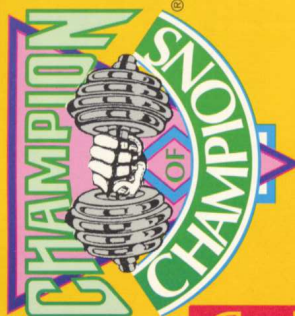


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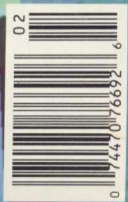
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NEXT MONTH..... Part II of Dan Wagman's look at drug testing methodologies and practices as they apply to Powerlifting.

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A Review of Drug Testing Methodologies as Implemented in Powerlifting,

Part I, by Dan Wagman M.A., C.S.C.S.



Steve Scalipi has competed at a world class level in meets of various sanctions where polygraph and, occasionally, voice stress analysis have been utilized as drug testing techniques without any difficulty.

The issue of unification in our sport has been addressed for many years now. The common consensus among most athletes seems to be that only with one organization will the sport of powerlifting grow and eventually be recognized as an Olympic sport. At the other end of the spectrum are those that represent various powerlifting organizations from a more political, administrative, and/or leadership position. Although these individuals claim to seek unification, all they really strive for is becoming the most competitive and dominant federation in the U.S. Various means to reach this position have been employed throughout the years. These have included offering a national and, for most organizations, semi-world championship, adding various divisions to each weight class allowing for more first place finishers, and claiming to be a drug-free organization. Unfortunately, this has only resulted in a tremendous loss of quality and diluted the accomplishment of winning a state, national, or world championship.

With all the different organizations to choose from, how is a newcomer or even more experienced lifter supposed to decide upon with whom to lift? This question brings us back to the athlete. It is up to each lifter to take a stand and let the powerlifting community know which organization will bring each of you closer to a unified sport, one national championship, one world championship, and ultimately the recognition you deserve for all of the hard training and commitment.

Before you make any decisions, though, it is imperative for you to know as much as possible about your organization and their fundamental issue to you and all sports is that of illegal performance enhancing drug use. This is also an issue of controversy and has been termed doping control and has been a topic among the various U.S. based organizations. Different organizations have made assorted claims in regard to doping control and also test for banned substances by various means such as voice stress analysis, the polygraph, a signed form promising that no drugs have been used, and urine analysis. Some federations claim to be 100% drug free and others test varying percentages of competitors, such as 10%. Some offer a pure division, a 5 year clean division, and a one year

cal response, is not a new concept. This theory was first conceptualized and investigated as early as the latter part of the 19th century. In 1895 Cesare Lombroso developed a hydrophosphorograph. This instrument measured changes in pulse and blood pressure as they relate to a truthful or deceitful answer to various questions. Vittorio Bonussi invented the pneumograph in 1914. Here, a graphic display measured a subject's rate of inhalation and exhalation while interrogated. In 1917 Williams Marston developed the sphygmomanometer. This device obtained periodic, discontinuous blood pressure readings during examinations. The readouts would then be analyzed in an attempt to identify a lie (Murphy, 1980).

These early attempts in lie detection were based on the assumption that there might be special, unique, and varied physiological responses that only occurred when lying. As a result, the first modern day polygraph was developed by John Larson in 1921 (Murphy, 1980). This instrument was unique in that it recorded blood pressure, pulse, and respiration. Further development by Leonard Keeler added the galvanic skin response, allowing the polygraph to measure four physiological variables during an interrogation (Murphy, 1980). Today, the detection of a lie seems to be the greatest concern to the public. This, however, is a fundamental misunderstanding of current polygraph theory that disregards the fundamental comparisons sought, i.e., how a person responds to non-incriminating questions versus incriminating ones. This comparison does not look for any complex patterns of responding, but rather at the magnitude and frequency of physiological activity to various sorts of questions (Ball, 1988). It should also be pointed out that physiological responses may occur due to anger, fear, shame, guilt, arousal, or any combination thereof (Ney, 1988). Thus, in order to investigate physiological responses to certain questions, certain assumptions while employing the polygraph as a lie detection device need to be considered: 1) Individuals cannot control their physiology and behavior; 2) Specific emotions can be predicted by specific stimuli; 3) There are specific relationships between parameters of behavior; and 4) There are

no differences between people (Ney, 1988).

The polygraph examination itself is just as important as the interpretation of results. When conducting an examination the examiner and examinee should be aware that polygraphs are extremely sensitive. For instance, a deep breath can cause the pen to rise dramatically. This could indicate a lie, yet many other variables need to be considered (e.g., anxiety, fear, etc.). The prominent attorney F. Lee Bailey stated in the 1985 Polygraph Hearings held by the U.S. Senate that he had complete faith in using a polygraph to detect deception. However, the requirements were such that an extremely skilled and experienced examiner was employed and that the examination would not be placed under any time restrictions. Bailey stated further that an examination typically lasts between two to four hours. These are the exact conditions under which the polygraph is used by the National Security Agency, the Central Intelligence Agency, and the Defense Department among other government agencies (Committee on Labor and Human Resources, 1986).

The examiner is said to have 90% of the control over an efficient polygraph chart and yet there are several schools of thought govern-

ing the questioning procedures. Some procedures outline that one of the examiners' main goals is to perceive expressions, interpret their significance, and apply appropriate influence over the subject in response to these impressions (Patterson, 1979). This is clearly subjective and prone to a tremendous lack of consistency and accuracy. Dr. Raskin, a psychology professor from the University of Utah, has stated that most examiners that work for private industry are poorly trained, inconsistent in their procedures, and that conducting a 15 to 20 minute examination is ineffective (Committee on Labor and Human Resources, 1986). Therefore, in state and local jurisdictions across the country various standards in regard to the examiner and his/her education, efficiency, competence, and experience have been implemented (Murphy, 1980).

A proper polygraph examination will consist of three steps. First is the pre-test interview. This pre-test interview is very important as it could set the subject at ease, alleviate fear, and settle preconceived notions about what is to occur. The subject should also be informed as to what is going to take place and be introduced to the machine (Patterson, 1979). Second is the actual testing. Here several meth-

ods of questioning have been identified such as the Relevant/Irrelevant Technique (RIT), the Control Question Technique (CQT), and the Guilty Knowledge Test (GKT) (Ben-Shakkar & Furedy, 1990). Third is the post-test interrogation. During this phase of the examination the subject is asked more in-depth questions about answers that are suspicious. Prior to the examination though, it is important for the examiner to obtain as much information about the examinee and the issues to be addressed as possible because this will allow for a more appropriate session throughout all phases (Murphy, 1980).

A major issue in polygraph testing is that of the instruments' reliability and validity. These terms are statistical concepts that need to be satisfied whenever the quality of a construct or instrument is being investigated. When concerned with reliability, one is measuring consistency from one occasion to another (Meyers, 1980). In other words, if I am given a polygraph test it is extremely important for the results to be the same should I be retested at a later point in time. If the results are not the same in subsequent examinations the instrument is said to be unreliable and lacking in consistency and dependability. This latter concern is validity. This focuses on the degree to which one is measuring what one has set out to measure (Meyers, 1980). In regard to the polygraph this means: Does the instrument actually detect deception or does it measure something else, such as fear or levels of arousal.

In an in-depth analysis of the polygraph and its underlying theory the American Psychological Association found that the scientific evidence is unsatisfactory in regard to the validity of psychological indicators from which to infer deceptive behavior. This evidence is particularly poor concerning inferences from polygraph examinations (Committee on Labor and Human Resources, 1986). The Office of Technology Assessment conducted a similar investigation and discovered that there is very little research or scientific evidence to establish polygraph test validity in screening situations, whether they be pre-employment, pre-clearance, periodic, aptitude, or random (Committee on Labor and Human Resources, 1986).

Investigations into the validity of the RIT and CQT found these questioning techniques to be poor. The CQT, however, was found to have a greater emotional content than the RIT and somewhat greater but not significantly greater validity than the RIT. Yet some specific prob-

lems with the CQT have also been identified: It does not detect deception in the deceptive but rather in the truthful examinee; it does not involve "control" as required by science; it is not a "test" in the acceptable psychological sense; it is not quantifiable; and it does not meet necessary psychophysiological and psychological assumptions (Ben-Shakkar & Furedy, 1990). The GKT, as the RIT and CQT, is based on certain assumptions. Investigations into this technique have found it to be more plausible, more compatible with psychological theory, supported by more research, and said to be more precise than the other two questioning techniques (Ben-Shakkar & Furedy, 1990).

Specific reliability concerns would need to question the fact that in polygraph testing numerical scoring and statistical analysis (e.g., statistical significance) of the charts is not performed. For the most part the examiner decides upon what questions had occasioned the largest responses by merely looking at the charts without bothering to measure each response. Since most polygraphers interact with the testee, these scoring procedures are open to being highly biased (Gale, 1988). Thus the interpretation of the waves is subjective, different for each examiner, and reduces reliability greatly (Committee on Labor and Human Resources, 1986).

Unfortunately, conclusions in regard to validity and reliability cannot be drawn because research conducted thus far was unable to maintain a set standard of questioning. Although experimental attempts to assess the validity of the polygraph achieved sufficient control over the criterion, they suffered from weak external validity, thus precluding generalizability to real polygraph interrogations. In field studies questionable criteria for guilt and biased samples were used once again precluding any meaningful interpretations (Ben-Shakkar & Furedy, 1990).

Many investigations into the polygraph have not paid attention to the fact that polygraph practitioners have made the specific claim that only the whole process of examination has validity, not just the simple scoring of polygraph charts (Blinkhorn, 1988). Yet, when studying the whole process, differences between examiners must be controlled for. Unfortunately few studies have been conducted to establish reliability between examiners (Carroll, 1988). This is an important key that needs to be researched before the polygraph can receive any recognition as an effective deception detection device.

IPF Drug Testing has twice made Hanz Zerhoch a World Champion



Todd Suttles is a lifter who has the USPP and the ADPPA and the USPP at various competitions.

to present accurate figures depicting polygraph reliability is because the reliability examined most was that of chart interpretation. What is most important, however, is whether different examinations of the same individual is reliable. Most problems seem to lie within the examiner's choice of questions. Yet a closer examination of the studies conducted to establish reliability has found that in simulated studies, there is an underestimation of false-positive errors and in field studies an underestimation of the rate of false-negatives (Ben-Shakkar & Furedy, 1990). As an example, in a field study conducted to examine the consistency of the judgments made by six professional polygraph examiners, given 120 sets of charts for evaluation, the results indicated a mean inter-examiner reliability coefficient of only .43 (Lykken, 1988). This is extremely low, especially when considering that an investigation of polygraph accuracy would typically compare chance (50% or .5) versus perfect (100% or 1.0).

An overall comparison between field studies and lab studies found field study accuracy to be about 70% (Carroll, 1988). In lab studies, the accuracy was somewhat higher, namely 85.4% for detecting guilt, 76.9% for detecting innocence and global accuracy of about 80% (Carroll, 1988). A closer analysis of different questioning techniques recognizes that, although one needs to consider the methodological differences in these studies, the CQT averages for correctly identifying guilty subjects was 80% in simulated studies and 84% in field studies. On the average, identification of innocent subjects was 63% and 72% for simulated and field studies respectively (Ben-Shakkar & Furedy, 1990).

A review of studies investigating GKT validity showed an average detection rate of 84% for the guilty and 94% for the innocent. This higher rate of incorrect identification was associated with a larger number of GKT questions. Nevertheless, caution should prevail because causal factors distinguish the experimental setup from real intercorrelations and makes generalizations difficult (Ben-Shakkar & Furedy, 1990).

Bearing these findings in mind one could estimate an approximate accuracy of 85% under the best of circumstances. This would entail employing a highly skilled, educated, and experienced examiner and the test taking several hours. With a 5 to 20 minute test, however, reliability is zero (Committee on Labor and Human Resources, 1986).

have enacted polygraph regulatory legislation that must be followed when using this type of device (Committee on Labor and Human Resources, 1986).

As I reviewed this material I could not help but feel discouraged when it comes to using the polygraph as a means to detect drug use in powerlifting. For one thing it is important for me to know, beyond a shadow of a doubt, that if I am competing without the use of performance enhancing drugs, that those lifters who are using will be detected. The findings presented here do not allow me to draw that conclusion, nor does it inspire confidence in the polygraph. There is another concern that could have terrible consequences. What I am referring to is that of being falsely accused of drug use. After reviewing this material I must say that I would never subject myself to the possibility of being falsely accused. Considering the findings of methodologically sound research and the unsubstantiated theory that physiological responses to certain questions are indicative of deception I, for one, will most certainly not submit myself to this type of examination. For those of you that are not convinced and that still believe that a 15-20 minute examination will suffice I would like to quote James Charles (1986) who stated in referring to polygraph use in powerlifting that "though there are instances where errors in polygraph detection seem to have occurred, the use of polygraphs in these needs appears to have worked rather well. Does this inspire confidence? Probably not. It is a question of polygraph use in powerlifting will state that most athletes do not detect beyond 8 weeks. This is incorrect. First of all there are tests that detect for that period of time (to be discussed next month) and secondly, even if we did not, science has not established whether there are positive strength inducing effects that will remain for eight weeks or even four weeks after discontinuing a given substance.

How about this scenario: An organization requires its athletes to be 12 months clean. What about not knowing whether one is lying or telling the truth? The standard is 12 months clean to which the athlete answered "yes" when questioned. But he/she was actually off for only about 10.5 months, but the athlete is not aware or forgot. Considering the already poor numbers in regard to the polygraphs reliability and validity, this is another aspect that warrants serious consideration if you, the athlete, is subjected to this type of examination.

Other machines that operate VOICE STRESS ANALYSIS

Other machines that operate

under a similar contention as the polygraph, namely that a person will react physiologically when not being truthful, have been employed in the sport of powerlifting. More specifically, voice stress analysis theory operates under the assumption that lying causes stress. The Psychological Stress Evaluator (PSE) is supposed to detect a lie by measuring involuntary psychological changes associated with stress. This is accomplished by measuring audible and inaudible frequency modulations of the voice that are supposed to occur when an individual is being deceptive and thus experiences stress. Yes and no's are recorded on tape, and the tape is then run through the PSE at 1/4 speed. The detection of microtremors forces the machines to move erratically, indicating a lie (Kubis, 1983).

A very similar machine, the voice stress analyzer (VSA), was also developed in 1970 and operates under the same assumptions as the PSE. However, the hypothesized detection/identification of a lie is accomplished in a slightly different manner. Rapid variations in the vibrato or tremolo amplitude of speech are detected and numerical values to these variations are assigned. When a recording of the

interrogation is run through the VSA it instantaneously displays a number that supposedly indicates whether an examinee was truthful or deceptive (Kubis, 1983).

Scientifically controlled and methodologically sound studies have established reliability of these instruments at 33% (Lykken, 1981). This figure is not encouraging, to say the least. More curiously though, the Hagtho Corporation's president which produces voice analyzers was quoted as stating that "this product appeals to the desire to buy a terrific toy" (Kubis, 1983). What else is there to add? Obviously Mr. Bennett does not give these machines too much credence, why should any athlete?

CONCLUSION TO PART I

This article reviewed current research concerning the theory and efficacy of two lie detection devices. The polygraph was discussed first, and it was found to be reliable only under the best of circumstances, such as a highly qualified examiner and an examination that will be conducted thoroughly lasting anywhere from two to four hours. There remains, however, some serious doubt in regard to polygraph theory. This theory proposes that when lying a person will display various physiological symptoms. This has by no means been supported by

research and should therefore raise some serious doubt in terms of implementing this instrument as a doping control device.

An examination of VSA found absolutely no cause for employing such machines as lie detectors. Using such a device as a doping control device is unconscionable and is deceptive in and of itself. It should be clear that a meet that claims to drug test may not be employing the best means of doing so. It is not enough to say you are drug testing and employing some unreliable tool to do so. Powerlifting should be discriminatory when choosing a meet and/or federation and should not be afraid to tell the meet director or president of the federation that the means by which they test for drugs is not acceptable and substandard.

Next month I will review urine analysis as it is currently employed by the IOC. Until then, train hard, break PR's, and take a step towards improving our sport.

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weight for every contest I have ever been in. You can check this with any of the meet promoters or call your good friend Dom Sardo. He spent time in the sauna with me for several APF and WPC meets, when I had to lose 10 to 12 pounds in the last few hours before the weigh-in. Ed, I am personally inviting you to be present at the weigh-in of any meet I enter in the future. This way your conscience can be at ease when the scale reads 181 pounds.

You talk about legitimacy in the sport, but it's quite obvious that you don't even know what the word means. Let me try to explain it to you, just for your own education. Legitimacy is defined as conforming to the accepted rules and standards. Now legitimacy in Powerlifting would be conforming to the accepted rules and standards of each organization. Since 1982 I have competed in the USPF, ADPPA, APF and APA and have always conformed to the rules of each organization. In your interview you talk about legitimacy and the USPF. Your personal feelings are that it is only legitimate to compete and break records in the USPF. Well, if this is true Ed, then you are the biggest hypocrite on the face of the earth. You don't even conform to the standards and rules of the USPF. How many drug tests have you failed now? Are you still serving your 3-year drug suspension? How come your total at the IPF Worlds is always about 200 to 300 pounds less than the USPF Nationals? Must be the judging right Ed? It seems doubtful on your part to be entering drug tested meets and failing the test year in and year out. If you're so legitimate why don't you clean up your act and conform to the rules in the organization that you choose to compete in.

I compete in powerlifting for the fun of it. Nobody makes any money from this sport, and we all do it because it is a good divergence from the real world (family, career, responsibilities). This is something you probably know nothing about since I've read that you have no job, family or responsibilities and live at home with your mommy and daddy. You or anybody else is not going to dictate to me what organization is legitimate and which one I as a powerlifter should be lifting in. Just think about it, "Ed Coan" is the person who is going to tell everyone in the sport what is legitimate and what's not? Are you for real? Ed, do you really believe your opinion means anything? Maybe its just time for you to grow up and stop acting like a child. Records are going to be broken whether you like it or not.

As of right now you have the best squat by formula (Schwartz) of all time of 1 am a very nice second. This will change very soon Ed, just wait and see. Tony Kamand (1 Dec 93)

P.S. Letters in support of Tony and opposed to the opinions of Ed Coan were also received at Powerlifting USA from Mark Krug, Dave Abramson, Doug Heath, Pat Susco, and Tom Bauers

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dedicated to bringing Science to the sport of Powerlifting

In the old film, *The Music Man*, Robert Preston turned a rag-tag bunch of small town children into a marching band using the "think method." The idea was that you don't actually have to practice a skill to get good at it. All you need to do is think about it and your mind will learn the technique. Preston's technique is called imagery by sports scientists. Imagery is used by many different kinds of athletes to improve performance. It is generally accepted by many athletes and coaches as extremely effective.

If you watch gymnastics, diving, or track and field competitions on television, you can often see athletes using imagery techniques prior to performing them. For example, divers picture themselves doing a dive successfully in their minds before actually performing the real thing. Imagery reinforces the correct technique in the mind and helps the diver begin the dive with a powerful mental attitude.

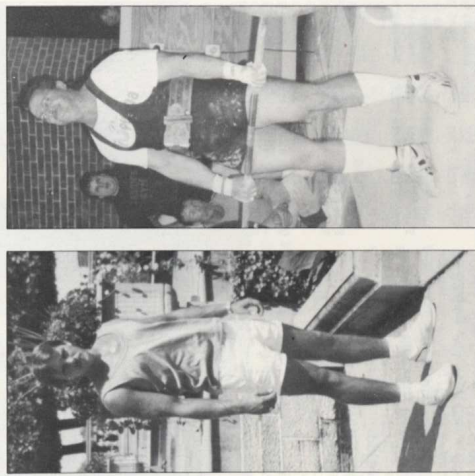
Powerlifting is an excellent sport for practicing imagery. Lifting heavy weights requires maximum concentration and a positive mental attitude. Without these two critical mental factors, even weights that are relatively light can give you problems. For example, all of your have gone into the gym with your concentration somewhere else. You are thinking about your love life or job, and the work-out is the farthest thing from your mind. You put a weight on the bar that is ordinarily very easy to lift and you miss it. You curse yourself and get psyched up - the weight goes up easily on the next attempt. You missed the weight the first time because you weren't concentrating. When you focused on the lift, you performed at your potential and completed the lift the way you expected. Imagery is an effective way to help you focus and get psyched up for lifting.

Applying Imagery in Powerlifting

Many aspects of the sport benefit from imagery: (1) Mental attitude, (2) Focus and concentration, (3) Mentally practicing the technique, (4) Grooving the lift, achieving good body position, pacing the lift, and coordinating neural, contractile, and elastic loading during the lift, (5) Physical arousal: stimulating as many motor units as possible. Mental attitude is critical in weight lifting. As all of us know, it is

Imagery and the Powerlifter

by Thomas D. Fahey, Ed.D., Professor, Exercise Physiology Laboratory, California State University, Chico



The Power of Positive Imagery... can be seen in the letter, recently sent to PL USA that follows: "Seven years ago I didn't have a positive outlook on my life at all. I was involved in drugs & alcohol to the extent where nothing seemed to matter - that is until someone turned my outlook around. That someone was a powerlifter. Since my first time in the gym I can proudly say that I haven't touched either drugs or alcohol and it has now been several years. I have gone from a 145 lb. hopeless person (left, above) to a 240 pound person with a positive mental attitude, with a great future. I would hate to think of where I would be now if it were not for someone taking the time to introduce me into the disciplined world of Powerlifting." Kevin M. Jones

before you actually do it. In your own mind, you can still socialize in the weight room, without stalling your progress. Focus and concentration are related to mental attitude. To do a lift correctly, you've got to focus on the technique. Are you using your largest muscles and most powerful body positions to the greatest extent possible? If not, then perhaps you are not focusing on your lifts. Picture your self doing the lift successfully

very easy to socialize in the weight room. It is often very difficult to concentrate on lifting when you're in the middle of a great story. Imagery lets you break away from your friends for a few minutes and concentrate on the reason you're in the weight room - to get stronger. This technique lets you briefly go into your own world. You can still socialize in the weight room, without stalling your progress.

Mentally practicing good technique is one of the greatest benefits of imagery for the powerlifter. During the bench press, you must maintain a good base of support with your legs and torso, lower the weight to a good power point on your chest, keep the weight level during the bar, and grove the technical positions to the greatest extent possible. If any of these technical points is missing, you've got problems. If you consistently lower the weight to a point too low on your

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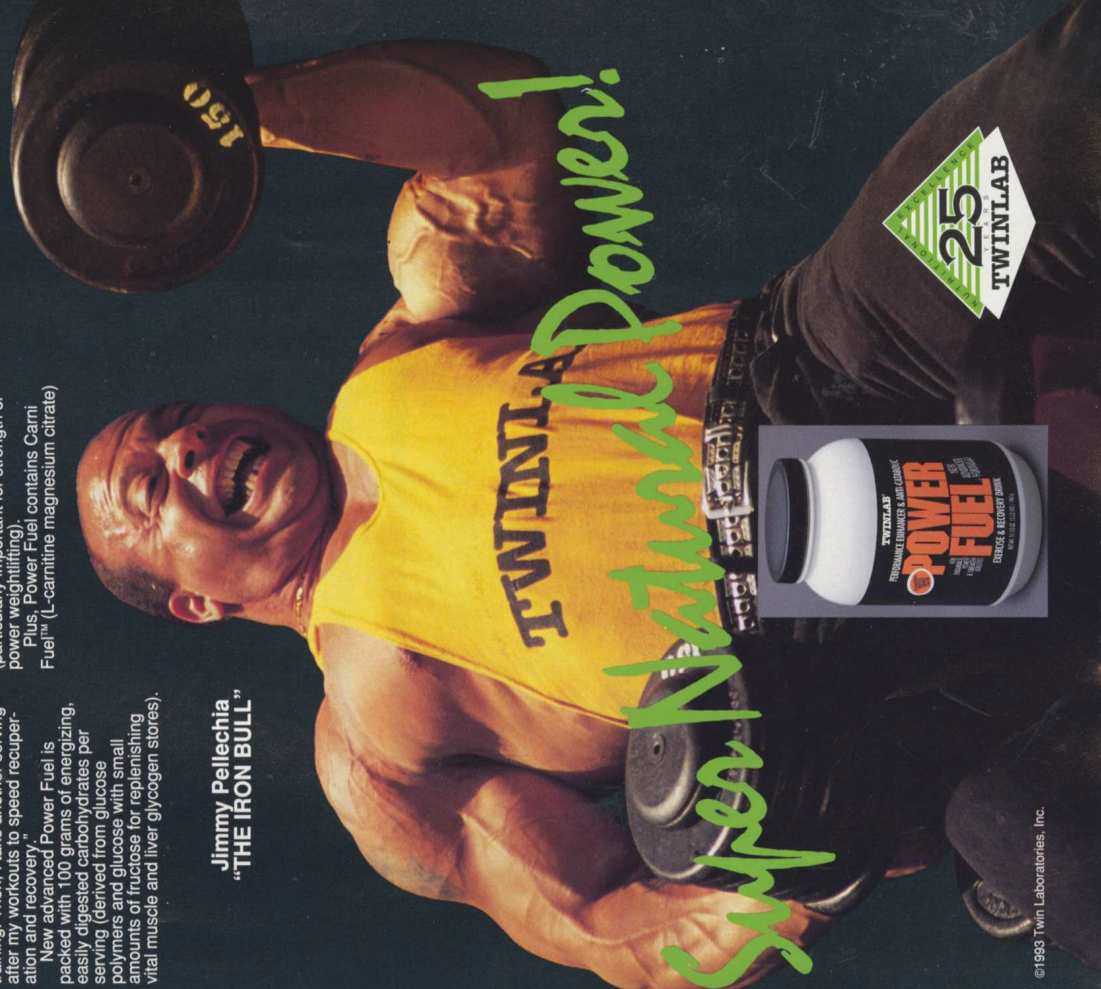
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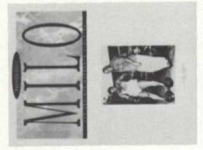
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"Strongman" event should read "Strong Person" event as The Event in Evansville, Indiana prepares for its second annual gathering. Most powerlifters consider themselves to be strong. There are many ways of defining "strong", but when one is dedicated to being in the gym on a regular basis with the sole purpose of lifting more weight, they eventually come to see themselves as a cut above the average person.

Some lifters are very good at what they do, but aren't particularly adept at demonstrating their strength except when doing the three competitive lifts and/or a few selected assistance movements. Some lifters are terribly strong, yet bodily levers and other factors combine to prevent them from demonstrating as much power as they actually have. My lifetime friend and business partner Ralph Raola falls into the latter category. With a 700 plus squat and near 700 deadlift to his credit, you would think he could demonstrate his strength pretty well as a lifter. However, if one watches him do physical work or labor for a period of time, even at the ripe old age of forty seven, it becomes immediately apparent that he is a lot "stronger" than his lifts indicate. Ralph can lift and carry almost anything, and I've seen him

More From Ken Leistner

lifts; lectures and seminars by all time great Mike Bridges, Cincinnati Strength Coach Kim Wood, bodybuilding guru John Parillo, Dr. Greg Shepard of "Bigger, Faster, Stronger", one or two moral apologetic for forgetting, and me, equipment displays and demonstrations by Kell, Hammer, Nautilus, and so many other big names in the field as well as some very nice locally made strength training equipment. It was a day, long bonanza and culminated with a great bodybuilding show. In short, a strength athlete's dream day.

Well, the dream has grown bigger and better. While attendance was very good last year, it was primarily local, from a three or four state area. The Iron Island boys showed up and won a few trophies, but this type of powerlifting and strength event should be enjoyed by everyone who can get there. This year, it's not to be believed! Now grown to a two day affair, it will include an "audience

participation" platform with barrel lifting, one arm lifts, and forearm challenges; a 10k race; a major arm wrestling championship; the contest for reps; a full ADFFA Meet; and a State of Indiana vs. State Of Kentucky High School Bench Press Championship. Wow! Oh, yes, let's not forget the physique contest which will again close the festivities.

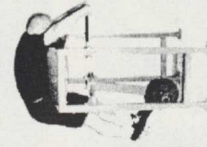
For anyone who loves strength and it's display, The Event is a must. May 13, and 14th at the University Of Evansville in southern Indiana will bring together some of the best lifters in that area, and many from around the country. This is an opportunity to test your mettle against others who enjoy not only the official lifts, but other ways to demonstrate their prowess. To make things more affordable, dorm rooms will be available at what can only be referred to as cheap rates. The seminars will be great and most of the equipment manufacturers will again be there. "The Event" should not be missed by anyone who loves power, powerlifting, and good old fashioned strength, fun.

For info about the Event, contact Coach Jeff Sellers at the University Of Evansville, 1800 Lincoln Ave., Evansville, IN 47722.

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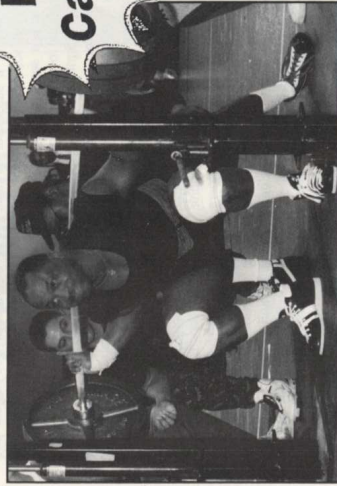
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Dr. JUDD

BURN OUT and YOU as told to PL USA by Judd Biasiotto Ph.D.



World Champ Uly Herchenheim of Germany leaps for joy after his winning lift at the 1993 IFP Worlds in Jonkoping, Sweden. Is it possible for lifters to try "too hard" to become World Champions and thus cause themselves to burn out instead as outlined in Dr. Judd Biasiotto's article on this very subject?

It's time to push forward or slow up. Observe these body signals and train accordingly. Train instinctively. If it's time to train and you're still sore or in pain from the last session, rest another day! Training when fatigued may only result in an increased likelihood of injury and exhaustion. Common sense is perhaps your best asset. 4) **Take a Break** Don't train year round. Give yourself and your body a break now and then. Take a vacation. Most athletes find that after short vacations they come back to do better than before. If you continue to push yourself relentlessly day in and day out, something has got to give most likely it will be you. 5) **Put things in perspective** Sports are challenging, exciting, and fun, but it's just a game, nothing more. The world's record is, chances are that it will be forgotten or broken in time. Establish your priorities in life, because remember, for all of us, there has to be life after sport. 6) **Plenty of rest and relaxation** Proper rest and relaxation is of utmost importance in order to avoid exhaustion and mental fatigue. After any vigorous activity the body needs ample time to recuperate. Muscles will grow not while working them, but while you are resting them. Relaxation is just as important as rest because it is most often beneficial in alleviating mental stress and fatigue. Show me an athlete who gets enough R & R between training sessions, and I'll show you one with a good attitude.

7) **Good nutrition** Research has consistently indicated that nutrition is of paramount importance in developing good health. Current research also indicates that good nutrition can enhance athletic performance. For this reason you should pay more attention to your nutritional habits and investigate the necessity of supplements and vitamins. A body cannot heal and replenish itself without the presence of the necessary minerals and nutrients.

As Robert Haas says, "Eat to Win!" 8) **Leave your workout behind** Try to think of training and home life as two very different environments and recognize that a special transition is needed to get from one to the other. Also recognize that there is a transition between the home life and the gym. Overlap of the two environments may result in unwanted external pressures and a detachment from the task at hand. 9) **Enjoy yourself** Participate in other activities. Try to have a balanced life. Work hard, play hard and train hard, but for Heaven's sake, have fun!

Kim Gath, a former world class rhythmic gymnast who called it quits because of burn out, put it this way: "Every day I pushed my body to the limit. I was always fatigued, stressed and depressed. My performance dropped off and so did my desire to excel. It just wasn't fun anymore so I quit... because I didn't have anything left, anyway."

Burnout can be avoided. Here are some suggestions that might help you. 1) **Set realistic goals**. Without goals there is no growth. In sports, as in life, what is most important is not where you are now, but where you are going. It is important to establish and write out primary, secondary and long range goals. Ensure that these goals are realistic and flexible, for they are above all, the most essential element of a successful formula.

Without something to shoot for, without a sense of direction, the potential for failure and dissatisfaction is significantly increased. 2) **Vary your training** By choosing to do things in different ways and by varying your training routine, you can avoid getting into a rut or becoming stale. It's a good idea to occasionally change your workout environment, your training routine, or maybe even training partners. The more dynamic and exciting you are, the more likely you are to experience burn out. 3) **Listen to your body** Look at and listen to what your body is telling you. If you experience chronic fatigue or lethargy, your body might be telling you to slow up. Your body can inform you about your general condition. If you listen to it carefully, actually observe and study what's going on inside, you can learn when

STARTIN' OUT

A special section dedicated to the beginning lifter

Off Season Strength Building as told to Powerlifting USA by Steve Elgin

Off season training should be conducted with a purpose. Training should not be haphazard. The purpose is to put pounds on the total. This means no sit, belt, or wraps. Next week add 10 pounds and do three sets of ten again. Add weight each week until you can not achieve three sets of ten repetitions.

Once you miss three sets of ten repetitions, drop to three sets of eight reps. Continue to add weight until you can no longer complete three sets of eight repetitions. It is now time to drop to two sets of eight repetitions. Continue to add weight.

When two sets of eight repetitions can not be completed switch to two sets of five repetitions. Continue to add weight. When the point is reached where two sets of five reps can not be completed, change to one set of five reps and add weight. The set will become very hard to complete. At this point, begin to use a lifting belt. This will allow additional weight to be used. When it is very difficult to complete one set of five repetitions using just a belt, add a pair of knee wraps. More weight will now be used.

Eventually, the progression will end. At this point stop and evaluate the progress. Hopefully, many types of personal records will have been set. Determine how much time remains until the next training cycle. Then start the program over again on the time constraint.

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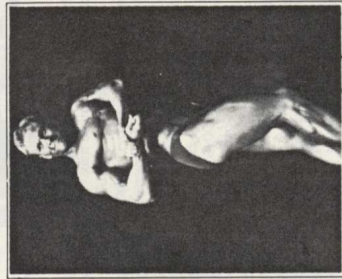
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in the appropriate place. If there is a great deal of time, start again with three sets of ten repetitions. If time is short start with two sets of five repetitions and no supportive gear. Three sets of eight repetitions may be the correct place to start depending on the time constraint.

Always start with a reasonable weight. It is important to be able to add weight. Try to set personal records in each category each time. Successful completion of sets and repetitions, along with personal records will build confidence. Always use good form and meet legal technique.

Some people will be concerned about the lack of supportive gear. The body needs to get stronger. The reliance on supportive gear is contrary to this result. Add the support to assist the body, but do not become dependent. The lack of support gear will not lead to injury. The opposite will happen. The body will become strong and prevent injuries.

This is an outline. Use it to guide the off season training. Assistance work should be the lifters choice and volume. Make adjustments were needed. It will direct the off season training. With proper direction, goals can be reached. The off season will have a purpose and the total will increase.

WORKOUT of the Month

Greg Warr Bench Routine



How Much Farther can Greg Warr go? Already an IPF World Champion, how much over 500 lbs. will he end up benching as a Lightweight, and how much at Middleweight. (Robert Keller photo)

When people ask me to "make a workout" I start by explaining that everybody is different and will respond differently to the many types of exercises and workout routines. What I try to do to get them started is outline the basic workout I have used and tell them to experiment each training cycle with different exercises and learn to listen to their bodies and recognize when they have begun to overtrain.

The routine I am going to explain will definitely work. I have worked with about 10 people this year and their progress has ranged from 20-100 pounds per cycle. As with any routine, dedication and intensity are important for steady progress. I think the average dedicated lifter should expect no less than 25 pounds in their first 10 week cycle on this program. I have made steady progress for the five years that I have been working out using this program. I am still progressing as much now as I did when I started.

I would like to say that I believe God gave us much more ability than we can imagine. I don't believe that we will ever reach our full potential in strength or any other area. We will all have plenty of room for advancement, even when we are breaking world records. That is why I don't understand or associate with people who hold themselves back because of imaginary limits they can have put on themselves. We can achieve anything we put our minds to, whether it is all "As" in school or bench pressing four times our body weight!

It is important for me to keep a notebook that shows day, week, exercise, weight, and number of reps done. The reps I do are Monday and Tuesday - sets of 6; Wednesday and Thursday - sets of 4; and Saturday - sets of 2 reps. I continue this throughout the cycle.

The first four weeks the weight should still be light enough to complete at least four sets, but five would be better. I recommend starting out Week One with weight I could handle for about 10 reps, but do only six reps and concentrate on form and getting about 5-6 sets. Add weight every week on every exercise. Do not try to impress anyone by using too much weight. This will only slow your progress and may cause you to overtrain.

This is the workout and test-

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

stretching and fewer warmups are a good idea.

Week 1: 330x2, 2, 2, 2, 2, 2. Pause with no shirt 310x2.

Week 2: 345x2, 2, 2, 2, 2, 2. Pause with no shirt 320x2.

Week 3: 365x2, 2, 2, 2, 2, 2. Pause with no shirt 330x2.

Week 4: 375x2, 2, 2, 2, 2, 2. Pause with no shirt 340x2.

Week 5: 390x2, 2, 2, 2, 2, 2. Pause with no shirt 350x2.

Week 6: 400x2, 2, 2, 2, 2, 2. Pause with no shirt 360x1.

Week 7: 410x2, 2, 2, 2, 2, 2. Pause with no shirt 370x1.

Week 8: 420x2, 2, 2, 2, 2, 2. Pause with no shirt 380x1.

Week 9: 430x2, 2, 2, 2, 2, 2. Pause with no shirt 390x1.

Week 10: 440x2, 2, 2, 2, 2, 2. Pause with no shirt 400x1.

Start using blast shirt when you need it. It should be around Week 7.

If the weight is still light after Week 6, start adding all you can handle.

Don't hold back now. After about Week 8, you should be using a little bit more weight than you can actually handle in competition. Do not bounce the weight, but arch your back, drive with your legs, and as soon as the weight touches your chest, explode up. The last workout, I use my pause without a shirt as my opener. I workout up to Thursday and get mentally prepared on Friday on contest week. If you feel overtrained, you may want to take Wednesday and Thursday off.

On contest day, open with 380, 2nd-415, 3rd-425-430.

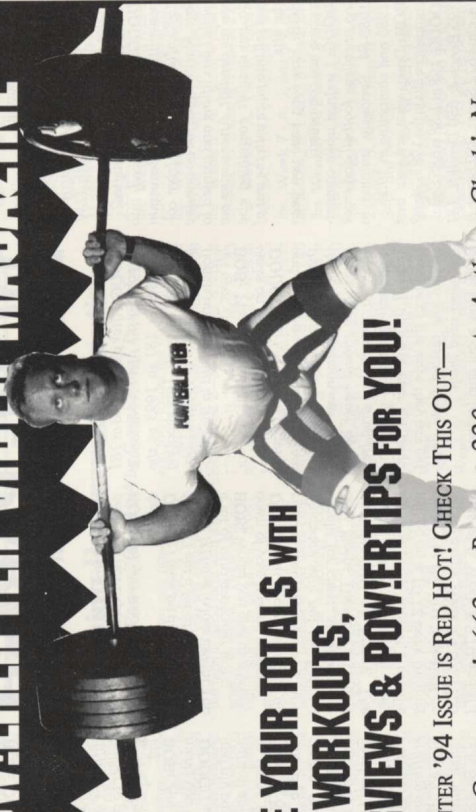
For a more advance workout including diet, supplements, sets, reps, workout days, recuperation methods, and mental preparation, Greg Warr, Starshelvet Apt 5, Clayton, AL 36016, phone 205-775-3847 or 205-775-8495.

This knowledge and beliefs helped me after working out 1 1/2 years bench 3 times my bodyweight drug tested and continued to progress. Now, my best is 3.3 times my bodyweight.

I would like to say that it is important to have a good training partner. I am lucky to have several very good partners. My brothers Bob and Steve and friends Billy, Cleve, Mark, John, Ricky, and the rest of the guys in Dothan help keep each other motivated and focused.

Good Luck!

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INTERVIEW

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

DOUG PARISH interviewed for Powerlifting USA by Bob Gaynor

BOB: Please give us some information about yourself.
DOUG: My name is Doug Parish, I am 32 years of age, I reside in Seattle, WA and I am married. I am a Police Officer with U.W. Police Dept.

BOB: How did you get started?
DOUG: I got influenced into powerlifting by Martin Beavers in 1985 after graduating from college. Martin egged me on one day while I was lifting and wanted to see me deadlift. After seeing me do my deadlift everything else just fell into place with the rest of the lifts.

BOB: How long have you been training and competing?
DOUG: I trained while competing in college football and track 1980-84. Seriously training in 1985 and competing in 1986.

BOB: Doug, what are your best competitive lifts in the 198 lb. class?
DOUG: 198 at 1.88 is 685 Squat, 395 Bench & 680 Deadlift, 181 lb. class 672 Squat, 380 Bench & 685 Deadlift. Best total is 1702.

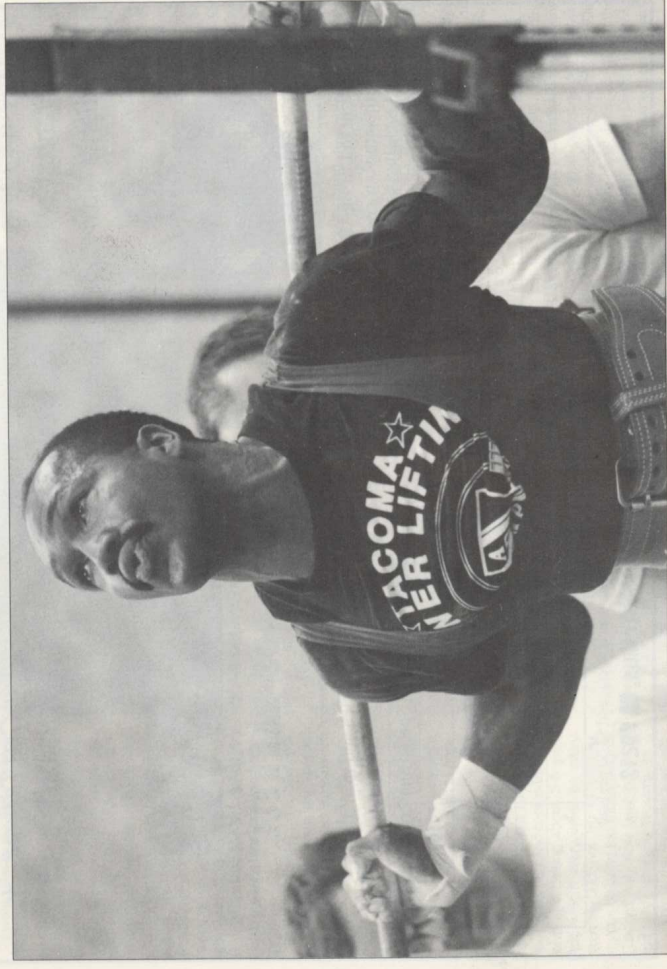
BOB: What are your future goals?
DOUG: After placing 2nd at 181 in 1991 at the ADFPA Nationals and 3rd at 181 in 1993 at the ADFPA Nationals, I am shooting for a first place at my next Nationals and a record in the deadlift over 705 lbs.

BOB: Please share with us your views on steroid use.
DOUG: I don't believe in steroids and their use. People only fool themselves and no one else. I also think that if a person was ever on drugs, they should never be allowed to compete in a drug free organization because you don't know if they are ever off them because of the ways they can get around the testing these days. I've never used them.

BOB: How about drug testing?
DOUG: I believe in out of competition testing. Do it when the person is not expecting it.
BOB: Do you follow any special diet?
DOUG: I eat a lot of chicken and pasta. I have to lose weight, I do a lot of cardiovascular work.
BOB: Would you give us a breakdown of your training program?
DOUG: Out of competition, I do circuit training Monday and Thursday with not too heavy a weight for chest, shoulders, triceps, biceps. Tuesday I do squats and deadlifts on Friday. The weight is only about 70%. When training for a contest I usually will go on a 10-12 week training cycle. For the first 2 weeks I do sets of 8 reps. Week 3, 4, 5, 6, 7 I do reps of 6. Week 8, 9, 10 and if I decide to go 12 weeks, reps are

5, 5, 4, 3, 2.
BOB: Doug, what advice would you have for beginners?
DOUG: Don't give up because you're not lifting as much as the guy you look up to. Everyone is different and some people take longer to develop in certain lifts. Stay in the gym and keep training.

BOB: Are there any other comments you would like to make?
DOUG: I would like to thank God and my parents for giving me my natural abilities. I also would like to thank Martin Beavers, Andy Roberts, Roger Sileo, Willie Austin, Bob Livingstone and, of course, my wife, Lisa. Without the push and drive from Martin and Andy I don't believe I would be where I am today in powerlifting. Martin was the big inspiration that got me started into powerlifting and he still is when I see him lift. If anyone needs additional info: Doug Parish, 1117 N.E. Boat St., Seattle, WA 98109, 206-283-4248



A Tough Competitor that lifters from any organization have to respect is Doug Parish, seen above at the ADFPA National Championships

There is a relatively simple triangular rule to success in strength training. There are three major components to that success: 1. Hard work through gradually increasing work volume and speed of work followed by a period of gradually increasing load (weight). 2. Rest - physical, mental, and emotional rest sufficient to allow recovery from training. 3. Food - adequate nutritional balance as well as sufficient calories to fuel the recovery and gains triggered by the hard work.

Every athlete should pay careful attention to these three principal factors if they wish to make progress in their sport. The unwritten center of this principal, growth triangle is "variety". Our bodies, minds, and spirit thrive on variety. Variety sparks the adaptation process, speeding growth and recovery with minimal effort. It is this variety that spurs us at Power Excel to create alternative and interesting programs for the athletes that we coach. It is not necessary for every individual program to produce gains in absolute performance. Many programs in use establish deeper foundation in muscular balance and enhancement of the recovery process so that subsequent programs will be much more successful. When approaching strength training for powerlifting performance it is very helpful, if not mandatory, to enjoy the process of training. When that training process is varied significantly there will be many momentary strength fluctuations as your body works to adapt. You will not be contest strong all the time. You will, however, make gains overall. In the interest of those whose focus is long term improvement and getting the most from the sport, we have adapted a number of variations of popular training formula. This month I will show you three variations of the popular pyramid training for the bench press. Rather than performing three weeks of eight's, three weeks of five's, followed by two to three weeks of three's, we will be scrambling the design of the strength and conditioning peaking cycles. They are not designed to peak you for the top meet of the season but rather to deepen your strength and conditioning and prepare you for a peak performance cycle. You may establish a personal best on this cycle but we guarantee that you will be stronger and in better condition at the end of these cycles. I am not including related accessory work because accessory work is specific to the individual athlete and these programs focus on the Bench Press exercise itself.

250 lb. BENCH PRESS
PEAK - This first program as-

The BENCH

Bench Press Pyramid Training Program Alternatives as told to Powerlifting USA by Greg Reshel, Power Excel

... and then follow the program.
Week 1 - A. 3 sets of 12 reps at 100 lbs., B. 6 sets of 8 reps at 100 lbs. **Week 2** - A. 3 sets of 8 reps at 135 lbs., B. 5 sets of 6 reps at 135 lbs. **Week 3** - A. 3 sets of 6 reps at 155 lbs., B. 4 sets of 4 reps at 155 lbs. **Week 4** - A. 2 sets of 10 reps at 140 lbs., B. 5 sets of 8 reps at 140 lbs. **Week 5** - A. 2 sets of 7 reps at 160 lbs., B. 4 sets of 5 reps at 160 lbs. **Week 6** - A. 2 sets of 5 reps at 190 lbs., B. 2 sets of 3 reps at 190 lbs. **Week 7** - A. 1 set of 5 reps at 200 lbs., B. 1 set of 8 reps at 175 lbs. **Week 8** - A. 1 set of 4 reps at 210 lbs., B. 2 sets of 4 reps at 200 lbs. **Week 9** - A. 3 sets of 1 reps at 185 lbs., B. Peak - Open 225, 2nd 245, 3rd 260 lbs.

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350 lb. BENCH PRESS PEAK - This workout assumes a current level of 310-335 lbs in the Bench Press. You will be performing two bench routines per week for a total of nine weeks. I will not include warmups, only working sets. You are concentrating on the bench press exercise in this cycle so make sure that your other accessory work does not tire you out for your Bench Press on your bench days.

Week 1 - A. 3 sets of 5 reps at 175 lbs., B. 6 sets of 12 reps at 140 lbs. **Week 2** - A. 3 sets of 3 reps at 235 lbs., B. 5 sets of 8 reps at 175 lbs. **Week 3** - A. 3 sets of 2 reps at 250 lbs., B. 4 sets of 2 reps at 270 lbs. **Week 4** - A. 1 set of 6 reps at 245 lbs., B. 1 set of 12 reps at 225 lbs. **Week 5** - A. 1 set of 4 reps at 280 lbs., B. 3 sets of 8 reps at 225 lbs. **Week 6** - A. 1 set of 3 reps at 305 lbs., B. 5 sets of 2 reps at 270 lbs. **Week 7** - A. 2 sets of 2 reps at 260 lbs., B. 1 set of 6 reps at 245 lbs. **Week 8** - A. 2 sets of 8 reps at 225 lbs., B. 2 sets of 3 reps at 295 lbs. **Week 9** - A. 3 sets of 2 reps at 210 lbs., B. Peak - Open 310, 2nd 340, 3rd 360 lbs.

400 lb. BENCH PRESS PEAK - This workout assumes a current level of 365-390 lbs in the Bench Press. You will be performing two bench routines per week for a total of nine weeks. I will not include warmups but only working sets. You are concentrating on the bench press exercise in this cycle so make sure that your other accessory work does not tire you out for your Bench Press on your bench days.

Week 1 - A. 5 sets of 2 reps at 240 lbs., B. 3 sets of 10 reps at 180 lbs. **Week 2** - A. 5 sets of 2 reps at 280 lbs., B. 1 set of 8 reps at 260 lbs. **Week 3** - A. 5 sets of 2 reps at 320 lbs., B. 6 sets of 3 reps at 280 lbs. **Week 4** - A. 4 set of 2 reps at 280 lbs., B. 1 set of 10 reps at 260 lbs. **Week 5** - A. 5 sets of 2 reps at 240 lbs., B. 4 sets of 8 reps at 240 lbs. **Week 6** - A. 5 sets of 1 rep at 280 lbs., B. 1 set of 3 reps at 330 lbs. **Week 7** - A. 5 sets of 1 rep at 320 lbs., B. 3 set of 10 reps at 220 lbs. **Week 8** - A. 5 sets of 1 rep at 280 lbs., B. 2 sets of 8 reps at 260 lbs. **Week 9** - A. 5 sets of 1 rep at 240 lbs., B. Peak - Open 370, 2nd 400, 3rd 420 lbs.

The accessory work for all three of these programs should be light to moderate in load and fast paced to build endurance and stimulate the biochemical processes responsible for growth and healing. If you need or have questions considering these or other programs we have developed for PL USA, contact us at Power Excel - 2809 South Superior Street, Milwaukee, WI 53207 or by phone (414) 769-1211.

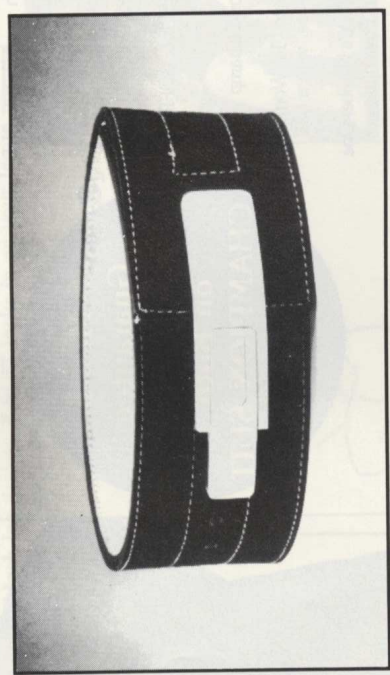
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Dear WPC Countrymen: I would like to keep you updated on all articles on the American Powerlifting Federation and the World Powerlifting Congress. Due to the unfortunate dictatorship of Kieron Stanley and his ultimatum demands that he wishes the APF and all countries to conform to, the board unanimously accepted his resignation. Brian Smith and Dave Carter of England are now the WPC contacts. Both men have been with the WPC for years and assure us that the England lifters are behind us 100%. Present at our conference call held December 15th were myself, Ernie Anderson, Radar Capehart, John Bayliss, Mariah McCulloch, Tom Bauers, Jeff Wright, and Carl Herald. At this meeting we okayed John Schaeffer to run his record breaker meet in March of 1994 to start our very first submasters as well as our very first drug testing for the teenagers. Gary Benford was voted unanimously to run the 1994 World Championships in Columbus, Ohio. Gary Benford is a very good meet director and has run several meets for the APF and WPC in the past; he is one of the top people in the US, and we welcome him to run the Worlds. We also welcome Jeff Wright to run our Senior Nationals in Pennsylvania and Troy Hicks who will run our Master and Teen Nationals; Fred Uhlig will run our Junior Nationals. We have got great support from Brian Smith and Dave Carter from England and Frans Mombert from Belgium. I would like to state that we will not ban anyone from our organization for any situation, including testing the future. We will not ban anyone, publicize, or embarrass anyone. We will keep the Masters in a 5 year interval instead of going back to a 10 year interval. Our submaster will be a trial basis for one year starting at 33-39 years old. All items will be handled out of my office for the APF and WPC with the full support of the Board Members of the APF. John Schaeffer who will be running the new record breaker and submaster will keep track of the new records. The resignation of Kieron Stanley was effective as of December 15, 1993. This is in notification from Kieron to Mariah Liggett. All Executives for the WPC remain the same, Ken Leistner, Mariah Liggett, and Terry Grimwood. Bill Ramsrud and Jim Rouse have been voted on the APF board to fill the vacancies. Also voted in was the Best Lifter's award in the master division as a dedication to Larry McCauley. The Memorial Award will take place of the Best Lifters

Award on behalf of our late departing world champion and board member Larry McCauley. The 1994 World's will be held November 3-6, 1994. The Senior Nationals will be July 16-17, 1994, in Pittsburgh, PA. The Master & Teenage Nationals will be held in Nashville, TN, May 20-21, 1994 by Troy Hicks. Fred Uhlig will host the Junior Nationals April 16-17, 1994 in Chicago, IL. We are hoping the trial of the submaster at John Schaeffer's meet and the Master Nationals will be accepted, so we can have a submaster for the worlds in 1995. We have also organized a party to oversee the commission of judges and to rework things for 1994, to avoid several of the problems that we encountered in the past mainly the problem we had in France. Motions brought to attention for the APF which some are already in existence are: You must compete in the class you won at the Nationals or above (if available), you cannot move down a class. Must lift at our Nationals or be a defending champion to compete at the Worlds. After the Nationals you must notify our main office within one week as to whether or not you will be attending the World Championships. First place and defending champions are the qualified lifters for the Worlds with 2nd place as an alternate and down from there, with no more than two lifters to a weight class. All upcoming meets should be publicized in *Powerlifting USA*. You can contact Mike Lambert. I would also like to commend Radar Capehart on all his work and effort that he is doing for the state of Texas, Jay McVeagh for his work in California, and John Schaeffer who joined us in the APF, and Troy Hicks who will be running the Master and Teen Nationals. Thanks to Maris Sternberg and Eugene McCulloch for the outstanding work

USPF NATIONAL HEADQUARTERS MESSAGE.... Congratulations to the Men's and Women's teams travelling to Sweden. The U.S. Men's team is the World Champions, and the Women's team came home with a Silver Medal. U.S.A.'s Carrie Boudreau was named Champion of Champions. Other news from Sweden includes the fact that the USPF is in good standing with the IFF. Several members of the IFF World Congress had questions about several issues within the USPF. Fortunately, our IFF representative, USPF General Secretary Peter Thorne, was well prepared and was able to answer the concerns presented to him. Peter's efforts were supported by Sam and Marlene Pardue who also worked diligently on behalf of the USPF and their efforts are greatly appreciated. The USPF Executive Committee has been concentrating on the issue of a stricter drug protocol for our lifters and voted to adopt the USOC guidelines on banned substances. Suspensions will be imposed on those lifters testing positive at any meet. All USPF national meets will be drug tested and meet directors of USPF sanctioned meets are encouraged to have their needs drug tested. The National Headquarters Office is now well organized and ready to serve the membership effectively and efficiently. The Association for International Cultural Exchange Programs, headed by Dr. Ed Enos, is planning a trip to the Goodwill Games in St. Petersburg, Russia, and an extended tour to Helsinki, Finland, July 18-28, 1994. If you would like more information contact the USPF National Headquarters office or the AICEP at (514) 697-3735. Don't delay, arrangements must be made soon.

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the organization as the Technical Officer to make sure all the rules and regulations are upheld. Special thanks to John Bayliss, Tom Bauers, Jeff Wright, and Carl Herald who have given their full support for many years. Jim Rouse has written a fine letter on the rights and wrongs and his viewpoints. Ernie Anderson has brought a very good issue up as far as testing goes. With testing at this day and age we have to be careful. Many organizations are open to a lawsuit on the testing basis since this is considered a felony if a person is caught. So, any individual tested and failed are considered a felon. If a person has failed wrongly and is announced openly that he is a felon, that could ruin a person's reputation. If we adopt testing in the future then we would not disclose any person that is caught in our organization and will not ban any person for future lifting regardless of the testing outcome. Even if I would like to say that any world records that have not been sent out please contact our main office. All present and future world records should also be sent to our main headquarters to be processed. For further information on upcoming meets or comments, please contact APF Headquarters. Have a safe and Happy New Year. Ernie Frontz

The DEADLIFT

Deadlift Performance Tips as told to Powerlifting USA by Doug Daniels



Bhaskaran of India, who pulled a world record 563 lbs. at the 93 IPF Worlds, takes full advantage of the tips mentioned in this article.

ground to cut the distance the bar must travel, and with non-skid soles the bar has a buildup of chalk on the knurling from previous lifters; ask the spotters to scrape the excess off before you lift.

Wearing the right footwear can provide a boost also. The key is to get footwear that is low to the

ground to cut the distance the bar must travel, and with non-skid soles the bar has a buildup of chalk on the knurling from previous lifters; ask the spotters to scrape the excess off before you lift.

Wearing the right footwear can provide a boost also. The key is to get footwear that is low to the ground to cut the distance the bar must travel, and with non-skid soles the bar has a buildup of chalk on the knurling from previous lifters; ask the spotters to scrape the excess off before you lift.

wearing knee wraps for the deadlift. They are indispensable in the squat, but for the deadlift, they can be counter-productive. They could lock the knee out prematurely resulting in the lifter not getting maximum contribution from the powerful leg musculature. If your knees are that sore that you need wraps to deadlift, I would see a doctor real quick.

Finally, let's look into form and execution that can really make a difference. Setup is first. Many newer lifters have room for improvement here. Some lifters tend to position their bodies too far from the bar. What happens is the bar must be pulled in as well as up to lockout. Leverage is severely compromised and the lifter exposes himself to an increased chance for injury. A goal in competitive lifting should be to decrease the distance the bar must travel to completion. If it must be pulled in as well as up, the distance is increased. Set up no farther away than 2-3 inches from the bar. I favored touching the bar with my shins. You may suffer a scratch or bruise, but powerlifting is not supposed to be easy.

Try to grip the bar with as narrow a grip as possible. The narrower the grip, the less distance the bar must travel. If you deadlift conventionally, try to grip at shoulder width just outside the start of the knurling. Sumo deadlifters can go narrower, straddling the knurling and the smooth part of the bar. There will be exceptional lifters who gain leverage by using a wider grip, but give a more narrow grip a try.

Also try to maintain an upright posture when starting the pull. This will lower the distance the bar must travel as well as bringing more of the strong leg muscles into play. Flexibility can help here, so don't overlook its importance. These three tips combined together can give your max deadlift an instant lift.

Some lifters like to roll the bar before pulling, perhaps a 'psyching' method. Rethink this strategy. You are wasting valuable energy rolling the bar. In addition, you may lose your desirable pulling position, leading to a possible lower lift or injury. In their desire to demonstrate a complete lockout, some lifters lean back so far that they cause their knees to bend. An alert judge would red-light you for this. A fully upright position with your shoulders slightly back will satisfy the judges without such extreme execution.

Getting a big max deadlift is more than a great routine, supplements and supportive gear. Evaluate the suggestions in this article to see if they apply to your current practices. One change that may seem minor to you can make a big difference in your meet results.

What two things did Australian Bruce White, the mighty Hermann Goerner and the Great British powerlifter Ron Collins have in common? The answer is that all three trained their grip on a regular basis and all three were phenomenal deadlifters. Bruce White could pull well over 600 lbs. at around 150 lbs. bodyweight. Hermann Goerner's single arm deadlift record of 727 lbs. achieved in 1920 has never even been approached and Ron Collins awesome deadlifting has been well documented by this and other magazines. It is obvious then, that along with strong legs and back, a strong grip is synonymous with deadlifting ability.

One method of training the grip while deadlifting is using what can be referred to as the 'Front Knuckles' pull. This is simply deadlifting in the normal fashion but without supporting one of your hands as is normal, so that the knuckles of both hands are facing forward. When lifting using a front knuckles grip, the lifter will immediately notice that he or she cannot pull as much as when compared to using a conventional grip. Indeed, many lifters find that their deadlift is reduced by sometimes as much as 100 lbs. when pulling with a front knuckles grip. What then, are the advantages of using this front grip in deadlifting?

In a nutshell, if the lifter trains using a front grip when deadlifting, he or she will develop a stronger grip, so that when one switches to a conventional grip the benefits are noticeable, the end result being a bigger deadlift.

The front knuckles pull can be used as an off season exercise or incorporated into a pre-meet buildup. As an off season exercise the deadlift can be performed off a plate or 1" board using the front knuckles grip with medium poundages for 5-8 sets of 8-12 repetitions. An increase in grip strength will be noticeable even

after a few weeks and this sort of training will build a good base for future buildups.

At this off season stage in your training try to avoid excessive use of supportive equipment such as a suit and wraps. A light power belt, suit and wraps will be used in the actual buildup to the meet. They support and become reliant on these supportive devices. Let your muscles do the work! By all means initially find out what your best poundage in the deadlift is using a front knuckles grip. After 6-8 weeks of training this exercise the lifter will note an improvement in that poundage and his or her gripping ability.

Further advantages of using the front knuckles grip on the deadlift include greater forearm development and a more balanced training development leading to fewer shoulder injuries.

After this 2 months of off season training using the front knuckles grip and relatively high reps (8-12) the lifter will be ready to move on into the competition cycle the 10 to 12 weeks prior to a meet. For this buildup the front knuckles grip can be incorporated into a deadlift routine, but it may be unwise to use this grip solely as just using the front knuckles grip in a competition cycle would keep poundages down and may have a de-conditioning effect on your maximum poundage that you want to achieve at the meet.

Rather, use the front knuckles grip on the warmup sets, then switch to the conventional grip on your heavier sets. Use your conventional grip much as you would use your protective equipment such as suit, belt and wraps. On this buildup start warmup sets with a front knuckles grip and no belt, suit or wraps. Gradually, as poundages increase, switch the grip to a conventional one and incorporate sensible use of belt, wraps and supportive lifting suit. Once 3 to 4 weeks into your competition cycle you will notice the benefits from your off season training. Steadily increase your poundages and decrease your reps as the meet approaches. The lifter will note an improved mental approach to the bar due to confidence in his/her stronger gripping ability.

This type of training for the deadlift can be beneficial for all levels of lifters. 600 lb. deadlifters such as myself have used this routine with good results as have more advanced lifters in the 700 lb. range.

If your recent buildups have not resulted in the deadlift you expected, why not back off, try a 'front knuckles' off season deadlift cycle, followed by a competition cycle. Work sensibly, work hard and a PR deadlift could well be the happy result.

Derek Cope

The Deadlift

The Front Knuckles Pull as told to Powerlifting USA by Derek Cope



Above: Derek Cope is a lifetime drug free lifter from Great Britain, who was a British record holder in both the bench press and the deadlift in the British All Round Weightlifters Guild, before the British Powerlifting Association was formed. The BPA is affiliated with the World Drug Free Powerlifting Federation (WDFPF). In the photo, Derek is deadlifting an easy 550 lbs. He has been lifting for over 17 years and "not having a great amount of natural ability have had to use all sorts of legitimate methods to gain results. The enclosed article explains one such method for improving the deadlift." (photo by Peter Poole)

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Most lifters put a lot of hard training in preparation for a meet. They use the latest cycling method, consume the hottest supplements, and purchase the newest, most expensive lifting apparel. Some experience good results while others suffer frustration on the platform. What could be missing for them are the little things involved in getting those personal records and trophies. I've seen a lot of lifters on a lot platform and have learned a lot from my own experiences. There are several little tips I can pass on that can make a difference at the meet. In this article, we'll explore tips for a bigger deadlift.

Lessening the friction or resistance the bar encounters from the floor to lockout is a great place to start. There are a few things we can do to get better results. First is the use of talcum or baby powder on the front of your shins, knees, and thighs. Applying powder to these areas will allow the bar to climb a bit easier upwards. Take the container of powder and splash it on these areas and grasp the container and spread it around with the bottom, being very careful not to get any on your hands. That could make holding on to the bar much more difficult. Using the container to spread the powder keeps your hands powder-free. Be considerate and apply and spread the powder in the 'on-deck' area and not on the platform. This is a safety issue. If you notice other lifters have spread powder on the platform, ask the spotters to clean the area before you lift.

Swimmers have a good idea that can benefit deadlifters. Some shave their heads, hoping to decrease resistance in water. We don't have to shave our heads, but simply shaving the front of your thighs from the knees to just above where the bar stops at lockout can provide that little extra that may mean the difference between a red or white light.

On the other hand, to insure we have a solid grip, use chalk or mag-

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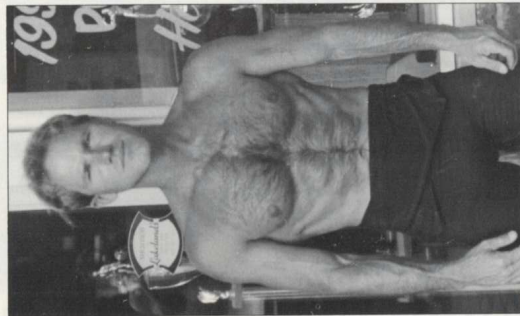
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Training and Competing after Hernia Surgery as told to Powerlifting USA by Ken Snell



Ken Snell's Achievements in Powerlifting began back at the 1977 and 1978 Teenage Nationals where he won the 123 lb. class and set a national record each time out. His best lifts at 114 lbs. are 350 235 445, and at 123 lbs. he has PRs of 400 260 and 460. He has been inducted into the APA Hall of Fame, and has won several national titles within the APA as well as some APA Submaster World Records.

When the intestine becomes trapped or incarcerated disrupting digestion, you won't be able to flatten the bulge. This is called a nonreducible hernia, and prompt surgery is required. If the intestine becomes strangulated, it eventually loses its blood supply and dies. Emergency surgery is necessary to repair it.

Hernias are not just reserved for women, children, and men who have never touched a weight in their life. They can occur at any age, but you become more susceptible as you get older. Lifestyle and genetics are important factors that determine why some people develop hernias and others don't. Hernias may be caused by a weakness present at birth, and are

Athletic supporters and tight lifting suits won't prevent a hernia either, and trusses can be awkward to wear and don't always provide support needed for the hernial sac.

There is no wonder drug or home remedy miracle cure for a hernia. The only way to repair a hernia is by surgical procedure. I had what is now called a traditional hernia repair. A 3 to 5 inch incision is made at an angle just above where the abdomen meets the thigh. The hernial sac is placed back into the abdominal cavity and the opening in the inguinal canal is closed by sewing surrounding stronger tissue over it. If the tissue surrounding the tear is weak, a piece of mesh is used to cover the hole. The surgery takes about 30 minutes and is performed on an outpatient basis (less than 24 hours hospital stay).

After my surgery I didn't lift anything heavier than my Powerlifting USA magazine for about 7 days. This is when the repair is at its weakest point. During this time I took short walks up and down the hall. Walking stimulates the cardiovascular system which aids the body's healing process. After my first post-op week, I worked up to walking a lap around the block. I then had my staples taken out and was instructed not to lift anything heavier than 10 to 20 lbs. for 6 weeks. This 6 week time period gives your hernia repair a chance to fully heal properly.

During these 6 weeks I kept my physical activity to a minimum. I increased my walking program to 3 miles a day. I refrained from utilizing any type of lifting or calisthenics routine. I figured my body was still in good shape from my previous lifting cycle and the total lay-off would benefit me. Besides walking, the only movements I did were simulating the three powerlifts to prepare myself for that range of motion.

After the 6 weeks I was examined and released by Dr. Thigpen to gradually resume my normal physical activities. Well, as powerlifters know, powerlifting is not a normal physical activity. The first thing I wanted to avoid when I started back at the All American Gym was coming back too quickly.

Many lifters who start back lifting after various surgeries or injuries make the mistake of increasing their poundages too rapidly, and wind up hurting themselves again or developing new injuries. I promised myself that no matter how good I felt, I wasn't going to take big jumps between workouts or much less sets. I recommend starting with the Olympic bar for all of the 3 powerlifts for the first couple of weeks.

Other types of hernial are femoral (located below the groin), incisional (along a previous incision), or umbilical (extending through the navel).

A double hernia is having a direct and indirect hernia on the same side, either the left or the right side, but not both.

A bilateral hernia is having a hernia occurring on the left and right sides simultaneously.

One of the big misconceptions about hernias is that a weightlifting belt (often called a hernia belt) will prevent a hernia. It will not. As stated earlier, 80% of hernias occur in the groin area. This area is far below where the belt is worn. The belt is a support unit that allows you to generate more force by pushing out against it when lifting.

Start with 3 sets of 10 reps to get the "feel" of the bar again. Each rep should be implemented slowly with concentration.

Avoid any supplementary and abdominal exercises these first two weeks. Try jogging about a mile after your workouts.

The third week start adding light weight to the bar and move up to 5 sets of 10 reps. Begin your auxiliary routine using light weight also. Start doing sit-ups on a flatboard and gradually move up to the incline position after 3 weeks.

At about the 6th week you can begin your normal lifting routine, while gradually increasing the poundages. Remember, no one knows your body better than you do. Use your better judgement and don't go heavy too quickly.

I adhered to this program and 6 months after surgery I pulled a personal best competitive deadlift of 460 lbs. weighing 119 lbs.

Since my surgery, Dr. Thigpen has been performing a remarkable new type of surgery for repairing hernias. It is called laparoscopic hernia repair.

This patient-tailored operation involves making three tiny one-quarter inch incisions around the abdomen. The abdomen is then inflated with carbon dioxide to create a dome so the surgeon can see every-

needed to a camera which magnifies the view of the patients internal organs on a video screen. The other two trocars accommodate special instrumentation needed for the repair.

The hernial sac is put back into the abdominal cavity and the tear is covered with a mesh patch that is secured to the abdominal wall. The body responds to the mesh tissue by growing into it, making it a very strong supportive area. This "Nintendolike" surgery takes approximately 30 minutes and is also performed on an outpatient basis.

The major advantage to this surgery is the patient's recovery time. The surgery can be performed in the morning and the patient is discharged in the afternoon. Post-operative pain is minimal, the patient heals faster, and most are able to resume normal activity in just two or three days. This surgery is also recommended for those who have re-occurring hernias because of its extremely low re-occurrence rate.

I spoke to Tom McHale on offensive lineman for the Tampa Bay Buccaneers to get some insight from a professional athlete who has had laparoscopic hernia repair. Tom has had both traditional and laparoscopic hernia repairs.

Tom had his surgery in the offseason prior to his usual off-season lifting cycle. He felt no discomfort

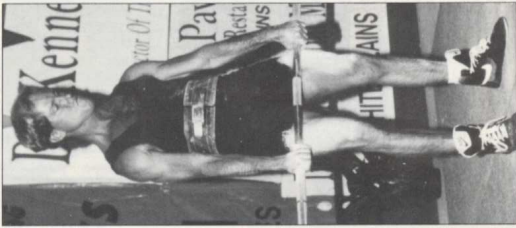
after surgery and said he wouldn't even have known he had the surgery except for the three little punctures around his abdomen.

He began his lifting cycle only one week after surgery without any changes or alterations to his program! Tom can't emphasize enough the benefits of laparoscopic surgery and strongly recommends it to anyone requiring a hernia repair.

Laparoscopic hernia repair is without a doubt the best procedure available today for repairing hernias. Getting your wisdom teeth out can be more painful and require more "down time" than a hernia repaired laparoscopically.

Because of this remarkable surgical procedure, hernias are no longer an excuse to stop anyone from lifting or competing again in powerlifting, nor should they be looked upon anymore as a deterrent for anyone considering taking up the sport.

I would like to thank Dr. Jack Thigpen, M.D., Dr. Joe Diaco, M.D., The Tampa Bay Buccaneers and Tom McHale for their time and contributions to this article. A special thanks to the Temple Hills Weightlifting Club and the All American Gym for being true inspirations throughout my lifting career... and Mike Lambert for letting me do this article.



Ken Snell winning the 174s at the A.D.F.P.A. Deadlift Nationals.

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Ask the Doctor

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

DEAR MAURO: Enclosed you will find my check for 16 US\$ for one copy of *Beyond Anabolic Steroids* and its postage and handling. I have read your articles and seen your advertisements in *Powerlifting USA*. I am interested in powerlifting, will celebrate my 60th birthday in June, and have been competing in powerlifting for the last two years. Quite frankly, I have no interest in using prescription or illegal drugs to enhance my lifting. I am interested in trying to understand what might work for me. The number of options and supplements is overwhelming. Most seemed to be aimed at lifters in their early twenties. I am looking forward to reading about your opinions and learning more about your innovative dietary, supplement, and training program for adding strength and lean muscle mass. As I understand it, you have enjoyed considerable success with this new program and need to do more testing before publishing. I would be interested in knowing the cost of such a program and whether it would work for someone my age. Thank you and Happy New Year. Sincerely, **George**

DEAR GEORGE: Besides *Beyond Anabolic Steroids* I've enclosed copies of the last two issues of my newsletter *DRUGS IN SPORTS*. I think you'll find them of considerable interest. Most of my future writing and research will be focused and presented in this newsletter and later on in some books I'm planning to write. If you're interested in subscribing to the newsletter, see the advertisement in this issue. All the best in your training. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: I'd like to thank you for your books, *Beyond Anabolic Steroids*, *Anabolic Steroid Side Effects*, and *Drug Use and Detection in Amateur Sports*. I also subscribe to your enlightening newsletter *Drugs In Sports*. You are one of the few people who give athletes the information they need. I'm 32 years old and been using steroids for 4 years. Over this period of time I have experienced acne, hair loss and gynecomastia. Half way through my last cycle of oxymetholone 50mg, methandrostenolone 30mg, testosterone undecanoate 160mg and tamoxifen 10mg, I started to have small amounts of blood in my semen. When I

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stopped the oxymetholone the blood went away. I do not intend to use steroids ever again, but I would like to know why this happened. Do you think this is steroid related and should I have some kind of medical test to see if there is a problem. I have looked for and answer to these questions and have not found any. You are the last person I can think of who may be able to help me.

Enclosed is \$15 to cover office and secretarial expenses. Please send me a reply. Thank you for your help in this matter. Sincerely, **Thomas**

DEAR THOMAS: It's possible that you're having some prostatic problems, most likely hypertrophy secondary to the use of anabolic steroids. Although it's unlikely to be a significant problem when you're off anabolic steroids since there is regression of any hypertrophy, I would have it checked to eliminate the persistence of prostatic hypertrophy and presence of prostatic cancer (highly unlikely). The most sensitive tests the serum prostate-specific markers, prostatic acid phosphatase (PAP) and prostate specific antigen (PSA). Let me know how things work out or if you need more help. Sincerely, **Mauro**

TOP 100

For 181 lb./82.5 kg. USA lifters competing in results received from December 1992 through November 1993.

SQUAT	BENCH	DEADLIFT	TOTAL
1 845 Kamrad, T., 3/28/93	565 Sherman, J., 9/4/93	733 Cavalier, B., 4/25/93	1860 Wagner, T., 3/27/93
2 766 Wagner, T., 3/27/93	703 Payne, S., 11/20/93	705 Payne, S., 11/20/93	1855 Payne, S., 11/20/93
3 705 Payne, S., 11/20/93	542 Werner, S., 3/6/93	700 Mason, K., 5/2/93	1770 Cavalier, B., 4/25/93
4 517 Alvarez, J., 8/15/93	502 Cerey, R., 11/20/93	700 Meyers, T., 7/24/93	1763 Payne, C., 3/4/93
5 700 Smith, J., 2/20/93	500 Jones, K., 10/9/93	685 Smith, W., 12/15/92	1720 Smith, W., 12/15/92
6 685 Smith, W., 12/15/92	480 Jones, K., 10/9/93	675 Sweeney, A., 2/25/93	1700 Parrish, D., 7/10/93
7 685 Jones, K., 10/9/93	475 Sweeney, A., 2/25/93	672 Toney, C., 4/27/93	1700 Parrish, D., 7/10/93
8 675 Sweeney, A., 2/25/93	470 Hartman, K., 12/5/92	670 Culver, C., 3/20/93	1697 McAffee, J., 1/10/93
9 470 Hartman, K., 12/5/92	460 Collier, A., 5/8/93	666 Minor, J., 3/20/93	1690 Collier, A., 5/8/93
10 666 Minor, J., 3/20/93	457 McAffee, J., 1/10/93	661 Dokes, J., 7/2/93	1685 Gibson, T., 12/12/92
11 661 Dokes, J., 7/2/93	457 Boone, C., 10/7/93	660 Shortz, D., 9/11/93	1670 Gibson, T., 12/12/92
12 660 Shortz, D., 9/11/93	451 Trete, K., 10/30/93	650 Erney, J., 2/20/93	1665 Basindale, R., 2/28/93
13 451 Trete, K., 10/30/93	440 Jones, D., 4/24/93	650 Wagner, R., 3/13/93	1664 Greed, H., 7/10/93
14 440 Jones, D., 4/24/93	435 Krasnowski, K., 3/29/93	645 Major, B., 4/12/93	1655 Nelson, A., 3/21/93
15 435 Krasnowski, K., 3/29/93	430 Gibson, T., 12/12/92	644 Adams, S., 10/10/93	1655 Meyer, T., 7/24/93
16 640 McCon, J., 10/2/93	430 White, R., 12/12/92	640 Bradham, C., 2/20/93	1647 Bradham, C., 2/20/93
17 640 McCon, J., 10/2/93	430 White, R., 12/12/92	640 Williams, E., 4/13/93	1625 Coleman, A., 5/18/93
18 640 Williams, E., 4/13/93	430 White, R., 12/12/92	633 Douglas, J., 2/20/93	1620 Schuch, B., 3/22/93
19 633 Douglas, J., 2/20/93	430 White, R., 12/12/92	633 Greed, H., 7/10/93	1618 Shortz, D., 9/11/93
20 633 Greed, H., 7/10/93	429 Trete, K., 10/30/93	630 Bore, J., 1/20/93	1603 Thomas, R., 8/14/93
21 630 Bore, J., 1/20/93	425 River, D., 4/10/93	620 Rodacker, M., 7/24/93	1603 Thomas, R., 8/14/93
22 620 Rodacker, M., 7/24/93	425 River, D., 4/10/93	620 Madlock, E., 8/22/93	1603 Pilleton, M., 11/16/93
23 620 Madlock, E., 8/22/93	425 Farrington, W., 6/19/93	620 Pilla, R., 12/5/92	1600 Pilla, R., 12/5/92
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100 615 Owens, J., 2/20/93	425 Farrington, W., 6/19/93	615 Owens, J., 2/20/93	1592 Toney, J., 12/12/92

PL USA Top 100 Achievement Awards





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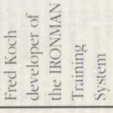
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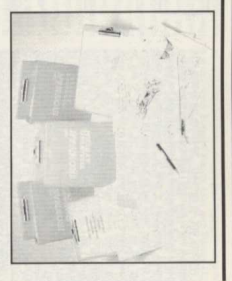
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ADFPA TOP 20 52 kg 114 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from Dec. 1992 through Nov. 1993. Please send a copy of all ADFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thanks very much.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
Rank	Name	Rank	Name	Rank	Name	Rank	Name
1.	446 Nguyen, D./7/10/93	259	Nguyen, D./7/10/93	446	Nguyen, D./7/10/93	1140	Nguyen, D./7/10/93
2.	418 Siedl, K./8/7/93	239	Weiss, D./7/31/93	418	Siedl, K./8/7/93	1096	Bouquie, K./7/10/93
3.	328 Aragon, J./8/14/93	231	Lamlich, D./2/20/93	413	Thompson, K./7/8/93	955	Swell, K./3/27/93
4.	320 Swell, K./3/27/93	230	Swell, K./3/27/93	385	Leonard, A./12/13/92	853	Watson, M./12/12/92
5.	320 Swell, K./3/27/93	229	Wanil, M./12/13/92	359	Chang, Y./5/1/93	848	Chang, Y./5/1/93
6.	310 Thompson, K./7/8/93	228	Wanil, M./12/13/92	341	Payne, D./2/27/93	822	Dograffmrad, S./15/93
7.	303 Ballochmide, S./1/1/93	220	Abewald, A./6/26/93	340	Aragon, J./8/14/93	812	Hahn, D./7/31/93
8.	303 Ballochmide, S./1/1/93	219	Surita, D./9/4/93	330	Hahn, D./7/31/93	789	Payne, D./2/27/93
9.	300 Ballochmide, S./1/1/93	218	Mantax, A./12/5/92	330	Hahn, D./7/31/93	759	Payne, D./2/27/93
10.	298 Hahn, D./7/31/93	218	Greens, R./10/23/93	320	Watson, M./12/12/92	749	Harper, R./5/1/93
11.	298 Hahn, D./7/31/93	217	Wong, J./12/12/92	320	Dixon, J./12/12/92	735	Davis, J./12/12/92
12.	298 Hahn, D./7/31/93	217	Wong, J./12/12/92	320	Wong, J./12/12/92	735	Davis, J./12/12/92
13.	298 Hahn, D./7/31/93	217	Wong, J./12/12/92	320	Wong, J./12/12/92	735	Davis, J./12/12/92
14.	298 Hahn, D./7/31/93	217	Wong, J./12/12/92	320	Wong, J./12/12/92	735	Davis, J./12/12/92
15.	270 Harwig, S./12/5/92	217	Leal, K./5/22/93	300	Dograffmrad, S./15/93	722	Ballochmide, S./1/1/93
16.	270 Harwig, S./12/5/92	217	Leal, K./5/22/93	292	Harper, R./5/1/93	700	Wong, J./12/12/92
17.	260 Dool, K./3/22/93	216	Wong, J./12/12/92	290	Miller, M./5/15/93	700	Wong, J./12/12/92
18.	266 Abewald, A./6/26/93	216	Drews, J./12/12/92	290	Tripp, J./5/22/93	700	Tripp, J./5/22/93
19.	235 Taylor, B./4/18/93	216	Payne, D./2/27/93	265	Harwig, S./12/5/92	690	Taylor, B./4/18/93
20.	214 Weiss, D./7/31/93	215	Ballochmide, S./1/1/93				

Brewster, and Dick Hudson. Trophies were awarded for first and second place in each weight class and for best overall lifter. (Results by John Christian)

FCI Meet		USFP 93 - Cypress Gym BP/ DL	
Rank	Name	Rank	Name
1.	105 152.5 195 522.5	220	B. Odowald 385
2.	137.5 117.5 272.5 427.5	219	J. Jordan 365
3.	157.5 117.5 180 455	218	P. Richard 345
4.	A. Perez 155* 125* 250* 530*	217	M. Stuchlik 345
5.	167.5 107.5 185 455	216	T. Carter 430
6.	180 107.5 245 527.5	215	M. Renee 245*
7.	200* 180* 375* 835*	214	C. Bourg 244
8.	245* 200* 355* 860*	213	M. Klempner 25000
9.	470* 295* 520* 1285*	212	M. Klempner 25000
10.	485 245 405 1135	211	M. Klempner 25000
11.	550* 280 600* 1430*	210	M. Klempner 25000
12.	370 325 430 1075	209	M. Klempner 25000
13.	450 370 475 1295	208	M. Klempner 25000
14.	535* 340* 550* 1425*	207	M. Klempner 25000
15.	470 370 475 1295	206	M. Klempner 25000
16.	550* 280 600* 1430*	205	M. Klempner 25000
17.	370 325 430 1075	204	M. Klempner 25000
18.	450 370 475 1295	203	M. Klempner 25000
19.	535* 340* 550* 1425*	202	M. Klempner 25000
20.	470 370 475 1295	201	M. Klempner 25000

Report: A rib being broken by an extra long Lever-Belt tail.
 Perhaps a safety situation to share with other Powerlifting USA readers. After dropping down from 181 to 165, my lever belt's tail wrapped around my left side an extra two or three inches which was enough to place the tail against my lower left ribs. The tail of a lever belt goes inside and therefore adds double thickness of belt on one side. Under the high thoracic pressure of squatting the tail can press across a rib. I had trained this way for several months and had squatted at higher weights without mishap. On the first of a set of 425 pound squats, I felt a snap on my left rib cage just after coming off the bottom and applying maximum thoracic pressure. At first I thought my rib had just popped over the edge of the belt. For awhile I was confused at what had happened. Later, as pain increased, I reasoned that the high thoracic pressure had pushed my rib across the inside end of the belt, thus severely cracking the rib itself as it bent over the edge of a month. Presently I am totally out of commission for a number of weeks or months. Earlier had realized the long tail was creating too much push on the left side but never guessed it could break a rib. I delayed cutting several inches off the belt as I was afraid of ruining a belt; a major oversight. I have since successfully cut the belt down. Once again I have been reminded how much stress and pressure high weights generate on connective tissues. It is important that the inside tail of a lever belt not be extra long and push across a lower rib. Respectfully, **Barry Zbornik**

Rank	Name	Rank	Name	Rank	Name	Rank	Name
110	J. Denning	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
111	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
112	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
113	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
114	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
115	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
116	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
117	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
118	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
119	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher
120	M. Moon	182.5	J. Pipher	182.5	J. Pipher	182.5	J. Pipher

Folsom C-Facility Meet
23 Oct 93 - Reposa, CA

114	SQ	BP	DL	Total
315	270	420	955	
148	Cardinals	405	270	425
165	Momk	435	265	400
181	Braber	435	275	400
181	Lamphear	435	295	470
198	Harper	425	325	440
198	McAfee	405	275	520
220	McAfee	315	360	470
220	Saldana	225	325	365
220	Miller	525	375	600
220	Johnson	300	365	405
220	Johnson	300	365	405
220	Buell	275	335	405
242	Clark	430	275	500
242	Clark	405	495	1395

Our last meet of 1993 was a fitting showcase for several of our best lifters, and some-up-and-coming lifters. The following lifters were the winners of the bench sprints. The usually invincible Vinh Le dipped a bit on his squats but more than made up for it with a 114 lb. class. The 165 lb. class was all Jeff Morris as he is finally getting his act together and in him. The 181 lb. class was a battle of old timer and youngster with the old timer, Ron "Cabbie" Lapplear edging out the younger Robert Dabbs on the final deadlift. The 198 lb. class was won by his first time out, "Doc" McAfee was a little off but says that he'll be coming back for our next meet. In the 220 lb. class we had two first time lifters, the overall winner, Donald Robinson due to his body weight, both men battled back and forth all day and in the end they both turned out to be winners. Special thanks to our sponsors, the 198 lb. class was won by youth banded an incredible 405 lbs. and over 200 lbs. (the results provided by Eric Anenberg).

S. Yorkshire Championships
30 Oct 93 (kg)

56	T. McKechnie	SQ	BP	DL	Total
67.5	D. Groves	75	55	105	235
67.5	A. Singh	172.5	112.5	227.5	512.5
75	M. Cropp	100	102.5	190	492.5
75	M. Rhodes	155	80	175	410
75	M. Twigg	140	110	155	405
82.5	J. Baker	235	142.5	235	612.5
82.5	J. Caldwell	155	120	227.5	512.5
82.5	D. Worthington	205	100	210	515
100	M. Brimmer	210	130	220	560
100	P. Woods	180	90	210	480
110	M. Hargitt	232.5	150	232.5	615
110	T. Taylor	185	105	215	505
122.5	S. Taylor	195	122.5	227.5	545
122.5	R. Hallam	205	130	225	560
122.5	D. Tomlinson	180	100	200	480
122.5	D. Tomlinson	180	100	200	480

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Southeastern Powerlifting
20 Oct 93 - Murfreesboro, TN

Bench Press	181	Total			
J. Brasencio	205	375			
M. Overstreet	210	275			
J. Rogers	198	265			
M. Sloan	198	415			
M. Finch	222	460			
T. Hester	140	435			
J. Hester	120	425			
M. Sloan	355	455			
F. Garza	300	420			
M. Gieschner	275	415			
S. Daniel	275	455			
C. Bailey	275	455			
Women	SQ	BP	DL	Total	
M. Finch	138	255	115	305	
M. Gieschner	144	255	115	305	
E. Morgan	130	175	110	200	
Masters	SQ	BP	DL	Total	
R. Poney	164	325	290	500	
R. Finch	189	405	215	610	
R. Carmack	209	405	215	610	
Novice	SQ	BP	DL	Total	
K. Perry	430	300	375	1105	
T. Terry	425	285	375	1035	
R. Daniels	285	185	300	770	
P. Adams	510	295	550	1305	
R. Walkins	430	270	430	1130	
J. Farr	405	245	435	1080	
H. House	425	275	375	1075	
C. Welch	500	315	460	1275	
T. Locke	460	315	430	1205	
A. Gooch	475	240	420	1135	
C. Smith	475	240	420	1135	
C. Rodgers	410	275	435	1120	
198	J. Webb	425	275	315	1015
220	P. Beckham	610	315	555	1445
220	S. Smith	550	330	450	1255
G. Clark	475	420	550	1445	
C. Morgan	475	240	420	1135	
C. Daniel	600	300	500	1500	
J. Hendry	525	300	500	1325	
D. Short	270	180	365	815	
Open	M. Cross	480	330	545	1355
165	L. Hall	320	300	510	1130
F. Garza	310	295	360	965	
P. Adams	181	295	360	965	
C. Welch	500	315	460	1275	
T. Locke	460	315	430	1205	
198	J. Gooch	475	240	420	1135
J. Dwyer	575	375	525	1475	
J. Gooch	550	275	540	1365	
J. Smith	625	435	590	1650	
242	J. Grove	710	400	655	1765
J. Gieschner	605	390	560	1355	
275	J. Henley	600	390	590	1580
SHW	R. Ramsey	710	480	660	1850
R. Ramsey	640	420	550	1610	
J. Parker	570	340	580	1490	

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5th Greater Buffalo BP & DL
20 Oct 93 - Cheektowaga, NC

Bench	165	Total
J. Valenza	330	330
P. Sullivan	310	280
M. Magin	300	185
J. Hill	300	440
P. Marofsky	305	370
J. McAllister	370	340
D. Chellon	340	360
J. Cruz	345	360
J. Bujala	345	360
C. Wiest	330	290
D. Carter	300	165
Open 165	355	470
K. Parks	355	470
E. Jekow	335	450
D. Friedman	330	550
M. Woodrow	360	550
J. Crowder	360	500
G. Davis, Jr.	320	500
D. Swigs	320	635
W. Nichols	242	585
L. Bagoldi	242	435
K. Nasland	440	475
J. Riddle	380	435
C. Deater	255	685
M. Dabb	490	275
M. Magin	500	670
M. Fuller	490	660
D. Kikendall	480	660
Women	180	450
D. Harris	115	240
Submaster Light	390*	690
D. Zall	305	610
P. Trusso	305	510
J. McAllister	305	475
D. Hester	300	460*
Submaster Heavy	400	460*

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May/91 ... Hawaii World Record Breakers, USPF Nationals, High Volume Training, Protect Your Joints, TOP 100 181 list, ADFFA TOP 20 114 list,

Mar/92 ... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovese, The Hardest Lift, TOP 100 165s, ADFFA TOP 20 SHW list,

June/92 ... Backsets in America, ADFFA Powers, Heisey Deadlifts 925, DASH Hawaii Meet, Love by Dr. Judd, TOP 100 220s, ADFFA TOP 20 132s,

July/92 ... USPF Jits, Chris Stapanides Squat, ADFFA Lifetime Nationals, Elastic Muscle Energy, Top Overholzer, TOP 100 242s, ADFFA TOP 20 148 list,

Oct/92 ... Chris Confessor Profile, ADFFA National Deadlift, Paul Anderson, Lean Body Mass, Residual Effect Training, TOP 100 114s, ADFFA TOP 20 198s,

Nov/92 ... IFF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Sciapi Deadlift Workout, TOP 100 123s, ADFFA TOP 20 220 list,

Dec/92 ... WDFP's Strongest Man, OKG, TOP 100 132s, ADFFA TOP 20 242s, Classes, World's Strongest Man, OKG, TOP 100 132s, ADFFA TOP 20 242s,

Mar/93 ... Women's TOP 20, WNF World Controversy, WDFP World Bench, Barrier Breaking Bench Routines, TOP 100 181s, ADFFA TOP 20 114s,

Apr/93 ... Pat Susco Profile, IFF World Bench Press, Doug Heath Interview, Sigmarsan Dies, Control Your Spine, TOP 100 198s, ADFFA TOP 20 123s,

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July/93 ... ADFFA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 275s, ADFFA TOP 20 165s,

Aug/93 ... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWS, ADFFA TOP 20 181s,

Sept/93 ... ADFFA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFFA TOP 20 198s,

Oct/93 ... AFP Seniors, NASA World Cup, Grant Pitts Profile, ADFFA DL National, Rest Pause, Bombing Out, TOP 100 123s, ADFFA TOP 20 220s,

Dec/93 ... WDFP's Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hype, How Often to Bench, TOP 100 148s, ADFFA TOP 20 275s,

Jan/94 ... IFF Men/Women Worlds, IFF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFFA TOP 20 SHWS,

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

Ryder 115 80 160 355 220

Lamar 150 105 200 455 198

Hoak 202.5 170 262.5 760 198

Shaw 227.5 205 352.5 825 198

Lips 237.5 177.5 192.5 607.5 198

Elliot 185 120 227.5 532.5 198

Koehler 185 115 205 505 198

Submaster 1/14 175 97.5 170 442.5 198

Plumb 150 90 175 415 198

Garcia 257.5 142.5 252.5 657.5 198

Horn 210 137.5 215 562.5 198

Judd 242.5 187.5 242.5 672.5 198

Brumfield 137.5 100 180 367.5 198

Submaster 1/220 340 200 380 820 198

Drum 200 130 220 550 198

Submaster 2/198 250 160 250 660 198

Submaster 1/165 185 85 210 480 198

Leighninger 215 142.5 227.5 585 198

Dodd 260 150 240 650 198

Close 275 135 205 630 198

Submaster 2/SHW 260 115 255 630 198

Follows 260 115 255 630 198

Master 3/165 185 85 210 480 198

Leighninger 200 150 380 865 198

Close 445 200 485 1130 198

G. Blevins 380 290 405 1075 198

K. Elliott 400 245 405 1045 198

J. Baskins 400 245 405 1045 198

C. Lester 290 225 470 1015 198

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465 275 450 1190 198

290 260 470 1120 198

325 275 450 1105 198

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325 275 450 1105 198

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380 290 405 1075 198

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USPF Fall Festival of Power, NC

23 Oct 93 - Rockingham, NC

Bench Press 500 350 555 1485

M/W/148 405 250 500 1155

W. Burgess, Jr. 415

M. Eubank 375

B. Montgomery 375 255 395 1025

B. Munnely 315 170 350 835

R. Adams 300 275 490 1165

R. Nicholson 460

B. Montgomery 255

June/114 100

D. Smith 365

S. Manton 365

210

B. Montgomery 255

300

R. Adams 380

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THSPLA Region IV Meet

13 Mar 93 - Liberty, TX

114 SQ BP DL Total

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Preferred Stock!



Style B \$65.00

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

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy. Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

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

The Custom Series

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

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

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

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

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

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

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

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

The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

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Shipping					
				\$5.00	
Add Calif. Sales Tax if applicable					
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Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer
Owner

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