	625 / 1 585 / 2	505 / 2,5
4	570 / 3 540 / 5	370 / 4,3 355 / 5	650 / 1 610 / 2	530 / 2,5
5	535 / 3 505 / 5	335 / 4,3 320 / 5	585 / 1 545 / 2	465 / 2,5
6	550 / 3 520 / 5	350 / 4,3 335 / 5	610 / 1 570 / 2	490 / 2,5
7	565 / 3 535 / 5	365 / 4,3 350 / 5	635 / 1 595 / 2	515 / 2,5
8	580 / 3 550 / 5	380 / 4,3 365 / 5	660 / 1 620 / 2	540 / 2,5
9	560 / 2 520 / 3	360 / 4,2 330 / 5	595 / 1 555 / 2	475 / 2,5
10	575 / 2 535 / 3	375 / 4,2 345 / 5	620 / 1 580 / 2	500 / 2,5
11	590 / 2 550 / 3	390 / 4,2 360 / 5	645 / 1 605 / 2	525 / 2,5
12	605 / 2 565 / 3	405 / 4,2 375 / 5	670 / 1 630 / 2	550 / 2,5
13	550 / 2 510 / 3	365 / 4,2 335 / 5	600 / 1 560 / 2	MEET
14	MEET	MEET	MEET	MEET

squat cycle and do the 640 at the meet? For some reason, almost all lifters increase their squat and this time fall to make progress. Why? They have over-estimated their true potential and end up with their opener. Your training must be based on your true max, not a hypothetical and egotistical goal which leads to failure.

At some point during your cycle you must decrease reps to accommodate for the heavier weight. Normally, by doing this you sacrifice volume. It takes a certain amount of work, known as volume to lift 500, 600, and 700 lbs. If the work load falls below what is needed to lift any of these weights, you will fail. That is the greatest fault of this type of cycling. Plus, are you in a prone at the end of the cycle. The only advantage I see is that it works for those who lack confidence. They must squat 700 on two or three occasions before attempting it at a meet. Is this you? If so, you are not building strength but confidence. You and your trainer must work on that outside the gym.

Progressive overload training may trick a lot of people because the first 6 weeks or so you become more muscular because the weights are light and the reps are high, producing a lot of muscle hypertrophy, luring you into thinking you are making great gains, which you are - in size, but not strength. I'm sure you have read about great expectations by this or that lifter, only to see that his contest results are less than satisfactory at contest time. Why? They are hypothetical goals.

Another misconception in the so-called prep cycle phase, where reps are 10, 8, and 6, is that you may think you are getting in shape, but for what? Actually, you are gaining endurance because you are conditioning yourself to be able to do 10, 8, and 6 reps. For example, I have done 100 situps at a single set, yet I have experienced cramps by doing 10 very concentrated reps. Does this sound familiar? I hope you have seen some major faults in this type of cycling, just as I have.

GAUGLER CYCLE: Rick Gaugler was a tremendous strength star in the 1970s and 1980s, and I coin the phrase Gaugler cycle after his success. He too would use long cycles to gain strength, but instead of continuously going up, he would go up for 4 weeks, drop back down somewhat, and then go up again for 4 weeks. He would start with 525 X 3 and jump 15 lbs per week for 4 weeks. Then he would start over 10 lbs. heavier for weeks 5-8, now at 580 X 3, dropping to 560 X 2. Weeks 9-12 he did 650 X 2, always

dropping 40 lbs for a triple. The week before the meet he would do 550 X 2 and 510 X 3.

He did a lot of special exercises and seldom ever missed a training weight. A very positive thing if you break it down is that Rick trained at 85% and above during the complete cycle, which is impossible for most lifters. Rick and a few others are the exception due to the use of supportive gear and fabulous genetics. Although most authorities agree that training with 85% and above is best for strength, they also live through such heavy continuous training, Mike Bridges and Ed Coan are able to do it, and a few can do one lift, but seldom two or all three lifts. So, in conclusion, it makes a lot of sense from a scientific point of view, but only a few could survive it. Continuous use may lead to injury, and speed work must accompany this program periodically.

PERCENT: The third type of cycling is known as percent training. It works for men and women, drug-free or not, because it is based on your own strength. Percent training does not mean simply to convert poundages to percents, but to do the majority of training with weight between 65% and 82%. This is where explosive strength is best employed. It is done by carefully

## PERCENT TRAINING CHART

PERCENT	REPS / SET	OPTIMAL TOTAL REPS	RANGE
65 %	4 - 6	24	18 - 30
70 %	3 - 6	18	12 - 24
75 %	3 - 6	18	12 - 24
80 %	2 - 4	15	10 - 20
85 %	2 - 4	15	10 - 20

charting the number of lifts done at a certain percent range (see chart). By doing this, we continuously use weight and reps that are correct for our current strength. Nothing is hypothetical about this; it is all fact. Your cycle is based on what you actually can do. Each lift is trained differently but always with the correct number of sets and reps for the correct percentage.

The bench press is trained at 65-72%. We train so light because we don't wear bench shirts in training and we must train the muscles that the shirt neglects, the triceps. The bench press normally is done for 3 reps, although we are able to do 10 reps with our training weight. Using compensatory acceleration

and correct form is easy with this type of training.

The squat is done with 65-82%. A heavier percentage than the bench is used because an average suit and belt are utilized. Perfect form is used on every rep, and again, acceleration strength is the key. The reps are kept at 2 to prevent straining the shoulder as well as reducing bicipital tendinitis. Very short rest periods are used, 45 seconds to 1 1/2 minutes, to gain muscle tension, something that is neglected with most low-rep programs. You may think, how can training so light produce a record squat? This is done with high volume. For example, if 70% is 500, this is done for 24 total reps per workout, which equals 12,000 lbs. As we add weight, we reduce a set or two to stay close to our optimal training volume (for myself, 12,000 lbs). When you find your volume range, stay within 500-1000 lbs of it.

A special note: by training the bench press this way, we can use 3 different grips with the same weight. Most lifters close-grip a lot less than with their regular grip, so your close grip is consequently heavier than 65-72%. You could be pushing up as much as 85% when you use a close grip. The same holds true in the squat, by using a normal stance plus one wider to build the hips and one closer for the lower back and quads. This cannot be done with a more conventional cycle.

The deadlift itself is trained with single reps because there is no lowering of the bar. So we believe that by doing reps you are wasting valuable strength. For example, the second rep is always easier than the first because you have created a groove, or motor pathway, making each succeeding rep easier until muscle fatigue sets in. If you don't believe me, try squatting out of the bottom or benching out of the bottom while in a power rack and see how tough it is. Here is how the cycle should be done: 15 singles with weights ranging from 65 to 70%, 12 singles using 71-75%, 8 singles with 76-80%, and 6 singles

with 81-85%. All workouts should be done with 45 seconds rest between sets. This closely resembles what Jim Cahill did several years ago when he pulled 832 at 220.

Our training is basically reversed from conventional ways: the classical lifts are done with moderate weight, whereas special exercises are done extremely heavy. This way we develop our weak points during the entire year. There is no precontest cycle. We stay in shape year-round. We don't psyche, we train. All of our training builds strength. We don't waste 6 months trying to get back in top shape, we stay there. So can you. This type of work has developed 27 Ellites, which I think is unprecedented.

You must realize that percent minicyles are to be done all year long. A top lifter who got my training by percent program second-hand uses it for precontest training, when in fact it should be used continuously until the meet. He instead switches back to the progressive overload system and seldom does in the meet what he did in the gym. Don't let this happen to you. This is a much safer way to train as well as being very productive. For example, it has produced a 148 who benches 390 by using 245 for 8 X 3 reps, a 275 who benches 540 by using 350 for 8 X 3 reps, a 165 who squats 610 by using 415 for 10 X 2 reps on a parallel box, and a 242 teenager who squats 735 by using 455 for 10 X 2 reps on a below-parallel box.

Injury-free training is the key to success. Why train with near max weights, continuously risking career-ending injury, when you can get the carry-over we do by using this system? So there you have it. Take your pick. Remember, you get strong in the gym and prove it in the meet, so choose your cycle carefully like the 27 have done at Westside Barbell.

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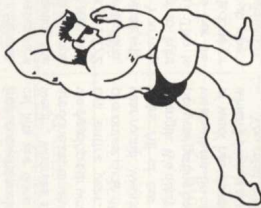
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**Eugene Madlock sets a Nebraska state record with a 620 deadlift at the Goodyear Classic (K. Merritt)**

drug free athletes was excellent. In the women's division, the sports flow when Anthony Calio, of 16.5 Steve Moretti of Cranston, RI pressed 315 and Ben Lifter set a new record in the 181 lb. division by pressing 470 lb. Just 30 lbs. under the American record of 500.1, Ted Anthony's lifting is nothing less than a masterpiece. In the men's division, Kevin Hardward with a lift of 535 lbs. in the 181 lb. division set a new record. In the 242 lb. division, the lifting was outstanding. In the 242 lb. division, the lifting was outstanding. In the 242 lb. division, the lifting was outstanding. In the 242 lb. division, the lifting was outstanding.

**1st Pro-Fitness Ironman Bench Press**  
 16 Oct 93 - Rockaway, NJ  
 Women 198 lb. class: R. Bickel 375, R. Bickel 375, R. Bickel 375  
 Over 120 lb. class: A. Allison\* 370, C. Trifilli 365, C. Trifilli 365  
 Males 242 lb. class: D. Kitchell 420, D. Kitchell 420  
 Over 200 lb. class: S. Bled 415, S. Bled 415, S. Bled 415  
 Under 200 lb. class: S. Bled 415, S. Bled 415, S. Bled 415

Gordon Belmont with a meet high of 485, followed by Fred Vogel with a meet high of 485. In the 275 lb. class, Blum edged out local favorite Bryan Calio, whose only mistake was starting his lift with a clean. Blum's clean was starting with a clean. Blum's clean was starting with a clean. Blum's clean was starting with a clean. Blum's clean was starting with a clean.

**22nd Aug 93 - Coishon, OH**  
 Males 340 lb. class: R. Block 340, R. Block 340  
 275 lb. class: R. Block 340, R. Block 340  
 242 lb. class: R. Block 340, R. Block 340  
 210 lb. class: R. Block 340, R. Block 340

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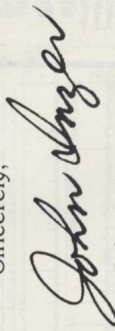
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We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer  
Owner

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ADVANCE DESIGNS

## August Classic (kg)

Women	
56	
C. Spence	47.5 35 92.5 175
75	
B. Sanford	147.5 65 167.5 380
82.5	
S. MacGill	120 50 135 315
90	
H. Bryden	150 62.5 112.5 325
4th	117.5
Special Olympic	
52	
S. DeWone	25 45 70
60	
J. Naugler	80 165 245
G. Eagle	80 150 230
75	
C. Durham	40 80 120
Men	
60	
C. Myers	135 67.5 155 357.5
75	
J. Wolfe	135 100 197.5 432.5
L. Ash	132.5 92.5 200 425
75	
J. Butt	215 120 243 588
80	
B. Smith	190 107.5 195 490
L. Burns	160 107.5 195 462.5
85	
D. MacPherson	220 135 237.5 612.5
S. Powell	200 130 235 565
90	
J. Hull	180 160 227.5 575
100	
I. Chisholm	160 112.5 235 507.5
A. MacKean	160 82.5 228 407.5
100	
I. Lightbourn	207.5 125 245 577.5
110	
R. Diet	160 90 190 440
110	
I. Halloran	205 127.5 192.5 525
C. Mason Jr.	180 92.5 165 397.5
110	
A. McKeown	140 92.5 165 397.5
Best Lifters Women LI - Pal Sanford, Women b.v.	
- Stephanie McGill, Special Olympic - Judy	
Naugler, Men LI - Jeff Butt, Men b.v. - Danny	
Wolfe, Men b.v. - John Inzer, Men b.v.	
Classic Powerlifting Championships in the women's	
division we had 4 lifters breaking 7 records with a	
provincial high school record and finishing off	
with a 695 lb. total. In the 90 kg. class Hope Bryden	
broke the provincial record in the squat, while	
John Inzer broke the provincial record in the	
deadlift and total record. The 75 kg class saw Jeff	
Inzer break the Canadian record in the deadlift with	
363 lbs. at a bodyweight of 144 lbs. I have to	
congratulate the three boys who were competing	
in these special athletes. Keep up the good work, Bob!	
in the men's division, 15 year old Gary Myers,	
lifting in the 60 kg class, squatted a Nova Scotia	
record of 275 lbs. in the bench press. Inzer	
"Stitches" Butt, all the way from Perry's Cove, NF	
increase his total by 72 lbs. in less than 3 months.	
and crowd favorite Danny MacPherson had a 9 for	
9 day, finishing off with a fine 567 lb. deadlift,	
Danling who has not been lifting for a while of a	
serious caliber for about 10 months, qualified for	
the Canadian Seniors. This 20 year old young man	
has a great future in powerlifting ahead of him.	
at the 100 kg class. Inzer was the only one to	
attempt of 358 lbs. He also qualified for the Cana-	
dian Juniors and National Bench Press Champio-	
nship. Inzer was the only one to attempt a 500 lb.	
class. He gave 618 lbs. a good try for the Newfound-	
land Senior Deadlift record but was unsuccessful.	
to work out afterwards. Local boy John Inzer	
outlasted father and son to win the 110 kg. class.	
Some people certainly deserve to be mentioned for	
their help in making the August Classic a success.	
Brenda Alexander, Ron Delaney, Donnie MacCallan	
& Eric LeBlance for their strict but consistent	
judging. Kevin Whalen who not only spotted but	
was the referee for the 110 kg. class. Thanks to	
Chetler, Deborah Payne and Sheena Williams for	
running the canteen and selling t-shirts. Thanks to	
ICA for their donation. I would once again like to	
thank you to the following people who donated items	
all from Newfoundland and Lindsey Burns from	
New Brunswick. Thanks for making the trip lift in	
our contest. When any one person or group of	
people host a contest, all does not always go	



The Best Workout Partner anyone could hope to have... that's what Ralph Payne says about John Halloran, who went 9 for 9 to win the 110 kg class at the August Classic in Guysborough (Ralph Payne).

according to plan as a lesson learned out. Contestants did not arrive until 1 hour before competition; the awards had been sorted; and cancellation of our drug testing a day before the competition was announced. The contest was officiated by his own Bill to host the National Senior men & women, junior men & women and blind championships. I must tip my hat to Mike for a job well done. (Thanks to Ralph Payne for the results)

### MDSA Invitational Bench Press

18 Sep 93 - Willmar, MN	
Closed	
Women	
E. Snider	105
Men	
C. Finley	148
Men	
K. Froemming	320
242	
K. Krueger	275
275	
C. Worchik	480
Submaster	
165	
340	
G. Grabin	215
Master	
275	
S. Jensen	345
275	
M. Bengtson	330

Submasters, Jeff Braun pushed up 340 and missed 345. Robert Krueger played with 275 with no other lifts. The results were as follows: 200 lb. attempt at Submaster level 3. Bill Norton pushed up a nice 330 for two new records. Glen Woycik tried 490 but it wouldn't go. Glen Woycik is a Nova Scotia state record holder in the MDSA with 485. All in all, the August Classic was a very successful event. Attempts were the order of the day. Next year's meets will again be by invite only except those invited will be able to invite their friends also. The August Classic will be held at the Inzer Shirt Jacobson for providing these competition results!

### 4th USPF Carcon Bench Press

8 May 93 - Carson City, NV	
Special Olympic	
Women	
B. Davis	110
C. Turner	128
140 Men	114
143	
A. DeWolf	237
Teen	
132 Women	94
132 Men	132
165 Men	165
J. Hova II	237
181 Men	148
M. Margulita	320
198 Men	198
S. Carps	198
198	
C. Magnuson	270
M. Musselman	292
242 Men	331
Master I (40-49)	
132 Women	143
R. Ballard	143
181 Men	419
R. Johnson	320
P. Johnson	320
D. Steiler	320
198 Men	375
F. Kendall	375
331	
L. Woods	331
M. Villarreal	331
220	
R. Kane	347
303	
M. Williams	444
452	
R. Patterson	452
402	
D. Tamori	402
242	
F. Cable	402
303	
R. Thomson	485
441	
D. Fisher	441
F. Cable	407
407	
B. Smith	331
E. Hagg	292
272	
Thermer	413
198 Men	176
E. Carrall	176
198 Men	176
J. Glover	176
E. Larez	435
T. Underbough	435
M. Aguirre	300
300	

(Our thanks to Meet Director Dave Kuzlitz from Dave's Power Palace in Carson City for providing these meet results to POWERLIFTING USA.)

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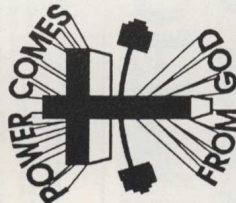
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### ADFEA New England Deadlift

28 Aug 93 - Hanover, MA

Women (Malone)	165	H. Gaidry	500
J. Shear 104	305	18. Nalman BL	620
L. Larson 142	370	B. Howard	620
K. Jones 144	300	M. Sullivan	475
L. Messina 142	275	19g. Hill	560
Special Olympics	150	W. McGraw	555
P. Tilton 159	305	R. Paul	440
R. Ellison 143	275	J. Minahan	
Tenage	146	R. Sequera	610
McDonough 174	430	B. Barros	600
Submaster	242	620	
D. Scellan 204	550	J. Nigro	610
P. Berno 231	420	C. Schmalz	500
Masters	275	M. Marino	610
A. Chomer 195	370	L. Larsen	510
S. Doble	450		

The USPF Deadlift Nationals were held at the Hanover, MA. The event was held at Sauly's All Sports in Hanover, MA. The event was held as a fundraiser to help raise money to help defray some of the medical expenses of ADFEA President Allan Siegel, his wife, and their two children, Alex and Ashley, who are suffering from an incurable disorder (Spinal Muscular Atrophy). Saul Siegel, the president of ADFEA, decided to run this as a Deadlift-a-thon, with lifters going out and getting sponsors to pledge money for the lifters. The amount of pledges and contributions for a very worthy cause. It was good to see the response of fellow lifters and their families. After the contest and tough luncheon prepared by my wife Kathy, now on to the lifters! Joanne Shear captured the 150 lb. deadlift at 10:34 lbs. bodyweight. David Krensky, a student at the Cardinal Cushing School and Training Center in Hanover, MA and member of Sauly's All Sports, captured the 159 lb. deadlift at 159 lbs. bodyweight. Special Olympics Division. Dave is coached by

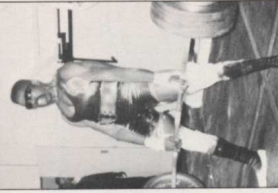


**Jan Larson deadlifted 370 at the ADFEA New England Deadlift Championships (courtesy Kostas)**

Mus Special Olympics Powerlifting Director to run the event with Kevin Walsh in his first contest ever; just missed a triple bodyweight deadlift in capturing the Teenage Division. Scott Doble pulled a triple deadlift of 540, 210 and 2nd place in the 150 lb. class and 2nd runnerup in the balling for Best Lifter/Horace Gaidry, at 157 lbs. also pulled a triple bodyweight deadlift with 500 lbs. and was runnerup in the best lifters contest. The 181 lb. class winner and overall Best Lifter with an awesome triple bodyweight deadlift of 620 lbs. at a bodyweight of 179 lbs. Adam had narrowly missed a triple deadlift of 560, 210 and 100 lbs. at 193.3/41 Out of all the 1st place finishers, 10 were from Sauly's All Sports in Hanover, MA. That is a very impressive feat. The 159 lb. deadlift was captured by Joanne Shear at Sauly's All Sports. Special Olympics Division. Dave is coached by

### CONFESSOR BENCHES 662.5 at 218.5 bodyweight... full report next month!

family in Maynard and Framingham, these two Mass. clubs produce some of the best drug-free powerlifters in the country! Both clubs boast of having produced the 1992 World Champion, Saul Shockett and Brad Herman of Sauly's All Sports for allowing us to use their facility for this event. I would like to thank the following individuals who supported this fundraiser by competing and obtaining pledges. Thanks to Bob and Tom Dempsey, Ron Krysto and Steve Obensky for contributing to the success of this event. Thanks go out also to the spotters and loaders Eric Kupperstein did a fantastic job of officiating. Thanks to the following individuals who volunteered their services: Mike Sequeira, Friends of Randy and Virginia Sequeira, C/O Abington Savings Bank, Rt. 58 & 106, Montpelier, VT 05602. The friends of Randy and Virginia Sequeira and the Sequeira family, thank you for your concern and generosity. In closing, I would like to mention a made in my lifting career. This enabled me to be admitted it is one of the best decisions that I have made in my lifting career. This enabled me to be admitted it is one of the best decisions that I have made in my lifting career. This enabled me to be admitted it is one of the best decisions that I have made in my lifting career.



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- 100% Nylon Double-knit
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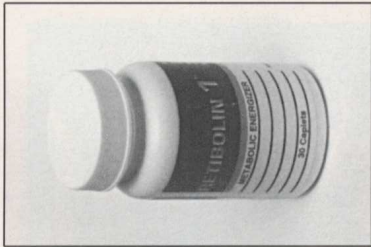
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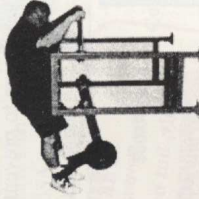
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### ANPPC Drug Free East Coast Bench

8 Aug 93 - Poughkeepsie, NY

Women	J. Remien	500	370m	500	1270
	L. Foreman	475	300	560m	1335m
	L. Dorsler	500	280	520	1300
	R. Wetzelordler	465	260	470	1195
	M. Dadd	420	330	385	1135
	M. O'Neil	300	300	385	1135
	C. Garcia	155	198		
	J. Sherman	380			
	J. Shivers	385			
	A. Rivera	19	315	470	1505
	Open	114			
	A. Rivera	19	315	470	1505
	Open	114			
	J. Freiberg	565	310	650	1525
	Grand Masters				
	K. Briggs	450	280	460	1190
	Tennage Light				
	A. Stockland	380	310	420	1110
	J. Howell	155	265	375	1175
	Open	300	310	420	1110
	M. O'Neil	41	300		
	A. Rivera	315	220		
	L. Albano	45	275		
	Open	305			
	W. Masters	440			
	M. Miranda	270			
	L. 148	320			
	H. Clifton	250			
	A. Rivera	165			
	W. Masters	440			
	Open	305			
	W. Masters	440			
	Open	305			
	W. Masters	440			
	Open	305			

### ADPPA Hawk Country Open

11 Sep 93 - Hermanton, MN

Women's Open Middle	300m	170m	315m	785m
L. Dorrance	270m	150m	280m	700m
Women's Open Heavy				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m
Women's Open				
L. Dorrance	270m	150m	280m	700m

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Muscle/Media raises:  
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131





### 5 March 1993 9th Eastern USA Bench Press Championships

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TEEN  
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MASTER  
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Jim DeCotis  
508-777-3666

19 FEB, PowerShot, Teenage Championship (14-15)  
16-17, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

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## 1994 W.P.A. Men's and Women's World Powerlifting Championship

March 25 to 27, 1994 - Sherbrooke - Quebec - Canada

Open to any lifter in the world (all divisions)!

### Beautiful Awards

For: Top 3 places: All weight classes, all age groups, all divisions men's and women's. Top 3 places: Top 3 places: International teams. Top 3 places: Registered teams. Best lifter trophies in each division, each day.

For more information: Jean-Marie Bergeron, 1083 rue Adelard, Magog (Quebec) Canada J1Z 3S1  
Phone: (819) 843-6384 - Fax: (819) 843-6384

Men Class	56		60		67.5		75		82.5		90		110		125		SHW	
	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd
Open Division	400	432.5	465	522.5	570	612.5	645	682.5	705	725	757.5							
Sub-Division	880	951.5	1023	1148.5	1254	1347.5	1419	1501.5	1551	1595	1666.5							
Master Division	352.5	380	410	457.5	500	540	570	600	620	640	667.5							
	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472							

Women Class	44		48		52		56		60		67.5		75		82.5		90		90+	
	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd	kg	pd
Open Division	235	255	272.5	290	305	337.5	365	392.5	417.5	447.5	475	502.5	530	557.5	585	612.5	640	667.5	694.5	721.5
Sub-Division	517	561	599.5	638	671	742.5	803	863.5	918.5	973.5	1028.5	1083.5	1138.5	1193.5	1248.5	1303.5	1358.5	1413.5	1468.5	1523.5
Master Division	210	225	242.5	257.5	272.5	300	325	347.5	372.5	397.5	422.5	447.5	472.5	497.5	522.5	547.5	572.5	597.5	622.5	647.5
	463	495	535	568	601	661	711	766	821	876	931	986	1041	1096	1151	1206	1261	1316	1371	1426

### WNPF Bench Press Nationals (Qualifier for the 1994 Worlds) Polygraph and Urine Testing to All Lifters

MARCH 13, 1994  
LANCASTER, PENNSYLVANIA

TEENS, JUNIORS, LIFETIME, NATURAL,  
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olympic, Lifetime Fitness, 6041 11th Place, De Moines, IA 50313, 515-264-1224 (6-9pm)  
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### USPF Hardcore Deadlift Championships January 29, 1994 Norwalk, CT

DIVISIONS

Teen: 14 - 15 age group  
16 - 17 age group  
18 - 17 age group  
women  
men  
masters

**AWARDS**  
1st - 60" trophy  
2nd - 50" trophy  
3rd - 40" trophy  
4th - 30" trophy  
5th - 20" trophy

**INFORMATION: HARDCORE Promotions Inc.**  
21 Hale St, Westport, CT, 06880  
(203)227-0335

26 FEB, Elmhurst Memorial Open Bench Press, Elmhurst, IL 60120, 588-771-8666  
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### 5 February 1994

## APF New York State and Open Championships

Ralph Ralola, IRON ISLAND GYM

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WIN P.F. REGION FOUR  
CHAMPIONSHIPS  
ATLANTA, GA  
5 MARCH 1994  
(NATIONAL QUALIFIER)  
POWERLIFTING, BENCH  
PRESS, DEADLIFT  
(SEPARATE EVENTS)  
WOMEN, TEEN, JUNIOR,  
NOVICE, LIFETIME, NATURAL,  
SUBMASTERS, MASTERS,  
POLICE/FIRE/ARMED FORCES  
TROY FORD  
2560A PICARDY CIR. N.  
COLLEGE PARK, GA 30349  
404-907-4795

26 FEB, Elmhurst Memorial Open Bench Press, Elmhurst, IL 60120, 588-771-8666  
26 FEB, USA Powerlifting, 11th Annual, 11th Place, De Moines, IA 50313, 515-264-1224 (6-9pm)  
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# APF - WPC

## WPC WORLD RECORD BREAKERS FEATURING THE FIRST APF - WPC DRUG FREE DIVISION EVER HELD

&

## SUBMASTER-MASTER INTERNATIONAL CHAMPIONSHIPS

DATE: March 26 - 27, 1994

MEET: Days Inn, 30 Keller Ave.

Lancaster, PA U.S.A.

phone (717)299-5700

Airport-Harrisburg, PA International

**SANCTION: APF- WPC (cards available at meet)**

**MEMBERSHIP: 114,123,132,148,165,181,196,220,242,**

**275, 308, SUPERHEAVY**

**WOMENS WEIGHT CLASSES: 97, 105, 114, 123, 132, 148, 165, 181, UNLIMITED**  
**DIVISIONS: World Record Breakers Meet-Teenage, Women's, Men's, Submasters, and**  
**Masters**

**2 DIVISIONS-OPEN AND DRUG FREE**

**\*NOTE-1ST APF DRUG FREE MEET EVER HELD.**

**WILL BE ESTABLISHING ALL NEW APF DRUG FREE WORLD RECORDS.**

**EVERY DRUG FREE RECORD SET WILL BE TESTED**

**To compete in the world record breakers portion of the you must be**

**attempting a world record in any lift or total in either the open or drug free**  
**division. No direct competition, this is strictly for world records. Beautiful**  
**World Record Plaques will be awarded.**

**International Championships - SUBMASTERS (33-39 years old) and**  
**MASTERS in the following age increments: 40-44, 45-49, 50-59, 60-64, 65-**  
**69, 70-74, 75-79, 80 and up. Each division, Men's and Women's, will be**  
**run with full weight classes.**

**Please bring proof of age.**

**Beautiful sculptured awards to top 3 places in weight class, all age**  
**groups... Plus a best lifter light weight and heavyweight each day for men's**  
**and women's.**

**3 INTERNATIONAL TEAM TROPHIES (TOP 3 COUNTRIES)**

**3 OPEN TEAM TROPHIES (TOP 3 OPEN TEAMS)**

**ENTRY FEES: World Record Breakers- \$45 PER**

**Submasters/Masters- \$45 PER**

**Team Entry- \$35 PER (minimum 3 lifter)**

**ENTRY DEADLINE: Postmarked March 15th, 1994**

**ABSOLUTELY NO LATE ENTRIES ACCEPTED**

**MAXIMUM LIFTERS ACCEPTED-120**

**FIRST COME FIRST SERVED**

**MEET WILL BE RUN BY COMPUTERIZED SYSTEM.**

**MAIL ALL ENTRIES AND CHECKS PAYABLE TO MEET DIRECTOR:**

**JOHN SCHAEFFER or TIM DIEM**

**c/o L.J.'S FITNESS**

**24 N. 3rd ST.**

**WOMELSDORF, PA 19587 USA**

**(215)589-5213 or (717)627-0038**

**call for more meet information or for meet application**

**DONT MISS THIS ONE!**

**SURE TO BE ONE OF THE GREATEST MEETS EVER HELD!!**

9 APR, USFF Drug Tested Mass St. PL/BP and New England States Open/Notice from, grandmaster masters, submaster, junior, teen, special olympics, Craig Kozak, Box 483, Whitman, WA 99136, 509-847-6714  
10 APR, APF World Gym, Challenge III, Fred Kendall, 11400 Fair Oaks Blvd., Suite 18, Fair Oaks, CA 95628, 916-965-5495  
9 APR, APF Prison Postal-Spring Bench Press (men, jr., submaster, master, grandmaster, women, notice in submaster's division), Mike MacLellan, 206 Rose Dome Rd., Piquette, MA 01020, 508-345-0448  
10 APR, APF Ohio State Open, women, teen, master, 4416, 216-439-5464 Ed or Frank King  
10 APR, 4th Upper Ohio Valley Open BP and/or DL (men, open, master, submaster, women, novice - no formals), Tom D'Donno, 224 Alfred D., Whitmansville, OH 43952, 614-264-4885  
10 APR, ANPPC Drug Free Metropolitan BP (men, women, men, master, teen), Glen Stephan, 163S. 11th, Leidschendam, NY 11757, 516-957-7373  
16 APR, Lifetime Ohio Bench Press, Steve Gill, World Gym, 5508 E. Livingston Ave., Columbus, OH 614-963-5191  
16 APR, NASA Trojan University of Wisconsin-Champaign, L.L. PIP, Special Inv., Coach Van Compton, UAB, 441, 205-949-8001, 205-949-8001  
72024, 510-569-5167 (job) or Larry Kay 282-7668 (4924)  
16-17 APR, WPCF USA Championships (California) Troy Ford, 2560A Peary Circle N., College Park, GA 30319, 404-907-4795  
16-17 APR, APF Junior Nationals (Chicago), Fred Uhlig, Box 9346, Peoria, IL 61612, 309-274-2834  
16-18 APR, NASA National High School PL/BP (Dallas), Rich Peters, Box 735, Noble, OK 73068  
17 APR, ANPPC Drug Free-East Coast BP (men, women, men, masters, teen), Jim McKee, 105 Duchess Turnpike, Poughkeepsie, NY 12603, 914-471-4859  
23 APR, Carmichael Powerlifter 4PF/Pentathlon Bench Press (open, teen, masters, women), Timmie Balmert, 1219 Market St., Lemoyne, PA 17045, 717-975-5800

## WNPF UNITED STATES POWERLIFTING CHAMPIONSHIPS FULL MEET, BENCH ONLY, DEADLIFT ONLY (QUALIFIER FOR THE 1994 WORLDS) ALL LIFTERS TESTED

APRIL 16-17, 1994  
CALIFORNIA

TEENS, JUNIORS, OPEN, SUBS, MASTERS,  
POLICE/FIRE/ARMED FORCES, WOMEN

TROY FORD, 2560A PICARDY CIR. N.  
COLLEGE PARK, GA, 30349 404 907-4795

23 APR, USFF Drug Tested Connecticut Open (men, women, submaster, master, teen), Hard Core Promotions, 21 Hale St., Westport, CT 06881, 203-277-0335  
23 APR, MDSA 'Go for the Gold' National (women, men, men & women masters, submasters, teen boys & girls), Devin Jacobson, Box 1031, Whitman, WA 99136  
24 APR, 12th APF/AJFFA/Duck Dynasty Festival/Fire/Honors (bench press, deadlift, and iron man), Esteban (5'9", 220 lbs), Whitman, WA 99136  
24 APR, ANPPC Drug Free Illinois BP (men, women, master, teen), Box 4994, 2601 Veterans Dr., Mt. Vernon, IL 62964, 1-618-244-6227  
24 APR, National Drug Free Teen Bench Press (12-13, 14-15, 16-17, 18-19 men and women), Lifetime Fitness, 4941 11th Pkwy, Des Moines, IA 50313, 515-286-1224  
6-9pm  
23 APR, Ohio State Bench Press (Masters), Bismack, Box 231, Parkersburg, WV 26102, 304-489-2428  
APR, Kentucky State Bench Press (Masters, NJ), Bismack

Box 231, Parkersburg, WV 26102, 304-489-2428  
30 APR, 1 MAY, USFF New York State (men, open, master, submaster, women), John Sean Brand, Box 666, Great Falls, NY 12861, 518-798-5587  
30 APR, 1 MAY, APF/AJFFA Northwest Open (open, novice, police and fire, masters - entry level), Est. Fiddges, 5025 Collier Lake Rd., St. Louis Park, MN 55416, 612-966-9133  
1 MAY, WPCF Speed (Deadlift/Inchworms, National Masters), GA, Tex. Masters, 2250 Lumberton Rd., Augusta, GA 30906, 706-790-3896  
1 MAY, Virginia State Championships (open, novice, women, master, teen, police & fire, Tommy Buzzo/Bismack, Box 4, Box 126, Wilson, VA 24179, 703-890-9713  
6 MAY, 6th Virginia State Bench Press, John Stallatt, Box 303, Quince, VA 22966, 804-895-3932 before 9pm  
7 MAY, Florida Dwellit Championships, Louis Baker, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33601, 813-587-6588  
7 MAY, ADFFA National High School Bench Press,

Ed or Frank King, 24748 Aurora Rd., Bedford Heights, OH 44146, 216-439-5464 or Larry Miller, 216-425-0912  
7 MAY, Rockwood Falls BP/DL, Rockwood Falls, MN - women, men & women masters, submasters, teen boys & girls), Devin Jacobson, Box 1031, Whitman, WA 99136  
7 MAY, 1st Case Chavez/5th Mayo Bench Press (open, women, teen, master), Manuel Valero, 985 N. Bayshore Rd., W. San Jose, CA 95112, 408-489-9979, cel 6383  
7 MAY, 10th APF/AJFFA New Jersey BP or DL (men, masters, submasters, open-90 lbs, teen, women, out of state, 17-19, 20-21, 22-24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000)

## BIO MUSCLE PRESENTS THE 1994 MEN'S & WOMEN'S U.S.P.F. JR. NATIONAL POWERLIFTING CHAMPIONSHIPS

This meet is an IPF drug tested qualifier for the Jr. Worlds being held in Bali, Indonesia, June 1994.

## MARCH 11, 12 & 13 DI's Banquet Center / Blennerhassett Hotel Parkersburg, West Virginia

Awards: Men and Women -1st thru 5th in age groups  
14 & 15, 16 & 17, 18 & 19 and 20 thru 23.

FOR MORE INFORMATION CALL, FAX, OR WRITE THE FOLLOWING:

BIO MUSCLE PHONE: 304-489-2428

P.O. BOX 231 FAX: 304-489-2733

PARKERSBURG, WV 26102

## BIO MUSCLE PRODUCT INFORMATION LOWEST PRICES

**Distributors**  
**OH: Stuart Thompson**  
614-373-0100  
**SC: Sam & Marlene Pardue**  
803-288-4720  
**VA: Tommy Buzzo**  
703-690-9713  
**NY: J. Stoughton**  
914-359-1768  
**NC: King's Gym**  
919-228-0880  
**CA: Action Sports**  
805-833-4000

**Products**  
**Amino Acids**  
**Amino Acids**  
**OKG**  
**Creatine**  
**Pure Inosine**  
**Chromium**  
**Dibencobol**  
**Dibencobol**  
**100% Egg Protein**  
**Gamma Oryzenol w/**  
**frac**  
**Multi Vitamin**  
**Meta Bio Carb Powder**

**325 tabs/1000mg**  
**100 caps/1500mg**

**100 caps/200mg**  
**100 caps/ 5mg**  
**liquid 2oz.**  
**2.2 lbs.**

**100 cp/ 200-900mg.**  
**100**  
**2.2 lbs.**

\* other products: Yohimbe, Liver tabs and CHAMPION PAKS 44 DAY SUPPLY includes multi vita, dibencobol, chromium, gamma oryzenol, inosine.





Captain Kirk took it easy in the squats after a quad tear in training.

whistling that seemed like it would never end. They loved it when a lifter was going for it - either a higher placing or the gold itself, and they gained his bearings and ran out with arms raised above to salute the crowd. It turns out that Ed had been suffering from the Scandinavian version of Montezuma's Revenge. There were still 2 other medals up for grabs, and the Russians Ivanov and Markosky put Derek Pomona in between them in their quest for silver. With 22 lifts this was the biggest class of the competition.

Phil Farmer made the move to top level international competition at the right time in the 242s, and going 9 for 9 is the right way to make such a debut. Phil reportedly had bigger numbers in mind, including a world record bench press which he might well have been good for, but Coach Sean Scully had him go for the win, and that effort was closer than the final totals indicate. The tall Russian, Mustnikov, took an 88 lb. jump from his opener deadlift to 799, which would have put him in 1st place prior to the 3rd attempt and with a tough effort he locked out the ponderous weight, only to be turned down, possibly for not locking the knees. The crowd had shown its displeasure with some of the judging decisions before, particularly when red lights involved one of the Scandinavian lifters, but they outdid themselves this time - with a downpour of

down around 260. He began chomping at the breakfast buffet to get back up, but never got any higher than 270. With the leg injury and resulting limited training, he nursed his attempts - 903 was very controlled and quite easy. Kirk hoped for big things in the bench press, but 545 got out of the groove and stymied him. In the deadlift, he really had plans, an 820 pull in training, but 760 came out of his hands - literally both hands - on each try. At that point, Kirk assumed he had lost the title, but actually, he had just offered glimmering hope of the gold to the Ukrainian Nalekin and the Icelandic, former world 242 champ Stigursson. Nalekin had pulled 799 nicely, but 821 stalled before he got it past the sticking point. The Icelandic, with plenty of his countrymen's support, had been fearlessly blasting through his lifts and his try at 832 for the win was no different. The former sprinter is loaded with fast twitch muscle fiber explosiveness, and the poundage moved up smartly, slowing only very near the top, where finally his grip expired and down it came, centimeters from white light territory. Glomann was expected to medal, but had a terrible day. Kochubei looked just like, except for his blue eyes, Karl Salinger of the Superheavy class. A meeting between Karvoski and Vilmi of Finland had been anticipated, however - surprise - Vilmi went up to the Supers.

The Superheavyweight division was an appropriate conclusion to an already great meet. As IFF President Heinz Vierthaler pointed out, any one of four lifters had a legitimate shot at the title - at the exciting end of the contest, only 2.5 kilos would separate the top 3 places. Of those three the USA's Harold Collins got very much fired up for his last squat of 815 and made it almost too easily, in the bench press, his 600 was strong, but a move to 628 was simply too much. Harold opened modestly in the deadlift, put himself into the medals with 722, and then forced the issue with a strong 744 that had him in 1st place until Salinger showed up with a 744 of his own. Erindon erupted throughout the Austrian contingent, and the normally placid Karl jumped in pure joy, but Zerhoch, the marvelous German master lifter, had one more try - 782 was what he needed for the win. The Germans wanted it bad, and so did Hans. This time he did not want to wait for the results of the doping control to collect his gold medal. He wanted to win it outright, and the bar made the long trip from the floor to completion with no other option being offered. More jubilation - some language - different nation. Vilmi's plans were frustrated when he could not hold on to his heavier deadlift attempt. Gustavsson and Sandstrom had their own private war for Swedish super-supremacy, and Evgeny Popov, who made many friends among the other nations, was much improved in 7th and quite upset about missing his 793 deadlift twice. In the team com-

petition, Coach Sean Scully pointed out that this was the first USA team in many years not to have a bombout and as a result the non-themen's title in a runaway, 69 points out of a possible 72. Finland came in 2nd with 45 points, and next was the very surprising Kazakhstan group with 42 points, finishing ahead of Russia with 40. These guys are not coming to the championships trying to barter for a set of knee wraps anymore. They've got the serious gear that the Western lifter have and some strong financial support behind them. In the future, you will know where Kazakhstan is on the map. The Men's Champion of Champions award went to Ed Coan, who vows he will be back to do better next year, followed by Kazakhstan's Steolon, and Poland's Staniszek. The Swedes always seem to put on championships that are models of organization and pride of commitment, and meet director Jarmo Nousainnen added some very nice touches, including making sure that every lifter, even the bombers, had an souvenir of their participation, engraved with their name, and he also put together a very special authentic Swedish Christmas dinner, so several IFF officials and others could share the spirit of the season with several of the staff who helped put the meet together. Jarmo has been part of Swedish powerlifting, both men's and women's, from the beginning of the sport in his country, and he says that this is his finale. He is also active in many other sports and will fill his life in other ways. His efforts have been instrumental in the many successful meets that the Swedish Weightlifting Federation has presented to the nations of the Powerlifting world. When the Swedes do a meet, it is a pleasure to be a part of it. Great thanks are due to Jarmo Nousainnen and the Swedish Weightlifting Federation for this event.

P.S. Toka Enterprises (where Anthony Clark works) put together the TEAM USA uniforms, pumping out the custom embroidery in one day.



Zerhoch pulls in the win at SHW.

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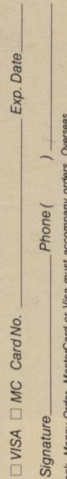
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