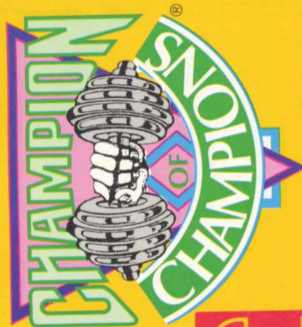


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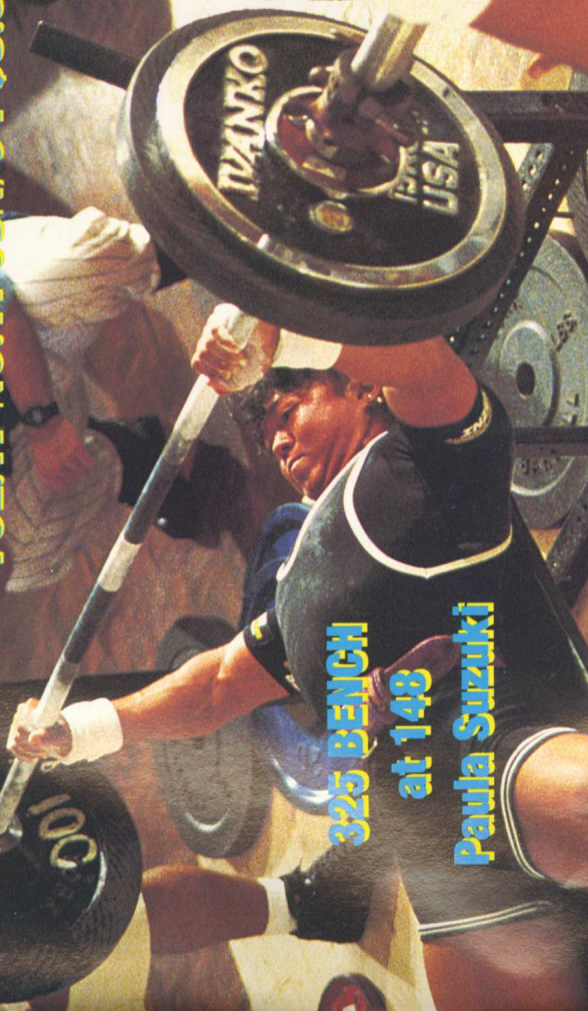


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ON THE COVER.... Paula Suzuki with a 325 bench at 148 (Allured) and Bill Nichols at the Natural Nationals (Wiener)

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POWER PROFILE

Bill Nichols - THANKS as told by Rudy Rosales, TEAM POWER Products

At the 1994 NASA Powerlifting Nationals held at Pittsburgh in March, Bill Nichols took 1st in the 275 lb. Natural Class. In so doing, at the age of 37, he set four NASA world records, squatting 876.2 lbs., benching 485 lbs., and deadlifting 705.2 lbs., for a total of 2066.4 lbs. As a result of this outstanding performance, Bill was presented with the Best Lifter Award. In addition, at the Nationals Banquet, Bill was also awarded with a plaque naming him the 1993 Natural Athlete of the Year.

Let's go back a few years and see what it took for Bill to achieve these goals. He started powerlifting in 1983. In the first years of lifting, these were Bill's accomplishments: 1983-242 lbs. Indiana State Champion; 1984 - 242 lbs. Illinois State Champion; 1985 - 242 lbs. Junior National Champion U.S.P.F.; 1986 - 242 lbs. Hawaii International Champion and Best Lifter U.S.P.F.; 1987 - 275 lbs. Fire & Police National Champion; He entered the 275 lb. class the A.P.F. World Championships held in November of 1987. He won the contest, but on his final deadlift he tore the muscle in his left bicep, detaching it from the bone. Surgery was required to repair the damage, however, with the help of

a detailed PL USA look at some of the best lifters in the world

entered the NASA Nationals, 275 lbs. and took 1st. He also finished 1st in the NASA World Championship, and was named Best Lifter for NASA in 1991.

During 1992 I was training alongside Bill. By Fall, Bill was doing very well; his squat was back to over 1000, his bench was up to 500, and his deadlift was at 700 lbs. Bill competed in the Nationals and placed 2nd. In the World Championships he did better, finishing 1st in the 275 lbs. class.

In 1993, Bill decided to train for the APF Nationals. At that time APF was the only organization using the Monolift. The Monolift and a well made squat suit would make the squat easier and much safer. During the summer of 1993, prior to the APF Nationals, Bill squatted 1035 lbs., benched 520 lbs., and deadlifted 805 lbs. off of a 3 inch block. At the APF Nationals Bill weighed 285 and placed 2nd with a total of 2105 lbs. in the 308 class. To avoid questioning, Bill, at his own expense, underwent drug testing.

In 1993, Bill also competed in the WPC World Championship held in France in October. He placed 3rd in the 308 lbs. class.

For both satisfaction and enjoyment, Bill has competed in any Federation he wanted, and feels that any lifter could do the same.

During the short time I have lifted with Bill, he has never put himself above or disparaged anyone else. Nine of us train with Bill, he has coached six of us to National Championships in a two year period. His methods in training are a result of his own perseverance as well as searching some of the top minds in the field.

When I asked Bill about doing an article on him, he agreed so long as he could express his thanks to the several close friends and partners from over the years. He has special thanks for his family for the lonely hours they encounter when he is away, and a grateful thanks to Ernie Frantz, Bill Seno, John Bassi, Dr. Phil Claussen, Greg Reschel, Pat Calcaagno, Jimmy Toy, Brian Figola, Rudy Rosales, Sue Veseley, Joe DeAnda, Frank Sentoro, Mike Glocker, Mike Cross, the Huber Family, the nice people at Optimum Nutrition, Team Power, Monolift, N.A.S.A., and Powerlifting USA.

Bill will continue to train and compete so long as he has the love and support of his family and friends.

Thank You, Bill

The heart of a champion is truly a heart of gold... the incredible Bill Nichols fits this description: 6 days a week, when he enters the weightroom, his 275 lb. plus frame takes up a considerable amount of space, but more impressive is his ability to illuminate the spirits of those.

I've been very fortunate to become a special friend of Bill Nichols. For over 7 years, I've trained alongside this champion, who gives so much of himself to others that he rarely has much left for himself. Bill is nothing but class and charm and genuineness. I believe that it is because of these qualities that he has been so successful in our sport, even after being faced with two career threatening injuries. When I first saw this legend, he was rehabilitating a massive

bicep tear which occurred at the 1987 World Championships. Curling 5 lb. dumbbells seemed humorous to some onlookers, but Bill's spirit soared beyond even his physician's highest expectations.

After overcoming this obstacle with the ferocity of a raging storm, he joined the first United States team to compete in the Soviet Union. Traveling overseas was tacking enough, but proudly and successfully representing his cherished country was the goal, and it was accomplished. Every time I hear *Def Leppard* I'm reminded of that. This experience, from the viewpoint of a young lifter, taught me to surround myself with only the best of the best. I'm very grateful for my encouraging beginning, being coached by Bill and his world class entourage of Ernie and Diane

Frantz, Mark and Felicia Almy, Maris Sternberg, Jack Thurm, and so many others, including visits by Ted Arund and the late Chuck Braxton and Dave Pasnella.

Rarely does a new female lifter walk into an opportunity such as this, but I was ready to learn and they were ready to teach. Having found a coach to give a part of himself to us alongside us on the platform, and whose inspiration has enlightened the lives of all. Thanks again, Bill. Best of luck for continued health and success. And a personal thank you for teaching me that there is beauty in strength... all kinds of strength. Get ready to go beyond and lead the way to a new dimension of power, lifting accomplishments, while heading up your championship team and its endeavors. We're proud of you!!! "A Ha Hoi!"

Susan Veseley

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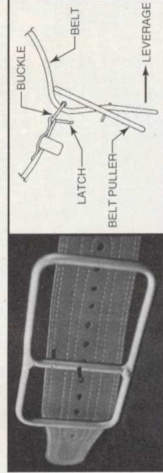
Bill Nichols Multi-National Multi-World Champion 1959 SQUAT at 275

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NASA Celebration... 148 lb. female Best Lifter Susan Veseley, being supported by her teammates: 3 division masters champ Joe DeAnda and Best Lifter, and Coach Bill Nichols (photo courtesy of Veseley)

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| SQUAT | BENCH | DEADLIFT | TOTAL |
|-------------------------------|-------------------------------|----------------------------|-------------------------------|
| 1 970 Karowski, K., 6/18/93 | 650 Tokarski, C., 4/3/93 | 826 Warman, S., 10/21/93 | 2270 Warman, S., 8/7/93 |
| 2 640 Carlson, K., 5/8/93 | 600 Clarke, K., 8/8/93 | 800 Lowe, B., 12/4/93 | 2232 Karowski, K., 6/18/93 |
| 3 903 Lowe, G., 3/17/93 | 576 Beers, J., 4/24/93 | 755 Stevenson, B., 2/6/94 | 2105 Hardidge, T., 4/25/93 |
| 4 876 Nichols, B., 3/17/93 | 572 Napierkowski, J., 12/4/93 | 750 Stevenson, B., 2/6/94 | 2075 Stevenson, B., 2/6/94 |
| 5 859 Landwehr, C., 3/17/93 | 571 Pacione, M., 4/19/93 | 744 Davis, A., 1/19/93 | 2066 Nichols, B., 3/17/94 |
| 6 855 Moore, R., 5/25/93 | 570 Glenn, H., 5/1/93 | 740 Waddie, T., 10/27/93 | 2060 Barkman, M., 5/15/93 |
| 7 853 Stevens, G., 6/5/93 | 570 Diglio, S., 6/16/93 | 738 Reeves, M., 3/21/93 | 2060 Waddie, T., 10/27/93 |
| 8 820 Pappe, C., 2/94 | 560 Thompson, G., 10/19/93 | 735 Barkman, M., 5/15/93 | 2043 White, J., 6/13/93 |
| 9 820 Pappe, C., 2/94 | 560 Skiver, T., 4/3/93 | 730 Wagner, B., 7/3/94 | 2035 Moore, L., 3/26/94 |
| 10 820 Pappe, C., 2/94 | 560 Villanov, M., 3/16/93 | 727 Kozicki, K., 1/17/93 | 2035 Reeves, M., 3/21/93 |
| 11 815 Miller, J., 4/10/93 | 556 Barkman, M., 5/22/93 | 727 Coleman, R., 1/29/94 | 2035 Dimpsey, B., 7/10/93 |
| 12 810 Muller, J., 4/10/93 | 555 Oberndorf, J., 3/5/94 | 720 Gillingham, B., 2/2/94 | 2000 Fiammasini, L., 10/31/93 |
| 13 805 Nettle, D., 12/11/93 | 551 Beerst, T., 2/19/94 | 716 Sullivan, J., 1/29/94 | 2000 Fiammasini, L., 10/31/93 |
| 14 805 Nettle, D., 12/11/93 | 550 Leato, T., 10/17/93 | 716 Sullivan, J., 1/29/94 | 1973 Muller, J., 4/10/93 |
| 15 804 Douglas, M., 11/6/93 | 550 Thompson, G., 10/19/93 | 715 Pearson, D., 12/11/93 | 1965 Dath, B., 10/17/93 |
| 16 800 Gillespie, B., 5/22/93 | 545 Le, G., 12/5/93 | 715 Reeves, A., 3/20/94 | 1962 Thompson, G., 10/19/93 |
| 17 800 Gillespie, B., 5/22/93 | 545 Le, G., 12/5/93 | 710 Robertson, G., 9/25/93 | 1955 Davis, J., 3/20/94 |
| 18 772 Payne, G., 10/25/93 | 540 Adomacko, D., 9/4/93 | 710 Scary, M., 9/26/93 | 1940 Phillip, M., 3/26/94 |
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| 64 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 65 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 66 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 67 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 68 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 69 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 70 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 71 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 72 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 73 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 74 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 75 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
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| 80 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 81 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
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| 98 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 99 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |
| 100 772 Payne, G., 10/25/93 | 540 Fiammasini, L., 10/31/93 | 705 Brooks, T., 7/10/93 | 1929 Muller, J., 4/10/93 |

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DASH World Record Breakers



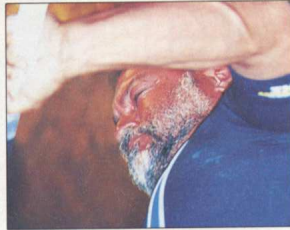
Carlos Tantog with a squat record

18th DASH World Record Breakers 10 Apr 94 - Waikiki, HI

| | | | | | |
|-----------------|---------------|------|-----|------|------|
| 114 | C. Ochiai | 303k | 176 | 286 | 766 |
| A. Kong | 369 | 248 | 451 | 1069 | |
| S. Harstad | 319 | 286 | 352 | 959 | |
| C. Crowlillon | 479 | 253 | 567 | 1300 | |
| J. Anderson | 578 | 325 | 584 | 1488 | |
| D. Wilson | 567 | 330 | 523 | 1421 | |
| M. Martre | 567 | 236 | 501 | 1306 | |
| 242 | C. Higa | 666 | 380 | 600 | 1647 |
| 275 | J. Harris | 578 | 330 | 633 | 1542 |
| R. Candezza Jr. | 501 | 352 | 600 | 1455 | |
| Master | | | | | |
| 132 | 55-59 | | | | |
| 160 | 60-64 | | | | |
| 160-74 | 70-74 | 380 | 237 | 424 | 1041 |
| S. Romolo | 55 | 281 | 55 | 391 | |
| 198 | 40-49 | 440 | 264 | 485 | 1189 |
| 198 | J. Grosvalves | 341 | 286 | 369 | 997 |
| 60-64 | B. Smelead | 358 | 253 | 402 | 1013 |

| | | | | | |
|-------------|-----------------|------|------|-----|------|
| 220 | 50 and over IPF | 55 | 451w | 55 | 562 |
| D. Gillis | 40-49 | 413 | 292 | 429 | 1135 |
| J. Swab | 275 | 545 | 396 | 540 | 1482 |
| 40-49 | 50 and over | 655w | 440 | 633 | 1730 |
| T. Preston | Open | 55 | | | |
| 123 | 132 | 451 | 259 | 507 | 1217 |
| S. Connolly | 148 | 55 | 462 | 55 | 573 |
| C. Warr | J. Tansayose | 132 | 424 | 132 | 688 |
| 220 | A. Harris | 738 | 440 | 683 | 1862 |
| T. Malicko | R. Sandlin | | | | |
| SHW | C. Payne | 782 | 501 | 633 | 1918 |

Bodybuilder Paula Suzuki had hit 235 for a double coming in the 144 lb class, but she was disqualified for missing 330. Greg Warr got a 462 bench at 148, after twice missing it due to the new bench press rule. Don Mike Gillis got a new 50 plus age group IPF style world record in the bench for the 220 lb class. Charles Tantog got an American Record in the squat with a 655 squat and 1730 total in the 275s. Doug Ortiz opened and bombed with 374 in class. Doug Ortiz opened and bombed with 374 in class.



Don Mike Gillis with an IPF style world record in the Bench press (all photographs by Ron Allured)

the bench press at 123. Rich Sandlin came to squat 873 at 242 but hurt a hip-back lifter in the back and he DASH Products made this meet possible. He wanted to bring credibility back to the Hawaii meet. The judges who weighed the weights, Bill Decker, Bud Mucci, and Gordon Santee, Ray Verdineck did the lift. He was the only lifter in the world who had bought and shipped (okawaii). Ray and the judges even helped load weights. Bill Irish provided me with a place to stay and helped build the stage and podium for our Advance Designs, Titan Support Systems, Crown's Muscle World, PowerPunch USA, Hawaii Check Cashing, Power Punch and Doug Casey, Total Fitness USA, The Gym, and - again - Rich Sandlin. Next year's show for Hawaii bodybuilding, a big showdown between possibly the likes of Paul Dilley, Gary Stridom and maybe even Lou Ferrigno. The powerlifters will have to do at least little totals. We'll see if we can get more world records. We go back to the 2000 person crowds. (Thank to Gus Kellwich for results).



Paula Suzuki was happy after setting the all time record at 325 lbs.

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INTERVIEW

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

STEVE GOGGINS as interviewed for PL USA by Brendan Dunningan

pulls and shrugs for the deadlift and pause squats for the squat are very important in developing total power and strength. As for as bodybuilding, well I like to look good too. I train around all you bodybuilders and maybe you'll influence me a little to do more. Plus, I like to look as strong as I am, unlike a lot of bodybuilders who look strong, but really aren't, at least by powerlifting standards. I also feel the bodybuilding has helped me maintain a leaner body mass and I feel that can only help me. If it starts to affect my powerlifting I'll stop. Plus, I quit all extra lifting one month out from a meet anyway.

Q. I've seen you do some training with the drug free phenomenon. I.F.B.B. pro Ronnie Coleman. Is he as strong as he looks?

A. Yes, he definitely is strong. For a bodybuilder he is very strong. With proper powerlifting training he could probably total 2100 lbs. at 242 lbs. in less than a year.

Q. What type of atmosphere do you feel assistance work, like rack assistance work and bodybuilding. I know there are different schools of thought among powerlifters on this matter. What are your views on this controversial subject?

A. I feel assistance work, like rack

Q. Steve, you have a very thick and powerful physique. Have you always been strong and muscular?

A. Yes. At age 15 I benched 320 lbs. and could deadlift 480 lbs. This was before any formal power training.

Q. How long have you been competing in powerlifting events?

A. Since 1985.

Q. What is your current body weight?

A. I feel as strong as I am, unlike a lot of bodybuilders who look strong, but really aren't, at least by powerlifting standards. I also feel the bodybuilding has helped me maintain a leaner body mass and I feel that can only help me. If it starts to affect my powerlifting I'll stop. Plus, I quit all extra lifting one month out from a meet anyway.

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In the world of powerlifting there are many great champions. One of these elite lifters is Steve Goggins. Steve is the type of person who doesn't blow his own horn, so I'll do it for him. He is a very mild mannered person outside of the gym, but when it comes to his training it's another story. It's almost as if his soul becomes possessed by some higher power when it comes time for his heavy set of the workout. You can literally watch his body pump up in anticipation of the heavy lift. He also has great tenacity, even for a lifter of his caliber. I've personally seen him do a 885 lb. deadlift that took nearly 10 seconds to bring to lockout. As the owner of MetroFlex Gym in Arlington Texas, I've seen many, many hardcore lifters including current 1993 A.P.F. National 220 lb. champion, Dan Helgenberger, in action. Not to take anything away from any of these other great champions, but Goggins just always seems to be able to make his lifts using phenomenal poundages. No matter what it takes he just does it. I've personally never

seen him miss a lift in training. I feel in the next few years Steve will come into his own as one of the greatest lifters of all time.

The following is an interview I had with Steve after a very intense leg workout, including a deep set of 935 X 2 in the squat with a loose fitting suit and wraps, plus a set of 1920 lbs. in the 45 degree angled leg press for 12 reps. (knees to chest)

Q. Steve, you have a very thick and powerful physique. Have you always been strong and muscular?

A. Yes. At age 15 I benched 320 lbs. and could deadlift 480 lbs. This was before any formal power training.

Q. How long have you been competing in powerlifting events?

A. Since 1985.

Q. What is your current body weight?

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Steve Goggins pounds out reps on the leg press with 1920 lbs., while drug free bodybuilding champion Ronnie Coleman spots (Dunningan)



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Steve wraps and readies for a set of monster squats (Brendan Dunnigan photograph)

you like to train in?

A. Hard, Hardcore. MetroFlex Gym is the best atmosphere for training that I've found. Until recently I've mainly trained in the sterile, quiet atmosphere found at most fitness centers.

The atmosphere at MetroFlex is very supportive and conducive to heavy serious training. Everybody trains hard from novice to professional and I like that. After only 1 1/2 months of training there I'm at my strongest point of my career.

Q. At MetroFlex does the 100 degree plus Texas heat and no air conditioning affect your lifting?

A. At first yes, but now I'm used to it. It may affect my strength a little, but in the long run it helps me by making me stronger mentally. It's part of the challenge. Anybody can train in the air conditioned environment.

Q. What does your diet consist of?

A. I eat fairly lean. For protein, I like baked chicken breast, some fish and an occasional lean steak. I eat lots of fresh vegetables, rice, and baked potatoes. I used to eat bad because other powerlifters did, but all it did was hurt my health and my athletic performance. I think more powerlifters should eat like bodybuilders do.

Q. I've noticed with the proper muscle building diet and all the bodybuilding you seem to be getting larger and more muscular. Any chance you may go up a weight class to set some more records?

A. No. Not at this time. I'd like to set the all time highest total ever, while still a 242 lb. The 275ers can relax for now.

Q. What's your basic training schedule 6 weeks out from a meet?

A. I wear gear all the time. I also do doubles and singles in the squat and dead lift throughout the cycle. Benches start at 5's and work down to triples. Basically, I lift heavy all year round. There is no light off season for me!

Q. I've noticed you don't do that many warm-ups. Why is that?

A. I don't want to waste my energy. Once I'm warm I take big jumps. (150-200 lbs at a time)

Q. Would you like to see powerlifting become a professional sport?

A. Yes. I feel it deserves to be. People enjoy dangerous and exciting sports. If it was promoted properly, I feel people would respond to the great lifters that are out there.

Plus, if the money was right it would be a great incentive to the top lifters to go to an even higher level than we are at now. Money can motivate people to perform.

Q. It seems that in the past, despite all the records you've set, you haven't been given a lot of media coverage. How does that affect you?

A. It's kind of disappointing. But, I know and everybody else in my league knows who the best 242 lb.ers are.

Q. What are your current powerlifting goals?

A. To set the highest squat of all time, and to set the highest total of all time. I want to go as high as I can go. I set no limits on myself.

Steve Goggins is available for training seminars, consultation, and strength exhibitions. He can be contacted c/o MetroFlex Gym, 2921 S. Cooper # 109, Arlington, Texas 76015, 817-465-9331.

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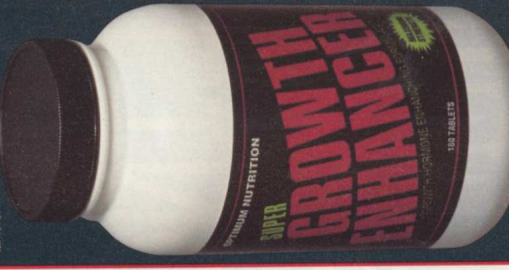
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Powerlifters, among all weight athletes, are the most accepting of the hard reality of numbers and math. Measurement and numbers are what separates powerlifting from bodybuilding. The quantifying of weight, sets, reps, etc., lead to the most critical measurement of all—the final weight lifted. The harsh truth of powerlifting is either you lift the weight... or you don't.

This is why powerlifters are far more sophisticated and less given to fads than most athletes when it comes to training methods and theories. That's because unless a theory/leads to lifting heavier weights, it is not effective.

Nutritionally, applying this rigorous number crunching approach is much more difficult. Because of the lack of objective standards, powerlifters are like deer caught in the headlights of slick supplement marketers who prey on fears and fantasies. With no objective rating systems, lifters have little choice other than to chase the circus of passing nutrition fads and hype, hoping for the best.

Things are changing, however. Highly sophisticated and powerful anabolic tests, once the exclusive domain of Russian athletes, are now available. The serious lifter can now test supplements with the same rigorous acid test as with lifting progress—does this supplement lead to greater strength and weight lifted... or not?

While these tests seem brand new, they are, in fact, reliable and standardized research tests used in research labs around the world for decades. What's new about these tests is that they are now adapted for home and gym use, without losing accuracy. They are the very tests referred to in scientific speak as "reference tests indicate..." The grandfather of them all is nitrogen balance.

Nitrogen balance is the worldwide scientific gold standard of anabolic nutrition tests. For good reason; as nitrogen balance accurately measures the ability of various dietary supplements (especially proteins and amino acids) to make you anabolic, or not.

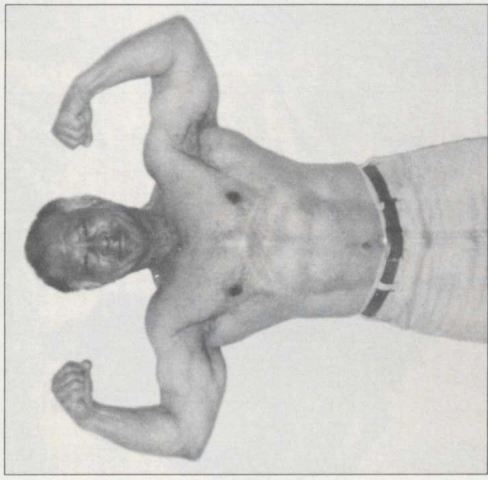
To appreciate the idea and power of nitrogen balance testing, powerlifters should think of their body as a literal bank of muscle tissue. Like all bank accounts, you want a surplus. The greater the muscle surplus, the greater likelihood of anabolic growth and strength.

When you overdraw your muscle bank, the debt is paid by your muscle being broken down. In a very real way, nitrogen balance reveals that when you write a check your body can't cash, precious muscle is destroyed. This nitrogen shift happens swiftly and silently unless you take highly specific action steps to re-

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Muscle Growth by the Numbers as told to Powerlifting USA by Bob Fritz, Gen Linc



He's BACK... Jim Lem, the first 60 year old to squat 600, hit his first meet in almost 5 years, where he recovered sufficiently from a groin pull to squat 545 for an American Masters record in the 65-69 age group, and he took a shot at Roy Mason's 562 deadlift record. Above, the amazingly fit strength athlete flashed a double biceps shot in the motel room after the meet. Betcha Jim has positive nitrogen balance!

6.25 gm) (G) - Nitrogen Excreted (G). The basic equation of nitrogen balance testing. It involves measuring protein/nitrogen intake minus nitrogen output to equal estimated nitrogen balance.

Nitrogen Excretion (G) = (2 G + UUN (G) + (.35 x UUN)). Reflects total nitrogen loss; 90% of nitrogen loss occurs in the form of urine urea nitrogen (UUN). The remaining 10% loss is estimated by the above Halpern equation. This equation brings to life the cold hard fact that when you are in negative nitrogen balance you literally urinate away muscle tissue.

H Urine Volume (Ml)/100,000 (UUN); multiply UUN concentration by estimated total urine volume. Nitrogen balance testing is the basis for the most useful protein rating criteria—Biological Value (BV), Net Protein Utilization (NPU) and others. As part of a long term study, the ability of various proteins, amino acids and highly specific nutritional strategies to promote positive nitrogen balance has been extensively tested. Critically, these trials were

conducted on real lifters in the real world with real supplements—not lab rats. A partial list of the findings from these 3 1/2 years of studies are summarized below. Often surprising, and occasionally startling, these test results enable lifters to get more anabolic on fewer calories. This translates into heavier weights lifted.

(1) Individuals vary widely in response to various supplements, but fall into one of four groups. A rapidly growing field of study called chronobiology (the science of metabolic clocks and cycles) offers important clues as to why lifters vary so much. More importantly, this new research defines four basic chronotypes (classifying people according to their internal anabolic clock cycles). Chronotyping enables lifters to focus on personalized supplements and strategies designed to work with their biological and genetic traits, instead of against them.

(2) Customized plans work best. Using chronotyping from above, lifters can achieve positive nitrogen balance on the fewest number of calories. Synchronizing highly customized and anabolic nutrition, workout and recovery action steps results in lifting heavier weights.

(3) An integrated, overall strategy—not any single factor—is the key to lifting heavier weights. Promoting an anabolic state is not the result of any single supplement or lift. Instead, a personalized 3-D approach synchronizing nutrition with workouts and recovery is the key. One dimensional single supplements, no matter how expensive, are generally doomed to ineffectiveness. So are shotgun and other supplement methods that have not undergone rigorous nitrogen balance testing.

(4) Positive nitrogen balance is closely connected with anabolic hormone and glycogen profiles. Positive nitrogen balance is typically associated with an anabolic hormone profile; modest cortisol (a highly catabolic hormone) and moderate to high testosterone. Positive nitrogen balance is also consistent with anabolic levels of critical liver glycogen. Conversely, a negative nitrogen balance is associated with high cortisol and lower liver glycogen.

Since 1982, Bob Fritz has helped pioneer the original use of peptide free form amino acids (UNIPRO, 1982), glucose polymers (Corbules, 1983), branched chain amino acids (UNIPRO, 1984), (UNIPRO Creatine 1500, 1985), lactates (CYTOMAX, 1989), home anabolic tests (NITRO STICKS, 1991), mail-in steroid hormone testing (GEN-LINC, 1994), among others, for athletes.

Gen Linc Corporation
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Highly Ranked Powerlifter Brad Kiltz took some time off from the power platform when he got a unique chance to compete in the Winter Olympic Games as a brakeman on the team from American Samoa. Brad ran into top bobbed driver Brian Shimer, who was training with the likes of Herschel Walker, Willie Cault, and Edwin Moses, while working out and had his first wife working out and had his first wife roller-coaster ride is not even close to a bobbed run. Nothing I had ever done in sports had prepared me for the speed, noise and whiplash. The G-forces are gut-wrenching and suck you down to the bottom of the sled, making you feel absolutely helpless.* Brad was gunning for a spot on the USA team when an opening came up for American Samoa, a team with which the USA team has a reciprocal arrangement, and he took his shot and became a first-time Olympian, at the unheard of age of 36. Brand new at the spot, the American Samoa team came in 39th in the Olympic competition, which was won by a Swiss team. Brad's lifting power really helped to get the sled moving, as his team made runs of 55.7 seconds, 55.25 seconds, 55.06 seconds, and 55.16 seconds. Brad is now training for powerlifting competition once again, possibly by the 1994 APF Sr. Nationals

OLYMPIC POWER

Powerlifter BRAD KILTZ - part of the Norway Olympics



Brad Kiltz seen below, with his Samoan teammate at the Olympic bobsledding competition in Lillehammer, Norway. Brad is going back to college to get his degree and is back powerlifting.

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USA All Time TOP 100 Squatters-220

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- 881 12FEB82
- 865 06DEC87
- 850 03DEC89
- 850 09DEC89
- 848 05JUN88
- 843 01JUN85
- 843 22JUL92
- 840 27MAR83
- 837 24JUL83
- 835 05JUN88
- 832 02AUG86
- 832 14DEC81
- 830 05JUN89
- 826 06DEC92
- 826 09JAN85
- 826 22JUL92
- 826 21JUL90
- 825 27MAR83
- 821 29JUN86
- 818 14MAY82
- 815 20FEB88
- 810 08NOV80
- 810 10MAY87
- 810 05NOV88
- 805 25APR93
- 805 25APR93
- 804 25FEB84
- 804 07MAY84
- 804 21JUN86
- 804 08APR88
- 804 26MAY89
- 804 12APR92
- 804 21MAR93
- 800 26JUL92
- 800 27MAR88
- 800 09DEC79
- 800 09JUL80
- 800 26OCT85
- 800 20JUN87
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- 780 25APR87
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ALL TIME COMMENTARY... Coan's monster squat heads the list. What can you say about Ed Coan that hasn't already been said. He defies logic. I cannot find enough words in my vocabulary to adequately describe him - incredible - fantastic. I fantasize what he could do without the supportive suit. It would be something I'd give anything to see. Strength fans would be talking about it for decades. How about it, Ed. Just one time. Following the Infinite One, we have Dr. Squat - Hatfield, and Goggins as the only two others who have surpassed the 400 kg. (881.9 lb.) barrier. Note that the two major P/L Federation leaders - Black (USPF) 865 for 5th, and Franz (APF) 826 for 19th place are right at the top. No armchair leaders these two. Oldest 800 mark is Dennis Reed, who closed out the 70s with his lift. Talk about dogged tenacity - everyone of his efforts were gutbusters. Quite unique is George Herring, who has registered his squatting prowess among the elite in four different categories (as has Gene Bell). There were almost 50 men over 800 and former IPF World Champ Mark Dimiduk occupies 50th position. I cannot go without mentioning my joy when seeing Jamie Logston join his brother who was the first man in Indiana to squat 800. Rounding out the list are seven men who actually squatted 345 kg (760.6). I have listed them at 761 to differentiate from 12 others who made 760 exactly in pounds. Herb Glossbrenner

More From Ken Leistner

I like to keep a variety of bars in the gym. Some of the fellows like a 28 mm diameter, others a full 29 mm. We have the Passanello/Sutherland bar for those who are squatting super heavy and who need competition with it prior to a national meet where it will be used. I have a range of thick handled bars to improve neurological stimulation to the upper extremities and for testing forearm power. I even have a bar that York made for Paul Anderson in the 1950s, one of four that were produced and a real collector's item. I often joke that just touching it makes me stronger!

Bob Hise makes bars, but he is primarily known for the olympic bars he makes for his Mav-Rik company. Bob's bar is very underrated, and one of his alloy bars has remained in hard, constant use without bending, distorting, or giving us any trouble, after almost fifteen years of use. I have, in the past, used an alloy Mav-Rik bar for the deadlift portion of our competitions. It is very lively and has decent knurling. However, some of the guys have asked for a bar with super knurling. Let me tell you about knurling. One can have a very well knurled bar that stays well in the hand, yet will not cut the skin. Other bars are knurled in a manner that causes the bar to tear the calluses off the palm,

with much blood and anguish as the result.

The two most knowledgeable people regarding knurling, in my opinion, are Jim Sutherland, who really increased it's availability.

Buddy Capps mentioned Jim in my columns as a genius who has made some real innovations in powerlifting equipment. Buddy Capps is the man who first produced the Texas Power Bar. This particular bar has a storied history. What the York barbell is to olympic lifting, the Texas Power Bar is to powerlifting. It was the first product of its kind produced strictly for our sport and established its efficacy in many competitions. It was the first to have the increased diameter, distinctive "powerlifting" markings, extra deep knurling, and sturdier revolving sleeves. The bar was first sold as part of the Image set and got a real boost when Kaye Droke, a nutritional pioneer in the Southwest, became involved with

had put on did not cause one dropped lift, nor one torn hand. As I was told, "this is the best knurled bar I have ever used or heard of, but no one got cut. How come?" The "how come?" is the way in which the knurling is placed on the bar, be very deep but not done so that it will cut the skin or tear away calluses if it is dropped.

I was so unbelievably pleased that I wanted everyone to know that



Bari Ann Leistner tries out one of Dr. Ken's bars.

there are quality products out there and there is no excuse for accepting equipment that is second rate. The bar is perhaps the most important piece of equipment. With a safely constructed squat rack and bench, one can perform without fear of compromise or injury. John Buckley's Elite Sales advertises in PL USA and like all of the advertisers, they support our sport and the magazine. Patronize Zangas/Marathon, Izer, Titan, Elite, Sales, Bridges, Crain and all of the others who make our sport possible. There is no excuse for buying supplies locally when your health food store does nothing to support our sport. Whatever is spent on shipping is more than made up for by the ability of these individuals to advertise and continue to bring PL USA to you monthly. That they are interested in providing the lifters with the quality products they need should make you embarrassed to shop elsewhere.

Dr. Ken's bars, and John would sell them. John had always sold the Elite Deadlift Bar, an innovation that originally sprang from the fertile imagination of the late Chip McCain. When John took over Chip's business, the bar came with it. Coincidentally, Buddy Capps made the Elite Deadlift bar, so it was a natural that John would want to handle the Texas Powerlifting Bar. In his ads, John gives some history about the Texas Bar. I can only tell you that it was always one of my favorites and one preferred by our Iron Island Gym lifters. I have been happy with the Ivanko bars we have, the Mav-Rik bars, the York bars, and the old Texas bars. As a favor, Buddy recently made me an Elite Deadlift Bar that was slightly modified. I can only say that I have never before in my thirty years in powerlifting, ever had a response like the one this bar produced. The unique design allows for a very unusual action, and the knurling

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TRAINING

Upper Back Training

by Greg Reshel and Asher Sharon of Power Excel

The exhausted muscles overcompensate in their recovery and are unusually strong at the peak of their recovery for a period of two to three weeks. These two factors result in a carefully planned and timed peak that is far stronger than a performance achieved through a regular peaking cycle. The residual effect peaks are a little more risky for the average athlete because of the timing involved. However, the potential for an outstanding performance is incredible and you need to experience it yourself to believe the difference.

Upper Back Training - Residual Effect Bench Press Peak
(Note - This workout is designed for intermediate and advanced level athletes that have just completed an off-season program and are fit, healthy, and ready to push the heavy weights. You need to allow 12 weeks for this program. The first six weeks are used as a pre-exhaust period to tire out the lower traps, rhomboids, and teres muscles. The second six week period peaks the bench press motion and allows the upper back to recover. You will be sore and fatigued after the first six weeks but you will not be injured or find it painful to proceed. Do not be afraid to push yourself in the first six weeks and definitely concentrate on the upper back exercises to work them hard and strict so that the proper muscles get the work. You will train every four days in this program. If you are young, less than 35 years old, you will most likely be able to handle this routine

as a twice per week schedule. However, master lifters and athletes with slower natural recovery times may want to allow 5 or even 6 days between training sessions. When you use a 4 day training cycle you will need 12 weeks before the meet to complete the cycle.

Pre-Exhaust Routine:

1. High Pulley Row to Lower Pec - 4 sets of 12 reps (heavy weight). Use a grip on a straight bar that is approximately the same width as your contest bench grip. Sit on a low stool or on the floor and keep your feet out in front of you with your knees bent. Lean back about 45 degrees and keep your back flat shoulders back, and head up as you smoothly row the bar to your lower pec height. Release slowly to arms length. Make sure that you squeeze your shoulder blades together and down toward your hips as you're rowing the cable attachment. Keep your chest up!
2. Standing Low Pulley Upright Rows - 4 sets of (8-10) reps (moderate weight). Stand about 1-2 feet from a low pulley apparatus. Use a straight or cambered bar attachment with a 6-10 inch grip. Keep your head up as you keep your back flat and lean slightly forward from the hips. Bend and lift your elbows out to the sides as you lift the bar to your throat or chin height.

times. The bar should stop just below your head height. Return the bar to your chest along the same path very close to your face. Use the muscles of your shoulder to complete the cycle.

| Workout # | Set #1 | Set #2 |
|------------|------------|------------|
| Routine 1 | 8x3 @ 65% | 2x10 @ 55% |
| Routine 2 | 3x3 @ 68% | 5x5 @ 60% |
| Routine 3 | 6x3 @ 68% | 2x10 @ 55% |
| Routine 4 | 3x3 @ 77% | 5x5 @ 65% |
| Routine 5 | 10x2 @ 72% | 2x10 @ 55% |
| Routine 6 | 3x3 @ 77% | 5x5 @ 60% |
| Routine 7 | 8x2 @ 76% | |
| Routine 8 | 3x2 @ 80% | |
| Routine 9 | 6x2 @ 75% | |
| Routine 10 | 3x1 @ 84% | 5x4 @ 60% |

to reach working sets then follow chart above:

5. Seated Bent Forward Lateral Raise - 5 sets of 7 reps (fairly heavy). 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 the bar on your chest at mid-pec. Lift the bar up and over your head just barely clearing your face and nose and then lower it past your head to the floor. Keep elbows held close together at all

after routine #9. The bench press charts give the weights as percentages to make it easier for everyone to try the routine at least once. Get your calculator and use your current max single as the number multiplied by the percentages to give you the working weights. Always take the next even five pound jump lower than the number you calculate using your max and the percentages. When in doubt go with a lighter weight than the number you calculate because this is a very aggressive workout routine.

NOTE - You must expect that the bench presses you perform in weeks 4 through 11 will be very difficult. They will be more difficult than usual because your upper back stabilizes the bench press and as your upper back becomes fatigued it will get more and more difficult to push the bench press motion. The 92% you push on Week 11 will be as hard as any max attempt because you are not fully recovered from the upper back fatigue. Do not give up. Your strength will be there for your contest if you did not overestimate your current max in the beginning.

If you have any questions please feel free to contact us at POWER EXCEL, 2907 S. Superior Street, Milwaukee, WI 53207-(414) 769-1211. If you have the stomach for hard work under difficult conditions you will surprise yourself with this routine and bust your personal records. Good Luck and Good Lifting!

Greg Reshel & Asher Sharon

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 would notice that you formed a straight line from one elbow through both shoulders to the other elbow. Lower the weight slowly to the start position.

1. Bench Press - warm up briefly but as needed so that you are ready to perform your heavy work sets then follow chart below:
2. Slight Decline Tricep Extensions - 3 sets of 12 reps (light to moderate weights) - Drop after the 8th routine! Lay on a bench face up with your head at the end of the bench. Hold a straight bar with a 12-19 inch grip at arms length above your forehead. Maintain your upper arms in that position at all times while bending your elbows so that the bar is lowered to a position just past your head but on a level with your forehead. While still maintaining your upper arms in the original position, extend your arms at the elbow (straighten your arms) and raise the bar to its original position.
3. Flat Bench Dumbbell Fly - 3 sets of 10 reps with light weight - Drop

| Workout # | Set #1 | Set #2 | Set #3 |
|------------|--------------------|--------------------|-------------|
| Routine 1 | 3 sets of 3 @ 70 | 2 sets of 15 @ | |
| Routine 2 | Triples to 76% | 2 sets of 15 @ 55% | |
| Routine 3 | Single to 80% | 2 sets of 15 @ 55% | |
| Routine 4 | 3 sets of 3 @ 70% | 2 sets of 15 @ 55% | |
| Routine 5 | Triples to 80% | 2 sets of 15 @ 55% | |
| Routine 6 | Single to 84% | 2 sets of 15 @ 55% | |
| Routine 7 | 3 sets of 2 @ 74% | 2 sets of 15 @ 55% | |
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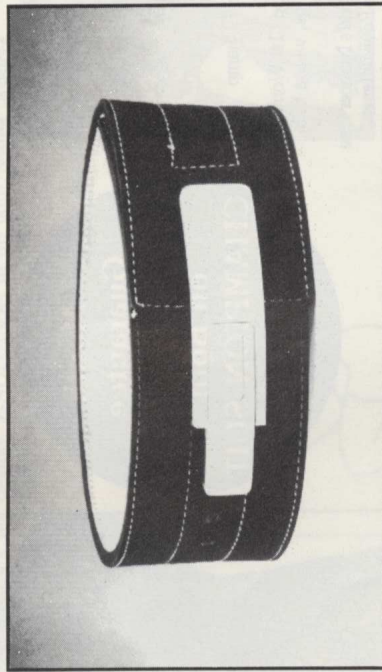
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One of the biggest problems that face pre-intermediate lifters is their confusion between training for powerlifting and training for bodybuilding. Yes, there is a difference. I put most of the blame for this problem on all the hype from the "Muscle Pumpers" magazines. Every month they chronicle the latest Mr. Universe's routine, just full of blitzing, bombing, supersetting, and flushing, all of which takes four hours to complete. The new weight trainees all assume that this is the way to work out, so they embark on routines which consist of 15 sets of benches, 10 sets of inclines, 5 sets of flies and dips, and then wonder why their lifts don't seem to be moving up just like the champ says his do. Thank God, this is only their "light" training day.

Another reason this happens is that some lifters may come from the ranks of frustrated bodybuilders, and their training ideas are a carryover of their previous endeavors. "Train til you pass out" is their motto.

Powerlifting is a horse of a different color, yet some basic fundamentals are shared by both sports, like overload and recuperation considerations. The big difference between bodybuilding training and powerlifting training is quality versus quantity. Quality of training combines with recuperation are the mainstays of any power program. When a bodybuilder appears on stage, he is usually in a depleted condition in order to attain a balance between maximum size and definition. No one cares if he squats 200 or 700. When a powerlifter stands on stage, we don't care how big his calves are or if his inner tricep head harmoniously matches his outer head. No, we care how much iron he can lift! The goals of each sport are different, so the training and mentality must be different as well.

The factor of mentality is critical in any sport. In order to excel or attain goals, we must have the right outlook and follow the proper path.

No, power training does not usually leave you with a massive pump in your biceps and lats. To get a productive, strength producing workout, that is not necessary. Perhaps in guitar practice and other activities, more is better, but that is not the case in powerlifting. We must each find the proper balance of training and recuperation that suits us at our current level and age.

Some bodybuilding is necessary for assistance work. It should be applied as a means to improve your total, not as an end in itself. If you definitely need to do some cosmetic training, concentrate on it during your off season. You can still use

STARTIN' OUT

A special section dedicated to the beginning lifter

Make Up Your Mind! Powerlifting... or Bodybuilding Training? as told to Powerlifting USA by Doug Daniels

Exercises and methods that have positive impact on your power total. "Shaping" exercises, however, like tricep kickbacks and concentration curls will do little, if anything, to help.

If you really want to progress, forget terms like pumping and blitzing and acquaint yourself with terms like cycling, heavy/light training, and compensatory acceleration.

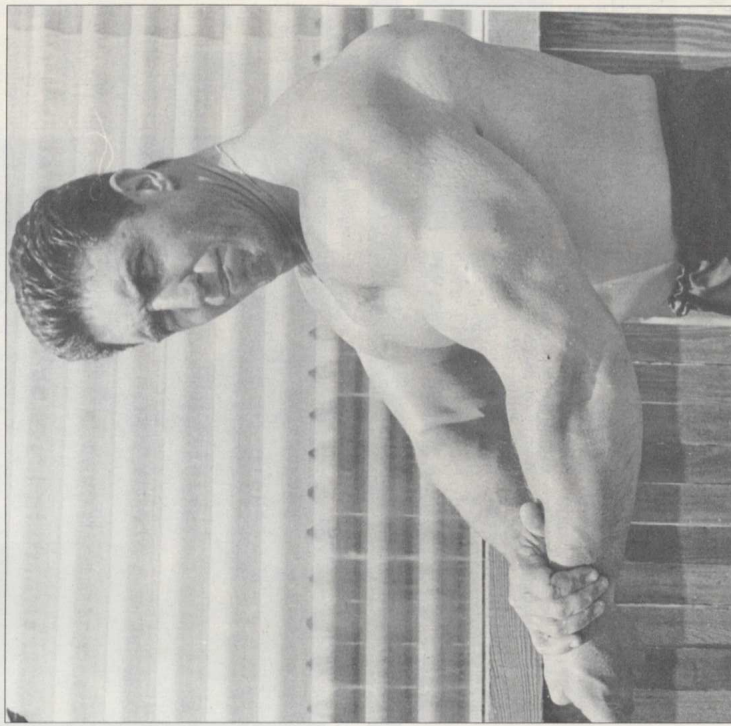
Heavy power training is very stressful on the body and too much extra work will have a negative effect on your results. Just go to a power meet and smell all the DMSO and "ICY" rubs used to soothe sore bodies and you'll know what I mean.

Some younger lifters might still improve following these blitzing type routines, but they will eventually level out and stagnate, and then

possibly regress. These routines can also be very hard on drug free lifters.

Some of the bet in this sport confine their training to little outside of the three lifts and their variations, and when they include other movements, they are careful to make sure they are not overextending their individual recuperative abilities. They are also focused in on their goals and what it takes to reach them.

Do not fear that training for the powerlifts will leave you a shapeless blob. Your basic body structure and diet have a lot to do with how your physique looks, regardless of the training methods you follow. There are many fine specimens of what power training, along with carefully integrated bodybuilding can achieve. Jim Cash, Gene Bell, and Buddy Duke are prime examples. Refer to other articles in this magazine, like "Workout of the Month", for good examples of what a power routine should be. The important thing to keep in mind is - what are your goals? Make up your mind.



Pat Casey, the first man to bench press 600 pounds, knew how to make up his mind. After his powerlifting exploits, the former Superheavyweight dropped bodyweight and emphasized bodybuilding. Nowadays, he's into fitness weight training - using moderate weight for high reps, producing a high level of fitness

INTERVIEW

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

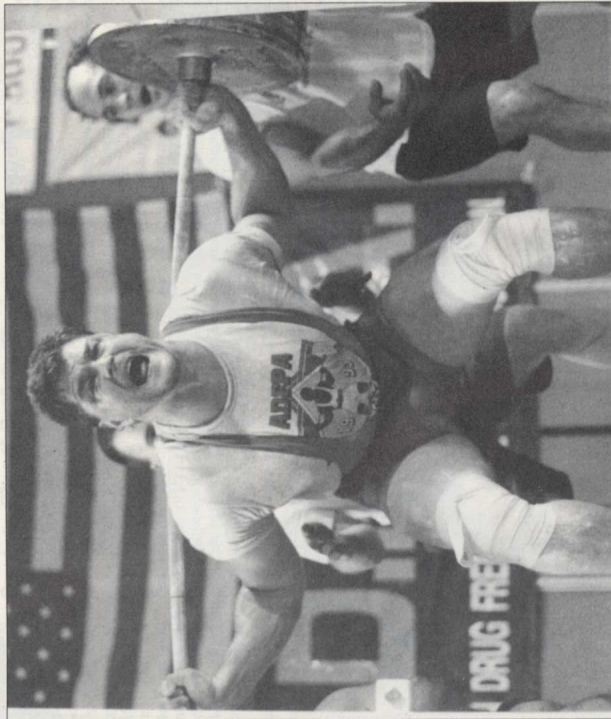
Brad Gillingham as interviewed for PL USA by Bob Gaynor

BOB: Give us some personal information on yourself.
BRAD: My name is Brad Gillingham. I currently live in Slayton, Minnesota where I work as an Entrepreneurial Director for Murray County.

BOB: How did you get started?
BRAD: My father is Gale Gillingham who was a 5 time NFL All Pro and Green Bay Packer Hall of Famer. This exposed my brothers and myself to athletics and weight training at a very early age. I trained with weights in high school to help my performance in other sports. My brother Karl who placed 4th in 1992 and 5th in 1993 in Men's Nationals got me started in powerlifting competition in college.

BOB: How long have you competed?
BRAD: I have been competing for 5 years, and began competing in ADFPA Men's Nationals the last two years. I placed 4th in 1992 and 3rd in 1993, both at the 275 weight class.
BOB: What are your best lifts?
BRAD: My best competition lifts are a 745 squat, 520 bench, 720 deadlift and a 1985 total in the 275 lb. weight class.
BOB: What are your future goals?
BRAD: I'm hoping that 1994 will be a big year for me. I would like to win the 275 lb. class at the 1994 ADFPA Men's Nationals and WDFP Worlds. My long range goals are to keep improving my lifts at each meet. As far as my lifts are concerned, I feel that I am capable of a 2200 lb. plus total, but it will have to be at a SFW. My mind will never be a

decreasing the reps while increasing the weight. I lift single reps on the power rack. My bench is trained with a retooling 4 week cycle of 5 sets of 8, 6, 4, and 2. Eight weeks out from the meet, I press 10 sets of 1 single rep. Each week I increase the intensity and the weight by 5 to 10 lbs. I feel that this develops maximum explosion, which is the key to moving heavy weight. I try to limit the use of gear until the last training week before the meet.



Brad Gillingham... one of the up and coming big men of the ADFPA at last years Men's National Meet.

limiting factor. It's a matter of staying healthy and keeping the desire.

BOB: What about steroid use?
BRAD: I feel that due to the harmful side effects of steroids on athletics, that there has to be a concerned effort in the sports world to phase out steroid usage in all sports. I personally feel a lot of satisfaction out of knowing that my progress has been made naturally through hard work and determination.

BOB: How do you feel about drug testing?
BRAD: I feel that the ADFPA does an adequate job of drug testing. I hope that any lifter that chooses to lift in the ADFPA will do so without trying to beat the system.

BOB: Do you follow any special

diet?
BRAD: I try to eat smart. I concentrate on eating a balanced diet of carbohydrates and protein. I also drink about a gallon of milk a day to keep the weight on. My calorie level stays in the 5000 to 6000 range each day. I use protein and vitamin supplements to fill in the gaps.

BOB: Would you give us a breakdown of your training program?
BRAD: I like to workout heavy year round. I train the three lifts once per week. Replace full squats and deadlifts every other week with heavy power rack movements. I feel that this allows the body to get used to heavier weights while allowing some recuperation time. I use a retooling four week cycle concentrating on 2 sets of 8, 6, 4, and 2, each week

to the gym. Be intense!
BOB: Are there any other comments you would like to make?
BRAD: I would like to see powerlifting get more exposure in the media. I feel the only way this will happen is if the dream of making power lifting an Olympic sport will become a reality. I would like to thank: Bob Gaynor and Mike Lambert for the opportunity to have this interview; Gilly's Power and Fitness, Marshall Athletic Center, my training partners Karl and Wade Gillingham, Whitey, Rich, Curley, Sweede, Big Jim, Tim, Bad Oman, my father Gale Gillingham (the best NFL line man to ever play the game) and a special thanks to Diane for your continued support. For additional information, Brad Gillingham, 2745 King Ave., Slayton, MN 56172, (507) 836-6577

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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 questions 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, M.D., 23 Main St., Warwick, 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: Is there sound research to the effect that OKG is worth the \$1.50+/day that it costs (6 grams/day)? What are its common side effects and at what approximate dosages have they been encountered? Are you aware of any precautions, other than "Buyer beware"? All I can recall reading about OKG comes from Dr. Fred Hatfield's article on p. 36 of the 9/93 issue of *Powerlifting USA*. Now, Fred is one of my few living heroes, and I WANT to believe. That said, I've become the devil's advocate in my old age, and it seems MARVELLOUSLY coincidental that a full-page OKG ad ran opposite Fred's one-page article.

New subject: a decade-old case of bursitis that has kept me from competing. At age 48, my squat and deadlift are about as good as they ever were, but my upper body strength is so wimpy that I would humiliate myself on the platform. Both shoulders are affected, but the right one wakes me up nightly, after approximately 4-5 hours sleep. (Presumably, that's when my nightly, dangerously-large dose of Ibuprofen or aspirin wears off.) The right shoulder also prevents me from pressing even the lightest weight overhead. I need AT LEAST seven hours sleep per night and a 140 kg bench press, just to regain my provisional membership in the human race!

Many years ago, the right shoulder was X-ray'd to eliminate the possibility of a rotator cuff tear. More recently, a CAT-scan revealed no obvious source of nerve impingement in the vicinity of the upper thoracic and lower cervical vertebrae.

The problem doesn't respond to even a full year's rest, as my past cases of tendinitis did. Thus, the diagnosis of bursitis was made. Since then, I've tried heat, ice, alternating ice/heat, acupuncture, diathermy, topical analgesics, etc, ad nauseum. I haven't yet tried cortisone.

My mother and her brother, both of whom drank about a liter of skim milk daily, suffered EXTREME osteoporosis, apparently as the result of their corticosteroid use. I've come to view the corticosteroids as being much more dangerous than anabolic steroids, in similar doses. Also, it is my understanding that cortisone treatment for problems like mine usually brings only partial and temporary relief. Is there a surgical procedure that offers ANY possible hope of permanent relief of bursitis? Lacking that, I would appreciate any information on the "cocktail" of corticosteroids and analgesics that you have used successfully on tendonitis cases, if that is also a reasonable treatment for bursitis. Best regards, **Joe N.**

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definite benefits to using certain nutritional compounds. However, you should be aware that although compounds such as glutamine, OKG and the branched chain amino acids can be useful as both anabolic and anti-catabolic compounds, they are not comparable to the effects obtained through the use of drugs such as anabolic steroids. It would be useful to consider the use of these compounds and the vast majority of other supplements such as creatine and MET-RX, including the shogun combination supplements from companies such as Cybergensics, as aids to maximizing your natural athletic potential rather than ways to chemically alter your basic makeup.

I share your apprehension about cortisone. However by using a cocktail that also contains an anabolic and a schlemming agent, you can not only counteract the negative effects of the cortisone but also further speed up healing of many musculoskeletal injuries. Unfortunately without examining you I can't tell whether or not you would benefit from an injection. On a more basic note, have you tried any of the long acting NSAIDs such as Feldene or Orudis SR? There are several compounds that should allow you to get your seven hours sleep, if not your 140 kg bench press. Sincerely, **Mauro G. Di Pasquale, M.D.**

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TRAINING

The Bench Press Workout Part Two, Assistance Day as told to POWERLIFTING USA by Louie Simmons

Throughout the year on our assistance bench day, Wednesday, we do a variety of exercises: one or two major pushing exercises such as squats, shrugs, and hammer curls. For example, power rack benches may start a long revolving cycle. Start with a close grip, and place the pins so that a 2-inch lock-out is possible. Warm-up sufficiently, then make large jumps, 90 lbs. if you are a 500+ bench, 50 lbs. if you are a 400+ bench, and 40 lbs. or less. Find a max single. The next week, drop to a 3 inch lock-out. Week 3 a 4 inch lock-out. Week 4 a 5 inch lock-out, and Week 5 a 6 inch lock-out. Our big benches never go lower than 6 inches down for this exercise, at that point their shoulders start to suffer. Remember, we are doing racks for triceps strength, although the anterior delts play a major role as well. Keep track of your record on each pin; this is important. After racks, do quarter dips with weight. We place a box inside our dip bars and only lift our feet 3-6 inches off the box. Keep your feet directly under you. The reps are 3-8. Lock out the triceps hard for a second or two. Don't hyperextend the elbows. Do 3-8 sets. This is followed by some lat work and shrugs for the upper back. Hammer curls and situps and we're

done. This takes about 45 minutes. That's 5 weeks of all singles with the bar and no more than 8 reps for triceps and back work. Now we move to dumbbell work for the next minicycle. We work as heavy as possible and for high reps, 20 or 25. Let's say we use 100 lb. dumbbells on an incline. You must realize that we may not have touched a heavy dumbbell in 3 or 4 months. Week 1 we may get 18 reps, Week 2-21, Week 3-24, and Week 4-26. If 26 was a record but Week 5 we only achieved 22, we stop doing them. We warm up with 25s, 50s, and 75s for 6-8 reps. We warm up, not wear out, before the top weight. This is followed by straight barbell extensions off the floor. The reps

are high, 8-15. We use a straight bar for extensions. Yes, they are hard on the elbows; they are supposed to be - to build elbow extension. These are followed by upper back and rear delt work (shrugs, pulls to the face with a lat bar, lat work) and hammer curls. Now after 3 or 4 weeks of high-rep dumbbell work, it's on to minicycle 3: steep incline with a close grip, which works the triceps and front delts. After a thorough warm-up, we work our way up toward a max single for that day. Once you establish a personal record, let's say 380, from the last phase of steep incline, which may be as long ago as 20 weeks, work up each week as heavy as possible

without missing. It takes a week or two to get accustomed to the movement, and by the third week you should be breaking your old PR. Besting your previous PR should go on for one or two more workouts before you start to burn out. Again you can see, the minicycle only lasts 3-5 weeks. After steep inclines, our triceps work would be quarter dips with weight (3-8 reps) and French press (8-12 reps), then more upper back and lat work. All huge benchers possess a thick upper back. Sometimes we will do side dumbbell raises on Wednesday.

The next minicycle is dumbbells done while lying on the floor. They are done with as heavy dumbbells as possible. The reps are in the 10-20 range. Pause with your elbows on the floor each rep. You will notice that by doing floor presses with dumbbells or a barbell, you are at a leverage disadvantage. That's why we pause then and only then. These are followed by barbell extensions on the floor behind the head, 5-8 reps, and then dumbbell extensions for 8-12 reps. Remember, always try for a record on the presses as well as the extensions whenever possible. Again, follow this with upper back and lat work and hammer curls.

Minicycle 5 is done with one of our favorite exercises, weighted pushups. Place a bar in the bottom of your power rack. Now grab the bar as if to do a press. Our feet are elevated about 1 foot on a box. Have someone place a plate (a 45 or a 100) or have someone sit on your back near your shoulders. They should have their feet in front of your head and be holding onto the rack for balance. Remember to establish a record for reps. I was quite good at pushups with my feet raised. I did 58 with 100 lbs. Gary Sanger's record was 54 reps. Gary was a 198 and I was a 220. This will give you something to shoot for. Larger men won't do quite as well because of their bulk. When Matt Dimel could perform 25 reps, his bench was around 540. Kevin Atkins also did 25 reps with 100 lbs. and could do 550 without a shirt. They weighed about 330 lbs. Remember, with human weight you can set rep records with 150, 200, 250, and even more. With the feet elevated, they simulate incline presses, but all the blood rushes to the chest, arms, and shoulders - what a pump! They can also be done with the feet on the floor. This works the lower chest and the shoulders in a different way. Larry Pacifico did handstand pushups when he was one of the most prominent pressers in the 1970s, 530 at 198 and 570 at 220 without a shirt. In 1972, I witnessed

mer curls. Remember, shrugs are important to keep the shoulders in good shape.

I hoped you have noticed that we only do one or two major exercises, followed by only two or three direct work exercises, such as one of a variety of triceps extensions, a side delt exercise, and upper back and forearm work. I am often asked how Kenny Patterson benches over 500 in the 220s while training with only 325. Well, being able to lock out 805 with a close grip in a 2-inch press in the rack helps. I hope this description of our workouts will answer your questions. You can add your favorite exercises to the list. Rotate the exercises every 3 or 4 weeks. You won't burn out with this system. Over a dozen of my lifters have bench pressed 500 lbs or more, yet many can't make Westside Barbell's all-time top 10 bench by the Schwartz formula, including Matt Dimel's 575.

A tip on bench shirts: If you don't have strong arms, a shirt won't help much. Normally, the most resistant shirt is the best. We only use a shirt at meets, and we do a meet every 8 weeks without burning out. You can too!

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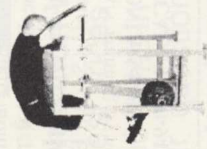


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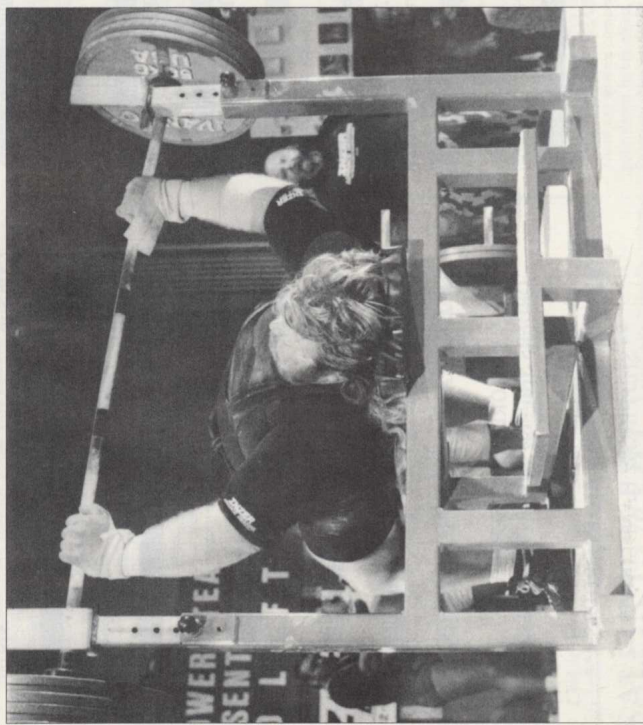
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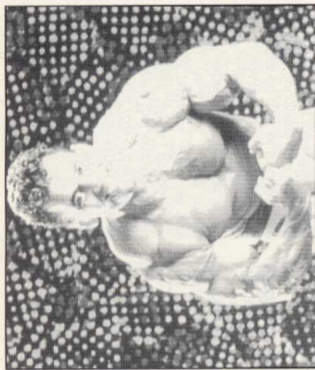
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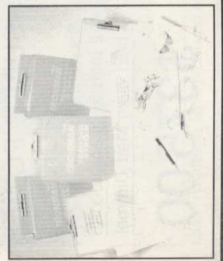
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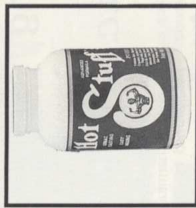
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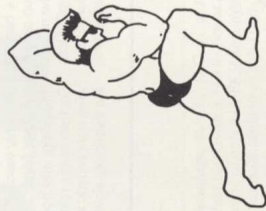
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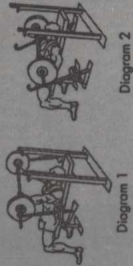


Diagram 1

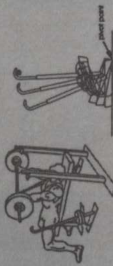


Diagram 2

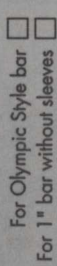


Diagram 3



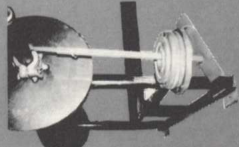
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Getting Rid of Sticking Points in the Squat

by Dr. Tim Jennings, B.M.E., D.C.

Many powerlifters have a sticking point in their exercises that prevents them from progressing. Often times these sticking points are caused by scar tissue formation between the muscle and the muscle covering called the fascia. This scar tissue causes the muscle to adhere to the fascia and is called an adhesion.

Anatomy: The muscles of the body have a type of wrapping called fascia. This fascia covers each muscle and organ and serves to insulate and protect. The fascia over the muscles keep the muscles from rubbing against each other when they contract. There are lubricants between the fascia and the muscle that let the muscle slide with very

little friction. The production of this lubrication is dependent on the level of certain vitamins and minerals. One of the most important of these vitamins is B12.

Diet: Red meat has an abundant amount of B12 along with several other vitamins, minerals and amino acids. If your diet does not include red meat and you don't supplement it with a sublingual B12

vitamin, you will not produce as much of the lubrication between the muscle and the fascia. As a result of low production of this lubrication, the muscle rubs directly against the fascia. Like a bearing without lubrication, friction causes the fascia to adhere to the muscle via scar tissue. The body produces scar tissue as a normal part of the healing process. Scar tissue produces these adhesions by sticking the muscle to the fascia. As a result, the muscle isn't as strong and will actually turn off if it is stretched.

Injury to the muscle: After trauma, localization serves to contain the products of the injured tissues. Unfortunately, the resolution of inflammation (scarring) can be especially harmful if the joint has not returned to normal mobility. This occurs because periarthral (around the joints) soft tissue are flexible, elastic, plastic, and generally richly vascular. Scar tissue, on the other hand, tends to be stiff, unyielding, and poorly vascularized. For this reason, re-injured joints that were not properly attended initially are extremely slow to heal.

individual has sustained numerous bumps, strains, and sprains within his life. (1) An injury to the muscle can cause scar tissue formation. "Following an injury, laceration, or surgery, fibroblastic activity forms new connective tissue fibers to re- unite the wound as part of the postinflammatory fibroplastic phase." (2) There are generally localized adhesions produced as scar tissue forms. In addition, there is often a restrictive matrix that has spider-weblike tentacles attached to surrounding structures that can alter and limit their normal mobility. (2)

"Hollingshead states that scar tissue may be a major factor in altering the biomechanics of the whole kinematic chain, placing strain on all related structures. (3) The abnormal strain caused by adherent and inextensible scar tissue may contribute to a chronic inflammatory process and further perpetuate symptoms." (3)

Properties of scar tissue: The scar tissue produced by the body is inelastic. It doesn't stretch or contract. Since the muscles of the body are supposed to stretch and con-

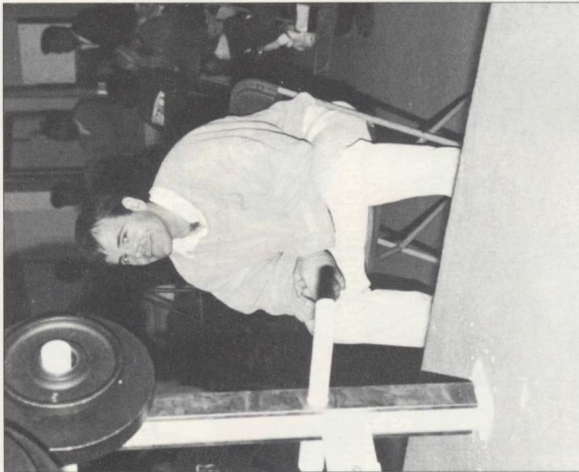
tract, when the scar tissue surrounds the muscle and adheres it to the fascia, it is unable to function optimally. In other words, when you try to contract the muscle, it is unable to move the way it was intended because the scar tissue restrains it and adheres it to the surrounding fascia.

How common is scar tissue? Scar tissue formation is a normal part of healing. According to Hollingshead, if it were possible to dissolve out all the tissues of the body so as to leave only the irregular tissue and scar tissue, the essential organization of the body would still be represented and recognizable. The question is not whether we have scar tissue, but if we have too much scar tissue in places that can cause impairment of the muscle performance.

Treatment: Deep tissue massage or neuromuscular re-education is designed to break up scar tissue into small pieces so the body can reabsorb it. Mobilizing the muscle is essential for the reduction of this scar tissue. Since large amounts of scar tissue is abnormal, when these tissues are massaged or

examined with the hand there will be a great deal of tenderness and pain over the scarred areas. As adhesions are broken, the tenderness decreases and the performance of the muscle increases. After physically breaking down the scar tissue, it is recommended that the lifter supplement his diet with B12 to reduce the chances of future scar tissue formation from friction between the muscle and the fascia.

Treatment to increase squatting power: The most important muscles during the bottom of the squat are the abductors (gluteus maximus, gluteus medius, gluteus minimus, tensor fascia lata). Although several other muscles come into play during the squat, I now focus on the abductors right now. These muscles are located in the buttock and along the outside of the thigh. To treat these muscles, the lifter should expose the area being worked on and apply a lubricant to the skin such as Vaseline Intensive Care. The lotion is used to reduce any friction between the skin and the treating person's hands or elbow. Deep pressure is applied by the treating person to the tissue over the muscles being worked on. The treating person should try to "strip" the muscles of adhesions by sliding or sweeping the palm or elbow over the skin while applying



Author Tim Jennings, B.M.E., D.C. is a 1985, 1986 Minnesota Powerlifting Champion with a 749 lb. Squat in the 198 lb. class. Tim Jennings is also one of only 4 USPF State judges in Northern California and is up for National ranking in the USPF. He currently practices Chiropractic in San Jose where he specializes in Applied Kinesiology, the study of muscles in motion and where he has worked on many professional bodybuilders and powerlifters. (for further information on this article contact: Dr. Tim Jennings, Kinesiology & Chiropractic, 251 O'Connor Dr., Suite 4, San Jose, CA 95128, (408) 293-8363).

as much pressure as is tolerable by the lifter. Remember, the first time the treatment is applied is the most painful, so use discretion. The direction of the sweeps should be toward the head of the lifter. Sweeps cause injury to the blood and lymphatic vessels and should be avoided. Several passes over the muscles are necessary. The treating person should focus on the most tender areas because these are the areas of the most irregular or damaged tissue.

After the treatment, the lifter should notice a change in his flexibility and strength. To decrease the chances of future scar tissue formation, the lifter should warm up and stretch before each workout and supplement his diet with B12. Since the lifter is continuously breaking down and repairing his body it is a good idea to perform this procedure at least once per month.

- (1) Motion Palpation and Chiropractic Technique, Second Edition, Motion Palpation Institute.
- (2) Orthopaedic Physical Therapy, Second Edition, Churchill Livingstone 1994
- (3) Hollingshead WH: Functional Anatomy of the Limbs and Back: A text for Students of the Locomotion Apparatus. WB Saunders 1976

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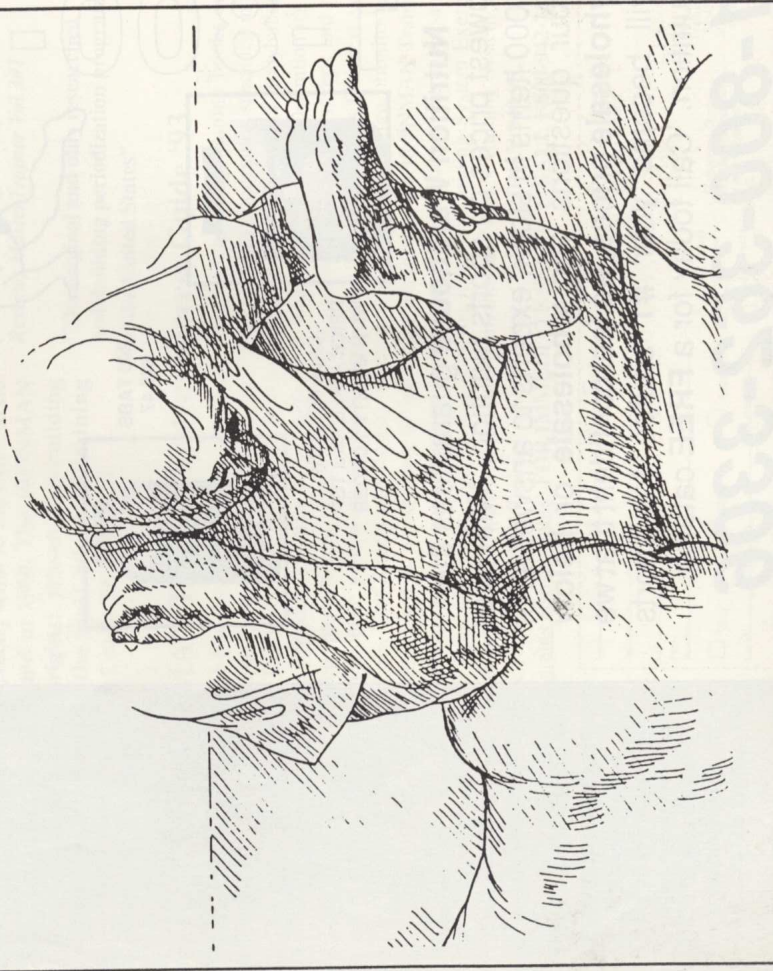
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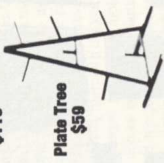
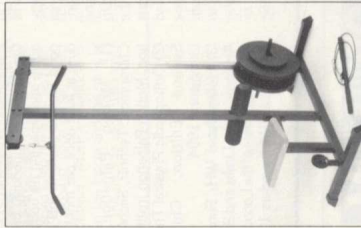
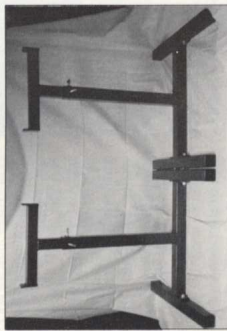


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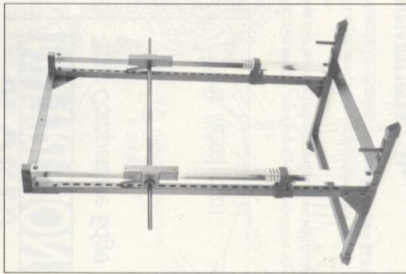


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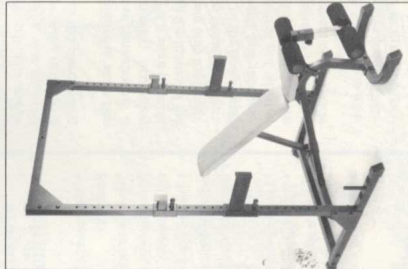


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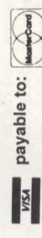


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POWERLIFTING USA BACK ISSUES

ADFFA Central States (kg), OK 22 Jan 94 - Edmond, OK

Table with columns: Name, Age, Sex, Weight, and various lift categories (Squat, Bench, Deadlift, Total). Lists participants and their scores for the 1994 Central States meet.

ADFFA Green Lane, PA 19 Feb 94 - Teen Lane, PA

Table with columns: Name, Age, Sex, Weight, and various lift categories. Lists participants and their scores for the 1994 Green Lane meet.

ADFFA Connecticut State 5, 6, Mar 94 - Stamford, CT

Table with columns: Name, Age, Sex, Weight, and various lift categories. Lists participants and their scores for the 1994 Connecticut State meet.

Table titled 'National Drug Free Ironman Iron Women Championships' with columns: Name, Age, Sex, Weight, and various lift categories.

Table titled '26 Feb 94 - Des Moines, Iowa' with columns: Name, Age, Sex, Weight, and various lift categories.

Table titled '6th ADFFA Connecticut State 5, 6, Mar 94 - Stamford, CT' with columns: Name, Age, Sex, Weight, and various lift categories.

Table with columns: Name, Age, Sex, Weight, and various lift categories. Lists participants and their scores.

Table with columns: Name, Age, Sex, Weight, and various lift categories. Lists participants and their scores.

Table with columns: Name, Age, Sex, Weight, and various lift categories. Lists participants and their scores.

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Father and Son Team at 2nd APA National Bench Press of the East at Hamden, Ct. on Feb. 6, 94. (Left to right) Darren Altieri (son) First Place in the 165 lb. Class, Richard Altieri (father) first place in the 198 lb. Class and a new State Masters record. (Photo courtesy Joe Steele)

NASA Iowa State (kg) 19, 20 Feb 94 - Des Moines, IA. Table with columns for Name, Age, Weight, and other details. Includes names like Nichols, Berg, Porter, etc.

2nd APA National BP of the East 6 Feb 94 - Hamden, CT. Table with columns for Name, Age, Weight, and other details. Includes names like Steele, Altieri, etc.

BPA Masters/Teenage 29 Jan 94 - (kg). Table with columns for Name, Age, Weight, and other details. Includes names like Murdie, etc.

5th Central Ohio Drug-Free Bench 19 Feb 94 - Newark, Ohio. Table with columns for Name, Age, Weight, and other details. Includes names like Altieri, etc.

Washington Winter Games 26 Feb 94 - Yakima, WA (totals). Table with columns for Name, Age, Weight, and other details. Includes names like Lyell, Callington, etc.

Cal Davis, 198 lb. class, squats 565 lbs. at the Washington State Winter Games in Yakima, Washington. Table with columns for Name, Age, Weight, and other details.

B.C.P.A.C. Mens Championships 27 Feb 94 - Delta B.C. Canada (kg). Table with columns for Name, Age, Weight, and other details.

A.D.F.P.A. Georgia State 26 Feb 94 - Tallapoosa, Ga. Table with columns for Name, Age, Weight, and other details.

Mens, and Mike Brown. High School Judges, Tom O'Brian, Tom Hallmon, Tom Gannon, etc. Table with columns for Name, Age, Weight, and other details.

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Savannah Open Bench Press
26 Feb 94 - Savannah, Ga

Table with columns: Name, BP, DL, TOTAL, and other performance metrics for the Savannah Open Bench Press event.

Northeastern Ohio High School Meet
26 Feb 94 - Akron

Table with columns: Name, BP, DL, TOTAL, and other performance metrics for the Northeastern Ohio High School Meet.

4th Winter Bench Press Classic
20 Feb 94 - Elkhart, In

Table with columns: Name, BP, DL, TOTAL, and other performance metrics for the 4th Winter Bench Press Classic.

NASA Florida State
26 Feb 94 - Jacksonville, FL (kg)

Table with columns: Name, BP, DL, TOTAL, and other performance metrics for the NASA Florida State event.

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Table with columns: Name, BP, DL, TOTAL, and other performance metrics for the 4th Winter Bench Press Classic.

NASA Florida State
26 Feb 94 - Jacksonville, FL (kg)

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Hardcore Deadlifters... standing left to right: B. Shepard, Rob Fisher, D. Fitzgerald, B. Mimmaugh, Janet Penketh, L. Weinstein, Freddy Smith, Morton. Kneeling left to right: R. Saenz, D. Kraivov, J.ery Sylvia/Meet Director, Joe Lamonica. Missing: J. Farrow, C. Albert, D. Corridean, R. Strolli, Jr. (photograph provided courtesy Jerry Sylvia, Meet Director)

Table with columns for 'Hardcore Deadlift Championships' and '28 Feb 94 - Amherst, NY'. Lists names and weights for various categories like Men's 123, 145, 170, etc.

Table with columns for 'World Police/Fire Olympics' and '5-7 Aug 1993 - Colo. Springs (kg)'. Lists names and weights for categories like 275+ Senior, 250 Senior, etc.

toward the platform. Bull was in the zone with his head down... I reached for the mike but it was not used... I was told to be quiet... I was told to be quiet... I was told to be quiet...

Table with columns for 'CDFFPA Winter Class II' and '20 Feb 94 - Chilliwack, B.C. (kg)'. Lists names and weights for categories like 102*, 120*, 135*, etc.

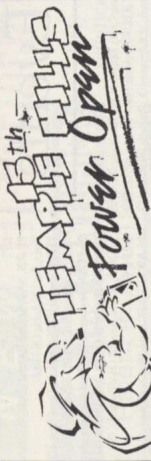
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Denis Cieri made 450 and just missed 470 in the 181 lb. class at the ADFFPA East Coast Bench Press/Deadlift Championships. (Joe Pira)

Table with columns for '6th East Coast BP/DL Classic' and '19 Feb 94 - Hopatcong, NJ'. Lists names and weights for categories like 181 Novice, 181 Men, etc.



SEPTEMBER 4 & 5, 1994

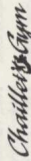
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1st - 3rd Women's Divs., Drug Tested
1st - 3rd Master's Divs., Drug Tested

Special Trophies: Best Lightweight, Middleweight, Heavyweight for Open Divs. and Drug Tested Open Divs., Best Master, Best Woman, Best Team.
FOR MORE INFORMATION AND AN ENTRY FORM, CONTACT: Mark or Ellen Chaillet, Chaillet's Gym, 3688 Old Hill Hill Rd., Suitland, MD 20746 (301)423-8888



- 16-17 JUL. ADFPA Men's, Women's, & Senior...
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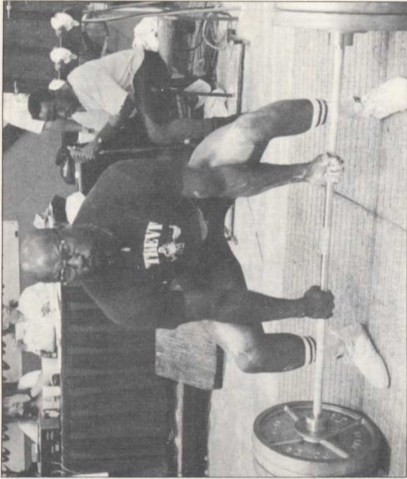
- 6 AUG. USPF National Defeat...
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ADFFA Men's Teenage Men's July 9, 10 St. Louis, MO
Divisions: Teenage Men 14-15, 16-17, 18-19
Contact: Mike Cissell 15 Lakeside Dr. Lake St. Louis, MO 63367
314-625-1225 (days)
314-625-9975

- 17 SEP. APA Southwestern USA...
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MAGNUM POWER PRODUCTIONS IS HOSTING THE 1994 CALIFORNIA STATE NOVICE POWERLIFTING CHAMPIONSHIPS ON 24 JULY 1994 AND THE 1994 U.S. MILITARY NATIONAL BENCH PRESS AND LAW ENFORCEMENT BENCH PRESS CHAMPIONSHIPS ON 27 AND 28 AUGUST 1994

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Custom, unique awards including 3 best lifters, best squat, bench and deadlift awards
\$30 entry fee includes meet shirt
Both polygraph and urinalysis testing, with minimum of top 3 in every class to be tested



Dary Johnson with a squat record

apple blintzes, and scrambled eggs - all one could eat. The restaurant had good selections reasonably priced for other meals, and adjacent were several other eating places offering a variety.

Another first was also presented for the squat, where Monolift Squat Stands were used, through the sponsorship of Monolift which is based in nearby Baden, Pennsylvania. The feature of the Monolift is that the lifter need not back out from the rack arm is withdrawn enabling the lifter to go right into the squat. The consensus of the lifters was approval of this method. The other sponsor was U.P.P., Ultimate Power Products.

Announcers - Shelby Jones, Toby Johnson, Rich Peters, Dan Black, Susan Van Hoese, Spotter/Loaders - Terry Perkins, Mark Sigala, Vincent Brown, Greg Van Hoese, Mike Ewaldsen, Dave Kennedy, Rob Willis, Rich Peters, Dan Black, Scott, Bobby Mayfield, Robert Corbellini, Judges - Terry McGowan, Cynthia McGowan, Toby Johnson, Daryl Johnson, Gary Van Hoese, Don Scott, Jerry Koplin, Scott Cunningham, Zeke Brown, Sam Stewart, Leonard Fert, Melissa Payne, Eddie Payne, Bill Lenzi, Jon Marshall, Rob Willis, Roy Harper, Dr. Vic, Steve Weitsnik, Cindy Mullendore, Tom Tinsmen, Of Special Interest: Felix Oskalar (NC) won the 148 lb. Pure Title for the 3rd consecutive year. Jamie Wynnman won his 9th National Title in 3 years. Women's Pure 198 lb. World Record Squat - 380.2 lbs. A. Field, Juniors 181 lb. World Record Squat - 672 lbs. Brad Racco (LA) World Record overall - 1602.9. Men's Pure: 148 lb. World Record Squat - 611 lbs. Terry Perkins (OH). 198 lb. World Record Squat - 711 lbs. Brian



Mandy Fernandez of Florida joined the NASA crowd and lifted out of the MonoLift Squat Rack System.

James Hodges out of Arkansas

The initial founding of the National Nationals program was by Rich Peters in 1986. The first National Meet consisted of 62 lifters, and was under the sanction of the USPF. As support from the USPF dwindled, Rich Peters officially established NASA National Athletic Strength Association in 1990. Since then, the organization has grown to over 6000 members worldwide. The largest meet, according to figures provided by NASA, was the 1992 NASA Nationals that welcomed 560 lifters.

At the Awards Banquet held on Saturday evening the 19th, Leonard Fert was introduced to the group. He is the former Russian Powerlifting Federation President. This was his first NASA meet at which he served as one of the head referees.

The following were given plaques for Athlete of the Year in the following categories: Pure - Dave Kennedy (KS), Natural - Dave Gonzales (CO), Pure Novice - Vincent Brown (NJ), Teenage - Andy Marshall (AZ), High School Pure (FL), Sub Masters - Donnie Cole (TX) & Joe Dentice (NV), Masters 1 - James Hodges (AR), Masters 2 - Daryl Johnson (AR), Women's Teenage - Polly Bell (AR) & Roxie Bell (AR), Women's - Cindy McGowan (OH) & Valerie Perry (FL), Women's Master - Mary Ann Yarbrough (WV), Coach of the Year - Robert Corbellini (NY), Meet Director of the Year - Gary Scholl (OH), Male Referee of the Year - Terry McGowan (OH), Female Referee of the Year - Toby Johnson (AR) & Melissa Payne (NC), M. Showmanship - Eddie Payne (NC), Family of the Year - The Russos (MO), Special Recognition - Terry Perkins (OH) Category Winners Male - Dave Kennedy & Donnie Cole, Female - Cynthia McGowan, Overall - Dave Kennedy. Special Acknowledgment is given to the following score keepers Susan Van Hoese, Candy McGowan, Annette Schneidmull, Devida Mayfield, Toby Johnson, Kathy Smith.

A. J. Wiener

APF Jr. Nationals (kg)

Table with 2 columns: Name and Weight (kg). Lists names like W. Simons, D. Simmons, H. How, S. K. Schaefer, etc.

U.S. P.F. - Maine State

Table with 2 columns: Name and Weight (kg). Lists names like D. Minkhead, D. Dymov, R. Ranjo, etc.

U.S. A.F. Europe Championships

Table with 2 columns: Name and Weight (kg). Lists names like M. Heston, R. Lyle, A. Reynolds, etc.

U.S. A.F. Europe Championships

Table with 2 columns: Name and Weight (kg). Lists names like M. Heston, R. Lyle, A. Reynolds, etc.

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Table with 2 columns: Name and Weight (kg). Lists names like K. Vahakouski, M. Laustinen, M. Laustinen, etc.

Large table with multiple columns listing names and weights for various categories like 100 kg, 125 kg, 150 kg, etc. Includes names like A. Kabela, M. Uimonen, P. Saareinen, etc.

Target in on Safety No Spotters - Train Alone Safety Power Squat Bar 408-637-0797

