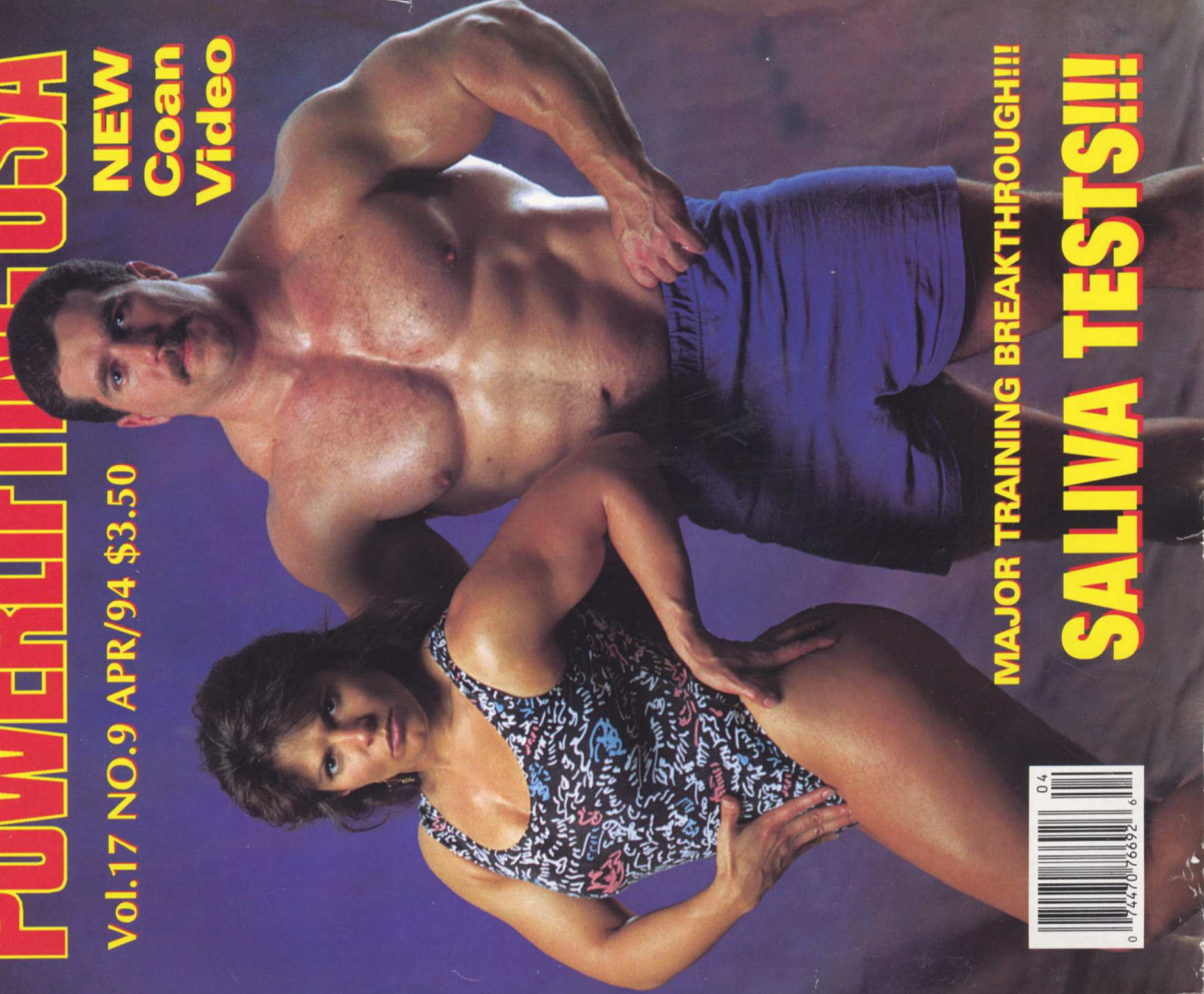


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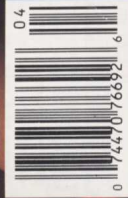
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# POWER PROFILE

## BOB DEMPSEY

as told to Powerlifting USA by Vada Crosby



Ever seen Bob Dempsey attack a powerlifting bar? Really, that's exactly what he does, attack the bar. He doesn't just lift a given weight, but wages a one-man battle against iron. It's a full-scale war in which he will be the victor — or else! And don't be a bit fooled by his easy-going, mild-mannered personality. That's the every day Bob Dempsey in his clean-cut role. But get him fired up and ready to lift, and suddenly he becomes a volatile mixture — 275 pounds of TNT ready to explode.

During the past several years, Dempsey has indeed blasted his way into the ADFFA ranks as a top-notch lifter in the 275 and super-heavyweight classes. This powder keg's fuse has been ignited and he's about to rock the house in a big way.

"He's a tremendous lifter," says Saul Shocket, a powerlifter and co-owner of Saul's All-Sports Conditioning Center, the Hanover, Mass., gym where Dempsey trains. "He's at very focused and dedicated. He's at that level where it's a part of his life. Even if he wasn't competing, it's still part of what he is. I expect a lot out of him." Shocket says he believes that in the near future, Dempsey could squat 900 pounds, bench 550 and deadlift 800. And he anticipates nothing less.

Expectations — those from others and those self-imposed — run high for Dempsey. He's one of those guys who doesn't know the meaning of the word quit. Nope. It simply isn't part of his vocabulary. However, check your dictionary for words like tenacious, determined, steadfast, persistent, eager and tough, and now you're talking his language.

Dempsey talks and acts in circles that many of us never realize or experience. He sees life — particularly powerlifting — as a means of testing his ability and talents; a way of going beyond the outer limits to a new realm of strength and endurance. I just like the challenge of it," he says in his predominant low key fashion.

Indeed, the soft-spoken Dempsey loves challenges. He finds them daily in his job as a salesman for a motor oil company, in his role as a husband and father of a child, and three times a week at the gym. The latest test he faced was when he decided to drop from the 275-pound class to the 275-pound super-heavyweight ranks to the 275-pound class for the ADFFA National

Bob Dempsey has made the critical transition to ADFFA success.

"I know I can't keep this body weight on for too much longer though, and I don't want to. So that's why I do have plans and they're not secret. I'd like future competition to know that I plan on going to the 242s. The main reason is health. I just want to make sure I don't have any problems. No. 2, I want a challenge."

So, just how good of a powerlifter is Bob Dempsey? Well, he's good enough that he usually outrights than Dempsey imagined, but he's not about to abandon ship. His hunt for Red October has only just begun. And one of his biggest obstacles may still lie ahead. Dempsey has talked about possibly shedding a few more pounds and competing in the 242-pound class, believe it or not.

als last summer, which were held in Wilkes Barre, PA. This proved to be a true test for Dempsey, as he encountered the massive Greg "Beetle" Lowe, who totaled 2,110 pounds to Dempsey's 2,000-pound total.

Dempsey had decided to drop to the 275-pound class last year for one key reason: increased competition. He's ready for a change and he wanted to test the waters of the 275s and see what lurked beneath the sea. Perhaps the waters are rougher than Dempsey imagined, but he's not about to abandon ship. His hunt for Red October has only just begun. And one of his biggest obstacles may still lie ahead. Dempsey has talked about possibly shedding a few more pounds and competing in the 242-pound class, believe it or not.

Though only in his mid-30s, Dempsey is a veteran powerlifter, having competed in his first meet in the winter of 1977 in Gloversville, N.Y., just west of Albany, the state's capital, while a college student. "I let me describe it to you: It's my first meet. OK. Instead of lights, they used Ping-Pong paddles. The green side of the paddle was a white light; the red side of the paddle was a red light."

light. I think it was held in a high school gymnasium, if I recall correctly.

"I had a lot of help because my roommate happened to be in a few meets before then," he said. "So, he kind of guided me through it. But you're talking 15 1/2, 16 weeks ago, and this was when there were still narrow belts; Ace bandages for knee wraps. There was no such thing as a supersuit, all you used was a wrestling suit. In fact, I don't think he had superwraps. I think he had something better than Ace bandages, but nothing like we have today. The guy was just a bull!"

Dempsey first met Reinholdt at the 1977 Teenage Nationals. While he was thrilled to meet the legend, any lifter, he wasn't as excited about his performance that day. "I bombed out that year," Dempsey said. "That was my first big meet. That was my third meet and I bombed! I started too heavy in the squats."

But what a difference a few years makes. Joe Zmyewski of St. Petersburg, Fla., a superheavyweight bench, former USPF Michigan state director and a soon-to-be member of the 700-pound bench press club, well remembers watching Dempsey lift at the Adirondack Championships in New York in 1983. "He was intimidating," Zmyewski said. "He was confident days when legends such as Jim

Williams, Larry Kidney, Ernie Hackett, Larry Pacifico and Don Reinholdt terrorized the powerlifting world with their super-human lifts.

"In fact, Reinholdt was my idol, still is," Dempsey said. "I admire him more than anyone else because of the weights that he lifted with the equipment that he had back then. He squatted well over 900 pounds with just a regular lifting belt and a wrestling suit. In fact, I don't think he had superwraps. I think he had something better than Ace bandages, but nothing like we have today. The guy was just a bull!"

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and he knew what he was doing." Dempsey's lifting career took a turn in 1985 when he was diagnosed as having malignant melanoma, a serious form of skin cancer. His doctors attributed the cancerous growth to Dempsey's five year job as a lifeguard, but doctors said use of steroids for eight years may have accelerated the growth of the cancer.

Dempsey was blessed. He underwent surgery, which required the removal of a huge chunk of flesh and lymph nodes from under his arm pits. Fortunately, he didn't have to undergo chemotherapy, and the surgery didn't require any exploration into his chest muscles. "I was very lucky," he says.

But why steroids? "I wanted to get better, it's real simple," said Dempsey, who used the performance-enhancing drugs from 1977-85. "That's why anyone who takes them, takes them — you want to get better."

"I don't regret ever taking them," he continued. "But if I had to do it over again, no I wouldn't take them. I don't think I'm a hypocrite these days being against them now. I never made any bones about the fact that I took them. And I never tried to compete in a powerlifting organization such as the ADFFA that was clean [when] I was taking

at any time!

Now that he's comfortable in his new home, Dempsey plans to continue to do a lot of interior decorating, adding a few new records, trophies and medals here and there. For many, Dempsey, the seemingly unstoppable powder keg is indeed a man to watch in 1994. Besides, one should always keep in mind that on TNT...because it can detonate at any time!

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# INJURIES

## Training Around an Injury as told to Powerlifting USA by Doug Daniels

In this article, I'll look at some ways we may be able to train around an injury while still making lifting progress and not aggravating your current condition. Before I start, I must emphasize that if there is some doubt as to your physical condition, consult a medical professional prior to training with an injury. It's not worth taking chances with an injury that can turn out to be worse than it already is. If possible, see a sports medicine doctor or chiropractor, as they may be more knowledgeable when it comes to dealing with a sports-related injury than a regular doctor or chiropractor.

The most common injury is a lower back injury. This is the one injury you don't want to mess around with. I would suggest having it diagnosed before training with pain. Pain or numbness in the leg or foot could indicate sciatica or a herniated lumbar disk. If this is the case, see a doctor or chiropractor. A little pain or numbness here can grow into a full-blown disk problem requiring surgery and giving up lifting altogether. If just some tightness in the back is present, give it some time to resolve itself first, there will be time to train later.

Okay, let's say you have some back pain, but can still get some work in. With back problems, squats are out. There are many alterna-

culture. Deadlifting involves just about every muscle in the back and many of these can be exercised through safe application of well chosen moves. The key things to remember when training the back is to go light, use strict form with no heaving, and use exercises where the lower back is supported. There are many machines that offer such features and if you have them, look to them for your exercise choices. Seated rowing with the lower back supported can really work the lats and related muscles and not stress the lower back if you keep these things in mind. Lat pull-downs are also a good choice. If you don't have access to these machines, try one arm dumbbell rows with your back supported. I can't stress enough to remember to go light, use good form and keep your lower back supported.

Benching is also affected by a bad back. Arching can cause pain or may even be impossible to do. In that case try flat back benches with your feet off the floor. Not only is this exercise a pain free way to bench, but it's one of my favorite assistance moves for the bench that can be used even if your back is in perfect shape. Machines are also an alternative for the bench. Pec deck type machines can provide a challenge to the pecs. Machines also

allow the lifter train necessary mus-

cles, but there are exercises that can enable a lifter to still get some leg work in. If you don't have access to these types of leg machines, you may have no alternatives, except cycling.

Back pain would also prohibit deadlifting. As with the squat, there is no great substitute for deadlifting, but there are exercises that can allow the lifter train necessary mus-

may make it hard to hold a squat bar on your back. In that case, forego squatting and refer to my suggestions earlier in this article.

Elbow pain can effect just about every upper body exercise. If the lower the stress on your elbows by not locking out any move that involves the arms like tricep and bicep work.

Knee problems can be as tricky as lower back pain. I would suggest seeing a health professional first. There could be ligament or tendon damage existing. In that case surgery may be suggested. If there is just some minor irritation take it easy on your legs by cutting back on ballistic leg moves. I see too many lifters crashing hard on their knees at the bottom of squats and leg presses, hoping the momentum will help them get the weight up to completion. They rely on knee wraps to support their sore knees, ignoring the cause of the pain, that is, abusive exercise habits. If you practice such form, running or other high impact sports like basketball will aggravate the problem further.

There really is no good way to work around sore knees. The least you can do is not lock out on the top of the rep and use a slow controlled descent and ascent, no bouncing# much the same with elbows. An-

other alternative is to cut back or cut out such extracurricular activities. I must emphasize another caveat. Sometimes due to an injury, we may not be able to train one of the big lifts. In our desire to continue to train and improve by another route, we tend to overcompensate by overdoing either a powerlift or not limited on or on alternative exercises to train unrestricted muscle groups. The result of this type of effort is too many times overtraining or another injury. For drug free lifters this is especially important. Extra work elsewhere is not always the best choice. Try expanding this left over energy elsewhere such as stationary cycling or swimming. A little extra cardio-vascular work can't hurt unless again you overdo it and wipe yourself out. Practice patience and think long term.

Probably what has caused an incredible amount of injuries and overtraining has been the principle championed by the 'California' muscle magazines, that is 'NOPAIN, NO GAIN'. This axiom more than anything has had a negative impact on weight training. Many lifters interpret this phrase to mean that if you are not hurting, then they are not training hard and long enough to get their fair share of pain. What

I had always interpreted this axiom to mean was that when you were working away on a set, fit got hard you kept going and didn't quit until the bar just wouldn't move. The pain involved is the pain that results when that last rep is achieved with good form and safety, not when you need aspirin to get up in the morning. I wish our readers would re-evaluate this phrase and interpret it to mean working hard at the sets you do, within reason.

Be aware of what your body is telling you. If there's pain, something's wrong. If you put your hand on a hot stove and only notice it's burning after you smell smoke, listen up. Before working out with an injury, consult a medical professional first if there's any doubt. Use common sense and experiment with alternative exercises or forego working that muscle group until the problem is just a memory. A change in the style of execution of an exercise can make all the difference in the world. Perhaps a change in grip or stance can bypass the pain. Don't hesitate just to give yourself a little break when you've got some pain in your back or joints. The most important thing to remember is to not aggravate an injury you have now or to overcompensate for one problem and cause another. It's better to rest to fight another day.



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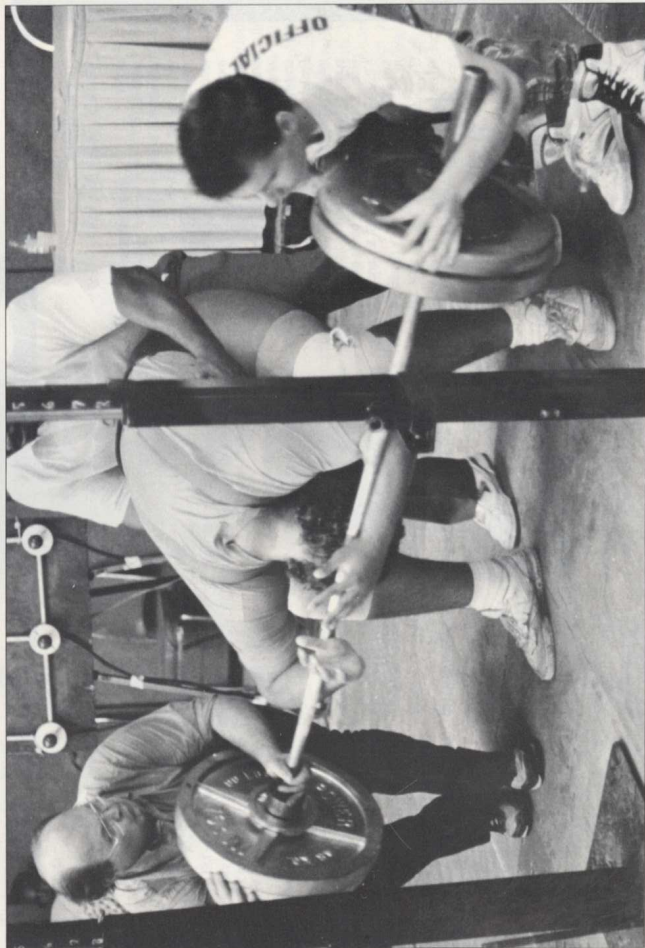
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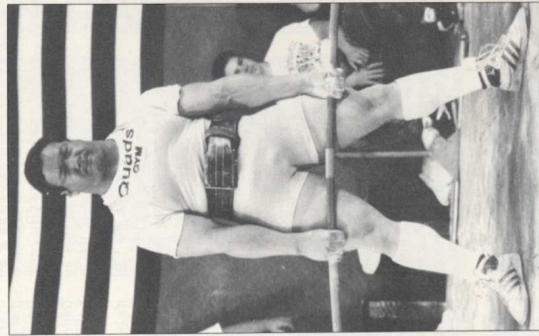
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# Ed Coan's New Deadlift Video

as told to POWERLIFTING USA by Marty Gallagher



Ed Coan's Deadlifting Power is world renowned

Powerlifters are in luck. Ed Coan, in cooperation with Quads Gym, has produced a new instructional video on the deadlift. Ed bares his deadlift soul on his new powerlifting video. This is the second installment of a projected three video (one per lift) trilogy. Ed covers all the expected bases on and a few unexpected ones. Every minute of this tape should prove highly educational to any powerlifter. Actually, anyone who trains with weights can pick up a hell-of-a-lot through watching it.

Coan offers up the philosophic tenant that everyone should train the same. The poundage would vary but the program, philosophy, frequency and exercise selection remains the same. This is a radical proposition!

Coan also gives us a thorough rundown on the technical fine-points of the three powerlifts. He goes into great depth explaining the nuances of his training routine - the same one he has used for over ten years. There is a lot of discussion on the appropriate number of sets, reps, assistance work and their optimal sequencing.

Coan has quite a few subtle wrinkles in his approach to progress. And a lot of them need to be seen to be understood. To actually see Ed doing the lifts, viewing his technique, is highly educational. Ed is a total technician and the way he performs all his movements is superb. Watching Coan deadlift is like watching Peaso paint, or Barry Sanders run, the very definition of poetry in motion. He has an off-beat approach to assistance work. It is not as predictable as you might think. His grip building section (?) is unique, to say the least.

Everything a trainee would want to know about the deadlift or how to build a massive back is described, discussed and demonstrated in great detail. It's all here. The best telling how to do it and most importantly showing us how. Watching Coan (taking his time, slowly walking through the process) is a total educational experience. He is the greatest powerlifter of all time, our Muhammad Ali.

This tape is professionally done. It's clearly shot, logically scripted and makes it's points in a nice sequential, easy-to-follow order. Ed shifts from fireside chats in street clothes, to the gym, to the chalkboard, to off camera voice-overs.

cal. So this indicates Coan has short legs and the torso length of a much taller man. Which I suppose has some sort of biomechanical significance (though I'm not exactly sure what it would be?).

Secondly, Ed was twice as wide as Willie. And Willie Bell is nobody's pencil-necked geek. Willie has pulled 826 at a 240 pound bodyweight and has a great back - thick and broad, with spinal erectors like twin pythons and slabs of muscle like polished ebony. Next to Coan, Willie looked narrow and average. Coan has the upper body dimensions of a much bigger guy. I looked at Coan's back and thought, "Yeah ... No mystery why this guy pulls 900!"

To digress further ... Another famous Chicagoan, the pride of Aurora, Wayne Campbell of Wayne's World, has asked me to pose a question to Ed. "... Ed, I have a question ... what's with the Cattle Skull that figures predominantly in the fireside chat portions of the video? It wasn't anywhere to be seen in the squat video fireside chats and it's appearance on the glass table in front of you and Tom has got a lot of people wondering ... Is it symbolic? Like Jean Luc Godard's use of the cloaked virgin in 'Symphony for the Devil' his 1968 film-noir existential movie classic? Or is it perhaps a subtle political statement you are trying to make on the decimation of the Brazilian Rain Forest? I know you and Sting are tight and hang out. Is the cow cranium a subtle attempt at living theater, like the allegorical drama best epitomized by Linda Sprinkle's controversial performance art? Help us out Ed, we're mystified.

Hey Ed, this is not some Satanic thing, is it? A lot of the guys have speculated that maybe you so strong because you did one of those Robert Johnson went-down-to-the-crossroads-and-made-a-deal-with-the-devil-for-a-lot-of-strength things ... It would certainly explain how you got so strong. Is this some 666 Heiter-Skeiter-deuil-deal-for-your-immortal-soul deal? Is it Eddie? Help us out Ed. We're serious Ed! Clue us in on the cattle skull ... Come clean - it's important!"

Anybody who is serious about either or both of the twin goals Big Deadlift/Big Muscles, should get out of \$39.00 and send it to ASAN. Sealed bids on the Cattle skull are being accepted.

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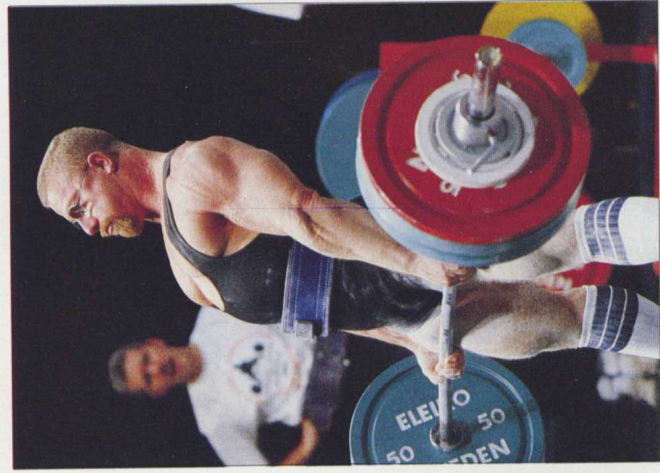
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## SALIVA HORMONE TESTS: New Technology Available to Lifters

by Thomas Fahey, California State University, Chico, Department of Physical Education, Exercise Physiology Laboratory



A Big Total Happens... when the body's hormone levels are optimal

Hormones are usually measured in blood or urine. These fluids are not very convenient for athletes who do not have ready access to a clinical laboratory. For blood, you must supply a blood sample and have nearby facilities for preparing the sample. Urine must be gathered over 24 hours to get an accurate view of your body's hormone status. Even then, urine really only reflects the metabolism of those hormones rather than their biologically active concentration.

Recent studies have shown that saliva hormones accurately reflect body hormone levels. In fact, saliva offers several advantages over blood and urine. First, saliva can be gathered non-invasively (no needles). Secondly, saliva contains higher quantities of unbound testosterone and cortisol. In blood, most of these hormones are bound to a substance called steroid binding globulin. Hormones bound to steroid binding globulin are less biologically active than unbound hormones. Saliva gives you a good idea of your levels of biologically active hormones.

Hormones are found in extremely small quantities in the body. Detecting and quantifying hormones requires extremely precise chemical detection methods that, in the past, required the use of radioactive isotopes. Isotopes are expensive, require a special license, and pose disposal problems. A new method called immunoassay is cheaper and does not require the use of radioactive isotopes. This is a very sensitive and sophisticated chemical method that uses hormone antibodies formed in animals to extract hormones from your saliva. Special analyzers detect the amount of bound antibodies and accurately measure the amount of hormone in a particular body fluid. This method is finally available to the serious athlete at a price much lower than methods using radioactive isotopes.

Until recently, hormone analysis was only available to athletes in Eastern Europe research labs. For that, Russian scientists have known that hormones concentrations in body fluids are critical markers of whether your body is in an anabolic state (building protein tissues, such as muscle, blood, and enzymes) or in a catabolic state (breaking down trained or your body is in a catabolic state following use of anabolic steroids, your cortisol levels increase and your testosterone levels decrease. Heavy training during this period will not be beneficial. You must rest or not take any anabolic steroids until your body has recuperated. Otherwise, you will not make any progress and subject yourself to injury and illness.

a high testosterone level and it drops due to overtraining, it may appear normal if taken in the context of the average person. If you know what is normal for you, then a drop in testosterone may be very significant, even though it is still within the normal ranges.

Overtraining depresses testosterone by either suppressing brain hormones important in testosterone regulation (i.e., LH). It can also directly affect testosterone secretion in the testes by inhibiting important testosterone synthesizing enzymes or decreasing the sensitivity of the Leydig cells (cells in the testes that produce testosterone) to stimulating hormones from the brain (pituitary gland).

When testosterone levels decrease, you are less capable of making gains—you don't build muscle as fast and your body has a lower fuel capacity. To make matters worse, low testosterone levels increase the effectiveness of cortisol in breaking down muscle tissue. One of the effects of cortisol (an adrenal hormone with catabolic effects on muscle) is to break down proteins so they can be used by the liver to make new blood sugar. When you overtrain, cortisol levels in your body increase, while testosterone levels decrease.

For almost 10 years, scientists in Europe, particularly in Germany and Russia, have been studying the effects of intense exercise on testosterone. They found that overtraining decreases testosterone levels in men and women. Even though testosterone levels are much higher in men than women, the hormone decreases the same percentage in response to similar training loads. When athletes decrease training a little, testosterone levels increase again. These studies show that testosterone levels are a sensitive measure of your anabolic status, regardless of your sex.

During a long, difficult season of hard training, male and female athletes experience a steady decrease in testosterone levels. The athletes develop an anabolic-catabolic imbalance. The studies show that the magnitude of change in testosterone is directly related to training intensity. When you're chronically overtrained, decreasing testosterone levels are only halted by a period of regenerative training (i.e., cutting down on training volume and intensity). Diet may also be a factor. If your caloric intake is inadequate to support an intense training program, your testosterone levels will decrease.

Depressed testosterone reflects chronic overtraining. If you measure your testosterone, you can get an excellent idea of the overall ef-

fectiveness of your training strategy - if testosterone levels are good, this is a signal that you are doing the right things in your program. You can maintain your program or even increase the intensity a little. If, on the other hand, your testosterone is depressed, this suggests that you are overtraining.

Overtraining is accompanied by a number of symptoms, depressed testosterone being only one of them. You may also experience increased heart rate when you wake up in the morning, weight loss, lack of concentration and focus, slow pulse recovery after exercise, and emotionally unstable behavior. If you have depressed testosterone levels and one or more of these symptoms, then you are probably overtrained.

There are many things you can do to help manage testosterone better. Train smart! Know when to get enough rest and when to increase your training program. Learn to cycle your program, balancing heavy, moderate, and easy workouts. Know that sometimes it is more important to rest and recover rather than push to the max. Learn to eat like a champion. Eat a well balanced diet that contains enough calories and proteins to help you train and compete effectively. Minimize stress and get enough sleep. Lead a well-balanced life that involves more than training and getting stronger. Also, sexual activity helps stimulate testosterone.

Cortisol is a glucocorticoid hormone produced by the adrenal cortex. The adrenal glands are hormone secreting organs that lie on top of each kidney. These hormones are essential to life. Even though they are catabolic, you have to have some breakdown in your body to survive. For example, they are critical for sugar and fat breakdown in reactions that provide energy. They help regulate glycogen stores in the liver, maintain blood sugar, and activate the breakdown of fat for energy. They play an important role in the function of the immune system - the processes your body uses to fight disease. They inhibit inflammation in damaged tissues. They have catabolic effects in muscle, bone, and connective tissue - they prevent anabolic reactions and speed tissue breakdown. Some tissue breakdown is normal and desirable. These soft tissues are in a constant state of turnover and cortisol is part of the process.

The normal range in young adults for salivary cortisol measured in the morning is 100-300 nmol/L. If your morning reading is greater than that, or it has increased significantly over previous measurements, then you may be overtraining, ill, recovering from injury, or under significant emotional stress. Whatever the cause, it will be very difficult for you to make significant gains in training with elevated cortisol. You must get to the bottom of the problem. Training related increases in cortisol are best handled with rest or decreased intensity of training. Medically related increases in cortisol should be evaluated by a physician.

Overtraining increases cortisol levels while decreasing testosterone levels. This has many unfortunate effects. Muscles and soft tissues go into a catabolic phase, making it difficult or impossible to make any gains in strength and muscle size. Blood pressure increases, which partially explains the increase in morning heart rate. Rapid eye movement, sleep (REM), the sleep period most associated with physical res-

earch, is drastically reduced. High cortisol levels associated with over-training may also cause severe psychological disturbances. Depression, nervousness with period of euphoria, is very common. People with high cortisol levels may also exhibit manic behavior (extreme excitement). Athletes may even exhibit psychotic behavior, an extreme form of mental illness. Approximately 10-15 percent of athletes taking anabolic steroids are thought to show some degree of psychosis while on the drugs. Cortisol levels increase when athletes are taking anabolic steroids, particularly when the dosage is high. High cortisol levels may explain sometimes bizarre behavior in steroid users.

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## Powerful Promotions A New Training Facility That Incorporates Bench Champ Scott Werner's Philosophy as told to POWERLIFTING USA Magazine by G. Marly

Scott Werner, who holds the world record in the bench press (530 lbs. at a bodyweight of 165 lbs.) is pleased to announce the opening of Powerful Promotions, a conceptually unique training facility in Chevy Chase, Maryland. What Scott believes will differentiate his gym from others is his philosophy of a limited membership base. Although Powerful Promotions will cater to all genres of athletes, concentration will be placed on one-on-one instruction with each member. To ensure a favorable trainer/member ratio, Scott intends to limit his club memberships to 400. With this limited membership, Scott feels each member will get the special attention they deserve. Let's face it, we have all been to gyms where a good majority of the clientele are using equipment incorrectly or exercising inefficiently. Or, how many times have you had to rely on others, who may not know what they are doing, to spot you, call your depth in the squat, or give you a lift-off? A gym should provide knowledgeable staff

who can assist members in every area of their training, whether that be increased powerlifter or bodybuilder. This is precisely why Scott is so determined about the direction he will take Powerful Promotions. "In the old days, a new member to your gym would pop down his initiation fee and his yearly dues and then be turned loose, left to his own devices. Basically, for his cash, he gained the use of the equipment..."

Scott Werner... in a short taken by Bert Wagner (who will be the photographer for Powerful Promotions, with a studio within the complex) is taking the drive he has shown to become the best in the bench press and using his background in the health club business to develop a successful new niche in this financial arena.

"In the old days, a new member to your typical, run-of-the-mill gym would pop down his initiation fee and his yearly dues and then be turned loose, left to his own devices. Basically, for his cash, he gained the use of the equipment..."

The real trick is how you advise your members when they hit a physical sticking point. Powerful Promotions will provide weekly counseling sessions to our members to assess what has happened during the past week in their training, and suggest changes if their progress was negligible. Our clients will get the attention they deserve to ensure progress every step of the way.

Charter members of Powerful Promotions include Kirk Karwowski (three-time world powerlifting champion) and Claudia Wagner (national recognized powerlifter and physique competitor). In addition, Scott says, "Powerful Promotions will have national and world champion lifters and physique competitors, as well as amateur and professional athletes from a wide range of sports. We will definitely provide the hard core training environment for the serious athlete."

In addition to the state-of-the-

art training facility, Powerful Promotions will be home to Bert Wagner's photography studio. Scott remarks, "We are pretty excited about having Bert aboard. In addition to providing professional style physique shots for our bodybuilding clientele, we will take before, during, and after shots of all our members. Photos are a valuable motivational tool. As Bill Pearl says, 'Photos don't lie.' Our members will see what is happening to their body structure and shape. It's a great motivator to know you have a photo shoot coming up. It makes it a lot easier to push those extra reps and tighten up that diet. We also have local and national physique competitors calling to book time. Bert's had covers for *PI*, *USA* and his photos have been published in *MUSCLE & FITNESS*."

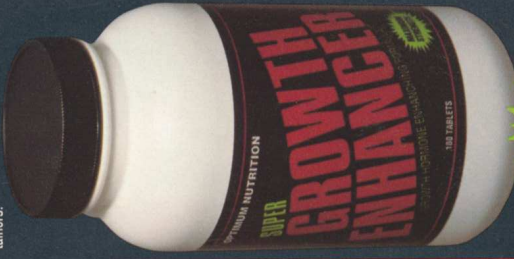
As for his own competitive plans, Scott... is leaving that as a mystery for the moment.

Scott invites any serious athlete to stop by for a workout when they are in the Washington, DC area. They gym is located at 6831 Wisconsin Avenue, Bethesda, Maryland 20815. Their telephone number is 301-718-8648. It's only a five minute walk from the subway which will take you anywhere in town, and at least five top flight hotels are located within blocks of their facility. Powerful Promotions will also be open 24 hours a day, so there should be no complaints about limited hours.

Scott wants you to know, "If you are planning a trip to the Washington, DC area, please call us, we'll help you make hotel reservations and you can train with us during your visit."

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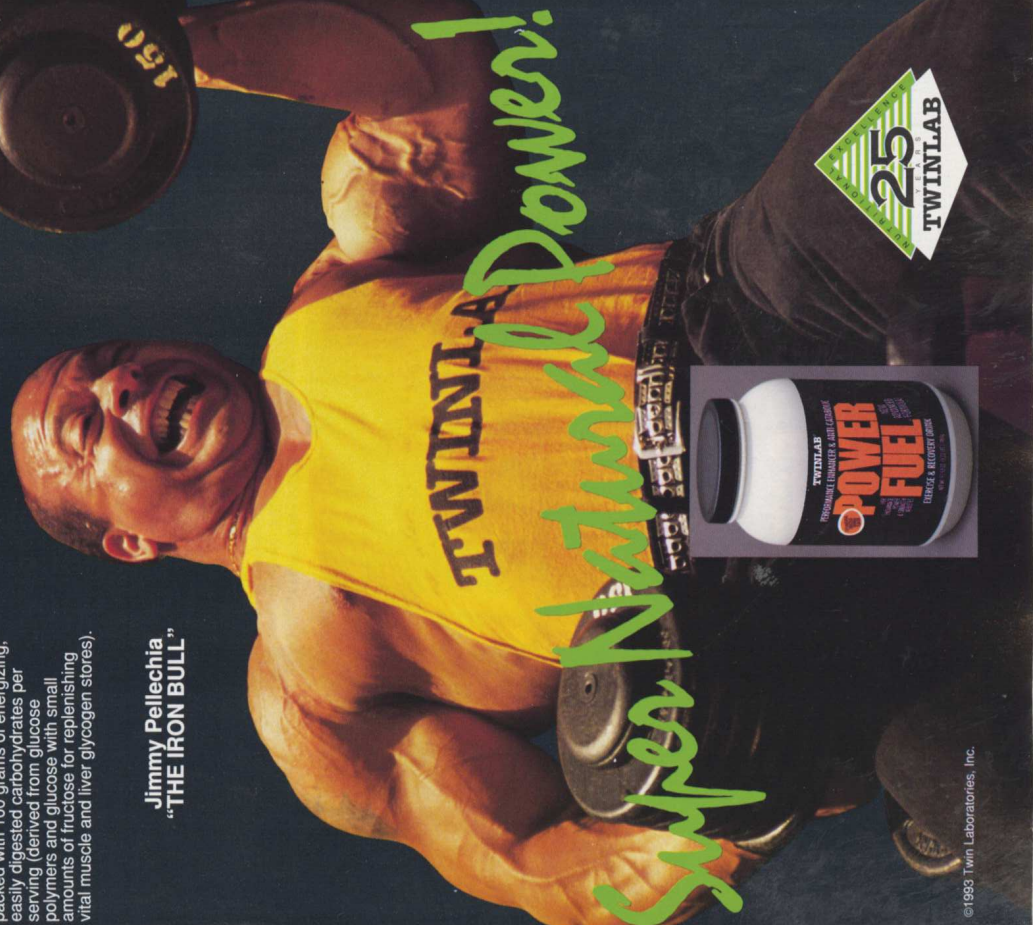
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# TOP 100

For 220 lb./100 kg. USA lifters competing in results received from February 1993 through January 1994.

SQUAT	BENCH	DEADLIFT	TOTAL
831 Cain, E. 6/18/93	662 Coffey, C. 11/20/93	859 Coan, E. 6/18/93	2347 Cain, E. 6/18/93
840 Moore, P. 3/27/93	627 Kellum, J. 8/28/93	800 Webster, W. 3/13/93	2044 Webster, W. 3/13/93
850 McRae, 3/20/93	600 Bonifant, K. 9/18/93	2006 Bell, G. 3/17/93	755 Schlap, S. 2/20/93
860 McFerson, 3/20/93	591 Sahlhoff, B. 6/05/93	749 Stoll, R. 8/7/93	2157 Sahlhoff, B. 6/05/93
870 Wright, D. 2/27/93	550 Whelan, J. 9/18/93	1956 Helgenberger, 8/7/93	1956 Helgenberger, 8/7/93
880 Schlap, S. 2/20/93	530 Duggan, L. 6/26/93	730 Woodside, 8/24/93	1940 Schlap, S. 2/20/93
890 Schlap, S. 2/20/93	530 Wessels, W. 10/19/93	727 Cain, E. 7/10/93	1923 Urechik, S. 8/7/93
900 Wessels, W. 10/19/93	525 Hennricks, S. 5/16/93	727 Riley, E. 7/10/93	1890 Johnson, K. 4/9/93
910 Wessels, W. 10/19/93	523 Ball, G. 3/13/93	720 Murphy, J. 12/4/93	1884 Webster, A. 7/24/93
920 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
930 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
940 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
950 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
960 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
970 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
980 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
990 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93
1000 Wessels, W. 10/19/93	516 Ball, G. 3/13/93	716 Ball, G. 3/13/93	1880 Franzer, 11/11/93

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

# NEXT MONTH... TOP 242s

Connections: Donnie Enayes's 625 lb. squat at 198 was not reflected on the TOP 100 list for that class. Ritchie Creevy should not have been listed on the TOP 100 list for the 181 lb. class in the bench press category. J. Drazzil's 400 lb. bench press at 181 from the NANSAM-Summer-Bench-Press-Championship of August 1993 was not on the TOP 100 list. The correct spelling of Ed Kranski's name was not used in the results of the APA Nationals published in the February 1994 edition of PL USA. The photo published with the results of the June 4th Hawaii State Bench Press Championships, actually should go with the results of the July 27th, Hawaii's Best of the Best Bench Press Championships. Jay Rosciogian should have been credited with a 711 squat on the All Time 165 lb. squat rankings. John Enayes's lifts of 536-369-578-1504 at 181 were not reflected in the compilation of the TOP 100 181 lb. rankings. Claudia Wegner should have been credited with lifts of 515 squat, 215 bench press, 856 total on the Women's TOP 20 148 lb. listing. On that same listing, Ashley Boyce should have been credited with a 580 deadlift in the 132 lb. division. We apologize for these errors, however, there is a large amount of material that we handle in making up the lists, and mistakes do occur on occasion. Send any future corrections you find in the magazine to "ERRORS," P.O. Box 467, Camarillo, California 93011. We are sorry about any and all errors and hope to publicly correct them for you.

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# INTERVIEW

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

## CYNDI REGAN as interviewed for PL USA by Bob Gaynor

**BG:** Give us some personal info.  
**CR:** I am 45 years old. I have a masters degree in Education. Presently I work for the University Of Illinois and am a Youth Development Educator. I have been competing in Powerlifting for 13 years.

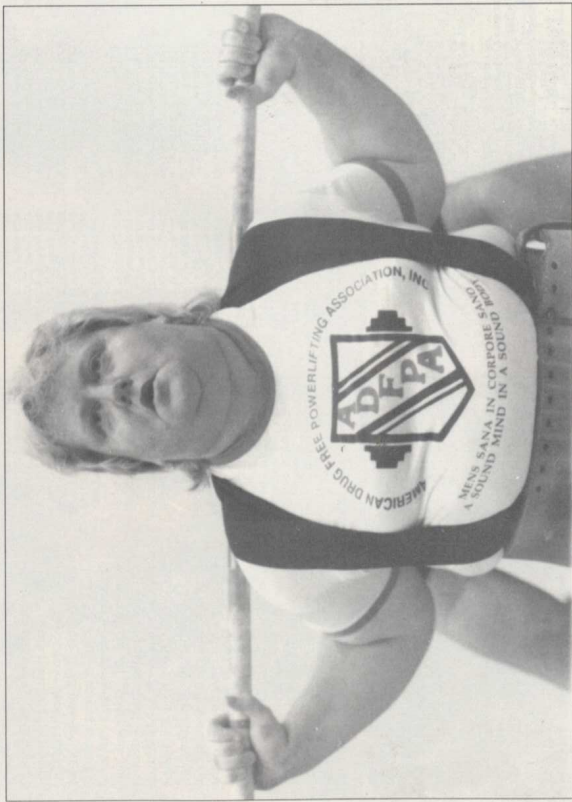
**BG:** Cyndi, how did you get started?  
**CR:** I actually got started out of curiosity. I was a racquetball player and basically used the weight room for strengthening my legs for lateral movement. One day while doing my routine, I was interrupted with loud groaning coming from the squat rack. My attention became occupied with watching two young guys in their twenties staining with 205 lbs. Since I was already pushing 220 lbs. on the Universial with one leg, I thought "You've gotta be kidding". But, because I am not one to try to intentionally blow someone's ego, nor do I like to set myself up, I waited until they left. I went over and squatted the weight easily. I then added some more weight. I kept going until I got to 265 lbs. at which time a young man who had been watch-

need to get a life! I am impressed with the amount of weight some of the users can do, but I am not impressed that it takes them and their friends to do it. I'm certainly not impressed with the lying that goes along with it either! But, there is something to be said about bliking the public into believing someone is good or the best in their sport. The bottom line is if you can live with cheating and know people are watching you I guess, then, you can convince yourself you are good!  
**BG:** What about drug testing?  
**CR:** I'm for it! There needs to be more of it! It also needs to be done impromptu. If you say you are not a user, then you should have no fear of being tested anytime or anyplace. Some people feel the embarrassment of urinating in front of an observer of the same sex is asking too much of them to establish the lifting world that they are clean. I personally have had this luxury many times. In one sense I am glad. In another I doubt the validity of RANDOM chosen testees. The probability of a given tested out of a given number is not as often as it turns up. Sometimes fear the other, we rest those we know are clean so as to keep the spotless or near spotless record we have been known for - letting, perhaps, the user slip by. They begin to establish themselves as a reputable lifter in a drug-free organization, until someone when they hit a RANDOM sampling. I personally would like to see a muscle biopsy of the Elite lifters. My money says there would be a lot of scrambling, and ex-cuses by some.

**BG:** Do you follow any special diet?  
**CR:** Not really. I try to eat lots of complex carbs, and I watch the fat content. Since I am not actually trying to

Mojik Jones in 1985, 330 lb bench at the Masters Nationals in 1990 and a 435 lb. dead at the same Viking meet.  
**BG:** What are your future goals?  
**CR:** To keep those records! I hate if we ever get the drugs out of this sport. I'd like a crack at the Olympics. But, thanks to the people who feel it necessary to cheat and lie about it, I most likely will be in a rocking chair reminiscing. Being the holder of 11 of 12 World Records in drug-free competition, 8 at the Masters Level, and 3 at the open, I would like to continue to work on 7 of those since I can't touch those out of my mind (40.44).  
**BG:** What about steroid use?  
**CR:** Steroids are for losers. Those people who need something to help them win outside of food and natural supplementation

ing me came over and introduced himself to me. He was a competitive powerlifter. He explained to me it would be a lot easier if I put my heels on the floor. I did so and by the end of the workout I had hit 325 lbs. He explained to me that the records for the state were 265 lbs. in the squat, 137 lbs. in the bench, and 350 lbs. in the deadlift. I decided right then that I'd compete when I could beat the squat by 100 lbs. So five months later I entered my first meet. That was held in Stevens Point, WI.  
**BG:** What are your best lifts?  
**CR:** Gym: 535 full squat, 365 heavier than hell bench, and, of course, as everyone who knows me knows, my favorite (I do this 3 times a year) lift - the dead - 465. I use the legs, hitching at the top - lift. Competition: 518 at the Minnesota Viking meet put on by



Cyndi Regan at the 1992 ADFFPA Women's Nationals in California. Her drug free world records are very impressive.

make weight I don't go through some of the radicalness some people seem to have to go through to get down. I am, however, a little more concerned with not trying to add weight. Now that I am in that 45-49 Masters group, I am concerned about gaining. Since November of 1992 I have lost approximately (depends on whose scale) 28 pounds. I have also seen a substantial loss in my bench, while my leverage seems to be coming back.

**BG:** What kind of training program do you follow?  
**CR:** Squat - twice a week, bench - twice a week. Shoulder/back - once a week. I do one heavy of both the squat and bench and always hit the shoulders and back heavy with other auxiliary work there because I do not deadlift until contest.

**BG:** What advice would you have for beginners?  
**CR:** Take your time, learn proper technique and enjoy yourself. The time you put into powerlifting takes away from other things you might like to do, so make sure you are enjoying it. Also, this is not cheap entertainment if you really start competing. Make sure you can afford the sport.

**BG:** What is the status of Women's Powerlifting?  
**CR:** I think there are members of the Women's movement in Powerlifting who have strengthened the sport. I also think that women's lifting has provided a new avenue for strong women. I have enjoyed 13 years of its growth, first as a USPF member, and now as an ADFFPA member. Also, a lot of the younger members coming into the sport want to see more growth and more political involvement in the total lifting picture.

**BG:** What do you feel the future holds for Powerlifting?  
**CR:** Depends on the strength of those involved now, and the marketing of the positive things it does for the individual as well as the total participation. I see no place for steroids or other drug usage. I see powerlifting in the Olympics. I see the ADFFPA marketing itself as the leading powerlifting organization because of its principles and the backing of the government as it recognizes that drug-free athletes are going to take stronger positions as role models for youth in the war on drugs. Since powerlifting is not considered a team sport like football, or baseball, but a personal best sport, the talent that already exists among the various lifting organizations could, if it wanted to and had the proper leadership, make a tremendous impact on youth.

**BG:** You are the Drug Free Education Chair for the ADFFPA. What do you see your duties as?  
**CR:** To help get the word out on the "truth" about drugs, usage, and damage. I'm also working on a Speakers Bureau. Currently, there are people willing to speak to schools, organizations, and other groups in 14 states. Every person who answered my message in the Powerlifter magazine has received material to help them in their engagements. Some of the material is reprintable and some comes from sources ready to go. It isn't like we have no evidence anymore on the harm steroids cause. Much of the current evidence, if one uses the given gift of reason, would make one stop in horror at what potential harm there is to the body. Much of the damage has been proven to be irreversible.

### USA All Time TOP 100 Squatters-1981 compiled by HERB GLOSSBRENER

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**ALL TIME COMMENTARY:** Early last year Tony Kamand took over the top position of all time, dropping Ball to 2nd and the immortal Mike Bridges to 3rd spot. I was witness to Mike's 837 which was a perfect lift and will always be deeply etched in my mind. His legend lives on. What a collection of greats left their mighty squats to be immortalized: Coan, Gauger, Wright, Hatfield, the list goes on. Take note - a sequence of lifters who have done 705 is not out of order, although it may seem so. Those who made their lift on a kilo bar get credit for being slightly heavier. Over half the men on the list surpassed 700. For all practical purposes, Jim Grudzen did too as his 317.5 kg. squat is actually 699.97 lbs. Talk about splitting hairs. Overholzer's 705 is the oldest mark, going back to 1970. You can thank the grand-daddy of wrapping for your supportive equipment today.



Herb Glossbrenner

Mike Bridges with 837 at the 1992 Seniors

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**From the New ADFFP President...** Comments in the report on the WDPFF World Championships and an anonymous letter from an IPF supporter with regard to this event do, I feel, beg some sort of an explanation as to what the WDPFF is really all about. The need to remain anonymous is in itself something of a clue to answer the question posed by the fearful mystery writer. Why would anyone want to belong to a struggling organization with less status (depending on one's values), perhaps less polish, no government recognition or financial help and where the lifters themselves usually have to do the organizing and officiating, often at considerable personal expense? The answer, of course, has a lot to do with having integrity and the guts to stand up to be counted. I would not, for instance, expect a WDPFF sympathizer to ever feel the need to write anonymously, on any issue. Whatever our problems may be, we are still a very successful international organization. A sense of realism is also necessary to be able to understand why clean lifters would prefer to be associated with a body known to be applying all the elements of an effective drug control policy, not just the minimum, forced upon them by governments embarrassed by drug scandals.

There is another very obvious and practical reason for lifting with the WDPFF and its National bodies. The records are reachable! Our records have not been set by people who were not subject to a proper all year round drug control program, at all levels. Although no affordable drug control system can be considered perfect, the absence of any of the basic principles lays waste to the claims that any organization may make, to being anti-drug. The basic principles are: out-of-competition nil or short notice testing, a reasonable level of in-competition testing which includes an element of targeting on any basis, including suspicion, appearance, hearsay, behavior, performance, or improved performance and realistic penalties including life bans for first offences. Life bans must include the retrospective removal of all records and past performances, as for practical purposes, it has to be assumed that, once a cheat, always a cheat. It must also be possible for lifters and officials in one country to target lifters in another country. The acceptance and application of all these principles has to be part of the criteria necessary to be accepted as a member nation. If you belong to an organization which doesn't apply all these principles, then you belong to an organization which CANNOT claim to be anti-doping.

On the subject of cheating, I notice that in recent months it seems to have become the vogue in some quarters to claim that going the drug route is a matter of personal choice, some sort of God given right. I think these people should be reminded that all sporting bodies officially regard such a practice as cheating.

With regard to the report on the WDPFF Worlds in Canada, it is rather unfortunate that the writer talks about the "Unofficial Team Title" thus giving the impression that something which should have been there was missing. It should be noted that the WDPFF adopts a non-nationalistic stance which outlaws all team aspects. In the WDPFF the lifter gets the credit, not his country or a team official on a free trip. When the WDPFF came into being in 1988, it was agreed unanimously that the principles which had been led to believe are inherent in the International Olympic Movement should be good enough for the Powerlifting World. The Olympic Games is not supposed to have anything to do with country against country. It is supposed to be about athletes against athletes and being part. This, of course, rules out team sports, team awards in individual events, and national anthems. There are sound practical reasons for such principles and the Olympics Games is not supposed to represent a political platform for any nation to demonstrate its superiority over another. Some years ago certain black athletes were castigated by the sporting establishments for demonstrating the black power salute while on the rostrum. What hypocrisy! Apparently, it is quite acceptable for nations to use the Games as a political platform, but not individuals. The WDPFF decided that not only would it adopt the Olympic ideals, it would also set an example to the rest of the sporting world by practicing what it preached.

We have our share of people who are fearful of change and who cling grimly to the past. We also have people who seem to think that Powerlifting is some sort of art form and that lifts performed in a perfect manner are more meritorious than anything else. Going nine for nine in perfect form is usually pretty boring watch. In general the WDPFF has shown itself to be a progressive organization putting the interests of the lifter and lifting first. We have sought to remove rules which detract from the lifter's ability to lift bigger weights, while still keeping the lifts reasonably safe and under control. I am thinking in particular of the removal of the stoping rule as a cause of failure on the Bench Press and Deadlift. This is not only popular with the lifters, it's better for the audience and makes the referee's job easier. It is also noticeable that other organizations have followed suit. I personally believe we can go much further down this road and it is obvious that there are people in other organizations who think the same. One thing is certain, the trend towards removing causes for failure has been extremely popular and has in no way detracted from the sport.

I wish to be on record as stating that the introduction of further artificial aids like the Bench Shirt do not, in my opinion, have anything to do with a progressive attitude. Despite the financial incentive offered by manufacturers, the ludicrous and image damaging monstrosity has fortunately been consistently and overwhelmingly rejected by the WDPFF committee. Curiously enough, it was reported in "British Powerlifter", a supplement to "International Powerlifter" magazine, that the Bench Shirt was only accepted by the IPF via a proposition put up under another business. If this is true, then according to my understanding of committee procedures, this move must surely be unconstitutional and the result therefore null and void. According to my experience with people from this organization, those who have complained are unlikely to do any more than just that, complain about it. One official wrote in the same magazine that he was so incensed about it that he thought of resigning, but then, of course, changed his mind. I have often wondered exactly what it would take to make some of these people resign. WDPFF business has to be conducted according to "Robber's Rules of order". I would be very interested to know, under what rules of order, if any, the IPF conducts its business. Yours sincerely, Ken Smith, President, WDPFF.

**From the New ADFFP President...** As of 2/1/94 I have become President of the American Drug Free Powerlifting Association. Mr. Alban Siegel has resigned the Presidency, but he will continue with the A.D.F.P.A. as a meet director. My main goal as President will be to promote drug free powerlifting at all levels. To achieve growth and national acceptance for powerlifting in general and the A.D.F.P.A. specifically, the public must be educated. Powerlifting must become a "recognized sport". There are many ways to accomplish this; promote meets, hold seminars, establish high school programs, etc. I am committed to work towards these goals and welcome input from anyone.

The A.D.F.P.A. offers the drug free athlete the widest array, drug tested competitions. We are truly a national organization. We offer meets in all sections of the country. We have a full slate of national meets every year. Our officials are trained and tested prior to being issued their cards. Truly together the A.D.F.P.A. will be the organization of your choice. For anyone wanting information on the A.D.F.P.A., the address of the National Office is: A.D.F.P.A., 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-2662

The A.D.F.P.A. still has some states that do not have a State Chairperson. We also have many committees that need members. If you would like to get involved, please do not hesitate to call or write. It is only through your help that we will grow. There are many ways to help powerlifting grow. Meet promoters and officials are sometimes unnoticed, but we cannot grow without them. Remember, whatever you can do will help. I have been involved in powerlifting since the mid 60's and look forward to reuniting old acquaintances and making new ones. If we exchange ideas and work towards a common goal, powerlifting will grow.

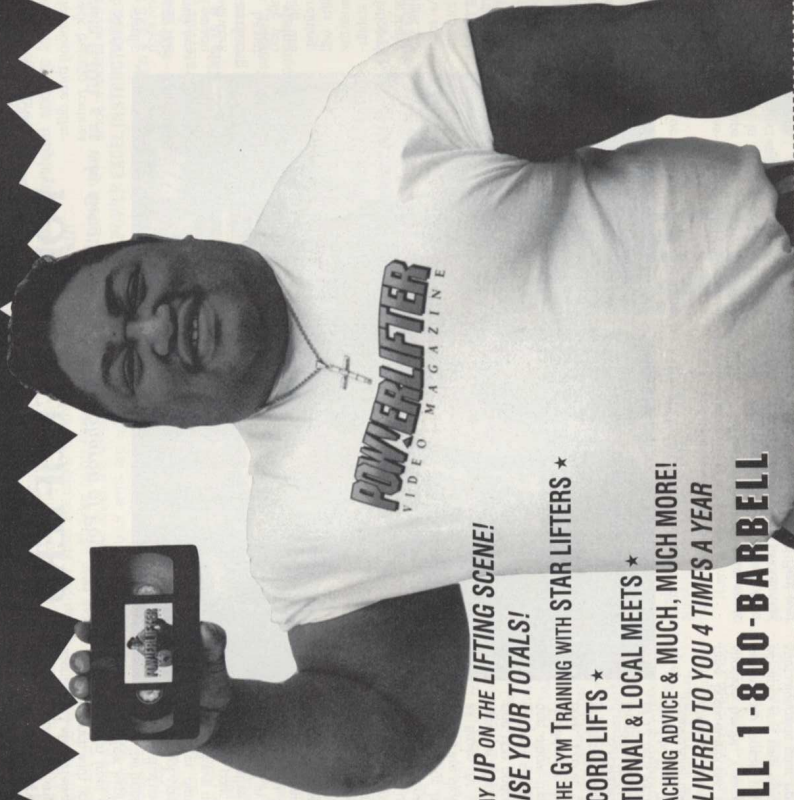
The following is a list of National Meets for 1994: **Armed Forces**, March 19, Johnny Graham, 1706 Shoemaker Drive, Killen, TX 76543, 817-539-6034; **Lifetime**, April 2/3, Brian Washington, PO Box 20042, Baltimore, MD 21284, 410-944-2866; **High School**, March 12/13, Mike Foglia, 4041 11th Place, Des Moines IA 50313, 515-246-1224; **Collegiate**, March 12/13, Mike Hyde, PO Box 201905, Minneapolis MN 55420, 612-869-1213; **Women's Open/Ten**, May 7/8, Dennis/Sandi Brody, 5237 W. Melrose, Chicago IL 60641, 312-481-2914; **High School Benchpress**, May 14, Larry Miller, 5864 North Oval, Solon, OH 44139, 216-248-3010; **Men's Teen**, July 9/10, Mike Cissell, 1296 Henke Road, Lake St. Louis, MO 63367, 314-625-1242; **Men's Open**, July 16/17, Dennis/Sandi Brody, **Deadlift**, July 30/31, Bob Gaynor, 19 Sunrise Drive, Mountaintop PA 18707, 717-474-6111; **Bench Press**, October 9/10, Bob Gaynor, **Police/Firefighters**, October, Pete Gisondi, 21 Richhill Road, White Plains NY 10605, 914-686-0727; **Masters**, November 5/6, Tom Trecoth, 411 Belmont Drive, Palatka FL 32177, 904-328-4804.

Bob Gaynor, President, American Drug Free Powerlifting Association



ADFFP Lifters, like Chris Stapanides are looking at some changes.

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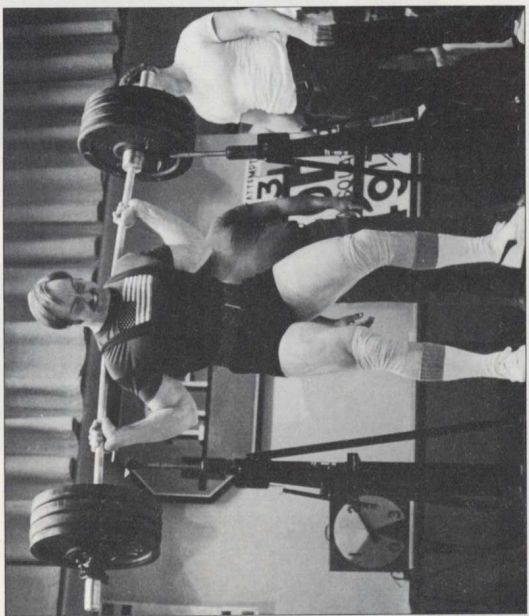
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# TRAINING

## UPPER BACK TRAINING FOR POWERLIFTERS

by Greg Reshel and Asher Sharon of Power Excel



John Kuc used his undeniable upper back strength to stabilize the bar in the squat. (Pope)

ears with your arms mostly straight and no heaving, hitching, and bouncing of the weights. Hold bar at arms length as you shrug shoulders up as far as possible behind your ears. Always keep head facing forward and slightly down. Lower the weight slowly. Do not bend elbows as you shrug your shoulders as the bar is only there for resistance and no to be raised to a certain height.

2. Seated Bent-over Lateral Raises - 5 sets of 8 reps with heavy weights. How To Perform Seated Bent-over Lateral Raises - Sit at the end of a bench with your legs and feet together in front of you and your feet kept somewhat

out to the front. Bend forward so that you are folded on top of yourself. Hold plates or dumbbells together down next to your legs with your palms facing each other. Maintaining yourself in that folded position you will sweep your arms up and out laterally slightly forward so that at the top of the movement your arms are roughly parallel to the floor and your hands are at a level slightly below your elbows and as far forward as the top of your head. Your elbows are slightly bent at all times. At the top an observer standing alongside you notice that you formed a straight line from one elbow through both shoulders to the other elbow. Lower the weight slowly to the starting position.

3. Seated Alternate Dumbbell Presses - 4 sets of 12 reps with moderate weights. How To Perform Seated Alternate Dumbbell Presses - Sit on bench and raise both dumbbells laterally to shoulder height. Your elbows will be vertically beneath your hands at all times and your dumbbells will start alongside your body outside your shoulders at shoulder height. While maintaining one dumbbell at the start position raise the other dumbbell overhead and slightly outward as if it was tracking vertically with a cylinder. While lowering this dumbbell raise the other dumbbell in the same manner. The resultant motion is a see-saw effect with the dumbbell dropping while the other is raised but always maintaining your elbows vertically beneath the dumbbells and the motion of the dumbbells is contained within a vertically parallel path.

The following exercises will be performed in pairs in superser fashion so that there is no rest between the first and second exercises but

there is rest before returning to the first exercise of the pair.

4. Steep Incline Circular Path Front Dumbbell Raises - 3 sets of 10 reps. How To Perform Steep Incline Circular Path Front Dumbbell Raises - Sit in a variable incline chair tilted at 10-20 degrees from vertical with your shoulders squeezed back together and your shoulder blades pressed back tightly against the pad of the bench. Hold dumbbells at sides with palms facing back and thumbs pointing toward each other. Raise the dumbbells simultaneously forward and outward so they describe a circular pattern in front of your body. At the top your dumbbells should touch head to head with your palms down and your thumbs toward each other. Lower the dumbbells in the same path slowly. Always maintain your shoulders pinched back together and your shoulder blades pressed back tightly against the pad of the bench. Superset with:

5. Wide 30-36" Grip Upright Rows - 3 sets of 8 reps. How To Perform Wide Grip Upright Rows - Grip the barbell overhead with your index fingers 30-36 inches apart. Cock your wrists back so that your palms face the floor and lock your wrists in that position. Keep your shoulders maintained in a locked back and down position so that your shoulder blades are pinched close together and pulled down toward your hips. Your chest will be thrust forward in this position. Stay in that posture with your back flat and leaning slightly forward from the hips as you raise the bar to the level of the bottom of your pecs (about midchest). Remember to keep your shoulders pinched back at all times and to keep your wrists locked back at all times. Lower the bar slowly to the starting position.

6. Front Barbell Presses from Chin Height - 3 sets of 8 reps. How To Perform Front Barbell Presses from Chin Height - Stand or sit with a barbell held at chin height and several inches in front of your face. Your elbows should be thrust forward so that they are vertically under the bar. Your elbows should be maintained forward at all times. You may feel like you are squeezing yourself to maintain a position with your elbows vertically under the bar pressed to a position several inches in front of your body and nearly arms length overhead. The bar path is always vertical and the bar never goes rearward to go above your head but rather stays in front of you the same path. Superset with:

7. Palms Down Overhead Flies - 3 sets of 12 reps. How To Perform

Palms Down Overhead Flies - Stand or sit with your head thrust forward and your arms outstretched to the sides and your palms facing the floor. You should be holding weights or dumbbells in your hands with your thumbs facing forward. Your shoulder blades should be pulled back and down so that you are at the bottom of a shrug motion with your shoulders squeezed back at all times. Lift the weights out to the sides and overhead until the backs of your hands are nearly touching and your arms are nearly behind your head with your palms facing outward. Now lower the weights slowly until your arms are again horizontally out to the sides at shoulder height.

8. Chest Supported Elbows Out Barbell Row - 5 sets of 7 reps. How To Perform Chest Supported Elbows Out Barbell Row - Raise a bench to a height where, when lying face down on the bench, your hands barely touch the floor. Place a barbell perpendicular to the bench and underneath it. Lay face down on the bench and grasp the bar with an overhand grip and your index fingers over your head of the bench and press your chest into the bench so that your shoulder blades are squeezed back together and down, shortening your back and lengthening your neck. Lift the bar by raising your elbows out to the sides to that your upper arms are at right angles to your body at all times. Stop raising the bar when it contacts the bench. You may wish to cock your wrists back so that your palms face the floor as this will help you to maintain the position of your arms straight out to the sides. Lower the bar slowly until your arms are fully extended but do not release your shoulder blades. They should remain squeezed back fully at all times.

Remember to take as little time as necessary to rest after each superset and to work as heavy as possible but only with weights that you can handle in good control. Cheating these exercises will not help your upper back stabilizing muscle groups as cheating will only put the stress on different groups, not stimulating the upper back stabilizers to grow.

If you need further explanation or you have any questions, please contact us at Power Excel, 2809 S. Superior St., Milwaukee, WI 53207, 404-769-1211 or 414-769-1760. Give the routine a try and let us know how it works for you. Remember, a hard working athlete of average talent with a good training routine can usually out-perform a more genetically talented lifter. It is all up to you and how hard you are willing to work!

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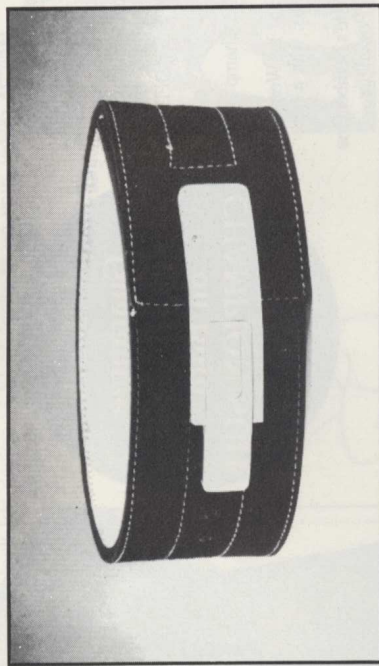
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I have something very special to share with you. It's a letter I received in 1981 from my older sister Judy. When I received the letter I had been powerlifting for close to three years. At the time I was the worst lifter in the world or anywhere else for that matter. I lost all the time. In my first seven competitions, I finished dead last. I wasn't just beaten either; at times I was absolutely destroyed. It wasn't uncommon for me to find myself two or three hundred pounds behind the leaders going into the deadlift. After the deadlift.... well, the leaders weren't even in sight. I hate to admit this, but some guys could have beaten me without even bench pressing. Their squat and deadlift combined totaled more than I totaled on all three lifts. Heck, women and children could have beaten me. In fact there was even a joke going around that the American Athletic Union was going to revoke my lifting card because I was impersonating a powerlifter. At least I think it was a joke.

Anyway, after one particular humiliating defeat in which I injured both my shoulder and back I decided to quit powerlifting. I decided to quit trying. I called my father and informed him of my decision. Five days later I received the following letter from Judy. It's a beautiful written letter. One that I'm sure will inspire you as it has me. Let me read it to you. Her words are both poignant and motivational.

Dear Judd,

Dad just informed me that you have decided to give up powerlifting. In all honesty, I was surprised to hear of your decision considering how much you love the sport. I know that things have been tough for you these last few months, but I also know that you can rise from the ashes of the past if you persist. Life is not easy, Judd. It's God's greatest challenge to us.

Nothing worth having comes easy or natural. You've got to be

## Dr. JUDD

### A LETTER FROM JUDY

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

patient and work at it if you're going to succeed in life.

The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done, no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but that trying always makes things better and provides immense self-satisfaction. Defeat is in your head, nowhere else. If you think you can't, you won't, conversely, if you believe in yourself, really believe, there is nothing you can't do. You can go to the stars - the world can belong to you.

Great men are generally at their best when their backs are at the wall. Adversity stimulates them to rise to the occasion and in many cases, it drives them beyond their mental and physical parameters. To such people, Judd, belongs the world. Perhaps when he said, "the ultimate measure of a man is not where he



Dr. Judd Biasiotto went on to be a great lifter.

Aesop's story about the crow? It's an inspiring tale. A prime example of how intelligence, hard work, and perseverance can lead to success. As you may recall the crow was dying of thirst, when he came upon an abandoned pitcher of water. Unfortunately, the pitcher was only partially full. The crow put his beak into the pitcher only to find that he couldn't reach down far enough to get to the water. He stretched and strained, but no matter how hard he tried, he could not reach the water. He seemed destined to die of dehydration, ironically with water only inches away.

But then the crow came up with an idea. He found a pebble nearby and dropped it into the pitcher. When he looked into the pitcher, the water didn't look any closer to the top, but he didn't give up on his idea. He found another pebble and dropped it into the pitcher, then another, and another. On the verge of dying of thirst, he noticed that at last the water had risen high enough to the top of the pitcher for him to get a drink. Through his persistence he survived.

Like Aesop's crow you have to continue to persevere when things look the darkest. Never quit, Judd. I've lived long enough, experienced enough, and learned enough to know that anyone who believes in himself has the potential for greatness. Believing opens the door for success. It sets power to flowing when you need it most. Even our Lord told us in the Scriptures that nothing is impossible to us if we believe. In order to deal with adversity you have to believe in yourself. You have to look at things not the way they are, but as they can be. You can do anything you want in life if you believe. Trust God, believe in yourself and you can do amazing things.

Of course I want for you whatever you want for yourself, but don't sell yourself short, Judd. You are the type of man whose potential is limitless the world can belong to you.

I love you, Judd.

Judy

Isn't that great. Over the years I've read Judy's letter hundreds of times. Without question it has had a significant impact on my lifting career as well as my life. I hope you find it just as helpful.

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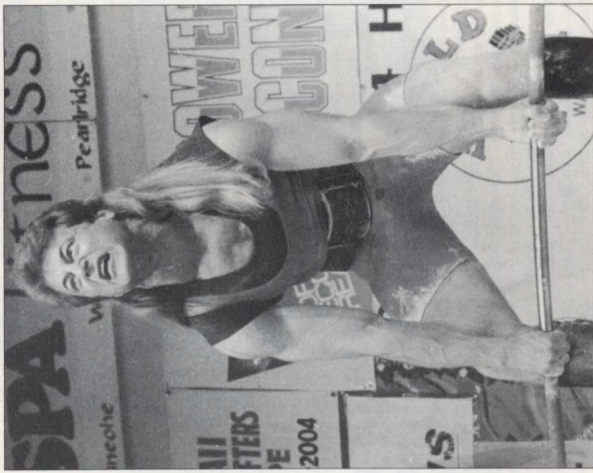
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# The DEADLIFT

**So, You Want to Deadlift!**  
as told by Louie Simmons, Westside Barbell Club



Great Deadlifters like John Inzer have perfected their technique.

Becoming a good deadlifter can become quite a problem if you are not anatomically suited for it. Yet it can happen, through a well thought out training program. There is certainly more than one way to increase your deadlift, so I will discuss a number of them.

First, what body structure is best suited for deadlifting? Long arms and legs plus a short torso make for an ideal structure to deadlift. If you are blessed with a body like this, you can do more regular deadlifting than those who are not. You will experience less stress on your back because of your natural leverage. If you are a lifter like this, you will start out making rapid progress only to slow to a snail's pace once you reach your natural strength level. Now is the time to add special exercises to your program. Because of your structure, you will normally have a powerful start but will stall somewhere above the knees because of lack of hip and glute strength, making it impossible to lock out. You must realize that when you lock out a deadlift, you are locking out your hips. Exercises to build the hip and glutes are calf-ham-glute raises, wide-stance squats to a low box, kneeling squats, Zercher squats and reverse hyper-extensions, to name a few. Because of your good deadlift structure, it's very important to do exercises that stress muscular strength building. This is because your body will naturally use its leverage, not muscles, to lift the weight. You can stress your body more effectively by doing very fast sets of singles, between 65 and 85%, with a short rest period of 30-40 seconds between sets. Start a short cycle of 5 weeks: Week 1, 65% for 15 lifts; Week 2, 70% for 15 lifts; Week 3, 75% for 12 lifts; Week 4, 80% for 8 lifts; Week 5, 85% for 6 lifts; Week 6, max. If you are training for a meet, max on contest day. For some reason when someone says singles, people think "max." We do too, but with a capital R, for maximum force, not weight. Remember, if you are a 700 pound deadlifter, 70% is 490 lbs; but you must exceed 700 lbs. of force. This will teach you to be explosive and helps develop accelerating strength. Why a short rest? This is the only way to gain muscle tension while doing singles. You must train between 65 and 85%, and by doing a set every 35-40 seconds, you will have soreness that you have never experienced before. Having big muscles is one thing; being able to contract them is another.

For those of us not built to deadlift, most of us actually, doing only deadlifts will not bring good results. In 1970 my deadlift was at 525-550 and stuck. I read an article

For the next 3-4 weeks we may use the safety squat bar. Yes, this bar has greatly increased our deadlifts over the years. I know it was designed to increase squat power, which it does, but I feel it does even more. It works the erectors to the extreme and teaches correct body position for the squat and deadlift. I have seen this bar put 100 lbs. on one's squat and 50 lbs. on the deadlift in 8 weeks. We work up to a max single or do high reps, depending on what we want to accomplish. Use low reps, 1-3, for pure power and 8-12 to increase muscle size. Follow this with heavy back raises, 200 lbs. for 5 reps, and abs.

After 3 or 4 weeks of this, it's on to box deadlifts, which are done standing on a box 2, 4, or 6 inches high. Add weight each week, hopefully breaking a P.R. at the end of the 3 or 4 week cycle. Follow this with belt squats for 6-8 sets with 50-60% of your best squat, doing 4-6 reps each set, done explosively. Four times a week we do reverse hyperers. We use a high weight on Monday and Friday for 10-12 reps and a light weight on Sunday and Wednesday for 15-25 reps. Use about one-third the weight for 2 sets on the lighter days. This works as restoration. Always follow this with ab work.

I said we don't do power cleans, but that doesn't mean you can't. Pulls with a snatch grip and clean grip will build up the lower back as well as upright rows. These were being done in 1966 at the original Westside Barbell Club by West and Friem with great results.

**TECHNIQUE.** Now I will discuss how to perform a conventional deadlift. It is normally advised to use a close grip, hands just touching the smooth part of the bar. You will be pulling the bar a shorter distance, by rolling the shoulders forward as you rotate the scapula. This works fine for smaller lifters, but thick large men will do better by using a wider than shoulder grip. This allows room for the stomach to descend between the thighs, which naturally set wider because of their girth. Most small men should keep their feet close together to use mostly back muscles to lift with, whereas big men use a lot of leg drive to start the lift. Doing too deadlifts will build the finish as well as the start. If you can increase your starting speed, it will carry over to the top portion of the pull. A sticking point can be eliminated by merely going through it fast enough. If that is not true, then you will get stuck with 200 at the knees just as easily as 400.

**ASSISTANCE WORK.** One-arm deadlifts play an important role in our training in several ways. They

develop the back and glute to an extreme, and for those who lack a strong start, they are a must. As you can imagine, they are quite strenuous. It requires one leg to do the majority of the work at the beginning, really overloading the knee flexor, at the same time requiring the opposite glute and hip muscles to contract strongly. We do these three different ways: in the power rack, off the floor, and off a variety of boxes. We also use two different styles: we either stand as if to do a conventional deadlift, slightly offset to one side or the other, or stand with the bar at our side. This second method is not a side bend but a side deadlift. These really build the abs, including the obliques, which are very important for deadlifting. Great deadlifters have great abs. John Kuc and Dan Austin are examples. These are not intended for singles, but should be used as a developer of deadlift muscles.

**SUMO STYLE.** There are several styles of sumo deadlifts. First, I will talk about the one used by Ed Coan and John Inzer. They use a moderate stance and a close hand grip. To start the lift, they will rock into the bar, and the hips come up fast toward the bar. This requires a strong back because the legs lock out long before the bar is completely locked out. In my opinion, it

is a very effective way to deadlift (note the cover of the January 1994 issue of *Powerlifting USA*, showing Ed Coan). For most, it would require a lot of hip-developing exercises. Many are discussed in my deadlift tape. The most common style is with the feet very wide, out to the plates. The lifter should not lower the hips any more than necessary. Remember, you can quarter squat more than you can full squat, so keep them high. The back must be arched to the extreme. Most important is to push your feet out to the sides, not down. Why? By pushing down with a sumo or wide stance, your knees will come together, which is the most common mistake in the sumo. By pushing the knees out forcefully, the hips will come toward the bar fast, making for a favorable leverage, placing most of the work on the hips, legs, and glutes.

**TIPS.** Don't stay down too long. It will destroy the stretch reflex. Gripping the bar and dropping down and using a pumping action will help the start greatly. This is referred to as the modified dive. A few use a method called the dive. It is done by standing over the bar and then dropping down simultaneously gripping the bar and pulling it upward. Laura Dood used it effectively as well as the great Texan, Rick Lamar. Cant why he used them. He

Gaugler. I have outlined a few methods and techniques for the deadlifter. Don't be afraid to experiment.

A point to remember: if you keep your legs bent to lock out a deadlift or if you can't lock out, your hip flexors and glutes are weak. Yes, you must have a strong upper back as well, but if the hip joints won't lock out, neither will your deadlift. If you are weak off the floor, point your toes out to the sides. This will involve more leg drive. If you're weak at the top, weights off the floor, especially the side muscles, the obliques. Remember, everyone does not know how to use their abs correctly, and a belt makes it a lot simpler to learn.

Don't let your ego exceed your lifts. I know many strong men and women who think they know all the answers, yet they don't continue to progress. They are stuck or are going backward; yet when someone recommends something, they just shake their head as if to say, 'yeah... right.' I was taught by the greats by asking questions and continue to learn by working with beginners who quiz me and make me think.

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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:** I am 42 years old and my doctor says my testosterone level is abnormally low. I went for a check-up, because my sex drive seemed to have diminished a great deal. After three blood tests the results were the same low testosterone levels. The doctor said a range of 300 - 800 something was the scale used to measure testosterone levels. My level was 210 - 270. I was also given an M.R.I. test which showed nothing wrong with me. The doctor gave me *Halotestin* 5mg. orals, to take 1 tablet each day, for about a period of two months. I could not feel a difference afterwards. Oh, also, I told the doctor I had used steroids in the past starting at the age of 32 through 38 and had been off the last four years. He seemed to rule out this usage as being my problem. I wonder if he's correct, though? When I did use steroids, I used *Dianabol* orals, usually 3 to 5 five milligram tabs per day, with 1 or 2 vials of *Decadurabolin* with 3 to 5 10cc bottles of *Testerone* Cypionate every 12 to 16 weeks. Then I would cycle off cold turkey 3 to 5 weeks and start all over again. The last year or more, I also threw in 1/2 to 1 tab of *Anadrol* 50 the last 4 to 6 weeks of my cycle. If I went more than 1 *Anadrol* my head would ache when squatting. I would train at 190 to 195 lbs. and compete at 181. After 4 years, I have just started lifting again about one month ago, but my shoulder hurts and feels like it would give out under heavy weight. I injured it at about age 34 or 35 I was seeing another doctor and he gave me *Decadurabolin* and it got much better. I tried for 3 months after I had hurt it to train light and high reps to promote blood flow without steroids, but the shoulder would not get better. The steroids did heal me and I ended up at age 38 weighing 180 and benching 430 lbs. I am again interested in powerlifting, but do not intend to abuse steroids, but I plan to use them in a more responsible manner to feel better sexually and not hurt when I do lift. **Randy**

**DEAR RANDY:** Your low testosterone levels are likely due to your prior use of anabolic steroids. I've included a copy of some pages of the *May 1992 issue of my newsletter DRUGS IN SPORTS* that you and your doctor will find helpful. I wouldn't go on any more steroids until you find out just what the problem is. **Mauro G. Di Pasquale, M.D.**

**DEAR MAURO:** My question concerns the supplement 6/7 keto diosgenin. I recently read in *Powerlifting USA* Vol. 16, No. 6, Jan. 93, pg. 17 that 6/7 keto diosgenin was found ineffective, except for endurance. This completely blew my mind because I had used it in the past and was

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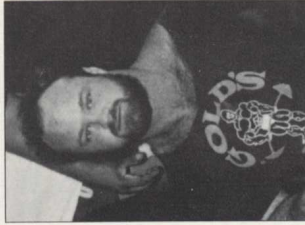
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## In Dedication.....



### Jeff Wright died on Sunday,

March 6th. An autopsy described the death as being due to "acute complications of pneumonia," but had reportedly been suffering with bronchitis for several weeks. Prior to his death, the illness apparently progressed to pneumonia and his lungs began to fill with fluid. An ambulance reportedly arrived only 4 minutes after the 911 call had been placed, but he was pronounced dead shortly after arrival at Jefferson Memorial Hospital. His funeral was held on March 9th, Jeff was one of the best bench pressers in the United States, and was ranked Number One on the TOP 100 198 lb. class listing in the June 1991 *POWERLIFTING USA*. He set many records during his lifting career, and in addition to his competitive achievements, he put on two successful *APF Sr. National Championships*, as well as numerous other contests. We have followed Jeff and his lifting since he was a teenager, lifting at Garry Benford's YMCA Nationals back in the early '80s. Jeff had a birthday this past November. He was only 30 years of age.

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## FROM THE OFFICE OF THE APF:

It is with great sadness that we heard of the passing of Jeff Wright. While many knew of him as a very good lifter from the Pitts-burgh area and others only heard the name in conjunction with the Senior Nationals meets promotion, he was much more than that. Jeff was dedicated to bringing the level of the American Powerlifting Federation to the highest standards possible and worked selflessly for that purpose. He was highly respected by the many gym members and area lifters he so readily assisted, and by everyone who understood that he was generous and giving with his time and assets. His desire to promote the best needs possible, reflected his dedication to providing the lifters with an opportunity to demonstrate their skills and promote the sport of powerlifting as positively as possible. He is survived by his wife, Nancy, brother Tom, and other family members, and so many friends. He is also survived by the many gym members and lifters who will fondly remember his efforts to elevate the sport he loved so much.

## IN MEMORY OF A GREAT MAN,

anastase Powerlifter, and truly special local friend. Jeff Wright speaks that are seldom expressed! Jeff was truly loved by everyone whose life he touched. He always made every situation turn out to be the very best. He brought much happiness, fun and joy into the life of friends he had, and left into truly a wonderful man, a caring man, and man of God. See you in Heaven, Buddy, Love, Matt Dime! and family (Psalm 92: Verses 12-13 - "The righteous shall flourish like the palm tree. He shall grow like a cedar in Lebanon. Those who are planted in the house of the Lord, shall flourish in the courts of our God.")

## Bulletin Board

... this is the place to look for organizational news and notes -- for those of you who were interested in further information about the new *hernia repair* technique called "laparoscopy", which was described by powerlifter Ken Snell in the article he wrote on the subject in the February 1994 edition of *POWERLIFTING USA*, you may call Ken at 813-648-1025 for reference to the doctor who is practicing this technique -- there is a new distribution channel in place for *POWERLIFTING USA* Magazine which means you may be able to find the magazine in bookstores like *B. Dalton, Barnes & Noble, USA*, however, it seems that many of the newer, larger outlets do, and you can find these retailers in many malls (PL USA is not found in Waldenbooks at this time, however). -- Janice Rogge reports that a "Jim Cooper" has been contacting muscular women lifters regarding an apparently bogus car commercial opportunity, over a time period exceeding the last 5 years.

## The Kelso Shrug System

by PLUSA author Paul Kelso

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## PROPOSED AGENDA ITEM:

Submitted by ADPPA Public Committee, PROPOSAL: To combine the Mens and Womens Open and Teenage Nationals. Since both men and women lifters compete together in the ADPPA World Championships, we would like to propose that the ADPPA Nationals be held jointly as well. This proposal could be achieved by coordinating the National meet into a three-day session. We could then have both men and women lifting in the same sessions. This would lend to audience support for our women lifters who are frequently neglected between the USPF and IPF; seen before the men lift. The following is an example of how this can be coordinated: Session 1 - 1st flight: 97 lb. women & 114 lb. men, 2nd flight: 104-111 lb. women & 123-132 lb. men, 3rd flight: 116 lb. women & 148 lb. men. Session 2: 1st flight: 122 lb. women & 165 lb. men, 2nd flight: 129 lb. women & 181 lb. men, 3rd flight: 139 lb. women & 198 lb. men. Session 3: 1st flight: 154 lb. women & 220 lb. men, 2nd flight: 176 lb. women & 242 lb. men, 3rd flight: 176+ lb. women & 275 lb. men. The aforementioned lifting schedule is merely a suggestion, and we recognize that other variations can be equally suitable. The biggest advantage of combining the Mens and Womens Nationals is the financial savings for the lifters who would reduce their travel expenses. Meet directors could also realize greater profits by registering more lifters, and thereby reaching a larger audience. Other organizations coordinate their National events in this format, and it is our understanding that it has been quite successful. Thank you for your consideration. Please feel free to send us your ideas and opinions. Address your correspondence to: ADPPA Public Committee, 1763 Arrow Avenue, Bronx, New York 10469, Felicia Manganiello - Chairman, Steve Scialpi, Robert Wagner, Eli Stenz

## Message from the USPF National Headquarters:

The first quarter of 1994 has been rewarding. The USPF office is working smoothly. The huge challenges in 1993 to the USPF operations have all but faded from recall. It is a pleasure to conduct the daily business of the office and feel such a positive environment. The password is UNITY: Unity of purpose and unity of effort can be easily seen. The USPF Executive Committee has voted on a wide range of issues with a singleness of purpose that can be heard in the virtually unanimous agreement on all issues. Unity between the USPF and IPF; seen first in Jonkoping, Sweden, continues to effect the continual international business in the most positive way. The IPF looks to change some of its drug testing policy in line with the current USPF policy. ("That's a change!") Unity describes the current USPF operation. Thanks to procedures created by USPF Treasurer, John Inzer, all USPF money is accounted for. Inzer's system guarantees financial integrity for the USPF. Drug testing policy information is flowing smoothly from the USPF National Headquarters office. Turn around time for card applications is 72 hours. Don Haley and Bill Hartmann are completing the new USPF rule books, and they will be available soon. The first issue of the USPF newsletter has been printed. John Black, the President, has stood by his "don't throw stones" request with his actions and his prayers for the USPF. You can see the growing unity within the USPF! Now I will allocate time to achieve the same growing unity in USA powerlifting! Peter Thorne, USPF General Secretary, FAX 1-903-758-7598. **In accordance** with the U.S.P.F. rule that states that individuals interested in running for the President and Treasurer positions must submit their names 6 months in advance of the election, the following candidates had submitted their names: President--Peter Thorne, Treasurer--John Inzer



# STARTIN' OUT

A special section dedicated to the beginning lifter

While recently reading the book "What They Still Don't Teach You at Harvard Business School, More Notes From a Street Smart Executive," I realized that *Powerlifting USA* contains notes from "platform smart lifters" for use by other lifters. I have been lucky enough to have been taught lifting techniques by some of the best in the sport. Some of these ideas have never been written down and could possibly help other lifters as they have helped me. With that in mind, here are some "platform smart" thoughts on psyching up for the big lift.

## Psyching Up.. or Psyching Out?

as told to POWERLIFTING USA by Joe Walden

energy in the psyching process contribute to the missed attempt, or did the lifter merely go through these motions trying to conjure up a little extra adrenaline flow to get the lift? If this method is better, will it work for everyone? No. I recently tried to lift using what I called a no nonsense approach to lifting. Taking the no visible emotion approach must have some value, after all it works for Ed Coan. The result was that while the weights were relatively light this approach worked. When the weights rose to challenge, I felt levels a little more excitement was needed to get my proper focus before lifting.

The purpose of psyching up is to try to focus the mind and the body to perform lifts that "normal" people would never even think of attempting. One of the most effective methods of doing this is simply to close your eyes and see yourself doing the lift. After all, the mind

does not know the difference between what you visualize and what you can really do. This way you convince your mind that you really can do the lift.

Visualization is no replacement for the physical ability to lift the weight. All too often inexperienced lifters try to compensate for lack of strength through excessive "psyching" activities. Sometimes it is used to do crazy things on the platform in preparation for the big lift. I have been known to slap myself with chalky hands. Does it help me? Probably not, but I do enjoy doing it, the crowd seems to like it, and most of the time it does not interfere with my lifting.

By now you are probably asking yourself, "What is Joe trying to say? How can I apply it to my lifting?" The best way to succeed on the platform and in the gym is to find out what works best for you to focus your mental and physical energies into the lift. Please don't expect psyching to overcome the lack of strength or technique shortfalls. Also remember, the clock continues to tick while you are trying to psych out. Don't overdo it and get tired before the lift.

In the end it is physical strength, proper technique, and intense preparation and not face slapping, shouting, or stomping around that makes a successful lift. Be careful not to spend valuable energy on actions that may not enhance your strength or produce white lights.



Dave Colangelo (here at the 1982 YMCA Nationals) used to bang his head on the bar before lifting, drawing blood. Did this help his lifting?

# WORKOUT of the Month

## Not So Basic Benching II - The Fine Points as told to Powerlifting USA by Dave Caster



Louie Simmons' Bench Press Techniques have proven to work successfully over a long term training period, for author Dave Caster.

I'm sure that most of you have read the numerous training articles written by Louie Simmons. A good number of you must be questioning the validity of some of his seemingly offbeat theories. Let me simply say this - Louie's training concepts have added 95 lbs. to my top bench in the last 38 months. Some of you may remember the article I wrote two years ago (Not So Basic Benching, February 1992 PL USA) regarding the benching-by-percent program and how it had boosted my bench from 310 at 210 bodyweight in October 1990 to 360 at 204 in December 1991. Since then, the bench has steadily improved, with 365 at 213 in January 1992, 375 at 216 in February 1993, 380 at 195 and 385 at 202 (both done at sanctioned meets during October 1993) and 405 at 202 in December 1993. The program has worked even better for my training partners, with one lifter moving from a 240 bench at 255 bodyweight to 400 at 280 in only 11 months, and two-time APF Teen National champ Dale Benton putting 55 lbs. on his bench in the last 16 months (and it is important to note that Dale is not built to bench, with extremely long arms and a short torso).

Needless to say, you don't have to sell on Louie's training theories (or should I say, training facts). While my previous article gave a thumbnail sketch of the routine, I think it's important to lay out the routine in an easy-to-understand manner so that you can use it, too. So, here it is:

**MONDAY - (4) BENCH PRESSES BY PERCENTS** - take 60-72% of your 1 rep max as achieved with a bench shirt after 4-7 warm-ups, do 3 sets of 3 reps with the 60-72%, use 3 to 5 grips, your contest grip and 2 to 4 that are narrower - use a 16", 20", 24", 28" and 32" grip - our contest grip is 32" - alternate the grip on each set - rest 1 to 2 minutes between sets - no more! - push the weight at full speed, using a touch and go except to try a new shirt in training every 4 to 5 weeks, using your weakest grip - we use a thumbless grip at 16", 20" and 24"

**(2) PAUL DICKS MODIFIED BENCHES** - refer to Louie's Bench Press Secrets video for correct performance - use an 18" thumbless grip, and work up to a heavy 5 rep set, followed by a heavy triple - hit the bar high on the chest, keeping elbows in. It is 25% pressing and 75% extension

**(3) LYING TRICEP EXTENSIONS TO THROAT w/STRAIGHT BAR** - once again, refer to Louie's video - bring bar to throat, keeping elbows in and bending at elbow and at the shoulder - do 4 to 6 sets of 8 to 12 reps - the area of emphasis in this movement is the area around the elbow

**(4) FRONT PLATE RAISES** - using a plate, sit on the edge of a bench and raise it up until the bottom of the plate is at eye level - do 2 to 4 sets of 20 to 25 reps

**(5) SIDE LATERAL RAISES** - do 3 to 5 sets of 10 to 20 reps

**THURSDAY - (1) PICK 1 OR 2**

some quickie gimmick routine used to bust you out of some training doldrum. When preparing for a meet, we do not drop any assistance exercises at all. The only change we make is that we will switch our training days from Monday and Thursday to Sunday and Wednesday during the last week so as to provide an extra day of recovery from the assistance day, and we will often increase the number of percentage bench press sets as close in on a meet, increasing total tonnage as the big day approaches. That is, at four weeks out, 8 sets of 3 reps are done in the bench. At 3 weeks out, we go to 9 sets of 3. At 2 weeks out, 10 sets of 3 are done, and at 1 week out, we do 11 sets of 3. We also rotate various different tricep and shoulder movements in from time to time. I have listed our favorites in the aforementioned routine. I highly suggest that you check out Louie's Bench Press Secrets video for other tidbits.

Keep in mind that each lifter has strong points and weak points unique to him or herself. Be that as it may, you will find that this routine will work for anyone. My training partners and myself run the broad spectrum of age groups, experience levels, and body types, and this routine has yet to fail any of us. It is also important to note that we are all dog people, in case you were wondering if our gains were due to some exogenous hormonal boost. The better you understand your own personal weaknesses, the better prepared you will be to make wise selections as to what assistance exercises you should incorporate.

That's all if you train your weaker gripper hand (going wide if you're a close-gripper and close if you're a wide-grip-per), practice compensatory acceleration on all pressing movements, lean on your triceps, wisely choose assistance exercises that produce absolute strength and stay away from the bench shirts until meet time, your bench will go nowhere but up. One last word about bench shirts - if you insist on using a shirt on a regular basis to "keep the groove", you can hit some singles prior to your assistance training on Thursday or Saturday if it makes you feel better. I personally think this is a waste of time. When I used a bench shirt regularly, I could bench 310. Now I do 405. You may also want to try various brands of shirts to find out which is most compatible with your groove. You will find a great difference if you pick and choose.

I hope I've covered all the critical points. Please forward any inquiries you may have regarding any undiscussed matters to Dave Caster, 123 Centennial Lane, Hillon, New York 14468. Please be sure to enclose a self-addressed, stamped envelope so I can get the info back to you with no delay.

If you end up making big gains from this routine, don't thank me, thank Louie Simmons. Check out his videos and read his articles with a discerning mind, then head go to the gym and cut loose on your training like you never have before. I promise that that you will not be sorry. God Bless you all.

you are a close-gripper, use wider grips in training and you will get the same effect. As Louie says, train what is weak and you will be strong.

On Thursdays, we pick one or two good assistance exercises that enhance absolute strength and hit them hard for 4" and 7" off chest - close-grip incline benches worked to a heavy triple - decline benches worked to a heavy set of 5 to 8 reps - heavy partial dips with weights - heavy dumbbell benches on a slight incline and decline for 2 sets of 10 to 15 reps - we found the movement hard for 3 weeks, then switch to another

**(2) CHIN UPS OR LAT PULLDOWNS** - we prefer chin ups, and do 5 to 15 sets of 5 reps - alternate grip each set - rest 1 to 2 minutes each set.

**(3) HAMMER CURLS** - do 4 to 6 sets of 8 to 12 reps

As you can see, we do our explosive press work on Mondays, as well as specific tricep and shoulder work. While the bench press weight may seem light, it is quite challenging to move the closer grips at a fast bar speed. Be sure to bring the weight down under control, touch gently and then push like hell. Explosive training doesn't mean to bounce the weight off your rib cage violently. We have found that 63-68% works best for us. Always be sure to calculate your training percentage from your current max. We also like to use a thumbless grip on our closer grip sets as we have found that the bar tracks differently, using more tricep and lat than with a thumb grip. While we all use a 32" grip in contests, we have found that pounding our weaker grips is what has given us our best gains. That is why most of our sets are done with the disadvantaged grip. If

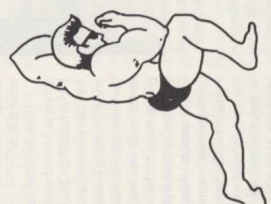
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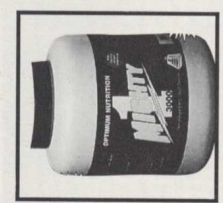
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Over the years, we as strength athletes have been very fortunate. We are constantly exposed to the most updated information regarding the different philosophies of obtaining size and strength. Thanks to magazines like POWERLIFTING USA, we can simply sit down with our favorite protein drink and peruse the many articles by the top strength minds in the business.

I recall reading articles by the great Dr. Fred Hatfield (Dr. Squat). After using a dictionary for a couple of hours, I could understand Dr. Fred's thoughts and to this day, I still apply a lot of his advice in my own training. There are, of course, many other great strength gurus... Louie Simmons, Dr. Ken Leistner, Dr. Judd Basiotto, Dr. Mauro Di Pasquale, Greg Ressler, Doug Daniels and many, many more. Using their advice in your training can be the key to success.

I have combined a multitude of different philosophies in my training. Myself and members of our team use a series of eight to twelve weekly cycles for on and off season training. Our off season training starts with sets of twenty reps in all three lifts, with no equipment. As the cycle progresses, we drop the reps methodically, ending up with five and using equipment. The on season cycling differs in that there is that rude head judge screams "15

the hole, on deck, and finally it's your turn. Your knees are wrapped, straps are up, and now it's time to snug up your belt. Your coach attempts to tighten the belt and you hear "30 seconds" below from the head judge's mouth. Your coach is still trying to put your belt on, to conclude this fantastic off and on season training cycle, and again that rude head judge screams "15

## THE "SECRET WEAPONS" as told to PL USA by Bill Nichols

second's". Your coach, now helped by the entire U.S. Marine Corps and people in the audience, puts your belt on and you approach the bar. All the training, all the preparation, all that sacrifice... down to 10 seconds on the clock. You stand erect... get into position... take a deep breath... get the squat signal, and start your descent. About the time you hit the bottom, it feels like someone parked a semi-tractor trailer on your back. You grind out the lift with all your God-given strength to completion, getting the rack signal, and hopefully the white lights. You walk off the platform wondering why your opener was so heavy. Sound familiar? Let's discuss the problem.

Did your training go bad? No, in fact, personal records across the board. Did you get right? Yeah... trying to recuperate their loss of the entire Third World countries are trying to consume. Both your recuperation and mindset was right on too. So, what went wrong? I have come to hire the entire U.S. Marine Corps to pull on your belt might be a clue.

Approximately on year ago, I was approached by representatives of Team Power Products. They asked me to try their new wraps, "TP 5000", and a device called "The Belt Puller". I, like most powerlifters, do not like changes... the "if it ain't broke, don't fix it" attitude. Well, after some debate, I tried both products and the results were very positive. I used both the wraps and belt puller for an entire off and on season cycle. At the conclusion of my training using both products, in the summer of 1993 I squatted 1035 lbs., weighing 281 lbs. I'm not going to stand on a soapbox, but this is all drug free training, with the exception of the many shares I own in the Bayer Aspirin Corporation!

Over the years I have tried many kinds of wraps. In my opinion, I can say without a doubt the TP 5000 wraps are the best on the market today. Using the Team Power Belt Puller not only snugs my belt to where I want it, but it also saves my team members from having a "near death" experience from putting my belt on.

So, next training cycle, give Team Power Wraps and the Belt Puller a try. You never know... you'll probably smoke your attempts and the U.S. Marine Corps and the people in the audience would appreciate the rest!

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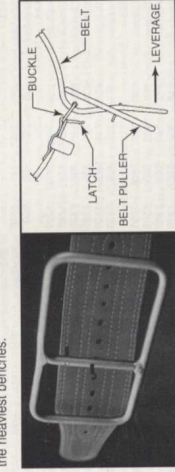


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# More From Ken Leistner



Jim Kowalski on the Kell Equalizer at Iron Island Gym (Tuite)

We have had tremendous comment about some of the new equipment we have in our Iron Island Gym. A number of lifters have come from New Jersey, Connecticut, and Pennsylvania to use the Tru-Squat and the Kell Unilateral Leg Press and Equalizer. I would like to clearly define how and why we use these pieces and other adjunctive equipment.

First, remember that the majority of readers are competitive lifters. One of my recent columns stressed the fact that we host many meets each year, and we do this so that our lifters, and those in our area have the opportunity to lift. That same column noted that one has to lift competitively to be a lifter and these meets allow for that opportunity. Many of our members are lifters, although most, obviously, are not. Each piece of equipment is in the gym because we feel that many can benefit from that piece. However, the needs of the lifter will differ from that of other trainees.

One has to squat, bench press, and deadlift to be a powerlifter. The majority of one's effort has to go into the lifts. No matter what one's philosophy on sets, reps, recovery, etc. might be, the lifts are the skills that one demonstrates on the platform and these must be practiced. The other movements and equipment serve to strengthen the muscles involved in the lifts, provide substitutes for the lifts for physical or psychological purposes, or help to rehabilitate an area of weakness, structural disadvantage, or previous injury.

The Tru-Squat is used in a number of ways by our lifters. It was fully explained that the Tru-Squat provides a means of squatting without the lumbar compression associated with heavy and/or intense barbell squats. The muscles involved in the squat are given stimulating work in complete safety. This is a combination that is difficult to beat. Pat Susco was pictured in the photograph depicting the Tru-Squat. Pat is a legitimate 850-900 pound squatter. Ralph and I were immediately impressed with his lifting, and with Pat as a person when he first came into our gym. He has been extremely helpful

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days. After a few weeks of this, his elbow had improved, he was much better conditioned to both intense and heavy work, and resumed squatting with the barbell. He still used the Tru-Squat as an adjunctive movement, a back-off movement for higher reps, or as a substitute for the barbell squat, and this is the model we have established for its use in the gym.

Some trainees have a fear of squatting and the Tru-Squat has served to teach them to have weight on their shoulders and descend with it, building confidence. Others cannot squat for periods of time and do the Tru-Squat in its place, until injuries have healed or their "off period" is over. However, it must be remembered that the emphasis remains on the squat for our competitive lifters. Many of our football players hate squats and refused to put any real effort into them. The Tru-Squat has given them a new perspective on the squat and a willingness to do them with enthusiasm.

The Kell Equalizer has really taken the place of heavy dumbbell pressing in its various forms, with our lifters. As much as one can laud the use of dumbbells and the fact that balancing them produces a positive effect on the neuromuscular system, especially for athletes, the fact is that doing presses, inclines, or flat bench presses with dumbbells that are in excess of one hundred pounds, not to mention one hundred and fifty pounds, is a pain! Proficient spotters that really know their business are necessary to get the dumbbells into pressing position, as they will be too heavy to clean to position safely. Spotters are needed to control the dumbbells at times, on the first rep, or until the weight is "in the groove" of pressing. Spotters are needed as the weight is removed from the lifter at the completion of the set, or the dumbbells have to be dumped from the shoulder level, often damaging to the floor, the dumbbells, or, anyone in the vicinity. If one gets a bit out of that pressing groove, they could become injured, especially with the really large dumbbells.

The Equalizer has many uses, but specific to the programs of our lifters, they do 30 degree presses and seated presses. The weight can be elevated exactly as the lifter wants, no spotters are needed to get the weight into position or off of the lifter's shoulders, and the weight doesn't have to be returned to the floor. In short, it is safe and efficient for any pressing movement and a great adjunct for the bench press. My rotator cuff rupture and subsequent humeral fracture limits any of my pressing movements, but I have found that I can now bench press once every few weeks if I use the Equalizer for overhead and flat presses once or twice per week, and I have been able to do this without limitation or pain.

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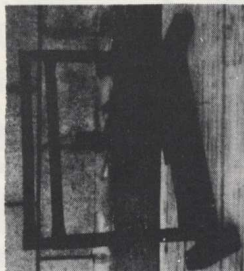


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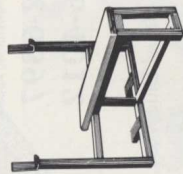
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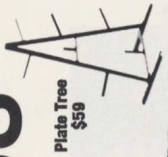
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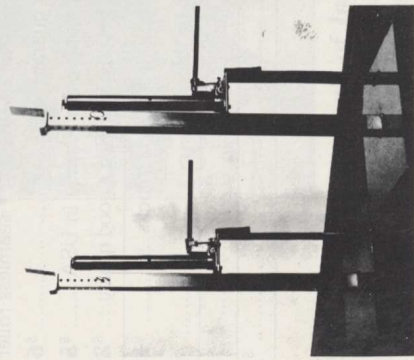
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30 Oct 93 - Madrid (kg)			
Women			
A. Campos	65	35	97.5
E. Hernandez	115	45	110
P. Hernandez	105	42.5	110
M. Rojas	90	45	115
R. Sansano	55	30	65
M. Serrano	190	107.5	180
J. Casellas	102.5	47.5	122.5
J. Ruiz	135	75	152.5
M. Llorens	177.5	102.5	195
M. Carballo	140	75	165
J. Campaña	110	50	120
67.5 kg			
V. Martin	142.5	80	302.5
A. Serrano	130	65	150
J. Barrios	100	52.5	112.5
A. Barcelona	200	127.5	230
A. Ortils	192.5	130	210
J. Arias	162.5	115	205
G. Diaz	137.5	85	190
82.5 kg			
J. Garcia	190	112.5	240
I. Castano	185	95	210
J. Blas	165	85	215
A. Galdo	135	92.5	200
M. Guerrero	135	80	160
F. Kichi	270	150	262.5
A. Frutos	185	100	210
J. Pacheco	177.5	102.5	195
M. Carballo	140	75	165
J. Jimenez	240	165	245
M. Tuominen	200	92.5	200

### 22,223 Jan 94 - Leppavirta (kg)

V. Ohialo	75	47.5	100
I. Toritto	48 kg	---	---
M. Tuoma	115	65	132.5
J. Holopainen	132.5	75	142.5
H. Krogger	120	40	130
M. Tuoma	105	55	125
J. Erola	132.5	70	152
J. Seppanen	140	72.5	142.5
K. Niemi	100	85	157.5
J. Huoninen	152.5	---	---
60 kg			
M. Parjalainen	135	85	172.5
M. Lehtimäki	135	100	155
A. Silvala	130	92.5	145
M. Tuominen	115	70	120

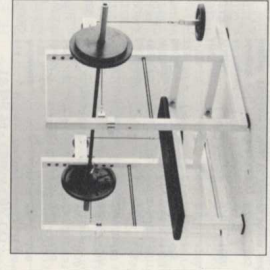
### 67.5 kg

M. Trippala	162.5	180	177.5
J. Helon	165	105	170
J. Sandell	147.5	85	162.5
120 kg			
T. Sjogren	160	120	220
S. Kokkarinen	192.5	102.5	190
J. Nyman	170	110	182.5
M. Heikkinen	195	95	170
M. Heikkinen	145	102	160
M. Heikkinen	130	100	160
P. Kaakana	170	100	207.5
V. Handolin	152.5	92.5	185
90 kg			
M. Kalek	172.5	140	197.5
M. Yrjölä	192.5	85	170
M. Yrjölä	192.5	65	170
R. Poyry	120	70	170
M. Komari	230	180	280
M. Lalli	195	115	217.5
M. Lalli	130	92.5	145
305			

(Thanks to Lucio Donati for providing the results)  
(Thanks to Heikki Orasmaa for providing the results of this competition to POWERLIFTING USA.)



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NASA Colorado Regional

Table with columns for names, positions, and scores. Includes sub-sections for 27-28 Nov 93 - Denver, CO (kg) and 21 Nov 93 - Lompoc, CA.

NASA Colorado Regional

Table with columns for names, positions, and scores. Includes sub-sections for 15-16 Dec 93 - Elk Hart, IN and 27-28 Nov 93 - Denver, CO (kg).

6th Annual Elk Hart BP Classic

Table with columns for names, positions, and scores for the 6th Annual Elk Hart BP Classic.

power meet in these years in New York, we've prepared a full schedule of events for 1994...

graduations as the class winners. Mike Teague was a fiery performer in the new super lightweight class...

ANPPC Drug Free US Championships falling to the New York region after spending the last three years in the Midwest...

outstanding edge of competitive spirit. One of the best of setting personal best in all lifts, as well as first in the 20 to 29 age division...

spotter: Rice DeCuir, Adrian Demery. The day and we hope to see more of him at our April 1994 Meet. Tank is a likely contender for a 1994 Meet...

15 L. Lehane, RL B. Dungan, T. Terrence, J. Harris, P. Johnson, F. Simon, F. Moore, C. Dohane, M. Williams, B. Hodson, K. Rodriguez, M. Williams, B. Hodson, M. Williams, B. Hodson, M. Williams, B. Hodson...

148 P. Lewis 365 240 405 1030 NCRCA Senior Meet 13 Nov 93 - Lompoc, CA Total 158 365 240 405 1030

165 L. Lehane, RL B. Dungan, T. Terrence, J. Harris, P. Johnson, F. Moore, C. Dohane, M. Williams, B. Hodson, K. Rodriguez, M. Williams, B. Hodson, M. Williams, B. Hodson...

Power Belts & Shoes advertisement. Features images of various belts (Style A-G, Double Thick, Nylon) and shoes (Midfoot, Ankle, Rigger, Elite, Deadlift). Includes text like 'WEAR THE BEST!', 'NO BRAG - JUST FACT!', and 'POWER WRAP'.







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**NAS A Great Lakes Challenge**  
6 Nov 93 - White Lake, MI

Event	Name	Score
Bench Press		
Women		
123	A. Reside	155*
124	R. Smith	405*
148	N. Ruffner	355
149	M. Mellinger	345
150	G. Elk	475
165	D. Bona	340
170	R. Steadman	370
181	K. Sutherland	340
182	K. Sutherland	305
183	D. Gonzalez	305
184	E. Brennan	420
185	D. Cain	395
186	S. Johnson	435*
187	D. Pineda	435*
188	W. Banaszewski	365*
189	J. Douglas	310*
190	D. Rochford	300*
191	A. Mathis	290
192	R. Hoek	265
193	C. Gray	265
194	J. Lutz	220
195	M. Greer	375*
196	B. Bakalock	335
197	J. Barker	320
198	T. Walker	320
199	D. Swain	320
200	T. McClern	265
201	J. Moore	275*
202	S. Young	380*
203	M. Miller	315
204	A. Howell	310
205	P. Moore	310
206	G. Mahman	285
207	E. Vojnov	365*
208	P. Valahik	395
209	J. Nickoloff	325*
210	R. Spaulding	220
211	J. Young	380
212	J. Perry	375*
213	M. Yurgin	415*
214	C. Cadolito	405
215	R. Sennan	350
216	K. Krzyzaniak	325
217	D. Pineda	435*
218	J. Griffin	355
219	M. Duttman	350
220	M. Yurgin	415*
221	R. Sennan	370
222	K. Sutherland	340
223	R. Smith	405*
224	J. Young	380*
225	S. Schanitz	420*
226	J. Barker	320
227	S. Brown	400*
228	D. Pineda	435*
229	K. Krueger	410
230	S. Borman	405
231	C. Rubner	460
232	Submasters	340*
233	R. Cole	340*
234	R. Carmichael	425*
235	G. Winters	315

226	L. Williams	455
227	L. Atroz	425
228	E. Murtz	600*
229	M. Moore	565
230	S. Johnson	355*
231	P. Pure	225*
232	R. Vaneck	480
233	SHW	400
234	SHW	400
235	SHW	400
236	SHW	400
237	SHW	400
238	SHW	400
239	SHW	400
240	SHW	400
241	SHW	400
242	SHW	400
243	SHW	400
244	SHW	400
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291	SHW	400
292	SHW	400
293	SHW	400
294	SHW	400
295	SHW	400
296	SHW	400
297	SHW	400
298	SHW	400
299	SHW	400
300	SHW	400

**AmY Mullins, Masters 2, 114 lb. class, took 1st place at the NASA Great Lakes Classic, as did her team, Powerhouse Gym of Port Huron.** (Courtesy of Eddie Ruiz)

Event	Name	Score
165	Sullivan	525*
166	Lockerty	515
167	Wood	480
168	Wood	480
169	Wood	480
170	Wood	480
171	Wood	480
172	Wood	480
173	Wood	480
174	Wood	480
175	Wood	480
176	Wood	480
177	Wood	480
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181	Wood	480
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188	Wood	480
189	Wood	480
190	Wood	480
191	Wood	480
192	Wood	480
193	Wood	480
194	Wood	480
195	Wood	480
196	Wood	480
197	Wood	480
198	Wood	480
199	Wood	480
200	Wood	480

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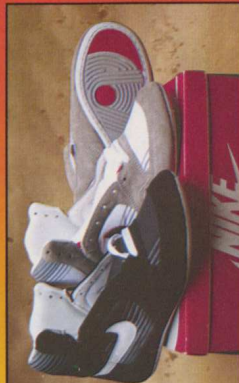
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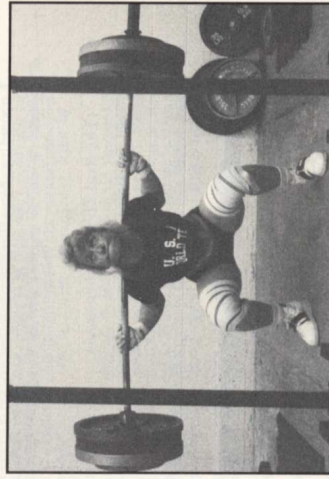


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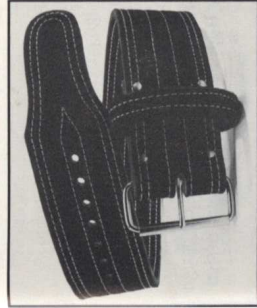
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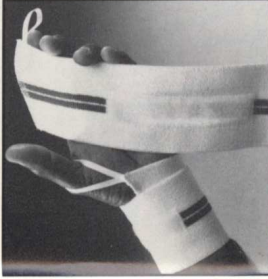
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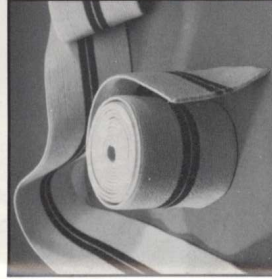
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15-16 CLASS	303	430	270	520
17-18 CLASS	303	430	270	520
19-20 CLASS	303	430	270	520
21-22 CLASS	303	430	270	520
23-24 CLASS	303	430	270	520
25-26 CLASS	303	430	270	520
27-28 CLASS	303	430	270	520
29-30 CLASS	303	430	270	520
31-32 CLASS	303	430	270	520
33-34 CLASS	303	430	270	520
35-36 CLASS	303	430	270	520
37-38 CLASS	303	430	270	520
39-40 CLASS	303	430	270	520
41-42 CLASS	303	430	270	520
43-44 CLASS	303	430	270	520
45-46 CLASS	303	430	270	520
47-48 CLASS	303	430	270	520
49-50 CLASS	303	430	270	520
51-52 CLASS	303	430	270	520
53-54 CLASS	303	430	270	520
55-56 CLASS	303	430	270	520
57-58 CLASS	303	430	270	520
59-60 CLASS	303	430	270	520
61-62 CLASS	303	430	270	520
63-64 CLASS	303	430	270	520
65-66 CLASS	303	430	270	520
67-68 CLASS	303	430	270	520
69-70 CLASS	303	430	270	520
71-72 CLASS	303	430	270	520
73-74 CLASS	303	430	270	520
75-76 CLASS	303	430	270	520
77-78 CLASS	303	430	270	520
79-80 CLASS	303	430	270	520
81-82 CLASS	303	430	270	520
83-84 CLASS	303	430	270	520
85-86 CLASS	303	430	270	520
87-88 CLASS	303	430	270	520
89-90 CLASS	303	430	270	520
91-92 CLASS	303	430	270	520
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Bench Press in Mexico, Baja California, Mexico, Manuel Villanar, 895 N. Bayshore W., San Jose, CA 95112, 800-484-9879 ext 6363

3 DEC. AFA Southeastern US BP, Scott Taylor, 362 W. DuPont, Englewood, FL 34223, 813-947-3481

3 DEC. ADFFA Miss State PL/Inn, grandmasters, masters, submasters, women, junior, teen, Greg Foster, Box 883, Williams, MA 02086, 617-497-6718-11pm

3 DEC. ONI, National Voice National PL/PT/Oaktona, Fred O'Neil, 13500 Old Dominion Rd, Norfolk, VA 23502, 804-733-5500

4 DEC. CFB, BC, Coachs (P2, P1), 64-461-1231

4 DEC. WFF, Florida Chemistology (Darren Beach), 30349, 404-907-7195

5 DEC. ADFFA West Coast, Toby Hubber, 1210 Auburn Way N., Suite 175, Auburn, WA 98006, 206-735-8840

10-11 DEC. APA Men, Master, Submaster, Teenage Nationals, Scott Taylor, 362 W. DuPont, Englewood, FL 34223, 813-947-3481

11 DEC. CPA Quebec/Novelty/Eastern, Kenneth BP, Mered S. Laurent, 457, 7th, North J., Sherbrooke, Quebec, Canada J1E 2S2, 819-569-9466

11 DEC. ADFFA, South West, Grandmasters/Oakland, NY, Fred O'Neil, 13500 Old Dominion Rd, Norfolk, VA 23502, 804-733-5500

11 DEC. 3rd ADFFA, Coal Country Classic, BP (NL) separate contest, open, women, teen, master, open

11 DEC. WFF, Florida Chemistology (Darren Beach), 30349, 404-907-7195

11 DEC. WNF, New Jersey State (Edson), Troy Ford, 16830, 814-765-3214 (24 hr)

18 DEC. (Pants) Cr. N., College Park, GA 30349-404-907-4795

17 DEC. 5th Chemistology Classic, John Shillit, Box 303, Chincoteague, VA 22945, 804-985-3932 before 9pm

17 DEC. MDSA Northern Nationals Bench Press and Deadlift Nationals, Darwin Jacobson, Box 1031, Willmar, MN 56201, 507-833-3838

18 DEC. ADFFA, Coal Country Classic, BP (NL) 1983, 819-843-6384

11-12 MAR. ADFFA National High School Bench Press, Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

P.S. when writing a meet director for information ALWAYS include a S.A.S.E. (Stamped, Self-Addressed Envelope), (except for Canadian/foreign meets) for the meet director to return an entry blank or other information to you, and if you decide to telephone a meet director for information, please note if he has indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

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