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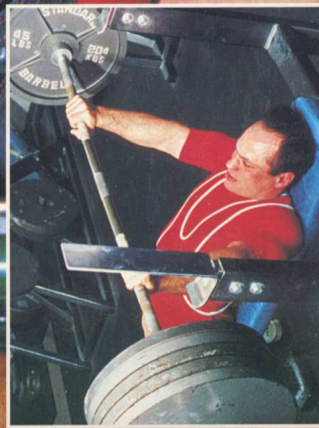
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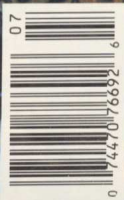
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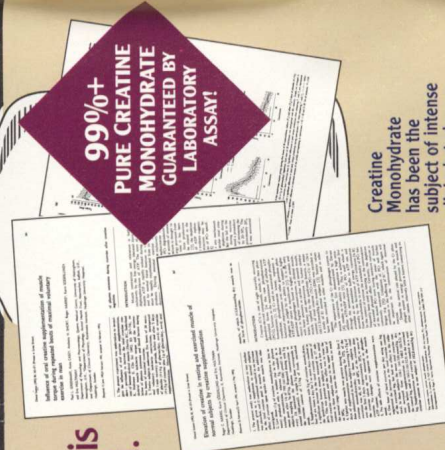
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Feature Editor Dr. Ken Leistner
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- **Increases performance and endurance**
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The Japanese were the first to do in-depth research on Pfaffia Paniculata in the late 1960s. Those tests clearly revealed its anti-fatigue properties and its highly anabolic nature for strength- and muscle-building without undesirable hormonal side-effects.

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USPF National Masters



Former World and National Champ Ginger Lord out of Maine

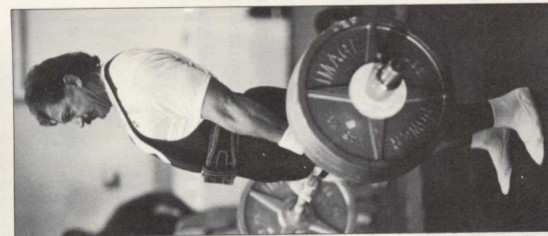
USPF National Masters(kg)
6-8 May 94 - Oklahoma City, OK

32.0 kg					
56 kg	140	87.5	142.5	370	
40-44					
F. Higgins	182.5	120	192.5	495	
60-64					
D. Smith	135	80*	160*	375	
45-49					
F. Simmons	170	120.5*	202.5	492.5	
60-64					
D. Stoval	147.5	107.5	175	430	
65-69					
K. Crouse	137.5	112.5	187.5	437.5	
70-74					
R. Nolan	102.5	67.5	147.5	317.5	
75-79					
T. Johnson	95*	0	0	0	
35-39					
S. Pardue	222.5	142.5	217.5	582.5	
40-44					
Wittenbach	122.5				
S. Pardue	142.5				



Teresa DeVoltz set a new American Submaster Record on every one of her deadlift attempts. (all photographs by Linda Finnegan)

45-49					
C. Chestand	227.5	150	210	587.5	70-74
40-44					
L. Leightner	190	85	215	490	110-114
50-54					
C. Wofraaka	262.5	142.5	222.5	627.5	115-119
50-54					
D. Linsley	195	102.5	190	487.5	120-124
55-59					
W. Bennett	215	100	242.5	557.5	125-129
60-64					
A. Galant	127.5*				130-134
40-44					
D. Crain					135-139
82 kg					140-144
40-44					
J. Williams	202.5	155	260	632.5	145-149
40-44					
M. Edwards	247.5	162.5	277.5	687.5	150-154
45-49					
J. Christian	185	130	197.5	512.5	155-159
40-44					
A. Menton	250	110	272.5	625	160-164
60-64					
M. Ford	305*	187.5*	305	737.5*	165-169
60-64					
W. Thomas					170-174
65-69					
F. Mullin	205	117.5	210	532.5	175-179
65-69					
D. Boyer	140	95	182.5	417.5	180-184
40-44					
W. Lee					185-189
40-44					
D. Eick					190-194
50-54					
R. Woodson	150	92.5	192.5	435	195-199
60-64					
C. Smith	272.5	110	232.5	615	200-204
40-44					
J. Rizza	245	147.5	265	612.5	205-209
60-64					
M. Brown	280	162.5	280	702.5	210-214
45-49					
A. Galant	195	152.5	245	592.5	215-219
40-44					
C. Caputo					220-224
50-54					
D. Hamblet	175	130	202.5	507.5	225-229
60-64					
R. Roth	210	140	227.5	577.5	230-234
40-44					
D. Hamblet	260	172.5	275	707.5	235-239
60-64					
F. Simmons	160	90	200	450	240-244
65-69					
D. Hamd	170	95	190	455	245-249
70-74					
C. Lee, Sr.	150	112	182	445	250-254
80-84					
J. Korpil	120*	80*	160*	355*	255-259
100 kg					
30-34					
M. Carr	240	142.5	247.5	630	260-264
40-44					
K. Jordan	252.5	152.5	227.5	632.5	265-269
40-44					
C. Garcia	322.5*	137.5	287.5	747.5	270-274
40-44					
J. Cash	282.5	185	322.5	790	275-279
60-64					
L. Palm	172.5	145	200	517.5	280-284
40-44					
D. O'Dell	205	137.5	205	547.5	285-289
60-64					
R. Herrick	217.5	125	227.5	570	290-294
Washington	292.5	165	307.5	765	295-299
L. Palm	145				300-304
50-54					
W. Low	157.5	105	210	472.5	305-309
65-69					
R. Haugen	142.5	150	210	502.5	310-314
60-64					
R. Pfeiffer	250	160	255	665	315-319
60-64					
L. Gibson	245	157.5	230	632.5	320-324
60-64					
J. Engelbert	257.5	132.5	295*	685	325-329
60-64					
R. Dwyer	167.5	87.5	195	450	330-334
65-69					
R. Honohan	122.5	77.5	160	360	335-339



Jim Cash..... is still pulling strong

40-44					
A. Leverett	120*	838	152.58	3558	48 kg
55-59					
N. Smith	95*	47.5*	107.5*	250*	48 kg
45-49					
G. Lord	100	62.5	125	287.5	48 kg
60-64					
P. Molen	50				48 kg
55-59					
K. Comber	40*				48 kg
40-49					
P. Chidester	95	50	112.5	257.5	48 kg
60 kg					
35-39					
J. Burchett	132.5*	82.5*	190*	405*	48 kg
55-59					
J. Burchett	112.5*	60*	130*	302.5*	48 kg
50-54					
C. Burek					48 kg
Group Record, American Age Group Record, World Age Group Record, Best Squat - Ann Leverett, Best Bench - Ann Leverett, Best Deadlift - Ann Leverett, Best Lifter - Ann Leverett. (results by Ricky Crain)					



Mike Mostara out of New York

At the 1994 U.S.P.F. National Masters Championships, the immortal Walter Thomas, (five-time world, nine-time national champion) posted one of the top 181 pound totals made by any lifter in 1994 regardless of age. In a stunning show of technical prowess, power and lack of ego, Walter made his re-entry into the U.S.P.F., the organization in which he started powerlifting 22 years prior, a sensational one. It was a hell-of-a-homecoming.

48 years young, the 181 pound Thomas casually squatted 672 on a second attempt - passing his third benchpressed record (again passing his third) and deadlifted 672 pounds (also on a second). "I didn't want to overextend myself" he replied in his typically understated fashion, when quizzed on why he didn't take any third attempts.

Incredibly, Walter Thomas never squatted over 400 pounds, benched over 350, or deadlifted in excess of 500, during his training cycle. The old adage, "necessity is the mother of invention" was never more true than in Mr. Thomas' case. Walter wanted to powerlift in the worst way, but was plagued by a chronic sacroiliac and some nagging shoulder problems. Ingeniously, he devised a system of power training that allowed him to train light (relatively) and still pound the massive iron come meet day.

"My back cannot take the pounding that comes with lifting 700 pound squats and deadlifts. I needed a new approach. After a few years of trial and error I came up with a system that seems to work. By that, I mean a system that allows me to get stronger and yet stay light in my training."

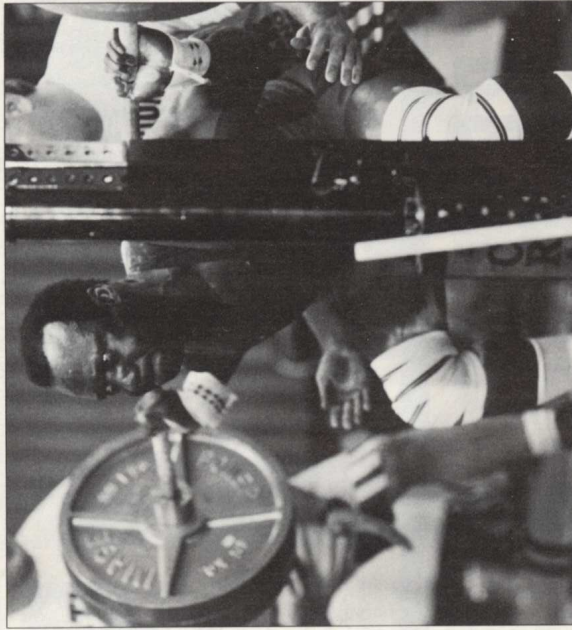
SQUATS: RACK SQUATS - "Set the support pins 12 inches below lockout and push the weight from a dead stop. I do multiple sets of four reps and try to work up to 300 pounds over my projected contest target weight. My target for the national masters was 700. My best rack squat for 4 reps was 1000. I usually take four or five sets to reach my top set; say 255, 455, 700, 1000, all for four reps.

DEADLIFT: SUMO STYLE - done on Wednesday. Walter works up to one set of ten reps. His best set of lifters who have chronic injuries (or who have grown stale) might want to give this off-beat training style a unique case? We don't know the answer to that one - I suspect that upon reading this article quite a few lifters who have chronic injuries (or who have grown stale) might want to try. Keep PL USA posted and we'll share the results with our readers. Additionally, Walter has a fine book on lifting called, "Powerlifters Guide to Success". It is available through him; Walter Thomas, P.O. Box 45510, Oklahoma City, OK 73145

spare his back the muscle crushing with no equipment and do three several live week cycles with a week of busting reps and you'll begin to understand the 200 pound rep version of the 200 pound rep version. My maximum poundage for three sets of ten, prior to the masters, was 400. It don't sound like a deadlifts develop crisp technical skill and a massive back. The reps also lot, but if you go way below parallel and do three

TRAINING

Walter Thomas - Powerlifting Strategies for the Master Lifter as told to Powerlifting USA by Marty Gallagher



Walter Thomas... one of the USA's best ever, at the '94 National Masters (Finnegan photo)

Rack squats don't hurt my back and allow me to feel the heavy weight. By doing rack squats with wraps and a lifting belt "To see where I was at..." He squatted an easy 650 single and felt he had the strength to do 700. At the contest he opened with 622, jumped to 672 and passed on a shot at his projected 700. "The 672 was medium hard, so I left it there."

DEADLIFT: SUMO STYLE - done on Wednesday. Walter works up to one set of ten reps. His best set of lifters who have chronic injuries (or who have grown stale) might want to give this off-beat training style a unique case? We don't know the answer to that one - I suspect that upon reading this article quite a few lifters who have chronic injuries (or who have grown stale) might want to try. Keep PL USA posted and we'll share the results with our readers. Additionally, Walter has a fine book on lifting called, "Powerlifters Guide to Success". It is available through him; Walter Thomas, P.O. Box 45510, Oklahoma City, OK 73145

spare his back the muscle crushing with no equipment and do three several live week cycles with a week of busting reps and you'll begin to understand the 200 pound rep version of the 200 pound rep version. My maximum poundage for three sets of ten, prior to the masters, was 400. It don't sound like a deadlifts develop crisp technical skill and a massive back. The reps also lot, but if you go way below parallel and do three

reps that a 700 pound puller would normally endure. 670-680 for a double, two weeks prior to a competition, would constitute a "normal" last workout for a 700 pound deadlifter. A typical Walter workout might consist of: 135x10, 225x3-4, 300x3-4, 400x3-4, 500x10.

Assistance work is light and quick; a few sets of stiff-legged deadlifts off a 6 inch block, some good mornings and perhaps some long pulley rows. Again, perhaps an hour-and-a-half for the workout.

BENCH PRESS: In addition to his back problem, Walter has developed a nagging shoulder problem that, you guessed it, prevents him from going heavy in the bench press. He compensates for sub-maximal workout volume with multi-set volume. It works wonderfully for him, allowing him to get stronger without stressing his weary shoulders.

Walter utilizes 6 sets of 4 reps with a static top set. Prior to the Nationals he performed 6x4 with 360 (no shirt) allowing about five minutes between sets. This worked out to approximately 80% of the 440 pound bench he had targeted for the contest. Unfortunately, the shoulder injury flared up during the contest and he passed his shot at the 200 kilo mark. He wears no shirt in training and wore it only on his 413 second attempt at the meet.

Assistance work is once more, light and quick. Some curls, a few press-behind-the-necks, a little tricep work. He is out of the gym in one/two hours.

So there you have it; a viable alternate approach to powerlifting that allows you to get stronger without going anywhere near the big weights until the meet. Will it work for everyone? Or is Walter Thomas a unique case? We don't know the answer to that one - I suspect that upon reading this article quite a few lifters who have chronic injuries (or who have grown stale) might want to try. Keep PL USA posted and we'll share the results with our readers. Additionally, Walter has a fine book on lifting called, "Powerlifters Guide to Success". It is available through him; Walter Thomas, P.O. Box 45510, Oklahoma City, OK 73145



For The Win... at the 1980 Worlds, Rickey got this 661 deadlift in the groove and wouldn't let it go, fighting out a success to win the 148s

outside. Perfect balance, however, is required to make this style work, so he stuck with conventional style in 1973-74.

Young Crain got his first taste of international competition on June 29, 1974. He was a member of the USA contingent that traveled to Coventry, England for a dual team meet. He easily won the 148 class with a 1317 total. His 501 deadlift was overshadowed by his incredible squat of 540! It was here Clay Patterson introduced Rickey to the sumo deadlift. Now, he could utilize his enormous leg strength, and he experimented with this precarious new style, and began to progress. Technique was everything, as he learned the hard way. Sometimes the weight stayed on the platform, undbending.

I first met Rickey at the 1975 Sr. Nats in York. He was the favorite to win. I was among the participants in the 148 lb. lineup. It was an honor to have qualified and it was happy to just be on the same stage with the best in the country. After gutting up a successful 418 squat, I sat back and waited to observe the squatting phenom in action. Rick started very high with a record equalling 540. When he missed, it blew his mind. He recklessly jumped to 551 and stayed down twice - zero! In his overzealousness, he bombed out. It was back to the drawing board.

For the next year that indelible zero were not recognized, but he made an awesome total of 1591 via 600-350-641 at 148.25 bodyweight. Another session course with Gaugler seemed imminent. Unfortunately, Crain pulled a back muscle. This kept him out of the Seniors and most of the year.

It was becoming more and more difficult to make 148. He moved up to 165 and started the new year with a bang. At the YMCA Nats in Bedford, OH he set Y Nat Records with 595 squat, 650 DL and 1600 total. His dad Don finished 3rd in the same wt. class with an outstanding 1390 (470 355 565).

The long awaited rematch between the two Ricks, Crain and Gaugler, took place at the '78 Sr. Nationals. Gaugler built a insurmountable lead. When the chalk dust had cleared, veteran Joe "Doc" Rhodes uncorked a big surprise deadlift. This thumped Rickey down to third place.

Crain matured and grew into this class. The following year he had not only his old nemesis, Gaugler, but a new sensation, Mike Bridges, to contend with. Rickey, in top form, squatted an incredible 700-15 and became the first man in history to crash the 700 barrier at 165. His new world record was still smoking when moments later Bridges extin-

hundred kg. (661.4 lb.) a substantial increase over his personal best and a world record was within his grasp. With a herculean effort it inched up ever so slowly. Using every ounce of his being, finally the weight was locked out. After the down signal, the adrenaline still pounded in his ears. Time was frozen. Finally the lights flashed white. He celebrated with a leap of jubilation. Finally - World Champion!

If 1980 was a great year, 1981 was the complete antithesis. Torn ligaments in his back had not healed and he moved back up to 165. Desire overriding his common sense, Rickey entered the Nationals. He shouldn't have tried to lift, but did anyway and bombed with a 683 squat.

Gaugler, that day, was virtually unbeatable and set up an all time best total. Rickey sat out the whole year. After riding the crest of euphoria the previous year it was a big disappointment.

He stepped back up to 179 winner's podium in 1982. His 1719 (655-391-672) won him another Sr. title. He ousted veteran Jack Welch by a mere 2.5 lbs, but a much as good as a mile. His 2nd World Title came to pass in Munich, Germany. The 2nd time around the going was much easier. He got two squats (617 & 661) on the scoreboard, a 363 BP and all three DLs (believe it or not) finishing with 677. His total was 1703 and the runner-up was 154 lbs. behind. This victory earned Rickey a great color cover of his deadlift on the December 1982 edition of PL USA.

I was in Austin, TX at the '83 Seniors. My protégé, Jim McCarty was lifting and performed well considering a severely strained knee ligament a week before. The greatest selection of 165 PL talent ever to assemble on one platform were all gunning for Rickey. When they all gave it their best shot and it was done, six and almost 7 men were over 1700.

Crain kept his composure under the greatest imaginable pressure. He prompted the crowd to encourage him as he grasped a big 716 DL, his best ever, and ripped it right up. The King was back on his throne coming from behind to beat sensational newcomer Gene Bell as well as a sextuplet of other hopefuls.

The Worlds of 1983 was in Gothenburg, SWE. Rickey faced two former champs - Dr. Mauro Di Pasquale (CAN) was greeted by a trio of reds and fell by the wayside. Steve Alexander, a big was a formidable foe. Despite two big misses at 688 SQ, Rickey Dale held a 11 lb. advantage. It was nip and tuck from



Kim and Rickey... back when they first got married at Christmas 1981

Crain than his collection of awards, triumphs and failures as I discovered during our interview.

HG - Rickey, you have lived in several states. Can you give us a time frame and location?

RC - I was born in Phoenix, AZ and moved to California in 1964. After that we moved to Colorado. In 1970 at age 17 we relocated in South Dakota. I lived there until 1978. At that time we moved to Oklahoma. I've been there ever since.

HG - Who were your early lifting inspirations?

RC - My first and foremost was Paul Anderson, the strongest man of all time and the pioneer of Powerlifting. I was impressed by George Crawford, the first of the eminent middleweight squatters. I remember Ronnie Hale excelled at the bench, and Doc Rhodes... well, I found out firsthand what a powerful adversary he was. My greatest admirer was Rick Gaugler.

HG - What about Gaugler?

RC - It was well within his capacities to have done over 1900 at all the time.

HG - The bench press is the most popular and there are literally hundreds of bench press meets everywhere. Due to its popularity, some practice and specialize. HG - I know, but even the IPF World Bench Press Champions seemed overwhelmed by some of the recent big ones. They can't understand how they do it. Can you

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give me a hypothetical example how some of the most questionable lifts are attained?

RC - First of all, you have to be strong on the bench to begin with. That is the first thing. There are some truly strong legit benchers out there.

HG - What possible ways could anyone cheat and get 60-100 lbs. more?

RC - This is not to infer that any one particular top bench out there is cheating. There are some very strong legitimate benchers around. You asked for some hypothetical examples how it might be done so here they are. Let's suppose you put on a 6-7 bench shirts. You could weigh in the day before, 20 lbs. heavy, take diuretics to get down, or just mark it down having made your particular weight class. That's the easy way. Use weights that are shaved down and weigh far lighter than the face value. If you have your own officials they could judge on the rules. I am sure there might be isolated incidents out there somewhere. Touch and go's or belly loosers sometimes get white lights. Any or all of the above are all methods to cheat.

HG - Over 20 yrs. ago I saw a top BP'er do a 405 face value on a chrome set that actually was 365 on the scales. It was used in the meet. Nearly everyone set a PR.

RC - Nothing is certain, but I suppose anything is possible.

HG - What about the new rule change in the BP. No clap on the chest - only a signal at the top to begin the lift and a signal to rack it after the lift is completed and locked.

RC - Confusing to most. Some people I have talked to now think a touch and go is okay. I will still continue to do my bench in competition as I always have.

HG - Since I can be outspoken, I will, I think it is totally ludicrous. The rule change will cause nothing but problems. Whoever came up with this brainstorm obviously was sniffing something stronger than an ammonia caplet. Those who supported this change and were instrumental in making it so is the kind of idiots PL doesn't need.

RC - Remember, you said that I didn't.

HG - Yes, I said it and I don't back down.

HG - Among bench pressing proponents, who stands out in your mind most prominently?

RC - Rick Weil and Jim Rouse at 165. In other classes - Chris Williams, Jeff Magruder, Jim Confessore, Joe Bradley, Doug Heath and Mike MacDonell. Among today's leaders - Chris Confessore and Anthony Clark.

HG - In the past you have reduced your bodyweight and maintained the strength of the heavier bodyweight to your advantage. How did you do it?

RC - I always maintained my bodyweight 15-18 lbs. over the class in which I competed. I ingested predigested protein and used diuretics to lose weight, rapidly in the beginning. After strength loss, cramping and weakness I discovered the right way to do it. It was only necessary to take them the day before. I would quickly replenish the lost electrolytes and body fluids.

HG - Now that diuretics are banned what do you do?

RC - Now, I do it the hard way. I must watch my diet much closer. I use only the legal, over the counter preparations for water loss and frequent water steam room. It takes longer and is more difficult, but in the end I can attain the same result.

HG - Tell us a bit about your family, a Who's Who of Powerlifting.

RC - My dad, Don, has been the most motivating force in my career. He urged me to be the best I could be, starting at Day One. He is 67 now and holds Master

National and World Records. Gayla - I'm very proud of my sister. At one time she held all 114 women's world records in the 114, 123, 132 classes. Her career was brief in comparison to mine, but she's done it all too - National and World Champion. Her best lifts were 407, 175 and 405. She teaches school now in Ft. Worth, TX. We're the only brother-sister World Champions in the history of powerlifting.

HG - What of your brother Randy?

RC - Randy didn't reach as high a level as I did. He still was state and regional champ. Now, at 145 built. He can still bench 320 at age 40. He also is a schoolteacher and has really motivated me throughout the years. I owe a lot to my brother.

HG - What about your wife?

RC - Kimberly Ann and I were married in 1981. About this time she won the Teenage Nationals.

HG - Do you have any children?

RC - Samantha Jo is 7. I have her training on the deadlift. Ricky Lee is 4 and has already deadlifted 75 lbs.

HG - What do you do for a living?

RC - My family business, CRAIN'S MUSCLE WORLD, has been my

livelihood for the past 17 years. We have everything for the powerlifter - supplements, lifting equipment, accessories, books, PL videos. You name it, we have it.

HG - You certainly must be busy. The last time I called you I was on hold for ten minutes.

RC - My apologies, all three lines were tied up. We've had a flurry recently.

HG - Pardon the pun. I guess you say your business is PICKING UP.

RC - (laugh) You got that right.

HG - Let's talk about your injuries. You seemed to have had more than your share.

RC - Most of my injuries have been in the last 4-5 years. I've had bad pectoral tears, where I could not bench for a long time. I once tore a tendon in my hand putting on a lifting suit. The most recent was my knee operation, but it is coming around well.

HG - What do you think are the biggest problems in PL today.

RC - There are too many organizations. Too many cooks spoil the broth. I'd like to see the USPF and ADFFPA unify. They parallel each other the closest. United we stand, divided we fall.

HG - Anything else?

RC - Politics is probably the worst problem. It has been running rampant in the USPF for 5-7 years now. Too many secret meetings, back stabbing and big egos. This closely approaches the IPF route. After they took the reins of control, things got tougher. They have been using the heavy hammer tactics since about 1980.

HG - Do you think the USPF and IPF exert too much control?

RC - Control is necessary. If it weren't maintained, PL would lose its credibility. I would like to see the athlete's considerations and feelings taken more into account.

HG - In closing, Rick, is there any message you'd like to deliver to all the PL participants to achieve and survive.

RC - Squat! For all you young turkeys out there, raw and unseasoned - take still around. He's been in the oven a long time (31 yrs. lifting). Rick's still cooking cuz he's still not done!

HG - One final question, Rick, you've done it all. What is there left for you to prove?

RC - (with no hesitation) The Nationals and the Worlds just one more time!

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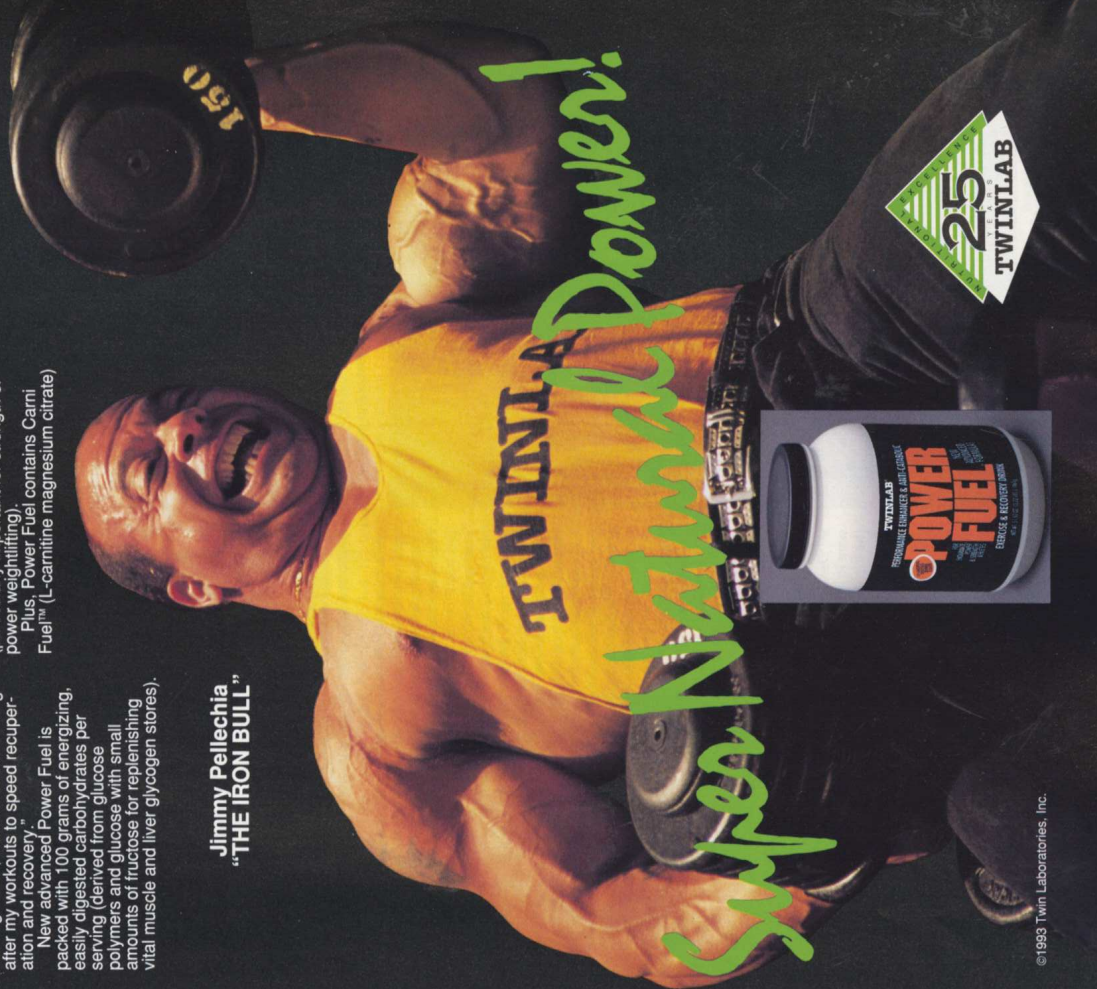
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His Pet Lift... is still the deadlift, and Rickey Dale still works hard at it, despite some nagging injuries. (photograph taken by Linda Finnegan)

U.S.P.F. Sr. National Update

as told to POWERLIFTING USA by Marty Gallagher

The 1994 U.S.P.F. Senior Nationals, July 29th through July 31st, in Houston, Texas, promises to be the greatest gathering of powerlifters since the pre-split Larry Pacifico-Dayton meets of the mid-eighties. The meet will be held in the Houston Hilton, perhaps the premier hotel in that part of the country. Meet promoter Gil Thompson has been going all out; obtaining local radio and TV coverage and conducting ongoing negotiations with ESPN for national coverage. Everything points to this being the finest powerlifting meet—in terms of venue, coverage, sponsorship and quality of lifting—to be held over the past decade.

The lifting promises to be awesome. Top of the bill has to be the unofficial Ed Coan/Anthony Clark show down. Despite the modest details on the part of both these hall-of-fame lifters, everyone in the know eagerly anticipates this battle of the Titans. No, they won't be lifting head-to-head, but this setting will provide the next best thing. Bragging rights will be determined by who posts the big total. Will the 2500 pound barrier fall? Will An-

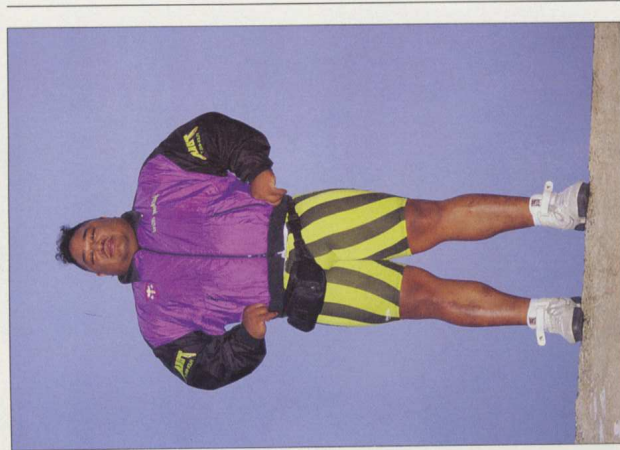
thony squat 1100? Will David slay Goliath? Will these two powerlifters stretch the limits of human strength past the point of credibility?

Anthony Clark, holder of the highest posted total of all-time and the best press king, will be lifting in front of family and friends in his home town; and the world's strongest man will be in no mood to let the home town crowd leave disappointed. Anthony will be ready to rumble.

Mr. Coan, without question the greatest powerlifter of all time, has not had anyone outlift him (in the same meet) since the long ago days of Doug Fumas and doesn't want to get beat by anyone, regardless of bodyweight. Ed feels motivated like never before and wants to push his untouchable records into the stratosphere.

Eddie and Anthony are both revved up; training like wildmen as this powerlifting version of Ali versus Frazier last approaches. Under favorable conditions, both men could post the biggest total of all-time and assuredly will smash world records right and left.

Regardless of the outcome, the



Anthony Clark will be in front of his hometown crowd (Bert Wagner)

real winner will be the fans as these two colossuses will clash for the first, and possibly the last time. Mr. Clark has indicated to powerlifters this might be his last powerlifting meet and he would like to exit on a high note. One possible fly in the ointment might be Kaplain Kirk. Never shy, Kirk Karwowski doesn't want to be overlooked in the Anthony/Ed match-up; Kirk has never had better pre-meet training and if you want to make some money, bet your friends that the biggest squat of the meet will not be made by a Filipino or an Irishman. Put your money on Karwowski.

In addition, Gil Thompson says that a crew of Iron Island lifters will, in all likelihood, make the trek south. A lot of N.A.S.A. and A.P.F. lifters intend on competing and Gil wants to extend a personal invitation to Bull Stewart and all the great A.D.F.P.A. lifters. "Our meet theme is 'Dare to Unite'." We earnestly want to establish a format whereby the top lifters in the country compete in a single contest each year to determine the nation's best. The various powerlifting organizations and petty politics have prevented us from re-uniting; so we are appealing directly to the lifters; side-step the political b.s. and let's re-unite ourselves! If we can put aside our differences for one day a year, for the express purpose of determining

who's the best, then we will accomplish what the organizations might never be able to do - "reunite". Doctor Richard Herrick will be conducting state-of-the-art I.P.F. laboratory urinalysis on each of the first three place winners, both men and women, and an additional number of random samples will be taken from the remaining lifters.

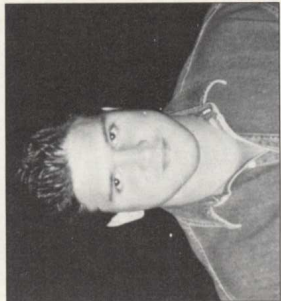
To attract quality competition, Gil is giving 1st place winners "National Champion" jackets worth over \$300.00. He has gone all-out (ably assisted by the ever popular Mr. Clark) and lined up a veritable who's/who's of strength sponsors: Monolift, Hot Stuff, Sale Shoe and Powerlifting Video Magazine, to name but a few.

Finally, Gil has a message for the women lifters: "I have structured the meet so that you will participate on an equal footing with the men. Rather than relegate you to one day, I have interspersed the women's lifting throughout the competition. (Shades of Pacifico). You will lift Friday, Saturday and Sunday in front of the same crowd, be given the same awards and get the same exposure as the men." All-in-all, if you are a lifter, spectator, fan or follower of the world's strongest sport, be in Houston the last week in July for a Texas-sized approach to the noble art of powerlifting.

The POW!ER Scene

Hey all Power fans! Welcome to PL USA's new column, the POWER Scene. As producer of POWERLIFTER Video Magazine, I get to see, and hear about, a lot of the lifting action, so, without further ado, let's check out the goings on.

Anthony Clark is heading out west for a photo shoot with MUSCULAR DEVELOPMENT magazine. MD's Associate Editor Don Ross is a big powerlifting fan, and he'll be writing an article on big Anthony to go with the photos. Always good to see powerlifting get more ink in the bodybuilding mags.



Ron Fedkiw lifting big and gunning for a title

Gold's is also home to ADFPA California 242 lb. champ Mike O'Hearn, who just signed on to be the newest American Gladiator. Starting in September, Mike will be on TV nationwide as "Thor".

From up north, John Ford, CA ADFPA chairman, called me today with plans for an ADFPA sanctioned strongman contest, to occur in 1995. John is planning a two-day, multi-event show here on the west coast, open to strongmen and women from all over America. More info in our next column.

Finally, some non-California news. Spoke on the phone to Kym Allen (profiled in the Nov. '93 PL USA, p. 18), who said she'll be going for a 375 lb. bench at a 181 lb. bodyweight, as a guest lifter in the upcoming APF Masters. If she can do that, at only 181, Jan Harrell's 385 lb. women's Bench record doesn't look too far away.

And from Virginia: PL USA covergirl Claudia Wagner is taking a few months off from powerlifting to go for a 'bodybuilding' contest, then should be back on the lifting platform by the end of the year. Claudia's husband, Bert 'The World's Strongest Photographer' Wagner, will be going for the family glory at this September's USPF Deadlift Nationals, aiming for a 760, or higher, at 275 lbs. 'Til next time. See you on video. NED LOW



Anthony Clark ... hanging out at Gold's Gym with bodybuilding star Sharon Bruneseu.

Speaking of which, Steve Neece, "Muscle Beach Beat" columnist for MUSCLE MAG INTERNATIONAL, did a write-up with photo of our co-host Vicky Hembree for his column. Vicky, under her maiden name Gagne, was the national and world champ in the early 80's, and the first woman in the world to deadlift 500 lbs.



Vicky Hembree back on the power scene.

Neece is also doing a piece on up and coming lifter Ron Fedkiw, who is looking to capture the USPF Sr. National 198 lb. title this summer. Ron's been banging out heavy lifts 4 days a week at Gold's Venice, and usually draws a lot of onlookers, which is uncommon for a gym that pretty much sees everything.



Claudia Wagner aiming for 2 sport success

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ALL TIME COMMENTARY the once exclusive '800 Club' can now boast that all the top 100 242's in USA history made this list. It is not a meager achievement as but 7 men made this number in *PL USA's* May 94 top 100 rank. Curtis Leslie, who tops the annual list moves into 5th position all time. He topped all-time kingpin Goggins, but may not be able to exceed the all time biggest dunk Steve made in 1990. I can only imagine it could be surpassed by one man - should Coan decide to take a step across the border. Five men made 900 or better with Hatfield initiating this club. Eight bettered 400 kg. (881.9 lb.) with Dennis Reed on their heels with his 876 gut buster 10 years ago. If you want a debate, then I think Frenni's 853-1/2 24 yrs. ago might just outshine everyone. George made use of what was at his disposal at the time, but what could he have done with today's supportive crap? Maybe a thousand? Long live the Westside Barbell/Barbarian. What a Who's Who of world champs rank herein - Pacifico, Dimiduk, Kuc, Jacoby, Snitkin, etc. Who seem to improve with age besides Reed? Florio and Simmons - that's who. We can marvel at Marvose Marv, Hechter and Cole, and other great names that we all know. Bench specialists Gil Thompson and Craig Tokarski display other talents here. Next month - the 275's. Pasanella left us with an unfinished squatting legacy. Is your name among the elite? *Herb Glossbrenner*

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970	05MAR90	Goggins,S
950	08APR87	Nichols,B
940	07JUL91	Nesler,B
903	07AUG93	Leslie,C
887	29JUN85	Furuta,D
885	29JUN85	Chromiak,R
876	08APR84	Reed,D
875	27APR87	Cole,D
875	03FEB90	Florio,J
871	09NOV88	Karkowak,K
870	05NOV92	Warman,S
867	12JUL81	Wohlsheer,D
865	23MAY87	Jacoby,D
865	23MAY87	Bedi,W
865	22NOV87	Susco,P
860	17APR90	Lowe,G
854	14DEC85	Sandlin,R
854	22JUN87	Warman,S
853	05NOV92	Cornell,A
850	17JAN93	Savarelli,S
848	26JUL92	Borden,D
845	10MAY87	Mistic,L
843	19MAR80	Phillips,M
843	31JAN82	Snitkin,C
843	02SEP89	Porella,M
840	08DEC91	Lavittola,N
837	08APR84	Davis,B
837	16FEB89	Drew,M
835	25NOV85	Wilson,S
832	04OCT80	Pacifico,L
832	12OCT86	Kuc,J
832	12DEC87	Immekus,P
832	09FEB91	Luta,M
832	03DEC88	Oliver,J
832	09FEB91	Stewart,A
826	08JAN83	Exzell,J
826	01FEB86	Jackson,A
826	18JAN86	Howell,C
825	19FEB86	Dimiduk,M
821	02FEB80	Clayton,B
821	11APR84	Ludwig,J
821	07FEB88	Trotter,R
821	26JUL92	Simmons,L
820	05JUN88	Russell,B
813	02DEC90	Mitchell,J
810	01MAY82	Chaillet,M
810	17NOV84	Smith,M
810	09MAR85	Burton,D
810	20JUL85	Zaworski,R
810	11DEC88	Traylor,G
810	11DEC88	Trotter,R
805	18MAY91	Meza,M
805	01FEB92	Matterson,R
805	27AUG78	Surell,E
804	02AUG78	Cole,J
804	13FEB83	Switek,J
804	01DEC85	Tuttle,B
804	23MAR87	Nakagawa,H
804	27JUN87	Hopper,T
804	05DEC87	Fields,G
804	08FEB88	DeShields,J
804	18MAR89	Drew,M
804	29JUL90	Sorenson,S
804	31MAY91	Brown,Z
804	07JUL91	Hales,M
804	07NOV81	Culbert,E
800	01MAY82	Horeski,G
800	29APR84	Whitney,P
800	30MAR85	Wood,J
800	07DEC85	Driscoll,C
800	18JAN86	Gullickson,R
800	10MAY87	Brage,P
800	24APR88	Wilson,B
800	08OCT88	Tokarski,C
800	27JAN90	Gentry,P
800	11JUL92	Hickel,J
800	25JUN93	Slanton,M
800		McFerren,T



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Ladies	DL	BP	DL	T
104	107.5	50	117.5	275
C. Mann	100	52.5	120	277.5
C. David	127.5	60	132.5	320
S. Hartwig	142.5	75	150	367.5
S. Mahley	122.5	67.5	125	315
T. Williams	176	142.5	82.5	145
D. Taylor	114	142.5	85	175
A. Leonard				



111 lb. Class winner was Suzanne Hartwig (photos by Bert Wagner)

ADFLA Lifetime Drug Free

D. Hahn	127.5	62.5	160	350
T. Antonino	192.5	117.5	200	510
D. Barlsen	165	112.5	177.5	475
B. Rozzell	165	120	172.5	462.5
S. Connolly	192.5	127.5	200	550
H. Thomas	190	120	180	490
A. Sisser	170	115	190	475
H. Blake	245	157.5	250	652.5
R. Eaddy	215	160	255	630
J. Benemerito	240	137.5	250	627.5
A. Smith	237.5	145	215	597.5
T. Kingore	220	122.5	215	557.5
J. DeMatteo	182.5	157.5	202.5	547.5
A. Brannon	192.5	165	210	500
Q. Gurman	282.5	165	262.5	710
C. Kiser	277.5	160	262.5	660
R. Rodriguez	250	157.5	247.5	655
B. Scully	247.5	152.5	247.5	647.5
K. Davis	240	142.5	232.5	620
P. Fearn	220	145	240	600
C. Porter	205	165	230	600
E. Redmond	192.5	155	242.5	590
A. Falcone Jr.	212.5	145	210	567.5
D. Salter	250	145	287.5	682.5
C. Holston	240	177.5	247.5	665
J. DeWitt	220	167.5	237.5	625
W. Agnew	220	120	227.5	567.5
P. Catina	220	120	227.5	567.5
198	320	160	300	705
N. Goss	300	185	300	785
L. Krauss	282.5	185	280	747.5
S. Brome	250	172.5	245	667.5
220	235	167.5	237.5	640
Bellomo	330	195	322.5	847.5
A. Harris	305	202.5	320	827.5
J. Morton	322.5	195	320	827.5
R. Weimer	300	190	262.5	757.5
K. Howard	272.5	170	295	737.5
B. Anderson	277.5	160	295	702.5

M. Anderson	305	215	287.5	807.5
O. Hemley	300	205	287.5	792.5
W. Buckley Jr.	250	222.5	257.5	730
J. Painter	260	210	237.5	707.5
SHW	370	242.5	322.5	935
D. DAWBH	367.5	315	340	922.5
D. Rogers	335	242.5	292.5	870
V. Malodi	360	182.5	320	862.5
K. Coleman	345	192.5	307.5	825
K. Schuman	345	192.5	307.5	825
(results courtesy Mecl Director Brian Washington)				



Quincy Guzman was one of 5 individual class winners from Hawaii

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My name is Jim Stone. I am thirty-seven years old. I live in Wilkes-Barre, PA with my wife, Carol, and our three children, Jackie, Diedra and Abe. I'm a pipefitter with the Local #524 in Scranton, PA.

Along with my interest in weight training I enjoy camping, Canadian fishing, riding snow mobiles, collecting baseball cards with my son Abe, and I like to watch Little League Baseball.

My upper body strength probably could be credited to what I did as a kid growing up helping my father in his junk yard. I carried some pretty heavy car parts around when I was as young as twelve years old. This probably gave me a good base for lifting.

I joined my first gym in 1987, and I am currently training at Danko's All American Fitness in Plains. After joining the gym in 1987 I met Joe Maslier, who got me started with the American Drug Free Powerlifting Association. In 1988 I entered my first contest, the U.S. Bench Press Championships. I was able to place 5th in the competition with a 400 lb. bench. I have been competing ever since then.

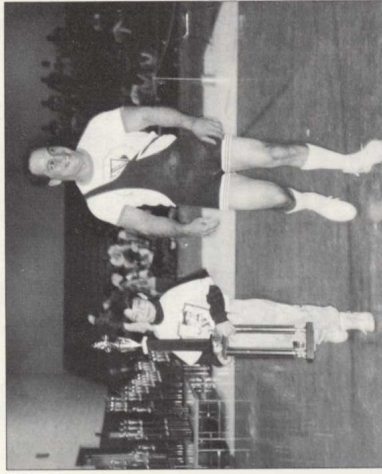
My competition bodyweight has varied over the years, fluctuating from 181 to 198 lb. class. I feel better at 181 and even feel stronger at the lighter weight. I have set records and won competitions in both classes.

I have won the All American Bench Press Championships every year since 1988. In 1988, 1989 and 1990 I placed first in the Pennsylvania State Bench Press Championships. I won the National Bench Press Championships in two consecutive years, 1989 and 1990 and then won it again in 1992.

My best lifts in competition are: 501 1/2 lb. Bench at the 1994 North American Championships in Wilkes-Barre. This lift broke an American Record; 490 lb. Bench at the 1991 All Americans in Wilkes-Barre in the 198 lb. class; 450 lb. Bench, without a bench shirt, at the World Bench Press Championships,

Power Profile

JIM STONE as told to Bob Gaynor



Jim and Son Abe haul away another addition to the trophy collection.

and keep the fat content down in the foods I do eat. The only supplement I do use is creatine.

I'm glad the A.D.F.P.A. is available for those of us who don't want to use artificial stimulants. In my opinion, steroids are on the way out in all competition because athletes are finding out the damage drugs can do. I'm proud to be a Lifetime Drug Free competitor.

The American Drug Free Powerlifting Association does a good job with their methods of testing with polygraph and urinalysis. I feel more urine testing would be even better assurance that a competitor is drug free.

I've seen many different ways of dieting and training by some great powerlifters. What works best for me is trying to stay away from junk

month before a competition.

My bench workouts are as follows: (12 Week Cycle) Heavy Bench (Sunday) 3 Sets of 8 for 6 Weeks, 3 Sets of 5 for 4 Weeks. Same schedule for Decline Press. On the Heavy Bench I work up to heavy singles with bench shirt for 2 Weeks at about 90% of max weight. I also do dumbbell curls, 3 sets each workout day. Light Day (Wednesday) - Wide Grip Benches 3 sets of 10, Shoulder Press 3 Sets of 8, Dumbbell Press 3 Sets of 8, Lat Pulldowns 3 Sets of 10.

This workout can be followed by beginners, as well as more experienced lifters. You just have to get a good base doing reps. Get your technique down. It's hard, but don't over train. More doesn't mean that your lifts will go up. Your body should recuperate between workouts. Most of all you have to have patience.

Before closing I'd like to thank Larry Miller for showing me his new leg drive technique. I would also like to thank everyone who has helped me along the way - Joe Maslier, Don Fedderolf, Stanley McCoy, Paula Kovalchik, all the people from Kuc's Fitness, Ray Gush, Danko's All American Fitness, and Mike Tesh (Dad) along with Powerlifting USA for publishing this article.

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Jim Stone in action at a recent bench competition (courtesy Gaynor)

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INTERVIEW

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

MICHELE GIAMPIETRO

interviewed for Powerlifting USA by Bruce Citerman

Long Island powerlifting has moved up these last few years with stars like Linda Jo Balisto, Tony Candela, Chris Confessore and Cathy Farado. Now there is a new name to be added - Michele Giampietro. Last August, at the Deadlift Nationals, she deadlifted 275 lbs. at a bodyweight of 111 lbs. for a national record. This is the interview I conducted with her at Tony Candela's gym.

Bruce: Michele, where are you from?
Michele: Ronkonkoma, New York.
Bruce: How old are you?
Michele: 22 years old.
Bruce: What's your occupation?
Michele: I work 7 days a week as a salesperson at Morden Company, Chief Pet Company and I work in child care.
Bruce: What's your athletic background?
Michele: Cheerleading, ballet, and dance; Suffolk County 440 track champion, 440 hurdles, 4x4

Right now, I'm training for the Natural USA, where I can get my pro card. After that I'm going to train for the East Coast ADFFA Championships, so I can qualify for the Nationals in Powerlifting.
Bruce: What's your deadlift routine?
Michele: My first set is 12-10 reps, 2nd set 10-8 reps, 3rd set 8-6 reps, 4th set 6-4 reps, 5 set 15 sets of 8-6 reps for all exercises (4 are parallel deadlift from power rack from knees up, bent-over rows, T-bar rows, seated rows and hyperextensions (as many reps as possible). The vitamins I take are Vitamin C, multi-vitamins with minerals, liver tablets, and carnitine.
Bruce: Thank you for the interview, Michele, and good luck.



Michele Giampietro shows how to deadlift. (RFM Studios photo)

you go into?
Michele: During my competition in Powerlifting, I also competed in bodybuilding. I came in 4th place at the ANPPC Long Island Championships, 2nd place at the Eastern Bodybuilding Championships, and also won 2nd place at the Bev Francis Atlantic States.

Bruce: How did you get into Powerlifting?
Michele: At Tony's Gym, I saw a girl doing squats with heavy weights. I felt I could do the same thing. While I was lifting, Tony saw potential in me, so he offered to train me. After 2 weeks of training, I entered the gym powerlifting show. I squatted 200 lbs., bench pressed 125 lbs., and deadlifted 250 lbs. My next contest was the ADFFA East Coast Championships, where I squatted 220, bench pressed 140, and

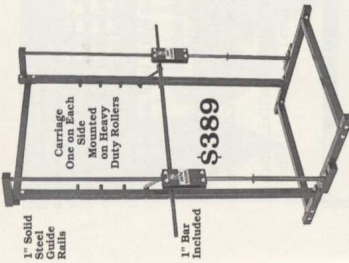
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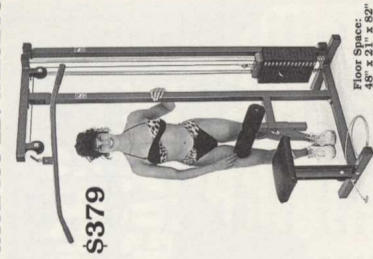
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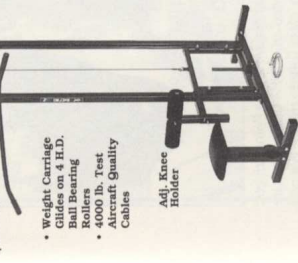
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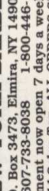
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WORKOUT of the Month

I have gone through many deadlift routines over the years to try and find what works best and allows my body to grow stronger. From some, this routine may not suit your style, whether it be sumo or conventional, or your personal training beliefs. For others, it may allow you to excel further to a bigger pull.

Being drug and supplement free, I feel you must get used to feeling the heavy weight, physically, and you must build confidence mentally as well, in order to be comfortable with your attempts on the platform.

I have outlined a 10 week intermediate deadlift cycle, assuming a 500 lb. maximum. You should be able to pull a legitimate 15-25 lbs. more on your last attempt on meet day. To achieve this you must be consistent, train this routine once a week, and be fully recuperated from any previous training. Weeks 1-6 add in block training, conventional style, 4 to 6 inches off the floor. Reverse your grip from your normal deadlift on these exercises for a slightly different feel. Also, Good Mornings are

added in. Both should help your initial pull. These are to be done after your regular deadlifts. Use a suit that will not restrict you from grabbing the bar in proper form as you set-up. Put your suit straps up for the final 2 weeks, but only on the heavy set. Your final workout should be done a minimum of 9 days and a maximum of 12 days prior to competition, which will allow your body plenty of rest and recuperation - as well as dealing with the overtraining factor.

Do not get discouraged, if you can not complete one of your sets, repetition-wise, because every week is always a bit different when cycling. Just continue on with next week's training agenda.

Some main concerns to focus on during your deadlift. Put tension on

MARK SIGALA'S Deadlift Routine



Mark Sigala is an ACE Certified Personal Trainer at The Point Athletic Club in Lakewood, CO. He recently pulled an ADFFA Colorado State Record deadlift of 585 lbs. in the 148 lb. class. (photo by A.J. Wiener)

the bar before pulling, no jerking of the bar. Lock your hips, chest out, head up. Use your legs to drive the weight off the floor, using that momentum throughout the pull, until you lock out your shoulders and knees. Drag the bar up your shins, knee caps and quads to keep the bar from getting away from your body, making the lift more difficult than it needs to be. Set short term, realistic goals and continue to build on them as they are reached. Never doubt what you can accomplish, as your mental preparation is a vital key. Believe in yourself and your abilities and you will succeed eventually.

Assistance Exercises: Barbell Sings 3x8, Bent Over Rows 2x8, Cable Pulldowns 2x8, One Arm Dumbbell Rows 2x8, Hyperextensions 2x10, Crunches 2 sets to failure. Stop assistance exercises after Week 8, and go to one single set per exercise for the final 2 weeks. There is no training on the week of the meet.

WEEK 1: 135x10x1, 225x10x1, 315x6x1, 395x8x2, Blocks - 315x6x2. Good Mornings - 135x8x2.

WEEK 2: 135x10x1, 225x10x1, 315x6x1, 410x8x2, Blocks - 315x6x2. Good Mornings - 135x8x2.

WEEK 3: 135x10x1, 225x10x1, 315x6x1, 375x3x1, 425x6x2. Blocks - 325x6x2. Good Mornings - 145x8x2.

WEEK 4: 135x10x1, 225x10x1, 315x6x1, 385x3x1, 425x6x2.

WEEK 5: 135x10x1, 225x10x1, 315x6x1, 385x3x1, 440x6x2. Blocks - 335x6x2. Good Mornings - 155x8x2.

WEEK 6: 135x10x1, 225x10x1, 315x6x1, 395x3x1, 455x5x1. Blocks - 335x6x2. Good Mornings - 155x8x2.

WEEK 7: 135x10x1, 225x10x1, 315x6x1, 415x3x1, 475x4x1.

WEEK 8: 135x10x1, 225x10x1, 315x6x1, 415x3x1, 455x2x1, 485x3x1.

WEEK 9: 135x10x1, 225x10x1, 315x6x1, 415x3x1, 465x2x1, 495x3x1.

WEEK 10: 135x10x1, 225x10x1, 315x6x1, 395x8x2, Blocks - 475x2x1, 505x2x1.

MEET DAY: 135x10x1, 225x8x1, 315x4x1, 415x2x1, 445x1x1. Attempts: 475, 505, 515-525.

Remember to warm up and stretch thoroughly before your initial workout to help prevent injuries. Good luck and be strong. If I can be of any further assistance, please feel free to call or write.

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Last month, if you recall, we showed you one example of using upper back training to residual effect peak your bench press. This was just one of many residual effect programs we have for the bench press. This month I will show you a different peaking cycle. You will use upper back training to peak your bench press through a straight peak.

Even though chest, shoulders and triceps are the prime movers for the bench press, your upper back is the fundamental stabilizer that allows you to succeed in a heavy bench press. Many times you

TRAINING

UPPER BACK TRAINING Bench Press Peaking

as told by Greg Reshel of POWER EXCEL

will lose your bench press at the bottom when your shoulder blades kick out. Other times you will lose the bench press at the 2-4 inch sticking point because you spread your shoulder blades and rounded your shoulders forward as your elbows kick out. Also you might have lost your bench press near the top because you were not able to rotate your shoulder blades out properly to push the bar toward the rack and a successful lockout. In all of the cases listed above, the muscles of the upper back are not up to the task of stabilizing your bench press drive and without stabilization you have no drive and your bench press gives out.

The following program is eight weeks in length and assumes you already have a 330 lb. bench press. You may use percentage calculations to convert the numbers for training if your bench press is between 160 lbs. and 450 lbs. Out of those numbers you need a different program. This program assumes you have just finished a period of heavy training on bench press and other chest and shoulder exercises. I assume that you are somewhat tired but not injured or peaked. This eight week program will work you two times per week to push your bench press from 330 lbs. over the 360 lbs. mark. Remember, for this workout to be

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week 6, 7, 8, 1. Sit on the edge of a bench with your knees together. Lean forward with your chest over your legs and your head facing the floor out in front of you. Hold the dumbbells down at arms length with your thumbs facing each other. Keep the dumbbells in that alignment as you raise them to the height of your ribcage by lifting your elbows out to sides and pinching your shoulder blades together. Your forearms should always be pointed straight toward the floor with your elbows bent. Hesitate at top and lower slowly to full extension.

Day 2
 1. Bench Press - follow chart below:

2. Standing High Pulley Row to Mid-Chest [drop this exercise on week 7] - 3 sets of 10 reps
 Stand 2 - 3 feet away from a high pulley apparatus. Face the pulley and hold a straight bar with approximate competition bench grip. Keep your torso straight, back flat, shoulders back, while you pull the bar in a rowing motion to your mid-chest. Your forearms will be parallel to the floor at all times. Shoulder blades should be held down at all times. Release slowly to full extension.

3. Wide Grip Upright Rows
 Keep this exercise light and drop week 8] - 3 sets of 12 reps. Stand gripping a straight bar with a grip slightly wider than your competition bench while keeping your wrists cocked back at all times. You must stand with your knees bent slightly, back flat, head up, shoulders held back and down at all times. The bottom of the movement will be full extension with your wrists cocked at all times. Raise the bar by puffing your elbows out to the sides and up. Forearms will be nearly vertical. The bar will travel about as high as your lower pecs and then slowly

Upper Back Training may well be one of the 'taken for granted' keys to exceptional benching strength

lower to full extension.

4. Vertical Cable Crossover
 [Keep light and drop to one set week 7.] Drop entirely week 8] - 3 should always be light enough to maintain good form. You should always work smoothly and with control as you focus your attention on your upper back. The accessory exercises will diminish your peak bench capacity while you are training this peaking cycle. However, as you lighten up and drop exercises

the last couple of weeks, you will recover and be able to handle much heavier weights in good form. This contest. Try this program and shatter your personal best!
 For information on this as well as custom tailored training routines, call us at Power Excel (414) 769-1211 2-6PM CST. We can show you how to reach your dreams! Good Luck and Good Lifting!

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
1st	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
2nd	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
3rd	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
4th	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
5th	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
6th	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
7th	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
8th	135 x 8	165 x 6	185 x 1	185 x 1	185 x 1	185 x 1	185 x 1	135 x 20

Thursday of meet week!

effective, you must have completed at least 6 weeks of regular and heavy bench pressing with chest, shoulder, and triceps accessory work. This routine will rest the prime movers as it exercises upper back stabilization to peak your bench press with a 5-10% gain.

Day 1

1. Parallel Grip Lat Pulldowns - 3 sets of 8 reps with moderate weight. Use a straight bar of about 3 feet in length with opposing grips. Tilt your head back and look at the overhead pulley as you lean back about 15 degrees and pull the bar to your upper chest. Pinch your shoulder blades together as you pull the bar down. Stretch completely at the top. Note: this exercise should always be light and smooth.

2. Bench Press - follow chart below.
 3. Front Barbell Raise - 4 sets of 7 reps [Note: this exercise should be light on weeks 5 & 6. Light and drop to 2 sets week 7, drop totally the week of the meet.] Use a barbell held at the level of your sternum with your elbows out and the bar 6-8 inches in front of your torso. Keep the bar 6 inches in front of you as you raise it to the height of your eyes. Your forearms should be nearly parallel to the floor at all times. Your shoulder blades should be pinched back and kept down with your neck long throughout the movement. Lower the bar slowly.

4. Bent Elbow Barbell Pullovers - 4 sets of 8 reps [Note: this exercise should be light weeks 5, 6, 7, and drop totally week of the meet.] Use a 6-8" grip on a straight bar starting on your chest as you lay on a flat bench with your head slightly over the bench. Keep your elbows bent as you skim the bar over your face and down past your head. The bar should be very close to you at all times. Breathe deeply as you stretch and then pull the bar along the same path to your chest again.

5. Seated Bent Forward Lateral Raises - 4 sets of 12 reps [Drop on

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
1st	135 x 8	165 x 6	185 x 1	225 x 1	235 x 2	235 x 2	235 x 2	205 x 5	5 175 x 12	
2nd	135 x 8	165 x 6	185 x 1	205 x 1	225 x 1	245 x 1	245 x 1	225 x 5	215 x 7	185 x 12
3rd	135 x 8	165 x 6	185 x 1	225 x 1	245 x 1	275 x 1	275 x 2	245 x 5	225 x 8	185 x 12
4th	135 x 8	165 x 6	185 x 1	205 x 1	225 x 1	255 x 1	285 x 2	275 x 3	265 x 4	225 x 8
5th	135 x 8	165 x 6	185 x 1	225 x 1	255 x 1	285 x 1	285 x 2	285 x 2	225 x 8	185 x 12
6th	135 x 8	165 x 6	185 x 1	205 x 1	245 x 1	275 x 1	305 x 2	285 x 3	265 x 5	225 x 8
7th	135 x 8	165 x 6	185 x 1	225 x 1	255 x 1	285 x 1	315 x 2	225 x 8	185 x 12	
8th	135 x 8	165 x 6	205 x 3	255 x 1	255 x 1	185 x 3	Monday of meet week!			
Contest	135 x 8	185 x 1	225 x 1	255 x 1	275 x 1					

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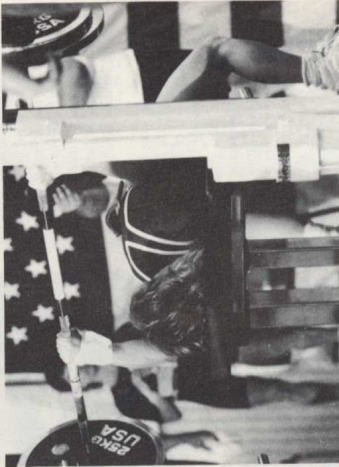


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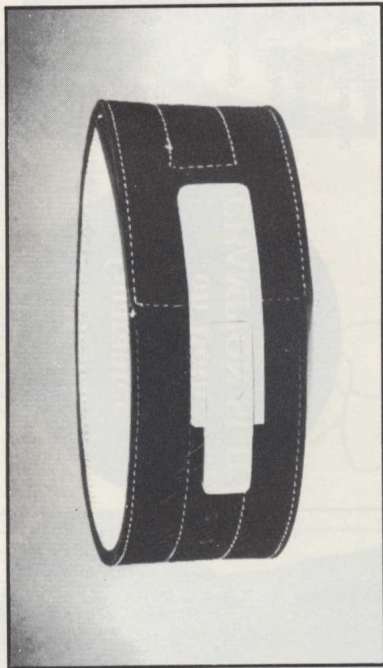
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Way back, in the beginning of powerlifting, competitors would go out on the platform, and register their lifts wearing just gym shorts, t-shirt, tennis shoes and a thin belt. Since then a lot has changed. Space age knee wraps replaced the Ace bandages squatters previously used. Squat suits made of modern stretch fabric wiped out the gym short and even high tech shoes for all 3 lifts are on the market. Lifting belts evolved from those narrow in the front, wide in the back ones to triple thickness with lever-action buckles.

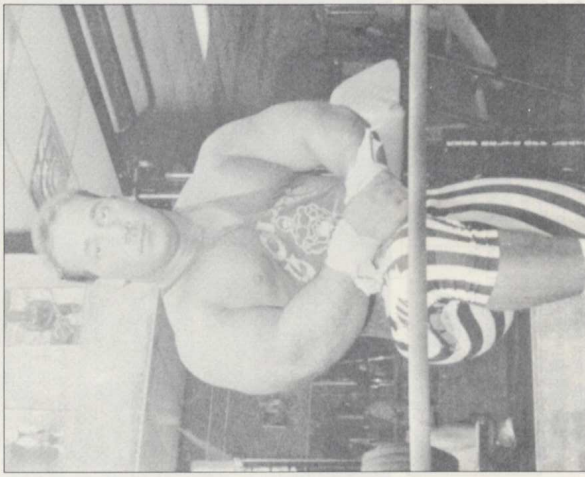
A more recent development has been the bench press shirt. The idea was to use fabric and techniques similar to squat suits for the bench. The shirt would provide tightness and rebound so necessary for a big bench. I might have been the first in Indiana to try one. When I received it through the mail and opened the package, I was a little shocked. How could such a small, narrow shirt possibly fit? After talking to John Inzer, he assured me this was a correct fit. After trying it, I realized this was the way to go, and that the competitive bench press had changed forever. Many lifters use a bench shirt in training and competition, however, they may not be using them to their best advantage and may not be deriving all the benefits that the shirts can provide.

The first issue I'd like to address in proper sizing. It's very important to get accurate measurements when ordering a bench shirt. Don't feel you have to inflate your size requirements just to inflate your ego. A judge does not care what size shirt you're wearing. Too big a shirt will not provide much explosion from the bottom. Just like squat suits, bench shirts can leave little cuts and bruises in the shoulder and arm pit area. I remember coaching Chris Confessore at a national meet. His shirt was so tight, it wore two of us out putting it on him and he couldn't get the bar down to his chest until he got up to 405 in his warm-ups

STARTIN' OUT

A special section dedicated to the beginning lifter

The Bench Press Shirt as told to POWERLIFTING USA by Doug Daniels



Chris Confessore is one of the masters of using a bench shirt properly

Getting a bench shirt on can be a challenge. Since there is no way you can get an accurately sized shirt on by yourself, you'll need help. Try getting the shirt over your head,

then get the arms in. Have your helpers get the shirt down by pulling out and down. Try a little baby powder to absorb the perspiration on your body, which can impede getting the shirt on. After getting it on, take a couple of minutes to get your breath and let the shirt set in. Before every warm-up set and especially before every attempt on the platform, have your helpers adjust the fit, paying careful attention to under the armpits. Remember to pull out and down. While waiting to lift, keep your arms crossed at the chest or behind your head. To get it off, bend over forward and have a helper pull it off from the bottom over your head.

Training in a shirt is also important. I feel you should follow a schedule similar to training with a squat suit. Train with it at least the last 2-3 weeks prior a meet. This will also enable you to get used to

using the shirt, as the leverage will change. Training with a bench shirt for only 2-3 weeks prior a meet will mean those nasty little cuts and bruises I mentioned earlier will not be around too long. Another reason I recommend training in for only 2-3 weeks prior a meet is because the best strength gains will come when training without one. Your chest, shoulders and arms will be doing all the lifting. A good tip is to hit your chest with the bar an inch or two lower towards the waist. This seems to allow the user to extract a little more out of the shirt. Practice this several weeks before the meet to find where you get the best results. This should be second nature come contest time. I also recommend using the shirt only for your low rep sets (1-3 reps). If you are new to using a shirt, start out with lighter weights. The feel of the press on the way down will be a bit restricted. Confidence must be gained otherwise the lifter may think something will tear, either the shirt or them. Lifters with chest or shoulder injuries may be able to train while using a shirt due to its support. Be very careful with injuries, however, and if there's pain, have it looked at.

The bench shirt supplies most of its explosive properties at the start of the lift. Benchers who have weak starts will gain immediate benefits. A friend of mine gained over 40 pounds using a shirt due to his weak start of the press. With the shirt, he was able to get a much higher weight up into lockout. Lifters who are strong at the start will also gain as the increased explosion will tend to push the bar faster upwards towards the top, perhaps past their usual sticking point. Think of it as pushing a car. It's hard to get started, but after it gets going, less effort is required to keep it going. Also, no lifter is too weak to wear one.

Make sure you have at least one shirt as a backup for a meet. Old bench shirts are great for this. Another tip is to wash the shirt before the meet. It will be little tighter and more odor friendly to your helpers. This can apply to your squat suit too.

I'm not a big fan of powerlifting adding more and more competitive gear that can help us lift more. Soon it may be hard to tell which did the lifting, the gear or the lifter. Either way, the rules allow use of a bench shirt. If you don't use one, you're giving a big advantage to your fellow competitors. Also, if you aren't using one the most effective way, score yet another plus for your fellow lifters. Did I tell you about these new power shoe strings I'm developing. Well, that's another article.

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Powerlifter Brian Pizzo is tougher than nails and meaner than a junkyard full of junkyard dogs. Most days in the gym he drives his body unmercifully, attempting lifts that only a few men in the world could manage. He's fearless or so it seems (in all my years I've never met one athlete who's mentally tougher than Pizzo). Occasionally, however, the 30 year old S.W.A.T. member from Easton, PA, experiences difficulty with his heavy squats.

"Sometimes when I'm going for something really big I lose confidence in my ability to handle the weight," he says. "I'm afraid I'll get out of position and miss the lift. Sometimes I even worry about getting hurt."

Once fear strikes, Pizzo inevitably finds himself in trouble. His muscles tie up, he has difficulty breathing, and he can't focus mentally for any length of time. "I feel like I'm out of control. I feel like my skills and power have been 'sapped' from me." He is stuck - paralyzed - for as long as 15 seconds. Eventually, he forces himself to attempt the lift. "I know that if I don't face my fear, I'll never reach my full potential," he says.

A world class drug free powerlifter and a national-caliber kick boxer, Pizzo generally exudes confidence and self assurance. Yet, there are times when fear becomes his worst nightmare.

"I lost it last year at the ADFPA Nationals," said Pizzo. "It was my third attempt on the squat. I had just barely made my first two attempts, consequently, confidence was wavering. As soon as I unracked the weight, my confidence took yet another pounding. The weight felt incredibly heavy. I swear I could actually feel my vertebrae grinding against each other as they compressed to support the weight. A not-so-good feeling. As I stood there supporting the weight, all I could think about was getting hurt. I must have stood there a good 15 seconds trying to clear my mind. I couldn't do it though. In fact, the longer I stood there, the worse things got. My mind kept entertaining the mental scenes of my back collapsing when I attempted to descend with weight. Finally, out of sheer fear, I stepped forward and re-racked the weight. It was the first time in my entire lifting career that the weight had 'broken me'. From a strictly athletic standpoint, it was by far the worst moment in my life."

When an athlete, like Pizzo experiences fear, his first reaction is to doubt himself. What's wrong with me? Have I lost my courage? Will I ever be able to get my confidence back?

Dr. Judd

Understanding and Controlling Fear

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



Judd Biasiotto of World Class Enterprises.

Well, let me say right now if you've experienced fear, even paralyzing fear, you're not the Lone Ranger. Although it's true that some individuals experience less fear than others, no one is immune to this emotion. I don't care who he is - Ed Coan, Joe Montana, Michael Jordan, or Mike Tyson - if he's honest he'll tell you that there were times in his career that he experienced fear and self-doubt.

"I'll quote it in statistical terms. Ninety-nine percent of the competitive athletes in the world have experienced pre-competition fear and/or anxiety. The other one percent are liars. In short, fear is a part of being human. In a risk sport, fear is the most natural thing in the world," says Hugh Armstrong, Ph.D., a sport-psychologist who works with elite athletes in skiing, luge and skating. "It doesn't mean you're a head case."

"The person on the street is very prone to believe that fear is the symptom of deep-seated psychological conflict," he continues. But sports psychologists such as Armstrong view fear as "a part of human emotion that figures very prominently in the experience" of sports, particularly in risk sports

work in the area of anxiety and behavior, clearly identified two distinct types of anxiety - state anxiety and trait anxiety.

Spielberger defined state anxiety as an immediate emotional state that is characterized by subjective, consciously perceived feeling of tension and apprehension, and heightened autonomic nervous system activity. In other words, Spielberger viewed state anxiety as a psychological response caused by an individual's immediate perception of his or her environment.

On the other hand, Spielberger viewed 'trait anxiety' as a relatively stable feature of an individual's personality; a type of predisposition or proneness to perceive certain environmental situations as threatening, and to respond to those situations with increased state anxiety.

Let me see if I can make this a little clearer for you. When an athlete is confronted with a potentially distressing situation, the degree of state anxiety that directly related to the athlete's trait anxiety and/or his or her predisposition to perceive the situation as threatening. In other words, individuals who have a high level of trait anxiety tend to be more anxious in threatening situations than individuals with low levels of trait anxiety.

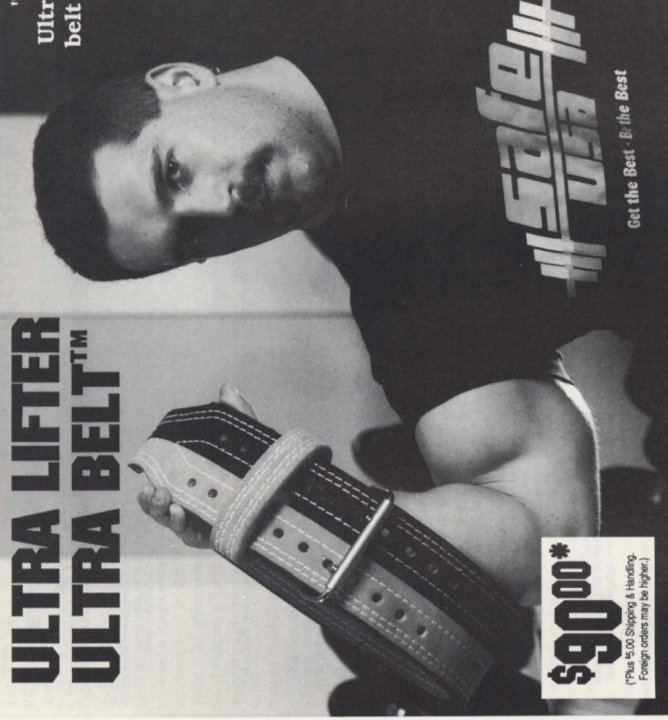
Still, trait anxiety isn't the only factor that will determine your state anxiety level. In fact, even if you have a high level of trait anxiety you still can learn to control your state anxiety. For instance, your skill level will significantly affect the amount of state anxiety you experience in a given situation. Generally speaking, the more skilled you are, the less state anxiety you will experience in competition.

There are other factors that will influence state anxiety too. For instance, fear of failure and fear of physical harm are prevalent determinants of state anxiety in competition. Competitive state anxiety is also influenced by the athlete's self-confidence and self-esteem, the ability to accept failure, and the perception of the importance of the event. There are other factors too, most of which are psychological in origin - and that's the kicker. Because the majority of factors that influence state anxiety are psychological in nature, it only stands to reason that they can be influenced by psychological and/or cognitive strategies.

Don't worry, I'm an expert on such strategies, and I'm going to tell you exactly how to use them. For that revealing information check out the next issue of Powerlifting USA.

Judd Biasiotto Ph.D.

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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...about a year ago I had open heart surgery. A new heart valve (St. Jude) was put in to replace a defective heart valve, after six weeks of intravenous injection of antibiotics, due to endocarditis damage to my mitral valve, which had been defective for many years. My arteries are great. The doctor who gave me an angiogram said "A lot of people in their twenties wish they had arteries like yours." The new heart valve has made an improvement in regards to my breathing (no more wheezing) and the cardiomyopathy condition is reducing to almost nothing. I was in the hospital for only four days after my operation. I was walking two miles two days later, and three weeks after I ran on the beach three miles. I started weight training six weeks after the operation with the 45 lb. bar for high reps and now I am using 185 lbs. up to 275 lbs. depending on what I am doing and I will go higher.

I am now doing my lifts four repetitions each and getting stronger. I am five feet 10 inches in height and 190 lbs. in bodyweight. My cardiologist is not too happy about me lifting weights. He is concerned about me tearing the heart valve. My surgeon was only concerned about both contact sports which I am no longer doing at my age (59). I know some lifters who have had the same operation and they still lift. What would be your interpretation of this? Is there a danger of tearing the heart valve or not? **Carl L.**

DEAR CARL: Having had a mitral valve replacement shouldn't restrict your lifting to any great extent. Although my experience with athletes and mechanical valves such as the St. Jude Medical valves is limited, I believe that there is little danger in tearing the valve with lifting weights, certainly no more than the other activities you described. However, it is wise to minimize increases in blood pressure and load on the heart by keeping lifts to a minimum and always inhaling and exhaling while working out, rather than holding your breath. Sincerely, **Mauro Di Pasquale, M.D.**

DEAR MAURO: I am writing to seek answers on the medication Clenbuterol. I am a thirty one year old healthy male who has been lifting for approximately three and half years. I am 5'9" and weigh 156 lbs. My best lifts are BP 290, SQ 470, DL 450. Although I am not totally dissatisfied with my lifts, I am with my ability to gain size. I am very interested in the androgenic and fat burning side effects of Clenbuterol. Being such a closed community, the availability of performance enhance-

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ment drugs is zero. My question is, since Canada is our nearest neighbor, could I find a physician in Canada to prescribe Clenbuterol, if so do you know of any sports physicians in our area, such as Whitehorse, Yukon. It really concerns me that in the US we look at performance enhancement drugs in the same way we look at narcotics. What are Canada's laws on these drugs? Thank you for your time. **Kevin D.**

DEAR KEVIN: Clenbuterol is not available in North America for human use. It is available as a veterinary drug. I covered Clenbuterol in detail in my book Beyond Anabolic Steroids (available from MGD Press, 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0) and in February issue of DRUGS in SPORTS (available from Decker Periodicals at 1-800-568-7281 - or write MGD Press for more information). I've enclosed a copy of the article on Clenbuterol from the February issue of DRUGS in SPORTS. Canada's laws are similar to those of the USA. One of the aims of my books and newsletter is to bring some reason and calm to the issue of performance enhancing drugs. The hysteria that surrounds the use of these drugs needs a more scientific and logical approach. All the best in your training. Sincerely, **Mauro Di Pasquale M.D.**

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1st 400 by a Woman/New 242 Bench Mark by Confessor.... On May 29th, at Dr. Ken Leistner's meet in Oceanside, NY, Tamara Rainwater Grimwood "smoked her opener at 391, and on her second made a very strong success with 402." Three international referees were in the chair, Ann Tuite, Kathy Leistner, and Dr. Ken Leistner. "Chris Confessore drank a lot of water and weighed in at 223 to attempt a world record at 242. He made a very solid 300 kg. after his foot slipped on his first attempt. We used the new Suhrehand bar which is 32 mm in circumference and allows for vibration free lifting even with 1200 pounds on the bar, and more surface area both in the hand for better control, and on the chest which makes it easier to hit the lifter's spot." A great success due to the hard work of Ralph Raiola, the NY State APF Chairman. "Tamara had reportedly doubled 385 in training in preparation for the meet. According to a press release "The quest for a 400 lb. bench press by a woman is now history! Tamara Rainwater-Grimwood has become the first woman



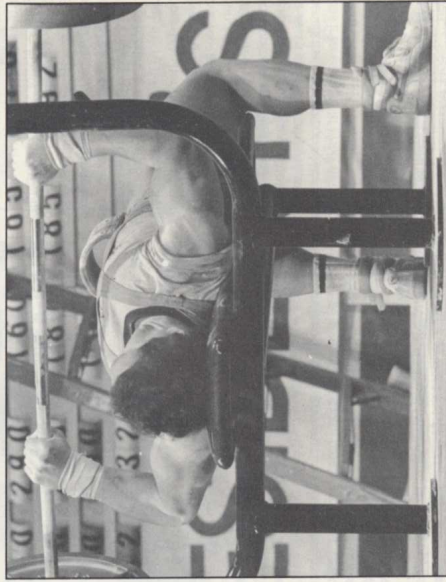
Craig Tokarski is back in the 700 Club, with a 705 at 275 (Baerlein)
national Officials adjudicated the lift. All plates were officially weighed before and after the lift, obliterated her old mark of 352.5 lbs., with an unbelievable 402.25 lb. effort at a bodyweight of 181 pounds! The meet was sanctioned by the American Powerlifting Federation. Three International Inter-

Long Island, NY because of the excellent reputation that the gym, Dr. Ken, and meet director/NY State Chairperson Ralph Raiola have established over their many years in the sport.

Tokarski Benches 705 at 275!... at Gus Rethwisch's meet on May 21st, Craig Tokarski, weighing 275 (hoped to go higher in bodyweight, but could not comfortably pack on the extra pounds), warmed up with 605, then finished his preparation with a 640, before opening with 661, jumping from there to a successful 683, and then back over the 700 barrier - to 705 for a fine 3rd attempt. On a 4th attempt he went to 722 (but Gus slid on an extra 2 1/2 lb. plate to make it 724 1/2) and came 2/3s of the way up with it. Lifting was done on one of those super-accurate VANKO weight sets. (this information was excerpted from the May 31st edition of POWERHOTLINE, our twice a month first class mail bulletin board of the sport. If you were a subscriber, think how much earlier you would have had this info. \$28 for 24 issues to Powerlifting USA, Box 3238, Camarillo, CA 93011)

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More From Ken Leistner



Al Siegel expediting at the 1991 ADPFA Lifetime Drug Free Nationals in Arizona, just before he was elected to the Presidency of the ADPFA.

As a supporter of powerlifting, I have attempted, through the years, to lend that support to any organization that I believed had the interests of the lifter in mind. I have served in a variety of official capacities for the AAU, USPF, and APF, raised money to send lifters to the World Championships and donated sweaters, shirts, and hats for the ADPFA, and lent (not rented) equipment to different promoters for their meets, regardless of affiliation. I neither like nor support those who are in powerlifting for their own benefit to the exclusion of that of the lifters.

When the ADPFA was originated, back issues of PL USA will indicate that I was supportive of their goals and through the years, have, after being requested by various organization affiliated individuals, reflected certain views in my column in PL USA that furthered the aims of the organization. I don't want the following statement to be misunderstood, but it must be stated to be fair. Of all the organizations, while I most closely agree with their goals of competition, I am most uncomfortable with their membership and administrators. As one told me, after a conversation five years ago in which I made a similar statement, "Good, who the f--- are you and who needs you?" Obviously, other than my wife and children, no one "needs" me and I am smart enough to know that. The ADPFA has done very well without me utilizing their meet sanctions or promoting them. While we assisted in the running of the 1993 Women's Senior National Championships under the direction of Linda Jo Balisto, and have through the years actively encouraged those interested in tested competition to try the ADPFA in preference to other tested organizations, most of my dealings with the ADPFA have been contentious. I can honestly state that whenever I mentioned something negative regarding any other organization, I would usually receive a phone call from one of the organization's administrators or lifters and be requested to further discuss the issue. In every case, the purpose was to benefit that organization where there was interest in what I had stated in print.

Any time a statement was made regarding the ADPFA and indications were given that their testing procedures or results were being questioned, I would essentially be chastised. I came to expect this. Still, many individuals in the organization would request assistance in one way or another and I would do my best to fulfill the request. Al Siegel was one of these individuals and few have given as much to the sport

as career, family, and other interests. Few appreciate the effort necessary to have a "good" organization and the day to day organization and the time it takes to solve them. I respect those that do these jobs, as I could not. The "political" bull and infighting among egos always proved too difficult for me to handle. I once told Kieron Stanley, another good man who fell by the wayside, that it was impossible to run an organization and keep one's sanity. Violence was the only thing people understood and would respond to. Make changes that better the masses, and tell everyone this is how it's going to be, until a better idea is presented. He was shocked until a year later when his ass was run out of office for the right or wrong reasons, dependent upon whose point of view you took.

Al was in constant contact with the leaders of other organizations, looking for ways to solidify the sport, possibly foster some type of unity. He has always been for the lifter. While some criticized the fact that the president of an organization shouldn't be coaching teams at the nationals, I saw this as Al's unbridled enthusiasm being directed in yet one more way. What would you expect from someone so shot full of powerlifting?

It has taken a few months, but the rumors have filtered to our door indicating that Al was forced to resign as president of the ADPFA, was suspended, was "kicked out," had financial improprieties, had sexual longings for black oxide power bars, you name it. Rumors about anyone and everyone in powerlifting are the norm. How many great lifters were reputed to be in illegal businesses, using weird chemicals, and dating their wife's best friend? As one top lifter once said to me "Al did was set a new national record. Now, even guys I trained with have been talking me down." In such a small sport, this is typical although obviously regrettable. A number of individuals in the organization have come to me, and the officers of another organization.

Whenever one of the sport's stalwarts, and Al has been just that through the years, is maligned it can affect a lot of individuals. The information I have been able to ascertain indicates that a major personality conflict has led to a number of changes that have little basis in fact. Certainly, time and an investigation of files will clear the air. In the meantime, most of the first round of rumors put to rest. While we were first informed that Al's family was on the payroll for tons of money, bankrupting the organization, nowhere

has this been officially mentioned, charged, or cited. My information indicates that the ADPFA has had very sound financial advice and is quite solvent and Al's presidency has only enhanced this position. The accusations that money was misused involving meet entry fees for our lifters at the Worlds seems as if it could be cleared up almost immediately if those involved cared to do so. I don't know what "due process" consists of in the ADPFA, but I don't believe it proper to suspend your Pennsylvania State Chairperson if there is in fact a personality conflict with the officer of the president. I certainly don't claim to know all the facts, but rumor and innuendo should never substitute for fact. More importantly, an organization should not concern anything but fact and make every effort to "clear the air" and take care of it's business before it's officers make calls to those outside the organization to continue to cite what is obviously rumor. It is important that when things like this occur, fans and supporters of powerlifting and the ADPFA understand that good people get hurt, often for reasons no more complicated than vindictiveness of others, or because of administrative disagreements. Time will tell if this will be one of those times.

Men (and women) like Kieron Stanley and Al Siegel, and so many before them have given much to the sport and usually don't get a whole lot out of the time and effort they put in except the satisfaction of furthering powerlifting. This can also be done by having a group of high school kids train in your garage, but some are attracted to the political/administrative arena. Men like Ernie Frantz, John Black and Rich Peters carry on year after year trying to further their vision of powerlifting. They somehow survive slings and arrows while many forget that they don't have to do what they do. They do it because they want to do it. It is most important that before one criticizes, they stop and try to think of a way to help and contribute. Men like Al and the aforementioned make much of what we enjoy, and take for granted, possible. In Al's case, I would think that a lot of people are going to owe him huge apologies which they will fail to give. For the lifters of the ADPFA, and those who love powerlifting, a strong contributor and supporter of the sport has probably been forced to suffer for the sport he loves. I suspect that Al will continue to carry on in the state of Pennsylvania, positively affecting all of the lifters he comes in contact with, but men like this cannot and should not be lost to the sport.

The following was submitted by Al Siegel for publication in Powerlifting USA. It was originated for a newsletter that Larry Miller of Ohio was preparing: "STATEMENT FOR LARRY'S NEWSLETTER, MAY 10, 1994 CORRECTED. Larry has asked me to make a short statement as to why I resigned and what has happened to me and the ADPFA since. I can not fully explain this in short form; I will tell a story in detail within the next few months; but I will try to be short and "sweet" in this statement. I was elected President in June of 1991 and re-elected in July of 1993. During the few years that I served as President, I put in many long hours, both in the office and my business in Clearfield, while spending approximately 3 out of ever 5 weeks officiating at a meet somewhere in the United States. I did not have to go to as many meets that I attended, but I felt obligated, as President, to lead the ADPFA and to represent and promote it's program, as I was elected to do. During the first two years as President I received very little cooperation or backing from some members of the Executive Board. To be exact, they at times appeared to be holding back in an attempt to make me and my administration look bad. You can dig out your copies of POWERLIFTING TODAY and read my messages which have stated this for the past few years.

When an audit of the books was called for, John Petroff resigned, for reasons which will be told at a later time, and the Executive Board grouped together and came up with all kinds of accusations that I was somehow responsible for all of the cash flow and economic problems which the ADPFA faced.

We did it have a cash flow problem, which we have had at the end of most years, but we are not broke, as there is over \$140,000 in the organization's treasury. The Executive Board started making "selective" decisions which were in direct violation of our by-laws and the previous votes of the national governing body. When I told them that they had to "back-up" and "back-off" they really put the pressure on me to do things their way. I did not feel that their way was in the best interests of the ADPFA or it's lifters and decided that since I could not fight this group, I was not going to make myself sick over it, so I tendered my resignation. The net result of my resignation has made this group push even harder to do things the way they feel it's best to do. They continue to selectively disregard the previous votes of the NGB and continue to violate the by-laws of the ADPFA.

I, personally, have done no wrong, except to have upset and fought the attempts of certain people on the Executive Board. I have been accused, through rumors, not direct statements, of doing many things which were illegal or unethical. I stand still in my statement, "that if you have something to accuse me of, come forward and make a statement." These rumors have hurt me but they have not put me down. At present I am under suspension from the ADPFA for "not cooperating with the Executive Board and National Office," a suspension which is illegal and uncalled for, but was, in my opinion, a retaliation for my civil suit against the ADPFA to collect 4 months salary, which I earned and am entitled to...

I am very willing to answer any questions directed to me, and stand ready to do so. Respectfully submitted by Allan Siegel.

AFTERTHOUGHT... Thanks to all of you who have either called me or wrote me letters, and all of the lifters who have approached me at meets in the past few months, for your support. I wish to apologize to those dedicated, drug free lifters, who are members of the ADPFA and looked forward to competing in ADPFA meets, whom I have let down by resigning from the Presidency. I am truly sorry that you may to suffer because of this. I have spent countless hours over the past 11 years, with a lot of those hours in the 2 1/2 years that I was President, trying to build an organization where we could compete fairly without drugs.

Unfortunately, there are people in this world who think only of themselves and the glorifying of their own position in life. I am far from perfect and I have made many a mistake in my 56 years on this earth. Most of my mistakes have become "tools" which have helped me to become a better person. If I had to start over again as ADPFA President the only thing I would do differently would be my telling people that they were phonies from the beginning, rather than hoping that I could function by working around them. I would still put all of my effort and time into trying to build the best powerlifting organization in the world for us.

Again, I'm sorry I let you down. Allan Siegel, former President of the ADPFA and above all a powerlifter.

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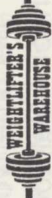
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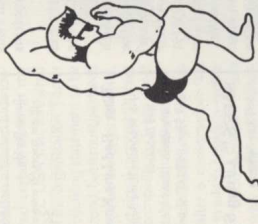
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TOP 100

For SHW/125+ kg, USA lifters competing in results received from May 1993 through April 1994.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	929 Clark, A., 10/9/93	734 Clark, A., 9/25/93	843 Grande, L., 4/16/94	2407 Clark, A., 10/9/93
2	925 Nichols, B., 8/7/93	640 Pitts, G., 6/12/93	804 Clark, F., 4/16/94	2171 Collins, H., 11/17/93
3	909 Tullamaka, S., 8/14/93	640 Harris, J., 9/9/94	842 Clark, F., 4/16/94	2143 Hammond, S., 8/18/93
4	908 Williams, M., 10/2/93	638 Harris, J., 9/9/94	842 Clark, F., 4/16/94	2143 Hammond, S., 8/18/93
5	903 Dookwank, K., 10/9/93	628 Harris, M., 8/9/93	785 Brodsky, S., 6/26/93	2122 Williams, M., 10/2/93
6	903 Bolder, K., 10/21/93	622 Hansen, B., 8/25/94	760 Dineel, M., 10/2/93	2110 Bolder, K., 8/7/93
7	891 Fletcher, J., 3/26/94	611 Fletcher, J., 3/26/94	760 Ketchum, J., 10/2/93	2105 Nichols, B., 8/7/93
8	870 Sullivan, T., 3/11/93	600 Perry, S., 6/16/93	750 Aulry, S., 12/2/93	2095 Dineel, M., 10/2/93
9	870 Sullivan, T., 3/11/93	600 Perry, S., 6/16/93	750 Aulry, S., 12/2/93	2095 Dineel, M., 10/2/93
10	870 Sullivan, T., 3/11/93	600 Perry, S., 6/16/93	750 Aulry, S., 12/2/93	2095 Dineel, M., 10/2/93
11	865 Melville, V., 12/11/93	600 Bolder, J., 7/18/93	750 Aulry, S., 12/2/93	2095 Dineel, M., 10/2/93
12	859 Voronin, J., 10/2/93	600 Zimanski, J., 12/4/93	749 Dineel, D., 4/1/94	2068 Brodsky, S., 6/26/93
13	854 Brodsky, S., 6/26/93	589 Troster, D., 2/19/94	744 Hunt, J., 8/7/93	2066 Tullamaka, S., 8/14/93
14	854 Brodsky, S., 6/26/93	589 Troster, D., 2/19/94	744 Hunt, J., 8/7/93	2066 Tullamaka, S., 8/14/93
15	850 Voronin, J., 10/2/93	580 Vaughn, A., 2/16/94	735 Clark, A., 10/1/93	2066 Clark, F., 4/16/94
16	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
17	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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19	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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22	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
23	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
24	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
25	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
26	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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33	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
34	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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39	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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44	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
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93	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
94	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
95	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
96	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
97	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
98	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
99	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94
100	845 Ketchum, J., 10/2/93	575 Kelly, D., 9/18/93	733 Pitts, G., 8/7/93	2061 Orosi, J., 4/1/94

NEXT MONTH... TOP 114s

Corrections: On the All Time TOP 100 Squatters list for the 138 lb. class, Top 45. This was not credited to the Junior Nationals of 26 April 1992, and Met Dineel chose to not provide official results to PL USA. Curtis Leslie should have been credited as Number One on the TOP 100 242 lb. class listing for the 2204 pound/100 kilograms list. Mr. M. Matlock should have had his 358 lb. class press listed on the ADFFPA TOP 20 ranking for the 148 lb. class. Corrections to the ADFFPA California State Bench Press Championships, Hout Sisk's 725 squat and 1760 total in the 275 lb. TOP 100 275 lb. listing. Scott Hines 800 squat, 700 deadlift, 1940 total were not on the TOP 100 275 lb. listing. If you find any corrections to our various listings in future issues, please send the updated information to: ERRORS, P.O. Box 467, Canton, CA 95011.

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OFFICIALLY ACCEPTED

1.	181 class	470.0	Harrisburg, PA	AUG 1973
2.	181 class	476.0	Oklahoma City, OK	SEP 1978
3.	181 class	491.0	Oklahoma City, OK	SEP 1978
4.	181 class	501.75	Oklahoma City, OK	SEP 1978
5.	181 class	509.25	Oklahoma City, OK	SEP 1978
6.	181 class	512.50	Brookings, S. Dak.	FEB 1979
7.	181 class	523.50	Milwaukee, Wisc.	MAR 1976
8.	198 class	534.75	Dallas, TX	AUG 1976
9.	198 class	538.75	Dallas, TX	AUG 1976
10.	198 class	545.0	Omsaha, NEB.	AUG 1976
11.	198 class	551.0	Honolulu, HI	MAY 1979
12.	198 class	562.0	Fl. Tejon, CA	OCT 1980
13.	198 class	566.50	Brookings, S. Dak	FEB 1974
14.	220 class	545.75	Brookings, S. Dak	FEB 1974
15.	220 class	555.75	Brookings, S. Dak	FEB 1974
16.	220 class	562.25	York, PA	AUG 1974
17.	220 class	573.25	York, PA	AUG 1974
18.	220 class	576.50	Santa Monica, CA	AUG 1977
19.	242 class	567.0	Brookings, S. Dak	FEB 1975
20.	242 class	577.0	Brookings, S. Dak	FEB 1975
21.	242 class	583.25	Whittier, CA	NOV 1980
22.	242 class	592.37	Anshelm, CA	AUG 1981

11 UNOFFICIAL DUE TO LACK OF INTERNATIONAL REFEREES PRESENT

1.	181 class	474.50	Kansas City, MO	MAR 1973
2.	181 class	479.50	Kansas City, MO	MAR 1973
3.	181 class	484.75	Lincoln, NEB	MAY 1973
4.	188 class	535.0	St. Paul, MN	NOV 1975
5.	188 class	540.0	St. Paul, MN	NOV 1975
6.	188 class	560.0	Duluth, MN	SEP 1977
7.	220 class	575.75	St. Paul, MN	SEP 1977
8.	220 class	580.0	Anamosa, IA	NOV 1975
9.	220 class	590.0	MPLS., MN	MAY 1979
10.	242 class	600.0	Minot, N. Dak	APR 1975
11.	242 class	603.0	Duluth, MN	NOV 1977

NOT ACCEPTED DUE TO NO KILO SET IN USE BUT POUND SET USED

1.	181 class	517.0	Camp Springs, MD	OCT 1979
2.	181 class	522.10	Camp Springs, MD	OCT 1979

WORLD RECORD TOUCHED UPRIGHT SLIGHTLY - WOULD BE ACCEPTED TODAY

1.	242 class	608.87	Anshelm, CA	AUG 1981
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Mahuang 500mg 100 Tabs.....\$15.00	
Amino Acids (Easy To Swallow) 1200mg 250 Tabs.....\$10.00 1200mg 500 Tabs.....\$19.00	
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Inosine 1000mg 100 Caps.....\$18.00	

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17th MEN'S EUROPEANS

17th Men's Europeans (kg)
15 April 94 - Pitea, Finland

52.0 kg	200	130*	230*	570*
S. Churavilava	242	165	120	527.5
M. Martinec	180	112.5	195*	487.5
D. Štrkanič	175	107.5	200	482.5
56 kg	245:	145	220:	610*
L. Petrov	200:	167.5	227.5	590
M. Karlsson	200:	170	220	590
L. Vahvanperä	175	120	210	507.5
P. Legend	175	95*	210	480
60 kg	232.5*	135*	232.5	600*
W. Elyn	220*	130*	235	585*
R. Collins	232.5	132.5	210	575.5†
P. Richard	217.5	145*	210	575.5†
V. Bogdanov	217.5	145*	210	572.5
A. Ventone	225:	135	207.5	567.5*
I. Christensen	215	140	202.5*	557.5*
R. Starzec	200	130	190	520
J. Hanson	190	110	210	510
V. Nyanzon	230	155*	0	0
67.5 kg	275	157.5*	282.5	720*
M. Jędrzejko	255	152.5	285:	692.5
I. Wilczyński	260c	152.5	242.5	655c
C. Icks	245	140	255	650
J. Trnka	240	160	235	635*
V. Kravchenko	210	157.5*	255	622.5
B. Figuro	210	157.5*	255	622.5
L. Godínez	232.5	142.5	235	610*
A. Correda	215	130	232.5	577.5*
A. Okanena	202.5	142.5	225	570
S. Selkainaho	215	160	125	500
M. Bourquard	185	105	185	475
75 kg	280	180	267	727.5
S. Valtonen	275	165*	275	715
A. Nicotini	275	150	282.5*	707.5
K. Baali	285	185	325	795
O. Akhmedov	250	175	265	690*
M. Schurr	272.5:	155	282.5:	690
V. Kurpaev	245	155	285	685
A. Krasovskiy	262.5	157.5	252.5	672.5
P. Anttila	262.5	157.5	252.5	672.5
J. Vergeles	255	145	275	675

242 Winner from Norway was Sturla Davis (photo by Wahlstrom)

S. Bazyev	265	167.5	0	0
R. Sauren	0	0	0	0
E. Kruke	235	155	0	0
F. Suck	335*	202.5	320	857.5
N. Platonechkin	330	190	332.5	840
P. Theuser	305	192.5	300	797.5†
D. Carter	292.5	175	327.5	795
M. Veriikko	285	185	325	795
V. Machujuk	280	200	280	760
M. Ivanov	300	160	300	760
K. Jönsson	310	135	282.5	727.5
G. Hanswijk	302.5*	172.5*	260	725
T. Fizeze	280	175	265	720

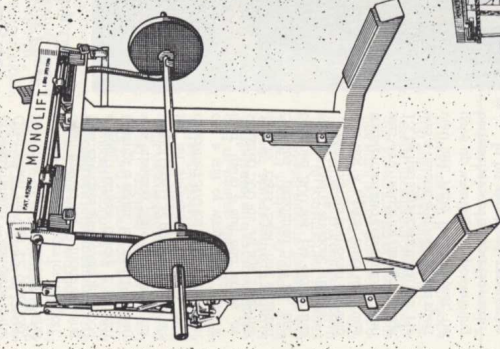
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Piet Faber	360*	260.5*	300	920
C. Bruce	377.5	200*	342.5*	860*
M. Halberg	365*	195	300	860
K. Saliger	400	260	345	1005
R. Gierz	395	252.5	332.5	980
R. Sandstrom	372.5	240	350	962.5*
M. Petro	380	212.5*	360	952.5
V. Spinov	380	192.5	345	847.5
S. Baranov	300	185	275	760

140 men participated in the competition. 1. National record, *New personal best lifts, n† junior record, cr - Continental record, Teams: Russia - 50pts, Norway - 48 pts, Ukraine - 45 pts, Austria - 44 pts, Sweden - 44 pts, Germany - 43 pts, Great Britain - 42 pts, Czech Republic - 41 pts, Slovakia - 24 pts, Belgium - 24 pts, France - 24 pts, Italy - 19 pts, Bulgaria - 12 pts, Spain 11 pts, Netherlands - 10 pts, Czech Republic - 9 pts, Hungary - 4 pts, Portugal - 2 pts, Switzerland - 1 pt, Denmark - 1 pt. Sorted prim SW-Mal, points men - WOMEN: 1. Sergey Zhuravilov - 546.06, 2. Frank Sauer - 517.93, Victor Nalokin - 507.97, Roman Szymonowicz - 506.44, Karl Saliger - 503.80, Win Elyn - 491.94, Per Berglund - 491.20, Vladimir Markovskiy - 483.62, Sturla Davidson - 480.25, (results by Heiner Koberich and Jari Tahminen.)

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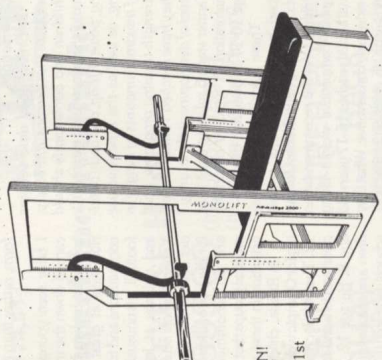


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POWER-RESEARCH

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Competitive Weight Lifting for Children? What Age to Begin?

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



NASA's Youth Development Program emphasizes the judging of form, rather than the amount of weight lifted, to determine a winner.

"parallel" without loading the back as he would during squats.

Mike discussed the development of Sean Franklin. "Sean came to the gym when he was 12 years old. Sean was a successful wrestler who wanted to get stronger for his sport. Sean trained for 6 months doing basic fitness and developing good strength fitness before I let him attempt a squat. By age 14, Sean was breaking State records for his weight class (132 pounds). He squatted an impressive 350 lbs. and deadlifted 360 lbs. He did this without a suit or wraps. Six months later, using a suit and wraps, he squatted 500 lbs. At age 19 in the 144 lb. class, Sean has squatted 590 lbs., deadlifted 530 lbs, and benched 300 lbs. He did all this without taking anabolic steroids."

Mike admits that Sean Franklin was not a typical child who was transformed into a champion. "Sean was very mature for his age. By age 13, he had significant facial hair. He was a natural and took to the sport very fast. After the first year, he gave up wrestling for powerlifting because he loved the sport so much."

In his structured, progressive program, Mike has never seen a serious injury in a young competitive powerlifter. He attributes this to his insistence on developing good fitness before beginning training for competitive lifting. Mike's perception of the safety of weight lifting is supported by the medical literature. While some injuries are reported, they generally occur when children are training unsupervised at home. The one death that's been reported during weight training occurred in a 9 year old child who ruptured a major artery when a weight fell on him. The accident was due to a faulty rack.

During the past 10 years, there have been more than ten studies on the effects of weight training in children. While there have not been any comprehensive studies on English language on young competitive weight lifters, we can make inferences from the weight training studies. Research studies do not give us a clear idea of whether strength training is beneficial for young athletes. The newer studies are well controlled and suggest the following (note: children are classified as boys and girls between age 9-14 years):

* Children make the same percentage changes in strength

My children, who are 13 and 15 years old, have been raised around weight rooms and discuss circles. I have a photo in my athletic injury textbook of my youngest son at age 3 doing lat pulls on a Nautilus machine. However, it is only very recently that they have shown any real interest in weight training. They have been seriously interested in several other sports. They even went to a French ski racing school for one winter in Europe. Yet, it has been like pulling teeth to get them interested in weight lifting.

Their "late start" has not totally been due to lack of interest. The prevailing attitude of many gym owners and their insurance companies has been to keep kid out of weight rooms. Many gyms don't allow children under 14 years to train, let alone train seriously for powerlifting. These restrictions are based on conservative judgments by the American medical community that weight lifting for children is possibly unsafe. The most recent recommendation of the American Academy of Pediatrics included:

1. Strength training programs for prepubescent, pubescent, and postpubescent athletes should be permitted only if conducted by well-trained adults. The adults should be qualified to plan programs appropriate to the athlete's stage of maturation, which should be assessed objectively by medical personnel.

2. Unless good data become available that demonstrate safety, children and adolescents should avoid the practice of weight lifting, power lifting, and body building, as well as the repetitive use of maximal amounts of weight in strength training programs, until they have reached Tanner stage 5 level of developmental maturity. Tanner stage 5 refers to adult level maturation. It typically occurs by age 16-17 in boys and girls.

These guidelines were developed by very thoughtful people who are trying to do the best for our children. Yet the recommendation against competitive weight lifting until a child reaches 16-17 years old is extremely conservative. What they are saying, in essence, is that children shouldn't participate in the sport because we don't know if it's dangerous.

Children participate in many sports with a much higher risk of injury than weight lifting. In skiing,

dous sport for a young teenager.

Starting a Young Person in Powerlifting

At first, encourage participation in a variety of physical activities. Train with the child and make it fun. If the child shows an interest in the activity, begin with basic fitness exercises. Initially, you can use body weight as resistance (i.e., push-ups, pull-ups, wall sits, knee bends, etc.).

Graduate to weight machines, stress-free base strength and fitness, individual improvement and discouragement going for max lifts. When the child has shown consistent dedication to training and has developed good base strength, introduce the basic lifts. Stress good technique. Use video tape or have the child do squats and dead-lifts in front of a mirror. Stress the importance of good spinal position early in training. Buy the child a belt as soon as he or she starts doing any exercise that can significantly load the spine. Continue doing a variety of lifts. It's appropriate to introduce Olympic lifts during this transition when the child is progressing from fitness training to weight lifting as a sport.

Teach good spotting techniques from the start. Don't expect children to pick up proper spotting technique over results. As the young athlete demonstrates seriousness, reward him or her with some lifting shoes, lifting suit, and wraps. Before you know it, you'll have a budding young powerlifter who is well schooled in the basics of the sport.

Suggested Reading
American Academy of Pediatrics; Committee on Sports Medicine. "Strength training, weight and power lifting, and body building by children and adolescents." *Pediatrics* 86: 801-803, 1990.
Blimkie, C.J.R. "Resistance training during preadolescence: issues and controversies." *Sports Medicine* 15: 389-407, 1993.

not maintained.

* Young weight lifters improve strength mainly through adaptations in the nervous system rather than through increases in muscle size. Most studies show that young people (less than age 14-15) gain strength by improving the nervous systems ability to "turn on" muscle fibers. Unless the program is intense, children do not get larger muscles from weight training.

* Weight training does not impair growth. Early studies in rats and Japanese children who lifted heavy weights during work showed that heavy skeletal loading depresses growth. Weight training studies using children, where the program is well-structured and supervised, show that height is either unaffected by lifting or slightly improved.

* Weight training is a safe activity for children when the level is supervised by knowledgeable people who use good equipment.

A basic problem in getting kids started in powerlifting is that we don't have a weight lifting tradition in this country. When you get rid of the prejudice and ignorance surrounding the sport and apply good training methods, it is readily apparent that powerlifting is a tremen-

as adults. However, children can't reach the same absolute strength. For example, a child and an adult improve in the bench press by 25 percent. The child increased his bench from 60 to 75 lbs, while the adult increased his bench from 150 to 190 lbs. The adult and child improved similarly but the absolute strength of the adult was greater.

In a well-structured weight training program, children can expect to improve their lifts by 25-35 percent in 5 months of training.

Improvements are greatest in programs that use heavier loads. As with anyone, progress only comes from regular participation in training sessions. This is particularly so in children who often have problems focusing after the initial novelty of weight training has worn off.

Strength gains in the weight room can be transferred to other sports. Studies have shown that weight training can increase strength fitness that improves performance in sport. Weight training in children has been shown to improve swimming speed in swimmers and vertical jump and sprint speed in other types of athletes. However, the strength advantages of the young weight lifter disappear quickly if the program is

methods (i.e., watching other lifters. Make them demonstrate to you that they know what they're doing. As the father of two teenage boys, I can tell you that age is the thinking process of boys that age is truly mystifying. Don't assume anything with young teenagers.

Gradually introduce standard training programs for powerlifting. If the program is progressive and well supervised, there is no reason not to include some high intensity lifts in the routine. After six months of training, think about entering the child in a contest. Be conservative at first in how much weight the child attempts in competition. Stress good technique over results. As the young athlete demonstrates seriousness, reward him or her with some lifting shoes, lifting suit, and wraps. Before you know it, you'll have a budding young powerlifter who is well schooled in the basics of the sport.

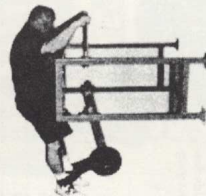
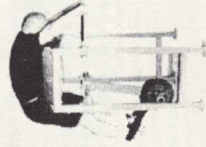
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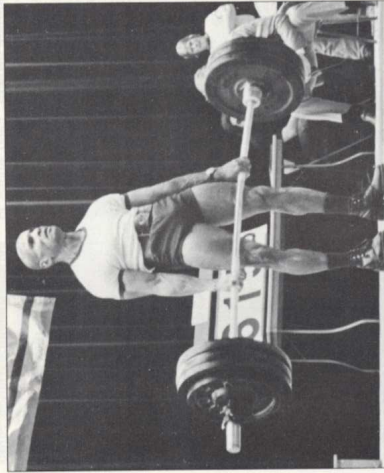
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TRAINING

Lower Back Training

as told to Powerlifting USA by Louie Simmons



Don Blue... a pioneer who really had his lower back in shape. (Pope)

How much? How often? These questions are asked of me over and over, and my answer always seems to surprise the caller or the visitor to our club. The lower back should be worked a minimum of four times a week. Many lifters deadlift only every 14 days. That's the reason their backs are always sore; they're out of shape. In addition, their deadlift usually lags behind the other lifts. If you want to excel at something, you must practice a lot. Now, before you think that I'm suggesting that you pull 700 four times a week, I will outline a program we have utilized for years that has allowed approximately 20 lifters to do over 700 in the deadlift. (I want to stress here that our club is 20 by 40 feet and that you don't lift for Westside Barbell unless you train there.)

Many years ago, for missing a deadlift at a meet, I punished myself by driving 150 miles back home and then doing two sets of deadlifts with 315 for no less than 15 reps. I repeated this for 7 days, and then on the eighth day I made the 700 sumo that I had missed in the meet. I then made a new record on my low box squat. This puzzled me. I felt thicker, so I measured my legs and found them to be 1 1/4 inches bigger. It had to be the deadlifts.

Matt Dimel had been stuck at 820 in the squat for 1 1/2 years. I told him to deadlift four times a week, and in 9 months he achieved his first 900 squat and 6 months later a historic 1010. Matt's body weight was around 340. He worked the deadlift for 2-3 sets four times a week, between 225 and 275, 20 reps per set. Steve Wilson did the identical workout and posted his best deadlift, 850. Matt's squat and my own went up because our waistlines increased; our body structure responded this way to the deadlifts. Steve's waistline remained the same, thus not interfering with the deadlift. His squat was down due to a slight leg injury. As Matt gained weight and a full deadlift became tougher to perform, he merely added more reverse hypers, still four times a week, but sometimes returning to the gym later and doing more sets. The reverse hyper works extremely well because the glutes initiate the work being done by the lower back.

In the early 1900s the deadlift was a popular exercise for developing great body strength. As far as weights being lifted, the deadlift far exceeded the squat, although there were no squat stands for some reason. Milo Stenborn squatted 500 first, by standing the bar on end and rocking it onto the shoulders. There were several men deadlifting over 650 at the same time. Why? Deadlifts were done on a regular basis, normally three times a week. Now-

days some practice it only once every 14 days. No wonder the deadlift lags behind the squat. Don Cundy was the first to deadlift 800 in an official meet. Don trained in a logical manner, yet one that is seldom used today. On his heavy squat day, he would follow squats with deadlifts, and on his deadlift day he would follow with squats. And why not? By doing this, he was able to practice the deadlift twice as often as most.

A lightweight who owned the deadlift record in the early 1970s, Don Blue, would do high reps while standing on a box, actually a Coke crate. The reps would kill most because they are out of shape. Anyone can increase their lower back work if done gradually over a period of time. Olympic lifters will have 46 training sessions in a 16-day period, doing 2-3 workouts per day. Their workload consists of pulling or squatting, all lower back related, yet they succeed in establishing new records. Are they better athletes? No, they have better training.

As far as the drug-free lifters, two are leading the list of the top 100 at 900K with a 799 squat and an 800 deadlift in 1993. It could be structure, but I'm quite sure they know how to train the lower back.

It's quite common to train abs four times a week, but not the lower back. Wouldn't this cause structure change by the abs becoming stronger and pulling the spine forward? We are constantly told to arch the back, but never to bend it. To keep a posture balance, we must bend as much as we arch. When we are young and healthy, we frequently bend our back. As we become older and experience stress, we become rigid and never bend with a rounded back. The elderly are always deemed fit if they can bend and pick up their grandchild.

The lower back is comprised of tendons and ligaments, which need constant circulation to remain healthy. That's the main reason to train the lower back as often as possible. There are numerous exercises that work the lower back. Pick your favorite. Remember, exercise the back regularly, don't abuse it by only working it every other week and don't expect it to respond to heavy work without benefit. Something I never did until fairly recently was stretch - a big mistake. You must work on flexibility constantly. Your muscles must stretch as you lower yourself while descending into a squat or deadlift. Remember, a muscle is stronger when fully stretched, so stay limber. You must be healthy to be strong.

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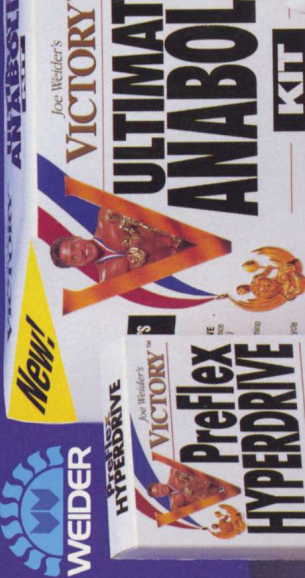
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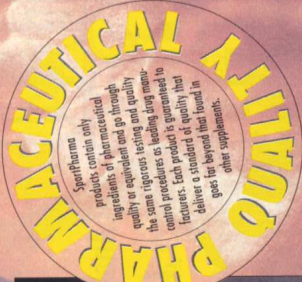
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Darren Meade,
1990 NPC Mr. Ironman

"I personally think Vanadyl Sulfate may be the most important discovery since insulin."

Julian Whitaker, M.D.

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As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

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And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had. Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

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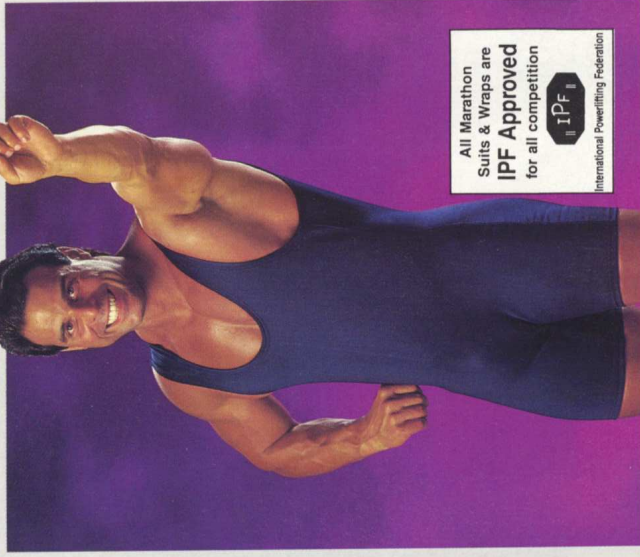
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Color: Indicate 1st, 2nd and 3rd choices by numbering the boxes. On all orders please include height, weight, chest, waist, and thigh measurements so we can fit you properly. If you're certain of your size (indicate in appropriate column of order form) sizes available are from 24-32 in even sizes.

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Item	Size	Qty.	Price	Ext
Add California Sales Tax, If Applicable				Shipping \$5.00
All Prices Subject to Change Without Notice				TOTAL

DISCOVER VISA M/C VISA Card No. _____ Exp. Date _____

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Signature _____ Phone (____) _____

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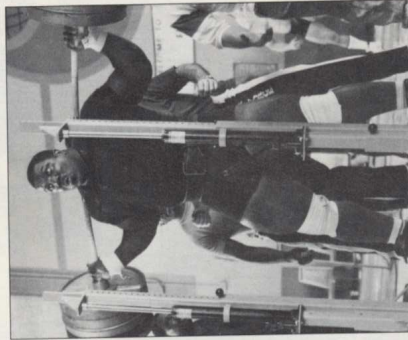


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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching ~~\$74.00~~ \$64.00

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A.D.F.P.A. Corner

Entry information will be available early in 1995.

ATTENTION MEET DIRECTORS: The WDPFF annual meeting will be held in conjunction with the World Championships on September 16th starting at 9:00 am. A BID PRESENTATION TIME has been set for 1:00 pm. At that time, the WDPFF voting representative will be receiving WDPFF BIDS FOR THE 1995 & 1996 competitive seasons. We request that the bids be presented orally as well as in writing. Bids may be presented for the specified championships & years listed below: 1995 WORLD CHAMPIONSHIPS, 1995 MASTERS WORLD CHAMPIONSHIPS, 1995 MASTERS NORTH AMERICAN CHAMPIONSHIPS, 1996 WORLD CHAMPIONSHIPS, 1996 WORLD MASTERS WORLD CHAMPIONSHIPS, 1996 WORLD BENCH PRESS CHAMPIONSHIPS, 1996 NORTH AMERICAN CHAMPIONSHIPS. Contact Judith M. Gedney for WDPFF Meet Sanction Application forms or for further information.

ATTENTION ADFFPA INTERNATIONAL REFEREES: Please contact Judith M. Gedney, WDPFF Secretary General if you will be available to assist with the running of the 1994 MASTERS WORLD CHAMPIONSHIPS in Chicago on August 13th & 14th and/or the 1994 WORLD CHAMPIONSHIPS in Minnesota on September 17th & 18th. We will need to know specifically if you would be available to work either both events on FRIDAY evening, on SATURDAY and/or on SUNDAY. Judith M. Gedney, Brophy Hall, West-ern Illinois University, Macomb, IL 61445. Phone: 309-298-1757 - Office, 309-298-8372-2911 - Home. FAX: 309-298-2981

BANNED SUBSTANCES UPDATE
... Recently products containing ephedrine and/or Ma huang are being pro-

ADFFPA

82.5 kg
181 lb.

SQUAT

- 766 Wagner, R., 7/10/93
- 472 Stacey, J., 1/29/94
- 457 McLaughlin, J., 7/10/93
- 672 Parrish, D., 7/10/93
- 660 Garrard, H., 7/10/93
- 655 Gibeon, T., 12/11/93
- 644 Brocco, P., 12/11/93
- 628 Krueger, H., 8/2/93
- 611 Varnum, E., 5/15/93
- 610 Oshunshobola, T., 12/4/93
- 608 Gibeon, T., 12/11/93
- 605 Hughes, S., 2/22/93
- 600 Gibeon, T., 12/11/93
- 600 Shurtlack, C., 12/4/93
- 600 Moore, L., 10/9/93
- 600 Bonner, B., 4/30/94
- 591 Zwart, G., 9/1/93
- 590 Brown, C., 4/17/94

DEADLIFT

- 688 Mason, K., 8/7/93
- 677 Giamice, R., 11/6/93
- 672 Parrish, D., 7/10/93
- 660 Garrard, H., 7/10/93
- 655 Gibeon, T., 12/11/93
- 644 Brocco, P., 12/11/93
- 644 Krueger, H., 8/2/93
- 640 Andrus, N., 3/19/94
- 638 Gibeon, T., 12/11/93
- 637 Clark, J., 4/23/94
- 625 Carren, N., 5/15/93
- 625 Gibeon, T., 12/11/93
- 613 Tarkenton, R., 4/23/94
- 610 Hughes, S., 2/22/93
- 600 Moore, L., 10/9/93
- 600 Shurtlack, C., 12/4/93
- 600 Bonner, B., 4/30/94
- 600 Shurtlack, R., 9/11/93
- 600 Medley, J., 12/4/93

TOTAL

- 1824 Wagner, R., 7/10/93
- 1738 Jones, G., 7/10/93
- 1703 Parrish, D., 7/10/93
- 1697 McLaughlin, J., 7/10/93
- 1664 Garrard, H., 7/10/93
- 1631 Krueger, H., 8/2/93
- 1628 Krueger, H., 8/2/93
- 1605 Oshunshobola, T., 12/4/93
- 1592 Lat, T., 5/22/93
- 1585 Andrus, N., 3/19/94
- 1559 Giamice, R., 11/6/93
- 1555 Pacheco, J., 8/2/93
- 1548 Varnum, E., 5/15/93
- 1543 Karamanos, K., 4/23/94
- 1539 Register, J., 4/10/94
- 1515 Francese, S., 7/25/93

This list by E. Jean Lambert covers lifts made in weighable lifts at the ADFFPA National Meet. Association meets from May 1993 through Apr. 1994. Please send a copy of all ADFFPA meet results to E. Jean Lambert, 1001 E. 10th St., Ft. Collins, CO 80521. These lists as up to date as possible. Thanks very much.

Those who appear on the ADFFPA TOP 20 list are eligible to be considered for the ADFFPA TOP 100 list and ordering information see this issue's Top 100



Power Pit Gym, one of the gyms listed in the new ADFFPA Gym and Coaches Directory, took this group photo to the ADFFPA East Coast Championships. The women's team placed 2nd and all received their Class IV A.D.F.P.A. classifications. The men's team placed 3rd, with classifications from 4 to 1. All lifters are coached and trained by Felicia Manganiello, 1993 A.D.F.P.A. National Women's Champion (bottom row, center) meted as training aids. You should know Acified, Sudalid, Benadidol, decaques, that these products are considered stimulant, any product containing ephedrine, amphetamine and they are on the ADFFPA banned substance lists. Use of these drugs without a prescription is illegal. If you have questions as to which medications are allowed and which are banned, call the USOC Drug Hotline 800-233-0393. There are also some Cold medications which are banned include: Dimetapp, Afrin tablets, Dristan nasal spray, Sinex decongestant spray, Contac, Robitussin DAC, CF PE, Nyquil liquid, Tylenol cold, Advil Cold & Sinus, Alka Seltzer Plus, Sedane-D, Tavist-D, offered for the first time in Special

ADFFPA GYM AND COACHES DIRECTORY

The creation of the ADFFPA gym and coaches directory was proposed in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFFPA. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should be either the gym's owner, or a coach or lifter who trains at that specific facility. The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also be a help if you're traveling and need a place to train.

To get your gym in the directory send a check (\$3.00) (made out to the ADFFPA) or money order to: Stephanie M. Whiting, 4768 Barbara S Lane, Stevens Point, WI 54481-2501

Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (309) 837-4824 (M-F 3-5pm, Sat 10-12pm)

Charleston Barbell Club,

Powerlifting Team, 3735 Dorchester Road, Charleston Heights SC 29405, (803) 863-6143, 744-6216, Coach: Ernie Surell

Cyborg Power Shop, 04281A Country Road 15 D Bryan, Oh 43506 (419) 636-4585, Owner: Ernie Flescher

Joe's Gym, 4468 W. 26th St. Erie, PA 16506 (814) 833-3727

Mathieu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207) 465-7102, Coach: John Mathieu

Pacific Power Outlaws, 452 A. Street, Daly City, Ca, 94014 (415) 992-1114 Coach: John Ford

Power Pit Gym, 1763 Arrow Ave. Bronx, NY 10469-3326 (718) 379-9823 Coach: Felicia Manganiello & Eli Stern

Thorbecke's West Gym Inc. 100 East Western Avenue, Goodyear, AZ 85538, (602) 932-2773 Coach: Mike N. Wonyevte

Sheridan Recreation Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canoza, (303) 761-2241

Referee's Corner III To err is human. Referees are human and therefore subject to making mis-

takes. They are (despite what some may think) not perfect, but the majority will strive to be knowledgeable, fair and consistent. In over thirty years I have not met a single referee who has not at some time made a mistake. The difference between a good referee and a bad one is that a good referee makes few mistakes and endeavors not to repeat them. A bad referee continually makes mistakes and does try to correct them or is simply incapable of making corrections. But we all make honest mistakes, that includes me.

An error made at a recent National championship by a referee assigned to equipment check was the rejection of a number of power suits because of a misunderstanding of the rule regarding "one ply" construction as it applies to seams. He thought that webbing constituted a double ply. In the 1994 rule book, pg. 13, under costume section A-9, it describes that "Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cms. in width or .5 cms in thickness." It was an honest error but one which deprived several lifters of their choice of suit, in this case Marathan (it could have been anything). My purpose here is not to chastise the official but to explain what it does when someone like this occurs.

You as a lifter have the right to

question the official on matters such as this. Usually if you ask to see the applicable rule in the rule book, the matter can be quickly resolved. However, should you or the official still not understand the rule or its wording, then seek the assistance of a more experienced senior official or ask the Head Referee for an interpretation. Generally this will resolve the issue and eliminate any misunderstandings and resultant ill feelings towards the officials who are trying to do their best. Remember, to err is human, but to forgive is divine. Joe Pyra, Referee Chairman



New York News... Felicia Manganiello is now being coached by Steve Scalpio and just broke 2 American Master Records for the A.D.F.P.A. with a 187 bench and a tremendous 341 deadlift, weighing only 114 lbs., after extensive cancer surgery. Steve's Sumo Deadlift tape will be available in July. Demonstrating the lifts will be Dave "Slice" Weiss with a 501 deadlift at 123 lbs. bodyweight, Manganiello's 341 at 114 bodyweight and Bettina Altizer with an unofficial 450 at 129 bodyweight, and a few other world champions now training under Scalpio's Deadlift Routine. By following the technique and certain formulas, Scalpio can almost guarantee 20 to 40 lb. increases to beginners as well as elite lifters. Scalpio is credited with an 810 deadlift for 1993. Included on the tape will be a 1-900 line for personalized tips and attention from the world champ. The tape will run approximately \$29.95 plus shipping and handling. To reserve a tape, call the Power Pit Gym at 718-379-9823. Limited quantities will be available and a percentage of the proceeds will go to the Handicapped Boy Scouts of America. (courtesy F. Manganiello)

A.D.F.P.A. National Meet Qualifying Totals

Men's Contests	114	123	148	165	181	198	220	242	275	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700 1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530 1585
Collegiate's	665	770	900	1065	1190	1245	1340	1355	1365	1375 1385
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045 1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190 1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295 1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425 1450
ADFFPA Master's	A Total in a Sanctioned Meet									
ADFFPA High School	A Total in a Sanctioned Meet									
ADFFPA Women's	97	104	111	116	122	129	139	154	176	176+
Nationals-open & life	496	535	562	617	639	694	739	766	777	876
Collegiate's	415	445	465	485	505	525	560	610	675	755
Masters 35-44	347	369	391	402	419	441	468	507	562	628
Master 45 or over	A Total in a Sanctioned Meet									
Teen (14-19)	335	355	380	390	405	425	455	490	545	610
High School	A total in a Sanctioned Meet									

A.D.F.P.A. Corner

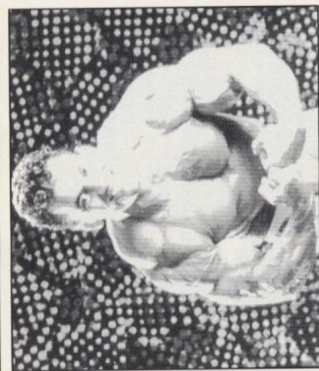
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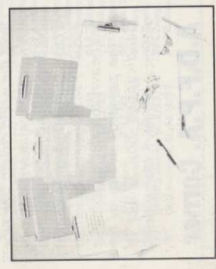
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LEE LABRADA

"As a logical, coherent approach, this system is top-notch. Everything is perfectly arranged for you!"
Review; MasterTrainer Vol.3#1

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The IRONMAN Training System Success Guide starts where all other bodybuilding training books end. Developed in 1990 by the internationally recognized leading team of bodybuilding periodization specialist in the U.S. This complete, step-by-step, Do-It-Yourself book is the first training guide in the history of Bodybuilding that allows you to build your own periodization plan for an entire year. Size, Strength, Mass, Definition it's all here. Your training year is divided into different phases of training. Exact weight-loads, sets, reps and rest intervals are provided for you to produce your workouts during each phase. Included in this Guide is your Annual Plan, Daily Workout Sheets, Test Sheets and Results Sheet that allow you to design, monitor and evaluate your bodybuilding training. Used as a text book at two major universities, the IRONMAN Training System Success Guide will answer many of your questions about overtraining, rest intervals, overcompensation plus much, much more. Included **Free** with every Success Guide is the Ironman Training System Exercise Manual. Whether you're a beginner or advanced, train at home or a gym, the IRONMAN Training System will get you the RESULTS you deserve. The IRONMAN Training System Success Guide is **ONLY \$49.95**. (Complete personal & custom programs also available) **FOR IMMEDIATE SERVICE CALL 1-800-942-1550**



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Twelfth ADPPA Shenandoah Open
12.13 March 94 - Woodstock, VA

Women's Lightweight	115	270	620	1300
K. Ryan	103	235	590	1170
C. Stirling	240	360	890	1730
T. Mason	320	450	1100	2250
D. Trone	116	210	550	1150
Women's Heavyweight	210	90	255	595
W. Frantz	136	225	550	1150
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W. Frantz	136	225	550	1150
K. Ryan	103	235	590	1170
C. Stirling	240	360	890	1730
T. Mason	320	450	1100	2250
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T. Mason	320	450	1100	2250
D. Trone	116	210	550	1150
Women's Heavyweight	210	90	255	595

NASCAR Colorado State		5 Mar 94 - Denver, CO (kg)	
Bronch Press	145	95	175
Women's 1	215	147.5	215
22	167.5	117.5	225
33	137.5	102.5	160
44	220	125	210
55	130	90	185
66	242.5	147.5	207.5
77	170	110	195
88	205	117.5	192.5
99	205	117.5	192.5
110	205	117.5	192.5
121	205	117.5	192.5
132	205	117.5	192.5
143	205	117.5	192.5
154	205	117.5	192.5
165	205	117.5	192.5
176	205	117.5	192.5
187	205	117.5	192.5
198	205	117.5	192.5
209	205	117.5	192.5
220	205	117.5	192.5
231	205	117.5	192.5
242	205	117.5	192.5
253	205	117.5	192.5
264	205	117.5	192.5
275	205	117.5	192.5
286	205	117.5	192.5
297	205	117.5	192.5
308	205	117.5	192.5
319	205	117.5	192.5
330	205	117.5	192.5
341	205	117.5	192.5
352	205	117.5	192.5
363	205	117.5	192.5
374	205	117.5	192.5
385	205	117.5	192.5
396	205	117.5	192.5
407	205	117.5	192.5
418	205	117.5	192.5
429	205	117.5	192.5
440	205	117.5	192.5
451	205	117.5	192.5
462	205	117.5	192.5
473	205	117.5	192.5
484	205	117.5	192.5
495	205	117.5	192.5
506	205	117.5	192.5
517	205	117.5	192.5
528	205	117.5	192.5
539	205	117.5	192.5
550	205	117.5	192.5
561	205	117.5	192.5
572	205	117.5	192.5
583	205	117.5	192.5
594	205	117.5	192.5
605	205	117.5	192.5
616	205	117.5	192.5
627	205	117.5	192.5
638	205	117.5	192.5
649	205	117.5	192.5
660	205	117.5	192.5
671	205	117.5	192.5
682	205	117.5	192.5
693	205	117.5	192.5
704	205	117.5	192.5
715	205	117.5	192.5
726	205	117.5	192.5
737	205	117.5	192.5
748	205	117.5	192.5
759	205	117.5	192.5
770	205	117.5	192.5
781	205	117.5	192.5
792	205	117.5	192.5
803	205	117.5	192.5
814	205	117.5	192.5
825	205	117.5	192.5
836	205	117.5	192.5
847	205	117.5	192.5
858	205	117.5	192.5
869	205	117.5	192.5
880	205	117.5	192.5
891	205	117.5	192.5
902	205	117.5	192.5
913	205	117.5	192.5
924	205	117.5	192.5
935	205	117.5	192.5
946	205	117.5	192.5
957	205	117.5	192.5
968	205	117.5	192.5
979	205	117.5	192.5
990	205	117.5	192.5
1001	205	117.5	192.5
1012	205	117.5	192.5
1023	205	117.5	192.5
1034	205	117.5	192.5
1045	205	117.5	192.5
1056	205	117.5	192.5
1067	205	117.5	192.5
1078	205	117.5	192.5
1089	205	117.5	192.5
1100	205	117.5	192.5
1111	205	117.5	192.5
1122	205	117.5	192.5
1133	205	117.5	192.5
1144	205	117.5	192.5
1155	205	117.5	192.5
1166	205	117.5	192.5
1177	205	117.5	192.5
1188	205	117.5	192.5
1199	205	117.5	192.5
1210	205	117.5	192.5
1221	205	117.5	192.5
1232	205	117.5	192.5
1243	205	117.5	192.5
1254	205	117.5	192.5
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1276	205	117.5	192.5
1287	205	117.5	192.5
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1342	205	117.5	192.5
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1364	205	117.5	192.5
1375	205	117.5	192.5
1386	205	117.5	192.5
1397	205	117.5	192.5
1408	205	117.5	192.5
1419	205	117.5	192.5
1430	205	117.5	192.5
1441	205	117.5	192.5
1452	205	117.5	192.5
1463	205	117.5	192.5
1474	205	117.5	192.5
1485	205	117.5	192.5
1496	205	117.5	192.5
1507	205	117.5	192.5
1518	205	117.5	192.5
1529	205	117.5	192.5
1540	205	117.5	192.5
1551	205	117.5	192.5
1562	205	117.5	192.5
1573	205	117.5	192.5
1584	205	117.5	192.5
1595	205	117.5	192.5
1606	205	117.5	192.5
1617	205	117.5	192.5
1628	205	117.5	192.5
1639	205	117.5	192.5
1650	205	117.5	192.5
1661	205	117.5	192.5
1672	205	117.5	192.5
1683	205	117.5	192.5
1694	205	117.5	192.5
1705	205	117.5	192.5
1716	205	117.5	192.5
1727	205	117.5	192.5
1738	205	117.5	192.5
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1760	205	117.5	192.5
1771	205	117.5	192.5
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1793	205	117.5	192.5
1804	205	117.5	192.5
1815	205	117.5	192.5
1826	205	117.5	192.5
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1870	205	117.5	192.5
1881	205	117.5	192.5
1892	205	117.5	192.5
1903	205	117.5	192.5
1914	205	117.5	192.5
1925	205	117.5	192.5
1936	205	117.5	192.5
1947	205	117.5	192.5
1958	205	117.5	192.5
1969	205	117.5	192.5
1980	205	117.5	192.5
1991	205	117.5	192.5
2002	205	117.5	192.5
2013	205	117.5	192.5
2024	205	117.5	192.5
2035	205	117.5	192.5
2046	205	117.5	192.5
2057	205	117.5	192.5
2068	205	117.5	192.5
2079	205	117.5	192.5
2090	205	117.5	192.5
2101	205	117.5	192.5
2112	205	117.5	192.5
2123	205	117.5	192.5
2134	205	117.5	192.5
2145	205	117.5	192.5
2156	205	117.5	192.5
2167	205	117.5	192.5
2178	205	117.5	192.5
2189	205	117.5	192.5
2200	205	117.5	192.5
2211	205	117.5	192.5
2222	205	117.5	192.5
2233	205	117.5	192.5
2244	205	117.5	192.5
2255	205	117.5	192.5
2266	205	117.5	192.5
2277	205	117.5	192.5
2288	205	117.5	192.5
2299	205	117.5	192.5
2310	205	117.5	192.5
2321	205	117.5	192.5
2332	205	117.5	192.5
2343	205	117.5	192.5
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2431	205	117.5	192.5
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2475	205	117.5	192.5
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2662	205	117.5	192.5
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2695	205	117.5	192.5
2706	205	117.5	192.5
2717	205	117.5	192.5
2728	205	117.5	192.5
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2761	205	117.5	192.5
2772	205	117.5	192.5
2783	205	117.5	192.5
2794	205	117.5	192.5
2805	205	117.5	192.5
2816	205	117.5	192.5
2827	205	117.5	192.5
2838	205	117.5	192.5
2849	205	117.5	192.5
2860	205	117.5	192.5
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2882	205	117.5	192.5
2893	205	117.5	192.5
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2915	205	117.5	192.5
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2937	205	117.5	192.5
2948	205	117.5	192.5
2959	205	117.5	192.5
2970	205	117.5	192.5
2981	205	117.5	192.5
2992	205	117.5	192.5
3003	205	117.5	192.5
3014	205	117.5	192.5
3025	205	117.5	192.5
3036	205	117.5	192.5
3047	205	117.5	192.5
3058	205	117.5	192.5
3069	205	117.5	192.5
3080	205	117.5	192.5
3091	205	117.5	192.5
3102	205	117.5	192.5
3113	205	117.5	192.5
3124	205	117.5	192.5
3135	205	117.5	192.5
3146	205	117.5	192.5
3157	205	117.5	192.5
3168	205	117.5	192.5
3179	205	117.5	192.5
3190	205	117.5	192.5
3201	205	117.5	192.5
3212	205	117.5	192.5
3223	205	117.5	192.5
3234	205	117.5	192.5
3245	205	11	



Blondes Are Bad... at the NASA Summermeets Bench Press Meet each of these girls benched their best ever, left to right, Kim got 165 at 132, Lisa benched 155 in the 114s, and Cathy made 195 at 148. (left Temple)

Table with columns for Meet Name, Date, Location, and various lifters with their weights. Includes Ohio Valley Bench Press and ANPPC Drug-Free NE New York.

USPF California Masters/Submasters table listing lifters, weights, and dates. Includes lifters like R. Cirigliano, R. Bayless, etc.

NASA Trojan UALR Meet (kg) table listing lifters, weights, and dates. Includes lifters like J. Wilberington, R. Qualls, etc.

Lee's Wrecking Crew table listing lifters, weights, and dates. Includes lifters like A. Bowden, J. Smith, etc.

USPF N. Carolina Bench Press table listing lifters, weights, and dates. Includes lifters like B. Honeycutt, R. Jones, etc.

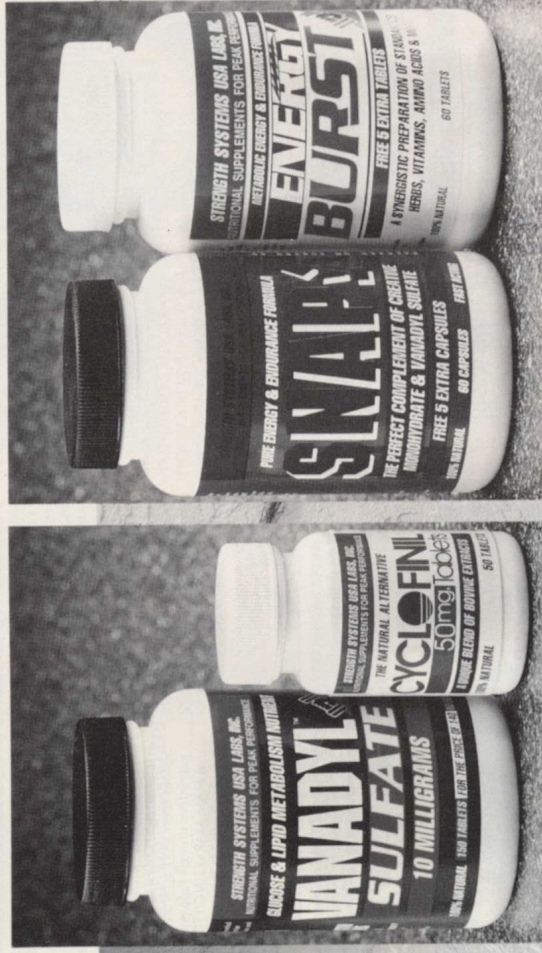
APA United States Bench Press table listing lifters, weights, and dates. Includes lifters like M. Lamague, J. McCarthy, etc.

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ENERGY BURST - is a unique blend of special herbs and essential nutrients to help provide you with a BURST of energy when you need it most. Standardized herbs Ma Huang and Kola extract blended with Ginseng, Guarana, Niacin, and more give you the natural stimulation to keep you energized for intense workouts.

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242-FRNN (347/6)

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S. Avon	290	255	375	920
K. Hamdon	225	230	380	835
P. Gomez	235	215	365	815
H. Class	405	245	405	1055
C. Richardson	365	175	375	915
J. Cole	315	190	375	880
B. Smith	275	185	315	715
C. Williams	275	185	315	715
C. Ureaz	225	225	315	540
198 lb Class	375	245	300	1010
T. Lopez	350	240	320	965
J. Soto	325	200	405	960
J. Skidmore	300	230	405	935
J. Martinez	300	230	405	935
J. Martinez	275	225	405	865
220 lb Class	340	315	475	1130
R. Morales	440	240	450	1130
R. Mejia	440	240	450	1130
R. Gomez	330	240	430	1000
E. Lopez	315	245	430	990
A. Rodriguez	335	225	420	980
T. Borquez	435	205	440	1080
242 lb Class	485	260	520	1565
S. Chira	485	260	520	1565
L. Mitchell	390	235	405	1030
R. Kern	350	230	410	990
J. Ingarida	345	215	425	965
South Hill -44, Pioneer-21, Covina-4, El Toro-2	325	215	430	970

FAX Results to 805-987-4275



First Place Lifters at the Weightlifting Unlimited Bench Press Championships, include front row, left to right, Lloyd Roberts, Glen Home, Judy Ferrell, Brian Chisman, and Curtis Munechike; back row, left to right, Bill Vance, James Rinker, Larry Lineberry, Randy Mongold, Jeff Edwards, and Del Conway. (Photo - Randy Brooks Sr.)

R. Robinson, side judge	230	320	340	800
L. Labrador	225	195	305	725
R. Cross and D. Gibbs, Special thanks to M. Smoot	330	210	405	945
and S. Brooks and everyone else who helped make	330	170	315	785
this event success, (results courtesy Randy Brooks)	290	155	320	765
A. Arguellos	225	215	325	765
165 lb Class	360	260	430	1050
J. Zaneeta	385	205	455	1045
J. Rhyane	365	260	335	960
In Logan				



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Powerquest POWERPUNCH contains a unique blend of ingredients to maximize the use of the body's own insulin as an anticatabolic agent and as a means of delivering glucose into muscle to satisfy high energy demand. The central ingredient in POWERPUNCH is OKG (Ornithine Alphaketoglutarate). OKG has the ability to greatly enhance insulin release in the presence of a correct amount of carbohydrate. Thus, a companion ingredient in POWERPUNCH is a proper blend of complex and simple Chromium Polypicolinate which increases the sensitivity of muscle cells to the ability of insulin to drive glucose into muscle. To complement the power enhancing properties of these ingredients, POWERPUNCH contains coenzyme Q10 and Creatine Phosphate to replenish ATP, the prime source of instant energy in muscle. The bottom line is that POWERPUNCH contains a unique blend of ingredients that can inhibit breakdown of muscle mass and increase muscle performance by enhancing the supply of energy to muscle.

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Treanage	265	350
B. Chisman	220	330
D. Hines	220	330
Women	470	470
J. Ferrell	60	410
132 lb Class	290	385
C. Auerechka	350	350
M. Wright	45	340
R. Singha	242	340
R. Ryman	242	340
C. Anstione	242	340
155 lb Class	505	505
L. Roberts BL	360	360
B. McDonald	280	280
C. West	235	265
C. Thompson	375	375
181 lb Class	340	340
B. Vance	375	375
T. Shiley	365	365
T. Smith	340	340
D. Roberts, Sr.	340	340
181 lb Class	380	380
R. Mongold	315	315
C. West	270	270
F. Lechler	350	340
M. Meaboy	350	340
M. Trout	315	285
C. Ferrell	300	330
D. Conway	330	340
D. Drake	295	275
W. Thacker	340	340
D. Roberts, Sr	240	240
S. Kern	275	275
T. White	220	220
D. White	440	440
G. Waymack	365	365

Press Contest drew lifters from West Virginia, Virginia, Pennsylvania, and the Washington, D.C. area. A total of 52 lifters participated. Individual lifters and plaques were awarded to those who finished fourth and fifth. The two best lifters overall were James Rinker, bodyweight 147 1/2 lbs, a bench of 355 lbs, placed 1st at 215 lbs and lifted 305 lbs. An award for the youngest competitor went to 8 year old M. Wright; and an award for the oldest competitor went to 64-year old W. Thacker, head judge; D. Marquette, side judge; and J. Testalme.

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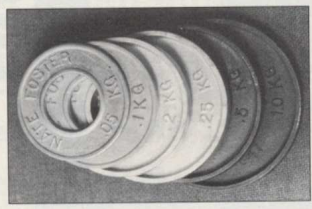
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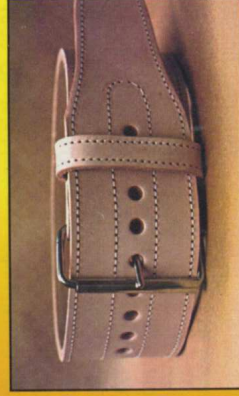


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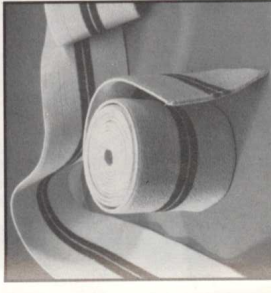
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 11 DEC, 3rd ADPPA Coal County Classic BP/DL (open, teen, women, master, submaster), Auburn, WA, 2560A Powerly Cr. N., College Park, GA 30349, 404-907-4795
 11 DEC, WNPFF New Jersey State (Edison), Troy Ford, 2560A Powerly Cr. N., College Park, GA 30349, 404-907-4795
 11 DEC, 5th Christmas Bench Press Classic, John Sheik, Box 303, Quaque, VA, 22965, 804-985-3932 before 9pm
 17 DEC, MDSA Northern National Bench Press and Deadlift Nationals, (Graton, ND) Darwin Jacobson, Box 1031, Wilmar, MI 56201
 11 FEB, USFF 1st Annual Dead of Winter Outdoor Deadlift Contest (Men)/Spinal-angled tested, Special Olympics, teen, master, open, all divisions men & women - no formula/Dave & Debbie Buzare, 475 W. 8th St., Carson City, NV 89713, 702-885-1886
 11 FEB, 6th Drug Free Central Ohio Bench Press, Matt Crank, 10000, 441-433-3333
 14-15 FEB, USFF 2nd Annual Powerlifting Nationals, 14112 Mar, ADPPA National High School Bench Press, Joe Pys, 25 Louis Dr., Bald Lake, NJ 08723, 808-883-8383
 4 MAR, WPA World Bench Press, Jean Marie Bergeson, 1083 Adfield, Magog, Quebec, Canada J1X 3S1, 819-843-6384
 11 MAR, MDSA Super-Spinal Special Minnesota's Morose Bench (Wilmar, MN) Darwin Jacobson, Box 1031, Wilmar, MI 56201
 11-12 MAR, ADPPA National High School Bench Press, Joe Pys, 25 Louis Dr., Bald Lake, NJ 08723, 201-691-0824
 25-26 MAR, 6th USFF Carson City Classic (drug tested, special olympics, teen, master, open, all divisions men & women, no formula) Dave & Debbie Buzare, 475 W. 8th St., Carson City, NV 89713, 702-885-1886
 15 APR, Dungen Powernovs Open Drug Free Bench, Slim or Dbeault, Mark Melinger, 13611 Sunnyside Rd., Constance, MI 49042, 616-435-7500
 20 MAY, 2nd Fitness 2000 Bench Press (men, women, master) Fitness 2000, 179 Van Zile Rd., Beck, NJ 08723, 808-883-8383

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 The 1994 ADPPA Atlantic States Powerlifting Championships and the ADPPA Mass State Powerlifting Championships
 Sunday, October 16, 1994
 Lifting Begins 10:00 a.m. Sharp!
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NOVEMBER 19, 1994
NOVEMBER 20, 1994
A.D.F.P.A. All States Bench & Deadlift Championships
NOVEMBER 20, 1994
A.D.F.P.A. Law Enforcement & Firefighters Powerlifting Nationals

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 Open Divisions
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 Open Divisions
 Women's Open Divisions
 Master's Divisions

AWARDS
 Sculptured Trophies (non-drug tested)
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 1st - 3rd Women's
 1st - 3rd Master's

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Power People

NASA Louisiana State (kg)
 2 April 94 - Alexandria, LA

Bench Press	132.5
Pure Novice	
132	110.5
Bonneau	110
Cashin	170
148	67.5
Archerberry	167.5
165	181
McMahon	142.5
140	140
Johnson	137.5
132.5	220
Davis	160
181	165
High School Pure	
181	150
220	70
Elbridge	147.5
242	165
Chalinger	147.5
140	181
181	102.5
148	117.5
148	152.5
Hardin	155
132	215
148	142.5
148	137.5
242	140
167.5	242
145	
132	75
42.5	120
237.5	



Dianna Spencer-Bell has been weight training just over a year. Her best lifts are 265 137 319 and she hopes to win a National Masters title when she turns 40. She is currently completing her degree in English Literature in Europe.

Old Dominion Bench Press
 12 Mar 94 - Stanardsville, Virginia

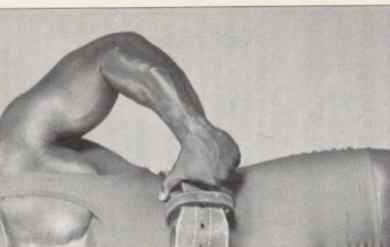
Open	380
132	370
132	360
360	475*
240	305
375	255
255	350
350	135
135	85*
85*	130
130	300*
300*	310
310	400
400	
Women	
181	410
410	350
350	250
250	230
230	342.5*
342.5*	181
181	170
170	250

ADFFA GNC Crossroads BP
 9 April 94 - Boulder, CO

Tenage	315
J. Sussman	320*
320*	260
260	310*
310*	163
163	185*
185*	165
165	198
198	375*
375*	395*
395*	350
350	340
340	350
350	350
350	350
350	350
350	350

ADFFA Illinois State Bench Press
 April 94 - Chicago, IL (kg)

Bench Press	123
95	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5



Gene Bell was voted United States Air Force in Europe Athlete of the Year and inducted into the USAF Hall of Fame. He may have to pass up the 1994 Mr. Olympia title as he is currently competing for a Mr. Olympia title in this year's Sr. Nationals due to a back injury. (photos courtesy of Bell)

ADFFA Illinois State Bench Press
 April 94 - Chicago, IL (kg)

Bench Press	123
95	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5
142.5	142.5

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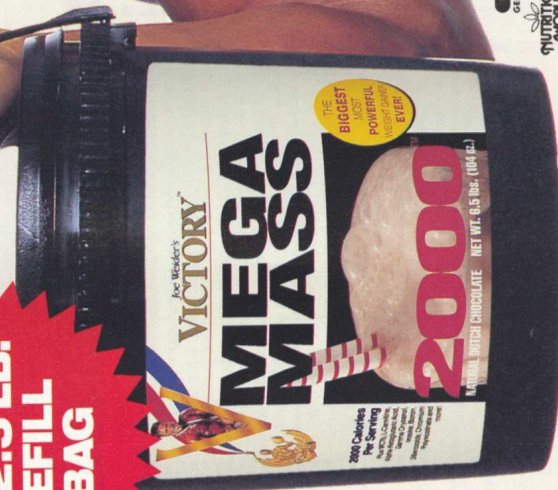
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