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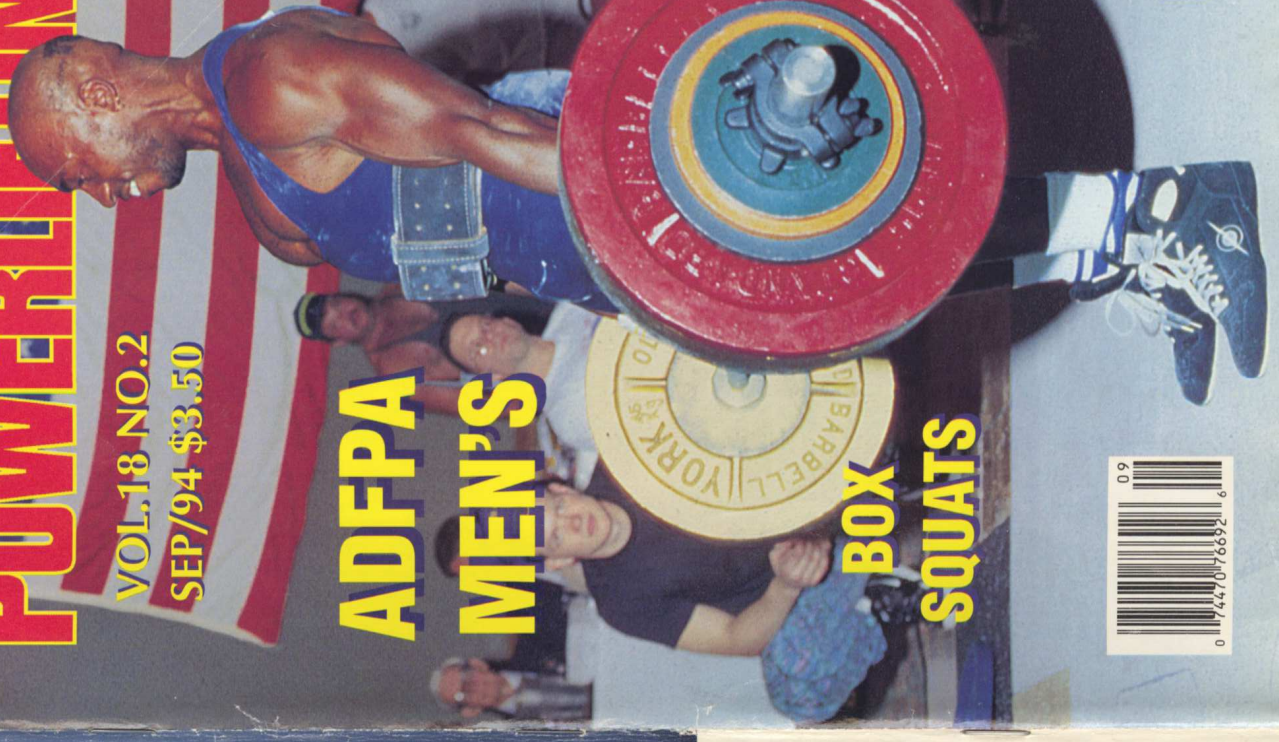
VOL. 18 NO. 2
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RELIEVE PAIN WITH ALOE

ADFP
MEN'S

USPF MEN'S & WOMEN'S SENIOR NATIONALS

BOX SQUATS



Powerlifting USA

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TABLE OF CONTENTS

- Volume 18, Number 2 - September 1994 -

ADPFA MEN'S NATIONALS.....Mike Lambert.....	6
USPF SENIOR NATIONALS.....Mike Lambert.....	9
GIL THOMPSON INTERVIEW.....Bruce Citerman.....	14
ALL TIME SHW SQUAT.....Herb Glosbrenner.....	16
IPF WOMEN'S WORLDS.....Shelby Corson.....	21
KNEE WRAPS.....Doug Daniels.....	22
TOP 100 BANTAMWEIGHTS.....E. Jean Lambert.....	23
POWER SCENE.....Ned Low.....	24
BOX SQUATS.....Louie Simmons.....	26
TOM TREVORAH INTERVIEW.....Bob Gaynor.....	33
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	36
ANGEL LICIAGA INTERVIEW.....Mike Lambert.....	34
POWER RACK OVERLOAD.....Tom Fahey Ed.D.....	38
WORKOUT OF THE MONTH.....Kim Brownfield.....	40
UNDERSTANDING FEAR, Pt. 3.....Judd Biasiotto Ph.D.....	42
RELIEVE PAIN WITH ALOE.....John Waple.....	45
UPPER BACK TRAINING.....Greg Reshel.....	46
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....	48
PHYTOCHEMICALS.....Silber/Feldkoren.....	50
ADPFA NATIONAL MEET QUALIFYING TOTALS.....	63
ADPFA TOP 20 220s.....E. Jean Lambert.....	82
COMING EVENTS.....Mike Lambert.....	93
UNCLASSIFIED ADVERTISEMENTS.....	100

ON THE COVER..... performing the remarkable feat of winning both the ADPFA Men's Nationals and the USPF Senior Nationals, just two weeks apart, is 148 lb. champ Anthony Conyers

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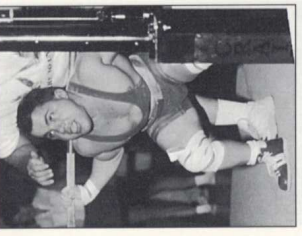
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Phil Hille - 3 tries to get a squat key lifts that kept him from breaking the 1300 mark, as he was hoping for, and at 132, Lamar Gant (no bench shirt) was just there to win, until he was informed that a couple of Indonesians were over 1400 in this class and then he eased up a 617 deadlift to put himself in the same recent category. Mays and Dan Austin only had 3 weeks notice from Stella Herrick that he would be allowed to lift in the Sr. Nationals. He had not handled any heavy training weights and didn't even have a lifting time. Dave Ricks - back from his military station in Japan - was in fine shape, and warwhooped his way to a 418 bench and a super 672 deadlift. Dan called for the winning and world record setting poundage of 744 lbs. - methodically following his slow ritual of setting up. Smooth as silk, it went up, and even



Tim Taylor hopes for a world title McKnight are quality lifters, but Lamar is in a world beyond. Lamar says now he is really going to get into training. Anthony Conyers had just broken



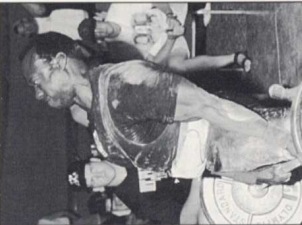
Lamar Gant consults with Team Titan's Pete Alaniz on attempts.

some minds and records at the ADFFA Men's Nationals, and here he was again - two weeks later - busting another huge total. His innate power has become so refined that he can just pop out huge lifts, one week after the other. After lifting, he helped out lots of lifters, even those competing for teams other than his own (Black's Health World). Don Sardo looked and lifted great, securing 2nd place over North Carolina's Scott Siegel. Charlie Wodraska had enough good pull for the win, an even more magnificent, come from behind victory. Arnold Coleman had the best bench of the class and a fine total for 3rd, while Jamie Schupbach and narrow squating Brad Racca battled for 4th and 5th place distinctions. It was unusual to see that every 2nd attempt bench press in this class was missed.

In the 1988s, Gene Bell had a back problem, but felt he could manage a winning total and the did so nicely. Gene was one of several lifters who dealt with one of his handlers call the "press" signal on the chest, which the referees no longer do. Gene got up with a 744 fashioned a strong 1867 total that would have won him the previous meet. He

USPF Sr. Nationals/29-31 Jul 94/Houston, Texas. Table with columns for lifters, lifts, and totals.

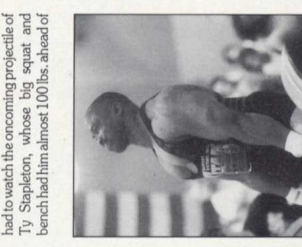
Dan Austin hauled up this 749, a subsequent 4th attempt try at 749 got one white light. Dave Contreras was in 2nd at subtotal, but the big pullers left him in 3rd, and yet another big (and fast) puller, young Troy Culberson, almost surged past him with a record busting 735 attempt. Proud warrior and former Sr. National and World Champion Aushy Alexander made his final appearance at this meet. He'll be out of the service and going to college soon.



This is the lift that Walter needed not passed. The real battle was for 2nd, where Sly Anderson - also with 3 weeks notice that he could lift in this meet and only 2 weeks to prepare after competing in the ADFFA Men's Nationals - fashioned a strong 1867 total that would have won him the previous meet. He

USPF Junior World Record. Table with columns for lifters, lifts, and totals.

had to watch the oncoming projectile of Ty Stapleton, whose big squat and bench had him almost 100 lbs. ahead of



Genuine Gene Bell - 198 champ

IPF Junior World Record. Table with columns for lifters, lifts, and totals.

had to watch the oncoming projectile of Ty Stapleton, whose big squat and bench had him almost 100 lbs. ahead of



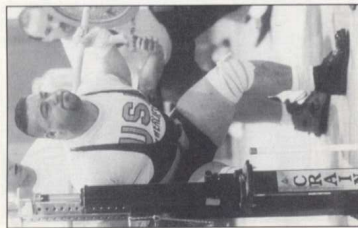
Ed Coan used a 556 lb. bench to produce a huge 1460 subtotal.

As spring led to summer, and Kirk Karwowski's bodyweight started coming down instead of going up, the notion of his dropping down a weight class for the Seniors became a reality. His eyes began to focus on those long standing IPF-world records in the squat and in the total, and that's what he set out for. Captain Kirk is ripped at this bodyweight, with huge arms and a back that looks like a relief map of the Badlands. Kirk kids that he feels like a stiff breeze is enough to blow him away at this weight, but he still has the power in the squat, easily busting the old mark with 892 and then an even smoother 914. He even had the audacity to call for 931 on a 4th attempt, but he didn't come out for it. The bench went mostly his way, and then it was time to try to break John Ruc's 14 year old record 2204/1000, but 777 just barely came out of his grip before he lost it and his own shot at 'total' immortality.

Stevie Goggins was on hand to defend the territory, but the weights were different on his back than Kirk's, and Steve had to ask for a miracle on his final deadlift. Jeff Douglas was solidly in



Do We See a Star Trek Emblem n Kirk Karwowski's new squat suit?



Scott Smith lifting with such ease

the weight - same with a junior world record 959, and same with an OPEN world record (breaking Dwayne Feby's 981 in Hawaii) 986!! Demands from the crowd beseeched him to go for a 4th - but Shane had an agenda.

After all the giants had squatted, Anthony seemed almost mortal, but the tables quickly tilted the other way when he opened up with over 180 pounds more than anyone else in the bench. This was 22 lbs. more than Bill Kazmaier's official IPF bench record (many thought that mark would never

be broken). 716 was out of the groove and stalled twice on Anthony, but a big subtitled head was still his. Anthony opened fine - at 672 - and then took a 611 lb. jump to 733, which he missed badly. It was determined that there had been a misload, and another attempt was granted to Anthony - but it, too, was a miss. On his final attempt at the same weight, the result was the same - and Anthony was definitely displeased with his fate.

With the door cracked and the golden light of first place pouring forth, Shane Hamman took his chance. 738 pounds was the amount necessary for him to secure the victory. Huge and thick, glaring and grinning, Shane wasted no time. Up the bar came, steadily - strongly - up, up, and up. The referee began to issue his signal, the score-keeper started to circle the lift on his card, the crowd's roar of anticipation had begun, when suddenly - in that instant just before everything came together - the bar positively shot out of Shane's hands and back to the platform. It couldn't have been closer. Anthony had won - Shane was 2nd.

Jeff Lewis took his shot at 2nd as well, after securing his 3rd place position over Jack Pugh, who apparently tore a bicep on his 2nd deadlift attempt. Donat and Hayes saw their structural disadvantages in the deadlift keep them both below the 2000 lb. mark.

The Best Squat award went to Ed

Coan, the Best Bench Press award to Dan Wegman, and the Best Deadlift award to Lamar Gant. Best Lifter in the Lighter Classes was Lamar, and for the heavier classes it was Ed. Best Lifter Overall went to Lamar. Louisiana Power (which, with Coach Paul Fletcher, will be hosting the 1994 USPF Sr. Nationals) was 3rd in the team competition, and Team Tian (coach Kelly/Pete/Albert) was a close second to Black's Health World, coached by former USPF President John Black.

There was some controversy at the USPF National Committee Meeting held



Anthony Clark erased one of Bill Kazmaier's IPF World Record Marks.

prior to the lifting, much of it concerning the validity of proxies that were used by some of those who were voting on issues. Some people walked out of the meeting as a result. In response, USPF President Peter Thorne has pointed out that if the number of votes that were challenged (10) had been disregarded, the voting outcome would have been the same anyway. The vocal dissenters caused such a disruption of the meeting that it was pointless to try to continue. They, and not the proxies, were the cause for adjournment one hour before the scheduled time...

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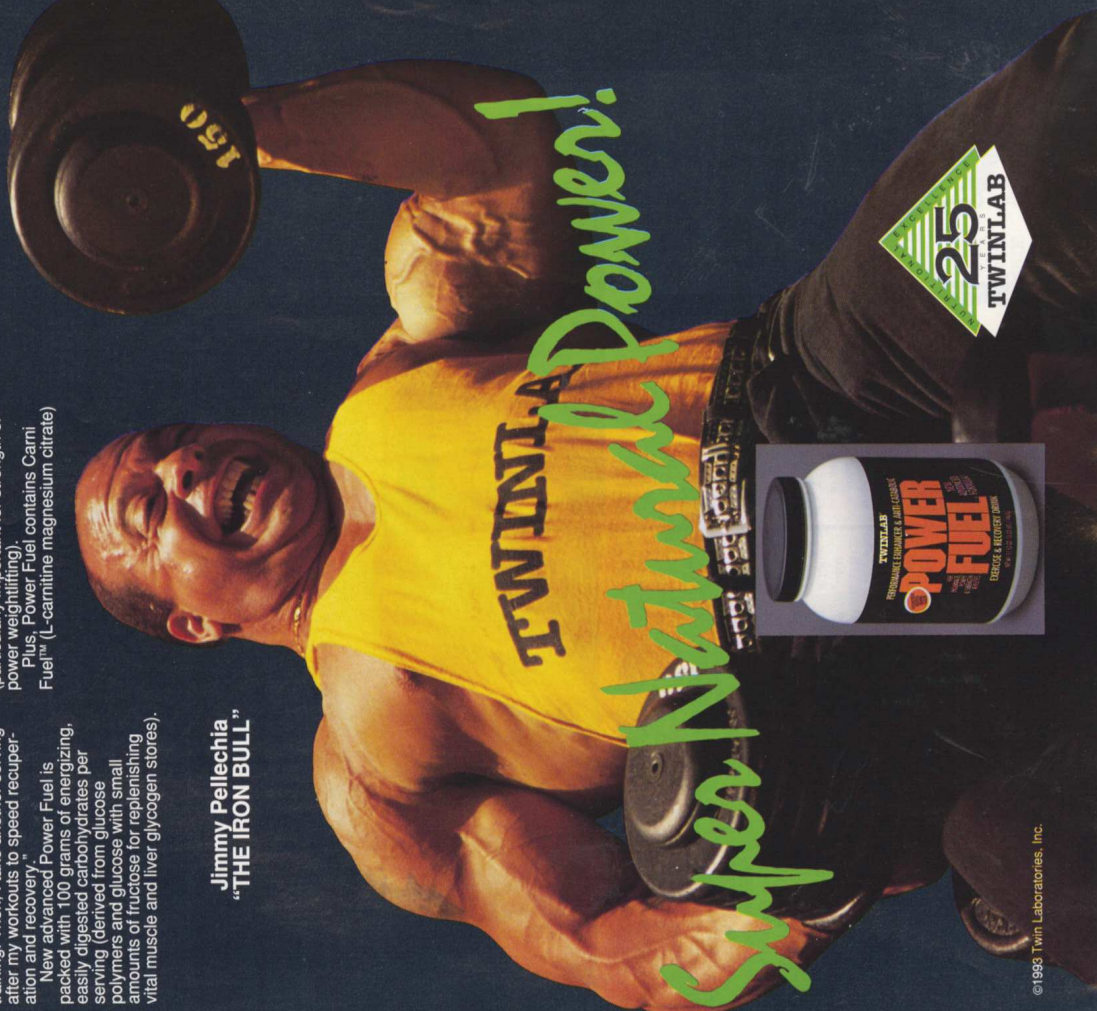
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INTERVIEW

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

In all sports there are some athletes who go into it 100%. Gil Thompson is one of these men. Not only does he compete actively, he also just promoted the prestigious USPF Senior Nationals.

BC: Where do you live?

GT: I am a native born Texan and have lived here all my life, currently in Houston.

BC: How old are you?

GT: I am 42 years old now.

BC: You are married. What are your wife's and children's names?

GT: My wife's name is Penny, and my daughter is Denise, and she is 24 years old.

BC: What do you do for a living?

GT: I work for Century 21 in Pasadena, Texas. Prior to that I worked for 20 years as a Houston firefighter.

BC: What is your athletic background?

GT: I was a swimmer throughout high school and college.

BC: How did you get into weight-

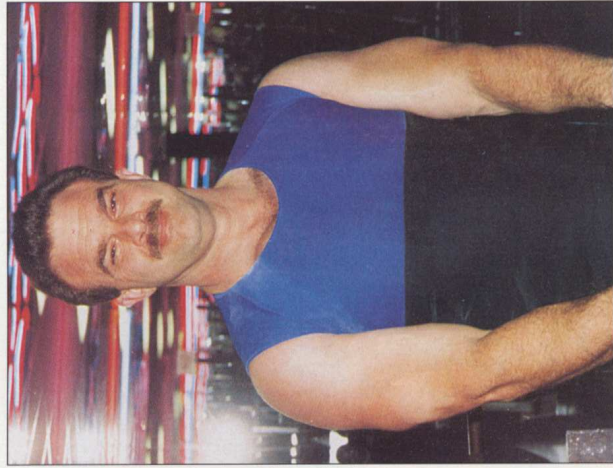
lifting?

GT: In 1976 I got hurt while fighting a fire, and had 3 discs fused together in my lower back. After getting out of the hospital, my weight had dropped from 165 to 140, so I joined Gold's Gym to gain some weight back and rehabilitate my lower back.

BC: What powerlifting titles have you won?

GT: I won the 1984 Junior Nationals, and from 1986 through 1992 I won state and regional titles. From 1988 through 1992 I won World Bench Press Championship titles and I was 2nd in the 1988 World Championships in Hawaii. I have made a world masters record bench of 584 in the 242 lb. class, a world masters

GIL THOMPSON as interviewed for PL USA by Bruce Citerman



Below... Gil Thompson in preparation for his promotion of the 1994 United States Powerlifting Federation Men's and Women's Nationals in Houston, Texas

record bench of 578 in the 275 lb. class, and an APF record bench of 600 lbs. in the 242 lb. class. I had an APF world record total of 2105 in 1992 (800 squat, 600 bench, 705 deadlift). I can't remember anyone, but I take the most pride in my Number One ranking in PL USA for 1994 with a bench of 600 lbs. in the 242 lb. class. Not bad for a master. I hope to break the all time master total of 2144 by Fred Hatfield.

BC: What vitamins or supplements do you take?

GT: I have tried them, but seem to do better if I eat a good diet.

BC: Why did you get into running a major competition like the Seniors, and why with the USPF?

GT: I have put on the Texas State meet several times and have been meet director for other contests. Since I have lifted in several meets

of world class and some not so world class, I thought that I could put on a meet for the lifter like it should be. As far as the USPF, I have lifted in some other federations and consider the USPF to be the first and largest. If you want to be a true champion, you should lift against the best competition, and that is the USPF. Also, the drug testing is a urine sample that is done fairly. I remember in the early 1980s when there was only one federatio. It seemed to me that when you won, you were truly the best. Now, one person can be world champ in four different federations. In my opinion, this does nothing but confuse people. Since the USPF is starting to drug test more and more, I hope more lifters will see this and come back to the USPF.

LOUIE SIMMONS PRESENTS

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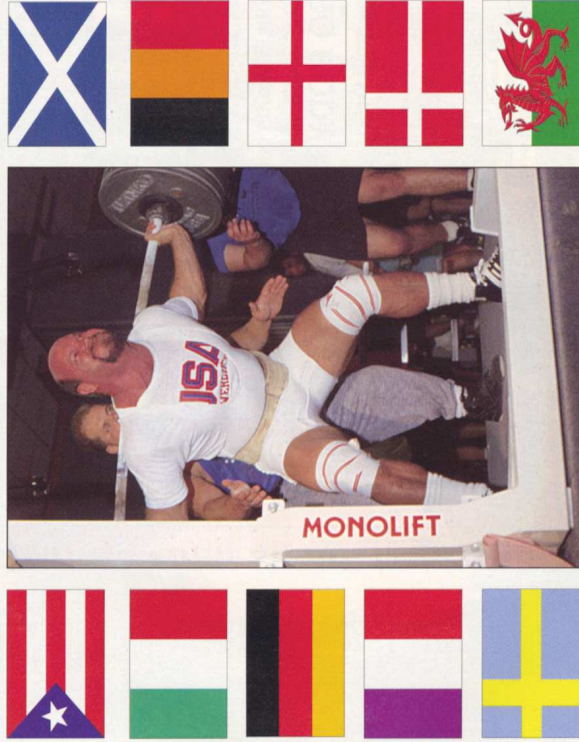
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POWER SCENE

Big Ted Arcidi has just arrived here in sunny Southern California for a photo shoot with Joe Weider and his magazine empire (and also for a Star-Workout videotaping with Powerlifter Video Magazine). Is Ted on the comeback trail? Does he want to take a shot at Anthony Clark's world record Bench Press of 735 lbs.? Or maybe get back into the wrestling ring? Tune in and find out. Ted is currently living in New Hampshire and running Arcidi Strength Systems, where you can pick up some top-notch supplements, apparel and equipment. Their toll-free number is 1-800-537-3704.

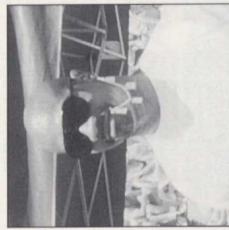


Ted Arcidi and POWERLIFTER Video host Chuck LaManita at Gold's Gym in Venice, California.

A future champion in the making is 15 year-old James Drake, who has captured just about every age group powerlifting record in his weight class that he can. At 135, James is totalling well over 1000 lbs. And he's drug-free. And he's also been giving bodybuilding a try. A busy guy, as he's also still a full-time student. James' dad, Martin, is a meet director out here, and is helping to put on a big ADFFPA two state, three lift, two day competition. He's aiming for 150-200 lifters, including ADFFPA national champion LeeAnn Adams. Callifornia State 242 lb. Champion Mike O'Hearn is scheduled to give a lifting demonstration.



James and Martin Drake looking toward a very bright future.



Carl Marshall showing his unique jewelry. (all photos courtesy Low)

Every time we cover a meet at Venice's Muscle Beach, I'm hoping that Carl Marshall will be lifting, because Carl has the best jewelry of any lifter ever, and he's always happy to display it. He's also a pretty fair recent Venice meet. Also lifting in that meet, the USPF Deadlift State Championships, was Bobbie Johnson, who brightens any meet in which she lifts.



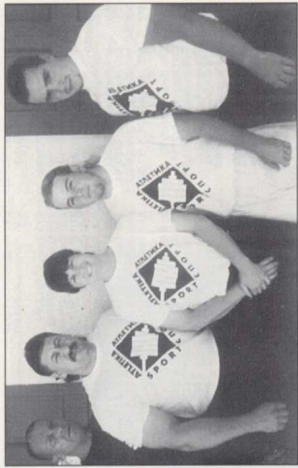
Bobbie Johnson at a recent Muscle Beach, California contest.

A few blocks north of Muscle Beach is Gold's Gym of Venice, home of Jack Armstrong, a former pro wrestler, and now a wrestling and powerlifting coach. One of Jack's lifters is Special Olympian Jason Conto, who moves some pretty heavy iron. At 181 lbs., Ja-



Jason Conto and his good buddy Jack Armstrong joking around.

son is closing in on a 300 lb. bench. Jason, only 24 years old, says he used to weigh nearly 400 lbs before he got into serious weight training.



Big Jay Schroeder with some of the lifters he trains: left to right; Craig Burge, Jay Schroeder, Cindy Irvin, Ryan Chisler, and Scott Rider.

Across the state line in Arizona is another powerlifting coach with a lot of top lifters. Jay Schroeder is currently coaching 1/4 NASA lifters, and they're capturing a lot of state and national titles. Jay has also been working with baseball player Darren Jackson of the Chicago White Sox on speed and strength training this year, and Darren's a candidate for comeback player of the year. Jay recently joined our Coach's Corner staff at Powerlifter Video.

On the other side of the county, Scott Werner is still working on his own comeback from an injury to a tendon above his knee. When asked when he'd be 100% again, Scott replied by throwing up his hands. Good luck Scott, we're sure it will be pretty soon.

Finally, we sent Bert Wagner to shoot some video with North Carolina's strongest man, big Harold Collins. Harold is in serious training to capture some strongman titles this year, after winning the U.S.P.F. Senior Nationals as a Superheavyweight in 1993, and representing the USA at the IFF Worlds. That's it 'til next time. Keep pumping. Ned Low



Harold Collins meets World's Strongest Photog Bert Wagner.

NED LOW is the man behind POWERLIFTER Video Magazine. See advertisement on opposite page

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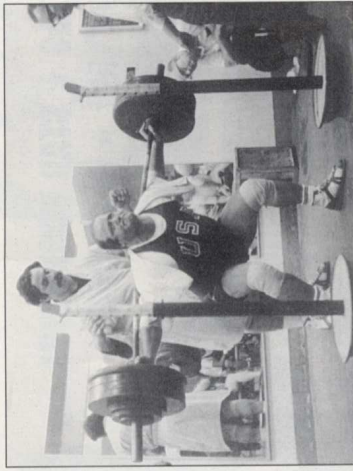
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TRAINING

BOX SQUATS

as told to Powerlifting USA by Louie Simmons



Above... the two key members of the Westside Barbell Club in Culver City at the 1969 Senior Los Angeles Championships. George Frenn is spotting Bill West. Both of them pioneered the use of box squat training and put it to use.

Box squatting is the most effective method to produce a first-rate squat. This is, in my opinion, the safest way to squat because you don't use as much weight as you would with a regular squat.

Let me say first that, no, they won't hurt your spine, you don't use 1000 lbs. on a 25 inch tall box, you don't rock on the box, you don't touch and go, and there is no need to do regular power squats before a meet. No knee wraps are worn nor are the straps of the suit pulled up.

By doing sets of 2 reps for at least 8 sets with short rest periods, you will get about a 200 lb. carry-over to your regular squat. Two of our lifters finished their lifting cycle before a meet with 8 sets of 2 reps with 505 lbs. off a slightly below parallel box, and both squatted 700 for a meet P.R. One was competing in the 242s and the other as a 275. Two years before, in his first meet, our 275 pounder squatted 465 - quite an improvement!

There are many advantages to box squatting. One of the most important is recuperation. You can train more often on a box than you can doing regular squats. The original Westside boys (Culver City, CA) did them three times a week, which I feel is a bit extreme, but they paved the way for this type of training. We do them for the squat part of our

If your hips are weak, use a below parallel box with a wide stance. If you need low back power, use a close stance, below parallel, if your quads are weak, work on a parallel box. If you have a sticking point about 2 inches above parallel, as is common, then work on a box that is 2 inches above parallel. Our advanced squatters use all below parallel boxes. This builds so much power out of the hole that there will be no sticking points.

As an added bonus, box squats will build the deadlift as well by overloading the hips and lower back muscles. Your ability to explode off the floor will increase greatly. One of our 275 pounders, Jerry Obradovich, put 50 lbs. on his deadlift in 3 months by doing extra box squats during that time period. George Frenn from 672 to 722 at the 1994 APF Junior Nationals. Chuck Vogelohli deadlifts only about once in 8 weeks, yet pulls 793 in the 242s. Chuck relies on wide box squats on a low, 12 inch box and does a lot of reverse hypers and chest-supported rows.

Now, how do you do a box squat? They are performed just like regular squats. Fill your abdomen with air, and push out against your belt. Push your knees out as far as possible to the sides, and with a tightly arched back, squat back, not down, until you completely sit on the box. Every muscle is kept tight while on the box with the exception of the hip flexors. By releasing and then contracting the hip flexors and arching the upper back, you will jump off the box, building tremendous starting strength. Remember to sit back and down, not straight down. Your hamstrings will be strengthened to a high degree, which is essential. Many don't know this, but the hamstrings are hip extensors. Some great squatters have large quads and some do not, but they all have large hamstrings where they tie into the glutes. Remember to sit on the box completely and flex off.

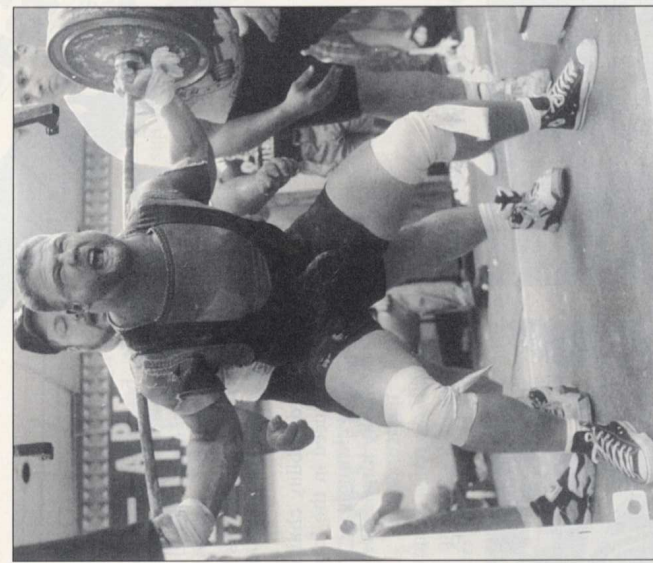
Now, how do you know how much you can full squat if you box squat all the time? Well, let's say you have squatted 600 lbs. in a meet and decided to box squat. Let's say you can do 550 off a parallel box; that's a 50 lb. carry-over. Now you are doing only box squats and you take a weight 4-6 weeks into the cycle. You hit a 575 squat, a 25 lb. jump on that particular box. This will carry over to your 600 contest best. So now expect a 625 at your next meet.

I recommend that you train with 65-82% of your box record on each particular box height that you use. Change box heights every 3-4 weeks. Do not base the training

weight on your full squat record! Box squats are much harder than full squats! Do 8-12 sets of 2 reps with 1 minute rest between sets. This is a tough workout! The week that you reach 82%, reduce the sets to 6. Don't train with more than 82%. You can try a max the week after you train with 82%. If you are going to a meet, take a weight 2 weeks before the meet. The week before the meet use 70% for 6-8 sets.

This type of squatting is hard work, but each rep shouldn't be hard. Don't get psyched up to do your sets. We have found that 2 reps is ideal because any more may cause bicipital tendinitis and if you are doing 12 sets, you are doing 12 first reps per workout. After all, the first rep is the most important one. This will make your contest squat much better. Our most talented lifters will

Right. Chuck Vogelohli of the new Westside Barbell Club in Columbus, Ohio is carrying on the tradition of turning box squats into big full squats on the competition lifting platform.



do best on their first rep and then tire quickly, whereas our lower skilled people will do better after the first rep is completed because they use the first rep as a body awareness tool. As they become more skilled, their first rep will be their best.

I know box squatting is not common, mostly because no one knows how to do them. After reading this or watching my squat tape you should be fully aware of the benefits. Many great squatters have done box squats including Marv Phillips, Larry Kidney, Roger Estep, Matt Dimel, and of course George Frenn, who did an 853 squat in track shorts in 1970. If box squats didn't work, we wouldn't do them. We have 20 lifters who have squatted over 700 lbs. in a meet, including a 198 who has done 804. I hope this article clears up any misconceptions and leads to great success on the lifting platform.

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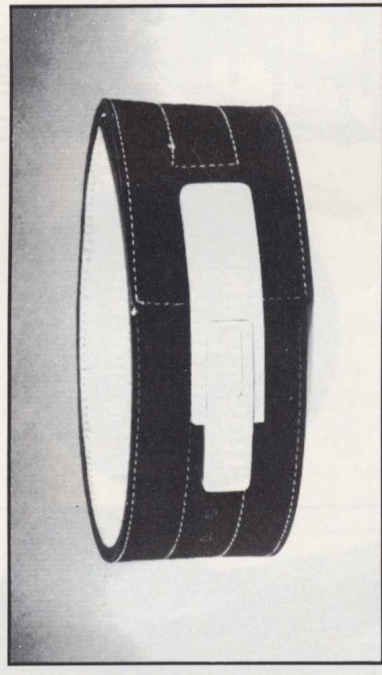
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INTERVIEW

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

BOB: Give us some personal information on yourself.

TOM: My name is Thomas Trevorah. I was born and raised in a small town in Pennsylvania (Tamaqua). My birth date is March 11, 1934. I married my wife Ellen in 1954. I have two grandsons, ages 8 and 13 and two granddaughters, ages 5 and 14. We moved to Florida in 1966. The last two years we have been operating a small fitness center.

BOB: Tom, how did you get started?
TOM: I started exercising with a Charles Atlas course when I was about 14 years old. I started olympic lifting in 1950 and powerlifting in 1960. I quit olympic lifting in 1972 when they eliminated the press. I have been training about 46 years and competing on and off for about 45 years. I have best lifts in competition of 550 squat, 330 bench, and 540 deadlift. I have got a double with 610 in the squat working out. The last few years I have been consistent with my lifting and training, but I will get my total back up in the 1400s this year at 181.

BOB: What are your feelings on steroid use and drug testing?

TOM: I do not condone the use of steroids. I have quite a few friends that have used them and got off. I feel real good when I get a phone call from a lifter telling me they've stopped. I'm glad to see some of the other organizations starting to test, but their methods are not the best. The A.D.F.P.A. uses blood and urine tests that are done by a lab or polygraph by a licensed polygrapher that has to meet strict requirements.

BOB: Do you follow a special diet?

TOM: Muddled. I try to eat mostly good food and now try to eat four to five times a day with a glass of milk every morning. I use vitamins and minerals and, a few days a week Hot Stuff.

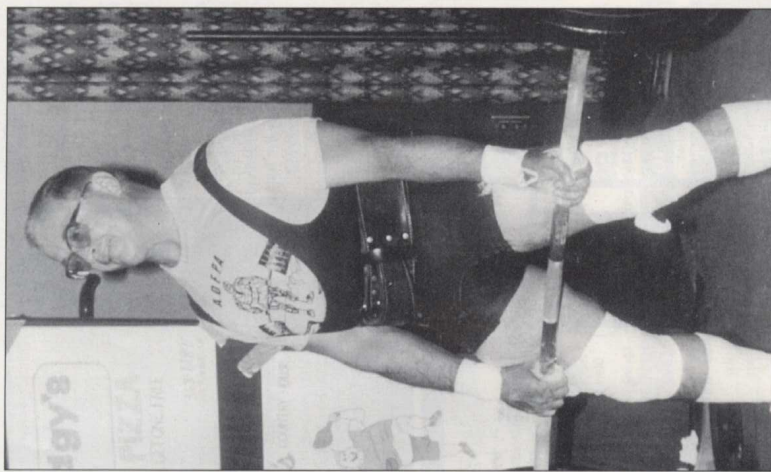
BOB: How is your training program set up?
TOM: I squat and bench twice a week, deadlift one day a week, and back work one day a week; Monday and Friday, bench and squat; Wednesday, deadlift; Saturday, back work

One day light about 80% for 2-3 sets of 5 reps. Heavy day 2-3 sets of 3 reps starting with about 80% of max and add 15 pounds per week on deadlift and squat and 5-10 on bench. Some weeks toward the end of a seven week cycle I may not get the increase, but I don't worry about it.

BOB: What advice would you have for beginners?

TOM: I would tell beginners: Number one, stay away from the drugs (steroids). They are not worth it. Number two, find some good training partners and train steady. Progress will come.

BOB: What other comments would you like to make.
TOM: I want very much to see the A.D.F.P.A. grow and eventually see all lifters drug free. I have made many, many friends over the past 45 years and hope to meet many, many more over the next 45 years. I can be reached by writing: Tom Trevorah, 411



TOM TREVORAH

as interviewed for PL USA by Bob Gaynor

Below... Many are looking forward to the National Masters meet that Tom Trevorah will be promoting with Louis Baltz in Florida this coming November

Belmont Drive, Palatka, Florida 32177 or by calling 904-328-4804.

BOB: Tom, over the years what has been the biggest changes in Powerlifting?

TOM: The biggest change I have seen in powerlifting has been with the equipment that is being used. Thank God, (John Inzer) for the bench shirt. I don't like them but they are allowing me to bench as I have a bad shoulder and don't want it operated on.
BOB: What are the duties of a State Chairperson?

TOM: Duties of a State Chair - to try to keep things moving in a forward direction, by promoting and helping with meets and trying to help all lifters, not just the elite, and to push drug-free lifting. I have been State Chair for eight years. We have come from 3 or 4 lifters to the 200 mark. I'm an International Referee; my wife and son are National Referees and 4 State Referees.
BOB: Tom, your final comments.
TOM: Again, I want to thank you and Mike Lambert for this chance to express myself.

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In this issue, results of "The Event II" will have come across the desk of Mike Lambert and found their way into the pages of PL USA. Readers who weren't there will note that there were ADFFA sanctioned deadlift and bench press contests, a push-pull total meet, a high school bench press championships, and that lots of lifters were involved. What they won't know is that this has, in two years, become one of the premier drug free contests in the country. Don Emery and his judging crew do a great job and the meet runs very quickly despite the large numbers because of the experienced staff. Dick Conner from the Power Pit and Jeff Sellers, the strength and conditioning coach at the University of Evansville are the men behind this meet and it is a winner.

Following the lifting, which is of high caliber, there were odd lift competitions, arm wrestling, and a contest in the squat, bench press, and deadlift for maximal reps. This is grueling, but fans of strength will be impressed with the men and women who get into this type of thing.

Interestingly, Dick's high intensity approach to powerlifting has spawned a host of very strong individuals who can compete well in high rep and odd lift competi-

tions. There is now a rivalry between a number of teams in the Evansville area in high rep lifting and there wasn't a powerlifter who wasn't impressed and interested in the rep event.

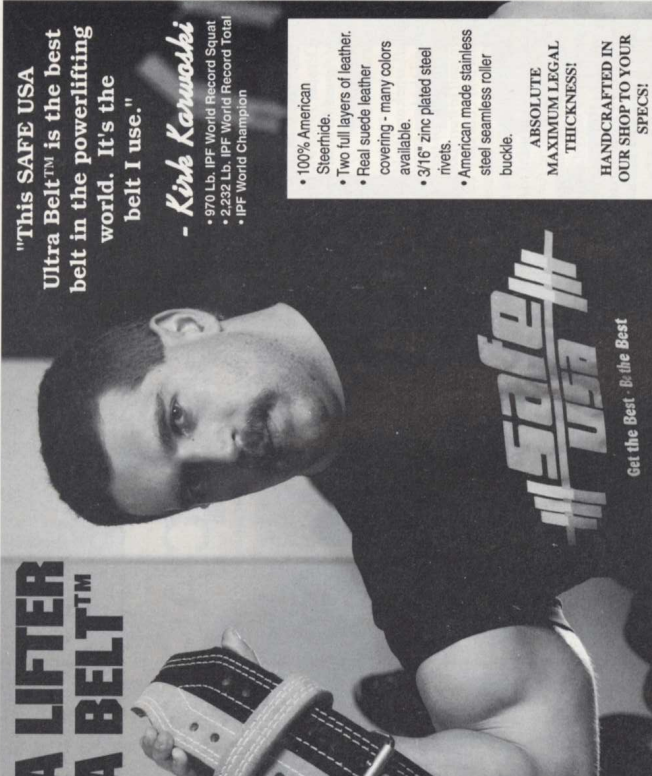
This type of competition, where men and women are called upon and given the opportunity to express their power in numerous ways, is great. I have long argued that many powerlifters are much stronger than their lifts indicate, and many are weaker. Body lever-ages and many other factors sometimes allow one to move a lot of weight in the three lifts, but these individuals aren't particularly strong, or at least cannot demonstrate their strength, otherwise. Some men, and many pro football players that I've worked with fall into this category, are much, much stronger than their three powerlifts would indicate. Strength tests like "The Event" in Evansville al-

More From Ken Leistner

maximal attempts. When one trains to be "strong" and also has a competitive outlet in powerlifting, they tend to stay in the sport longer. So many young people have a "knack" for the sport, do well initially, but drop out after three or four years if they can't win a national or state championship. We see this all of the time. Ralph and I try to encourage all of our Iron Island lifters to become as strong as possible and then apply it in ways that give them pleasure. We have a lot of men and women compete in meets who had no intention of doing so, but find that it is an enjoyable outlet for the strength they are building through their regular training. The Evansville "Event" fosters this type of attitude which leads to longevity not only in training, but in competing. When one is too focused specifically on the singles of the lifts all year long, there is a tendency to burn out both mentally and physically. While attempts at "periodization training" may be one approach, sensible year-round training that emphasizes strength development that is applied towards powerlifting, and perhaps a few other strength tests, may be more effective for maintaining enthusiasm and progress.

Dr. Ken Leistner

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POWER PROFILE

ML: Tell us about your background... how did you come from Puerto Rico, end up in Germany as part of the U.S. Military presence in Europe, and become an IPF World Masters Champion along the way?

AL: I was born in Puerto Rico on 16 October 1935. My hometown of Aguadilla is located on the northwest side of the island. As a young man I was very active in many sports such as baseball, track and field, swimming and the iron sports. During my high school years I devoted myself to iron sports competitions and I did very well in the 132 and 148 lb. classes. In March 1959, I was drafted into the U.S. Army and went to Fort Bragg, North Carolina, for airborne school and became a paratrooper for the rest of my military career. In 1960 I was transferred to Germany. Once in Europe I found that there was

ANGEL LICIAGA

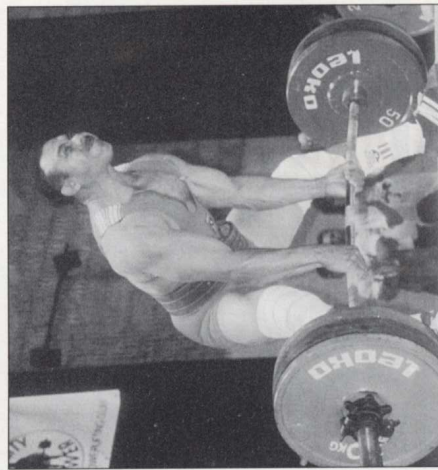
Puerto Rico's World Champ interviewed by Mike Lambert

no love for bodybuilding or powerlifting. The main thing then was Olympic lifting, so I became one, full time, and exceeded myself to become the best American lifter in Germany. In 1965 I was transferred back to Fort Bragg, NC in preparation for a tour of duty in Vietnam.

In 1966 I came back to Fort Bragg and continued my lifting career through 1969, when I once again transferred to Germany. It was not until 1976 that I met Nate Foster and we became the powerlifting pioneers in Germany. I did not go into full powerlifting until 1982, but by that time I had been the best in USAUER for almost ten

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

Below... Angel Liciaga competing for his 2nd IPF Gold Medal, this time in the 82.5 kg class at the World Masters Championships held in Canada in 1993.



years.

In 1985 I was informed that Puerto Rico had an active federation registered with the International Powerlifting Federation. I contacted Puerto Rico and the IPF and became the representative for Puerto Rico as an official lifter.

ML: What are some of the major accomplishments of your powerlifting career?

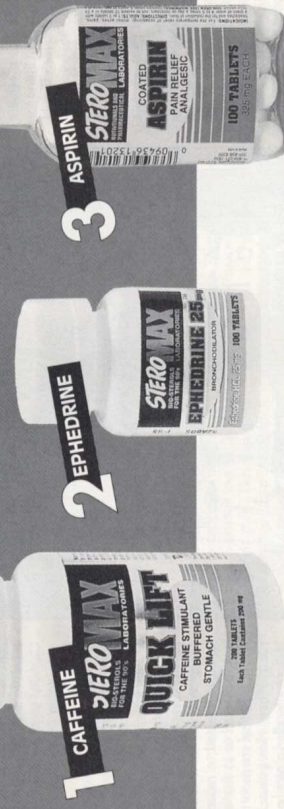
AL: My major accomplishments in powerlifting are: 3rd place IPF World Masters over 50, 82.5 kg class, 1986 in Norway; 2nd, 90 kg class, 1988 in England; 1st place, 90 kg class, 1989 in Germany, and 1st place, 82.5 kg class, 1993 in Canada. I also represented Puerto Rico at the Pan American Games in 1967. From 1966-1969 under the AAU, I captured over fifty top places in olympic lifting, powerlifting, and bodybuilding all over the U.S. East Coast, such as Mr. North Carolina, Mid South, All South, Capitol District, South Atlantic, and Region III Championships.

ML: What do you see as the future of the Puerto Rican Powerlifting Federation?

AL: Since I am still working in Germany, following my retirement from the military in 1979, I only go home to Puerto Rico once a year and in case of emergency. I communicate almost monthly with my good friend and the secretary/treasurer of our federation, Carlos Fernandez, by correspondence or telephone. In reference to our federation, I see a bright future now that the IPF is divided into world regions. Puerto Rico won't need to send their lifters far away in order to be represented in the international arena. Our federation's main problem is financial; we can't send a complete team to any championship for that reason, but with some publicity and exposure for those that make the sacrifices and do well, the federation may get some support from the Recreation and Sports Department of the Puerto Rican government. For these reasons, I would like to thank you for giving me the opportunity to have my name in your magazine and to help the future of our fellow lifters in Puerto Rico.

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Maximum Overload With The Power Rack

by **Thomas D. Fahey, Ed.D., Professor of Physical Education, Exercise Physiology Laboratory, California State University, Chico**

The power rack is one of the most useful pieces of equipment in the gym for overloading your muscles and helping you overcome sticking points in your lifts. If you're a novice lifter, you may not be familiar with the many uses for this box-like metal frame that sits up against the wall. In most well-equipped gyms, inexperienced athletes often use the power rack mainly as a spare squat rack or as a place to put a barbell in between sets of curls.

The power rack is much more than a weight holder - it is an important tool that can help you gain strength and power very rapidly. Whether you are a powerlifter or a strength-speed athlete who depends on weight lifting for your sport, the power rack should be an important tool in your training arsenal. It can often get you over the hump when gains are difficult and allows you to use much more weight than possible during unassisted exercises.

The power rack can help you gain strength in difficult parts of the lift and overload your muscles much more than when you do the exercises through their full ranges of motion. With the power rack, you can do isometrics at specific points along the groove of the lift. You can also do eccentric exercises (i.e., negatives) without worrying about crushing your chest or blowing out your knees and back. By using the rack during isolated parts of lifts, you can often handle much more weight than during the regular exercise. Getting used to handling heavier weights in training, with the help of the power rack, will benefit you when you're in a contest or going for a big rep in training.

Why Train maximally?

The problem with many traditional weight training programs is they really don't overload the muscles for the way they're used in a contest. During competition, powerlifters do brief powerful movements lasting a second or two, then rest before the next attempt or lift. It's the same for other strength and power athletes. Football players, for example, work very hard during a play, then rest before playing

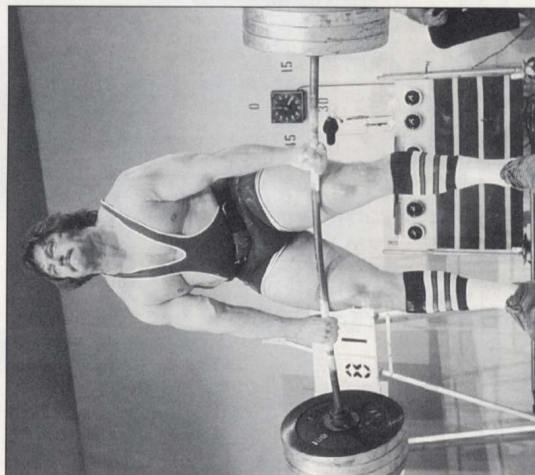
in providing that intensity.

Increasing muscle fiber size: Increasing muscle fiber size is partially determined by how fast amino acids enter the muscle fiber. Amino acids are the building blocks of proteins. The greater the rate and extent of amino acid transport into muscle, the faster muscles grow. Amino acid transport is greatly affected by muscle tension. Muscle tension is the most critical factor determining the rate of muscle growth. The muscle responds best to high levels of tension rather than low tension levels applied over a long period (i.e., 1 maximum repetition increases amino acid transport into muscle more than 10 repetitions at a lighter weight). Your capacity to exert force decreases with higher numbers of repetitions (see Figure).

Using more muscle fibers: Strength training increases your ability to use more muscle fibers during intense muscle contractions. Muscle fibers receive the signal to contract from nerves connected to the spinal column. A motor nerve (a nerve connected to muscle fibers) may be linked to as few as one or two muscle fibers or more than 150 muscle fibers. Nerve-muscle combinations are called motor units. Powerful muscles, such as the quadriceps in the legs, have large motor units - each motor nerve is connected to many muscle fibers. Smaller muscles, such as those found around the eye, have much smaller motor units.

The body exerts force by calling upon one or more motor units to contract - a process called **motor unit recruitment**. When you want to pick up a small weight you use few motor units to do the task. However, when you want to pick up a large weight, you will use many motor units. For example, you will use more motor units to bench press 250 pounds than to bench 135 pounds. When a motor unit is recruited, all its fibers contract to their maximum capacity.

Motor units are activated by size - smaller motor units are used for light loads. **Large, powerful motor units are only activated when the body is required to exert maximum force.** Large, powerful motor units are used for lifting heavy weights or performing "all-out" movements in strength-



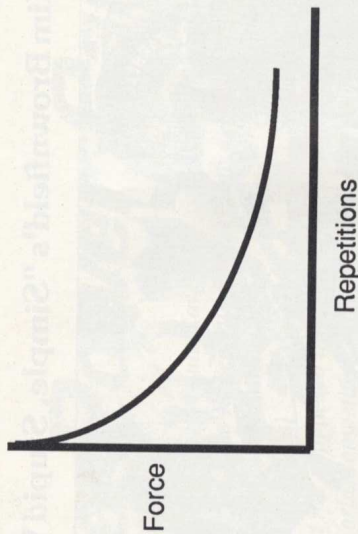
Big Gus Rethwisch has been seen around a few power racks in his time. (photograph by Steve Dussia)

again. The total activity during an entire football game is seldom more than 12-15 minutes. Few athletes play offense and defense anymore, so actual playing time is considerably less than that. Other strength-speed athletes also only work in short, intense bursts. Discus and javelin throwers propel their implements as far as possible, then rest until the next throw.

For powerlifting and other strength-speed sports, you need maximum power - the kind developed through lifting heavy weights, not the watered down strength gains you get from doing a lot of reps. Since you need only short bursts of all-out power, it's important that you train that way

Figure

Your capacity to exert force during weight training decreases as you increase repetitions. More force means greater increases in muscle size.



speed sports. You only improve the strength and size of the fibers in a motor unit if you recruit it during training. So, if you want to improve the strength of the large, powerful motor units - the kinds that make you powerful in power lifting and other strength-speed sports - you must recruit them by doing maximum lifts during training. This principle is the basis for using the power rack to achieve maximum overload. You use large high threshold fibers in competition, so you must train them in the weight room. The power rack is the key that will help you unlock the door to those large, powerful motor units.

The muscles fibers in large, high threshold motor units can increase in size more than smaller motor units. These fibers are not trained to any extent unless you push them. If you expect to recruit these hard to train motor units, failure to do so will limit muscle size. Whenever you do a maximum rep, you call upon all of the major motor units in the muscle. Using the power rack, you can offload much more resistance than during normal lifting.

Using the power rack in your work-outs

The power rack consists of a base and four columns (the columns are supported on top with cross braces). Each column has a series of holes drilled through it so that long

steel pins can be placed through them at different levels. The pins can be used to support a barbell or prevent movement through a range of motion. Most power racks also have moveable "J" hooks, which are used to support a barbell.

The power rack can be used as a safe squat rack. This is a good application if you aren't using spotters (a no-no) or your spotters are inexperienced. If you miss the lift, bottom out until the bar rests on the pins. Start by placing the bar on the "J" hooks and adjust the pins so that they are located just below the lowest part of your squat. To get the right pin setting, try squatting with just the bar (with no weight plates) and have a training partner help you put the pins in the right place. Now, you can squat in a safe area and reduce the risk of spotter and lifter injury.

The power rack is a dynamite piece of equipment for developing maximum power in your major lifts. An excellent technique is to progressively place the pins at different points along the range of motion and do one or two max lifts at each peg-stop. For this technique, you start with the bar in the "down" position (i.e., off your chest in the bench press) or with thighs parallel in the squat).

In the bench press, place a flat bench inside the power rack. For the first part of your power rack bench press work-out, place the pins so that the barbell rests just off

your chest. Warm-up as usual by doing approximately 10 reps using an extremely light weight. Continue your warm-up by doing 2-3 reps at approximately 60 percent of your 1 rep max. Go to 80 percent of max and do one rep. Then progress to 100 percent of max and do 1-2 sets of 1 rep. You can have a spotter assist you in making the lift if the rep stalls on you.

After you've maxed out with the weight at your chest, raise the pins 1-2 holes so that the bar is now placed in the middle of your bench press groove. Start with the weight you completed when the bar was directly off your chest. Do 1-2 sets of 1 rep. Increase weight if you can.

Next, raise the pins so that the bar is placed near the end of the range of motion for the bench press. Now, you're only pushing the weight a few inches. You will be able to handle much more weight than you can do during the normal exercise. Load up the bar and do 3-5 set of one rep, using as much weight as you can.

You can use this progressive pin placement technique for the squat and deadlift. Make sure you use good technique because the extra weight can place a lot of stress on your back and knees. For the deadlift, particularly when working in the upper part of the range of motion (i.e., near lock-out), try using wrist straps so that you can handle the extra weight.

A variation of the progressive

pin technique on the power rack is to use the "J" hooks in combination with the pins. Using the bench press again as the example, place the pins at chest level as before, but place the "J" hooks so that the barbell rests close to the lock-out position (like you are doing a normal bench press). Lower the weight until it touches the pins, then push the weight toward lock-out and return the bar to the "J" hooks. After completing 1-3 maximum lifts, raise the pins a notch or so and repeat the sequence.

You can use this variation of the basic technique to do negatives. After warming up properly, place weights on the bar equal to 100 percent of your max. Lower the weight to the pins that have been placed just above chest level. Have spotters help you return the bar to the "J" hooks. Next, increase the weight (now greater than 100 percent of max) and again lower the bar to the pins. Don't overdo this technique because it is guaranteed to make your muscles very sore.

There are obviously hundreds of variations of power rack exercises. These are some particularly effective ones. I suggest you experiment with this equipment and find out how to best fit it into your work-out. Try using the power rack for one work-out every other week. You should notice a significant jump in your lifts within a month. Give it a try. You will be amazed at how fast you progress.

WORKOUT of the Month

This is a workout based on an intermediate lifter who can bench press 375 lbs. and would like to hit the BIG 400 lb. mark.

First of all, I am a firm believer in keeping any training program simple. I have been training the bench press for 17 years and the following is a program I have used for the biggest part of my career. The program will work on a nine week training cycle with the three lifts on Week 10 being: 1. 365 lbs., 2. 385 lbs., 3. 405 lbs.

WEEK 1: Monday - warmups for the Bench Press. Week 1-5 - 135x10, 225x8, 275x5. Week 6-9 - add warmup set of 315x2. Bench Press Singles and Pauses with Bench Shirt - 1x315, 1x335, 1x355, 4x5 with 305, 2x5 pause 5 seconds with 275, 2x7 close grips with 260, 4x10 reps heavy dumbbell press (use that weight that works for you during DB presses)

Wednesday: Before each exercise, I do 1 warm-up set of 10-15 reps. Increase poundages 5 lbs. every two weeks on each exercise.

3 sets of 10 lying tricep extensions, 3 sets of 10 tricep push down on cable machine, 3 sets of 10 behind the neck triceps, 3 sets of 10 DB curls, 3 sets of EZ curl bar curls, 3 sets of 10 cable curls - each arm one at a time (next week, both arms with a curl bar), lat pull down - 3 sets of 10 front and back, 2 sets of chin up sit burn out, 3 sets of burn down steps to end workout.

Friday: Bench Press - 3 sets of 3x305, 2 sets of competition pauses - 260, 2 sets of 10 DB shoulder presses (weight that works for you), 2 sets of shoulder presses off of Smith Machine with 60% of max for 2 sets of 8 reps, 3 sets of 10 leg presses (stability for the bench), 3 sets of sit ups - burn down.

WEEK 2: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x320, 1x340, 1x360, 4x4 with 310, 2x5 pause 5 seconds with 280, 2 sets of 7 close grips with 265, 4 sets of 10 reps heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 1, but up poundages by 5 lbs. **WEEK 3:** Monday - Bench Press Singles with Pauses with Bench Shirt - 1x325, 1x345, 1x365, 4x4 with 315, 2x5 pause 5 seconds with 285, 2 sets of 7 close grips

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Kim Brownfield's "Simple, Stupid Workout"



Kim Brownfield is shown above bench pressing 600 lbs. at 219 lbs. bodyweight. Seventeen years of No Nonsense "Simple" training (since age 13), with steady increases each year, have made Kim one of the premier bench pressers today. Who says lifting is not a test of endurance. Kim has bench pressed 600 lbs. in both the 220 and 242 lb. classes. (photo courtesy of Sugar Lynn Brownfield, at the 93 Mad Dog meet)

with 270, 4 sets of 10 reps heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 2, but up poundages by 5 lbs.

WEEK 4: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x330, 1x350, 1x370, 4x4 with 320, 2x5 pause 5 seconds with 290, 2 sets of 7 close grips with 275, 4 sets of 10 reps heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 2, but up poundages by 5 lbs.

WEEK 5: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x335, 1x355, 1x375, 4x4 with 325, 2x5 pause 5 seconds with 295, 2 sets of 7 close grips with 280, 4 sets of 10 heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 4, but up poundages by 5 lbs.

WEEK 6: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x340, 1x360, 1x380, 4x4 with 330, 2x5 pause 5 seconds with 300, 2 sets of 7 close grips with 285, 4 sets of 10 reps heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 5, but up poundages by 5 lbs.

WEEK 7: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x345, 1x365, 1x385, 4x4 with 335, 2x5 pause 5 seconds with 305, 4 sets of 10 reps heavy dumbbell press.

Wednesday: Same as Week 1. **Friday:** Same as Week 6, but up poundages by 5 lbs.

WEEK 8: Monday - Bench Press Singles with Pauses with Bench Shirt - 355x1, 375x1, 395x1, 4 sets of 4 with 340, 2 sets of 5 pause 5 seconds with 310, 2 sets of 7 close grips with 295, 4 sets

of DB work. **Wednesday:** Cut back assistance exercise to 2 sets of each. No chin ups. No EZ bar curls. **Friday:** Bench - 3 sets of 3 with 340, 3 sets of competition presses with 295. No shoulder work. 2 sets of 10 heavy leg presses. 2 sets of sit ups to burn out.

WEEK 9: Monday - Bench - 360x1, 380x1, 400x1, 4 sets of 4 with 345. **Wednesday:** Tricep extension; 2 sets of 10. Triceps pushdowns: 2 sets of 10, 2 sets of dumbbell curls - light.

Friday: 3x3 with 340, 2 sets of competition presses with 300. **COMpetition WEEK:** Monday - Three singles up to your competition opener - 1x325, 1x345, 1x365, 1 set of 4 with 325. That's it! Now you are ready!

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Dr. JUDD

Understanding and Controlling Fear - Pt. III

by Judd Biasiotto Ph.D., World Class Enterprises



Successful Strength Athletes like (left to right) Mari Okuno of Japan, Eva Engskar of Norway, and Lori Jeffrey of the United States, all competitors at the International Powerlifting Federation Junior World Championships held in Bali, Indonesia, each learn how to understand and control fear on the lifting platform. (photo courtesy Stella Herrick)

Kenny Norton vs. George Foreman. It was being billed as the fight of the year. It turned out to be the slaughter of the century. Just in case your memory fails you, or you were never into boxing, let me tell you what went down.

At the time, Foreman was considered invincible. He had literally destroyed every opponent that was put in front of him. He was so powerful that he could knock the bad breath out of you with one blow. In his world title fight against Joe Frazier, Foreman beat poor Joe around the ring like a rag doll. He knocked him down six times in the first seven rounds and then beat him into a bloody state of unconsciousness in the eighth round. When they revived Frazier a few minutes later, the ring doctor asked him if he was okay.

Frazier replied, "I will live a pissa with anchovy'n extra cheese." It was a good ten minutes later until Frazier changed his order to three extra-strength Excedrin and an ice pack.

Of course, Frazier wasn't the only guy who Foreman beat the I.Q. out of. In fact, mental irregularity was quite common among Foreman's former opponents. His devastation was so complete and awesome that the Mattel Toy Company came out with a George Foreman doll. My mother bought me one. It was great. You would wind it up, let it go, and it would beat the tar out of you for three minutes, great gift for a nosy neighbor or mother-in-law.

In short, George Foreman was an "ass kicker" of major proportions. Norton, on the other hand, was considered a highly skilled boxer with a good right hand. How good was Norton's right hand?

Good enough to shatter Muhammad Ali's jaw and consequently shut-up the "Mouth of the South" for a month. Good enough to put Dwayne Bobbick into the land of Oz just 57 seconds into the first round of their fight.

Was Norton's right hand good enough to defeat Foreman? Good betting line was against Norton - and for once, Jimmy The Greek was right.

When Norton entered the ring, it was obvious that he was anxious. When Foreman entered the ring a few minutes later, Norton's anxiety turned into "I'm scared (bleepless)." By the time the bell rang to begin the fight, Norton was cataleptic. The next thing Norton knew, he was in his dressing room ordering a "pissa w/ extra cheese."

A few days later, after Norton had gained some semblance of sense, he tried to explain what had happened. "I just wasn't myself,"

debut and Norton's ass-kicking at the hands of Foreman are primary examples of how anxiety and fear can significantly decrease an athlete's performance. Obviously then, it is imperative that athlete's learn to control their anxiety levels.

In recent years, sports psychologists have experimented with various techniques to control anxiety and fear. Deep muscle relaxation was one of the first methods used. Basically, it was used as an incompatible behavior to reduce anxiety. The rationale behind the use of deep muscle relaxation as an incompatible behavior is that relaxation and anxiety are antagonistic to each other. In other words, it is physiologically impossible to be relaxed and anxious at the same time. Consequently, every time you experience anxiety at an inappropriate time, all you have to do to alleviate that emotion is induce deep muscle relaxation.

With this theory in mind, a number of experiments were conducted to determine its validity. Athletes were first taught to elicit a relaxation response in a matter of seconds using progressive relaxation, autogenic training, biofeedback, meditation, or hypnosis. The athletes were then instructed to induce deep muscle relaxation whenever they experienced anxiety. As theorized, the relaxation response significantly reduced anxiety by counteracting the effects of the sympathetic nervous system. In short, the relaxation response proved to be a successful technique for combating anxiety.

Of course, this is one reason why it is so important that you learn to induce deep muscle relaxation - but it's not the only reason.

Counter-Conditioning Techniques

Although physiological relaxation has been used successfully as an incompatible behavior to reduce anxiety, there are a number of counter-conditioning techniques that are excellent for the reduction of more pronounced anxiety. The primary objective of these procedures is to pair events that produce anxiety with physiological relaxation. This is accomplished by repeatedly exposing the subjects to anxiety provoking events under conditions which prevent them from experiencing physiological arousal. Physiological arousal is prevented by having the subjects engage in the relaxation exercises we just discussed. The procedure is again based on the theory that relaxation and anxiety are antagonistic to each other. When an individual is relaxed, that individual cannot experience anxiety and/or the physiological

ological arousal associated with the stimulus.

I've said so much that now it's starting to sound like a religion. It is believed that by continually pairing the anxiety-provoking stimulus with relaxation, the subject will eventually learn to relax in the presence of this stimuli.

The technique was devised in Europe by Joseph Wolpe some time during the nineteenth century. The good news is that the technique which is referred to as systematic desensitization has been widely used and researched over the past three decades. As a result, it has a proportionately larger research literature than any other anxiety desensitization technique used in America. More good news. The majority of that research is in accord, indicating that systematic desensitization is a valid method for alleviating anxiety.

Unfortunately, only recently has the technique been used by athletes and generally these athletes are from European countries such as Czechoslovakia, Russia, and Germany. Consequently, most American athletes have not been exposed to the mechanics of the technique and lack the necessary knowledge to benefit from it. Of course, the fact that few American athletes use the technique is an advantage for you. It gives you another edge which may be a very big one.

Wolpe's program has three components: anxiety hierarchy construction, relaxation training, and scene presentation.

Hierarchy Construction:

An anxiety hierarchy is a series of anxiety-producing scenes which have been arranged in an array from least to most anxiety producing. For example suppose you experience extreme anxiety prior to attempting a squat. Every time you experience anxiety in relation to attempting that particular lift, you would immediately record the circumstances surrounding the anxiety-provoking situation. You record where you are, what you are doing, who you are with, and the situation at hand. The more information you have concerning the anxiety provoking situation the better.

Once you identify an anxiety-provoking stimuli, rate the stimuli on a scale of one to ten with one being the least anxiety provoking and ten being the most anxiety provoking.

After recording such stimuli for a period of two or three weeks, you would then construct your hierarchy. For example, below is a modified hierarchy. The stimuli are re-ordered until you can visualize them without experiencing anxiety.

1. The week before a powerlifting tournament.
2. Morning of the tournament.
3. Driving to the tournament.
4. Arriving at the tournament site.
5. Walking through the doors of the lifting site. Weighting in.
6. Getting dressed for competition.
7. Warming up for the squat.
8. On deck for the first attempt.
9. Being called to the lifting platform for the first attempt.
10. Being on the lifting platform, preparing for the first attempt.
11. Unracking the weight and waiting for the judges signal to squat.

Relaxation Training:

Your next step in controlling anxiety is to learn how to achieve deep muscle relaxation. Of course, you don't have to wait to construct your anxiety hierarchy before you start your relaxation training. In fact, the sooner you learn to induce deep muscle relaxation the better. It does not matter what technique you use to master deep muscle relaxation, as long as you are able to achieve that objective. Note that your ultimate objective is to be able to induce deep muscle relaxation in seconds - by your will, if you will.

In-Vitro Conditioning:

After you have become proficient at achieving deep muscle relaxation and after your anxiety hierarchy has been constructed, the major portion of your therapy will begin. Find a quiet room where you won't be disturbed. Then induce as deep a state of relaxation as possible. When you are totally relaxed, visualize the scene. This is called in-vitro conditioning. To start, visualize the scene that makes you the least anxious on your hierarchy. Visualize this scene for approximately 15 seconds. If at any time you get nervous or anxious while visualizing the scene, immediately terminate it. If termination of the stimulus is required, again induce deep muscle relaxation and repeat the visualization of the same scene. Continue this procedure until you can remain totally relaxed while visualizing the anxiety-producing stimulus. Once this has been accomplished, move on to the next scene in your hierarchy and repeat the above mentioned procedure. Continue in this way until all the scenes on your hierarchy have been desensitized. Note again that the anxiety-producing stimuli are re-ordered until you can visualize them without experiencing anxiety.

In-Vivo Conditioning:

Once you are able to visualize all of the anxiety-producing stimuli on your hierarchy while remaining totally relaxed, you are ready for the real thing - in vivo conditioning. Actually, the same procedure is used except that instead of visualizing the anxiety-provoking stimuli, you actually engage in the activity that is causing the anxiety response. When you are totally relaxed physically, engage in the behavior on your hierarchy that makes you least anxious. Note that you should perform this behavior in the "actual" environment setting that is indicated on your hierarchy. As with your in-



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The rationale for the effectiveness of this procedure is that by repeatedly pairing anxiety-producing events with deep muscle relaxation, the visualized scenes become counter-conditioned or desensitized. Because of stimulus generalization, you are able to perform the behavior for three successive repetitions without experiencing anxiety. Once this has been accomplished, move on to the next scene on your hierarchy until they all have been desensitized. As noted many times, in-vivo conditioning is not necessary. It depends on the specific situation and how well the athlete responds to in-vitro conditioning. More often than not, once you are able to relax while visualizing yourself in an anxiety-provoking situation, there is an excellent possibility that you will remain relaxed in the real life situation.

In-Vivo Conditioning:

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242	475	260	490	1225

George Temmerman, Best Lifter at the Lifetime Natural Powerlifting Society National Championship ships (photocourtesy of Dr. Latch)

filled in both the open and teenage divisions. He finished with a 200 squat, 90 BP, 200 DL and a 490 total. With this being only her second competition, well looking for some great things from her. David Hughes brought his great DL with him to the tune of a new PR of 590. Added to that was a 455 squat and a 270 BP for a new PR total of 1125. This is a really great day for the DL and the DL master and open 242 lb. class. Darrell Latch, lifting in the 172 lb. class and having worked the night before competition, Eddie Clark competed in the collegiate men's division. Eddie Clark's new PR was 550 sq and a PR 340 DL to total 1490, also a new PR. Eddie was awarded a beautiful plaque for being crowned the DL champion. This is what it's all about - great lifting by some really great kids. Tom Harnett was our 114 lb lifter and a 270 DL and a 95 BP for a total of 365. This is what it's all about - great lifting by some really great kids. Tom Harnett was our 114 lb lifter and a 270 DL and a 95 BP for a total of 365.

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Powerlifter Relieves Pain With Aloe

as told to POWERLIFTING USA by John Waple



John Waple is back squatting 600 since using the FLP Aloe products/ unconditional money back guarantee. Vera Gel, though, FLP's product is 100% pure stabilized Aloe that carries an issued U.S. Patent. It's Kosher certified for purity and is certified for more information concerning FLP Aloe Vera you can contact John Waple at Sports Quest by calling (216) 6429342 or Darryl Bednarski at FLP Aloe Vera at 1-800-300-2400.

"Have you ever heard of taking Aloe Vera internally to relieve pain? That was the question Darryl had asked me more than once. He had seen me grunting many times at one of the gyms where I train. Aloe Vera? Sure, about 20 years ago in an ad for suntan lotion in a magazine, but for pain? I began to consider that maybe this guy was becoming a 'pain'."

I have been a competitive weightlifter - Olympic and Power for over 26 years in the Cleveland, Ohio area. At 41 years of age I had experienced frequent injuries which have had a cumulative effect on my training and competition activities. My shoulders, hips, and back are arthritic. My knees, chest, elbows and back (including a compression fracture of the fifth vertebrae) have sustained major injuries during my modest career. I have dealt with the usual assortment of pulls, sprains, and bruises. Don't all serious competitors?

All of these mishaps had seriously affected my ability to train. However, in the course of my injury laden career, I have managed a few notable accomplishments. I have attained "Master" status in both Olympic and Powerlifting classifications. I set a record in the Press (that was a while ago) and the Squat. Over the years I have competed at 132 lbs. and all the way up to 198.

I had been training since December of '93, seriously cycling for the Master Powerlifting Championship (USPF) in Oklahoma. After such heavy training sessions, I was having difficulty standing up straight or even walking. I had tried all the usual therapeutic treatments: DMSO, Cortisone, Anti-inflammatories, Aspirin, Motrin, Codeine, and numerous trips to my Chiropractor, all to no avail.

I had gotten to the point where I was beginning to reluctantly give up the idea of ever being able to compete again when I met Darryl Bednarski of the FLP Team. He had noticed my obvious discomfort and proceeded to tell me about Aloe Vera and its ability to reduce inflammation and consequently reduce pain. Well, the obvious light did not illuminate in my brain, but Darryl told me that one of his competitors is Vince Anello, the five-time world champion. He then convinced me to listen to a cassette tape by Dr. Greg Henderson from Fairbrock, CA. The Doctor operates a clinic there which employs other Chiropractors and Physicians.

Dr. Henderson is also a Karate Black Belt who formerly competed in Full Contact Kick Boxing. The Doctor gave some very compelling evidence on the tape and the product Darryl promotes comes with an

After doing some research on my own I learned that Aloe Vera contains three anti-inflammatory fatty acids; HDL Cholesterol (the good kind), Campesterol and Beta Sitosterol, which has been shown to be an effective treatment for Rheumatoid Arthritis. Not all Aloe Vera products contain true Aloe

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The legs and hips are the prime movers for the deadlift. However, your upper back holds the bar in the proper line for the drive. Your upper back also keeps your shoulders from rounding forward. Your upper back is instrumental in the lock-out phase as well. Many novice lifters overpower their upper backs and lose their deadlift at the knees as their back rounds forward. Many more advanced lifters lose their deadlift when the bar swings away from their legs. When your bar swings one inch out of line it is like adding 50-70 lbs. to the bar. Your leverage dramatically decreases as the bar travels out of line. Top personal best deadlifts are made when the bar hits the 'groove'. When the bar travels the 'groove', your deadlift will feel, magically, like there is no weight at all. It is no mystery. Your upper back is responsible for lining the bar up in the groove and for keeping it there through your sticking points.

In this month's article we will walk you through a Bench Press / Deadlift peaking cycle. In this way we will directly help those of you that like Bench/Deadlift meets and also show everyone one way of using your deadlift training to increase your Bench Press. The same work that enables a successful deadlift to keep his/her lifts in the groove will provide the basis for upper back stabilization in the Bench Press.

Anyone that has performed a strenuous deadlift workout the day before their bench press training will know that the upper back fatigue from deadlifting can ruin your bench press workout. A tired back will not allow you to remain stable

and deadlift training sessions. This routine will be targeting an athlete with a bench press max in the high 200's (i.e. 260-280) and a deadlift in the high 300's (i.e. 360-380). If you would like to calculate your own numbers simply take your honest solid bench press max as a percentage of 300 and your honest deadlift max as a percentage of 400 lbs.

TRAINING

Upper Back Training by Greg Reshel

under a heavy bench press. Your tired back will also cause you to fail on the top rep sets you were trying to get for your bench. For this reason we have combined bench press and deadlift training on the same day. You will train both bench press and deadlift twice per week and on the same days. I know this concept is unusual but it will frequently be the extra kick you are looking for to give both lifts a boost. If you are serious about peaking for a contest and mean to deadlift at the contest, you will need to perform leg and hip work on at least one other day during the week. If the contest in question does not include squatting you will need to keep your leg and hip work moderate during this peaking cycle. In this way you will be able to focus your energy and recovery on the specific deadlift training.

The training cycle will be nine weeks long and the cycle will include two phases. The first phase will be five weeks long

Week #	Set #1	Set #2
Week 1	3x5 @ 245	
Week 2	5x2 @ 270	
Week 3	1x1 @ 310	8 @ 235
Week 4	3x5 @ 255	
Week 5	5x2 @ 275	
Week 6	1x1 @ 280	5 @ 235
Week 7	1x1 @ 280	5 @ 235
Week 8	1x1 @ 280	5 @ 235
Week 9	5x1 @ 205	

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
1st	115 x 8	115 x 8	135 x 5	165 x 5	185 x 3	205 x 3	185 x 5	185 x 5	185 x 5	185 x 5
2nd	115 x 8	115 x 8	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	
3rd	115 x 8	115 x 8	135 x 5	165 x 5	185 x 3	205 x 3	185 x 5	185 x 5	185 x 5	
4th	115 x 8	115 x 8	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	
5th	115 x 8	115 x 8	135 x 5	165 x 5	185 x 3	205 x 3	185 x 5	185 x 5	185 x 5	
6th	135 x 5	135 x 5	205 x 3	215 x 3	225 x 3	225 x 3	225 x 3			
7th	135 x 5	135 x 5	215 x 3	220 x 3	225 x 3	230 x 3	240 x 3	250 x 3		
8th	135 x 5	135 x 5	205 x 2	235 x 1	255 x 1	275 x 1	295 x 1			
9th	135 x 5	135 x 5	215 x 1	225 x 1	235 x 1	245 x 1				
Open - 265										
2nd - 290										
3rd - 310										

6. Stiff Leg Deadlifts - 4 sets of 8 reps light (95-135 lbs.)/Weeks 1-5 ONLY!
7. Bent Arm Straight Bar Pull-overs - 3 sets of 8 reps moderate (60-95 lbs.)

TRAINING DAY #2

1. Bench Press - warmup as needed and then follow chart mid-page, right.
2. Deadlift - follow chart at the bottom of this page.

*** NOTE - there are no deadlifts the week of the contest on this day
3. Bench Forward Row - (under-hand grip) - 3 sets of 10 reps (95-135 lbs.)
4. 10 inch Grip Lat Pulldown to Chin - 4 sets of 6 reps (70-120 lbs.)
5. Shrugs - 3 sets of 12 reps light (135-185 lbs.)

These are the two primary training days for a bench press/deadlift peak. There are many ways to peak but this routine utilizes the upper back work of the deadlift to allow a strong bench press peak. Remember to go easy on any other training days so that you can focus your energy on these two sessions.
Try the routine and let us know how it works for you. If you have any questions please call or write to POWEREXCEL - 2807 S. Superior Street - Milwaukee, WI 53207 - (414) 769-1211. Good Luck and train smart!

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6
1st	135 x 12	145 x 12	145 x 10	155 x 8	155 x 6	
2nd	135 x 12	145 x 12	155 x 10	165 x 8	175 x 6	
3rd	135 x 12	145 x 12	155 x 12	165 x 10	175 x 8	
4th	145 x 12	155 x 12	165 x 12	175 x 10	185 x 6	
5th	145 x 12	155 x 12	165 x 12	175 x 12	185 x 8	
6th	165 x 3	165 x 3	165 x 3	165 x 3	165 x 3	
7th	165 x 3	165 x 3	165 x 3	165 x 3	165 x 3	
8th	165 x 3	165 x 3	165 x 3	165 x 3	165 x 3	
9th	185 x 1	185 x 1	185 x 1			

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6
1st	205 x 5	205 x 5	275 x 3	295 x 3	315 x 1	225 x 5
2nd	185 x 5	185 x 5	225 x 3	255 x 2	275 x 1	185 x 8
3rd	205 x 5	205 x 5	275 x 3	305 x 1	345 x 1	225 x 8
4th	185 x 5	185 x 5	225 x 3	255 x 2	275 x 1	185 x 8
5th	205 x 5	205 x 5	275 x 3	315 x 1	365 x 1	225 x 8
6th	205 x 1	225 x 1	245 x 1	245 x 1	245 x 1	245 x 1
7th	185 x 1	205 x 1	225 x 1	245 x 1	265 x 1	265 x 1
8th	205 x 1	205 x 1	205 x 1	205 x 1	205 x 1	205 x 1
Contest	185 x 3	185 x 3	235 x 1	285 x 1		
Open - 335lbs						
2nd - 375 - 390lbs						
3rd - 410 - 430lbs						

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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: For the past 3 years I have been plagued with a chronic hip injury, that has prevented me from achieving my goals. The pain originally started directly over the left trochanter following a heavy squatting session. After several weeks of rest, I tried to resume squatting, but the pain intensified. After several months, I visited my orthopedist, who diagnosed the injury as iliofemoral Band Syndrome. Additionally, x-rays showed two tiny flecks of scar tissue where a small area of muscle had torn away from the hip bone. He prescribed Naproxin and daily stretching of the iliofemoral band. This didn't seem to help. He next suggested a cortisone shot, but I decided to try other treatments first. I have tried chiropractic work, sports massage, rolling, trigger point therapy, cryotherapy, and extended layoffs. Nothing seems to work, so I've been training around the injury. Even when I completely lay off of leg training, my hip doesn't feel 100% normal. Recently, I have been experiencing the same pain on the right side. When I squat, the discomfort centers around the trochanter and seems most intense in the bottom position. Also, my hip muscles (tensor fascia latae) seem to tighten up during the workout and the next day they sometimes feel sore. I have tried dropping the squat and substituting leg presses and hacks, but the discomfort is still there, especially if I go heavy or train intensely. I am a wide stance squatter, but I have experimented with other stances; the narrow stance with toes pointed forward seems to help a little, but the discomfort is still there. I have also tried going very light and slowly increasing, but when I get to around 315, the pain returns (I used to have a 550 max). I am frustrated and on the verge of quitting powerlifting for bodybuilding. I hope you can help. My specific questions are:

- 1) What do you think is going on with my hip?
- 2) Over the years, I notice that I have become more duckfooted. Also, my feet "want" to point outward during any compound leg exercise, especially on the hard reps. Does this mean anything?
- 3) For the past 8 years, 90% of my quad training has centered on the wide stance squat, cycling the reps from 2-20. Until the injury, I hadn't spent much time doing other movements (e.g., hacks, leg presses, lunges, etc.). Is it possible that I've created muscle imbalances? If so, what specific muscles do you recommend that I stretch/strengthen?
- 4) What is your opinion on the value of special nutritional supplements, such as The Weapon, Joint Connection, and Shark Cartilage?
- 5) Although I am a lifetime natural lifter, I would consider a steroid/cortisone injection. Do you think this would be of any value?

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Edited by Mauro G. Di Pasquale, B.Sc., M.D.

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6) I have great interest in your high-fat diet, as described in the two articles appearing in MMI. How can I get information regarding the most up-to-date implementation of this diet?
Thank you for your time. Dave R.

DEAR DAVE: It doesn't sound like you have the usual symptoms seen in the iliofemoral band syndrome. I would assume that your problems is a tendon tear, most likely the vastus lateralis or less likely the gluteus minimus or medius. It's difficult to tell without examining you and looking at the X-rays - the two flecks you say showed up on the X-rays could be indicative of tendon-bone separation.
I don't think your duck-footed stance is of any concern. I also don't think you have any contributing muscle imbalances. The special nutritional supplements you mentioned would not help at all.

It would appear that you simply found your weak link in the style of squat you were doing. Some area of the musculoskeletal system is usually stressed out and fails as you increase your weights to maximum. The trick is to learn how to deal with any weak spots before they become a

(Mauro's response continued on page 65)

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Phytochemicals in Extreme Training The scientific rationale for using plant based supplements during high intensity and high volume training of elite powerlifters.

by **Moris Silber M.D., Ph.D., and Boris Feldkoren Ph.D.**

The use of specialized sport supplements continues to rise as elite athletes take their training to the extreme. We are not talking here about casual lifting, but rather the level of training accomplished by the elite 5% of all powerlifters who take their training beyond the edge. In this report we will outline the use of some plant based compounds within heavy load training cycles.

Sport supplements from plants are special tools that assist the dedicated athlete in the elevation of their intensity and volume of training. They are not a quick fix, magic pill, or powder, as is often reported in Western magazines. There are no shortcuts when it comes to Extreme Training. There are no shortcuts when it comes to the selection and application of special plant based supplements (phytochemicals).

Unless the elite athlete has been properly evaluated and the best exercise and methodic plan chosen, even the best phytochemicals in the world will be of little value. This is why so many athletes fail to experience significant gains from all types of supplements. Without proper planning, supplements are little more than powerful tools to increase intensity and volume which is every serious powerlifter's dream.

In the past few years we have witnessed a virtual dead end in the use of proteins, carbohydrates, all-in-one supplements, and kits. While these supplements may prove useful to beginners or casual powerlifters, they become of less value to those dedicated athletes at the intermediate and advanced level who must train on the edge. In the case of a well trained athlete, the supplemental use of biologically important compounds must be very specific, and the dosage and time of use must be exact.

Forty plus years of biochemical and biological research by over 1,500 Russian sport scientists



Can Phytochemicals help top lifters like Todd Suttles?

helped to develop many Olympic World champions, especially in strength and speed-strength sports. Our schooling and laboratory work in Russia over the past twenty five years helped to mold our interest in plant based compounds (phytochemicals) which can be useful to the skilled lifter. Today, new methods of building drug-free athletes are coming not from the traditional studies of protein and carbohydrate metabolism, but from diverse and very specialized fields like plant biochemistry research. As research directors, our investigation into phytochemicals has been conducted at three different laboratories: the Research Institute of Physical Culture, the N.N. Petrov Institute of Oncology, and the Chemicco-Pharmaceutical Institute in St. Petersburg, Russia. This research was the result of a grant from Atletika Sport International. It is of value to all dedicated powerlifters who wish to push their training to the

Every plant is composed of hundreds of chemicals, some of which are useful to athletes. The first task is to isolate biologically important chemicals and then determine their concentration within the plant. Some plants have small quantities of useful chemicals, while others are rich in the same compound. The next steps is to extract the chemical from the plant. In our studies, we found that crude extract, meaning not too far refined from the original material, worked better and was a safer choice than an ultra-refined extract which then becomes more like a pharmaceutical. In many cases, additional phytochemicals present in the original starter material create a synergistic effect with the standardized chemical we are most interested in isolating.

In the years to come, you'll be exposed to more and more supplements derived from plant material. You'd better be prepared to understand their strengths and weaknesses, and how they fit into your training plan. Otherwise you're going to be left behind as powerlifting extremists surge past traditional supplements.

To end, we want to outline some commonly used phytochemicals available to Western athletes. In Russia, athletes often use supplements from the region such as Leuzea, Moomeyo, or Eleutherococcus. Likewise, in the USA, athletes should use supplements derived from plant materials from the Americas, elsewhere in the World. Here's a sample of some useful supplements which have noticeable benefits to powerlifters and are available in the USA.

GINKGO - The concentrated extract from the leaves of Ginkgo biloba is the most popular phytochemical in Europe. It is composed of terpenoid compounds called ginkgolides which are of value to athletes. The extract can be used to stimulate the capacity for learning, improve micro-circulation, and improve mood. It is invaluable during long high intensity and high volume training meso and macrocycles to improve training focus and mental burnout.

ECHINACEA - Much research has been conducted on the plant Echinacea (Cone Flower) found in the USA. Echinacea is a powerful immune strengthener and modulator, with hundreds of research studies in its favor. Athletes should use Echinacea extract during periods of heavy load

training before competitions to prevent a compromised immune system and possible illness. It is common for well trained athletes to develop flu or cold-like symptoms just before training.

PHYTOCHEMICALS like immunofortane and other Echinacea based extracts will help as protectants and restoratives.

PPAFIJA - From Brazil has come the plant Ptaffia paniculata. The plant is rich in adaptogenic like compounds as well as the anabolic analog beta-Ecdysterone. Contrary to advertisement hype, Ptaffia has not been used by Russian athletes and is by no means a "Russian Secret" as claimed in several ads. They are misleading you with this false statement.

In 1989, Atletika introduced Ekdisten to American athletes as a beta-ecdysterone based supplement. Ekdisten was the first pure Ptaffia paniculata extract of 400 milligrams per tablet. It is used in short cycles as an anabolic and restorative supplement. Also popular is the phytochemical Reethil which contains some Ptaffia as well as other plant extracts of anabolic potential.

MILK THISTLE - Common in Russia and Europe but rarely used by Western athletes is an extract from Milk Thistle or Silibum marianum. The plant extract contains compounds called silymarin which have antihepatic (liver protective) activity. High level athletes have used

Silymarin for the last decade to prevent hepatic pain syndrome and allow the liver to maintain a high level of intensity for long periods.

During heavy load training it is common for the liver to become exposed to various metabolic by-products such as protein fractions, steroid protons, and other hormones which stress the liver and prevent optimal recovery and growth. Common liver protectors containing silymarin include Legalon from Madax of Germany, Carsil from Sopharma of Bulgaria, and CR Base from Atletika, USA. The dosage of pure silymarin should be 300-400mg daily for 2-3 weeks at the end of a hard training cycle.

ELEUTHEROCOCCUS - Often forgotten but never outdated, Eleutherococcus senticosus (Siberian Ginseng) is still a staple among well trained athletes for its help in reducing stress and speeding recovery. An Eleutherococcus extract cycle typically lasts for 3 to 4 weeks, beginning several days before a hard training cycle, or following hard training cycles. The dosage of a good extract usually 6:1 or 10:1 is 400-600mg daily.

MOOMEYO - We have written about this popular complex extract before, and it still remains one of the most commonly used phytochemicals among Russian and former East Bloc athletes. During training for the 1992 Summer Olympics, 62% of all Commonwealth athletes

used Moomeyo.

Commonly called the black anabolic or "blood of rock", Moomeyo is a complex digest of many plants from the Pamir and Altai mountains of Tajikistan (formerly Tadzhikistan SSR). The supplement has pronounced recovery ability as well as helping to reduce joint stress during high intensity training. Since 1989, Atletika USA has imported Moomeyo under the trade name Mummy for use by Western lifters. To help with recovery and maximum anabolic gain, the course should be 10-14 days at the end of long training cycles at a dosage of 2-4 tablets (300-600mg) daily. For training trauma and joint stress, the dosage can be increased to 4-6 tablets daily for a 10-15 day course.

The above listed phytochemicals can be used with good effect during hard training. A word of caution. While these phytochemicals are of value to the serious powerlifter, they are still tools which must be used properly for maximum gains. As an analogy, a carpenter who has a tool box full of special saws and hammers should know how to use them and how they will help him build a house. You won't find him using the hammer to saw a board, or a saw to pound a nail. He also uses a blueprint to tell him when and where to hammer or cut. Likewise, supplements are your tools. They often don't work because athletes don't know what their role is

(anabolic, restorative, adaptogenic, or protective), what form to use, how much to use, when to use it, and for how long. Properly used, phytochemicals are tools of excellent power and efficiency and will be a great addition to your high intensity and high volume powerlifting program provided you know how to use them. You need a supplement blueprint.

If you're a mature powerlifter and you want to learn more about the proper use of phytochemicals and how they can assist in increasing the intensity and volume of your training, we recommend three good resources: Atletika Sport International in Bozeman, Montana USA at 1-800-621-2602 or in St. Petersburg, Russia at 7812-351-20-11; Madax-Gesellschaft mbH in Vienna, Austria at 43-1-480-16-00, or Sopharma in Sophia, Bulgaria. Each of these companies conducts extensive phytochemical research and product development.

Dr. Moris Silber and Dr. Boris Feldkoren are research colleagues for many years at the Research Institute of Physical Culture in St. Petersburg, Russia. They continue to conduct investigations into the use of biologically important compounds from plant, animal, and marine life, within the training programs of strength-power athletes.

RETIIBOL

The only company in the USA to conduct sport research in Russia is *Atletika*. We've been working with Russian sport biochemists, molecular biologists and pharmacologists at the N.N. Petrov Institute and the Research Institute of Physical Culture in St. Petersburg since 1989.

To wade through all the hype and learn the true facts about what Russian athletes really use, give us a call. We'll send you a free, fact-filled guide which will help you train smart and get the gains you deserve. You don't have to settle for second best when you can have the real thing.

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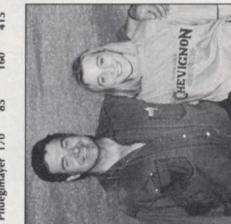
USPF Regionals

30 Apr 94 - Eugene, OR

Table of USPF Regionals results for Eugene, OR. Columns include name, age, weight class, and scores.

Table of USPF Regionals results for Eugene, OR. Columns include name, age, weight class, and scores.

Table of USPF Regionals results for Eugene, OR. Columns include name, age, weight class, and scores.



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MDSNA North Dakota State 14 May 94 - Goodrich, ND. Table with columns for age, sex, and scores.

Austrian Junior & Masters Nationals 30 April - 1 May 94 - Stallefilden (Weg). Table with columns for name, age, weight class, and scores.

Austrian Junior & Masters Nationals 30 April - 1 May 94 - Stallefilden (Weg). Table with columns for name, age, weight class, and scores.

(thanks to Karl Auer for providing the meet results)

A.D.F.P.A. Corner

The 'ADFFA CORNER' brings you up-to-date news, important information and articles of interest every month...

From Johnny Graham, ADFFA Armed Forces Committee Chair: The 1995 ADFFA National Military Championships will be held March 18, 1995 in Fort Hood, Texas.

ADFFA STATE CHAIRS ALABAMA - Rev. Lanny Shepard, 102 Kimmion Drive, Enterprise, AL 36330...

ADFFA New England States HI School 12 Mar 94 - Taunton, MA (kg)

ADFFA New England States HI School 12 Mar 94 - Taunton, MA (kg). Table with columns for name, age, weight class, and scores.

ADFFA Napa Valley Powerfest

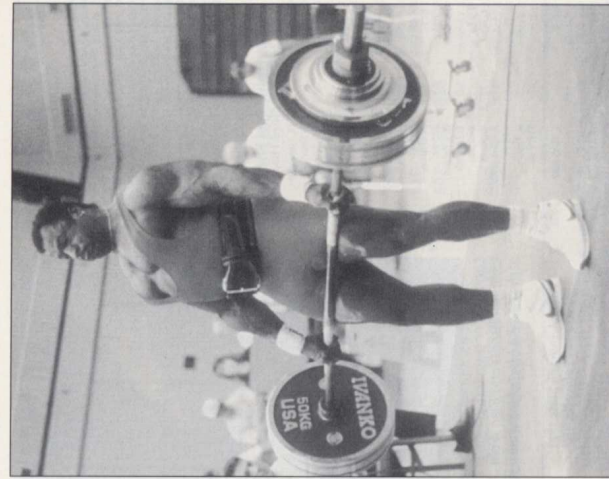
4.5 Jun 94 - Napa, CA (kg)

ADFFA Napa Valley Powerfest 4.5 Jun 94 - Napa, CA (kg). Table with columns for name, age, weight class, and scores.

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ADFFA Napa Valley Powerfest 4.5 Jun 94 - Napa, CA (kg). Table with columns for name, age, weight class, and scores.



Carl Webb deadlifting 573 lbs. at the ADFFA Napa Valley Powerfest... Best Lifter trophy for Men's Masters with a total of 677.5 kg (Books)

ADFFA Napa Valley Powerfest 4.5 Jun 94 - Napa, CA (kg). Table with columns for name, age, weight class, and scores.

ADFFA Napa Valley Powerfest 4.5 Jun 94 - Napa, CA (kg). Table with columns for name, age, weight class, and scores.

(Mauro's response continued from page 48)

problem. Unfortunately this is difficult to do in some cases since warning signs are can be absent and an area just tears without prior symptoms.

In any case the usual treatment modalities won't do the trick since we're now dealing with an area of the body that is not only a weak link, but a further weakened link. As you've noticed, once you get into any decent training, the injury acts up, usually sooner than whatever stress caused the injury in the first place.

Let me know how you get along. I am writing a book on my anabolic and can't lift, then the anabolic/corticosteroid cocktail may be helpful.

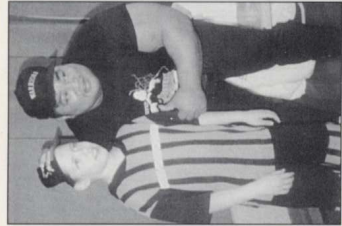
Enclosed in information on the diet from two issues of my newsletter Drugs In Sports. All the best. Sincerely, Mauro G. Di Pasquale,

PowerPhotos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011).

those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well if the background is not too dark. We pay for all photos we use in the magazine and, of course, we credit the photographer.



Best Lifters at the Sullivan Civic Center Bench Press Classic included, left to right, Johnnie Poisson (heavyweight category), Meet Promoter, Dr. Darrell Latch, and Greg Thomas (lightweight category). (Latch photo)



Anthony Clark with one of the young spectators at the Fellowship of Christian Athletes' Biggest Bench in the Berks' contest (Class)

Many thanks to our sponsors. So many of them that it's difficult to list them all. Most of all we must thank Anthony Clark, the World's Strongest Man. On the day before the meet Anthony did 3 upright school assemblies, 300 lbs. for 10 reps, 200 lbs. for 10 reps, and 150 lbs. for 10 reps. Then on Saturday at the meet Anthony shared his Christian testimony. His workout techniques and demonstrated his great strength by lifting 405 lbs. on the bench press.

how can we all overcome through committing our lives to Christ. The competition, the fellowship and the joy of doing it for the greater purpose of the Lord.

Anthony Clark expressed so beautifully. Over the years we have had the opportunity to work with many athletes from CA... none as humble and kind as Anthony. People ask why Anthony like this? One simple reason: Jesus Christ. I will never forget the look on my little boy's (20 months old) face when he saw Anthony lift.

Anthony is a great ambassador for powerlifting. He is a great ambassador for powerlifting. He is a great ambassador for powerlifting.

Sullivan Civic Center Bench Press Classic 19 February - Sullivan, IL

Table listing winners and results for the Sullivan Civic Center Bench Press Classic, including categories like Men's Open, Men's 135, Men's 185, etc., and their respective lifts.

Williams Lake Open/Bench Press 7 May 94 - Williams Lake B.C. (kg)

Table listing winners and results for the Williams Lake Open/Bench Press, including categories like Men's Open, Men's 135, Men's 185, etc.

FCA Biggest Bench in Berks 16 Apr 94 - Reading, PA

Table listing winners and results for the FCA Biggest Bench in Berks, including categories like Men's Open, Men's 135, Men's 185, etc.

ADEPA Wisconsin Bench Press 8 May 94 - Madison, WI

Table listing winners and results for the ADEPA Wisconsin Bench Press, including categories like Men's Open, Men's 135, Men's 185, etc.

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Advertisement for Biohealth featuring the headline 'KNOWLEDGE IS POWER!' and 'Increase your Power by calling 1-800-882-8552 and request a free Biohealth information pack!'. Includes an image of a muscular man's head and shoulders.

A.D.F.P.A. Red Rage PL/BP 14 May 94 - Bronx, NY (kg)

Table listing winners and results for the A.D.F.P.A. Red Rage PL/BP, including categories like Men's Open, Men's 135, Men's 185, etc.

USPF Rhode Island State
20 March 94 - Providence, RI

Women Overall	325
D. Kelly 165	181
A. Froula 172	175
E. Lugo	175
M. Adams	198
Teenage Overall	465
S. Maloney 148	235*
R. Amaral 181	250
R. Labelle	400
Masters Overall	400*
D. Maroney 198	380*
W. Green 198	310*
J. Bourasall	300
L. Nord 198	205
S. Reeves	470
Men's Open	500*
R. Santanelli	500*
Women Overall 65	700
A. Colelli 114	315
M. Coklin	305
A. Colletti	305
T. Lydon 220	310
C. DiMauro 23	190
T. Lydon 220	245
Teenage Overall	350
R. Amaral 181	335
Sub-Masters Overall	425
T. Brien 220	600
Masters Overall	340
W. Green 198	520
R. Bissette 198	450
R. Bissette 198	450
Marchionda 165	390
T. Lydon 220	425
Men's Open	335
D. Digan	380
R. Mopin	475
B. Bontempo	450
L. Lambert (BL)	550
L. Balbus	540
A. Sullivan	650*
J. E. Smith	475
M. Gaumond	500
Wagner	315
M. Berggren	655
C. Runnar	480
Comendatore	480
J. Schumacher	455
M. Sabella	710*
M. Corto	145
R. Reeves (BL)	740
J. Stiles	500
L. M. Corto	715
J. Stiles	715



Florida Open Bench Press Stars include, left to right, Rick Weil - 9 time world record holder, Bob Kayhart - Team Trophy Winner for West Coast Fitness, Tony Conyers - Strongest 148 pounder in history, and Joe Zmyewski - Best Heavyweight Lifter and Highest Bench of the Day. (Photograph take by Patricia Kayhart)

him met going after a squat record of 650 lbs in the 220 lb. class. He opened up with 580 on his second attempt. He then went for the 600 lb. mark on his third attempt and was successful. He called on depth, Mike, competitor that he's, get back and tried his third attempt with 655 to get 700 lbs. but was unsuccessful. Ted Sabella (USPF RI Chairman and meet director) came out of retirement from competing to qualify for the USPF bench press contest. He had a personal best of 242 class squat record of 705 with a 725 or 700 lbs. but was unsuccessful. Ted Sabella (USPF RI Chairman and meet director) came out of retirement from competing to qualify for the USPF bench press contest. He had a personal best of 242 class squat record of 705 with a 725 or 700 lbs. but was unsuccessful.

He opened with an easy 535, then dishing 580 on his second attempt. He then went for the 600 lb. mark on his third attempt and was successful. He called on depth, Mike, competitor that he's, get back and tried his third attempt with 655 to get 700 lbs. but was unsuccessful. Ted Sabella (USPF RI Chairman and meet director) came out of retirement from competing to qualify for the USPF bench press contest. He had a personal best of 242 class squat record of 705 with a 725 or 700 lbs. but was unsuccessful.

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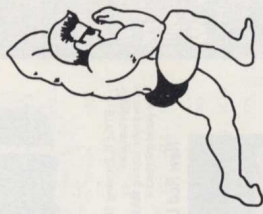
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Florida Open Bench Press
4 Jun 94 - St Petersburg, FL

Cumberland	380
A. Tower	305
Kregg	113
198	109
500	63
Richardson	400
390	335
Saffire	310
310	220
Jacobs	510
Adams	445
Roberts	245
155	242
151	242
127	275
111	275
Macri Sr	430
Chance	400
148	375
112	375
111	375
SHW	610
Zmyewski	610
Harris	530
530	480
Egan	380
Burris	350
Women	350
Whitehead	180
Teer	335
Tambaco	300
Chance	300
Compton Jr	325
Holder	200
Masters	480
Macri Sr	43
Daly	370
Hansen	315
415	315
415	315

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NASA Texas State 21 May 94 - Temple, TX (kg)

Bench Press	
15 Men	J. Gebrahe 137.5
16 Men	M. Arrendell 182.5
D. Warren 175	N. Robinson 175
Submaster 1	242
17 Men	S. Balow 137.5
18 Men	SHW 200
Pure	T. McKinney 200
J. Davis 85	T. English 195
Submaster 1	181
19 Men	J. Smith 105
20 Men	F. Langhorst 137.5
21 Men	J. Jones 155
22 Men	K. Klein 181
23 Men	N. Robinson 175
24 Men	S. Miller 192.5
25 Men	S. Raines 137.5
Pure	181
26 Men	M. Riley 170
27 Men	D. Boswell 162.5
28 Men	D. Amagor 198
29 Men	High School Pure
P. Sciamone 130	198
J. Seratt 127.5	A. Johnson 97.5
198	Teenage
R. Bowmaster 72.5	A. Johnson 97.5
J. Carson 150	220
242	A. Garza 162.5
S. Raines 137.5	Submasters 1
T. McKinney 200	D. Barnum 155
Pure	275
25 Men	C. Paganio 137.5
26 Men	BP DL Total
27 Men	114
28 Men	114
29 Men	50
30 Men	32.5
31 Men	82.5
32 Men	165
33 Men	77.5
34 Men	30
35 Men	87.5
36 Men	185
37 Men	100
38 Men	45
39 Men	107.5
40 Men	232.5
P. Colborn 125	82.5
SHW 147.5	85
J. Davis 157.5	390
J. Davis 132	132
J. Wiggins 77.5	55
Submasters 1 137.5	262.5
D. Shepherd 145	85
SHW 147.5	85
J. Davis 147.5	85
High School Pure 137.5	390
132	132
J. Wagner 127.5	77.5
R. Remley 105	42.5
181 107.5	200
O. Garcia 205	107.5
R. Hockett 137.5	65
R. Nolen 192.5	112.5
220 190	127.5
M. Rose 157.5	92.5
132 120	160
J. Morgan 157.5	92.5
C. Barfield 120	120
A. Torres 192.5	100
J. Barfield 120	132.5
198 232.5	145
220 267.5	130
C. Chaiman 242	197.5
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132 157.5	92.5
165 200	132.5
F. Langhorst 198	181
J. Siderinia 262.5	157.5
J. Johnson 260	167.5
S. Dahn 255	150
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J. Scott 210	125
220 340	210
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R. Norris 230	160
D. Wachmes 242	160
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Chickleno 305	275
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P. Annuzzi 194	315
M. Devine 129	320
K. Green 420	
B. Haines 330	330
D. Crawford 320	325
R. Duall 420	320
M. Spahr 247	320
D. Crawford 176	330
C. Klo 320	
K. Hansen 195	350
Women 225	365
C. Kay 375	
H. Patrick 365	
K. Hansen 350	
C. Gaby 116	100
K. Hansen 350	
Wright 132	70
220 Colgan 470	
J. Crini 245	242
C. Belcher 495	
R. Myers 175	305
J. Gross 440	
132 440	405
148 260	275
M. Curley 360	540
M. Reis 420	
165 M. Spahr 420	
E. Santillo 335	R. D'Antonio 460

Best Lifter 181 and Under: Kevin Green, Best Lifter 198 and up - Michael Reis. Note: Teenage and Masters called on Schwartzer Formula, World Gym and the 100% Protein Formula. We are speculators for making our 1st meet such a success. We look forward to seeing everyone next year! (Thanks to Cindy Hill and Diane Venzon, competition manager, and the staff of World Gym, Glendora, New Jersey, for providing these meet results)

NASA Michigan Meet
30 Apr 94 - Jackson, MI
Bench Press
148... 205
181... 290
181... 405
181... 720s
198... 620s
198... 560
181... 600s
181... 560s
181... 600s
181... 600s
181... 600s

One KILOGRAM equals 2.2046 Pounds
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Spanish Men Under 20 (kg)
2 April 94 - San Juan de Alicante
Men
110 kg... 130
110 kg... 150
110 kg... 200
110 kg... 300
110 kg... 360

Central USA Bench Press/Deadlift
7 May 94 - Charleston, IL
Bench Press
198... 242
198... 555
198... 380
198... 430
198... 400

NASA Michigan Meet
30 Apr 94 - Jackson, MI
Bench Press
148... 205
181... 290
181... 405
181... 720s
198... 620s
198... 560
181... 600s
181... 560s
181... 600s
181... 600s

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• GIVE COLOR •
• WAIST SIZE •
• SINGLE/DOUBLE PRONG •
L. Tri... 1360s
L. Tri... 1095s
L. Tri... 1315s
L. Tri... 1375s
L. Tri... 1375s

Spanish Men Under 20 (kg)
2 April 94 - San Juan de Alicante
Men
110 kg... 130
110 kg... 150
110 kg... 200
110 kg... 300
110 kg... 360

NASA Michigan Meet
30 Apr 94 - Jackson, MI
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148... 205
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181... 720s
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148... 205
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181... 600s
181... 560s
181... 600s
181... 600s

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L. Tri... 1315s
L. Tri... 1375s
L. Tri... 1375s

NASA Michigan Meet
30 Apr 94 - Jackson, MI
Bench Press
148... 205
181... 290
181... 405
181... 720s
198... 620s
198... 560
181... 600s
181... 560s
181... 600s
181... 600s

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Connecticut/Rhode Island Open BP
17 April 94 - Waterford, CT
Women Light
115... 245
181... 255
181... 255

Power People



Angie Kirby, 15, of Bobb's Underground Gym in Fayetteville, Ohio won 1st place at the NASA Ohio State and Grand Nationals meets, along with several APP bench meet titles. (photo provided by Bob Stater)

Table listing names and statistics for Power People, including Angie Kirby and others.

Table listing names and statistics for Power People, continuing from the previous table.

Table listing names and statistics for Power People, continuing from the previous tables.

Red Swaim with a national masters record squat of 534, 198 lb. class, 55-59. Red holds over 20 North Carolina State records. (Lee Rortie)

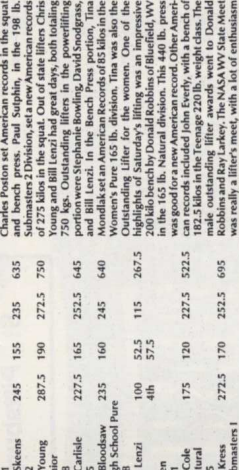


Table listing names and statistics for Red Swaim and other lifters.

Table listing names and statistics for Red Swaim and other lifters.

Table listing names and statistics for Red Swaim and other lifters.

NASA West Virginia State (kg)

Table listing names and statistics for NASA West Virginia State.

Table listing names and statistics for NASA West Virginia State.

Table listing names and statistics for NASA West Virginia State.

Natural 181-190

Table listing names and statistics for Natural 181-190.

Table listing names and statistics for Natural 181-190.

Table listing names and statistics for Natural 181-190.

191-200

Table listing names and statistics for 191-200.

Table listing names and statistics for 191-200.

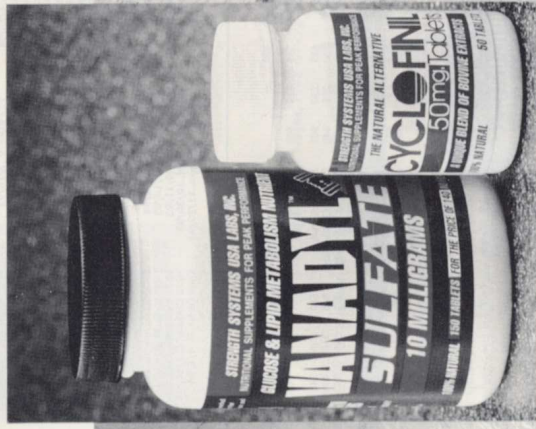
Table listing names and statistics for 191-200.

Application for Registration in Natural Athlete Strength Association. Includes fields for personal information and membership details.

Application for Registration in UNITED STATES POWERLIFTING FEDERATION. Includes fields for personal information and membership details.

Application for Registration in UNITED STATES POWERLIFTING FEDERATION. Includes fields for personal information and membership details.

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Blake Galtiana receives his awards at the Covtown Bench Press Meet from Director Bill Holland (right)

Covtown Bench Press

22 May 94 - Fort Worth, Texas
Teen boys
150 W. Griffin 315
160 M. McGowan 315
Masters
180 J. Greed 385
185 S. Greedy 385
J. Owens 300
M. Castillo 200
220 D. Johnson 390
242 B. Larabey 395
P. Crow 320
B. Galliana 640

I would like to thank my announcer - Janet Davis, expedition - James Hoen, Lee C. Coates, Randall Mike Ashlin, Joe Sowards, platform manager - Matt Spradlin, judges - James Capelhart, Greg Curry, Linda Holland, and ticket taker - Lawrence Had 12 lifters at the meet with the highlight of the day being current APF world record holder in a 3 lift meet, Blake Galtiana. Blake opened with a second attempt at 630, again without a shirt. Blake then opted to put on his bench shirt, and took his third attempt at 640, which went up easily. Blake was unable to lock it out. Blake's 640 establishes a state record and made him the Best Lifter in the future. Coming in October will be the Covtown Halloween Powerlifting Classic. (Thanks to Bill Holland, Meet Director, for these meet results).

2nd Sheboygan YMCA Bench Press
21 May 94 - Sheboygan, WI
C. Christenson 270
Teen
148 M. Schud 200
150 M. Schumies 180
155 J. Williams 235
165 J. Walters 255
181 D. Gabich 225
185 M. Leiner 265
181 D. Grant 250
Women
180 M. Becker 345
185 M. Garcia 315
198 S. Vandeweghe 260
242 M. Johnson 340
242 M. Johnson 375
185 R. Olson 280
280 R. Gries 400
Best Lifter award went to Richard Keel - Stephanie Jones was the best female lifter in the country in her weight class. Thanks to all those involved in making this meet run smoothly, to Sue Runaas for

organizing the event and to all the lifters who made this event possible. (results courtesy of Rich Olson)

Bhambhan 560	345	500	1405
Epps 630	370	535	1535
SHW 610	390	470	1470
Best Lifter (highest lift) - Kratas, (heavyweight) 700*	425	625*	1800*

Locklear. It was a great day of lifting! Of the 16 lifters participating, 10 totaled, setting 5 new lifts. Very existence of weightlifting in Federal Prisons is now being challenged by a few uninformed people — Weightlifting in prison or prison without weights U.S. Congress. State representative D. Pryce, who sponsors the bill, admittedly has done no research. She has seen guys go into prison 90 lb, workdays should have been labeled a "lets face it nonsense bill. She tells us, as a prosecutor and acting judge, she has seen guys go into prison 90 lb, workdays should have been labeled a "lets face it nonsense bad citizens by the size of their biceps! That's a new approach! We've seen jaws judged by the size of their noses in South Africa, so why not good and did the good lifters that workdays do to get into drugs, dope addicts, and pushers? No, they can't be, their biceps aren't big enough. State Representative D. Pryce, has made crime detection simple. Keep them in prison until their biceps have shrunk to nine inches, at which time they can be safely released back into society, rehabilitated. If Mr. Pryce had found that it's rare that the prison weightlifters cause problems, or become violent. A man who is strong and self confident is not the man who runs around with weights two or three hours a day. It's a man who has used up all of his aggressiveness just to get through his workout. So, what are the lifters going to do? Well, they're going to be goal oriented, be consistent, be good work ethics, be patient, have a positive mental attitude, and generally be fairly well educated. Weightlifting is a nonviolent individual sport, a safe sport, with no equipment used here is over twenty years old. Back to the report: A big thank you must be given to the lifters who participated in the meet. Thanks also go to the Recreation Department for sponsoring the event (results by L.M. Phillips)

PowerPhotos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well if the background is not too dark.

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DATE OF BIRTH _____ MO _____ DAY _____ YR _____

AGE _____ SEX _____

U.S. CITIZEN _____ YES _____ NO _____

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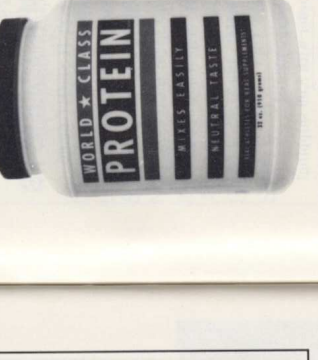
Schroeder YMCA Brown Deer, WI		17 April 94 - Dunga Deer, WI	
Bench Press	275	M. Parise	475
Team Men (Schwartz)	275	A. Blackman	275
J. Walters	270	D. J. Rowland	390
R. Lund	280	C. Johnson	350
D. DeLuca	215	K. Jessman	345
M. Jagmann	250	E. Gayton	315
S. Schumann	240	T. Matic	410
J. Ollow	220	J. Kowalski	410
Open Men	410	E. Carlson	410
132	390	R. Jacobs	390
148	350	R. Adams	350
H. Hernandez	230	M. Moxheart	460
165	215	M. Schwartz	320
181	210	L. O'Connor	320
197	210	C. Christenson	275
R. Frank	325	E. Young	275
A. Williams	280	S. Davis	160
C. Christenson	275	C. Beller	175
198	335	G. Edson	335
C. Hadley	300	R. Entler	300
G. Laska	305	T. Carter	105
J. Gresser	300	SQ	BP
Teen Men	365	DL	Total
198	400	270	405
202	390	290	1080
P. Jagmann	365	250	365
220	365	280	975
P. Katz	325	280	370
242	440	220	540
148	380	230	415
L. Hernandez	250	425	1025
B. Schickel	320	225	425
J. Wink	440	220	900
181	475	230	500
M. Kupinger	350	315	435
A. Williams	350	315	435
M. Laabs	385	265	450
D. Gripenberg	360	240	450
O. Stowale	500	360	650
R. Eckert	280	550	1350
B. Eckert	460	315	525
A. Spinger	460	315	525
A. Blackman	470	275	470
220	450	320	475
M. Williams	380	250	440
K. Johnson	350	300	410
R. Osterander	370	175	460
242	520	360	600
T. Matic	490	600	1480
C. Cooke	420	310	500
275	360	410	425
275	360	410	425
K. Robbins	380	350	530
SHW	500	460	600
M. Moxheart	315	245	375
H. Tobias	215	135	290
Women (Schwartz)	640	640	640
C. Edson	125	105	235
C. Bels	125	105	235
T. Fredrick	330	115	310
H. Survis	280	135	270
A. Perez	225	120	285
S. Carter	215	105	270
T. Fredrick	330	115	310
H. Survis	280	140	270
A. Perez	225	120	285
S. Carter	215	105	270
H. Survis	280	140	270
A. Perez	225	120	285
S. Carter	215	105	270

ADFP

TOP 20 100 kg 220 lb.

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1.	720 Morton, L.	522 Perry, L.	749 Sculpi, S.	710 Harris, A.	1868 Harris, A.		
2.	727 Harris, A.	500 Caldwell, S.	727 Bill, E.	710 Harris, A.	1818 Sculpi, S.		
3.	710 Morton, L.	490 Maher, M.	710 Harris, A.	710 Harris, A.	1818 Weener, B.		
4.	710 Morton, L.	488 Jacobs, J.	710 Harris, A.	710 Harris, A.	1793 Bill, E.		
5.	697 Jacobs, J.	470 Kazior, J.	683 Tyring, P.	710 Harris, A.	1774 Jacobs, J.		
6.	697 Jacobs, J.	462 Klingler, B.	675 Heese, C.	710 Harris, A.	1735 Heese, C.		
7.	672 Glier, B.	462 Klingler, B.	665 Roman, M.	710 Harris, A.	1735 Heese, C.		
8.	672 Glier, B.	462 Klingler, B.	665 Roman, M.	710 Harris, A.	1735 Heese, C.		
9.	672 Glier, B.	462 Klingler, B.	665 Roman, M.	710 Harris, A.	1735 Heese, C.		
10.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
11.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
12.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
13.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
14.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
15.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
16.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
17.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
18.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
19.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		
20.	666 Bepko, P.	455 Morton, J.	661 Villanueva, P.	710 Harris, A.	1735 Heese, C.		

Spring "Powders" Classic		R. Massey		400	
Open-Women	181	165	181	165	181
L. Graves	225	115	185	525	1210
B. Vaesech	225	140	250	615	1165
N. Park	330	210	375	915	1410
E. Gonzalez	290	185	330	805	1340
L. Johnson	360	20	440	1050	1340



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28 May 94 - Bend, MD

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G. Bell	375
M. Rice	280
E. Ware	280
M. Ortiz	290
W. Conner	148
T. Kaufman	305
T. Esposito	300
T. England	300
G. Bell	385
B. Wyman	315
R. Rice	280
L. Ashland	375
D. Morrissey	320
D. Lane	340
I. Dingle	148
T. Walsh	155
P. Brown	100
Masters	100
C. Hill	270
C. Hunt	320
S. Welch	420
R. Shanks	410
T. Harika	390
D. Vaughn	465
Washington	470
D. White	295
181-45-49	320
A. Landry	415
A. Hubbard	365
D. Dibald	310
T. Bishop	275
A. Cook	480
S. Veitman	325
J. Wasson	215

William Strong is 63 years old, lifetime drug free, and benched 325 lbs. in the 242 lb. class, 60-64 age group, at the USPF Maryland State Bench Press Championships (photo courtesy of Jeff Gardner)

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Oregon State High School
4 Jun 94 - Bend, OR

Men	170	160#	215	545
L. Culp	245	200#	250	695
B. Kunkel	230#	190#	400#	930#
K. Godard	300#	250#	405	1005
K. Ramsey	300#	150	400#	850#
S. Jones	260	125	320	705
K. Anderson	420#	240	440	1100
D. Howell	420	230#	440	1090
D. Douglas	280	160	340	780
A. Schlicher	225	155	290	670
S. Lakin	495#*	205	405	1085
K. Ristoff	430#*	220	430	1080
S. Thompson	385	215	445#*	1045
V. Myers	300#	180#	370#	850#
M. Nicolosi	435	240	505#*	1180
B. Gray	405	205	40	1040
220	55	250	145	450
S. Applegate	400	190	450#*	1040
J. Ball	410#	240#	365	815
T. Perrigan	305	180	330	815
J. Ferron	590	355	510#*	1275
H. Hebert	500	300	445	1095
185	360	315	350	1025
D. Aichele	365	—	—	—
R. Smith	400	190	450#*	1040
385	400	190	450#*	1040
J. Hill	410#	240#	365	815
T. Ferrigan	305	180	330	815
J. Ferron	590	355	510#*	1275
H. Hebert	500	300	445	1095
185	360	315	350	1025
D. Aichele	365	—	—	—
R. Smith	400	190	450#*	1040
385	400	190	450#*	1040

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son Brian breaking some jr state records. I'd like to thank my sponsors, Pepsi, the Body Shop, Central Oregon Athletic Club and Bend Police. We had our first meet on 11/12/93. We had our first group of spotters/headers and table help. Troy and Travis Carter, John Nasson, Cam Shaver, Brad Joss, Mike Manoy, Scott Lakin and Ken Anderson all appreciated the help from Russ Leg and Derrick Myers on the alternate board. Pam Ristoff and her husband helped with the sale of t-shirts and I scored water taken care of by Carol Groggsky and Pam Cutting and I want to thank them for their help. Also want to thank the fine judging by Johnny K. Schur for his help. I would like to thank the staff at not least I want to thank the dedicated and hard working crew at the scorer's table. Bev Ramsey did an outstanding job along with Mr. Thompson, Dale G. Korbach, who also always comes through to help. Gus has been a great asset to the sport of powerlifting and I feel fortunate to have him right here in Bend. Powerlifting is a marginal sport in our area because powerlifting has come a long way because of him. His history in powerlifting is as deep as they come. (Results by Steve Denton, meet director)

Foster USO/ KDD Bench Press
23 Jan 94 - Okinawa, Japan
Mery 114
M. Zaragoza 195
J. Thompson 365
Y. Odagawa 123
S. Odo 170
S. Odo 170
Y. Nishida 445
M. Grina 410
R. Edwards 395
J. Takimoto 300
D. Whalley 180
Y. Nishida 470
K. Shimazaki 400
K. Shimazaki 470
A. Sayer 395
G. Berry 315
S. Kakazu 330
J. B. Colton 385
V. Hayes 425
There was approximately 60 lifters from all over the island. Hiro Isagawa brought in some impressive lifters to compete in this annual event. The contest began at 11:00 AM and continued until 6:00 PM. After a great turnout, and we hope to have this many lifters return next year. (Results by Steve Anderson)

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ENERGY: 1 Teaspoon Chen (Green), or Growling Dog (Purple) 15 minutes before training.

FAT LOSS: 1 Teaspoon Huan (Red) upon rising and again upon retiring.

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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details to contest promoters prior to your contest. Contest information can be obtained prior to your contest. You will be reaching MANY potential entrants.

10 SEP, 2nd Clarksville Athletic Club Bench (men, women, master, teen) Rich-land and Yarbo, 114 Lois Lane, Clarksville, TN 37043, 615-647-0885
10 SEP, 2nd Police Athletic League Bench Press (Lakeland Mall, 14 & Hwy 98) Rick Witt, Box 40332, St. Pete, FL 33743, 813-797-4752
11 SEP, ADFFPA Washington State Open in Tacoma, WA, 1222 Parkside, Everett, WA 98203, 800-323-3400
11 SEP, 2nd Annual Pro Fitness from Boston, MA, 111 Ave. A, Boston, MA 02109, 617-552-9156 or Dave Abramson 201-627-2719
17 SEP, ADFFPA Oceanside Harbor Days Bench Press, First Class Fitness Center, 1791 Oceanside Blvd., Oceanside, CA 92054, 619-438-0123
17 SEP, APA New England Deadlift (men, jr., submaster, master, grandmaster) Freddy Latiss, Muscle Mill, 226 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048
17 SEP, USPF Drug Tested Connecticut Open (men, women, teen, jr., submaster, master) Hardcore Promotions, 203-227-0338, Westport, CT 06880, 203-227-0338
17 SEP, APA Southeastern USA Masters

Bench Press Classic Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
17 SEP, Princess City Deadlift (outdoors - open, drug tested, women, teen, masters) Smoker's Iron Works, 30174 Wolf, Elkhart, IN 46516, 674-6683
17 SEP, MDSA Winona Valley BP/DL, (Winona, MN - women, men, teen & masters, submasters, submasters/teenagers & girls) Dubsco, Box 1031, Willmar, MN 56201
17 SEP, NASA Alabama Regional (Sheffield) Rich Peters, Box 735, Noble, OK 73068
17 SEP, ADFFPA San Jose vs Fresno (men and teen), Nevada Bench Press (men and teen), Manuel Villarreal, 895 N. Bayshore Rd., San Jose, CA 95112, 408-484-9879, ext 6363
17 SEP, APA Florida Bench Press, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
17 SEP, IFFPA World Championships (men, women, jr., teen, submaster, master - all wt. & age group) John Ford, 452 "A" St., Daly City, CA 94014, 415-992-1114
18 SEP, 1st Adrian Open Bench Press (men, women, teen, open & natural, master, submaster) Larry Havelka, 3700 Westgate Place, Tecumseh, MI 49286, 517-423-6031
18 SEP, Power Excel Harvest Bench Press Open, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1221
18 SEP, WNFPA Virginia State (PL/BP/DL) Leon Wright, 1200 Memorial Ave., Lynchburg, VA 24501, 804-847-4401
18 SEP, USPF National Deadlift Championships, Tommy Buzzo/BioMuscle, Rt. 4, Box 126, Vinton, VA 24179, 703-890-9713
24 SEP, ADFFPA Mid America PL & BP Extravaganza/Iowa State Championships/Region 7 (3 yr. drug free, lifetime drug free, jr., submaster, teen, women, novice, collegiate, special olympic) Lifetime Fitness, 4041 11th Pl., Des Moines, IA 50313, 515-280-8275
24 SEP, MDSA Tr-State Championships (Cherokee, IA) Darwin Jacobson, Box 1031, Willmar, MN 56201
24 Hall, 416 20th St. NW, Rindot, ND 58701, 701-839-4026
24 SEP, USPF Central California, Gene Onships, Ricardo Cross, Urb, EI

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For information contact: Mike Cissell
15 Lakeside Dr., Lake St. Louis, Mo. 63367
314-625-1225

Walker's Gym Bench Press Championships

Saturday, October 22, 1994
Fort Lee, VA (Petersburg Area), Clark's Athletic Center, 2424 6th Street & 'C' Avenue

Rules: pause at chest - No touch and go!
INFORMATION: Call (804) 458-7918 from 9:00 am to 9:00 pm, Monday through Friday
CLASSES: Master over 40 - 10 places by Schwartz Formula, Masters over 30 - 5 places Schwartz Formula, Women - 5 places Malone Formula, Men's Open 148, 165, 181, 198, 220, 242, 275, SHW - 5 places in each class
NOTE: All trophies will be sculptured trophies. This will be a 2 platform meet. One of the most efficiently run meets you've ever seen!

Mirador 37, 296600 Marbella, Spain,
FAX 34 52 774457
1,2 OCT, ADFFPA New York State (open, lifetime, novice, collegiate, teen, master, police & fire, special olympic, women) NY 12866, Box 111, Springh of Ft. Tony Malone 518 885-3404
1,2 OCT, NASA Colorado Regional (Denver) Rich Peters, Box 735, Noble, OK 73068
2 OCT, WNFPA Ohio State (Dayton) Troy Park, 2560a Peary Circle N., College Park, GA 30349, 404-761-4999
8 OCT, WPA CAN-AM Internationals, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
8 OCT, N. Louisiana BP/Open (teen, women, open, submaster, master - seniors) LAN Don Singleton, 215 Dobbins, Fort Smith, AR 71901, 501-623-6014
8 OCT, Bob Hadner Championships (men, women, master, teen, women, special olympic) Lee Croke YMCA, 920 St. Charles Ave., New Orleans, LA 70130
Bob Hadner 595-6497 or George Frontoz, 504-568-YMCA ext 203
8 OCT, APA Florida State/Baddest PL'er in the South, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
8,9 OCT, NASA Arizona Regional (Phoenix) Rich Peters, Box 735, Noble, OK 73068
8,9 OCT, Fall Festival of Power (men, women, jr., class II, bench, jr., bench, master, submaster, novice, police & fire, special olympic) E. Washington St., Rockingham, NC 28379, 919-895-8967
8,9 OCT, ADFFPA National Bench Press, Bob Gaylor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111
15 OCT, USPF Bud Lite North American PL/BP (Red Lion - Richard, WA) Gus Rothvich, Box 3292, Bend, OR 97708, 503-389-0600
15 OCT, NASA Big River Classic National Qualifier PL/BP (drug tested, natural, lifetime, pure, women, teen, submaster, novice, police & fire, special olympic) D. Mitchell Dr. & Trigg Dr., Box 1626, E. Co. Rd. 196, Blytheville, AR 72315, 501-763-9094
15 OCT, NASA, Kansas City Regional PL/BP (Kansas City, KS) Rich Peters, Box 735, Noble, OK 73068
15 OCT, MDSA Octoberfest BP/DL (Marshall, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
15,16 OCT, ADFFPA Central USA Open/Bench Press, Mike Cissell, DSS, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225
16 OCT, ADFFPA Atlantic States (open to all ADFFPA lifters - men, women, novice,

USPF Bud Lite North American Powerlifting and Bench Press Championships
15 Oct 1994

Red Lion Motor Inn - Richland, WA
Master, Women, Open, Novice, Teen
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- submaster, master) Bob Moore, 81 Dean St., Mansfield, MA 02048, 508-339-5796
- 16 OCT, Golden's Health Club BP/DL Dave Roof, 410 Main St., Coshocton, OH 43182, 614-623-0303
- 16 OCT, 4th Bi-Annual Olympic Power Fitness Bench Press, Terry Darringer, 2277-2527, St. Charles, IL 60174, 708-277-2527
- 16 OCT, Iron Island Open Deadlift, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014
- 16 OCT, USPF Rhode Island Drug Free PL/BP (open, master, submaster, women, teen) Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875
- 18-23 OCT, **IPF Masters Men & Women Championships, Milan Kushiner, Saket, Junecka 6, 832 80 Bratislava, Slovakia, FAX 0042-852-5181**
- 22 OCT, Walker's Gym Bench Press (open, women, men) Berry Watkins, 10897 804-458-7918 9.9 M.F.
- 22 OCT, 20th Mountain Open, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428
- 22 OCT, Yachin Bench Press, Steve Lyndin, Nautilus Fitness, Box 1266, Yorkville, NC 27055, 910-679-8660
- 22 OCT, APF Ohio State PL/BP (sr., jr., teen, master, women) Dave Ogan, 295 H. West, Ft. Worth, TX 76116, 817-544-5446
- 22 OCT, ADFFA Gold's of Manchester Bench Press Classic (open, women, teen, masters, grand masters) Bob Rogers, 9 Sh. Milford, NH 03055, 603-673-0529
- 22 OCT, Benchbire Nautilus Fall Open BP/PL (open, women, teen, novice, master) Benchbire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217
- 22 OCT, 6th Indian Summer PL (open, drug tested, women, teen, master) Smoker's Iron Works, 30174 Wolf, Elkhart, IN 46516, 674-6683
- 22 OCT, Fall Bench Press Classic, Dr. Duell Latch, 445 30th St., Charleston, IL 61919, 815-435-3013
- 22 OCT, NASAT (Regional/Dallas) Rich Peters, Box 735, Noble, OK 73068
- 22 OCT, WNPF Tennessee State (Clerk land, TN) Troy Ford, 25606 Picardy Circle, College Park, GA 30349, 404-761-4999
- 29 OCT, USPF/APF Hawaii State (Turtle Bay Hillon, Kahuku, HI) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600
- 29 OCT, Drug Free Cajun Classic, Steve Speyer, Box 841, Sunset, LA 70584, 318-662-3034
- 29 OCT, NASSA North Carolina Regional (Durham) Rich Peters, Box 735, Noble, NC 27068
- 29 OCT, **NASA United States Bench Press, John Shifflett, Box 303 Quinone, VA 22965, 804-985-3932 before 9pm**
- 29 OCT, USPF Monster Bench Press, Sherry Houston, 12128 Finestone Blvd., Norwalk, CA 90650, 213-863-1308
- 29-30 OCT, APF Cowtown Halloween Classic (novice, open, women, masters, teen, BP) Bill Holland, 7914 Hwy 80 West, Ft. Worth, TX 76116, 817-544-9696
- 29-30 OCT, 12th annual Central PA Drug Free (open, women, novice, teen - at 60 liters each day) Siegel Engineering, 3000 N. State St., Harrisburg, PA 17050, 610-765-3214 (24 hr)
- 29-30 OCT, **WDPFF World Bench Press, S.P. Kosol, 34-500 Zakopane, ul. B. Czecha 1, Poland**
- 30 OCT, USPF Pine Tree State Open/

WNPF Ohio State Powerlifting Championships Dayton, Ohio 2 October 1994

All Divisions: Teen, Junior, Lifetime, Natural, Novice, Senior, Master, Police-Fire-Military

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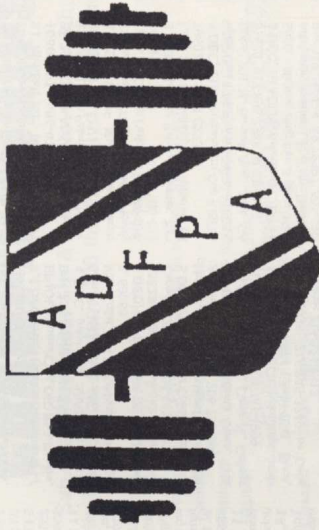
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501-783-9094

- Willmar, MN 56201
- 5,6 NOV, USPF drug tested Ultimate PL Extravaganza (teen, jr., submaster, master, men, women, police/fire, novice, special olympic) Hardcore Promotions Inc., 277 Fabrik St., Westport, CT 06880, 203-277-1848
- 5,6 NOV, NASA WV Regional PL/BP (open, women, teen, master) John Housh, Rt. 1, Box 3860, Fairmont, WV 26554, 304-363-4345
- 5,6 NOV, ADFFA National Masters, (men 40 & up, women 36 & up) Tom Trevorah, 411 Belmont Dr., Palakia, FL 32177, 904-328-4804 or Louis Baltz, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268
- 6 NOV, USPF West Coast Bench Press, Gold's Gym Sports Club, 3710 West San Jose, Fresno, CA 95711, John Masmanian 519-666-6493 or 224-4761
- 12 NOV, ADFFA All South (open men, women, teen, master) John Housh, 209 Myers St., Monroe, NC 28110, 704-289-4946
- 12 NOV, 4th Power & Fitness Bench Press (open, women, teen, master) Scott Chalmers, 1210 Towanda Ave., Bloomington, IL 61701, 309-828-5410
- 12 NOV, MDSA Bemidji State University Meet (men, women, men & women masters, submaster, boys & girls teen) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 12 NOV, 2nd ADFFA Southern Delaware Bench Press (open, lifetime, novice, teen, master, women) Jeff Plummer, #1 302-227-8919 or 404-272-1971, DE 19971
- 12 NOV, Ohio 41 Classic, Omni 41 Fitness, 221 South Rte 41, Schererville, IN 46375, 219-865-6969
- 12 NOV, 2nd annual 300+ lb. Bench Press Basho (open men) and/or USA vs. Mexico (women, open, teen, masters), Manuel Villarreal, 895 N. Baysshore Rd. W., San Jose, CA 95112, 800-484-9879, ext 6363
- 12 NOV, APA South Carolina Open/Novice Bench Press, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
- 12-13 NOV, NASSA Virginia Regional (Charlottesville), Rich Peters, Box 735, Noble, NC 27068
- 13 NOV, USPF Pine Tree State Submasters/Masters (1st 50) Russ Barlow, RFD2 Box 480, Greene, ME 04236, 207-946-7601
- 13 NOV, ADFFA Outlaw Bench Press Meet, John Ford, 452 A* St., Daly City, CA 94014, 415-992-1114
- 13 NOV, CPA Open Deadlift/Open Bench Press, Ray Carey, 4770 Foster C.P., 1810, Waterloo, Quebec, Canada J0E 2N0, 514-539-4999
- 13 NOV, Power Excel Fall Classic Bench Press Open, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211
- 16-20 NOV, **IPF Men's Worlds,**

- Teen (1st 50) Russ Barlow, RFD2, Box 480, Greene, ME 04236, 207-946-7601
- 30 OCT, 2nd ADFFA Halloween Deadlift (master, teen, men, women - costumes allowed?) Lloyd Weinstein, YMCA of Stamford, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000
- 30 OCT, CDFFA BC Provincial Championships, Rick St. Pierre, Eagle Fitness, 71 3159, 604-461-1233, BC, Canada
- 29-30 OCT, ADFFA Maryland State PL/BP (1st 60 residents only) East Coast Power Inc., Box 20042, Baltimore, MD 21284, 410-944-2866 6:30-7:30pm
- OCT, WNPF New York State, Troy Ford, 2560A Picardy Cir., N., College Park, GA 30349, 404-761-4999
- 3-6 NOV, WNPF International Cup (PL, BP, DL - Lancaster, PA), Troy Ford, 2560A Picardy Cir., N., College Park, GA 30349, 404-761-4999
- 3-6 NOV, WPC World Championships (Columbus, Madison Prep), 794 S. Main St., Dublin, OH 43017, 614-766-9400
- 5 NOV, ADFFA Hudson Natural Open (teen, master, open men, women) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560/386-6334 not after 9pm
- 5 NOV, NASA Tennessee Mountain Empire Bench Press (open to any drug free lifter) Herb Dunn, 483 Springfield Dr., Bristol, TN 37620, 615-878-3302
- 5 NOV, 10th Eastern American Bench Press (open, master, women, novice, teen) Sandy Ellis, 1309 S. Sagorbrush Rd., Sandy, GA 30131
- 5 NOV, 6th annual Buffalo Bench Press (all classes and masters age groups) Mark Becht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583
- 5 NOV, BCPA (IPF affiliate) Fall Classic & Women's BC Championships, Graham Greening, Vernon, BC, Canada, 604-558-3937
- 5 NOV, USPF Washington State Open (open men, women, teen, master, class II) Vince Moser, 1711 Hewitt Ave., Everett, WA 98201, 206-259-3797
- 5 NOV, NASSA Michigan Regional (Battle Creek), Rich Peters, Box 735, Noble, OK 73068
- 5 NOV, USPF Maryland State (sr. master, junior, jr., MD DC residents only) Ship Gombosi, P.G. Community Center, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612 SASE
- 5 NOV, Central Iowa Drug Free BP/DL & Law Enforcement/Fire, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275
- 5 NOV, MDSA Sultan of Squat/Jake & Jerry's BP, Darwin Jacobson, Box 1031,

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Johannesburg, South Africa, Alan Ferguson, Box 4963, Rivonia 2128, South Africa, Tel/FAX (27) 11 679-1796

19 NOV, CDFPA Alberta Mens/Womens, Edmonton Police HQ, 9620 - 103A Ave. Edmonton, Alberta, Canada T6R 2L2, Canada

19 NOV, CDFPA Alberta Mens/Womens, Gary Wickham, DFPA, 3521 193A PL/BP, McLeod, AFB, Mike Tisdler, 1434 N. Old Manor, Wichita, KS 67208, 316-652-9475

19 NOV, 8th Lake Norman Bench Press (open, masters, women, teen) Len Adams, 819 Plaza Lane, Mooresville, NC 28115, 704-663-0887

19 NOV, AFF Southeastern PL/BP (open, novice, masters, women) Troy Hicks, 314 W. Lokey Ave., Murfreesboro, TN 37130, 615-890-2633

19 NOV, YMCA Mipale City Classic Bench Press (open, women, teen, master) Hans

NY 14843, 607-324-5520

19 NOV, USPF Fall Open Bench Press Classic (open, master, teen) John Webster, Rolling Crest-Chillum Comm. Ctr., 6120 Sargent Rd., Hyattsville, MD 20782, 301-853-2005

19 NOV, ADFFA All States BP/DL (men & women divisions: open, lifeline, teen, collegiate, submaster, master, armed forces, special olympics, novice) Peter Gionodi, 21 Richhill Rd., White Plains, NY 10605, 914-948-2032, 914-686-0727

19 NOV, Australia Bench Breakers (UPO) 19843, 607-324-5520

19 NOV, USPF Fall Open Bench Press Classic (open, master, teen) John Webster, Rolling Crest-Chillum Comm. Ctr., 6120 Sargent Rd., Hyattsville, MD 20782, 301-853-2005

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All American Gym and Lakeland Parks & Recreation Present the **1994 A.D.F.P.A. NATIONAL MASTERS POWERLIFTING CHAMPIONSHIPS** Saturday, November 5th & Sunday, November 6th, 1994 Kelly Recreation Center • 400 Imperial Blvd. • Lakeland, Florida

Meet Directors: Tom & Ellen Trevorah 904-328-4804 Louis & Maggie Baltz 813-687-6268
Rules: All A.D.F.P.A. Rules will be in effect. Sanction #11-94-1
Format: 2 Platform Rounds system
Testing: A minimum of 10% will be tested by polygraph and/or urinalysis.
Eligible: Must be an A.D.F.P.A. Lifter with 1994 Reg. Card. Must be over the age of 40 if male and over the age of 36 if female. Must have totaled in an A.D.F.P.A. meet in the last 12 months. (Card app. at meet site)
Classes: Men, 114-123-132-148-165-181-198-220-242-275-319-319+ Women, 97-104-111-116-122-129-139-154-176-198-198+
Awards: Women 1st thru 3rd in each age/weight class: 40-44 through 90-94 Best Lifter Men - 114 thru 148 - 165 thru 181 - 198 thru 220 - 242 thru 319+ Best Lifter Women: 97 thru 122 - 129 thru 190+ Teams: 1st and 2nd place
Entry Deadline: Must be postmarked no later than Sunday, October 9, 1994. No late entry accepted.
Entry Fee: \$50.00 per lifter (includes T-Shirt) \$50.00 per Team. Team Roster and fee must be sent in by deadline. Final team list must be submitted prior to Saturday weigh-in. Entry non-refundable.
Airlines: United Airlines is the official airlines of the A.D.F.P.A. Res. 1-800-521-4041 and toll operator Account #543-DZ
Schedule: Friday, November 4, 1994 - General Meeting of lifters at 6:00 p.m. Equipment check at 7:00 p.m. to 8:30 p.m.
Session 1: Saturday, November 5 - Men 114 thru 148 and all women. 7:00 - 8:30 a.m. Equipment check & weigh in. 8:30 a.m. Briefing, 9:00 a.m. Lifting.
Session 2: Saturday, November 5th - Men 165 thru 181. 7:00 - 1:30 p.m. Equipment check & weigh in. 1:30 p.m. Briefing, 2:00 p.m. Lifting.
Session 3: Sunday, November 6 - Men 198 & 220 7:00 a.m. to 8:30 a.m. Equipment check & weigh in. 8:30 a.m. Briefing, 9:00 a.m. Lifting.
Session 4: Sunday, November 6th - Men 242 thru unlimited. 12:00 - 1:30 p.m. Equipment check & weigh in. 1:30 p.m. Briefing, 2:00 p.m. Lifting.

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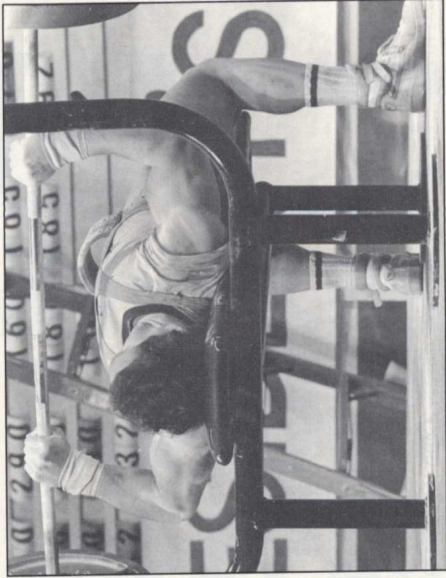
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4.5 MAR, ADFFPA Massachusetts High School Open (men, women) H. Waldron, Coyle & Cassidy High School, Adams & Hamilton St., Taunton, MA 02780, 508-823-6164 ext. 680

5 MAR, New Jersey High School Championships, Paul Sabco, 507 Pine Rd., Hammonton, NJ 08037, 609-347-9047

1 MAR, Minnesota State Meet, 1000 W. Mountain Branch (Willmar, MN) Duane Jacobson, Box 1031, Willmar, MN 56201

11.12 MAR, ADFFPA National High School Bench Press, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

18.19 MAR, APA Men's & Women's Drug Tested Submaster/Masters International (all lifters tested, 10 years clean) Spero Thonitkiddis, NCA, 16529 Joppa Ave., Fort Charlotte, FL 33948, 813-625-0080

23 MAR, ADFFPA-USA County Classic PL Joe's Gym, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

25.26 MAR, 6th USPF Carson City Classic (drug tested, special olympics, teen, master open - all divisions men & women, no formulas) Dave & Debbie Kuzinik, 475 W. 8th St., Carson City, NV 89073, 702-885-1886

8 APR, St. Jude Bench Press Classic (Vincent DeFrank Opera House - Memphis, TN) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600

15 APR, UALR Championships, UALR Athletic Dept, 2801 S. University, Little Rock, AR 72207, 501-649-3167 or 501-649-3168

15 APR, Duncanson Powerworks Open Drug Free Bench Stom or Deadlift, Mark

Mullinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586

29 APR, 12th Southern States Bench Press (open, master, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281

29.30 APR, NASA WV State P/B/P (WV State Closed/Out of State Open) Greg Van WY, 2655 Mt. 1 Box, 386D, Morgantown, WV 26505

20 MAY, 2nd Fitness 2000 Bench (men, women, master) Fitness 2000, 179 Van Zile Rd., Brick, NJ 08723, 908-840-5393

20.21 MAY, APA Men's/Women's Drug Tested High School Nationals (all lifters tested, 10 years clean - FR, SO, JR, SR, Coaches division) Spero Thonitkiddis, NCA, 16529 Joppa Ave., Fort Charlotte, FL 33948, 813-625-0080

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

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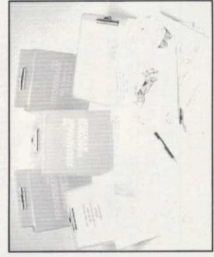
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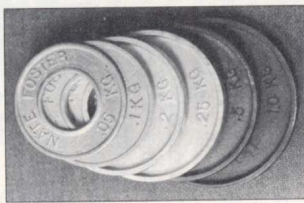
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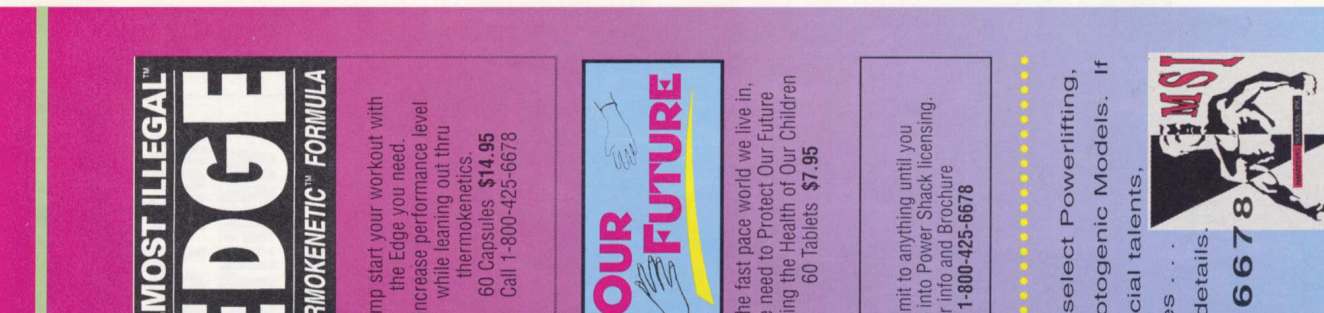
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