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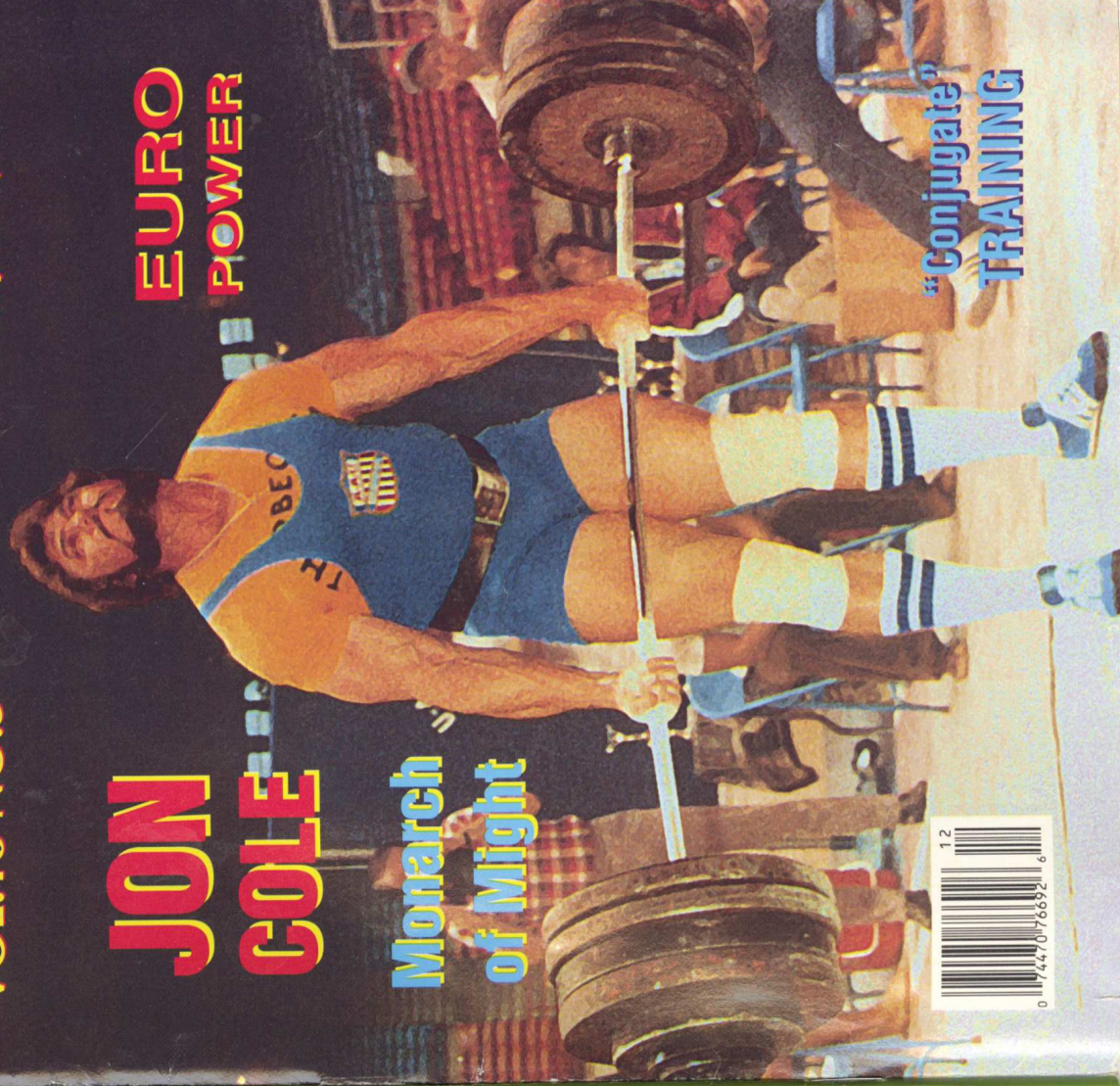
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JON COLE

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of Might

EURO POWER



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TRAINING

Powerlifting USA
Post Office Box 467
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ON THE COVER..... the Great JON COLE... (courtesy Jon Cole)

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JON FREDERICK COLE

The "Monard of Might" by Herb Glossbrenner



The Great Jon Cole squatting a personal and world best 902 on October 28th, 1972 at the Arizona State Championships. (Benzecze)

Often times we forget those whose incredible performances of yesterday are stored in the vaults of history. In the hierarchy of amateur strength athletes one man stands above all others: present the story of his eminence - JON FREDERICK COLE, who was indeed the Monard of Might. He was a true Titan of Trichotomy. The trichotomy of a man is labeled a combination of mind, body and spirit - functioning as a harmonious unit of the whole being. Jon possesses the mind of a scholar, the strength of Superman and the spirit of perseverance. Cole was neither the best ever in Olympic lifting or powerlifting but combining his talents, he remains even today as the best there ever was. This is indeed a bold achievement. I have bestowed the title as History's Greatest Strength Athlete by verified statistics. I made my determination by a combination total of best results in the two competitive strength sports. The powerlifts represent a true reflection of human strength. Weightlifting (the overhead lifts) demonstrate the epitome of explosive power and athleticism. A lifetime of statistical data made the compilation of this list much easier. The aggregate of the two sports exemplifies the best of both worlds. I have not included the clean and press in this comparison for several reasons: (1) It was eliminated from the Olympic lifting discipline because it deteriorated from a true test of strength over the years to become nothing more than a clean and jerk without foot movement. (2) All athletes after 1972 never practiced it. (3) I could not have rated them accurately. (4) It would not have changed the final outcome.

I wanted to include Paul Anderson and Vasily Alexeev (URS) on this list. Paul did far more as a professional. I have already written of his claimed best lifts for the septathlon. I never asked him his single limits in powerlifting as he is an amateur. I will not theorize. It would be

being weakened by rheumatic fever. Fred rose to rate among the world best in boxing despite the handicap of a bum leg from a gunshot wound in war. Without a manager he never got a title shot at legendary Sugar Ray Robinson. Jon recalls fond boyhood memories of his father's exceptional hand and forearm strength. Jon would sit in a straight wooden back chair. Fred would squat down and grasp a leg in one massive mitt. Bracing his leg with the free hand he'd levitate the chair and Jon, Jon Frederick fondly referred to dad as "Poppye" with his big shoulders and large muscular forearms which bulged with a network of thick veins. Jon's older sister Judy is now 56 and 57. He remembers her as a fabulous athlete. In state record of 1810. Marriage ended her brief athletic career. His mother is still a bundle of energy. Now 82, she is constantly on the go traveling around in her Winnebago. At 5'11" and 160, she is stout as an ox. Jon proudly admits that even Arnold would envy her calves.

In the 8th grade Jon endured bullying from an older boy. Being the target of relentless pursuit gave him stomach problems. They soon moved to a trailer park. It was a temporary solution which soon became permanent. Jon sent away for a mail order muscle course and barrel set. It was an instant love affair. For years thereafter he never missed a workout. At a sold 143 lbs., school bullies gave him a wide berth. His inherent strength soon surfaced. His high school achievements were many. He earned four letters with two years of football and two in athletics.

The discs became his favorite athletic event. Uncoiling with an instantaneous release of explosive energy he'd sail the gleaming metal disc up into the wild blue yonder. It gave him an exhilarating feeling. To him it represented the

epitome of athleticism - harmony of mind and proficiency of technique. He understood why historical art and sculpture portrayed the event as Olympic ideology. During his junior year at Glen Dale High School he spun the 3 lb. 9 oz. National Powerlifting Championships. A few months away he tested himself - 1825 (465-645-715). This alerted his career sister sport something to smile competition of an unknown newcomer one from Amapolis. He chose ASU at nearby Tempe. In 1962. His mother disliked living alone. He stayed with her until 1969.

An exceptional athlete, Jon was equally adept in academics. By 1966 he earned his BA degree in English and got his Masters in 1967. With an unquenchable thirst he grew in stature and wisdom. In college (1963-1966) he lettered four years and made astonishing progress. He led the 440 relay team and zipped the 100 in 9.9 seconds. He was PAC-10 champ and All American his junior/senior years. Graduating to the regular 4 lb. 6 oz. implement he threw a school record 1995'5" and heaved the 16 lb. shot 61'11.5".

Bestowed by Mother Nature with a plentiful supply of fast twitch muscle fibers, Jon was inspired to diversify his talents. He channeled his athletic explosiveness into the competitive strength sports. Jon is convinced that he may have more muscle fibers per square inch than the majority. Those fortunate enough to have seen Jon throw or lift would concur. Everything was synchronized with his perfect body alignment. He tried Olympic lifting first. It was beneficial to throwing farther. Simultaneous contraction of all muscle fibers concurrently is conducive to athletic performance.

Cole never trained the overhead lifts in the conventional manner. He relied primarily on the corresponding assisting movements - rapid high pulls and shugging and rowing movements where he used enormous poundages. Lacking a knowledgeable coach to teach him proper technique, he relied on basic smart instincts to perform the lifts to the best of his ability. He liked overhead pressing and steep incline benches. It augmented his throwing. Jon was flexible in certain areas. In the shoulders and ankles he was not. This convinced him to use the split style in weightlifting. He did a lot of flexibility work as an injury deterrent - including lots of heavy lunges with the bar on the chest.

Nearing the end of 1967 he was closing ground on the world's best. He spun the discs to a personal record 205'1". Wanting to increase his strength even more, on September 16th of that year he entered his first powerlifting meet. It was an impressive debut at 242 - 1750 (450, 620, 680) for Arizona records. The strength lifting was beneficial to his overhead lifting. In December he did 375 PR, 300 SN, 380 CJ for 1055 total.

Boyhood aspirations resurfaced during 1968, the Olympic year. Early in doors he chucked the shot 62'10" and

sights on George's record. On November 3 in Phoenix he obliterated it with 1975 (485-740-750). Actual weighed lifts were 491-752-761 for an unofficial 2004! His squat and total were U.S. records. He entered several weightlifting meets in 1968 also. In December at Dick Green's meet in Stafford he gave the iron Carnie sister sport something to smile about - 1035 (370-290-375).

Cole developed a camaraderie with George as they toured Europe together before being dismissed making the Olympic U.S. track squad. Jon had a premier year in throwing. He won the 1969 AAU Nationals in the discus. He challenged his 1900 lb. total record. As



Jon's Brute Strength and Explosive Ability brought him quick success on the Olympic Lifting platform. (photo by Louis Benzecze)

expected Minneapolis monster Hermessey dominated the bench press with 536, a record Kanter, the burly squat master, and Gary Young, the deadlift record holder, kept a wary eye on Cole - the new kid on the block. With a calm confident demeanor Jon benched 465 and kept winning striking distance. Kanter and Young made borderline squats with 700. Cole outdid them with 705 (actual weight 710), smelt record. The others overestimated their strength. Jon ripped up a 720 (724) deadlift and eclipsed Kanter with a lighter body weight of 1890. Young went for a three way tie and lighter bw, win, but 780 was way too much. Making his first appearance on the national scene, Cole won it all. Frem, relieved that his total record had survived, later in his column he did 375 PR, 300 SN, 380 CJ for 1055 total.

Boyhood aspirations resurfaced during 1968, the Olympic year. Early in doors he chucked the shot 62'10" and

restained a severe arm injury. It kept him from participating in Track & Field's Olympic trials. Big disappointments didn't thwart his budding tenacity. Bench didn't bother the arm so he trained diligently for the forthcoming Senior National Powerlifting Championships. A few months away he tested himself - 1825 (465-645-715). This alerted his career sister sport something to smile about - 1035 (370-290-375).

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trash compactor at 228, 10 lbs. lighter than Jon. He twice missed 550 when it was discovered that all bench press weights above 480 were overlabeled by 20 lbs. Miraculously, he succeeded with correct further attempts once the error was fixed. He was loaded - 550, then a U.S. record of 571! Cole actually 540 three - his final of 520 was notched at 540. The bench press master saw his 60 lb. lead evaporate in the squat. As Cole notched all three - the final being 760. Hermessey finished runner-up with 1885. Cole pulled up a monster 780 (779) deadlift for 2060. He out-lifted, at 242, all the Supers who would become famous - Cundy, Fletcher, Cassidy, White and Williams. In El Paso, Texas, in November, Jon really calculated doing 525-780-85 for 2000. MUSCULAR DEVELOPMENT magazine called him PERHAPS the best powerlifter in the world. At 242 now he was far better than any Super (Weaver held SFW Total at 2040). One week later on November 7 Jon registered 1090 in the overhead lifts (380-310-400).

On December 13 Frem lost the spotlight. He regained his long lost lead once more kicked it up into high gear. He set his sights on a meet in Tolleon on March 14, 1971. His newly grown patch of facial foliage made him an even more imposing sight. One was-a-sticken youngster shouted, "C'mon, Hercules! every time Jon came out. He made a 525 bench press easily but misgripped 820. He squatted 800 and missed 820. The spotters guided him back into the rack. One fellow who was trying to be helpful wasn't. He picked up one end and twisted Jon's back. It didn't seem to affect his deadlift as Jon became the third member in the 800 club (Frem - 812.5, 244 and Cundy 801.5 at 275).

He ripped up the biggest lift in history - 815 (813 weighed). Jon, who at this time was Assistant Track Coach at ASU, was now called by MUSCULAR DEVELOPMENT magazine as the BEST powerlifter in the world. The word PERHAPS was now deleted.

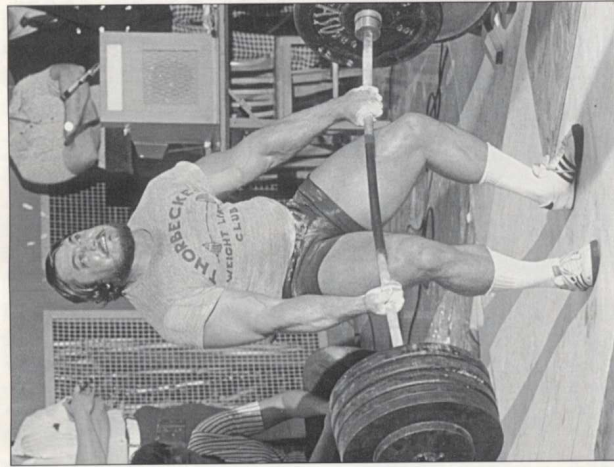
In Dallas, pressured by the 1971 Seniors and friends he entered at SFHW. He had squatted 865 shortly before the meet and came in at 266. His instincts were correct. The warm up room was poorly lit and a huge bar thicker than normal circumference was to be used for the SFHW squats. What's this? Jon inquired. "That's the bar Paul Anderson used!" came the reply. "Humph," Jon growled. "I ain't Paul Anderson!" Jon was badly out of "sync." It was his worst ever competition, and the only one I know that he failed to total. He barely made 525 and misgripped other tries. He was trying higher heels on his lifting boots which hindered his squat. He missed

Minnesota monster Hermessey dominated the bench press with 536, a record Kanter, the burly squat master, and Gary Young, the deadlift record holder, kept a wary eye on Cole - the new kid on the block. With a calm confident demeanor Jon benched 465 and kept winning striking distance. Kanter and Young made borderline squats with 700. Cole outdid them with 705 (actual weight 710), smelt record. The others overestimated their strength. Jon ripped up a 720 (724) deadlift and eclipsed Kanter with a lighter body weight of 1890. Young went for a three way tie and lighter bw, win, but 780 was way too much. Making his first appearance on the national scene, Cole won it all. Frem, relieved that his total record had survived, later in his column he did 375 PR, 300 SN, 380 CJ for 1055 total.

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HISTORY'S ALL-TIME GREATEST STRENGTH ATHLETES - TOP 25 (AMATEUR)

ATHLETE	YOB	NAT	HT	BWT	TOT	O/L	P/L	SN	CJ	SQ	BP	DL	Cat
1. Cole, Jon	43	USA	5-11	268	3163	770	2393	340	430	901	610	882	PL
2. Krastev, Antonio	61	BUL	5-11	380	3141	1058	2094	485	573	860	463	760	WL
3. Kazmaier, Bill	64	USA	6-2	320	3135	661	2474	286	374	926	661	887	PL
4. Redding, Serge	41	BEL	5-9	292	3103	920	2182	402	518	882	529	771	WL
5. Henry, Marcus	71	USA	6-3	371	3088	860	2228	386	474	953	529	745	WL
6. Reinhardt, Don	45	USA	6-3	345	3059	840	2429	260	370	937	606	886	PL
7. Haara, Taito	42	FIN	5-9	3058	865	2193	386	479	893	501	799	91	PL
8. Patena, Ken	43	USA	6-1	330	3057	892	2155	387	505	820	560	785	WL
9. Wilhelm, Bruce	43	USA	6-3	325	3043	904	2138	386	518	926	485	727	WL
10. Alexeev, Sergei	64	RUS	5-10	323	3042	975	2056	441	534	799	485	771	WL
11. Popov, Evgeni	55	BLJ	6-4	333	3031	975	2056	441	534	799	485	771	WL
12. Wrenn, Paul	47	USA	6-0	340	3027	656	2371	286	369	975	540	855	PL
13. Naelidze, Viktor	47	UKR	5-11	270	3009	804	2100	391	412	793	507	799	PL
14. Musirikov, Andrei	51	RUS	6-0	250	3004	904	2243	325	430	860	507	810	PL
15. Nagse, Thomas	58	CAN	6-3	280	2998	785	2107	386	479	800	507	800	WL
16. Hannan, Jerome	46	GBR	6-4	300	2965	782	2182	341	441	788	551	843	PL
17. Kerr, Andrew	44	USA	5-6	249	2948	645	2303	275	369	905	523	865	PL
18. Hatfield, Fred	42	USA	6-3	325	2937	645	2293	264	380	905	523	865	PL
19. Rehwisch, Gus	45	TCH	6-0	308	2907	920	1986	368	534	772	509	705	WL
20. Nagy, Jan	45	FIN	5-10	255	2904	799	2105	363	435	793	567	744	PL
21. Saarainen, Hannu	44	EST	6-1	286	2877	882	1995	375	507	738	485	771	WL
22. Kurg, Tsvolo	46	TCH	6-0	287	2877	788	2089	347	441	738	534	816	PL
23. Snelgr, Milos	60	ISL	6-3	310	2871	733	2138	320	413	804	518	816	PL
24. Sjornansson, Jon P	60	ISL	6-3	310	2871	733	2138	320	413	804	518	816	PL
25. Gubner, Gary	42	USA	6-2	297	2806	786	2020	345	441	775	510	735	WL



885 Deadlift as a Superheavyweight... way back in 1972 (Benzce)

three squats; the final 820 was low, but he couldn't fight through the sticking point. It was a great let down for both himself and his fans.

Retaliation followed quickly. Three weeks later, October 3 to be exact, he appeared in Phoenix. His bodyweight was 266 once again. The result this time was much different. He wore minitrunk, T-shirt, and legal wraps and popped some big numbers before national cardholders 565-820-835-2220. After this staggering display of strength, he reduced back down to a more comfortable 240 and focused his attention on his teaching and coaching responsibilities.

He decided to skip the first World Powerlifting Championship that transpired November 6, 1971, at Harrisburg, Pennsylvania. In Cole's absence Cassidy won a hard fought bodyweight victory (2160) over the Big Back Bear, Jim William. During the year Jon increased his overhead lift total: 400-315-400 = 1115 at 242.

Olympic lifting came in 1972. The lure of Munich re-awakened that old yearning, long withheld his options—Track & Field or Weightlifting, two separate opportunities for an Olympic team slot. With limited training he qualified for the trials in the discus with 206'1". Bad luck before her ugly head once again. Days after the qualifying event he ripped an inner thigh muscle. Again denied his moment in the sun held one ace - to be played at the appropriate time.

That year on March 14, Jon qualified for the Weightlifting Olympic trials. The marathon one day dragged on for nine hours. He weighed 257 before and 241 at the conclusion. Cole hosted a total sum on the trishon of 1200 (430 press, 340 snatch, and 430 clean and jerk). He didn't expect to beat U.S. Super Kingpin Patern, but history shows the U.S. nearly always took two Superheavies.

He was in good shape at the U.S. Nationals. Others used the knee kick, heavy to style to get maximum "press" and executed a perfect "military" press with 408. He also muscled up 435 in impeccable style but moved a foot which nullified the lift. The audience knew they'd witnessed a real feat of strength and gave him a standing ovation. On to the snatch - Jon elevated 314 like a breeze and went for 341. He swooped under it and stumbled when the platform brace did not hold. He tweaked that shifted beneath him. He tweaked that old thigh muscle injury. Rather than jeopardize future exploits he wisely decided to forgo further attempts and dropped out. He sat dejectedly on a chair behind the stage. His handlers hovered around him offering encouragement. Lined up this circle of 3rd and 4th: "You need only 286 for 300 and could probably do enough for runner up." Jon felt the others deserved their moment. He refused to steal their thunder. A real class act in my book. This memorable deed of unselfishness is an indelible memory to this very day.

The last time Jon threw in competition. He returned to prepare properly for the 1978 Nationals. Once again, fate intervened (if you believe in such things). Right before the competition, sprinting with the ASU football team, he stepped in a gopher hole, spraining his ankle and

mattered, that Kuc was unbeatable that day. I disagree. I was there and saw the battle of the giants. I had the best seat in the house. In fact I was side referee in the bench press.

I believe that Jon would have not only won, but would have done so by over 50 lbs. Here is the basis for my hypothesis. In preparing this article I did a biochrym profile on all of Jon's competition. Not one in his career did he bottom of physical and emotional cycles on October 28, the day of his 2370. The Worlds came two weeks later, and Jon would have been at the very peak of both cycles. After carefully scrutinizing the videotape of his big Phoenix meet I can testify as to the clean manner in which his lifts were executed. One of the spectators that day was Bruce Wilhelm, who is a stickler for lifts being done in accordance with the rules. Bruce told me unequivocally, "Jon would have annihilated them. Absolutely no question about it." I believe that Jon would have done 940, 600 minimum and with a "mere" 825 deadlift opener could have put the contest out of the reach of Kuc's mighty mits. He'd have pulled the 875 Kuc missed and maybe gone 900. We're looking realistically at 2440!

Exaggeration? Not the slightest. I referred to the 1972 Worlds in the SHW category. I was just as impressed as anyone. I take nothing away from the magnificent lifting that the Kingston-Scranton giants etched in the history books that day. Kuc bequeathed us a star-studded career to marvel at. Williams will be remembered as a bench press behemoth who blasted his pecs into immortality. Just have firm convictions that Cole would have reigned as king that day. All the hypothesizing in the world cannot change it up best when Thomas Mann summed it up best when he once said, "OPINIONS CANNOT SURVIVE IF ONE HAS NO CHANCE TO FIGHT FOR THEM."

Now that we have covered the illustrious career of a strongman with diversified talents, it is time to examine more of a man are a hundredfold.

THE WOMEN IN HIS LIFE

"A wife is a gift bestowed upon man to reconcile him to the loss of paradise" - Johann Wolfgang Von Goethe.

Jon had just returned from Europe in 1969. It was at DeWitt's Townhouse, a high class Phoenix night club, that a good friend Jack Griffin introduced him to the lead singer. She was the wondrous Linda Carter who went on to be best known in the TV series "Wonder Woman." She in turn introduced him to her sister Pamela. The chemistry was just right. After a whirlwind courtship they were married in 1970. Their marriage lasted for 12 years and were divorced in 1982. She bore him two children. His son Shawn Kuc, now 25, went feline. At 5'9" and 200 lbs., he bench pressed 360 when still in high

school, but did not become a powerlifter. To fill his father's shoes would have been an overwhelming task. His daughter Kristen Lynn, now 21, is small and petite like Pamela. She is 5'1" and 100 lbs. She did not pursue athletics, but Jon is quick to point out that she inherited the family genes and could have excelled.

Later on Jon met the second woman in his life. The vent they separate ways a few years ago. Jon Cole today misses the woman in his life. The loneliness and yearning surfaces occasionally as he recalls the good time and the bad.

During 1972 and 1977 Jon trained intermittently while he pursued his goals. He became a millionaire with his patented courses. Jon Cole Systems was only part of the largest ventures. He built the largest muscular rehab center in the world. It began with a 4600 square foot health studio in Phoenix and expanded until it covered 22,000 square feet. At one point Jon had 22 professional employees working for him. At this time he remained a strength consultant for ASU and also coached the time to the Phoenix Roadrunners, the Scottsdale Community College, and established a viable strength program for the Phoenix Suns Pro Basketball team. Under Coach Cole's guidance athletes made significant gains in endurance and strength. So seasons took an about face and training became commonplace. The rigors of such a vigorous schedule saw his 280 lb. frame drop significantly. Working 16 hours a day was only the beginning. He was soon back up to 235-240 where it has remained even to this day.

His empire flourished. His successful clientele were so numerous he kept them all in his ledger, some 19 pages list later. About this time Arthur Jones spearheaded his miracle training machines - Nautilus. I underestimated the public's acceptance to new inventions. A Nautilus club opened right across from Jon when Jon was flinging the discus that lifetime memberships. Cole's clientele swarmed over there like sewer rats to a garbage dump. Jon tried to convince them that resistance contraptions could not produce the same strength results and conditioning as the "free weights." His logic fell on deaf ears. The lure of plush carpets, and chromed everything was too enticing. His business dwindled and almost ceased. No longer able to pay the salaries of his numerous employees, bankruptcy loomed in the horizon.

Entering the picture then was renowned sports announcer Joe Garagiola. With his financial resources and smooth tongue, he offered his assistance to bail

Jon out of his predicament. To abrogate a long story, Garagiola's interest eventually was to take the big man out of the picture. A betrayal of confidence did not set well with Jon. Vindication can be sweet revenge, but Jon, being of high character, chalked it up as another stumbling block in his life. He recalled the old quotation: "If another person injures you, you may forget it. But if you injure him, you will always remember." To compound his problems the ill winds of change and politics released him from ASU coaching obligations.

JON DOESN'T PULL PUNCHES, AND HE DON'T DO UNDOINGS

While Jon was still in graduate school he worked as a bouncer at a place called Volkswagon. A crowd had gathered at a mall parking lot. They showed up with plans of a comeback that year at the Senior Nationals in Santa Monica. Jon's newly discovered ideology left him with the misconception that his strength was a God given gift and all he had to do was show up and compete. Six weeks out his ecclesiastic patronage asked Jon how his training was going. Jon awakened to reality and realized that the faith of a mustard seed can move a mountain, but if you don't prepare for it the mountain might feel awfully heavy. A six week "vigilant regime" reactivated dormant strength. It was 200 and managed 705-463 before he injured himself and withdrew. Don Young, the eventual winner, brought 2017.

Undaunted, he continued periodically. Not too long thereafter his old strong self returned. He posted 785-505-775-2060 at a meet in Arlington, Texas.

Jon decided to prepare properly for the 1978 Nationals. Once again, fate intervened (if you believe in such things). Right before the competition, sprinting with the ASU football team, he stepped in a gopher hole, spraining his ankle and

squared off his jaw, and one was able to distinguish the point where his 21.5" neck with those famous network of bulging thick, veins ended and his face began. For those of you who ogle large body proportions, Jon possessed some impressive measurements at 280 lbs. The reliability of his underpinning (ligaments) calves 20" look-neck-busting (ligaments) upper body development - forearms 16, chest 55, waist 34, and upper arms measured a sliver busting 23.5"

His shoulder breadth and massive deltoid development made him one of the top physical specimens in Iron Game annals. His well-dressed appearance and platform demeanor always exemplified powerlifting by presenting a good image to the public.

Jon decided to end his hiatus and enter the arena of competition again in 1977. Between 1972 and 1978 as his business flourished then dried up he and Pamela became involved in the Pentecostal Church. His first significant spiritual encounter came at a Billy Graham (the evangelist, not the wrestler) crusade. At the part where they pray, "Just say 'Amen' and invite you to come on down, Jon experienced an overwhelming feeling. He describes it as having warm syrup poured over him. As the Spirit of the Lord descended upon him - Jon describes that it felt as though a great weight was lifted from his chest. His deeds were cast away and it changed his life.

The church welcomed Jon and dubbed him a model emphy Samson. They encouraged Jon's plans of a comeback that year at the Senior Nationals in Santa Monica. Jon's newly discovered ideology left him with the misconception that his strength was a God given gift and all he had to do was show up and compete. Six weeks out his ecclesiastic patronage asked Jon how his training was going. Jon awakened to reality and realized that the faith of a mustard seed can move a mountain, but if you don't prepare for it the mountain might feel awfully heavy. A six week "vigilant regime" reactivated dormant strength. It was 200 and managed 705-463 before he injured himself and withdrew. Don Young, the eventual winner, brought 2017.

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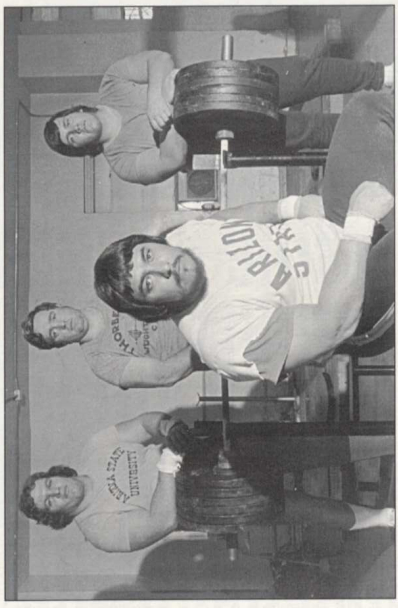
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Jon produced many top caliber athletes as strength coach at Arizona State. (Benzce)

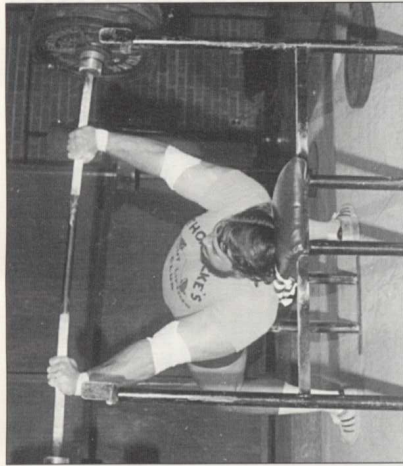
Jon admitted he never lost a fight. His strategy was the element of surprise. He would strike silent and fast like a Cobra before a potentially serious problem would escalate. It would be merciful and would leave a hapless agitator to sleep it off in his land and to awaken the next morning wondering why he felt like he'd been run over by a Mack truck.

Jon can vividly recall a host of enlightening moments in his illustrious career. It seems strangely coincidental that when Jon was flinging the discus that rash of numerous, unexplained UFO sightings were being reported in the Arizona sky.

Jon was most adept at throwing things. One story goes that once trying to lit the stubborn barbells he tried a heavy lift in the clean. He missed numerous times. Finally, frustrated and enraged, he tossed the heavy apparatus with a tremendous output of power into an adjacent wall. Jon had a special gift for throwing a baseball. He once threw a football 1300 feet, and you can imagine how far that is. Once he and javelin thrower Mark Murro went to the

stately character. Jon liked it to be

stately character. Jon liked it to be



Before Bench Shirts. But during the time when elbow wraps were allowed, Jon attacked the 600 lb. barrier. (photo by Bruce Wilhelm)

back and tore his thigh. Jon showed up at the meet limping, but started the competition impressively. He squatted with his trademark explosiveness—804! He smoked the 518 bench press but lost control with 534. Crunch came in the deadlift. His injured quadricep wouldn't permit his leg to function. Twice he ripped up 733, and in desperation 744. Each time his leg stiffened and he jerked spasmodically unable to straighten on a lifting platform.

Can there be a greater fulfillment in life than to realize all goals and ambitions? Jon thinks so. There are many facets to the intricacy of his personality. Coach Cole is philosophical, considerate, astute, analytical, focused, trusting, polite, charismatic, influential, tenacious, and most of all, indelible. I spent nearly eight hours on the phone interviewing Jon. I feel as if I understand his complexities, quests, yearnings, and all the struggles with the barbells and himself. He has a mystique that evokes admiration and inspires to bring out the best in us all. Jon's greatest achievement was not his conquests in the strength kingdom but those whom—through his teachings and knowledge in athletic achievement—have helped others to be the best that they can be.

HG: Jon, thank you for the privilege of this interview and tell the complete legacy of the renowned Jon Cole. You have been reluctant to grant a lengthy interview in the past.

JC: It had to be the right time and the right person. I appreciated the time and energy you have put into telling my story. I thank you for the recognition you are giving the forgotten Iron Men of this world.

HG: Look at yourself as merely the vault-keeper to the archives of strength. To accumulate material without dissemination would be a human tragedy. Without pioneers who inspired us modern day powerlifting would not exist. We owe our heritage to trailblazers like you.

JC: You flatter me. Thank you.

HG: No, Jon, thank you. How did you persevere in your lifetime ambitions despite so many obstacles preventing the realization of your ultimate dreams? Was it fate or destiny?

JC: Fate? There is no fate. Between the thought and success, God is the only agent. (Quoting Edward G. Bulwer-Lytton).

HG: What of destiny?

JC: Destiny is no matter of chance. It is a matter of choice. It is a thing to be waited for. It is a thing to be achieved.

HG: Who inspired that pearl of wisdom? **JC:** William Jennings Bryan, one of my favorite philosophers.

HG: What is the most rewarding part of your career—lifting or coaching?

JC: To compete and achieve is satisfying. Helping others succeed is more so. It is like a projection of yourself through them. They succeed, and it gives your own self-esteem a kick in

shoulders prevented me using the squat style. I wish I had a good coach and learned good technique. I didn't do them in training but did assistance exercises, pulling, pressing, and lunges. Like... high pulls or upright rows for that upward explosiveness 405 for 2x4. I pressed 505x2 from the stands and more on a steep incline bench.

HG: I will never forget your perfect almost military press with 435 at the 1972 Seniors, while others gave it the heave-ho.

JC: I liked the press and never learned the proper Olympic-style technique. It wouldn't have mattered unless I could have improved my cleaning ability.

HG: How did you feel about being called by some "The World's Strongest Man?"

JC: I always considered myself an athlete first and a strongman second. There are too many variables to measure strength. I'm sure there must be somebody out there maybe in the hills of Kentucky who on a daily basis lifts a 440 lb. Ford engine in and out of a car without a hoist and thinks nothing about it. There are probably big lumberjacks who could lift heavier logs than Don or Bill. To give a title to one man for excelling in this specialty is not a true picture.

HG: Now it's time to ask the biggest question. I always save the best for last.

JC: I'm ready.

HG: What inspired you to the ultimate challenge to Paul Anderson?

JC: At the apex of my career when I had just set the world record total in powerlifting. I wanted to set myself apart from others and gain more notoriety for my business. I once saw Paul lift a whole bunch of people sitting on a big table so I thought I could break his backlift record of 6,270 I'd heard about.

HG: Did you pursue it?

JC: I found out that sort of stunt was out of my league or anyone else was for as far goes; it was a farce.

HG: So?

JC: So I decided the best possible challenge would be a test of the combined total of the Olympic and powerlifts. So the challenge was issued.

HG: It never took place. What happened?

JC: Yes, Paul was way ahead of everyone else. I thought a great deal of him. I thought it would be my greatest challenge. California confident arrogance. I thought I had a fighting chance. No one had dared challenge him before so I thought I would. My promoters were the Culler brothers—Bill, Jerry, and Mike.

HG: I recall that Terry Todd was Paul's advocate.

JC: Yes, both sides mismanaged it was backbiting from both camps. I was unaware of Paul's rigorous schedule and speaking engagements. It was

(article continued on page 100)

CHAOS!!

"Somebody help... PLEASE!!!"

That's the cry going out from bodybuilders around the world who are trying to make some sense of the sports supplements market today. Perhaps you're one of the confused.

If so, then you know what we're talking about. You go to your local gym or health food store only to find shelf after shelf of products all claiming to be the latest and greatest miracle for muscle building. Hundreds of fancy bottles and packages scream out at you but you really don't know what to buy. You try to get some straight answers from the sales clerk only to find out that he or she is as confused as you are. Frustration!

Magazine Ads Aren't Much Better!

So you decide to study the ads in the muscle magazines and you end up even more confused. Each substance you read about sounds like just the thing you need. Things like OKG, Vanadyl Sulfate, Creatine, Whey protein, Ginseng, Sterols, Carnitine, Annuo Acids, Aspartame, and on and on. Which ones are right for you? Do you take this or that? You'd even like to try them all but you just can't afford them. WOW!! Why is buying supplements so darn confusing?

You're working out hard. You want your progress to continue. And you just know supplements will help. But which ones? If you're like most people, you end up trying some of this and some of that—spending lots of money and hoping...just maybe...sooner or later you'll hit on the winning combination. It must be out there, Right? But all that ends up happening is the more you look, the more frustrated you get.

Why Doesn't Someone Combine Everything Into One Complete Product?

But just imagine what would happen if a "Super Supplement" came along. One so strong that it combined ALL of the latest and greatest nutritional supplements into one high potency, instant and delicious powder. Just one single product with every-

thing in it. Would that not be terrific? Wouldn't it be the answer to your prayers? You bet it would! Well the good news is that that product is already here. It's called HOT STUFF DOUBLE X and it's the greatest kick-ass product ever to hit the market. And once you try it, this jam-packed, turbo-charged powder is going to shock you into the next millennium.

So now you can forget about trying a bottle of this and a bottle of that. Save your money. Get everything in one absolutely sensational product. You name it and it's in HOT STUFF DOUBLE X. OKG, Creatine, Vanadyl Sulfate, Whey, Yohimbe, Colostrum, Ginseng, Sterols, Carnitine, Annuo Acids, Aspartame, and on and on. A matter of fact, there are over 50 nutritional factors in this fantastic formula. It's anabolic, anti-catabolic and lipotropic all in one.

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- 8-14% increase in strength levels
- over two hours of sustained workout energy
- longer lasting muscle pump
- reduction of muscle soreness
- increase in recuperation time

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So what do you think? Does this all sound too good to be true? Do you still have some doubts? Then the only way we can convince you is for you to

try a can of HOT STUFF DOUBLE X for yourself. Remember, each glassful is the equivalent of taking 40 to 50 pills. And at \$29.95 for 1.43 pounds, there's not a better value on the market. You can pick it up at gyms and health stores everywhere or give us a call at 1-800-537-7671. To pay by check or money order, send your order to National Health Products, 731 Kirkman Road, Orlando, FL 32811. Be sure to enclose \$5 for postage and handling.

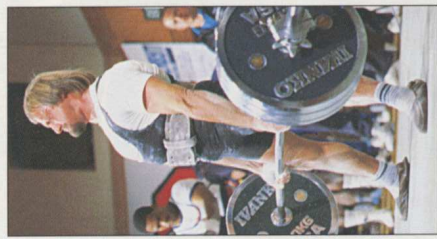
(New Hot Stuff Double X is available in Canada exclusively through Nutrition Health & Fitness, P.O. Box 343, Port Coquitlam, B.C. Canada 800-663-0889.)

To see what Hot Stuff Double X looks like, turn to page 33.

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IN TRIBUTE

Eddie Pengelly died on October 2nd, from an inoperable brain tumor. From our obituary notice in POWER HOTLINE: "Eddie was one of the most original and independent personalities in Powerlifting, aside from being one of its greatest champions on the platform. Eddie was a three time world champion, who once broke 6 world records in one meet, and he was one of the most accomplished powerlifters ever to represent Great Britain. Famous for his long, blonde hair, when it was in fashion and for many years afterward, and his clever wit, Eddie lived his tragically short life his way - all the way. He was 42 years of age when he died." John Buckley heard that hundreds packed the chapel at Eddie's funeral, including lifters not seen for many years, like Tony Stevens, Dave Carter, Bill West, etc. Eddie's long-time friend Paul Jordan flew out from Australia to be a part of the service.



In Tribute to the Success of Powerlifting at the 1994 Goodwill Games, the following should be recognized... Principal Organizers: Dr. Ed Enos, Association of International Cultural Exchange Programs (AICEP); Mrs. Stella Herick, International Powerlifting Federation (IPE); David Jeffrey, United States Powerlifting Federation (USPF); Mr. George Panzak, Association for International Cultural Exchange Programs (AICEP); American Powerlifters: Waez, M.; Joanis, L.; Lavella, T.; D.; Oglesbee, M.; VanHee, M.; Anguish, D.; R.; Rogers, C.; Frosland, D.; Cavalier, B.; Green, W.; Piazza, T.; Waters, D.; Fraumausili, S.; Migliacchio, S.; Bivans, K.; Holland, S.; Godard, R.; Corey, S.; Capello, J.; Grant, K.; Atkins, J.; Pate, T.; Chism, J.; Young, C.; DiDonna, P.; Sassenbury, S.; Esposito, An.; Ulret, C.; Mathias, A.; Cloutre, P.; Steed, B.; Bergener, K.; Lester, E.; Ford, K.; Hendrick, W.; Frisbee, T.; Glassburn, A.; Esposito, E.; Cardo, L.; Ingwerson, M.; Satterfield, T.; Freeman, E.; Rusiewicz, R.; Gonzalez, R.; Kelley, B.; Lamarque, M.; Litzenberg, J.; Lobue, N.; Trudeau, R.; Sponaugle, B.; Hazel, F.; Annalato, A.; Cuntreia, P.; Russian Powerlifters: Skakov, B.; Popkov, M.; Skakov, B.; Granovich, R.; Vasyukov, N.; Aphontin, V.; Rozhnovskiy, K.; Bely, R.; Chekunov, I.; Kerstens, V.; Smirnov, A.; Kvasikov, I.; Kulikov, M.; Ogorelyshev, D.; Ignatovich, A.; Petrov, I.; Korebicev, V.; Skarb, I.; Ochrimovich, S.; Kurzin, L.; Chaika, A.; Zuev, M.; Bozhinov, S.; Vasechin, I.; Saphronov, A.; Zaretskiy, F.; Puzhoplanov, C.; Gorelkin, B.; Bosinzon, M.; Raychikhov, D.; Agueev, S.; Rodionov, I.; Kournetcov, A.; Pogodin, M.; Osipov, A.; Zacharov, J.; Christov, A.; Barkov, A.; Klimentyev, S.; Borisov, E.; Solomonov, A.; Kalitachyova, S.; Vodopyan, B.; Kobin, M.; Karavaev, A.; Smolov, R.; Oreshin, V.; Kuoznetsova, N.; Pantelievev, V.; Vedenev, A.; Lavrentiev, S.; Tecomanya, R.; Goranin, K.; Tzarev, O.; Trechtev, A.; Ditin, V.; Poldegaev, M.; Nadeev, S.; Hakimov, I.; Kiliko, N.; Ivanov, S.; Chromenkov, S.; Nemikov, F.; Shchedin, V.

George Panzak with Russian Friend

USA All Time TOP 100 Deadlifters-132 compiled by HERB GLOSSBRENNER

683	11NOV88	GANT, L.D.
684	09NOV88	TERRY, J.
685	09NOV88	VEDRO, F.
686	07APR89	BRADLEY, J.
687	07APR89	WILLIAMS, V.
688	06JUL85	LAWSON, C.
689	06JUL85	WILLIAMS, V.
690	06JUL85	HANDSOM, C.
691	12FEB87	TAYLOR, T.
692	17MAR79	GRAY, W.
693	19MAR83	TOINS, F.
694	13APR85	MILAN, E.
695	30APR88	CROSS, M.
696	22AUG70	PATTAWAY, D.
697	28MAR92	BENSMERITO, J.
698	28JUN86	STENHAUSER, R.
699	19NOV92	SUTILES, T.
700	20AUG27	ARTHER, J.
701	11NOV72	LORD, A.
702	17FEB88	WILLIAMS, V.
703	19NOV85	HUMMER, K.
704	16JUL87	MCFARLAND, S.
705	16JUL87	WESBY, J.
706	08JUN87	BOJAZI, J.
707	03MAR90	BUTLER, C.
708	02DEC90	BLAKE, H.
709	05FEB82	ASHOTTO, J.
710	05MAR86	FINCH, J.
711	06JUN85	JOHNSON, W.
712	07MAR87	BALSAM, N.
713	17APR89	PAYNE, W.
714	17APR89	DILLARD, R.
715	22MAR80	HAMPTON, J.
716	01MAY91	MORISHIGE, M.
717	15FEB86	SIMMONS, M.
718	JUN91	INGRAM, M.
719	01JUN85	MAYS, L.
720	26MAR94	MAYS, L.
721	01AUG81	CONEY, H.
722	08APR89	KUPPERSTEIN, E.
723	28JUN86	PATERNITI, N.
724	13FEB88	ALFERBACH, A.
725	04APR88	CABRICO, R.
726	73	HONWORTH, S.
727	73	BENOT, B.
728	73	LEBRON, A.
729	15DEC79	BETTIN, R.
730	20MAR81	JONES, V.
731	05JUN82	TRUJILLO, K.
732	05JUN82	TRUJILLO, K.
733	01JUN84	JONASSAINT, R.
734	17APR87	HUIE, V.
735	20MAY77	HERNANDEZ, E.
736	24SEP78	WONVETE, M.
737	80	MATTHEWS, T.
738	80	ARRIENS
739	08DEC91	VILLMAAR, R.
740	11DEC93	NGUYEN, H.
741	27JUN93	NIGHT, S.
742	13APR85	MCCLAREN, R.
743	28JUL85	WENSTEIN, L.
744	31MAY86	PICKLE, D.
745	05MAR92	PATTAWAY, D.
746	25APR92	HOLMES, K.
747	16JUL89	WILLIAMS, S.
748	16JUL94	PALLAS, A.
749	14SEP88	BLAIR
750	16JUL89	BECK, W.
751	09AUG80	HOFFMAN, H.
752	13JAN85	SHROCK, G.
753	10DEC92	SHAW, R.
754	09FEB83	NAPARAN, B.
755	25MAR83	DEHART, D.
756	10DEC93	DORNEY, P.
757	07JUN84	MILLER, H.
758	02JUN86	HOLLAND, T.
759	02DEC87	FOGT, P.

ALL TIME COMMENTARY

... Long before Powerlifting became an organized sport, our grandfathers of strength were fascinated by the "odd lifts". A few tested their prowess in what would later become the three powerlifts. A muscular black athlete ruled the 132 lb. category at that time. He was the U.S. Weightlifting Champion and a U.S. Olympian. When he was age 28 he finished 7th at the Berlin Olympics. He held US Records in the overhead lifts, but the most amazing thing about this man was his deadlifting ability. In 1940, he pulled a stupendous 610 lbs. as a 132. Four decades were spanned before Lamar Gant entered the picture. To this day it ranks 3rd on the All Time U.S. list. Terry died in 1982 at age 73 and left a mark for future generations to shoot for. He didn't know what supportive equipment was and a "roid" then was something you might get if you strained too hard. Gant leads the modern pack and his 683 sits at the very pinnacle of a seemingly unclimbable peak. Gant's biceps erectors and scollated spinal column defy logic and the efforts of US History's strongest to surpass his efforts. J.D. Carr has come closest with his 620 pull, but it took almost 50 years before someone could displace Terry for runner-up spot. 6 men in history have negotiated 600. 22 have surpassed the 550 barrier... there are some Big Names from the 70s. Clark, Meble, Cross, Lord, McKinney, Riley and John Bopatz, there are some Big Names from the way for his '74 World title. Who can forget Jim Wesley, the 126 lb. Indiana prison inmate who came out of 3 weeks on bread and water and pulled a world leading 533. No "hot stuff" in those days. Ten men pulled 501, who didn't make the all-time TOP 100 and another 20 men under them hosted the magical 500. No ladies on this list. Rudi Shaler's amazing 479 a decade ago was just enough to rate among the all-time 200 best performers. Next month - only Dan the man has crashed the 700 barrier at 148. How many guys did 600? You will be amazed. Herb Glossbrenner

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Nick Cali says, "The secret is out!"

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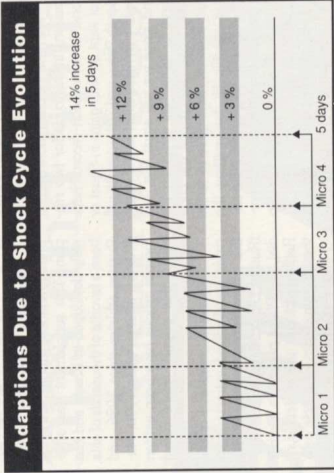
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EVOLUTION TRAINING THE INTEGRATION OF SPORTS SUPPLEMENTS WITHIN A PRE-PEAKING MESOCYCLE

by Jay Schroeder and Vladimir Anisimov M.D., Ph.D., D. Sci.



Millions of dollars have been wasted on supplements, kits, and training plans that couldn't possibly work, no matter how hard a powerlifter trains. Powerlifters often assume that a good sport supplement will give them an edge. It's not necessarily so. And you don't have to look further than your local gym to see the failed efforts of many.

We've developed a new way of training. As a Russian and American hybrid program, we combine the principles and philosophies of both systems to yield collectively greater results. Like the former Soviet system, where a single athlete benefits from the expertise of a team of coaches, physicians, and scientists, the powerlifters we advise benefit from this same team-based system. In this article, we'll take you through a sample mesocycle, show you how special supplements are integrated into the plan, and how this type of cycle will prepare you for achieving strength gains of 10-15% in as little as five days!

We've devoted hundreds of hours toward the training of powerlifters, at the junior level to the masters level. Our research and practical experience has given us a deep understanding of how supplements must be integrated into the training plan so that each plan will yield maximum drug-free gains in a minimum amount of time. Without special supplements and a sound diet, the mesocycle plans we design are not possible. The supplements allow the lifter to handle heavier loads with great frequency, resulting in an increase in anabolic and restorative potentials.

Since 1989, our task has been to investigate various compounds from plants, animals, and marine life as possible natural anabolics and restoratives. Once we discovered a promising compound, we applied it within heavy load and high volume training cycles to observe how it would affect strength and performance. The scientific research was supported by a long-term grant by Atletika Sport International. Laboratory investigations continue to be conducted at the Research Institute of Physical Culture, the N. N. Petrov Institute of Oncology, and the Chemicofarmaceutical Institute, all located in St. Petersburg, Russia. The applied research and training of competitive powerlifters is conducted at the Ultralift International Training Center, located in Mesa, Arizona.

We have discovered that the powerlifter not only needs an effective supplement, but that supplement must be positioned in the right training plan, at the right moment, for the right length of time, and at

training which are often slow, unpredictable, and unstable. The question is, do you want to make slow and steady average progress, or would you rather make maximum gains cycle after cycle? We offer a new and unique system to achieve rapid and stable drug-free gains, no matter what your age or level of experience.

Because sport supplements play such an important and targeted role in the training plan of intermediate and elite powerlifters, it is important to isolate their role and put them in their proper place. Effective sport supplements are tools which must be used properly. Even the best supplement can be easily misused. From experience, not only from the laboratory, but also from the training of hundreds of athletes, we have established how various supplements will respond to different training cycles, as well as when they will fail. Timing is everything when it comes to specialized sport supplements.

The following program is but one of hundreds that we have designed for individual athletes. It will give you a good idea of the thoroughness of this type of training. We call it "Evolution Training" because it allows the athlete time to "evolve" to the next peak, creates a stabilization level, and then allows for another peak. In this way the individual athlete will achieve the greatest gains, be able to predict when they will peak, and keep the gains they have made. Recognize that this is but one version for one specific powerlifter. Your individual needs may vary depending on your ability and time in your yearly plan.

This pre-peak mesocycle is not for everybody. It requires proper preparation which includes strength-endurance followed by maximal strength mesocycles. The pre-peak cycle will be more demanding than many athletes are used to. The reward is that the gains are much greater than what athletes are often used to.

MODEL PRE-PEAKING CYCLE
The following cycle can be used before a peaking cycle, or it can be integrated within a whole training plan. The cycle uses entry-level manual over speed methods which combine heavy eccentric movements and over speed to yield high speed and high tension.

You may lose a small amount of weight with this method because you won't be training with high reps to build muscle hypertrophy. However, you will look huge (have better shape) and you will be much stronger. We believe that hyperplasia (muscle splitting) does occur, but you must train specially for it. This mesocycle is designed to activate as

2) Muscle Protectants

3) Liver Protectants

4) Psychological Restoratives

V. Vitamins and Minerals VI.

Lipolytics (Lipid Oxidation and Fat Loss)

Supplements like flavored shakes and kits which include entry-level training plans and supplements are often used by beginner level athletes. In our studies with intermediate and advanced level powerlifters, we have taken a more targeted and individual approach.

These athletes are more experienced than beginners, and require refined supplement plan in balance with their training program. Slow or moderate gains in training are not a necessary fact of life. If the proper supplement and training plan is applied, powerlifters can expect gains of up to 270% greater than normal.

It is typical within a 10 week training cycle for the average powerlifter to gain 8-10%. With the proper preparation and the optimal training and supplement plan, it is possible for this same powerlifter to gain 15% in just one week using a specialized peaking cycle. An example is shown in Figure 1 where a masters lifter improved his bench press maximum by 14% in five days by using a special peaking shock mesocycle. The gain was predictable and stable and we were able to maintain close to this peak for several weeks and three major competitions.

Our form of training powerlifting is significantly different from traditional training plan design such as periodization and residual effect

many muscle fibers as possible which will train you to move weight easily and rapidly.

Methodics (how you perform an exercise) are written in traditional Russian form for each exercise as (reps, sets, % of 1 Rep Maximum, Rest Between Sets, Maximum, Rest Between Sets). For example, a methodic written as (2, 3, 90%, 5m, 2, 20m) would read as 2 reps for 3 sets at 90% of maximum, with a rest of 5 minutes between sets, for 2 series, with a rest of 20 minutes between series. A series is simply a repetition of sets separated by a longer rest period. In this case the lifter performs a block of 3 sets for two series, or 6 sets total.

Listed below is the microcycle program for an experienced powerlifter who is capable of lifting a one rep maximum in 2 seconds or less. This would probably relate to 50% of all powerlifters. The Manual Overspeed lifts will be done with the help of a qualified spotter who knows the bar path you take when you lift. With all three lifts, you will perform a heavy eccentric phase and just as you begin the concentric phase by lifting the bar upwards, your spotter assists in a rapid and explosive manner. For the deadlift, the best way we have found to overspeed is to have the spotter kneel in front of the bar with a hand or hands on the center and push in and up as you lift. This will maintain the proper path of the bar. For the squat the spotter is behind you in a "hug" position and pushes upward as you lift. In all cases, the athlete must perform the lift with maximum intensity and not rely on the spotter to just take the load. The spotter in turn must work hard to help you maintain the proper bar path and assist with good speed from the beginning of the concentric phase to lockout.

THE PROGRAM

Days 1, 4, & 6 Bench Press & Deadlift - Methodics (1, 8-10, 103% - 120%, 5 min) Manual Overspeed +1, 8-10, 62%, 1 min) High Speed Concentric, Repeat. Alternate between Manual Overspeed and High Speed Concentric Methodics. Perform one set of Manual Overspeed with above max weight, rest 5 minutes, perform one set of second methodic with 62% rest one minute, repeat Overspeed and continue process for a total of 8-10 sets of each. This will allow over 6 minutes rest between each methodic.

Day 2 - Step-Ups (27-32" platform) for traditional deadlift, or Hip Adduction & Hip Abduction if sumo style. (3, 3, 20-40 min)

We refer to the use of more than one supplement at the same time within a microcycle as stacking, and the use of supplements at different times within a mesocycle as cycling. In this way we can program in the proper supplement at the best time so that maximal recovery and growth will occur. Now let's look at the three supplements we've selected.

Retibol is designed to be the primary anabolic supplement in the plan. This supplement was originally developed in Russia and has been a favorite of thousands of elite Russian athletes since 1986, and Western athletes since 1990. Numerous articles have been written about this popular plant based supplement.

Retibol is composed of the crude standardized extracts from the plants *Leuzea carthamoides* (Russia), *Diplocelia glaucescens* (India), and *Platifolia paniculata* (Brazil). Retibol activates the protein synthesizing processes in muscle cells by improving the functional ability of the polyribosomes and an elevation in the synthesis of protein molecules. It also has a stimulating effect on growth hormone production via the polyamine cycle and helps to improve recovery potential. Retibol is most effective in heavy load high volume cycles lasting about 10 days, followed by a break, and then a repeat of the 10 day supplement cycle. Retibol should not be confused with plant based extracts commonly made from only the root of the *Platifolia paniculata* plant. This supplement is Ekidsten and is used as a recovery supplement. Russian athletes have never used extracts of the *Platifolia paniculata* plant as some compares now advertise. They use extracts from *Leuzea carthamoides*.

Powerlifters unfamiliar with Retibol must pay strict attention to its proper use such as what type of training it is best cycled into, and what it can be stacked and cycled with for maximum forced adaptation and recovery to occur.

Creatine Monohydrate is used

Whey Protein Isolate (Days 1-30)		Days
Retibol (1-10)	Retibol (21-30)	1 7 14 21 28
Creatine (5-10)	Creatine (25-30)	
	Creatine (15-20)	

Supplement plan for use during a heavy load and high volume pre-peaking 30 day mesocycle. The proper stacking and cycling of sport supplements is essential for consistent long-term gains.

In our mesocycle example as a muscle restorative supplement, although it can be used as a pre-competition energetic and indirect anabolic as well. Creatine Monohydrate can increase phosphate levels in muscle cells by upwards of 50% which will result in greater force/power output, and assist in muscle recovery. This supplement is commonly misused in the West as athletes often take too much for too long a period. The optimal way to use Creatine Monohydrate is in short cycles lasting about one week. Our experience with the compound spans 12 years of Russian research followed by use in the training plans of powerlifters since 1990. We have learned when Creatine supplements work best and when they don't work at all. Expect to pay no more than 15 cents per gram for this compound.

Whey Protein Isolates are used as a supplemental source of protein. There are a number of excellent whey protein sources on the market today. Whey is a protein derived from cow's milk, and this supplement will serve as our supportive anabolic. Many ultra-filtered whey isolates are low in carbohydrate and fat, which makes them an ideal protein supplement in the high protein diet. We will use whey protein isolates in our cycle as a supplement to the dietary proteins, without raising the fat or carbohydrate ratios.

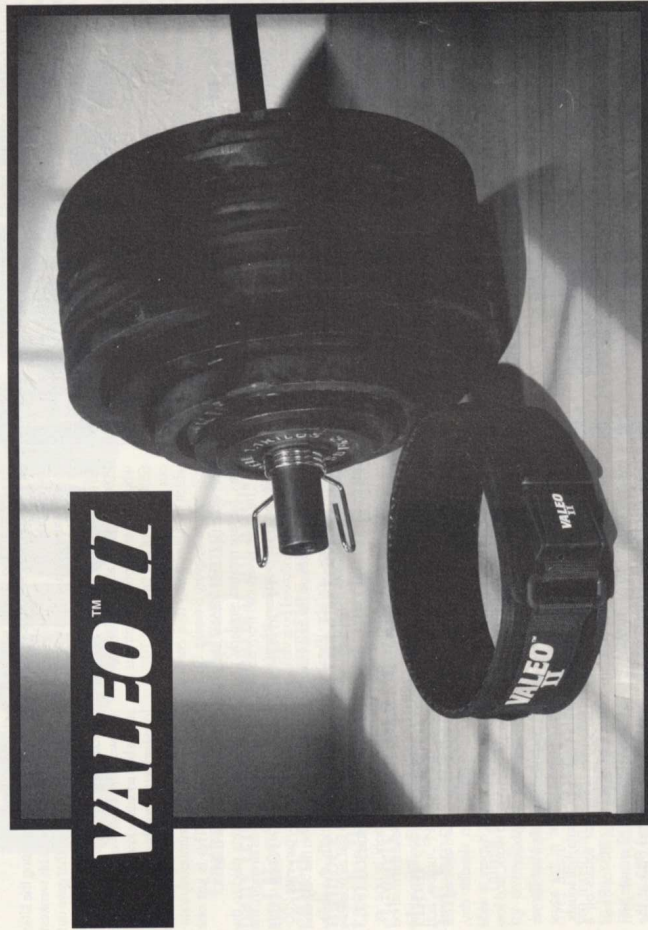
Whey protein has a good absorption rate as has been observed in many biological studies. Common today are misleading claims of whey isolates with biological value's over 100. This "type" is misleading the athlete, because it is not possible to raise the biological value above 100. Numerous magazine articles have blown the whistle on this form of "fad building" so the buyers should beware. You should expect to pay no more than \$7.00 or so per pound for the best quality whey proteins on the market.

EVOLUTION TRAINING DIET

Our program couldn't be complete unless we discussed dietary concerns. As with any heavy load high volume mesocycle, the diet plays a significant role in the recovery and growth of the athlete. All too often we have observed powerlifters on a diet that contains roughly 25% protein, 60% carbohydrates, and 15% fats. With Evolution Training mesocycles, these ratios are well off acceptable levels. Our experiences show that when an athlete increases the protein content of the diet to 40-50% of total calories, their gains are at least double those made on more traditional diets.

(article continued on page 87)

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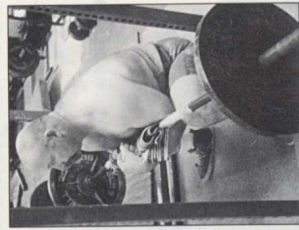
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TRAINING

What Is Conjugate Training?

as told by Louie Simmons, WESTSIDE BARBELL CLUB



Louie Simmons warming up with a set of Zercher Squats in the rack train them at 90-100% all year long. Research and experience tell us

As a trainer, it is my responsibility to find the most productive means of teaching an athlete to lift his or her limit in each lift at contest time. It appears that most lifters in the United States train for a max triple in the gym. For example, a lifter told me he did 410 for 3 reps in the bench press prior to the meet, yet only netted a bench of 418 at the meet. Even worse, one lifter stated he did a 750 triple in the squat in training only to do much less than that at contest time.

Why did this happen? I suspect that in the first case this lifter was not applying maximum force to the bench press and was, in fact, conserving his output to perform the 3 reps, expending as little force as possible to do so. He had thus trained himself to perform a heavy triple, but not a heavy single.

Joe McCoy, one of my 181s, could not triple 410 in the bench, yet made 479 at a meet. People are amazed by this and ask me how this is possible. We do 8 sets of 3 reps with a little less than 65%, whereas others train the lifts extremely heavy and abandon special exercises long before meet time. Joe and the rest of our lifters use the conjugate method, meaning we rely on many special exercises to develop our competitive lifts. By switching these exercises every 3-4 weeks, we can

a weight between 70 and 80% of his him or herself slowly, taking 6-10 seconds, and comes up as fast as possible. This is done for 2 reps per set, 3-5 sets are recommended. These are done on deadlift day and should be done for only 3 weeks. This can be repeated every 9 weeks for 3 more workouts until the lifter gains the suitable tightness required to do a true max squat. This is recommended only for squatting, although it has its benefits for deadlifting. This type of eccentric work is not advisable for the bench unless you have the weight release apparatus. Then raise up only 65% for 5 sets of singles.

After eccentric squatting the lifter tells us what he felt was his weakest muscle group (the one that gave out first), and if it was the hamstrings, he would do call/ham/glute raises; if it was the hips, very low wide stance box squats or kneeling squats, followed by reverse hypers and abs. This is the only way to strengthen weak areas while continuously training for a contest. This is just one example of how we train.

Close attention is paid to the development of speed strength, the ability to overcome the load on the bar (some lifters may generate 200-250% of the weight on the bar), and to accelerating strength, the ability to push as hard and fast as possible for the entire movement.

Chuck Vogelzohl is one example of how successful this method is. Chuck does not deadlift, yet he pulled 782 at the APF Juniors, and 8 weeks later he pulled a strong 793 at the Seniors. On deadlift day, Chuck does reverse hypers, a wide array of lat work, ab work, and low box squats for hip power.

I trained the late Matt Dimele. Ninety-nine percent of his squat training was box squats, belt squats, and safety squat bar squats off a box. After using only 585 for 8 sets of 2 reps with 1 1/2 minute rest intervals, he squatted 903 at the 1992 Senior Nationals. Yet another example of conjugate training's productiveness.

You never read about big training lifts at Westside because we don't waste our time. We are psyched up at meetings, not psyched out by heavy training. Do it at the meet, where it counts! By training with the conjugate method, we are sending 3 women and 6 men to the WPC Worlds. Remember, you can work on whatever you would normally neglect during your competitive cycle. All aspects of lifting must be worked on throughout the year.

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Garbage... Lies... Advertising hype... Placebo pushers... Supplement company trickery!!! We heard it all a few years ago when we introduced the original Hot Stuff®. Yet, despite vicious attacks from our competitors as well as "so-called" nutrition authorities and various media, Hot Stuff quickly became the number one seller in the history of sports supplements. Was this all just a fantastically orchestrated marketing trick on an unsuspecting public? Did we cleverly resort to a "big lie" in order to fool trusting bodybuilders and then rip them off with a fake product? Was Hot Stuff the biggest con job of the 90's? You be the judge.

During these past four years, Hot Stuff has been used by over 2 million customers. The vast majority of them were so highly pleased that they used the product over and over again. Now if, in fact, we were deceiving the public, we must have been awfully good at it because we got them to buy our product not just once, but over and over again. Did we really perform mass hypnosis on the athletes of America? Hardly! Hot Stuff sold because it worked.

Rumor Spreaders Are At It Again!

So why bring this all up now? Because history is now repeating itself. By now, you must have heard about our sensational new version of Hot Stuff — the one we call Double X. Well once again it's a phenomenal success story. And once again, the hate mongers and rumor spreaders are out in full force yelling and screaming that this new Hot Stuff is just a bunch of baloney. Maybe they should try a can for themselves... then they might see just how great this product really is. You see, new Hot Stuff Double X is stronger and more powerful than any other supplement on

the market and we're mighty proud of it. And we're also more than willing to hold it up to any scrutiny or inspection. This is no placebo. THIS IS THE REAL THING! Just take a look at what we've done with this shocking new formula.

First of all, the new Hot Stuff contains EVERYTHING you've been reading about in the muscle magazines all in one super powder. With this new product it has never been easier to use supplements. No more guesswork. No more — "a little of this and a little of that."

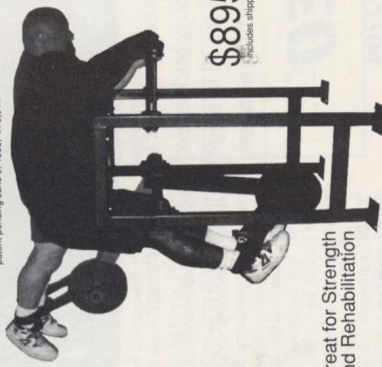
You've read about the fabulous results from OKG. We've got it. And how about all the great things being said about Creatine? We've got that too! And don't forget Vanadyl Sulfate. We've added that too. Want some more? How about Chromium Picolinate, Colostrum, Royal Jelly, Branched Chain Amino Acids, Smilax, Sterols, Ginseng, Saw Palmetto, Mexican Yam, Transferulic Acid, Yohimbe. Want even more? There's Inosine, Digestive Enzymes, Arginine Pyroglutamate, Orchic, Magnesium, Zinc, Potassium and Dibencozide. As a matter of fact, each

(continued on next page)

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But not just any cheap Whey would do. We searched the country high and low looking for the very highest grade Whey on the market. What we found out was that there are lots of grades of Whey out there, from dirt cheap to highly expensive. Since it has always been our policy never to sacrifice product integrity for price, we opted for the best. Whey sold. What we located was a source of the most pure and nutritionally active Whey available. This is accomplished by use of advanced spray-drying and ultrafiltration technology. Sure it costs more. But our aim was to produce a product that worked — not to rip off our customers. Our diligence paid off. There has never been a supplement combination this powerful.

To be honest with you, we thought nothing could ever outdo the original Hot Stuff. But now we must admit we were wrong. This new Hot Stuff is like something from another dimension. Try it for just a few weeks and it's going to renew your faith in supplements. It's not one of the best supplements on the market. It is THE BEST supplement anywhere.

Check Out These Mind Blowing Results!

But be prepared! You're going to see your gains increase by up to 10 to 15 percent in just a few weeks. This new Hot Stuff is going to make you grow... and GROW... and GROW SOME MORE! Regardless if you're a seasoned veteran or a rank beginner, you will notice an almost immediate change on Hot Stuff. In fact, if you're a hard-training beginner, nothing will push you faster into the advanced ranks than this great new supplement. Remember, Hot Stuff is at least three times more effective than any other

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- dramatic increase in recuperation power

So what do you think? Are you ready to give the new Hot Stuff Double X a try or are you going to listen to the rumor spreaders? Are you going to let them scare you away from what is arguably the greatest sport supplement in history? All that we ask is that you be open minded enough to decide for yourself. Try one can of this great new powder. That's plenty enough for you to find out if we're right. At \$29.95, it's probably the most reasonably priced supplement on the market.

You owe it to yourself and your hard efforts in the gym to test this turbo-charged product as soon as possible. It's our guess that this all new Hot Stuff will shock the pants off of you — it's that good! Hopefully, your local gym or health store has some in stock. If for some reason it's not available in your area, you can order from us directly at 1-800-537-7671. Or Fax your credit card order in at 1-407-290-2788. Remember, our order department never closes and all credit card orders are shipped no later than 48 hours after receipt. You can expect lightning fast delivery to your door. If you want to pay by check or money order, send your order to National Health Products, 731 Kirkman Road, Orlando, FL 32811. Be sure to enclose \$5 for postage and handling.

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WORKOUT of the Month

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

CHRISTOPHER BYRNES - BENCH PRESS



Chris Byrnes has an American Record in the ADPPA in the bench at 132 lbs. with a 369.

This workout is based on a lifter who has a current max of 300 lbs. My training is three days per week, Monday, Wednesday, and Friday. Monday I bench press; but, it is a light session. Friday I bench heavy.

On Monday I work chest, biceps and triceps. Wednesday I do shoulders and back and Friday chest, triceps, and biceps. Monday is my light chest day and I work at about 75% of my max. I concentrate a great deal on technique and always use a spotter. I do not utilize the bench shirt until about a week before a competition. All of my assistance work is done on my heavy day which includes dumbbell-presses and files or incline presses.

For triceps I do extensions and push downs. Shoulders are lateral dumbbell raises and behind the neck presses and biceps, dumbbell and preacher curls. Light chest days, assistance work can be done if you prefer. Chest work should be about 75% of your max. Remember that your light day should be done at 75% of your heavy day. Example: Heavy day - dumbbell flies 45 pounds five sets of six reps. On light day you would cut this down to 30 pounds five sets of eight reps.

I recommend watching your diet closely and put a great deal of emphasis on technique. Try to get proper rest and always use a spotter.

I drop this assistance work from my routine the week of a competition and usually rest four days before the contest.

WEEK 1: Monday (light day) Bench Press Bar x 15, 135x10x2, 180x8x4 (4 sets). Close grip 145x8x3. Pushdowns 6 sets of 8 reps for the entire cycle. Bicep curls with dumbbells or preacher bar x15 reps of eight reps for the cycle. Wednesday (shoulders and back) Behind the neck press bar x15 reps,

Biceps Curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 100x8x2, 100x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar 15x, 135x10x2, 215x8, 250x5x3. Biceps curls six sets of eight reps.

WEEK 8: Monday (bench press) light day Bar 15x, 135x10x2, 215x8x4 sets. Close grips 180x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar 15x, 105x8x2, 117x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar 15x, 135x10x2, 220x8, 255x5x3. Biceps curls six sets of eight reps.

WEEK 9: Monday (bench press) light day Bar 15x, 135x10x2, 220x8x4 sets. Close grips 185x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 110x8x2, 120x3x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 225x8, 260x2x2 (pauses with shirt) 275x2 (pauses with shirt). Biceps curls three sets of six reps.

WEEK 10: Monday (bench press) light day Bar x15, 135x10x2, 185x8, 240x2, 270x1 (pause with shirt), 285x1 (pause with shirt), 290x1 (pause with shirt). No assistance work this week. No shoulders, back, biceps, or close grips. Wednesday (optional bench press day) You may want to rest this day. I generally do a light bench workout on this day. If you bench this day: Bar x15, 135x10x2, 195x8x4. No assistance work.

MEET DAY: Warm-ups - Bar x15, 135x10x2, 185x5, 240x2, 275x1. Attempts: 1st - 285, 2nd - 300, 3rd - 315.

GOOD LUCK. Work hard and STAY DRUG FREE. For any questions concerning this routine, I can be contacted at: Christopher Byrnes, 13 Ritton Street, Sidney, NY 13838. Phone: (607) 563-8610

195x8x4 sets. Close grips 160x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 110x8x2, 120x3x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 225x8, 260x2x2 (pauses with shirt) 275x2 (pauses with shirt). Biceps curls three sets of six reps.

WEEK 5: Monday (bench press) light day Bar x15, 135x10x2, 200x8x4 sets. Close grips 165x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 90x8x2, 100x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 205x8, 240x5x3. Biceps curls six sets of eight reps.

WEEK 6: Monday (bench press) light day Bar x15, 135x10x2, 205x8x4 sets. Close grips 170x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 95x8x2, 107x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 208x8, 245x5x3. Biceps curls six sets of eight reps.

WEEK 7: Monday (bench press) light day Bar x15, 135x10x2, 210x8x4 sets. Close grips 175x8x4.

70x8x2, 80x5x3, lateral dumbbell raises and pull downs. Friday (heavy day) Bench Press bar x15, 135x10x2, 185x8, 220x5x3 (3 sets) dumbbell presses 3 sets of six reps. Biceps curls (same as light day)

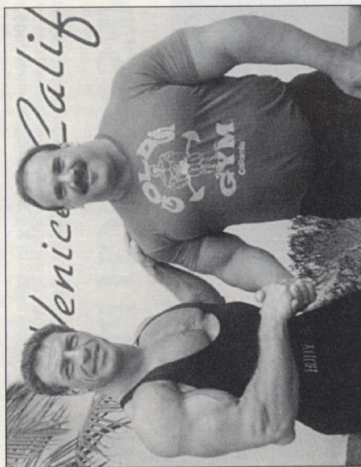
WEEK 2: Monday (light day) Bench Press Bar x15, 135x10x2, 185x8x4 sets. Close grip 150x8x4. Bicep curls with dumbbells or preachers six sets of eight reps. Wednesday (shoulders and back) Behind the neck press bar x15 reps, 75x8x2, 85x5x3, lateral dumbbell raises and pull downs Friday (Bench Press) heavy day Bar x15, 135x10x2, 190x8, 225x5x3. Bicep curls six sets of eight reps.

WEEK 3: Monday (bench press) light day Bar x15, 135x10x2, 190x8x4 sets. Close grips 155x8x4. Biceps curls six sets of eight reps. Wednesday (Shoulders and Back) Behind the neck presses bar x15 reps, 80x8x2, 90x5x3. Lateral dumbbell raises and pull downs Friday (Bench Press) heavy day Bar x15, 135x10x2, 195x8x4, 230x3x3. Biceps curls six sets of eight reps.

WEEK 4: Monday (bench press) light day Bar x15, 135x10x2,

POWER SCENE

Always something going on in our sport. Are Anthony Clark and Ted Arcidi going to match up in the bench press in 1995? What about Craig Tokarski? No one



Don "Ripper Savage" Ross with Big Ted Arcidi. (courtesy Ned Low)

wants to give a definite answer. Yet. Rumors, rumors.

One thing's for sure: New York's Iron Island Gym is a hot spot for powerlifting. POWERLIFTER Video was there to tape a deadlift meet, and they sure put on a show. Dr. Ken Leistner and Ralph Raola bring out the lifters and the fans, and the place rocks. Chris Confessore, in training for his attempt at a 700 bench, stopped by to watch the action. Women's world record holder in the bench Tamara Rainwater-Grimwood drove in from Pennsylvania to check it out and serve as a judge. Among the top lifts was Bert "The World's Strongest Photographer" Wagner's 3rd attempt, where he hoisted 743. Iron Island's own Joey Almodovar pulled a 601 at only 163 lbs., and Massachusetts' Bob Kaufman cranked a 578 at only 148. Serious stuff.



Bencher Scott Werner with "The Lifting Lawyer", Bettina Altizer.

Out in Ohio, former USPF President John Black is busy wearing many hats. John owns and runs Black's Health World, a mecca for Midwestern powerlifters, and has posted some pretty large numbers himself, including a 770 deadlift at 198 and an 854



A Marriage With Muscles: Claudia with hubby Bert Wagner

Now that Bert Wagner's competing again, wife Claudia is re-

squat at 220. Now John is training a pro boxer, promoting bodybuilding contests, and attending his ministry. And he just became a father again; daughter Taylor Marie was born in late October, joining 8 year-old Brittany and John's wife Denise in the Black family.

Two muscle scribes, Don "Ripper Savage" Ross and Steve Neece, continue to give increasing ink to our sport in their columns for *Muscular Development* and *MuscleMag International*, respectively. Don is trying to help promote an Arcidi-Clark bench meeting.

Meanwhile, Steve is looking to do some lifting of his own. Steve turns 50 this month, and wants to celebrate his big day by having us tape some of his heavy training. Steve is going to make it up from his home in San Diego to Venice's Gold's Gym for the big 5-0.

Also at Gold's, powerlifting coach Jack Armstrong is busy training Special Olympian Jason Conto, who recently benched 231, for a New Year's Eve TV telethon appearance. Jack himself recently re-entered the wrestling ring, minus his old partner, Don Ross. They wrestled as Jack and the Ripper, but Jack's a solo act now.

Our POWERLIFTER hostess, Vicky Hembree, is still in training for some women's wrestling. Vicky's been pumping that iron and toning that body for a number of months, and could probably do some serious powerlifting again. It's been over twelve years since she retired as national champion in the 181 lb. class.

One man doing some serious powerlifting is C. T. Fletcher. The 5'11", 290 lb. C.T., who probably owns the unofficial record for blowing out bench press shirts, is looking to surpass Mike Hall and his 633 lb. Drug Free Bench. C.T. is already pressing 611, and is probably 50-100 lbs. lighter in bodyweight than Mike Hall was.

C.T. trains at Sherry Houston's American Eagle Gym



C. T. gets ready to do his thing. in Norwalk, CA, and they've got more powerlifters there. C. T.'s training partner, Richard "The House" Schoenberg, is the size and width of a small house, and is also the current NASA SHW benching champ, at 601. Steve Winslow, the most tattooed man (or woman) in powerlifting, does



his deadlift work there, and Bobbie Johnson works there on her deadlift and bench press. When we went to videolape a Bench Workout with C. T. for an upcoming issue, Richard, Steve, and Bobbie were all there pumping away. Which is what you all ought be doing now. Unless, of course, you're reading *Powerlifting USA* or watching *Powerlifting USA* Video. "Til next time. See you on video. NED LOW

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INTERVIEW

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

NIKKI AVEY as interviewed for PL USA by BOB GAYNOR



BOB: Give us some personal information on yourself.

NIKKI: I am from Oregon, a small town in Northern Illinois. I just completed my masters degree in Exercise Science from Western Illinois University, which is where I received my bachelor degree in Fitness. I am also a certified personal trainer. I am currently pursuing a certification in Massage therapy.

BOB: How did you get started?

NIKKI: Another student in one of my activities courses at WIU asked if I lifted weights. I replied only a little for sports. He told me that I should try powerlifting, and I said no way, I'm not strong enough. Anyway, he convinced me to go to the gym with him. The gym was in the basement of the Salvation Army facility in Macomb, Illinois. It wasn't anything that I expected. It was like the gym in the movie Rocky. It had just the basics, which is all you need. It was a terrific lifting environment and everyone helped everyone and was very friendly to newcomers. That is where I met Roger and Judy Gedney and started powerlifting. After only two months of training, I entered my first powerlifting meet in St. Louis, MO.

BOB: How long have you been training and competing?

NIKKI: I started training 4 years ago and competing shortly after. I started, as I mentioned before,

surgery for two herniated discs. I took six months off from lifting and when I returned I started with just the bar. Taking my injury into account, I have been training and competing for 3 years.

BOB: What are your best lifts?

NIKKI: My best lifts in competition are squat 463, bench 187, and deadlift 424.

BOB: What are your future goals?

NIKKI: To squat at 500, bench 220 and deadlift 450, and most important stay healthy and injury free.

BOB: How are your views on steroid use?

NIKKI: I am personally against the use of steroids to enhance athletic performance or to get the competitive edge. I believe the use of steroids should be left for the treatment of medical com-

and when I have a long break between meets. I do the following: 4 weeks of 10's (3 sets), 2 weeks of 8's (3 sets), 3 weeks of 5's (3 sets), 3 weeks of 3's (3 sets), 2 weeks of 2's (2 sets), openers for the meet.

Squat Day (1 x week): Squat (3 sets), Pause Squats (2 sets), Leg Extension (2 sets), Light Leg Press (2 sets/20 reps)

Bench Day: Bench (3 sets), Close Grip (2 sets), Incline (3 sets), Shoulder Press (2 sets), Front Lat Raises (2 sets), Side Lat Raises (2 sets)

Deadlift Day: Deadlift (3 sets), Stiff legs off block (2 sets), T-bar rows (3 sets), Lat Pull downs (2 sets), Bent rows (2 sets).

Light Bench Day: Wide grip (2 sets), Close grip (2 sets), Incline (2 sets), Tricep pushdowns (2 sets), Tricep Extensions (2 sets), 1 bench 2 x week - because I need all the help I can.

For all of my assistant work, I do the number of reps according to what week it is during my program, if I am doing 8's then that is how many reps I'll do for the extras. However, I never go below 5 reps for assistant work.

I believe in doing 10's - it really develops your core strength, not to mention it shocks your system.

BOB: What advice would you have for beginners?

NIKKI: Form is most important. Don't get hung up on how much weight you are doing. Using improper form only leads to injury and bad habits. Also, don't workout by yourself, always use a spotter. Try to find a training partner, it's good for motivation and safety.

There are so many good lifters and so many different opinions about lifting. It is hard to know what to follow. I find it a good rule to believe in always listen to others ideas - you can never learn enough. Try different things; each lifter is unique, so different things work for different people. Don't just settle for what you can do, there is always someone out there working hard to be better, so train hard.

BOB: What is the view of women in powerlifting by the general public?

NIKKI: To be honest, I don't believe that the "general public" is very knowledgeable about the

sport of powerlifting. Powerlifting does not get enough coverage. However, for the people that I have dealt with, there are many different opinions. It goes from one extreme to another, such as: "Women shouldn't be lifting weights like that", to "It is really great to find women competing in powerlifting". What I get irritated with are comments like "that's a pretty good lift for a woman" when they should just give credit where it is due. Also, it gets old hearing remarks like "Just bet she's hearing and tough", "I bet she's strong, she's lifting like a man", "Women lifters are strong, doesn't mean that at all. We are still feminine."

I believe that in the coverage that powerlifting does receive, women should be getting more publicity than we currently do. It would be terrific to see more women on the cover of PL USA. There are plenty of outstanding woman lifters who deserve some recognition such as: Bettina Altizer, Beisy Olanen, and Yueh Chun Chang to name a few. I am not whining - "women's rights", I am just saying give coverage and credit where it is due.

BOB: Will powerlifting be an Olympic Sport?

NIKKI: I have heard rumors that powerlifting is going to be an

exhibition sport in 1996. I believe if it reaches that point, that it will become an Olympic sport. I would hope, if it does become an Olympic sport, that the Olympic Committee would encourage ADFPA members to try out, because both organizations abide by the I.O.C. banned substance list. It would also promote drug free lifting.

BOB: Are there any additional comments you would like to make?

NIKKI: I would like to give special thanks to Roger Gedney (The Great One) - for being a terrific mentor to me. Roger, you are very special to me. I have the greatest admiration for you. Thanks for influencing my life in such positive ways.

John Binkowski - For giving me the vital support and encouragement especially during my back injury and comeback.

Jamie Moller - For all the help and sweat from wrapping me and getting my equipment on. Also for always being there for me.

Fless - For doing all the "little things" to keep things going smoothly at meets and for doing the math work.

My family - For all of your support. It really means a lot to have you there.

All drug free lifters - Thanks for keeping the sport clean.

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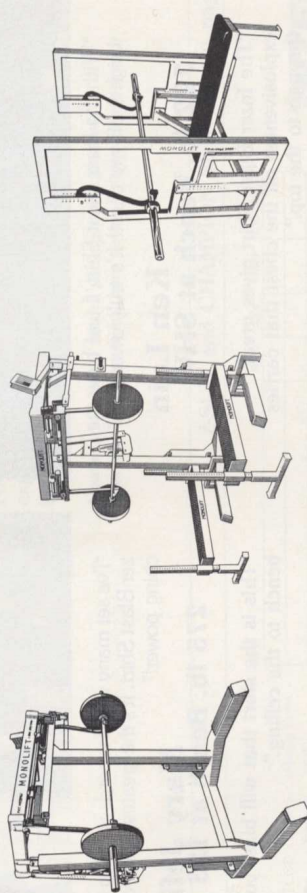
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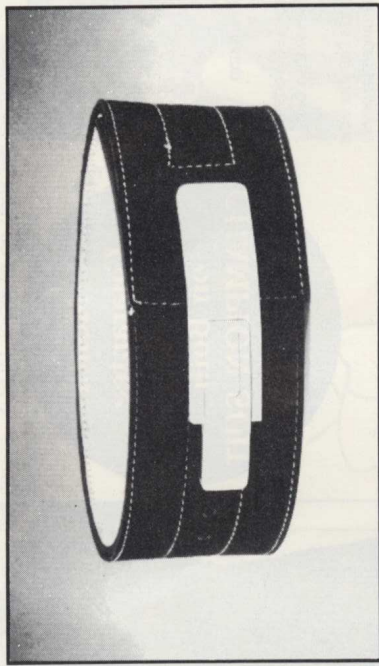
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Heard any hot tips lately? Usually that question entails a hot stock to buy on the penny exchange, sure to triple today before the market closes. Well, if you want that, buy the Wall Street Journal. What we're going to look at in this article are hot tips that can increase your success in the squat at your next meet.

Improving your setup before your actual attempt at a meet can offer a quick return. Setting the squat rack to the right height and distance apart is a good place to start. It helps to have a good assistant in this circumstance. He should make sure before you take the platform that the racks are set in or out, depending on your squat style. It can be very draining and frustrating waiting for the spotters and loaders to move the racks. Most lifters are psyched up and bound tightly in their squat suit, wraps, and belt and cannot wait too long to squat.

Also, the helper should eyeball the bar to see if it is at least loaded evenly on both sides. Adding up the weights may be too much to ask and may even cause confusion on the platform.

One thing that happens all too often at meets is the that lifter has the rack height set wrong, generally too high. This situation causes the lifter to tip toe or bump the racks coming back out, and this can be a real waste of energy and upset the lifter's psyche. Prior to most meets, the spotters measure each lifter for proper rack height.

Some lifters send a helper to get this done and estimate the height their lifter will need. In other cases, the lifter will go themselves to get the height set. What many lifters forget is that when they squat, they are in a tight suit and are just a bit "shorter" than they may be when they measure prior to the meet. Take the rack a notch lower than you think it should be. You can always change the height for your next attempt, but it will be easier to come out of a rack set too low than one that is too high. Have your helper inform the loaders to change the bar height for you after your attempt so it is set properly for your next attempt.

Getting the weight out of the rack is just one facet of the squat that can be improved. The next is the all important back out and setup. The goal here is to setup in the least amount of time and expend the least amount of energy doing it. I see too many lifters backing out and fidgeting with their foot placement, stance, etc. Your journey back to setup should be as short as possible.

I suggest if this rack is used in competition, you continue to back out and setup as normal. I am not saying that this rack is not a boon to lifters, but it may throw you off and cause more trouble than it is trying to alleviate. Again, don't feel pressured to use this feature if you are unsure of how to take advantage of it. If you feel you can use it, then by all means, take advantage of its capabilities.

In a previous article, I expanded on the efficient use of knee wraps (page 22, September 1994, PL USA). Many lifters do not use them to their best advantage. Refer to that article for specifics. One issue that was not addressed was the

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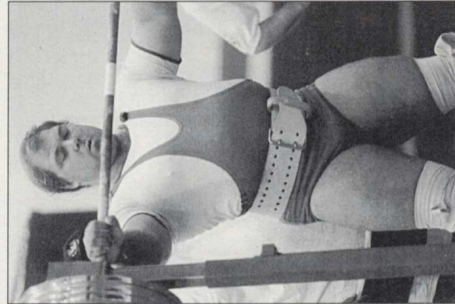
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STARTIN' OUT

A special section dedicated to the beginning lifter

Competition Squat Tips as told to Powerlifting USA by Doug Daniels



tion with minimal movement.

Setting up in the squat should be practiced on every set you do in training, from warm-ups to max attempts. This should be second nature to you come meet time. If you can't or don't do it in the gym, how can you expect to do it at the meet?

One final note on setup, each meet may use a unique platform surface. Try it out with your squat shoes on before the meet starts to get a feel of it so there are no big surprises. It may not be anything like the surface you are used to in your gym or workout facility.

Some meets are starting to use the new squat rack, the MONOLIFT. The use of this rack takes away the need to back the bar out of the rack since you just get under the bar setup with your stance and the rack is lifted away. This may sound good in theory, but to a lifter who has never used it before, it may cause problems. If you are intimidated by this, you are intimidated by this, competition, you continue to back out and setup as normal. I am not saying that this rack is not a boon to lifters, but it may throw you off and cause more trouble than it is trying to alleviate. Again, don't feel pressured to use this feature if you are unsure of how to take advantage of it. If you feel you can use it, then by all means, take advantage of its capabilities.

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timing of when to wrap before an attempt. Too soon before your attempt will leave you in an uncomfortable condition that can be draining. Too late will leave you in a panic, possibly throwing off your concentration, and it may even result in haphazard wrapping. Neither is very desirable. A good rule of thumb to go by would be to keep in mind how much time you have before you will squat. If you are next up, you have 1 minute to take your attempt after the previous lifter's attempt, if there is no weight change. If there is a weight change, you will have 1 minute after the spotters have made the change. This could vary from adding a plate to each side, to taking the bar down for the first attempt of the next round.

Each lifter has a different comfort level of how soon he should be wrapped before he must squat and that may change over time with experience. My personal preference is to start to wrap when the lifter before you is approaching the platform. Remember too that you must get up from your chair, have your squat suit straps pulled up, put on your belt, wrist wraps, and chalk your hands and back. Of course, you must figure out how long it takes to actually wrap. If your time allowed to wrap was not quite right, make the necessary adjustments for your next attempt. Also, have your wraps and all your other gear readily available and in one place. Too many things get lost during a competition, just ask Buffalo Bill running back, Thurman Thomas, who lost his helmet a few Superbowls ago. This shows that things can get lost or misplaced even at the highest levels of athletic competition, let alone on a crowded platform or in the warm-up area at a local meet.

I hope this article has given you a few not too hot, but valuable tips that you can use at your next meet. We train hard for months for a meet and with just a little more thought and practice during training, we can easily increase our end results. Remember to practice setting up for the squat during ALL your sets and reps during training. The down and up part of the squat is not the only part that requires technique. Give that part of your training more weight and your squat will be the beneficiary. Time your knee wrapping to fit when you are due to squat. Don't let other lifter's panic sway you to wrap sooner or later than is needed. Keep your squat gear organized and readily available. The time to start thinking about all this is now. Learn from every attempt you take at a meet. You can also learn by watching disorganized and technique-deficient lifters.

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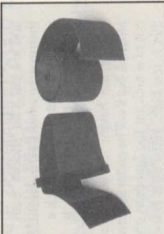
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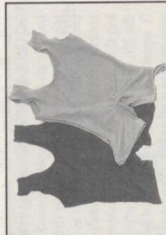
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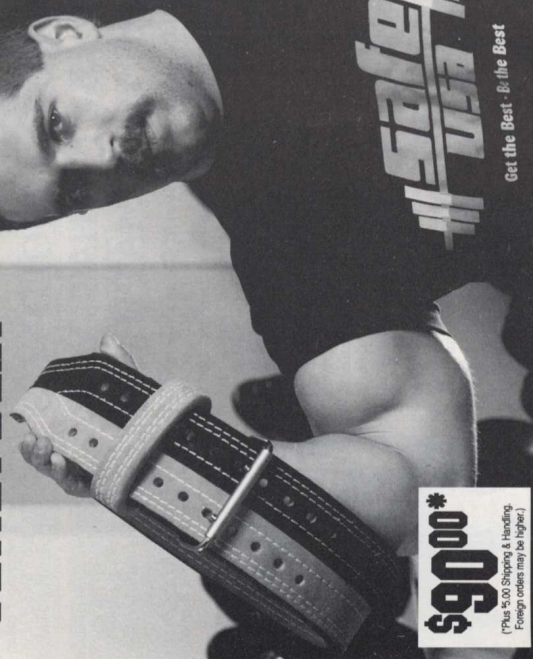


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TRAINING

The POWER EXCEL Bench Press Singles Routine astold to PL USA by Greg Reshel of POWEREXCEL

Most lifters like to perform singles and handle relatively big weight, but very few of these lifters can make consistent gains using routines based on singles. This month I will outline a routine for you that will use singles in the bench press to peak for a contest or for a persona record attempt. This routine trains the bench press twice per week for nine weeks and uses two primary accessory exercises to peak your strength for your best effort. Any number of lifters will find this routine helpful and productive:

1. Novice athletes looking to gain experience in bench press technique.
2. Advanced or more experienced athletes after competing a training period with high volume bench press work.
3. Injured athletes looking to maintain or resume high performance levels.
4. Athletes with a chronic injury or physical condition that will not allow them to tolerate volume bench press workouts.
5. Athletes looking to peak for a three lift meet that are focusing their training efforts on the squat and/or deadlift and want to streamline the work they need to do in order to peak their bench press.

6. Anyone wanting an interesting change of pace.
I want to draw your attention to why this program will work for you. The singles you perform in the bench press will improve your technique and timing so that your skill as a bench presser will peak. You will learn and establish neuromuscular pathways for rapid muscular recruitment. Simply put, you will learn to fire more muscle fibers at the same time, increasing your performance potential. The accessory work will strengthen two particular areas involved in the bench press movement and when those two areas are combined and peaked, your strength for the bench press

itself will reach a peak.
When performing this routine, you will train two times per week for nine weeks. I am writing the numbers that apply to a 340 lb. max bench press. You can take your current max and divide it by 340 to find the factor that you will multiply all the numbers in this routine by to get the poundages you need to perform for your strength level. I am showing only the two fundamental accessory exercises. You may choose to perform more accessory work, but be careful. This is a peaking cycle and too much accessory work will peak you too quickly and cause you to overtrain.

ROUTINE A: Flat Bench Dumbbell Presses with an inward twist - begin with the dumbbells held at arms length above your chest and your palms facing each other. Lower the weights to a position alongside your chest and several inches away from you chest and with your palms facing your knees at the bottom. Drive the weights back up and inward until they are once again over your chest and your palms are facing each other. 6 sets of 8 reps for the first 7 weeks. Increase the weight each week and make the last three sets the working sets with the heaviest weights, but still with good form.

ROUTINE B: Bench Press - warm up by singles to: Week 1 - 3 sets of 1 at 255; Week 2 - 3 sets of 1 at 265; Week 3 - 4 sets of 1 at 275; Week 4 - 5 sets of 1 at 285; Week 5 - 5 sets of 1 at 295; Week 6 - 5 sets of 1 at 305; Week 7 - 3 sets of 1 at 315; Week 8 - 3 sets of 1 at 325; Week 9 - 3 sets of 1 at 335.

ROUTINE C: Bench Press - use a grip 2 inches narrower than your competition grip, warm up as needed to perform the following working sets:
Week 1 - 5 sets of 5 reps at 135;
Week 2 - 5 sets of 5 reps at 155;
Week 3 - 5 sets of 5 reps at 175;
Week 4 - 5 sets of 5 reps at 195;
Week 5 - 5 sets of 3 reps at 185;
Week 6 - 5 sets of 3 reps at 195;
Week 7 - 5 sets of 2 reps at 205;
Week 8 - no inclines; Week 9 - no inclines.
Give this routine a try. Call us at Power Excel - (414) 769-1211 if you need to adjust the numbers somewhat or if you have a particular question. This and other routines appear on our catalog of custom tailored routine formats. Call or write us for more information: POWER EXCEL, 2807 South Superior Street, Milwaukee, Wisconsin 53207. Good Luck and Good Lifting.

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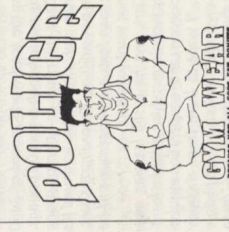
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Where do we begin? There's just so much to talk about. As many of you remember, original Hot Stuff worked like gang-busters and quickly became an overnight sensation. But then, for lots of unexplained reasons, we began to make changes to that winning formula. Once we began to tamper with it, the magic was gone.
But now, we've swallowed our pride, acknowledged our mistakes and listened to your pleadings. And so we went back to our manufacturing records, dusted off the original Hot Stuff formula and said - "It's time to bring it back!"
But we didn't stop there. We decided to add all of the latest and greatest substances to the original Hot Stuff. We now call it HOT STUFF Double X and it's now so jan-packed with bodybuilding potentiation that the only thing missing is the kitchen sink! Never before has one product contained so much. If there's a substance that will benefit your training, you can bet you'll find it in the all-new HOT STUFF DOUBLE X.
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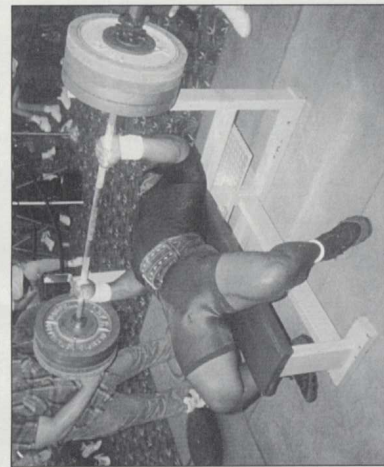
But not just any cheap Whey would do. We searched the country high and low looking for the very highest quality Whey on the market. It might surprise you that there are lots of grades of Whey out there, from dirt cheap to highly expensive. Since it has always been our policy to never sacrifice product integrity for price, we naturally went for the very highest grade Whey available. We hit the jackpot with an absolutely sensational source of this protein. The processor uses advanced spray-drying and ultrafiltration technology in order to provide the very best Whey that money can buy. Adding it to HOT STUFF made this dynamic combination more powerful than ever.

Gains That'll Blow Your Mind!

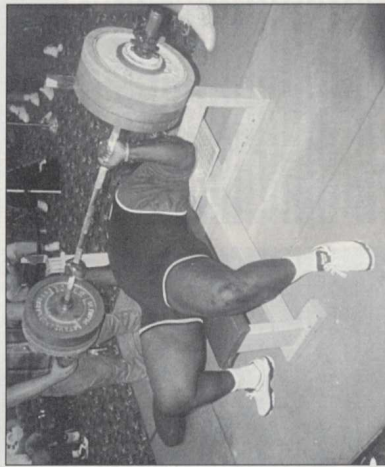
But what's this all mean to you? Well, once you get on this new HOT

USPF Bench Press Nationals

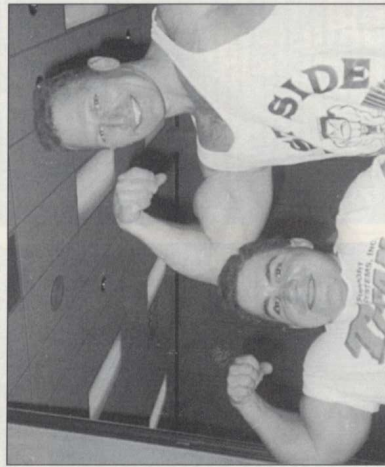
USPF National Bench Press
27 Aug 94 - Parkersburg, WV



Sensational... Kiu Tuita was successful with 639 (Jeffrey)



Almost... James Henderson came close with 644 (Jeffrey)



Having Some Fun... competitors Phil Hile and Dan Wagman (a new Ph.D.) make like bodybuilders (Wagman)

Women	198 Open	501
103	D. Woodrill	479
114	J. Edwards	440
115	S. Hartwig	380
116	C. Callford	369
117	L. Adkins	341
118	G. Hart	325
119	C. Daniels	110
120	W. Ferguson	325
121	L. Jeffrey	1481
122	J. Edwards	440
123	A. Blakely	203
124	M. Wensley	459
125	G. Callford	391
126	M. Webb	1261
127	198 Master 50-54	385!
128	D. Marchelle	385!
129	L. Lentz	177
130	198 Master 55-59	346
131	H. Cochran	336
132	198 Police and Fire	336
133	N. Manley	336
134	198 Police and Fire	336
135	D. Gonzalez	391
136	E. Brown	507
137	D. McMillan	462
138	R. Adkins	435
139	S. O'Keley	435
140	D. Harpold	429
141	E. Ware	270
142	D. Harpold	429
143	220 Junior 16-17	281!
144	K. Swedo	225
145	220 Junior 18-19	336
146	J. Lawrence	336
147	D. Richmond	336
148	220 Junior 14-15	176!
149	K. Hiler	336
150	220 Master 35-39	336
151	K. Hiler	336
152	K. Woodrill	270!
153	220 Master 40-44	435
154	198 Master 50-54	385!
155	D. Harpold	429
156	J. Messenger	462
157	H. Mesinger	385
158	J. Mesinger	385
159	V. Meares	325
160	Z. Sower	325
161	J. Lucas	248
162	D. Walker	308!
163	220 Master 65-69	308!
164	J. O'Loughlin	309!
165	T. Hartley	512
166	G. Weaver	512
167	B. Dalton	507
168	K. Taylor	507
169	M. Childs	435
170	M. Childs	435
171	M. Childs	435
172	242 Junior 20-23	286!
173	T. Kaufman	286!
174	242 Master 40-44	435
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Ruth was in charge of drug testing as she is currently finishing her internship to become a medical doctor. Dr. Bruce Dye assisted Ruth and provided chaperone assistance to all of the lifters.

Setting four American single lift records, Lori Jeffrey, daughter of David and Mary Jeffrey and three-time junior national champion, began the record slaying by setting a 16-17 age group mark, while the 114 open record last year with a bench of 165 and coming in second to newcomer Lori Adkins who made her third attempt for the win. Masters lifters set a new American record with 208 bench while winning the 123 class. David Smith set a 14-15 age group record with a 170 bench in that same class.

There were 175 lifters in this class by 15:00. The record was set by Lori Adkins (270) and 50-54 Ian Burgess with 209. Check Brunson from Alabama won the 148 class with a 369 bench. Chuck is a super competitor who has set a record in the 132 class by only doing an opener of 203.

The 114 men began with national champion Phil Hile doing 270 for the win. Daniel Gonzalez from the state of Washington benched 175 for an American record in the 132 class. David Smith set a new American record with a 208 bench while winning the 123 class. David Smith set a 14-15 age group record with a 170 bench in that same class.

There were 175 lifters in this class by 15:00

More From Ken Leistner

The young fellows that train as competitive lifters at the Iron Island Gym are, in many ways, typical of those who do the same anywhere; aggressive, focused, and - at times - dream of years ago, has given them the ability to lift a lot of weight. Unfortunately, as I have stated often in print and redundancy in the gym, it has also very much tainted the sport.

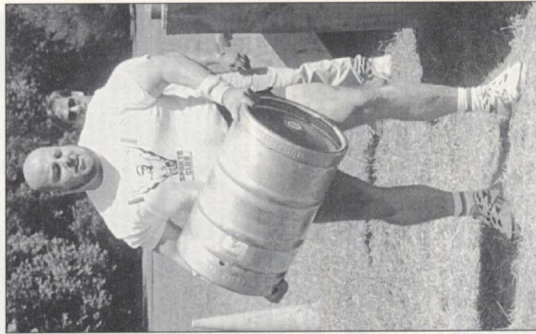
While "hant" is a strong word, I enjoy the type of comments made by Steve Pulcinella. Steve is a strong man, a truly strong man, from the Philadelphia area who participates in Olympic lifting, powerlifting, and strongman events. He cares not about his levers or lack of them, bench shirts, elastic suits, binding wraps, or what his opponents are capable of. He shows up, competes, has a great time testing himself, and enjoys the camaraderie of the other competitors and fans. In short, he understands what this is all about. He is also the winner of numerous "strongest man in..." contests and Highland Games tournaments so he's no dilettante. In discussing Steve, my very intelligent

wife noted that so many things in powerlifting have "gotten out of hand." Kathy, too, is no observer. For many years during the infancy of women's powerlifting, she was in the forefront as a competitor, photographer, and author. She finished high in the Nationals for many years and at one time held records in the deadlift. She tries, with all of her other responsibilities, to train in order to maintain health and fitness levels. Despite this, she likes to compete for all of the correct reasons, especially because she finds it fun. Recently, our son Sol decided that he wanted to enter a bench press contest held by the Grimwoods in Harnsburg, PA. Admitting that he was a "terrible bench presser", he thought it would be valuable to be able to compete at his worst event. He believed that this would improve his confidence, allow him to utilize the discipline of doing something in front of others that he

I have said that there are lifters who can show up at the gym, put their ego aside, and rise to any challenge, doing the very best they can that day under whatever circumstances present themselves. Others will not even try unless they've had three months to prepare psychologically, have their Polish lifting boots in hand, get to use the specific power bar they always do best with, and have their two favorite handlers available to fetch the ammonia caps and extra durable knee wraps. The latter usually drop three or four pounds following the contestation caused by missing their projected best lift, too. As Dom Sardo has told me, you can be really good, be a champion, be a nice person, and have a hell of a time doing it (and Dom is a good example).

From all of the above, Kathy proposed something that I initially scoffed at but now ask our readers to comment on. Send your comments directly to the Iron Island Gym, attn: Dr. Ken, at 3465 Lawson Blvd., Oceanaside, NY 11572 so that Mike won't be bothered opening the envelope and then passing them on to me. Kathy believes that there are many individuals like Steve Pulcinella, herself, and me, those who love powerlifting and the demonstration of strength, and like to compete. Her "No Frills" contest would comprise competition in the squat, bench press, and deadlift

utilizing the rules of performance as stated in the APF rule book. The rules of performance of the three lifts, except for the "no declared pause" rule in the bench press as judged by the USFF are very much alike. However, THERE WILL BE NO SPECIALIZED LIFTING SUITS, NO BENCH SHIRTS, NO DEADLIFT SHIRTS, NO KNEE WRAPS. In other words, one shows up with a non-sportive wrestling singlet, undervest or a jock, a T-shirt or no shirt, wrist wraps that conform to current rules, and a belt, and they lift as much weight, as possible in accordance with the rules.



Strongman Steve Pulcinella loading beer barrels.

Because we always train and lift this way, we like it and quite a few of our gym members have been enthusiastic. I have no desire to charge exorbitant entry fees in order to cover the cost of drug testing, nor do I believe that the testing procedures are accurate/foolproof/unbeatable as they are now conducted within the sport of powerlifting. However, no drug use would certainly be appreciated and in keeping with the spirit of this type of competition.

I have no desire to debate the merits of supportive apparel or the so called protective purpose of wraps. I just want to know if there is an interest in the general readership for a meet that asks one to demonstrate strength without all the "stuff" that usually passes for powerlifting.

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Anabolism is the phase of metabolism in which the body retains nitrogen, calcium, phosphorus, potassium and other key elements. To a bodybuilder, it's what happens to these elements - their use in the synthesis of new body proteins - that matters. In the simplest terms, anabolism means building. It means strength increases; it means healing and recuperation. Anabolism is the essence of bodybuilding.

Introducing NITRO-STIX™, the anabolic/catabolic balance testing system that enables you to instantly determine whether your body's muscle chemistry is working for or against you.

The ULTIMATE ANABOLIC KIT™ is the only program that recognizes the two most critical factors of training physiology. First, anabolic/catabolic

Here's how the ULTIMATE ANABOLIC KIT program works for YOU! Before and after you train, you promote positive nitrogen balance and set up recovery with NITRO FIRE protein optimizer. Before and during your workout, you get into high gear with PreFlex HYPERDRIVE, a unique formula of energy fuels and metabolites. Then, during the potentially catabolic sleep phase, you're covered by PostFlex P.M., a special complex of pro-anabolic nutrients. All along, the kit's patented urine urea test strips give you a window into your body chemistry to evaluate your current anabolic status. You can respond immediately by customizing your dietary intake, supplement program, and other essential training elements. The kit's guidebook tells you how in complete detail. No other kit gives you this kind of feedback. No other kit gives you this kind of control!

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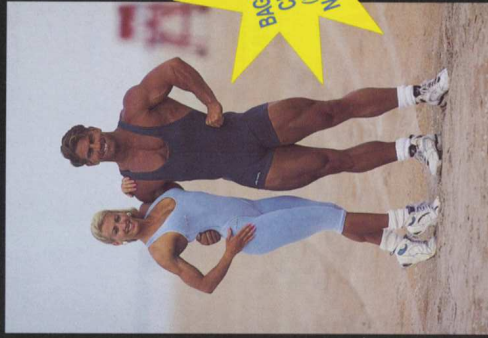
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USPF Indiana State Drug Tested

21 Aug 94 - Zionsville, IN

Masters	SQ	BP	DL	Total
S. Phillips-50	235	122.5	232.5	590
J. Sheat-51	160	112.5	182.5	477.5
J. Sheat-50	207.5	107.5	205	520
Indiana Open				
Women				
K. Mathias-60kg	20	140*	20	180
M. Fessler	185*	105*	202.5*	492.5*
J. Moore	140	87.5	160	387.5
75	182.5	112.5	205*	505*
C. Cousins	192.5	145	212.5	555
C. McNeil	197.5	145	212.5	555
90	265*	160*	242.5*	667.5*
M. Fessler	207.5	125	262.5	595
100	282.5*	150	280*	717.5*
J. Phisner	200	115	197.5	512.5
J. Hunt	297.5*	150	280*	717.5*
125+	207.5*	172.5*	197.5*	582.5
K. Luczkowski	182.5	107.5	190	480
J. Rolling	227.5	130	237.5	595
M. Puckett	200	147.5	200	547.5
82.5	260	137.5	240	637.5
R. Brown	192.5	145	212.5	555
M. Henders	175	117.5	195	487.5
90	280	167.5	282.5	730
J. Inlow	255	190	237.5	682.5
T. King	300	220	272.5	792.5
100	292.5	150	280	717.5
M. Robbins	297.5	172.5	240	710
R. Kennedy	205	142.5	197.5	545
K. McClelland	227.5	100	220	547.5

*state record. Team trophy: King's Gym, Asheville, NC. The USPF Indiana State Championships/Super Series was held at the Zionsville Community Center in Zionsville, IN (just north of Indianapolis). The turnout was great, and the spectators were very enthusiastic. Tim King's team from North Central State University, who did an outstanding job on the lift and great team spirit. Thanks to Tim for the "light" advice. Indiana lifters were breaking drug tested state records left and right - awesome! Thanks to John Hudson for connecting our original formula would place him in third place, instead of second. Rachel Mathias broke a personal record and continues to prove herself in both the powerlifting and drug testing worlds. Congratulations to the winners by MLO Vinters Co. and Pako Disk Co. The Indiana overall winner, Mike Robbins and Super Shape overall Bryan Bush, and Master winner Sam Phillips took home nice new wraps and Bryan Bush also took home about \$2000 of supplements from MLO. Beautiful trophies were supplied by Jim Spiker, who did an outstanding job on the trophies. Super Shape owners Mike and Tammy McClelland for letting us hold our meet at their facility. Thanks to spotters, loaders, and judges: Steve Brady, Jason P. Donato, and Scott Cananery, Jeff Schweiger did an excellent job as announcer and is available for national " gigs." Lynda Cananery was the scorekeeper. Thanks to the following sponsors: MLO Vinters Co., I. Willis, A. Safel, P. Vallera, M. Dorepell, J. G. Williams, B. Kotz, J. Sawyer, D. H. 132, J. Williams, N. Summerville, S. Johnson, J. Powell, R. Roberts, R. Perkins, S. Davis, D. Bowen, D. Carter, D. Canu, C. Chapentier, S. Anderson, C. Polak, C. Lemann, K. Lowe, J. Hardy, R. Westbrook, H. Hamilton

Texas High School Regional IV

12 Mar 94 - Beaumont, TX

Dw I-114	SQ	BP	DL	Total
M. Yarbrough	300	180	350	830
A. Cooper	280	185	350	815
R. Morales	270	170	330	770
P. Gutierrez	290	145	295	730
R. Hall	255	165	305	725
B. Little	270	135	285	690
M. Vincent	235	150	300	685
D. Carter	245	150	280	685
Dw II-114				
290	175	345	810	
J. Vallier	270	180	395	745
S. Anderson	265	175	375	715
C. Polak	245	135	275	655
K. Lemann	215	145	275	635
K. Lowe	220	115	270	605
B. Scott	250	150	260	635



Overall Indiana State Champ Michael Robbins with Rachel Mathias

C. Link	240	100	280	620
D. Carter	245	110	240	595
Dw I-123				
400	225	470	1095	
C. Simmons	355	195	910	1460
T. Woodall	320	195	330	845
D. Delee	315	145	340	800
C. Terzino	310	160	300	770
C. LeBlanc	285	165	290	720
J. Ferguson	265	180	265	710
L. Shauke	305	195	405	905
Dw II-123				
R. Mendoza	330	160	405	895
J. Squier	310	220	300	830
L. Willis	305	175	285	765
A. Safel	250	165	320	735
P. Vallera	270	170	300	740
M. Dorepell	260	145	300	705
J. G. Williams	475	235	465	1175
Dw I-132				
450	280	455	1150	
V. Marquez	430	315	475	1220
T. Whittington	400	225	450	1115
T. Caino	380	210	485	1075
D. Smith	350	290	425	1065
S. Ballow	400	270	580	1350
R. Thomas	515	255	530	1300
T. Ramon	410	265	475	1150
T. Ken	400	230	470	1120
K. Spidle	385	250	485	1120
L. Cadde	400	250	470	1120
M. Robbins	385	250	485	1120
S. Anderson	400	230	470	1100
J. Oroszberg	395	255	420	1075
S. Scott	350	255	420	1025
Dw I-181				
550	300	580	1430	
J. McGahey	530	320	580	1430
B. Thomas				

R. Webster	470	285	600	1355
S. Farrell	560	265	470	1295
S. Kooze	460	310	510	1280
R. Williamson	405	290	525	1220
G. Thibaux	385	240	425	1070
T. Ardoin				
Dw II-181				
540	285	525	1350	
C. Roening	485	300	500	1285
B. Samuel	485	265	500	1250
K. Davis	405	270	520	1195
J. Schaez	420	265	465	1150
C. Holder	430	230	565	1125
S. Sim	410	260	445	1115
D. Mitchell	415	250	420	1085
Dw I-198				
480	285	510	1275	
R. Harrison	610	285	610	1505
M. Hayes	520	305	580	1405
O. Barcia	490	235	465	1190
Kelly	440	275	465	1180
M. Killen	450	300	410	1160
D. Allen	430	250	475	1155
C. Donovan	470	265	380	1115
S. Alexander	400	275	425	1100
Dw I-220				
550	360	600	1510	
L. Primm	545	310	635	1490
E. Johnson	500	315	635	1450
D. Gullity	470	295	600	1365
F. Brady	485	300	560	1345
W. Dougal	500	315	485	1300
R. Gross	485	260	45	1195
E. Deaman	343.5	240	520	1105
D. Lewis				
Dw II-220				
550	340	580	1370	
J. Vayser	485	280	575	1340
L. Dumas	535	280	510	1325
H. Manning	465	285	575	1325
M. Alkison	535	240	500	1275
S. Best	470	300	440	1210
P. Wyatt	500	245	440	1185
Dw I-240				
705	300	620	1625	
A. Patton	605	335	660	1600
R. Smith	475	360	605	1440
C. Thomas	420	320	500	1240
G. Chambers	410	295	530	1235
L. Clark	430	275	475	1180
R. Bennett	430	275	475	1180
C. Johnson	370	275	500	1145
K. Kenbrow	370	275	500	1145
R. Posey	425	280	430	1135
D. Griffin				
L. Kiel	555	285	580	1420
A. Alexander	500	275	580	1355
Winkelman	505	320	525	1350
C. Bolard	500	260	475	1235
J. Peterson	450	250	485	1185
B. Walker	450	250	450	1150
M. Disher	460	250	450	1160
C. Johnson	355	220	445	1030
M. Neal				
Dw I-5HW				
580	290	605	1575	
C. Parker	545	315	575	1535
V. Payne	635	315	1525	
A. Legger	600	350	550	1500
T. Light	530	330	640	1500
J. Adams	540	285	500	1325
M. Gurnon	530	260	450	1240
R. Dillon	570	350	550	1470
Dw II-5HW				
525	290	550	1365	
F. Jordan	475	325	525	1325
L. Loyedy	470	310	520	1300
A. Droche	465	325	500	1290
B. Anderson	400	235	400	1235
T. Rodgers	400	235	400	1235
W. Schwartz	510	225	475	1210
A. Atkins	480	225	475	1185
D. Moflett	475			
M. Dogan				

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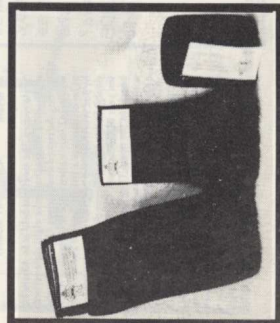
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INFORMATION FROM USPF HEADQUARTERS
 FROM THE RECORDS CHAIRMAN... USPF and IPF records are the most credible and respected records in powerlifting. There have been some "records" set elsewhere that have had dubious authenticity. There is no question of USPF or IPF records being done legitimately.

Requirements for registration of State Meet Records are: 1. The competition shall be sanctioned by the USPF, and governed by USPF rules.
 2. USPF State record attempts may be judged by State Referees.

Requirements for registration of American and National Meet Records are: 1. The competition shall be sanctioned by either the IPF or the USPF, and governed by either IPF or USPF rules. 2. One of the referees shall be an authorized IPF Referee who is a current card holder (in hand) member of a National Federation affiliated with the IPF, and who is currently registered with the IPF. The other two referees shall be at least USPF National Referees in possession of their National Referees cards (books) at meet site. Referees affiliated with the USPF must be registered with the USPF prior to being seated as platform referees. National meet records may be set only at USPF National Meets and shall exceed the existing National Meet Record by at least 2.5 kg.

Requirements for recognition of an IPF world record are as follows: 1. The competition must be held under the sanction of a national federation affiliated to the IPF. 2. Each of the referees must hold a current IPF International Referee's card and be a member of a national federation affiliated to the IPF. 3. The good faith and competence of referees of all member nations is beyond dispute. Consequently a world record can be assured by referees of the same nation. 4. World records can only be accepted if drug testing was carried out on the lifter immediately following the competition for his bodyweight category and in accordance with IPF testing protocol. The result must be negative. The USPF National Headquarters has copies of IPF World Records and American Records. State records are maintained by the State Chairman or his/her designee.

USPF SPECIAL RULING ON HIGH SCHOOL MEETS
 USPF registration is not required of competitors in a closed High School meet; however, a USPF club membership is required of all High Schools holding sanctioned powerlifting meets. A High School student

wishing to lift in a sanctioned meet, other than closed High School meet, is required to purchase a USPF membership. POUND WEIGHTS may be used for High School meets, up to and including the High School National Championships. Lifters in High School meets have the option of lifting either in a one-piece lifting suit, or in shorts and a T-shirt. With either attire, shoes are mandatory. The cost of a USPF membership for a High School student is \$10.00.

COMMONLY MISINTERPRETED RULES

There are some rules that sometimes need clarification and have been commonly misinterpreted by some officials across the country. The USPF has informative and helpful to officials in doing their job even better.

1. Rolling the bar before deadlift. Rolling the bar on the platform before the commencement of the lift is not a cause for disqualification of the deadlift.

2. Heavy Duty Blast Shirts. We have heard that some USPF members thought that the Heavy Duty Blast Shirt was not legal in USPF competitions. For everyone's information the Heavy Duty Blast Shirt is IPF and USPF legal. It is a single layer blast shirt made of heavier fabric and a more radical design.

3. Webbing on crotch seam of squat suit. A few referees have seen the webbing in some squat suits and interpreted it as a double layer crotch. It is not a double layer crotch, only an IPF legal reinforcement for the seam of the squat suit which provides more safety and longevity of the suit.

4. State Record. State referees are all that are required to judge a state record attempt. National or international referees are not required to judge a state record attempt although they certainly may judge a state record.

SPECIAL OLYMPIANS - SPECIAL RULES

The following are rules for use by Special Olympian contestants in Special Olympian meets or within regular powerlifting meets. A. The lifter shall have two minutes to bring the lift after his/her name is called. B. A lifter who is also physically handicapped may be strapped to the bench and assisted to and from the bench. C. Any doping control oath shall be executed by the lifter's coach. D. Lifters using bladder bags or having severe lower body deformities area allowed to lift in warm-ups (sweat pants). E. A lifter may take a hand-off at the chest in the bench press. F. The bar may be marked with chalk or tape. G. The age divisions shall be: Junior (ages 16-19) and Senior (ages 20 and over). H. The lifts shall be: 1. Bench Press Only. 2. Deadlift only. 3. Bench Press and Deadlift.

NOTE: Special Olympian lifters are not required to include the squat in their meets. As a separate category of lifters, Special Olympian's membership fee will be \$10.00

CALIFORNIA STATE CHAIRMAN ELECTIONS

There are two very qualified people who would like to serve as USPF California State Chairman. They are 1. Charles LaManita, 2. Flomen Phassi. The USPF National Headquarters will mail out ballots to all current USPF members in California. California is a great USPF state with much lifting talent. There has not been a democratic election for California USPF State Chairman in years. This is YOUR chance to vote for California USPF State Chairman. Please mark your ballot and send it in.

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City					
State		Zip Code	Area Code/Telephone		
Elite Master	I	II	III	IV	IPF CATELIP. CATERNAT STATE
Current USPF Classification	Referee Status	Y	N	Y	N
High School Athlete?	Collegiate Athlete?	U.S. Citizen	M	F	Sex
CARD ISSUED BY			DATE OF BIRTH		
AGE					

USPF OFFICE - 1-800-500-9727

Registration Fee \$20.00
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I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

SIGNATURE _____ X

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A.D.F.P.A. Corner

The ADFPFA CORNER brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting, competition. We thank all who have supported the ADFPFA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481

From the ADFPFA Texas State Chair Eric Hammer: In Texas State News, Jan Todd continues to promote powerlifting meets as she has since 1984. The 11th Annual Longhorn Open was held November 19. I have been in contact with Kelly Bonner, president of the Texas High School Powerlifting Association. Texas high school powerlifting is amazing; the organization is broken down into regions. There are regional meets, with the season culminating in a state championship at the end of the season. I plan to attend their season kickoff meeting in December to present some ideas. Van's Gym owner Mike Van Cleave, who recently was crowned World Master Champion at 181 (45-49 year old), plans to put on his first meet in 1995.

ADFPFA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Louis Baltz, Owner.
Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (309) 837-4824 (M-F 3-5pm, Sat 10-12pm)
Brown's Gym, 611 S. State St., Clark's Summit, PA 18411, (717) 586-3431, Owner-James D. Brown
Building Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Bruce Dowling, Owner
Charleston Barbell Club, Powerlifting Team, 3735 Dorchester Road, Charleston Heights SC 29405, (803) 863-6143, 744-6216, Coach: Ernie Sorell
Coastal Fitness, 5140 Sellers Rd., Shallotte, NC 28459, (910) 754-2772, Owner/Manager: William Mark Jones
Cyborg Power Shop 04281A County Road 15D Bryan, OH 43306 (419) 636-4585, Owner: Ernie Fleischer
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518,

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADFPFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFPFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFPFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFPFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFPFA Master's	A Total in a Sanctioned Meet										
ADFPFA High School	A Total in a Sanctioned Meet										

ADFPFA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	415	445	465	485	505	525	560	610	675	755	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A Total in a Sanctioned Meet										

ADFPFA Hawk Country Open/

Minnesota Masters
 10 Sept 94 - Herman County, MN
 Open Bench Press
 64 kg 380
 84 kg 480
 110 kg 640
 135 kg 820
 181 kg 1150
 225 kg 1450
 275 kg 1850
 315 kg 2200
 365 kg 2600
 425 kg 3000
 490 kg 3400
 560 kg 3800
 635 kg 4200
 715 kg 4600
 800 kg 5000
 890 kg 5400
 980 kg 5800
 1075 kg 6200
 1175 kg 6600
 1275 kg 7000
 1375 kg 7400
 1475 kg 7800
 1575 kg 8200
 1675 kg 8600
 1775 kg 9000
 1875 kg 9400
 1975 kg 9800
 2075 kg 10200
 2175 kg 10600
 2275 kg 11000
 2375 kg 11400
 2475 kg 11800
 2575 kg 12200
 2675 kg 12600
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 27375 kg 111400
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POWERLIFTING USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.

Championships (Lift benches 71,2), TOP 100 2423, ADPPA TOP 20 1485
 Men vs. Women, Vadim Mironov, TOP 100 1655, ADPPA TOP 20 SHWS
 Training, Protect Your Joints, TOP 100 181 lift, ADPPA TOP 20 114 lift
 Mar/92... Women's Top 20, Natural National Bench Press, Powerlifters are Better Lovers... The Hardest Lift, TOP 100 1655, ADPPA TOP 20 SHW lift
 Jun/92... Baddest Bench in America, ADPPA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, Love by Dr. Judd, TOP 100 2205, ADPPA TOP 20 1325
 OASH/91... Chris Costello Profile, ADPPA National Deadlift, Paul Anderson, Lean Body Mass, Residual Effect Training, TOP 100 1148, ADPPA TOP 20 1988
 Nov/91... IFF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Scialpi Deadlift Workout, TOP 100 1235, ADPPA TOP 20 220 lift
 Dec/91... WDFPF Worlds, Team USA/Spain, Vic Kennedy Workout, New WL Classes, World's Strongest Man, OKG, TOP 100 1325, ADPPA TOP 20 2425
 Mar/93... NASSA Natural Nationals, Squatting With Equipment Positives from Negatives, Powerlifters First Aid Kit, TOP 100 2205, ADPPA TOP 20 1325
 Jun/93... WPA Worlds, USPF Collegiate, Masters Bench Routines, Kelso Shrug System, Nitro Six, Kinetic Chain, TOP 100 2425, ADPPA TOP 20 1485
 Aug/93... ADPPA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 2755, ADPPA TOP 20 1655
 Aug/93... USPF Seniors, USPF Masters, NASSA Masters, Legends of P/L DASH World Record Breakers, Rack Training, TOP 100 SHWS, ADPPA TOP 20 1815
 Sep/93... ADPPA Men's Nationals, NASSA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 1145, ADPPA TOP 20 1985
 Oct/93... APF Seniors, NASSA World Cup Grant Pitts Profile, ADPPA DL Nationals, Rest Pause, Bombing Out, TOP 100 1235, ADPPA TOP 20 2205
 Nov/93... EO Coan Interview, Anthony Clark Bench 735, Doug Ortiz Bench Workout, Reverse Grip Bench, TOP 100 1335, ADPPA TOP 20 2425
 Dec/93... WDFPF Worlds, Anthony Clark Profile, EO Coan Interview Pt. II, Reverse Hyfers, How Often to Bench, TOP 100 1485, ADPPA TOP 20 2775
 Jan/94... IFF Men's World, IFF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 1655, ADPPA TOP 20 SHWS
 Feb/94... Drug Testing Methods, ADPPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 100 1815, ADPPA TOP 20 1145
 Mar/94... Women's Top 20, Drug Testing Methods Pt. II, The Tap Bar, Teen Training, Tamara Rainwater-Orrinwood, TOP 100 198, ADPPA TOP 20 1235
 Apr/94... Salva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psychology Up or Psychology Out, WNPFF Worlds, TOP 220, ADPPA TOP 20 1325
 May/94... USPF/ADPPA Collegiates, USPF Jr. Nalls, IFF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 2425, ADPPA TOP 20 1485
 Jun/94... NASSA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 2755, ADPPA TOP 1655
 Jul/94... USPF National Masters, Ricky Crain Profile, Lower Back Training, Mike MacDonald Bench, TOP 100 SHWS, ADPPA TOP 20 1815
 Aug/94... APF 588, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 1145, ADPPA TOP 20 1985
 Sep/94... ADPPA Men's, USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 1235, ADPPA TOP 20 2205
 Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 1485, ADPPA TOP 20 2755
MAKE A LIST OF THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

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Iowa State Fair BP/ DL

20 Aug 94 - Des Moines, IA

Bench	166	166
Shaw	166	166
C. DeFranco	330	330
Michele	214(47)	380
S. Craig	187(45)	340
Tommy	187(45)	340
T. Jacobmeter	255	255
181	255	255
D. Harkin	350	350
Suber	265(60)	375
M. Nihil	270	270
D. Powers	270	270
198	270	270
R. Olin	440	440
R. Olin	440	440
C. Caprioli	360	360
J. Pinkard	415	415
T. Weikert	365	365
W. Clements	355	355
275	355	355
L. Toomey	485	485
J. Meyers	325	325
SHW	375	375
C. Patterson	300	300
A. Nguyen	210	210
C. Rene	205	205
S. Coe	165	165
132	200	200
K. Kuzne	160	160
148	200	200
J. Wanke	290	290
T. Nguyen	245	245
165	300	300
B. Morgan	285	285
R. Pierce	260	260
181	270	270
L. Long	370	370
M. Marlin	440	440
198	480	480
M. Jones	335	335
D. Black	335	335
J. Heisher	260	260
S. Caldwell	515	515
L. Lipscomb	400	400
J. Alesia	245	245
M. White	465	465
J. Moyer	380	380
198	380	380
M. McClean	445	445
M. Greke	380	380
S. Jamowski	285	285
J. Meyers	325	325
L. Auerell	170	170
Nounce	148	148
165	225	225
K. Leerhoff	300	300
B. Morgan	285	285
M. Smith	250	250
181	250	250
S. Rieger	310	310
W. Miller	295	295
J. Simpson	335	335
J. Simpson	320	320
C. Doods	270	270
T. Hobbs	360	360
D. Walker	345	345
242	380	380
J. Hoyle	375	375
L. Kubal	375	375
275	380	380
M. Crowe	375	375
T. Hildworth	375	375
SHW	370	370
T. Wright, Jr.	370	370
Master	300	300

The 1994 9th Annual Iowa State Fair Bench/Deadlift Championships went off with a huge bang. The meet was as big and as competitive as the last eight years there. With a total of 132 lifters, the meet was a success. The lifting site, thanks to the Miller Genuine Draft/TV 5 sponsors, was superb and the audience was unreal. I have got to say that in 11 years of running annuals, this was the best day. They were cooperative as they were this day. They were always ready when the weight were loaded and with this size of a meet that was greatly appreciated. I think everyone who helped to make this meet so successful and smooth-running. Their help made all the difference in the world, and my

appreciation goes out to all of them greatly. Good friend Larry Toomey, who is always at the meets for me to help me up and down, and to help me with the time and weight. We met in the morning and did a job of running meets, did an excellent job of announcing and keeping things on track. Also, thanks to the Miller Genuine Draft. A special thank to the lifters and spotters. Thanks to the judges Dan Gill and Rick Johnson. A special thank to the loaders and spotters. Mark Gill, Austin Gill, Dan Mader, Jim McCrystal, Mark Johnson, and the lifters. A special thank to the loaders and spotters. Thanks to the judges Dan Gill and Rick Johnson. A special thank to the loaders and spotters. Mark Gill, Austin Gill, Dan Mader, Jim McCrystal, Mark Johnson, and the lifters. A special thank to the loaders and spotters. Thanks to the judges Dan Gill and Rick Johnson. A special thank to the loaders and spotters. Mark Gill, Austin Gill, Dan Mader, Jim McCrystal, Mark Johnson, and the lifters.

Illiana Open Bench Championships
13 Aug 94 - Terre Haute, IN

Women 125	115	115
Men 148	275	275
J. Zubek	365	365
B. Baidridge	280	280
165	300	300
D. Hoffa	300	300
S. Wallace	295	295
M. Bell	285	285
W. Kehl	285	285
R. Ripplinger	280	280
J. Wazque	260	260
165	300	300
D. Hoffa	300	300
S. Wallace	295	295
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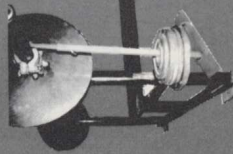


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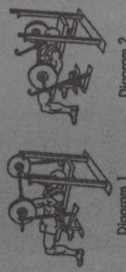


Diagram 1

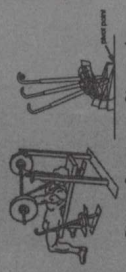


Diagram 2

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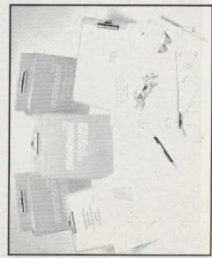
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THE MAGIC OHMMETER STRIKES AGAIN! by Ernie Anderson. Norman Ross, a 175 lb. powerlifter who makes his living as a physical trainer, entered the AD-PPA National Deadlift meet held on July 30. Norm is no Ed Coan - he deadlifted 470 pounds to place third in the 181 lb. class. At one time, Norm had weighed 220 and deadlifted 615, but that was when he was taking steroids. In 1987 he stopped taking steroids and became a drug-free lifter. When Norm entered the deadlift contest, he had been completely off drugs for 7 years.

Norm was selected for "drug testing". The selection was probably random because Norm neither looked nor lifted like a steroid user. Norm was not given a urine test. Instead, a contraption called a "polygraph" was used to measure Norm's respiration, blood pressure and skin conductivity while he answered a series of questions. The operator did not like the readings he got from his magic ohmmeter and finally told Norm that he had failed the test.

Norm was shocked, dumfounded and depressed. He simply had not imagined anything like this happening. He asked Bob Gaynor, the meet director and president of the ADPPA, if he could take a urine or blood test to prove he was drug-free. Mr. Gaynor told him that he could take another polygraph test but a chemical test would not be permitted. Norm decided to take a urine test at his own expense to prove that he was drug-free. This test, done by a certified lab, showed Norm to be 100% clean.

I found out about Norm's drug test through a mutual friend shortly after it happened. I am a lifetime drug-free master lifter who has al-

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ways felt that polygraph testing is complete nonsense. I know that this kind of test is used by meet directors who want to establish "drug-free" status over long periods of time, such as three years. It is quite impossible to do this with standard chemical testing, but it is a snap with a magic ohmmeter. The validity of polygraph testing was very effectively debunked in Dan Wagman's thoroughly researched article in the February 1994 issue of *Powerlifting USA*, wherein Mr. Wagman concludes: "I, for one, will most certainly not submit myself to this type of examination."

Chemical testing is anonymous, precise, verifiable, repeatable; in short - scientific. It cannot answer the question "have you been drug-free several times in meet results published in *Powerlifting USA*. In one such report, the meet director stated that the lifter who failed the test became very abusive. I don't wonder. How would you react if such a thing happened to you? You would probably like to shove the magic ohmmeter up where the sun never shines, but in our lawyer-

infested society it is not smart to get physical. The fact is, that you would be essentially helpless - just as Norm was. Well, don't let it happen to you. If you do not believe in magic ohmmeters, do not enter meets where they use them. If you do believe in them, then go ahead, and good luck!

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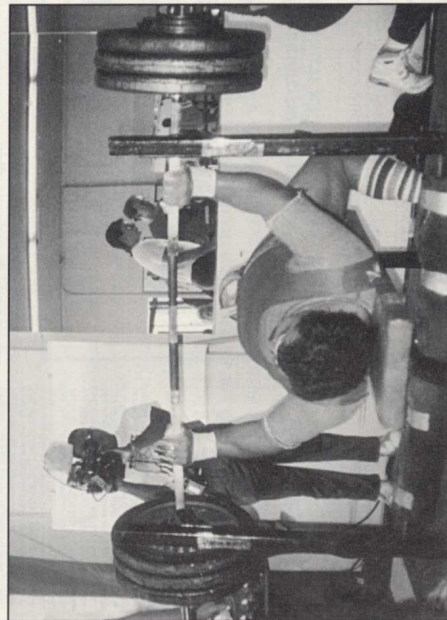


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WHAT'S NEXT?

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Jay Schroeder is the Director of the Ultrafit International Training Center in Mesa, Arizona. Dr. Vladimir Anisimov is the Director of Tumor Prophylaxis Study, N.N. Petrov/Institute of Oncology, St. Petersburg, Russia. For more information about Evolution Training mesocycles and the proper use of sport supplements contact Jay Schroeder at Ultrafit at 800-291-1384, or Alekta Sport International USA at 800-621-2602 or write to Jay Schroeder at 10H Evergreen Drive, Bozeman, MT 59715.

(article continued from page 18)
The diet in our mesocycle example contains 40% protein, 50% carbohydrate, and 10% fat calories. This equates to a protein consumption of about 1.5 grams per pound of bodyweight each day. A lifter weighing 200 pounds will need 280-300 grams of protein daily on this mesocycle.

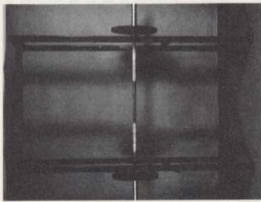
ADDITIONAL RESTORATION MEANS

In addition to training plan design, diet, and sport supplements playing a role in recovery, additional recovery means used include sleep for a minimum of 8 hours a day, a weekly massage, and sauna. The sauna should be included offer the training session on Day 2, just before a full day of rest. This article is not comprehensive enough to go into detail regarding these other recovery means but they are no less important to the success of the serious powerlifter and you should learn how to use them to your advantage.

WHAT CAN I EXPECT TO GAIN?

By performing the pre-peaking program correctly for 3 cycles in 30 days, you can expect to activate the maximal number of muscle fibers. Your lifts will become very fast. Visually your muscles will be much

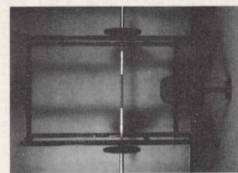
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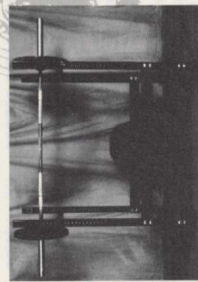
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Titan Power Lifting History #101

'Captain' Kirk and the LEGENDARY CHALLENGE

History books were rewritten at '94 USPF Nationals

for "Captain" Kirk's 2nd attempt. Load the bar to a World Record 892 lbs. to eclipse the 13-year-old legendary squat of Dan Wohlenber!

For 13 years, this record had withstood the repeated assaults of legendary lifters such as Dr. Squat and the defending champion himself! Many champions had been reminded of just how mortal they were by this tremendous mass of weight. Now it was the "Captain" making the challenge. Again the slow controlled descent froze the moment in time. And at a depth that has crushed some of the greatest lifters in history, 892 lbs. shot up to the top! The roar of the crowd drowned out the "Captain's" own roar, and then one last fact shocked the room into silence. "Captain" Kirk still had a 3rd attempt left!

The roar of the crowd drowned out the "Captain's" own roar, and then one last fact shocked the room into silence. "Captain" Kirk still had a 3rd attempt left!

"Set the bar to 914 lbs. and fire up the engines, Scooty. 'Cause the Captains squatin' with the Supers!"

Again the descent is agonizingly slow. An awe-some display of unbelievable quad and glute strength. Depth is broken and then taken even deeper into the pits of No Man's Land. And then history is rewritten again! At warp speed, "Captain" Kirk propels himself into the history books. Three whites make "Captain" Kirk the first 242-pounder in IPF history to officially squat over 900 lbs. in front of the toughest judging in the world!

"Captain" Kirk challenged himself to even greater heights... to legendary status. And of all the gear he could have chosen from, he chose TITAN. We're proud to say that "Captain" Kirk uses the Dual Quad suit, Ultra Belt and Safe Products.

Titan dominates the USPF Nationals!

Gold Medals: Carme Bourdreaux, 123; Bettina Alizer, 132; Phil Hile, 114; Tim Taylor, 123; Lamar Gant, 132; Dan Austin, 165; Gene Bell, 198; Kirk Karwowski, 242; **Silver Medals:** Kelli, 123; Greg Young, 114; Greg Jones, 181; Sly Anderson, 198; **Bronze Medals:** Lori Ferrero, 105; Scott Siegel, 148.

TITAN

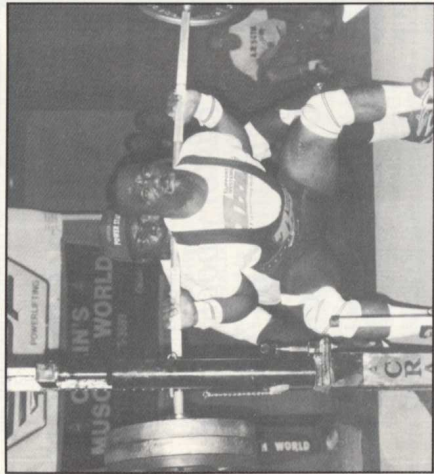
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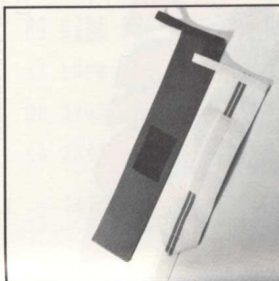
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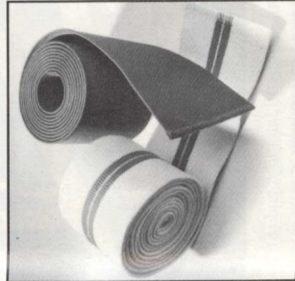


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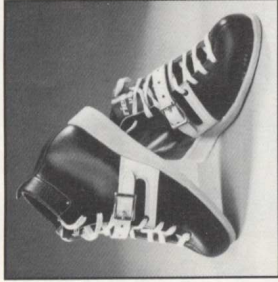


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those over 55. Restoration of health and vitality during those "golden" years would be most meaningful for Jon.

Every once in awhile Jon Cole has the yearning to dig out the old metallic disc and just for old times sake sell it upwards toward the heavens. In closing let us hear what the greatest powerlifter today says about Jon:

WJ: We own Jon a great deal of gratitude for his contributions to the Iron Game. His grandiose superachievement in the arena of strength helped redefine our concepts of human limitations. Powerlifting originals like Jon and myself. — **Ed Coon**

Yes, Jon, we all thank you. May your legacy live on ad infinitum. Gratitude is one of the things that cannot be bought; it must be born with men or else all the obligations of the world will not create it. — **Lord Halifax.**

Interview: it means a lot to me. HG: Coach, believe me, the pleasure is all mine.

And what of Jon Cole today? He has not remarried. The prominent body of his life is his grown daughter residing with him. Jon expresses his gratitude to Brick Darrow for his loyal support during his competition days. He considers the Lord to be his best friend.

His favorite companion is "BEAR", his huge canine - an original German Shepherd/ Timber wolf mix. Jon rescued him from euthanasia years ago and has never regretted it.

Now his livelihood is buying old wrecked cars, restoring them into vintage automobiles, and re-selling them. He also does some one on one coaching. He has thoughts of opening a health food store to include computerized programming for clientele workouts. Jon believes there would be a great Arizona market for a health club which caters to

I had a chance to tell Paul how much I respected him not only as an athlete, but for all the great he has done to benefit others. He could have gained many more honors and titles had he remained as an amateur. There was no malice toward him by me.

HG: He knew. I told him that years ago.

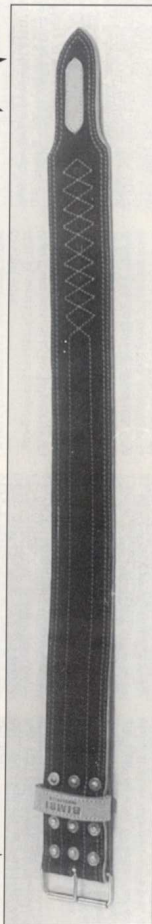
JC: How did you know that I felt that way?
HG: Because we've tuned in on the same wavelength. Here's what Paul said to me: "I'd read about Jon and knew of his great lifting. I had obligations that I couldn't postpone. They were my top priority. Jon was the only one who ever issued a challenge to me that had the firepower to back it up. I wish we could have given it a go. I guess the Lord willed it that way. His strength is greater than either of us could ever hope for."

JC: Paul now dwells in his Father's mansion. His reward is eternity. God rest his soul. Herb, thank you for this



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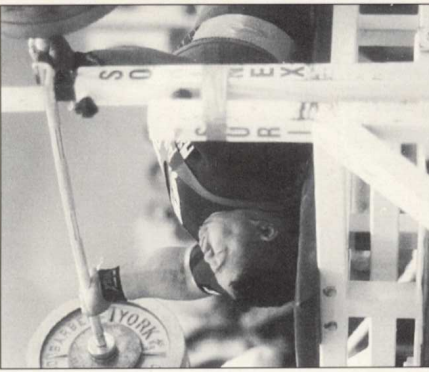
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark. Anthony Clark had stumbled with is opening attempt squat, taking three tries to get his easy-for-him opener registered as a good lift. Shane saw his chance to beat one of the most famous powerlifters. 903 was loaded on the power bar for Shane's first attempt. Shane set up strongly with this weight, and just when everyone was expecting to see him descend carefully to below parallel position, Shane just dropped! Shane dropped to below parallel, and, BOOM!, stood back up. Most people had never seen a 'dive bomb' squat technique before. Earlier in the championships, another brand suit had blown out on several lifters. One lifter, after his suit blew, walked off the platform with his naked glutes in the emphatically laughing audience's view.



None of the blown suits were Inzer suits. Apparently, the owner of another company that supplies powerlifting equipment, who claims to have the best blowout guarantee, had been busy on the phone talking some competitors into wearing his suit. Several of these lifters came to the Inzer booth afterwards to again fit themselves into a real squat suit. Shane Hamman was wearing a very tight fitting Inzer Z-Suit, but would his suit hold up on a world record attempt of 986 with his radical 'dive bomb' squat technique? Yes! Of course his Inzer Z-Suit held up, and Hamman was successful in breaking a 12 year old IPF World Record with a super easy lift of 986 and he was good for over 1,000 pounds. Anthony Clark, outfitted with all Inzer Power Gear, went on to win the SHW class, coming from behind with a huge IPF bench press World Record. The message of this historical account is: while there are other brands of suits that may be good and could be used for a practice suit, Inzer Z-Suits and Champion Suits have proven again to be the #1 suits for performance and safety in the world. And remember, the #1 ranked powerlifter and consistently consistent Ed Coan does not get confused and fooled into wearing other than the best, but always wears exclusively Inzer Power Gear!

