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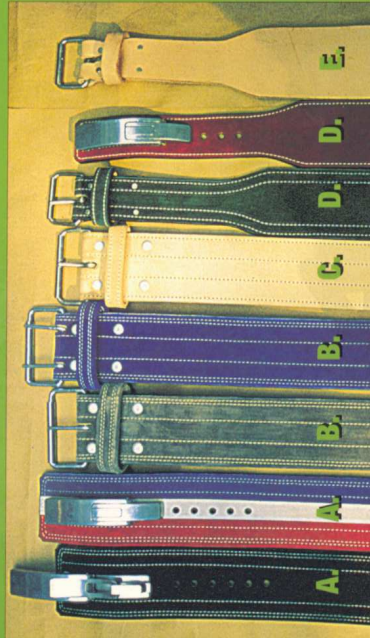
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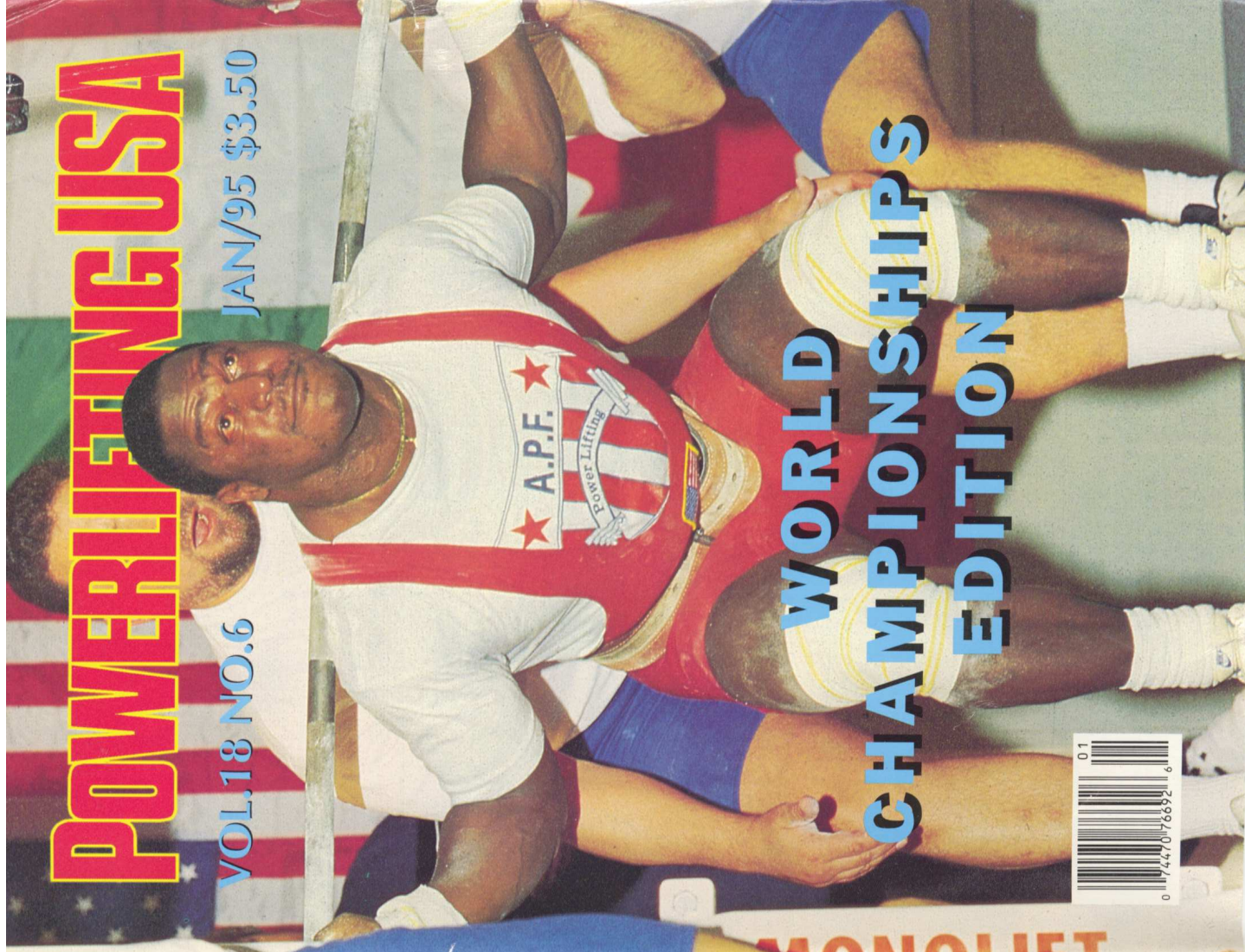
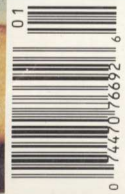
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# POWERLIFTING USA

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**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!

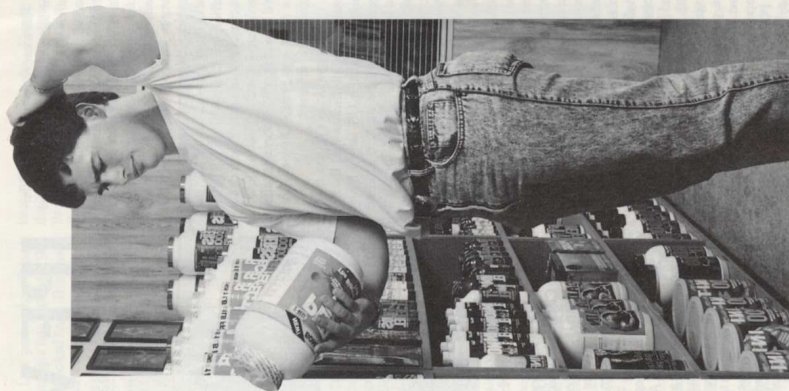
**Magazine Ads Aren't Much Better!**

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, Yohimbe, Aminos 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 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.

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(New Hot Stuff Double X is available in Canada exclusively through Nutrition Health & Fitness, P.O. Box 343, Port Coquitlam, B.C. Canada V3C 4K6. Or call them directly at 1-800-663-0889.)

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

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# IPF WORLDS

as told by USA Team Coach, Major Sean Scully USAF



Champs at 114: Imaba (1st), Htu (3rd). (Isagawa)

This meet report may seem different for a number of reasons. The author is not the thorough and unbiased editor of PL USA, Mike Lambert, who unfortunately missed his 1st Men's Worlds in decades due to an acute, hopefully short term, lack of manpower at the home of everyone's favorite PL mag. The author is the very biased longtime head coach of the US Men's Team. Additionally, the author, who suffers from CRS (the precursor to Alzheimer's - stands for Can't Remember S---) did not know he'd be writing this report until after the meet was over. Oh well, this should be... different.

The organization of the meet shared some similarities with the organization of the US team. Many significant changes made right up to the last minute. The meet had originally been planned for Lillehammer, Norway, but unfortunately the '94 Winter Olympics seemed to dry up all the financial support in that area and Alan Ferguson of South Africa was gutsy enough to step up and take on the responsibility with far less than a year to prepare. Alan lost some of his supporters as well, and as a result the venue and meet hotel were changed very late in the game. Unfortunately, because of the location within Johannesburg, audience size was at an all time low. Apart from this disappointment, however, I feel that Alan and his staff did an exceptional job with the conduct of the meet. I particularly liked the Sunday barbecue by the poolside and the evening banquet. Well done Alan! Let's do it in CapeTown or Durban next time.

Putting together the US team was easy... NOT!!! Fully eight of the top performers from the Nationals could not make the trip due to funding, injury, late notification, etc... (obviously none due to drug testing results - all negatives, thankfully). The eight included some pretty awesome homers: Lamar Gant, Tony Conyers, Dan Austin, Greg Jones, Sly Ander-

50 years young Hideaki Inaba's lifts were splendid, breaking Masters' WRs with a 529 lb. squat and 1245 lb. total. Improving Chinese Taipei lifter Chun-Hsiung Hu was not far behind with a 1234 total. Phil Hite improved the USA's team points at 52 kg to 7 from last year's 5 - getting us off on the right foot with a solid 4th place and earning a silver medal in the bench and a bronze in the deadlift (all with a sore back and the lightest bodyweight in the class). The biggest disappointment for me in this class was not getting to see India's Bhisakan deadlift. The WR holder cut his 1st and 3rd squats (which looked fairly light) a tad high, and was timed out on his 2nd. Who knows what he would have pulled.

The 56 kg class thinned out quite a bit, as several lifters decided to pitch their diets when they saw the buffet at the Hotel. Just as well for them because Fitzroyd Isagawa was not going to be denied his 7th world title on this day. After struggling a bit in the squats Hiro coasted with a Masters' WR bench of 358 lbs., 3 smooth deadlifts and a 1306 lb. total - a comfortable 127 lb. margin. He won the gold in the squat and bench, and the silver in the deadlift (beaten for the gold on bodyweight). India's Francis sailed into second with the gold medal deadlift and a personal best of 1179 lb. total. Kitan of Germany grabbed 3rd and a National record 385 lb. squat.

Unlike last year, this year's 60 kg class was packed with great lifters, and they lifted very well indeed. The top four placers all hit personal best totals as well as a total of 7 personal bests in the individual lifts. The 12th place total of 1224 lbs. would have won 4th comfortably far from the world but not have been far from the bronze. Only a few kilos separated



Wim Elyn of Belgium went 9/9. (Isagawa)

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75 kg class. Last year, when Dave won his 3rd straight title with 5 for 9, every attempt looked hard. This year the weights were punished by a Dave Ricks who seemed to get stronger as the weights got heavier. His only miss was his second bench, where he forgot to pause - did a touch and go (I HATE THE NEW IPRULE. IT COSTS US AT LEAST 3 BENCH ATTEMPTS - IF IT'S NOT BROKE, DON'T FIX IT).

The repeat at 41.8 on Dave's 3rd looked so easy I could have cried. This cost Dave the gold in the bench as silver medalist Per Berglund of Sweden pushed up a tough 424 (minus a bench shirt). Dave would have liked to crack 1800 lbs. at the meet (he was definitely strong enough), but when it came down to the last deadlift it was going to take 711 lbs. Since the Admiral of Powerlifting had equalled his best pull of 672 on the 2nd attempt, we thought 711 to be a tad out of reach. As the Chinese Taipei lifter, J-Ching Hsieh, was attempting a 683 pull to put him in front of Finland's Jarmo Laine for the bronze, I turned in just enough (688 lbs) to make sure Dave would win the gold in the deadlift and at the same time give him a new PR. He absolutely smoked the weight!!! Without the bonehead misfire in the bench it would have gone 672 429 700 = 1802. I should have given him the 711 anyway. He was Coen-like, strengthwise. PRs in every lift and the total. The total was apparently the 2nd highest ever achieved at 75 kg in the history of this great contest. Dave

each of the twelve places, and there were no bombs. I guess the buffet was worth it. Belgian lifter Wim Elyn was flawless, hitting 9 for 9, and then wearing a well deserved smile for the rest of the week. Although he did not win a gold in any of the individual lifts, his balanced attack produced a 1422 lb. total that must be one of the highest achieved in this class at the World meet. Tim Taylor had one of the finest lifting days of his career, 8 for 9, and a shot at the gold with a good effort at a 606 lb. deadlift. The weight moved up to Tim's sticking point and stuck. He will break the 600 lb. barrier - count on it. Gary Simes looked as though he was chiseled out of granite, and demonstrated great technique on his way to the bronze. Thanks again Gary for letting me dance with your lovely girlfriend.

Russia's Valery Bogdanov finished 4th, but could be very dangerous in the future if he can improve his deadlift. Magnus Carsson made his opening squat of 579 lbs., won the gold in the bench with a 374 lb. opener, but his opening deadlift of 286 lbs. would only earn him a tenth place overall - I guess THE MEETS' NOT OVER - TILL THE BAR HITS THE FLOOR. Another indicator of how tight this class was - if Magnus had been successful on his second attempt he would have moved from 10th to 4th.

Of the top 10 finishers in the 67.5 kg class, Alexei Stokov of Kazakhstan was by far the youngest and lightest - he was also clearly the strongest. The 21 year old broke more WRs in this meet than any lifter with a Junior World mark of 639 lbs. in the squat, another of 418 lbs. in the bench, and a huge Open WR of 1,686 lbs in the total. This goes with only 6 successful attempts! This young man may end up totaling 1800 lbs. at a bodyweight of 148 lbs. - don't bet against that possibility - AWESOME!!! Britain's Rod Hypolite only managed 4 of 9 attempts, but did manage to improve his total from last year's Worlds and



Iron Warriors... former British legend Ron Collins and the USA's Mike Golden re-unioned on the world championship platform. Mike Golden pointed out that Walter was won at least one world title in each of the last three decades... a Thirty Year Man. (Isagawa photo)

keeps threatening to retire. Please, don't even think about it. Five-time World Champion has a nice ring to it. By the way, Laine had to watch another fine lifter, Norway's Sivge Valentinsson, take a shot at his Bronze medal with a final pull of 639 lbs - it didn't happen. USA 1st, Sweden 2nd,



Dave Ricks had a spectacular day. He turned to Gene Bell in the middle of his lifting and said "Don't Wake Me Up." Dave dropped 18 lbs. of weight before leaving his station in Japan, but gained 9 back on the flight over. (Isagawa photo)

Just in case you thought Dave was the only fella having a good day in this class, let me point out that there were no fewer than 17 PRs (the most in any class during this meet), 15 of which were accomplished by the top 5 placers - well done guys!

A blast from the past - Walter Thomas turned 49 the day I arrived in South Africa, 2 days before he would get out another World Title, 11 years since his last one. I was more excited, and nervous, about the prospect of coaching Walter than anything else about this meet. He was my Powerlifting role model back in the early 80s. He would walk out quietly, lift the weight with technical precision, then smile and allow a very humble thank you when congratulated for his superhuman lifting achievements. Usually finished 8 for 9, or 9 for 9 - much like my good friend Gene Bell. Why couldn't more lifters be like Walter. Walter would not lift the way he normally does at this meet. Missed his opening squat, only got his opening bench, missed his opening deadlift (the floor) over and passing out in the process). But THANK THE LORD, when the smoke cleared he was standing on the winners' platform listening to "Jose can you see?", and I was



Frank Schramm puts it all together to win the 1988 (Isagawa photo).

child. Jarmo's also in the middle of building a home for his growing family (since Mustafa died in the Lon King). The Czech Ron Collins, who had sold world title battles with Walter back in the '70s, came over to give moral support and advice when picking Walter's 3rd dead. When Ron saw what I had initially posted for Walter's 3rd (672 lbs), he was kind enough to stop by and mention that it wouldn't be enough if the Czech lifter, silver medalist, Peter Theusser, pulled his standing with his silver medal at 90 kg. If it wasn't George Herring or Sly Anderson, it was the (heaven forbid) unbeatable Mr. Bell. I couldn't help thinking that Frank was watching the hallways during weigh-ins to see if Gene was going to weigh-in, or Sly was going to show up. Of course, we (the US contingent) were all hoping that Sly would walk through the door before weigh-ins were finished. It didn't happen. Frank went 8 for 9, hitting 1 believe the 2nd highest World meet total (1946 lbs.) ever at 90 kg, and I must say that the German National anthem is a very nice tune. Mr. Schramm earned the gold in the squat with 799 (83 lbs ahead of the next best), on the silverweight to Russia's (losing on bodyweight), and the same advice that Sardo had received earlier about his deadlift. Lekomtsev went an impressive 9 for 9 to earn the silver as the only other lifter in the class to break through the 1900 lb. barrier. Finland's Janne Tokonen pulled a dead 738 lb. down on a 2nd attempt to lock in the overall Bronze (umping ahead of Russia's Alexander Debnayov and Jarmo Vitanen, in this class. He was doing the same thing I was doing back in Nov '88 when I was supposed to be coaching the US team in Perth, Australia - waiting for a little package to arrive. In this case, Jarmo's 1st

Ed Coan could have had a 9 for 9 day ... with better coaching. He did get 3 good squats (including a World mark of 932+ lbs.), 3 good deads (including an 804 2nd that locked the best lifter award ahead of Stanaszek and Sivokov, and an 832 3rd that gave Ed a new Total WR of 2281 lbs.), as well as a very nice opening attempt with 518 lbs. in the bench. It's those other 2 benches that were problematic. Ed and I had discussed 551 as a 2nd for the opener looked easy, I thought it did, and didn't bother to stop and chat with the World's strongest man before turning in the 2nd attempt. I heard Mike Golden holler at me to hold on less than a second after I had turned in the card. My worst nightmare is that I won't get that next attempt turned in within the 60 second limit, so sometimes I move quicker than I should. Some felt that Ed's grip

Table with columns for country, athlete name, and various lift statistics (DL, D1, D2, D3, Total). Includes athletes like Stanaszek, Pol, Hu, Hill, Zurewind, Iwagawa, etc.

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puterized running tally of everything. This wonderful German is better than those guys who do the stats for Summerland and Madden. Heiner very kindly told me exactly what Eddie was doing to become the best lifter on his 2nd deadlift (the 804). Thanks again to Heiner for all his help (congratulations again Heiner for your new granddaughter, she's a beauty!). I guess I wasn't finished P-sitting off supporter lifters. Captain Kirk's squat plan was 859, 920 for a new WR, and then maybe 937 or 942. The opener didn't look easy (I think mainly because Kirk had set up problem) and I'm still thinking about Eddie's and Jim still thinking about Eddie's Bench Presses ... I turned in 909, Kirk was not pleased, he still wanted to go 920. At this point I'm more concerned with his head than with his body, but he muscled up the 909.

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Champ of Champs... Ed Coan with a World Record Squat (Vierthaler)

Now of course, he has to take the WR on his 3rd... he missed, and naturally I pulled Emmitt out of the game in the 4th quarter with a bag head, but Emmitt, yet another rushing title, insists on staying in for another 5 or 10 carries. Kirk did execute 3 solid benches, including a PR at 242 with 523.5 lbs. Next was Kirk's 3rd favorite lift, and we all knew that 777 would break the total record that K2 was after. Kirk smoked his opener of 727.5 lbs., no stomach cramps... no grip trouble. Now for triple 7: The weight was ripped from the floor like a toy, then just before lockout.... Oh! No! ... Mr. Gripaway paid a nasty visit. Kirk missed the repeat with 777 on his 3rd as well. I am determined that I will see Captain Kirk deadlift 800 lbs. before his coaching days are done - it will happen! New Zealand's Derek Pomana, an extremely popular lifter with 722 that was too easy, I think I should have given him 733 but hindsight is useless unless you've a time traveler. After Shane's pull we had to watch no fewer than 3 guys try to steal the silver medal with their final deadlift... and it took forever. First up was Swedish lifter Roger Sandstrom, whom Hamman had just caught. Turkinen grabbed the Gold in the 771.5 lbs. on his 2nd... this would be only the minimum lump to 777 in order to regain the silver. The weight came up, but Roger couldn't hold the weight with a satisfactory lockout. One down, two

to go. A very long delay at this point extended the suspense about who would stand next to 1994 Champ Salger on the Medalist's platform. This was due to a controversy over what the Ukrainian coach had turned in for Yury Spinov (who squatted and deadlifted huge weights with NO BELT). Yuri had missed 793.6 on his 2nd attempt with a shaky lockout. The belt had been loaned to Logan to 793.5 for Yury's 3rd when his coach waived his hands and shouted 'NO!' The Ukrainian insisted that the attempt turned in was 362.5 kg (799) not 360. As I write this I have a copy of the handwritten score sheet in front of me, and I can tell you that where

Another very popular lifter was the 275 lb. division. Victor Lin has been working at this one for awhile, and no baby at 41 years of age. Still, I'm sure Mr. Inaba and Mr. Thomas would tell the young Mr. Nalekhan that he has many good PL years ahead of him. After only getting his Bronze medal opening squat passed (815.5 lbs.), Victor was picture perfect for the rest of the contest. He earned the Bronze in the bench, the Gold in the dead (793.5), and finished on top with a 2116 lb. total. Not many seemed to know or care much about the young-est guy in the class, who happened to be the lightest of the top 7 placers. But

after he beat all comers in both the squat and bench, people started to reflect more upon the name Scott Smith. Unfortunately Scott did a K2 sudden loss of grip initiation on his 2nd dead with 705 lbs. so we had to repeat with the same on the 3rd in order to look in the Silver. This time he smoked the weight easier than his opener. I wonder if 749.5 lbs might have gone over 775? One thing I do know, at a full 2775 lbs. Scott will never be beat with 2116. Norway's Sturla Davidson took the Bronze at 125 kg, aided by a Silver medal deadlift of 744 lbs. and red lights on Austrian Leopold Krenzl's (who finished 4th) seemingly good attempt at 782.5 lbs. Krenzl and his coach never seemed to get a satisfactory explanation of why the lift was denied. (Boy, that's never happened to me at the IPF Worlds..... NOT!!!)

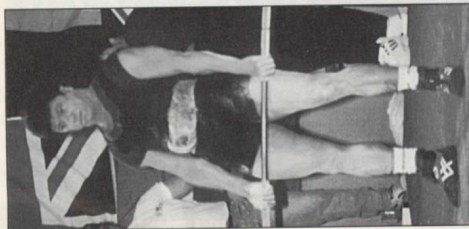
The Supers report: Karl Salger went 8 for 9 (including a 595 lb. bench) and Shane Hamman didn't get his squats in - any questions??? Okay, I suppose I can provide a few more details. Shane seemed to have problems setting up on his 2nd squat, he got it up, but on his attempt didn't draw enough weight. I think the misfire on the 2nd squat took a 364.5 lb. off him, because the repeat at 367.5 lbs. was missed as well. A touch and go opener with 501 in the bench had to be repeated (I STILL HATE THE NEW RULE), and then 518 lbs. was missed with a slight unevenness on the 22 Deadlifts went very well for the 22 year old - 9 white lights and a new PR with 722 that was too easy, I think I should have given him 733 but hindsight is useless unless you've a time traveler. After Shane's pull we had to watch no fewer than 3 guys try to steal the silver medal with their final deadlift... and it took forever. First up was Swedish lifter Roger Sandstrom, whom Hamman had just caught. Turkinen grabbed the Gold in the 771.5 lbs. on his 2nd... this would be only the minimum lump to 777 in order to regain the silver. The weight came up, but Roger couldn't hold the weight with a satisfactory lockout. One down, two

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# WPC WORLDS

as seen by Powerlifting USA Editor Mike Lambert

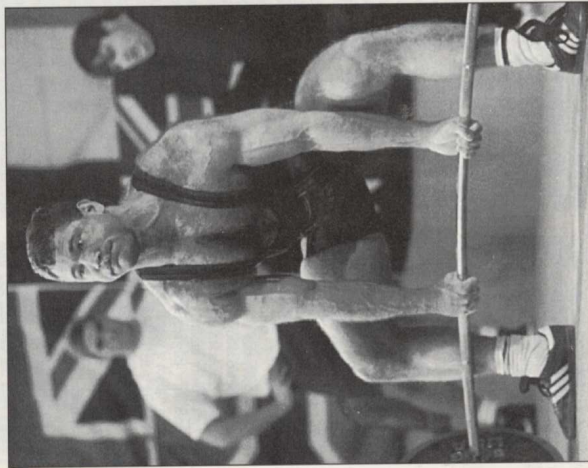


**Mariah Ligggett pulled in another title at 148.** (Bunacevich photo)

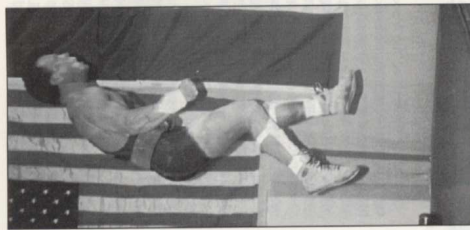


**Tamera Rainwater-Crimwood made a big squat and total.** (Bunacevich)

tion). The turnout for all the meet, what with all the divisions, was gigantic, but some of the highlights included WPC President Ernie Frantz and his 722 squat (first 700 plus squat by a 60 year old), Mary Warman's fantastic 518 squat at



**Hugh Dunagan, 25 years old, topped the 198 lb. class placings.**



**Doug Heath went airborne after his last successful deadlift. He was so moved that he gave ref Ernesto Milian a kiss as a token of his appreciation.** (Bunacevich)



**Willie Wessels gets ready to blast up a bench press in the 220s.**

of Great Britain was one fire, declaring to the crowd after his 925 squat "Somebody stop me!", which Scott Warman was able to do with a big deadlift to go with his 947 squat. Tom Waddle got hurt after squatting 821 and trying 870 but a 602 bench himself, at 198, but missed. Louie Simmons was extremely proud of the benching of some of his gym's young junior lifters (see following article for details). Toughest class was the 165 Men's Open, where South African Neville Prmich held off the likes of Rickey Dale Crain and Jay Rosciglione. Crain came up with a monster 766 squat easily twice, but it was just a bit too high. Curtis Leslie and Chuck Vogelwohl had a tremendous battle at 242, with Chuck coming from behind, only to lose the title on his last deadlift attempt. At 275, John Neighbour

(meet results follow on page 12)

It's not often that a gym has three 500 pound benchers, and less likely three 600 pound benchers, let alone three juniors who bench 600. But that is exactly what Westside Barbell has. In addition, 11 out of the 18 male members, two of which are 181s, can currently do at least 500. Joe McCoy is only 21 years old, yet has done 512 at 181 at the WPC Worlds. But this is a story about 600 pound benchers, not mere mortals who do 500 pounds. Their names are George Halbert, Kenny Patterson, and Jerry Obradovic.

George Halbert resides in Columbus, like all of our members. He bench pressed 473 and 475 in two meets in two years, never managing to raise his bench PR at the meets. He decided after benching stuck at 475 at 242 for 2 years that he would come to Westside and see if we really knew as much as we claimed to. George had always trained with the progressive system. Percent training was a mystery to him. He used to work up to a heavy double before a meet, never doing multiple sets with a single weight. Now he does 4 sets with 315 and 4 sets with 350. He does all his heavy work on special exercise day, always trying for records on steep inclines with a close grip; rack work for the top part of the bench, again with a close grip; floor presses, rolling the bar toward the face to overload the triceps; and several other exercises for triceps, shoulders, upper back, and lats.

When George first came here, he had enormous chest muscles. We knew by this that his technique was bad. Sure enough, he was turning his elbows out too soon. We did two things: build up the other muscle groups to surpass his pec power and change his bench grip from a full grip to a thumbless one. This caused George to use his triceps and lats to the utmost, while taking his pecs out of the lift, and allowed him to press in a straight line, a more economical and safer method of pressing.

So what happened? In 4 months, we tested him at a meet. The result was a 550 bench. Back to the gym for more triceps and upper back work. Two months later at the APF Junior Nationals, George netted a junior world record of 573 and just missed 606. His elbows came out midway up. Back to Columbus for more side delt work and a ton of lat work. He would surely stall out if we didn't work on these

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# Whad'ya Got? THREE OF A KIND

as told by Louie Simmons, Westside Barbell Club



**The Westside Boys.** George Halbert (left), Jerry Obradovic (middle), and Kenny Patterson (right) have all benched 600 lbs. as juniors. (photo courtesy Simmons).

thank Matt Dimel for bringing Jerry to Westside. I believe Matt sensed the end was near and brought Jerry in as his replacement. Thanks, buddy.

I have recently outlined Jerry's progress in other articles. Basically, he has always used 60-65% of his Worlds. Before that, he made 573 at the Senior APF Championships. At that time Jerry was using 315 for 4 sets and 340 for 4 sets, with lots of triceps and lat work. For the Worlds it was more of the same. 4 sets with 315 and 4 sets with 360. Yes, that's it! Sixty percent for sets. Out of 200 benches, Jerry will do about 20 lifts over his training weight.

Jerry never uses a shirt in training, yet close-grip 495, and with a moderately close grip, he hit another PR of 515. Like everyone else here, he does not push up the bench press, but concentrates on steep inclines with a close grip and rack lockouts. He believes floor presses help the most, so he does them on special exercise day close to the meet. Jerry likes to compete often, and this type of training allows him to do so. Jerry's potential is unlimited, only time will tell how much he will do.

The third Junior is a 242 pounder, Kenny Patterson, who is 21 years old. He wanted to do his lift in front of top referees as well as his hometown friends, so the WPC Worlds Bench Press Championship was the place to make history. Just

as sure as his triceps are strong, he made 600 pounds.

Kenny came to Westside when he was 14 years old. I recall that he could bench 135 weighing 132. He progressed steadily, eventually benching 465 at 198 when he was 18 years old. All things seemed to be pointing to a bigger bench, but for some reason his official bench stayed at 465. His weight started to go up, so we decided he should be a 220. He still seemed to be missing something. What was it?

For the past 6 years, I had had everything out for him. One day I said to Kenny, "I don't have your triceps, delts, or anything else, so you have to decide what needs special attention." The rest is history. In the next 18 months he soared to 600 pounds. How? I taught Kenny to teach himself. Instead of me laying out what and how much to do, he had taught himself to use his instinct when it came to special exercises. That was the key to his success.

Like everyone else at Westside, he trains by percents, exactly like Jerry: 4 sets with 315 and 4 sets with 360, 60% of 600 pounds. He gets his power from rack lockouts with as much as 815 pounds. He also does a lot of floor presses with a barbell; his best is 520 for a single. He also does dumbbell triceps extensions with up to 75 pound dumbbells. He works on what he needs, not what he likes - this is important.

Who knows how much Kenny will do in the future. He has the best of everything: genetics, desire, a proven training method, and most of all, training partners that want him to improve as much as they do themselves.

What do all three have in common? They do percent training on bench day, and they rotate special exercises, always trying for PRs. They train in an environment that anyone would die for, where 11 out of 18 males currently bench at least 500.

Matt Dimel's goal had been to bench 600 pounds. He died before achieving his goal. I believe he inspired others to accomplish a feat that he could not.

Unlike the photo shown, there is no gambling when it comes to training at Westside!

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Masters Women	SQ	BP	DL	Total
J. Giff	137.5	62.5	147.5	347.5
Masters Men (40-44)	165	97.5	200	462.5
W. Taylor	227.5	125	242.5	695
S. Bolor	227.5	125	240	592.5
J. Capehart	175	117.5	157.5	442.5
R. Poley	227.5	125	240	592.5
D. Jones	240	170	260	670
G. Sumner	237.5	147.5	237.5	622.5
B. Sharp	207.5	185	227.5	620
P. Jones	235	175	250	660
T. Kubiawicz	245	172.5	275	692.5
S. Spangrud	230	147.5	192.5	570
R. Connett	360	200	300	860
D. Williams	305	160	300	765
V. Gillbert	140	140	260	640
R. Zenzen	255	142.5	195	592.5
Masters Men (45-49)	320	210	300	830
E. Brusco	277.5	215	272.5	760
D. McCandless	240	140	225	605
L. Visser	365	207.5	320	892.5
E. Mohan	342.5	185	362.5	890
B. Greig	365	257.5	330	952.5
P. Niamandji	340	227.5	320	887.5
M. Gardner	320	210	300	830
Masters Men (50-54)	137.5	80	182.5	400
M. Cross	200	120	220	540
E. Millan	215	115	220	550
D. Berg	137.5	65	162.5	365
J. Addy	220	130	250	600
G. Isaac	197.5	120	250	567.5
T. Hicks	195	137.5	232.5	565
D. Laidler	287.5	160	260	707.5
C. Olson	190	115	200	505
R. Mercier	360	190	330	880
R. West	305	207.5	325	837.5
L. Hubler	220	180	250	650
H. Tazi	292.5	177.5	285	755
S. Stewart	275	197.5	280	752.5
J. Devellie	350	160	340	850
D. Carter				

S. Kovackitz	175	87.5	187.5	442.5
W. Mercier	155	85	145	435
T. R. Grimwood	263.5	177.5	237.5	678.5
L. Ehanan	205	82.5	197.5	485
M. Plick	242.5	145	240	627.5
K. Nelson	205	135	252.5	592.5
M. Stemborg	165	77.5	157.5	400
M. Otto	292	170	300	762
P. Batlle	227.5	132.5	272.5	632.5
J. McDaniel	280	152.5	230.5	663
A. McCullion	95	52.5	120	267.5
J. Klein	95	52.5	127.5	275
A. Houser	110	52.5	135	297.5
N. Patterson	125	65	130	320
J. Morgan	130	65	130	320
T. Gooden	140	57.5	170	367.5
D. Butlerbaugh	180	92.5	190	462.5
L. Cavagna	225	137.5	147.5	510
D. Heath	235	157.5	227.5	620
A. Coleman	322.5	227.5	287.5	837.5
J. McCoy	305	225	257.5	787.5
E. Vaccaro	300	180	292.5	772.5
R. Archibald	290	185	275	750
H. Dunagan	340	202.5	320	862.5
N. Blackie	300	235	270	805
J. Kay	265	205	260	730
C. Merion	365	160	265	690
W. Wessels	350	240	330	920
P. Urchick	362.5	210	325	897.5
K. Hammon	360	202.5	310	872.5
J. Chenai	302.5	215	280	805
R. Keener	295	200	280	775
A. Cozales	262.5	182.5	280	725
C. Leslie	390	260	320	970
C. Vogelpohl	390	247.5	327.5	965
E. Polgater	400	235	320	955
S. Chigg	320	200	310	830
J. Poirat	267.5	165	315	747.5
S. Warman	430	235	377.5	1042.5
J. Neighor	420	260	340	1020
B. Stevenson	367.5	220	330	917.5
C. Smith	327.5	210	327.5	865
J. Rheeder	340	220	300	860
J. Minelle	300	182.5	270	752.5
K. Malchow	387.5	247.5	327.5	962.5
T. Waddle	377.5	250	322.5	949
B. Stoten	415	230	290	935
P. Tregloan	410	245	385	1040
J. Voronin	377.5	280	310	967.5
S. Brodsky	365	237.5	352.5	955
E. Sluzi	317.5	145	310	772.5
Bench Press Invitational	265			
C. Confessore	310	T. Isaac	275	
K. Patterson	272.5	D. Kovacs	267.5	

(Thanks to Carry Benford for providing results)

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1. Ernest C., et al. *J Appl Sport Sci Res* (in press).  
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"Powerlifting has been a god-send for me," says Krista Ford, "I know that I'm here for a purpose." Known around the world for her bench press, Krista Ford has a personal record of 290 pounds in the event, phenomenal for a woman. Ford is also a step away from the Number One position in her class, and is ranked among the top ten female powerlifters in the nation.

She has remained determined and patient while consistently exceeding in what she describes as a "tch man's sport". Male dominated, Powerlifting lacks the high commerciality of pro sports, causing its athletes to make sacrifices unheard of for professional athletes, funding and supporting everything from their own gym memberships to travel to international competition.

Unlike those who end up in the more lucrative field of bodybuilding, Ford began her career in bodybuilding before turning to the less financially rewarding but more legitimate sport of Powerlifting, where she found ample mentors and more team spirit.

Athletic since childhood, when her parents divorced, Ford's sports accomplishments were ignored in a family that stressed academics. Feeling unnecessary and like an outcast in her adopted family, Ford began a lifelong process of working through the many strong emotions only adopted children can understand. For her, sports became the outlet for her aggression. After high school graduation, she moved to California and found a warmer climate - in terms of weather - and also for the sport she was now committed to putting all her energy into.

After moving back to Indiana, Ford attended Indiana University and Purdue University and completed two years at the Herron School of Art, mainly to please her family, who were opposed to the sport of Powerlifting. After trying nearly every other career, doors still weren't being opened. Her place was in Powerlifting. After breaking records and gaining world attention, others now recognize that fact also.

Today Krista Ford is aiming to parlay her place in Powerlifting into a place in history. "What Schwarzenegger did for the sport of Bodybuilding, I want to do for the sport of Powerlifting," she says. The dedicated energy of Ford is the reason the sport of Powerlifting may finally into the family of America's most loved sports.

As a member of three Powerlifting Federations (USPF, IAPF/WPA, and the APF), Krista was invited to the WPC World Championships as part of the US Powerlifting team,

**FORD TOUGH**  
THE PERSONAL COURAGE OF A WORLD CLASS ATHLETE



In 1989, the same year world class powerlifter Krista Ford began lifting weights, the 17 year old adoptee hired an investigator to find her natural mother. She found her mother, but found her family in the sport of Powerlifting. For the past 5 years, lifting weights has been the love of her life. The dedicated energy of Krista Ford is one reason Powerlifting may finally become one of America's most loved sports.

and she also represented America on the prestigious TEAM USA at the Goodwill Games in Russia. She is lobbying for the cause of Powerlifting to be entered officially into the Goodwill Games and the Olympic Games, which currently has only the clean & jerk and snatch competition, not the three Powerlifting events of bench, deadlift, squat.

Gamering such exposure for the sport would mean that dedicated athletes who have devoted their lives to the effort will finally be able to support themselves doing what they love, and America can finally join the ranks of other countries like Russia, France, and Germany who have long appreciated the value of the strong athlete.

Ford is also addressing youth, speaking to them about self-motivation and fitness. She is also attracting a growing audience of Powerlifting athletes and enthusiasts. "I tell women to never lose track of the fact that they are women," says Ford who is determined to erase the stigma of the steroid pumping female in a male dominated sport. "Judges want you to produce numbers and represent them with a lot of finesse, not by acting like an animal."

A self-described "survivor", Ford

Lifters train for each contest with the goal of performing a step further, but with the added adrenaline and motivation of competition, they can peak just right, causing their max to increase significantly, or peak too soon, causing injury or bombing out - missing all their attempts in a given lift. "You never know what your max is," says Ford. Essential to the hard work and sacrifice in the sport of Powerlifting is a healthy life-style with daily workouts and training. Krista has never smoked or been an alcohol drinker, and while some powerlifters are able to eat just what they want, Krista chooses pasta for the energy. She runs, is a member of several softball leagues, and is an avid golfer. By competition time, she has enough motivation for two powerlifters.

That's important because the motivation is often hard to find. "Only athletes can understand what it's like to be an athlete," says Krista, who plans to eventually marry and have a child be the age of 40. "I've had to sacrifice relationships because many men can't understand why I have to travel and why I have to go to the gym so much. That's why a lot of powerlifters marry other powerlifters who understand the sacrifice and hard work."

It's little wonder, life is easily reliable to the sport of Powerlifting. According to Ford: "You have to be very self-motivated in life to continue, and you have to be just as determined in the sport of Powerlifting to make it. If you think you can do it, they you can do it. You just have to have sheer determination to accomplish anything."

"Just like in competition - in life, you have to put your problems to the side," says the world class powerlifter Krista Ford, "and just be determined to win."

article courtesy SCA Management, Inc., 3891 Eagle Creek Parkway, Suite C, Indianapolis, IN 46254, 317-388-9863

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## EVOLUTION TRAINING Pt. II THE INTEGRATION OF SPORTS SUPPLEMENTS WITHIN AN INTERMEDIATE LEVEL BENCH PRESS PEAKING MESOCYCLE

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

For the right length of time, and at the optimal dosage. Many athletes fail to utilize sport supplements to their fullest potential and thus their gains from training are minimal. The development of a precise use plan for each supplement is vital to ensure that it will work properly. Few sport supplement companies have taken the time to research this important issue.

While we have isolated dozens of important compounds, in this article we will target three specific supplements and show how they can be used within a six week long bench press peaking mesocycle. The three supplements are: Creatine Monohydrate; Alces-V; and Aminofit.

**Creatine Monohydrate** is a compound involved in energy metabolism which makes it useful as a restorative and energetic supplement. In addition to its recovery properties, Creatine Monohydrate also has some anabolic qualities via improved polyamine biosynthesis. As a pre-competition supplement it will be of value in establishing maximum power capability, such as the potential to perform the bench press at maximum power. We will introduce it during the mesocycle as a restorative component, as well as on the day of competition as a pre-lift energetic.

This is part two of a series on the proper integration of special natural sport pharmacology within the heavy load and high volume training mesocycles of drug-free powerlifters. In this article we will present what we have termed an Evolution Training mesocycle plan. In conjunction with special sport supplements which will be used to increase strength and improve mental and physical recovery potentials. The training plan in this article is very specialized and requires careful review to gain complete understanding. The gains that can be achieved from this type of plan far exceed traditional programs.

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 improve 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 Chemico-Pharmaceutical Institute, all located in St. Petersburg, Russia. The applied research and training of competitive powerlifters is conducted at the Ultrafit 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.

is based on the principles of pharmacokinetics which were developed in Russia. The timely and proper correction of environmental and training stress which cause disturbances in the inner milieu (homeostasis) require the introduction of special compounds at specific times during the training day, mesocycle, and mesocycle. According to pharmacokinetic principles, there exists a certain number of supplement groups which require a sequence of their administration in order to obtain the maximal anabolic/anti-catabolic and restorative effects. What this means is that it's not only the supplement that's important, but when you take it and for what duration.

### BENCH PRESS PEAKING CYCLE

The following bench press peaking cycle is used for a pre-competition cycle as explained in Evolution Training Part 1. The peaking cycle uses maximal strength and manual overspeed methodologies at the intermediate level to yield high speed and high tension. This program will be effective for beginners and intermediate level powerlifters who possess the following: 1) knowledge of proper technique; 2) have built a good aerobic, anaerobic threshold, and lactic acid training base; 3) have a good training partner; and 4) have a sound knowledge of proper eating habits to improve power and recovery.

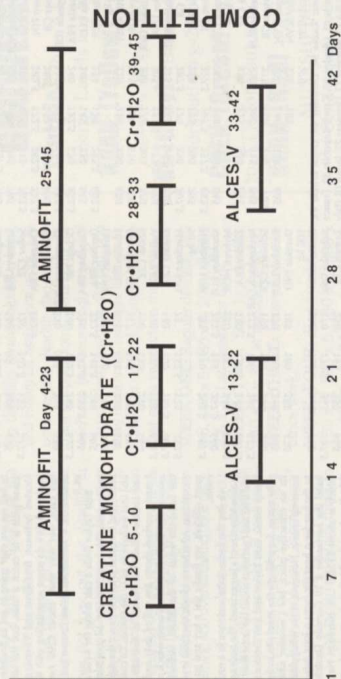
Listed below is our bench press peaking mesocycle program for a powerlifter at the intermediate level. This would probably relate to 80% of all powerlifters. The Manual Overspeed lifts will be done with the help of a qualified spotter who knows the bar path you take when you lift. With the bench press, 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. The spotter 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. For this reason, a good spotter is necessary.

### THE BENCH PRESS PEAKING PROGRAM WEEK 1-3

#### Methodics for Bench Press

The following methodics (1-4) show % of maximum and rep in the set only. Rest periods between each set are as needed to fully restore. 1) 90/1, 80/2, 95/1, 85/2, 100/1 Based on 100% of current 1 rep maximum. Using no equipment and no psyching up. Just lay down on (article continued on page 87)

### SUPPLEMENT SCHEME FOR PEAKING MESOCYCLE



A 45 day peaking mesocycle supplement scheme using Aminofit, Alces-V, and Creatine Monohydrate. Dosage of 4 tablespoons Aminofit powder after training, Creatine Monohydrate as 5 grams before, and 5 grams after training. Alces-V is used in a pyramid scheme for 10 day cycles as 1 tablet day one, 2 tablets day two, 3 tablets day three, 4 tablets day four, 3 tablets day eight, 2 tablets day nine, finishing with 1 tablet on day ten. Cycle is repeated after a 7 day break. Alces-V is taken 1 hour before bedtime.



# WORKOUT of the Month

## Shirley Scheffler's Deadlift Routine

**WEEK SEVEN:** Regular deadlift: 205 x 1, 225 x 3 x 3; No Lat assistance work. 135 x 8, 165 x 5, 190 x 2, 215 x 1, 240 x 1, 260 x 3 x 3; Lat assistance work.

**WEEK EIGHT:** Heavy Lat assistance work.

**WEEK NINE:** Regular deadlift: 135 x 8, 165 x 5, 185 x 2, 210 x 1, 230 x 1, 240 x 1, 260 x 1, 280 x 1, 300 x 1, 320 x 1, 340 x 1, 360 x 1, 380 x 1, 400 x 1, 420 x 1, 440 x 1, 460 x 1, 480 x 1, 500 x 1, 520 x 1, 540 x 1, 560 x 1, 580 x 1, 600 x 1, 620 x 1, 640 x 1, 660 x 1, 680 x 1, 700 x 1, 720 x 1, 740 x 1, 760 x 1, 780 x 1, 800 x 1, 820 x 1, 840 x 1, 860 x 1, 880 x 1, 900 x 1, 920 x 1, 940 x 1, 960 x 1, 980 x 1, 1000 x 1.

**WEEK TEN:** Heavy/Lat assistance work.

**WEEK ELEVEN:** Medium Lat assistance work.

**WEEK TWELVE:** Regular deadlift: 135 x 8, 165 x 4, 190 x 1, 215 x 1, 235 x 1, 255 x 1, 275 x 1, 295 x 1 x 3; No Lat assistance work.

**WEEK THIRTEEN:** Light Lat assistance work.

**WEEK FOURTEEN:** Regular deadlift: 135 x 8, 160 x 4, 185 x 1, 210 x 1, 230 x 1, 250 x 1, 270 x 1, 290 x 1, 310 x 1, 330 x 1, 350 x 1, 370 x 1, 390 x 1, 410 x 1, 430 x 1, 450 x 1, 470 x 1, 490 x 1, 510 x 1, 530 x 1, 550 x 1, 570 x 1, 590 x 1, 610 x 1, 630 x 1, 650 x 1, 670 x 1, 690 x 1, 710 x 1, 730 x 1, 750 x 1, 770 x 1, 790 x 1, 810 x 1, 830 x 1, 850 x 1, 870 x 1, 890 x 1, 910 x 1, 930 x 1, 950 x 1, 970 x 1, 990 x 1, 1000 x 1.

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poudges specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels, than the starting poudge 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 poudges by .8 (400 divided by 500); if your lift is 600, multiply the poudges specified by 1.2 (600 divided by 500)

Lat assistance work should include Lat pulldowns (both front and rear), T-bar rows, and cable rows. Abdominal work is also essential. I would like to express my deepest appreciation to my husband Bill, and my son William, for their love, devotion and support. My thanks also to my employer, the Folsom Police Department, for their support.

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Shirley pulled well over triple bodyweight at the WDPFF Worlds

This deadlift routine is designed for the novice to intermediate drug free lifter. The lifter should be capable of a 300 lb. deadlift at the start of the routine.

This routine differs from most other routines because the lifter does not max out the deadlift in each rep (no bouncing), stay tight! On your last heavy deadlift day, you may use a snug, not tight lifting suit. Save that tight competition suit for that extra support on meet day.

**WEEK ONE:** Regular deadlift: 135 x 8, 165 x 5, 185 x 2, 205 x 1, 225 x 6 x 3; Lat assistance work.

**WEEK TWO:** Stiff leg deadlift: 140 x 6 x 3; Lat assistance work.

**WEEK THREE:** Heavy Lat assistance work.

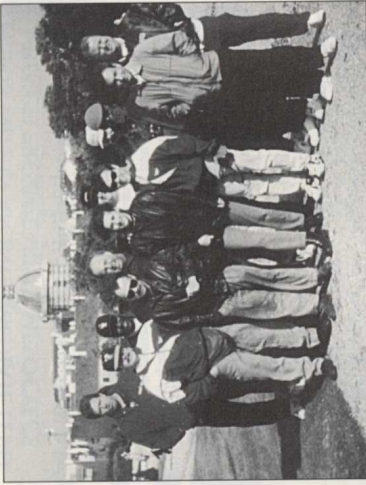
**WEEK FOUR:** Regular deadlift: 135 x 8, 155 x 5, 180 x 2, 200 x 1, 220 x 1, 240 x 6 x 3; Lat assistance work.

**WEEK FIVE:** Stiff leg deadlift: 150 x 6 x 3; Lat assistance work.

**WEEK SIX:** Heavy Lat assistance work.

The most important thing to keep in mind during your powerlifting career is to train sensibly and consistently, and stay drug free. Have patience and listen to your body. Adjust your workouts according to how you feel. Beware of over

## IPF WORLD MASTERS as told to Powerlifting USA by Hal Hudson



In Vienna... the USA team and friends (translator Mimeo in center)

Armenia	105	125	145	165	185	205	225	245	265	285	305	325	345	365	385	405	425	445	465	485	505	525	545	565	585	605	625	645	665	685	705	725	745	765	785	805	825	845	865	885	905	925	945	965	985	1005	1025	1045	1065	1085	1105	1125	1145	1165	1185	1205	1225	1245	1265	1285	1305	1325	1345	1365	1385	1405	1425	1445	1465	1485	1505	1525	1545	1565	1585	1605	1625	1645	1665	1685	1705	1725	1745	1765	1785	1805	1825	1845	1865	1885	1905	1925	1945	1965	1985	2005	2025	2045	2065	2085	2105	2125	2145	2165	2185	2205	2225	2245	2265	2285	2305	2325	2345	2365	2385	2405	2425	2445	2465	2485	2505	2525	2545	2565	2585	2605	2625	2645	2665	2685	2705	2725	2745	2765	2785	2805	2825	2845	2865	2885	2905	2925	2945	2965	2985	3005	3025	3045	3065	3085	3105	3125	3145	3165	3185	3205	3225	3245	3265	3285	3305	3325	3345	3365	3385	3405	3425	3445	3465	3485	3505	3525	3545	3565	3585	3605	3625	3645	3665	3685	3705	3725	3745	3765	3785	3805	3825	3845	3865	3885	3905	3925	3945	3965	3985	4005	4025	4045	4065	4085	4105	4125	4145	4165	4185	4205	4225	4245	4265	4285	4305	4325	4345	4365	4385	4405	4425	4445	4465	4485	4505	4525	4545	4565	4585	4605	4625	4645	4665	4685	4705	4725	4745	4765	4785	4805	4825	4845	4865	4885	4905	4925	4945	4965	4985	5005	5025	5045	5065	5085	5105	5125	5145	5165	5185	5205	5225	5245	5265	5285	5305	5325	5345	5365	5385	5405	5425	5445	5465	5485	5505	5525	5545	5565	5585	5605	5625	5645	5665	5685	5705	5725	5745	5765	5785	5805	5825	5845	5865	5885	5905	5925	5945	5965	5985	6005	6025	6045	6065	6085	6105	6125	6145	6165	6185	6205	6225	6245	6265	6285	6305	6325	6345	6365	6385	6405	6425	6445	6465	6485	6505	6525	6545	6565	6585	6605	6625	6645	6665	6685	6705	6725	6745	6765	6785	6805	6825	6845	6865	6885	6905	6925	6945	6965	6985	7005	7025	7045	7065	7085	7105	7125	7145	7165	7185	7205	7225	7245	7265	7285	7305	7325	7345	7365	7385	7405	7425	7445	7465	7485	7505	7525	7545	7565	7585	7605	7625	7645	7665	7685	7705	7725	7745	7765	7785	7805	7825	7845	7865	7885	7905	7925	7945	7965	7985	8005	8025	8045	8065	8085	8105	8125	8145	8165	8185	8205	8225	8245	8265	8285	8305	8325	8345	8365	8385	8405	8425	8445	8465	8485	8505	8525	8545	8565	8585	8605	8625	8645	8665	8685	8705	8725	8745	8765	8785	8805	8825	8845	8865	8885	8905	8925	8945	8965	8985	9005	9025	9045	9065	9085	9105	9125	9145	9165	9185	9205	9225	9245	9265	9285	9305	9325	9345	9365	9385	9405	9425	9445	9465	9485	9505	9525	9545	9565	9585	9605	9625	9645	9665	9685	9705	9725	9745	9765	9785	9805	9825	9845	9865	9885	9905	9925	9945	9965	9985	10005
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(article continued on page 86)

# INTERVIEW

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

**BC:** How did you get into lifting?  
**JK:** My father had a 110 lb. set and I got interested at about 11 yrs. old. I was small and light framed and liked sports, so I thought lifting weights would make me stronger and better in sports.

**BC:** Why did you pick powerlifting?  
**JK:** Because I began training at the YMCA in Harrisburg, PA in 1964, and the lifters there were powerlifting. It impressed me and I was good at it.

**BC:** What is the big difference in powerlifting now, compared to when you started?  
**JK:** Now there are more drugs, more assistance or support wear, more meets and types of meets, and more money for athletes through endorsements. When I started to compete (1965), the only governing body was the AAU.

**BC:** How do you feel about all the equipment and federations in powerlifting in the 1990's?  
**JK:** The equipment is better and

safer now, but can lead to more cheating by the lifters. It allows many powerlifters to lift longer without injury and at a much older age than ever before. As for the federations in powerlifting, there are too many, too much variation between them, and too much politics. It would be better with one standard honest ruling body.

**BC:** You won the 1972 World Championships in powerlifting. Do you train the same now as you did in 1972?  
**JK:** Back then, I trained harder (over-trained), but the concept of training all three powerlifts at every training session still holds true even now. My training now is less intense, smarter, and there is less chance for injury.

**BC:** Steroids are a big issue now. How was it when you were competing in the 1960's and 1970's?  
**JK:** Anabolic steroids existed and were used by powerlifters, but not at the level and amounts in

## JACK KEAMMERER as interviewed for Powerlifting USA by Bruce Citerman



**Jack Keammerer** has quite a resume. The 1972 IFF World Champion, now 45, lifted in his first meet in almost 20 years on October 31, 1993 and has been setting new masters records ever since, particularly in the WNPF. Jack also won the 1968 Jr. Nationals and the 1974 Senior Nationals, and his best pull was a 615 lb. deadlift at 143 bodyweight in 1971. Since those early days in Powerlifting he went on to earn a B.S. degree in Biology and a M.S. degree in Human Nutrition and he also worked as a researcher in physiology, pharmacology, and clinical chemistry. His "Fitness & Nutrition" store is located at 2914 West Chester Pike, Broomall, PA 19008, 215-353-9450. (courtesy Jack)

recent use. Also no one I knew of then was using other strength enhancing drugs like today (testosterone, HGH, etc.). I never used anything other than my own testosterone, insulin, and adrenaline to compete, but I did beat some very good athletes who were into powerlifting in the early 1970's.

**BC:** You told me you are a strength coach. Who did you coach and how did you get into it?  
**JK:** I coached athletes at the local high schools, boxers at the martial art people, both amateur and professional level, and former Philadelphia area powerlifters and other assistance exercises for their athletic and personal needs. My strength coaching is an outgrowth for me from

the days when I lifted and trained in the 1960's and 1970's and people always wanted to know from me how to train for strength and what techniques to use.  
**BC:** How did you start the Fitness and Nutrition Company?  
**JK:** I always wanted to instruct people on fitness and nutrition, two areas that I enjoy and have experience in, but until recently I never had the time or confidence to make a business at it. My fitness and nutrition business is a dream I had 20 yrs. ago. It came into being on Nov. 8, 1993.  
**BC:** What are your plans and commitments in powerlifting?  
**JK:** Try to win the WNPFF World Championships as a 45 year old masters middleweight. Then sit back and plan what I will do next in the great sport of powerlifting.

# Placebo? Baloney!

Garbage... Lies... Advertising hype... Placebo pushers... Supplement company tricky!!! 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."

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(continued on next page)

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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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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 try? 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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Once again, in an effort to promote unity in powerlifting, there will be a new organization for 1995. Will it ever end? Everyone agrees that an organization should be "for the lifter". The problem is that the phrase is subject to the interpretation of those who are making the rulebook for the particular organization. Here's my Christmas list of things that a powerlifting organization should provide to the lifter if it is to be "for" him or her. Remember that the lifter should, in this scenario, enter the organization and it's competitors with the attitude that they are in it so that they can demonstrate improvement. This is more important than "winning" or beating a particular individual. If one is in it for the personal satisfaction, it quickly becomes apparent that it really doesn't matter what another lifter does or wears. One competes under their own conditions and for their own satisfaction. While national level and world champions may disagree, they are such a small part of the lifting population, that the rules should not be for them, as much as they should be for the vast majority of lifters who participate with no possible chance of ever accomplishing more than constraining consistent improvement.

The equipment provided to the lifter should be as safe and efficient as possible. This means the use of the Sutherland and Pasanella bars so that heavy squats don't vibrate and whip the lifter out of position or cause low back spasms just controlling the bar. This means that a thinner, springer deadlift bar with suitable knurling will be used for the deadlifting. Using one bar for the entire meet is dangerous! Forget the fact that bigger totals are possible if one uses a thicker, more stable bar in the squat and bench press. It's safer. Using a specialized bar for the deadlift actually places less stress on the low back if it is easier to grip. Think of the lifter's health first.

Use a Monolift or electric squat rack to make the meet move faster and more efficiently. If one doesn't have access to a Monolift, it may be a disadvantage initially, but don't let me it's a disadvantage in a meet. While it may not be a perfect piece of equipment, the savings in time and the safety factor of not walking out if one chooses not to is significant. Again, safety of the lifter first.

A bench does not have to be expensive to be safe. Have the bench meet standards not only for height and width, but for construction. I've been in meets where the bench was the primary threat to one's health and wellbeing.

Let the lifter wear what he or she wants. Frankly, anyone who would take the time and energy to put on a

## More From Ken Leistner

bench shirt deserves that increase in bench poundages with the bruises and muscle spasms that come with it. Again, why are you lifting? If all of the supportive equipment is outlawed, the lifter will cheat and find a way to use some sort of underwire, suit, shirt, wrist, knee, and elbow wraps. Standardize the wrap length and let the lifter lift. I have an old photo of a squat made at a meet in Illinois in the late Seventies with no wraps, a wrestling singlet, and the bar held high on my back. I actually lifted very well that meet, but was beaten by Dev Glenn and Jay Rosciglione. Probably like that squat better than ones I did with more weight, when wearing a Thai suit and wraps. Again, everyone has their own agenda and if it's to lift the most weight, go with the denim shirts and new wave suits.

Standardize the width and thickness of the belt, but allow a larger one for the bigger weight classes. This isn't fair? Who cares what the material is. Leather was fine, but there are newer materials that work as well or better. I have no problem with the Valeo belts, as an example, and who's hurt by a lifter wearing a gym type belt that meets the legal standards of size?

For footwear, past the elimination of metal spikes/cleats, wear anything. If a lawsuit for a broken toe is not a problem, why not go barefoot or wear socks? The lifter's attire should certainly be neat, clean, and not offensive if there is a message on the t-shirt, suit, or belt. As long as the uniform does not enhance the natural musculature of the lifter so as to reduce ranges of motion on the lifts or provide for more support of the bar, there should be no problem. No grease, sprays, sticky stuff on the lifter or the equipment. If it's on the lifter, it will eventually get onto the bar and that would be incongruous and perhaps a disadvantage if one did not want the material on the bar.

My son is not allowed to wear a hat in his high school. While I understand that a certain degree of "decorum" is necessary for proper education, the school administration would probably be better off putting its energies into making sure there was less drug use in school. If one wears

refs.

The lifter has to lock out the lift. If you're injured and can't lock out, that's not quite the same as only going up three quarters of the way and getting your lift due to "previous injury". Does it matter if the extension is very uneven as long as the bar continues to go up? Not to me, and I can't see where that gives an unfair advantage to someone who does it that way.

Like walking out in the squat, why can't the lift start at the chest as long as there is a definitive pause before boxing?

As in boxing and major wrestling tournaments, you need those 24 hour weigh-ins if there is to be less chance of injury or illness due to dehydrate or orienting abuse. That's why those other sports began doing it that way in the first place.

While the rounds system makes a meet move well for the promoter, it certainly has eliminated any need for lifting strategy. I miss seeing two good lifters making last minute attempts changes in order to force someone into taking a lift they really didn't want, due to poor planning.

Controversy? Certainly, but since everyone else seems to have something to say, I thought I'd give our PL USA readers some things to think about.

Dr. Ken Leistner

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# POWER SCENE

Happy New Year to all you powerlifters! Best wishes for a year of personal records and no injuries!



The Merrick clan: Harold, Laree, & Steve

They say that the family that prays together stays together. What about the family that lifts together? It's hard to rhyme anything with lifts, but a lot of meets seem to have a lot of people with the same last name competing. At the Monster Bench Press here recently, I caught two lifting families doing their thing.

The Merrick clan had a strong outing. Steve Merrick hit a 455 at 198 and his wife Laree put up a 180 at 120. Dad Harold is just getting going in his first year of competition, but I think it's great to see the whole family go out on a Saturday morning and push that iron in front of judges.



Gasper & Marianna LoMonaco

Gasper LoMonaco has been lifting for thirteen years, almost half his life, and, he stresses, completely natural. He benched 370 at 178 lbs., and is aiming at 400. His sister, Marianna, in her first meet, put up 100 lbs.

Another lifting family around here are the Seibolds. Bob is the California state champ, with a 573 at 198, and his brother Stormy recently set what may be a rep record, banging out 62 bench reps at his bodyweight of 181.

We caught up with Bob for a little shooting for POWERLIFTER Video, and he filled us in on his plans as a meet director.

Bob is going to put

on two USPF National meets in Irvine, California this year, the National Squat meet and the National Deadlift meet in May and June, plus some state meets, and some exhibitions to show powerlifting to people who haven't yet seen it. For more info, you can give Bob a call at 714-533-4301.

While we were shooting with Bob, we ran into an old friend, Dan Mahan. Dan served as Assistant



Smilin' Dan Mahan directing fitness at Sequoia Athletic Club.

Strength Coach at USC for three years, and is now Fitness Director at the Sequoia Athletic Club and two other facilities. In his few minutes of spare time, Dan is back doing his powerlifting training and looking to go to the ADFPA Men's Nationals in the 220 class.



Big Bob Seibold preparing to promote our sport

Anthony Clark flew out

here for a couple of days, courtesy of the Leeza show. Leeza Gibbons, one of the hosts of Entertainment Tonight, has her own national TV talk show, and Anthony was a guest for the "I Used to be a Nerd" show. Leeza had many guests, but Anthony was the star of the show, with his story of transformation from a skinny, insecure kid to becoming the world's strongest man. And to demonstrate that he was, Anthony went outside and lifted a 2600 lb. car for the cameras.

Anthony should be making more public appearances, and getting up with sports lawyer Rodney Briscoe who also handles NBA coach John Lucas, and is the one who set up Anthony for the Leeza show.

While in L.A., Anthony also did a photo shoot for Muscular Development magazine, with the husband and wife team of Don and Rita Ross. After all his other activities, Anthony got together with me for some videotaping for the upcoming Winter '95 issue of POWERLIFTER VIDEO.

Once again, we did our shooting at Gold's Gym of Venice. Even though it's known as the mecca for bodybuilders, and it deserves that title, it's also the home of a good number of powerlifters, many of whom I've written about in previous columns.

The people at Gold's make it a pleasure to shoot there. Derek Barton, Gold's Director of Public Relations and Advertising, understands what matters to us, and makes it real easy for the production crews to get the job done. One of the regulars at Gold's is powerlifting coach Jack Armstrong, who finally sent me a couple of pictures

of himself in his other lives, as a wrestler and as an actor. Not too many powerlifters have become actors - at least not yet! Anyway, Jack doesn't spend too much time in the ring anymore, but he still



POWERLIFTER VIDEO's Vicky Hembree, Gold's Gyms' Derek Barton, and Anthony Clark before Anthony's video shoot. (photo courtesy, Ned Low)

likes to get in front of the movie and TV cameras, having been in *Matlock*, *The Fall Guy*, *Night Court*, and *Civil Wars* on TV, and in a number of movies, including *Micki & Maude*.

Anthony Clark is talking about being in an upcoming movie, so maybe there will be a beginning for powerlifters in Hollywood. We'll see. And we'll see you on video. Until then, keep moving that iron.

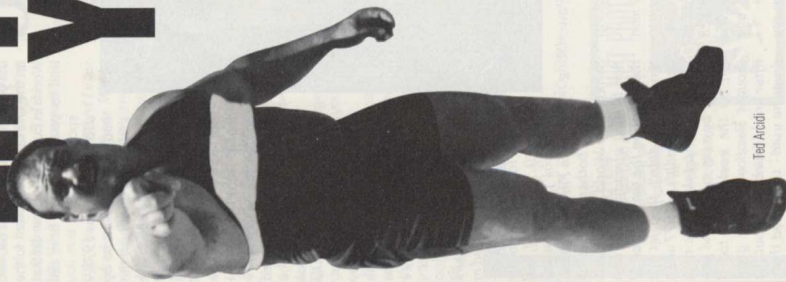
NED LOW

Jack Armstrong as a wrestler, and as an actor, with Andre the Giant, Dudley Moore, and Amy Irving in *MICKI & MAUDE*



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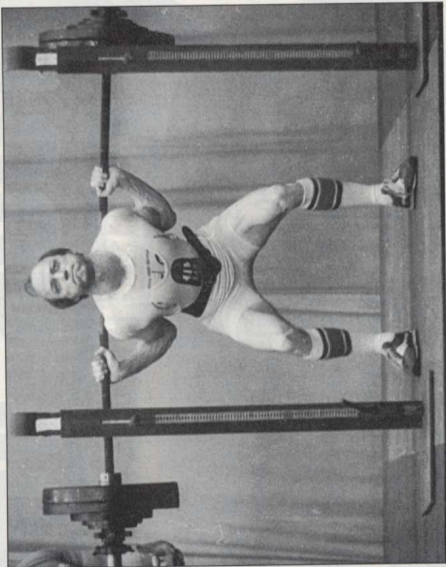
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# INTERVIEW

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

## JOHN REDDING

as interviewed for POWERLIFTING USA by Mike Lambert



One of John's Greatest Moments..... at the 1980 World Series of Powerlifting.

**PL:** John, could you please detail some of your lifting accomplishments during the first part of your powerlifting career: 1965-1980?

**JR:** I started in weightlifting from 1965 to 1967. Then my squat got high in pound-  
age and I went to power-  
lifting in 1968. I lifted at  
both until 1971 and then  
went to powerlifting only.  
I can still remember, to  
this day, my first weight-  
lifting meet; being very ner-  
vous and timid. I placed  
third. It was at the Boston  
Y-Union and was called  
the Massachusetts State  
Championship.

In 1966 I entered my  
first power meet and  
placed third in the 123 lb.  
totaling a massive 570.

In the year 1967 I set  
my first New England pow-  
erlifting record in the 123  
lb. class and proceeded to  
set at least 45 records when  
I retired in 1980 in three  
different weight classes;  
114, 123, 132. Up until  
1972 we did bench, squat,  
deadlift as the order of  
lifting, plus, up until 1975  
the lowest weight class was  
the 123 lb.

My first big year was 1971  
when I lifted at my first national  
meet; the Junior National Power  
Meet in W. Paterson, NJ, and  
placed second by 20 lbs. due to  
lack of experience. I also lifted at  
my first World power meet and  
placed third.

In 1972 I won the Junior and  
Senior National Meet setting a  
new meet record in the deadlift  
(460) at the Junior and (445)  
meet record in the squat (445)  
eclipsing Mover's record at the  
Seniors. I also lifted at my second  
World meet placing third.

The big push was on in 1975  
when they added the 114 lb. class,  
so powerlifting could go interna-  
tional. When I started competing  
in that class the records were 365  
squat, 270 bench press, 420 dead-  
lift, 997.25 total; I pushed the  
squat up to 440; the deadlift to  
485 and the total to 1115, before  
I retired in 1980, by setting 4 or  
5 American records in every meet  
I entered. In 1976 I entered 7  
meets and won 6 of 7; placing  
second at the World meet to

**PL:** What are the specifics about the year that you were not allowed on the USA team that went to the Worlds in Europe, and how did that lead to your retirement from the sport in 1980?

**JR:** The year was 1978. I had won the Seniors by 20 lbs. and even beat the 123 number by 25 lbs. Joe Zarella was National Powerlifting Chairman, and Clay Pigeon Patterson was on the world team selection committee. They were not friends; they hated each other, so the stage was set to get back at Joe by keeping me off the team to Finland. Clay introduced two priority Japanese lifters that were totaling more than I was and the committee bought the idea, and I was off the team.

Then at the Seniors Larry Pacifico bombed in the bench and was allowed to continue in the deadlift, unheard of, and then was placed on the team to Finland to boot.

Why bother to have the lifters if they already know who they want on the team ahead of time? Why didn't they let me bench and deadlift in 1977 when I would have totaled more than Dunbar by a big margin and gotten on the world team too. I thought Pacifico to be a great lifter until I found out about the drugs he used - that killed that.

The way the Worlds went that year I could have won second, but they had two in the 198 lb. class. They had two in the 198 lb.; Anello won and Miller came in third; two in the 220 lb. - Reed bombed and the Senior-bombout Pacifico won. Tell me that this seems fair, I don't think so.

**PL:** Does it please you to see the growth in natural drug free lifting in the United States? When you first started out, did you think things would ever end up the way they have?

**JR:** It does please me to see the growth of natural drug free lift-  
ing in the U.S. When I lifted from 1965-1980 there was only one lifting group, the USPF, and eu-

eryone lifted in that group. Dur-  
ing my span of lifting at the Na-  
tional World and Pan-Am meets  
I never saw any drug testing going  
on. I wish that they had tested  
back then; this would have helped  
me to succeed in my lifting ca-  
reer. I was very surprised in 1992  
when I returned and found so  
many different groups, so I found  
one and stayed with that one,  
and I hope that they start drug  
testing soon.

**PL:** What was the best competition you ever lifted in?

**JR:** The best competitions I ever  
lifted at were the three World  
meets, the 1978 Seniors and the  
1980 World Series of Powerlif-  
ing.

**PL:** Who are the lifters who you  
admire in the sport?

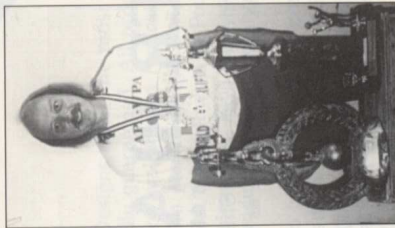
**JR:** The lifters who I admire in  
the sport are the big deadlifters  
like Lamar Grant and Vince Anello.  
It is exciting when a lifter can pull  
a big deadlift to win a close con-  
test.

**PL:** What sort of poundages are  
you expecting to make in your up-  
coming competitions?

**JR:** The poundages I expect to  
make at the world master meet in  
the 123 lb. class, 50-54 age group  
are 400-205-460. Being older I  
only lift once a year.

**PL:** To succeed as a drug free lifter,  
what sort of training guidelines do  
you follow? How about food supple-  
ments?

**JR:** To succeed as a drug free  
lifter I train three days a week,  
Monday bench press, Wednes-  
day squat, Friday deadlift. I find  
as one gets older, one heavy day  
a week per lift is plenty. I also try  
to maintain a well balanced diet  
and use some supplements like  
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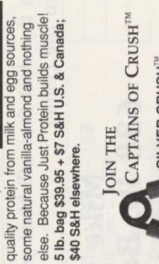
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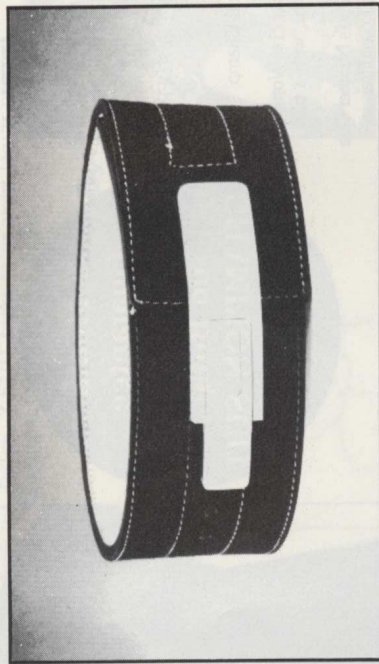
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# INTERVIEW

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

**BOB:** Give us some personal information on yourself.

**MICHELE:** I am twenty-eight years old. I was born and raised in Jersey City, New Jersey. I now live in Secaucus, New Jersey. I have a degree in chemistry and physics. I am employed by the U. S. E. P. A. as a chemist.

**BOB:** How did you get started? **MICHELE:** I had to rehab a knee injury I got playing softball in college. I walked into a gym and met Anthony Dittilo, and that was the beginning of my career. I have been with Tony ever since training and competing?

**MICHELE:** I have been training for eight years and competing for seven.

**BOB:** What are your best lifts? **MICHELE:** I did a 402 Squat, 209 Bench, 430 Deadlift at the 1994 Women's Nationals.

**BOB:** What are your future goals? **MICHELE:** 440 Squat, 230 Bench, 475 Deadlift at 154 lb. Bodyweight.

**BOB:** What about steroid use? **MICHELE:** I have no respect for people who use steroids. I will not even dignify them by calling them athletes. They are no better than people who shoot heroin or do crack, in my opinion.

**BOB:** How about drug testing? **MICHELE:** I don't think there is enough testing done out of meet. I do wish that they would go to blood testing, but being in the field, I do realize this causes a problem expense wise. If people are going to use drugs, which unfortunately they are, then stay in an organization that doesn't test.

**BOB:** Do you follow any special diet? **MICHELE:** Not in this new weight class, thank God, but basically I stay away from fats and dairy. Lots of pasta and rice.

**BOB:** Would you give us a breakdown of your training program? **MICHELE:** I never get close to 100% of a lift in the gym. I try to leave that for the contest. I train using as much intensity as I can muster and never worry about the weight, or if I fail an attempt. This is basically a very European approach to lifting. I do a lot of rack work with explosion as a key focus. Tony always tells me if you can make 400 lbs. look like 100

lar sport because of the negative personifications the sport has. I would be overjoyed if either could be true because I think we as a sport deserve recognition. Besides, Olympic Lifting would either have to be replaced or they could combine the two sports and choose certain events. Also, which organization would go to the Olympics? Or which would get the attention? I would hate to see a drug organization in the Olympics or have it get any kind of national attention. It does not represent the whole picture: negative feedback!

**BOB:** Are there any other comments you would like to make? **MICHELE:** I would like to thank Bob Goyner for this opportunity. My training partners at Iron Island, and Dr. Ken. And to my mentor, Anthony Dittilo, whose knowledge keeps me going. Also, thanks to Linda Jo Belslip, Beth Beator, Ron Walsh and Titan Sports.

## Michele DeGennaro as interviewed for POWERLIFTING USA by Bob Goyner



Michele at the 94WDIFF Worlds

lbs., then there is no other way to train. I also do front squats on my light pulling day - Thursday.

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**BOB:** What advice would you have for beginners?

**MICHELE:** Just keep it basic and simple.

**BOB:** How does the general public view women in powerlifting?

**MICHELE:** Unfortunately, I think it's a negative view. People expect to see these mainly looking women with no intelligence at all. In fact, most of the women I compete with are professionals in a variety of fields. I think we need to change the outlook a little in order to get some positive feedback. We don't want to be men, just strong women.

**BOB:** Do you feel powerlifting will ever become an olympic sport or gain national attention.

**MICHELE:** I don't see powerlifting in the Olympics or as a popu-

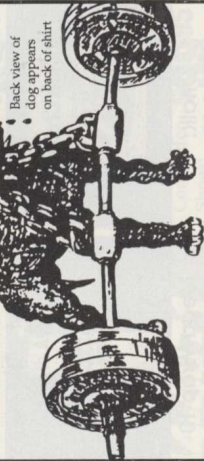
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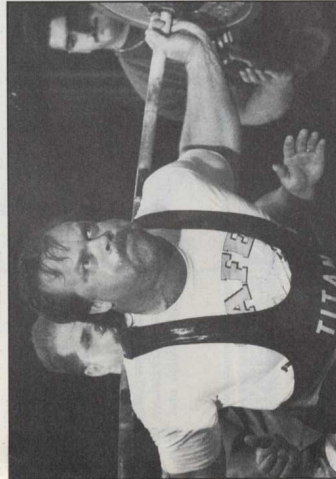
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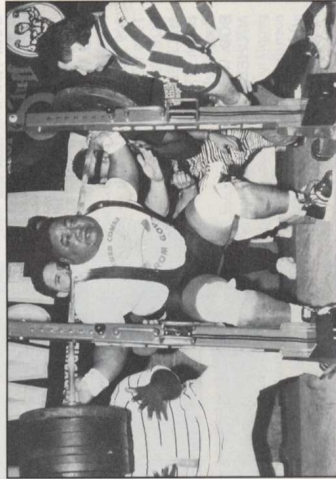
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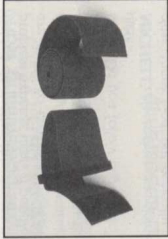
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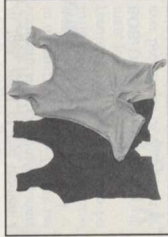
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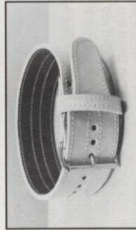
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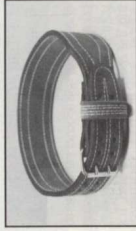
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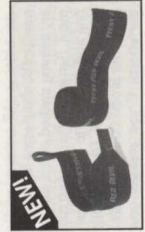
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Your last attempt at a meet signals the logical end to your training cycle for that meet. At that time, it's a good opportunity to review and critique your training methods and used to peak for the meet. But what also has to be reviewed is your activities at the meet. This includes everything starting from your commute to the meet until your last lift. Preparing for a contest and the actual competition itself can be compared to a business preparing to introduce a new product or system. Much time is spent preparing the product for introduction, but what is as just important, is how well it is made available or put on the market. Mistakes anywhere along the way can hamper the end goal. For powerlifters, our product or goal is our meet performance.

There are many aspects of the competition that can be reviewed, many of which are under complete control of the lifter. First of all, we can examine the commute to the meet. Some meets are a great distance away and require several hours or more of commute time. For these, the best bet may be getting there the day prior to avoid rushing to the meet, or at worst, missing the meet altogether due to an unforeseen circumstance. Getting there the day prior would allow you to arrive fresh without the tiring frustrations of early morning travel. If the meet is local and requires a short commute, still endeavor to arrive at the meet with time to spare.

Food and beverages consumed the day of the meet are important to sustain their energy. This is true, but I would avoid eating anything you are not used to. This could cause some gastro-intestinal problems that can wipe out all your hard training in a single stomach cramp. Having food and beverages available at the meet can really help. Again, I wouldn't suggest some unusual concoction. I would suggest some Gatorade type drinks and some fruit. Sandwiches aren't a bad idea, especially if there is not good food available at or near the meet. Bring a cooler to keep everything cold and fresh. If you experience problems at the meet due to something you ate, try to identify what it was and stay away from it next time. Things that seemed to digest well should be tried again for the next meet.

Hopefully, before you left home for the meet, you checked to make sure you brought all your lifting gear, including spares. If you forgot something valuable, develop a

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Reviewing Your Meet Performance as told to Powerlifting USA by Doug Daniels



**Doug Daniels** was one of the stars at the Temple Hills Open where he went 465 355 455 at 165. That's a great contest to review.

315 and go for it at 325 for a third. Sometimes this isn't the way it works. Those attempts don't go the way you planned. That 300 opener may have felt a lot heavier than it was supposed to. A tough lift at that weight may require you to drop your second attempt to 310. Then there are times when that 300 feels like paper and you're good for more than you had ever thought. Experience is the best source of how to choose your attempts at the meet when your lifting does not go the way you had expected. If you have a competent coach who knows your abilities, he can help you with these decisions. If you make mistakes, use this as experience you can draw upon for future contests. Always come to a meet with realistic expectations, but be prepared to make intelligent and realistic adjustments.

Warm-ups are very important to success at a contest. Aside from a sinking ship, not too many places are more chaotic or free-for-all than the meet warm-up area. Seldom is there enough equipment or room to go around. The vast majority of lifters will allow others to work in with them, but you must be aggressive and ask to be part of the warm-ups going on. Chose lifters with similar strength levels as yourself. I'll be a big inconvenience for everyone involved if you want to warm up for the bench with Chris Connor if you only bench 300. That's a lot of plates to take off and put on if you don't keep tabs on how soon you'll lift, you may have to lift before the other hand, a final warm-up or warm-ups too soon and have to wait a long time to lift. In any case, you are exposing yourself to injury as well as lessening your chances for a good lift. I've seen too many lifters miss attempts because they were in the warm-up room when their name was announced to take a lift. If you had a problem in this area, at your next meet, plan in advance when to start taking warm-ups and how many to take.

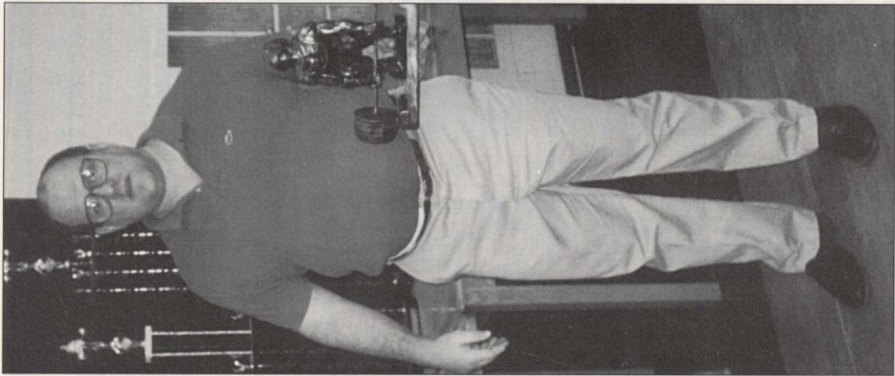
During the actual meet, it helps

to keep track of where you are after the squat and the bench. Even if you are not threatening to take first place, knowing how close you are to other competitors may help in selecting attempts in the deadlift. This can make the difference between a trophy and coming home empty handed. As the attempts progress, keep tabs on what's going on and make adjustments if possible. Too often, a lifter complains that if he knew what a close competitor was taking in his next attempt, he could have won a trophy by adjusting his attempt by just a few pounds.

Occupying yourself during the times when you are not lifting is worth considering. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at meets where it can get chilly. Listening to music can help during these times as well as while waiting to lift in the on deck area. Perhaps taking a walk outside the meet area can help to clear out the cobwebs. Fresh air can work wonders after spending hours around sweat, chalk and DMSO.

Over time, lifting tends to make you bigger and heavier. Making weight can get more and more difficult. This could be a signal that a move up in weight class may be your best ticket. A tough diet to make weight can really sap your strength level. If this is the case, consider making the move up. It may take a year or so for your weight to be efficient at the new, higher level, but training will be more productive and enjoyable. On the other hand, you may determine that lifting at too high a weight may not be desirable or healthy any longer. If so, work to lower your bodyfat level by reducing your fat intake and adding some fat burning exercise to your training.

As you can see, there are a lot of factors to review after your last meet attempt is taken. You don't need to think about all this stuff right after the meet. Sometimes we need to get our minds off the meet and go and relax and eat and drink things we couldn't before while trying to make weight. Much of this may seem common sense and it is. A friend of mine said he didn't like my articles because they were mostly common sense stuff. Sometimes it helps to at least review aspects of our training. All training articles need not be about some revolution-ary training method or hot supplement. Remember that the best routine and attention to nutrition can all be wasted if we blow it at the meet. Our product is the result of all our efforts. If you evaluate your meet activities like you can greatly increase your chance of success.



**In Memory of Lawrence Garro...** Larry Garro, a national level powerlifter from the state of Maryland, died Friday, October 21st, of cancer. Larry started in powerlifting when he was 32. Most of his lifting was done in the ADFPA where he won the state championships in 1989 and he is the current holder of all the records for his age and weight class. One of his biggest achievements in the sport was competing and breaking world records in the World Masters Powerlifting Championships. Larry and I trained together for close to eight years and I know him to be a very dedicated and caring person.

After he was diagnosed with cancer last year, Larry continued to train for the ADFPA Nationals until complications from the cancer forced him to stop. Yet, he continued to coach kids at a youth correctional center in Edgewood, Maryland. He was a very active volunteer with the ADFPA, helping out wherever he was needed. In the last five years, Larry either judged, spotted or co-promoted every ADFPA meet in Maryland. I am going to miss Larry, but I know he is in a better place - in the land of the hotshot and pumping iron like a madman. (photo and comments courtesy of his friend Brian Washington).

## ADFPA Loses Some Great People



**Brother Bennet Dies...** the founding President of the American Drug Free Powerlifting Federation succumbed to a long standing heart problem on November 17th, 1994. Following his service in the office of President, he continued to serve the organization on its Executive Committee, and he did, in fact, participate in a conference call the night prior to his passing. Brother Bennet had been on the waiting list for a heart transplant, but unfortunately his condition had deteriorated recently. He was the embodiment of the strong moral force that gave the ADFPA its direction. Always friendly, always modest, Brother Bennet was a testimonial to the notion that one person can make a difference in sport, and life. (above, Brother Bennet, judging at the 1994 ADFPA Men's Nationals)

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# The Greatest Squatter of All Time: Andrzej Stanaszek of Poland as determined by "All Time Historical World Records" statistician Michael Soong



Stanaszek is the only human being to have squatted quintuple bodyweight.

The squat has often been called the "King of All Lifts." Although many will disagree, and vehemently protest that the "Meet doesn't start until the bar hits the floor," realize that the squat will usually contribute more poundage to a powerlifter's total than the bench press, or even the deadlift.

The perpetual debate as to who is the "Greatest Squatter in Powerlifting History" rages on. To settle this question, I have assembled the All-Time highest squats in each weight division, and ranked them using the Schwartz formula. Thus, according to the Schwartz formula, this title must go to Andrzej Stanaszek of Poland.

**What??!! It's not Ed Coan??!**

Believe it or not, Andrzej Stanaszek's 595.2-lb squat (performed at 111.6-lb bodyweight, which works out to a quintuple bodyweight squat) actually EXCEEDS Eddy Coan's competition best 964.5-lb squat on the Schwartz formula! Furthermore, if Eddy wants the record back, Eddy's going to have to squat 1056-lbs at 220-lbwt!

If that's not enough to blow you away, Stanaszek has four other competition squats which also surpass Coan on the Schwartz formula, and would force Coan to have to squat 1013, 992, 994, and 978, respectively, to regain the #1 ranking! **The 545.6 was the world's first quintuple bodyweight squat!**

There you have it! Stanaszek, the "Mighty Dwarf of Poland," has not only squatted quintuple bodyweight on four different occasions, but also beaten Coan not once, not twice, not three, not four times, but actually *five times* on the Schwartz formula! Hear ye, hear ye! King Stanaszek has usurped the "Throne of Squatdom" from the legendary Ed Coan!

Furthermore, Stanaszek really doesn't seem to be

Worlds in Arlington, Texas). Karlsson has also twice broken Bradley's IPF BP WR. Karlsson, like Stanaszek, is also a dwarf.

Next up is Tony Kamand. Only Kamand and Gene Bell (843.3 at the 1988 Hawaii) have ever exceeded Mike Bridges' mind boggling 837.8 IPF World Record set at the 1982 USPF Sr. Natls.

In 6th place ranks Steve Goggins. Not only does Steve own the All Time squat and total records in the 242's, but he is also one of only three men (besides Coan and Jamie Carney) to have ever totalled 10X bodyweight (1000-kgs, or 2204.6-lbs) in the 220-lb weight division!

Next up is the amicable Jesse Jackson. Only Jackson and Larry Luckett have been successful at squatting 700 as a

lightweight. I predict Tony Conyers will be the next. Coming in at 8th is Gene Bell, who broke Coan's 859.8 All Time squat record set at the 1985 USPF Natls. I predict that the next All Time Record of Coan's to go down will be his 791.5 DL (set on 7/8/84 in Dayton, Ohio at the USPF Sr. Natls), which may possibly be broken by either Tom Eisehammer, Bill Cavalier, Jarmo Virtanen of Finland, Szymkowiak of Poland, Piet Van Haaren of Holland, Vladimir Shkirman of Kazakhstan, or Dave Carter of Great Britain, all of whom DL approximately 750.

Coming in at 9th is Jose Perez. Only Perez, Crain Alexander (751.8 on 4/2/89 at the Hawaii Budweiser) have been successful at squatting 750 as a middleweight.

Ranked 10th on Schwartz is Magnus Karlsson of Sweden. The previous All-Time record in the 123's was Joe Cunha's (who, incidentally, also happens to be a dwarf, and who stands 4'4" tall) 540.1 set on 5/6/84 at the California ADPPA State Championships. Karlsson broke this record with a 541.2 on 4/6/90 at the Swedish Nationals, and has since broken this record at least five additional times.

Coming in at 11th is Jose Perez. Only Perez, Crain Alexander (751.8 on 4/2/89 at the Hawaii Budweiser) have been successful at squatting 750 as a middleweight.

Ranked 10th on Schwartz is Magnus Karlsson of Sweden. The previous All-Time record in the 123's was Joe Cunha's (who, incidentally, also happens to be a dwarf, and who stands 4'4" tall) 540.1 set on 5/6/84 at the California ADPPA State Championships. Karlsson broke this record with a 541.2 on 4/6/90 at the Swedish Nationals, and has since broken this record at least five additional times.

## Men's All Time Historical Powerlifting World Record Squats

Men	Squat	Schwartz	Lifter/Nationality/Date/Exact Bodyweight	Squat Needed To Be #1
114	595.2	5.34X	Andrzej Stanaszek (Poland) 11/16/94 (50.6 kgs)	---
115	573.2	4.64X	Magnus Karlsson (Sweden) 9/10/94	669
132	651.5	4.94X	Magnus Karlsson (Sweden) 9/10/94 (59.8 kgs)	720
148	711.0	4.78X	Jesse Jackson (US) 7/28/90 (67.5 kgs)	806
165	765.0	4.64X	Jose Perez (US) 3/28/94 (163.75 lbs)	881
181	840.0	4.67X	Tony Kamand (US) 3/28/93 (180.75 lbs)	945
198	871.0	4.39X	Gene Bell (US) 4/7/91 (89.9 kgs)	1000
220	964.5	4.49X	Ed Coan (US) 11/22/87 (215 lbs)	1056
242	968.9	4.09X	Steve Goggins (US) 3/5/90 (107.5 kgs)	1091
275	1030.7	3.75X	Dave Pasanella (US) 5/28/89 (124.8 kgs)	1123
SEW	1015.0	3.04X	Anthony Clark (US) 3/27/93 (333.5 lbs)	1190

Last, (but certainly not least!) comes the 1015.0 by the Samoan Gentle Giant, Anthony Clark. Clark also holds the SHW All-Time record in the bench and total. Only eight men have squatted 1000 in competition. My money's on Shane Hamman to become the next SHW to squat 1000, and to eventually become the first human to officially squat 1100!

Of particular interest is the fact that most of the All Time squat records have been set within the last few years. The Monolith, as well as new, technologically advanced supportive gear should lead to even more amazing squats, as well as controversy as to their role within the sport.

As historians/statistician/complier of the "All Time Historical Powerlifting World Records," I hereby offer a challenge to all of the world's greatest squatters (Especially you, Eddy! C'mon Ed-- Let's see if you're man enough to take the record back! You ain't gonna let Andrzej keep your record from you, now, are you? The pressure's on, Ed..... Where all watching, the whole world is waiting, everybody wants to see you try to get the record back.....) to overtake Stanaszek on the Schwartz formula, and be ranked the "#1 Squatter of All Time!"

Men	Competition/Location
114	Men's IPF Worlds -- Johannesburg, South Africa
123	Men's EPF Europeans -- Pitea, Finland
132	EPF Nordic Championships
148	APF Natls -- Pittsburgh, PA
165	WPC World Record Breakers -- Lancaster, PA
181	WPA All Time World Record Breakers -- Lancaster, PA
198	DASH WPC World Record Breakers -- Waikiki, HI
220	WPC Worlds -- Dayton, OH
242	Budweiser WPC World Record Breakers -- Waikiki, HI
275	APF Jrs. (Guest Lifter) -- Rosemont, Ill.
SEW	WPA All Time World Record Breakers -- Lancaster, PA

Comments in regards to this article may be sent to: Michael Soong; 2220 Southwest 34th Street, Apartment #253, Gainesville, Florida 32608-1216; PH (904) 335-7816

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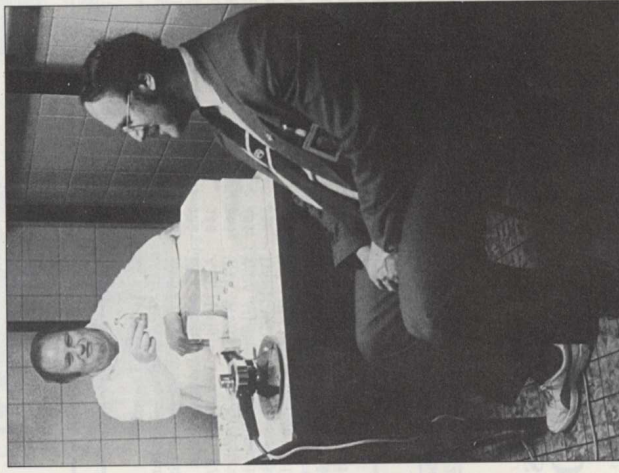
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# INTERVIEW

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

## HEINZ VIERTHALER The President of the IPF discusses Powerlifting... Past, Present and Future as interviewed for Powerlifting USA by Marty Gallagher



Heinz Viertaler (right) with associate at an IPF Drug Testing Room.

Heinz Viertaler is arguably the single most powerful man in the sport of powerlifting. Through his bench press would not rate a second glance from Anthony Clark and his squat and deadlift would not cause Coan concern, his political power within the sport is almost beyond comprehension. President for the past eleven years of the International Powerlifting Federation (seventy-plus member nations), Herr Viertaler wields power in a fashion that would make seasoned American politicians envious. Secure in his position, Viertaler has exercised a vision that has thrilled his admirers and terrorized his opponents. Vision is a blessing and a curse. Over the past decade Heinz Viertaler has followed his vision with an unwavering single-minded determination that has positioned the IPF as the premier international powerlifting organization. He talked with us at the conclusion of the world masters championships in Slovakia.

**PL USA:** Could you share with us how you became involved with powerlifting?

**HV:** I became involved with powerlifting in 1966. Of interest to your readers might be that two of my early training partners were Arnold Schwarzenegger and Franco Columbu. For a time both men lived in Munich (Germany) and both men were competitive powerlifters and quite successful at it. I was a weightlifter (Olympic style) at the time and had an agreement with Franco—he would compete on my weightlifting team and I would compete as a member of his powerlifting team. Organized powerlifting as we know it today did not really take hold in Germany until 1977.

**PL USA:** How many powerlifters do you have in Germany currently?

**HV:** 2,500.

**PL USA:** How did you evolve from a lifter into an administrator?

**HV:** I was a competitive powerlifter and weightlifter until 1982. I was elected president of the IPF in 1983, eleven years ago.

**PL USA:** How many member nations does the IPF have?

**HV:** Seventy-two.

**PL USA:** Does powerlifting have any chance of getting into the Olympics?

**HV:** Not in this century. The

IPF and the regional federations to test athletes anytime during the year.

**PL USA:** How will this work? **HV:** On the international level, the IPF will scrutinize those member nations that have an inordinate number of positive test results (lifters caught using drugs) and request that these nations make available to representatives of the IPF athletes of our choice to spot test outside of competition. We (the IPF) will go to their championships and their training facilities and take samples.

**PL USA:** So, by way of example, you could send IPF representatives to the United States and take samples at the USPF national championships?

**HV:** Yes we could. However, since, in this particular example, we are satisfied that the USPF is fairly and legitimately testing their athletes in competition, this would be unlikely. Some Federations are not as thorough and we would be much more likely to take samples at their championships.

Under a slightly different proposal, at the conclusion of a national championships, the IPF would request a list of world team members and between the nationals and before the worlds, select athletes to be tested for steroid use. We would make a phone call to the athlete and instruct them to please report to a location in their home town within 24 hours. We will take a (urine) sample from him or her to be tested at one of our accredited laboratories.

**PL USA:** Do you feel that the out-of-competition testing proposal will pass the IPF congress?

**HV:** Yes, I do. We are deadly serious about eliminating drugs from the sport. In a related area, we had a major incident at the recent IPF world championships in which lifters from Lithuania were caught attempting to smuggle large amounts of steroids into Sweden to sell at our world championships. The IPF will take action against those responsible. The out-of-competition testing is already in place in other sports and works quite well. We want a level playing field for all competitive powerlifters. In a ji-

(article continued on page 65)

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"A lot of lifts that American athletes claim to have made are absolutely ridiculous. They are totally bogus. They mean nothing," says Austria's five time IPF Junior World Champion, Karl Saliger.

"There are a lot of good lifters in the United States, but they never compete in real competition. The athletes who claim to have incredible lifts won't compete because they can't do such lifts legally. I see this



Dr. Judd with Karl Saliger in Austria. Judd had traveled to Europe to work with the German publisher of his upcoming new book on the greats of bench pressing, and managed to visit Karl prior to his trip to South Africa for the IPF World Championships where he won the gold.

all the time in world class competition. Americans typically do 50 or 60 kilos less than what they claim they can do. Fred Hatfield is a good example. When I first started lifting he was my ideal, but when I finally saw him compete I was very disappointed. He came to the worlds claiming he could squat 460 kilos or more, but he did 70 or 90 kilos less. How can this be? No one can be that far off."

You can tell by the look in Saliger's eyes that he is extremely perplexed by the matter. "It's not just Hatfield either, most American

dream is to do 1100 kilos someday, but that will be sometime in the future. I have to be realistic, besides to win I don't have to make a certain total, I only have to outlift my competitors. I will tell you this, though, when it comes time, I'll be ready, I want to beat the best." Saliger smiles. "Of course, the very best is (Eddie) Coan. He is at a different level. He is amazing. Technically, he is the most complete lifter. His lifts are very clean and precise. In my opinion, he is the greatest lifter ever in the world. I met him at last year's world championships and liked him very much. My ideal, though, is Arnold Schwarzenegger. Not only is he an athlete, but also as a person. He has character. I would like to meet him one day."

Saliger stops stretching. I can tell from the expression on his face that he is about to dismiss me so that he can begin his workout. Once again though, his mind entertains the idea of the great challenge. "I know that the European athletes would welcome the chance to compete in a fair meet against the Americans. They all would go for such a competition. The 'old world' against the 'new world.' It would definitely show once and for all who is the best in powerlifting. It would be a great thing to do promote the sport. You could call it 'THE NIGHT OF THE GIANTS.' It would be great. Whoever won at the competition would be the best lifter in the world."

Saliger smiles broadly. "I have to go now. I have to train for 'THE NIGHT OF THE GIANTS'." I have to work hard so that when the time comes there is no doubt that the strongest man in the world is Karl Saliger. That's my dream. That's my destiny."

Judd Biasiotto, Ph.D.

## Dr. JUDD

### KARL SALIGER of Austria

by Judd Biasiotto Ph.D., World Class Enterprises

very interested in a challenge", he says. "The best American lifters could never do in European lifters, but I would like the competition to be held in Europe with good judges. Then we will see who is really the best. If it is the Americans, I will accept that, but not until they prove it to me in real competition. The way it is now, no European athlete takes American records seriously. The only athletes the Europeans recognize are those in the I.P.F. They are the only credible lifters. I say that because the I.P.F. is the only true powerlifting organization. It's very strict. You won't find lifters using illegal equipment or judges giving white lights for half squats in the I.P.F. If you see a lift that was made in the I.P.F., you know it was done fairly." Saliger begins to stretch out, preparing himself for a grueling two hour workout. On this day, he will attempt a squat of 770 pounds for five repetitions. He is in hot pursuit of a world title.

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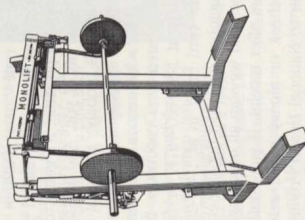
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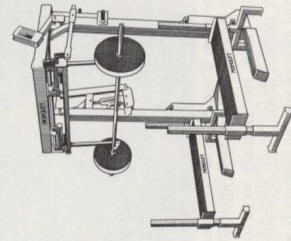


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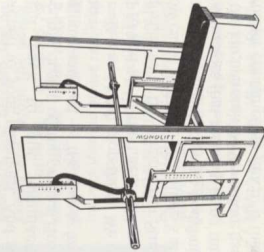
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This routine is the ultimate in variety. You will get the opportunity to push the envelope each week with new or at least different exercises for your deadlift each and every week. The off-season is the time for variety and overall strength and conditioning. Adventurous athletes will love this routine because it offers a smorgasbord of hard work. NO BOREDOM. If you welcome a challenge, the random deadlift routine will give you the opportunity to go for a personal best each week with slim chance of overtraining. The primary claim to fame of the "Random" Deadlift routine is that it has no pattern. Lacking a definite observable pattern, this routine hits muscles from different directions and combinations each week. Overtraining is unlikely, strength increases are definite.

A normal off-season routine involves a sequence of increasingly difficult weekly routines. A pattern of exercises, primary and accessory are chosen, and the athlete must try to increase the weight in key exercises over the course of the routine. A good routine usually results in a personal best in at least one exercise. This PR may be a best set of 10, 8, 5, 3, 1 or all of the above. In this way, the athlete will see a logical pattern of increasing strength through successful weekly increases

in the amount of weight lifted. The "Random" Routine takes a variety of accessory exercises to form a series of challenging routines. There are two rules for the "Random" Off-Season Deadlift Routine.

1. Increase the weight lifted in each successive set so that the final set of each exercise is as heavy as you can lift.
2. NEVER MISS A REP!!!! I will now describe the 10 week "Random" Off-Season Deadlift Routine. You will perform the routine once per week for ten successive weeks. You must provide our best effort in each of the exercises listed for the routine of the week. You must be very aggressive in the final set of each exercise to provide a

# TRAINING

## POWER EXCEL "Random" Off-Season Deadlift Routine as told to PL USA by Greg Reshel of POWER EXCEL

Personal Best or to challenge an existing personal record. Your strength will increase profoundly over the course of the routine. You will be able to see the strength increases in the routine that you follow immediately after completing the Random routine. One more thing, you will probably be sore each and every week of the Random routine because you will never be able to adapt to the work. Remember, you must increase weight with each set and never miss a rep. Start light and finish all out!

**Week 1:** Stiff Leg Deadlifts - 5 sets of 8 reps, Wide Grip Lat Pull-downs Behind your Head - 5 sets of 10 reps, Behind the Back Shrugs - 6 sets of 12 reps, Wide Grip Upright Rows - 5 sets of 10 reps, Single Arm Dumbbell Rows - 4 sets of 12 reps.

**Week 2:** Rack Deadlifts from Below the Kneecap - 6 sets of 9 reps, Shoulder Width Grip Pullups - 5 sets of 7 reps, Underhand Grip Barbell Rows - 5 sets of 10 reps, Barbell Chest Curls - 4 sets of 9 reps, Back Hyperextensions - 4 sets of 7 reps.

**Week 3:** Good Mornings - 4 sets of 7 reps, Barbell Front Shoulder Press - 5 sets of 11 reps, 45 Degree Leg Press - 6 sets of 14 reps, Bench Dips - 5 sets of 8 reps, Underhand Shrugs - 4 sets of 10 reps.

**Week 4:** T-Bar Rows - 5 sets of 9 reps, Dumbbell Pullovers - 5 sets of 8 reps, Seated Bent Forward Lateral Raises - 4 sets of 7 reps, Front Plate Raises - 4 sets of 7 reps, Reverse Hyperextensions - 5 sets of 10 reps.

**Week 5:** High Pulls - 5 sets of 6 reps, Forward Incline Double Dumbbell Row - 4 sets of 10 reps, Barbell Bent Elbow Pullovers - 5 sets of 8 reps, Chest Supported Rows - 4 sets of 9 reps, Weighted Decline Situps - 4 sets of 6 reps.

**Week 6:** Cambered "MacDonald Bar" Deadlifts - 5 sets of 8 reps, Close Grip Pullups - 5 sets of 6 reps, Barbell Front Raises - 4 sets of 5-7 reps, Head Supported Double Dumbbell Row - 5 sets of 10 reps, Hack Squats - 4 sets of 18 reps.

**Week 7:** Rack Deadlifts from Above the Kneecap - 6 sets of 6 reps, Wide Grip Lat Pull-downs to the Chin - 5 sets of 7 reps, Double Dumbbell Curls - 5 sets of 8 reps, Shrugs - 4 sets of 9 reps, Weighted Situps with Feet Held on Top of Bench - 5 sets of 10 reps.

**Week 8:** Behind the Back Deadlifts - 5 sets of 8 reps, Reverse Grip Front Shoulder Presses - 5 sets of 7 reps, Seated V-Grip Low Pulley Rows - 5 sets of 11 reps, Half Squat Good Mornings - 4 sets of 7 reps, Seated Bent Knee Leg Raises - 3 sets of 15 reps.

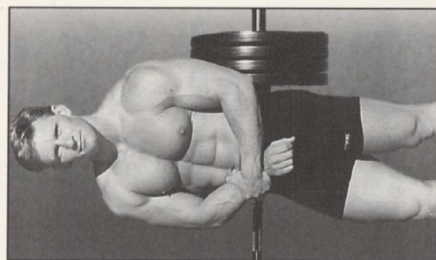
**Week 9:** Bent Over Rows - 4 sets of 8 reps, Standing Lateral Raises - 4 sets of 10 reps, Underhand Grip Lat Pull-downs to Chest - 4 sets of 9 reps, Dumbbell Deadlifts - 4 sets of 9 reps, Straight Arm Barbell Pullovers - 4 sets of 7 reps.

**Week 10:** Deadlifts with Bar on 100 lb. Plates - 5 sets of 7 reps, Decline Bent Elbow Barbell Pullovers - 5 sets of 8 reps, Forward Incline Dumbbell Upright Row - 5 sets of 7 reps, Parallel Grip High Pulley Row to Chest - 4 sets of 9 reps, Seated Press Behind Neck - 5 sets of 7 reps.

Always use strict form for your own safety. Some of these accessory exercises might look like they belong in a bench press routine, but the shoulder presses and lateral raises all change upper back and mid-back stabilization as well as abdominal oblique stabilization. The blepp curls also challenge back and abdominal stabilization. Try not to arch your back to cheat the lifts as this will lead to destructive muscle pain rather than positive muscle soreness from fatigue and exertion. I realize this is a lengthy list of accessory exercises and you may not know all of them. Feel free to contact at POWER EXCEL 2807 South Superior Street, Milwaukee, WI 53207, 414-769-1211. We welcome your questions and observations. This routine is but a partial list of the exercises we use regularly in our POWER EXCEL CLUB and our personal training business. If you feel you are plateaued or are looking for more variety in your training, we can help. Call us today! Good luck and good training.

GREG RESHEL

# "How A Crazy Bet With My Brother Forced Me To Pack On 7 Pounds Of New, Rock-Hard Muscle... And Add 55 Pounds To My Bench In Only 6 Weeks!"



Shawn Phillips

bench the most one time.

If I won—he would print an article of mine in each issue of *Muscle Media 2000* for the next year, "as is," no edits, no changes. If he won—he could do whatever he wanted to my articles from now on.

Bill agreed it would be a fair bet since both of our "max benches" were about the same. Mine was 350—Bill's was 345.

The "bet" started on April 11, 1994.

Bill didn't seem like he was taking our bet too seriously... but I knew better! Hell, he's my brother. And I know from experience, he's the most competitive person I've ever met. I wouldn't put it past Bill to hire World Champion bench presser Chris Confessore and fly him out to Colorado to teach him a few tricks of the trade!

## Fast Forward To Contest Day, May 23, 1994—6 Weeks Later!

Bill and I were warming up at Bill's fully-equipped home gym in Golden. I started with 225 for 10, so did Bill. Then we both did 275 for 6 easy reps. Very easy!! Then I went to 350 for 3. Bill did 335 for 3.

Aha! Maybe I had him. Or, maybe he

Next page, Please...

new bench-press program which reveals how you can increase your bench press by up to 40 pounds in just 6 weeks! I spent hours on my computer "tweaking" this program. I even tested it on 9 of my clients, and the worst any of them did was increase their bench by 22 pounds.

But guess what? Bill refused to publish it! Instead, he printed a totally lame article about some "fitness girl." Man was I ticked! I stormed into his office and demanded an explanation! All he said (with a smirk on his face) was...

## "Shawn, This Program Is B.S.!"

I couldn't believe what I was hearing. I mean this new bench program is awesome. And the bench is the "lift" 90% of all lifters want to improve the most. But, Bill wouldn't go for it because he didn't think the program would work.

Then I made him a crazy bet. I bet him my bench program would blow away any bench program he could come up with by a country mile. I would use my new "program" for 6 weeks, and he could use any "program" he wanted for 6 weeks, and then we would have a "max" day to see who could

**Dear Friend,**  
Hi, I'm Shawn Phillips, professional personal trainer and contributing editor to *Muscle Media 2000*®.

Mostly, I'm a personal trainer...

## ...Because My Stubborn Brother, Bill Phillips, Hardly Ever Publishes Any Of My Articles!

You know who Bill is... Mr. *Muscle Media 2000*... Mr. "Know It All" bodybuilding guru... Mr. *Anabolic Reference Guide*... and so on!

But to me... he's Mr. Pain In The Ass!

Almost every time I submit a training article to be published in *Muscle Media 2000*, he "deep sixes" it! My theories just don't seem to impress him. And on the rare occasion he accepts one of my articles—he hacks it to death by rewriting it the way he thinks is best! It's frustrating because...

## I've Forgotten More About Training Than He Even Knows!!

Maybe it's a sibling rivalry thing, and he's just jealous. Who knows??

Anyway, about two months ago, I submitted a very good article about my

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was just holding back! I was ready for my "max" 405. Four big 45 pound Ivanko plates on each side of the bar. Brevan Adams, my training partner, gave me the lift off—the descent felt good, then a slight pause...

### And I Slammed The 405 Up Like The Ivanko Plates Were Made Of Styrofoam!

The first word out of Bill's mouth I can't repeat... but it started with an "F!"

Now it was crunch time for Billy Boy! I told him to get to it and do the 405, or else! He had Brevan give him the lift off and then...

### A Burial Took Place!

Ha!! He couldn't even control the 405 on the way down! The weight slammed down so hard on his chest I thought he fractured his rib cage! And when he tried to push the bar up—there wasn't even enough space between it and his chest to slide in a piece of toilet paper!

A complete "bomb."  
It wasn't even close!

Now, I don't know how much he could have "maxed" that day... because he was so embarrassed he just got up and left. He may have done 360, maybe 365. Big deal. A measly 15 to 20 pound increase in 6 weeks!

However, as for me... a whopping 55 pound increase!! And, as icing on the cake, I left Bill my body composition reports from the beginning of the 6-week program to the end—showing I gained 7 pounds of new, rock-hard muscle while losing fat!

When I got to work the next day, Bill called me into his office and then handed me a little bottle and demanded I "pee" in it. Then he accused me of using steroids and clenbuterol. You should have heard him... "Nobody increases their bench 55 pounds in only 6 weeks without drugs. And nobody gets as cut and vascular as you are without clenbuterol... and

besides, there's no way you could have beaten me that badly because..."

### I Followed The Same Bench Program You Did!"

He said he re-read my bench-press program which he previously called B.S., and after giving it some thought—decided it might have some merit after all.

Anyway, I went ahead and did the urine test—just to shut him up. It came back negative though—that's 100% fact!

But... I will admit to cheating just a little. Let me explain. I knew going into the bet, training programs by themselves have limitations. Even my new bench program. You have to eat right and "supplement" heavily to get outrageous gains.

So, when I started this challenge with Bill, the first thing I did was get on the phone with a good buddy of mine who works for a high-tech sports medicine research firm called Experimental and Applied Sciences (E.A.S. for short).

You've probably heard of E.A.S. One of the founders is Anthony Almada, B.Sc., M.Sc. He's written numerous articles for *Muscle Media 2000* and is a widely respected authority on "legal" bodybuilding and powerlifting supplements. Anthony has a master's degree from Cal Berkeley in nutritional and exercise biochemistry, and is a bodybuilder himself.

E.A.S. is a hard-core research facility—dedicated to finding the most potent (but legal) bodybuilding and powerlifting supplements on earth.

The research team at E.A.S. originally discovered the powerful muscle and strength building properties of vanadyl sulfate and creatine monohydrate. (Two of the most popular, legitimate supplements on the market today.)

My first question to my buddy was... "I need to get stronger than strong in

### Times The Action??

It sounded practically impossible.

But my friend at E.A.S. assured me it wasn't! He said everything could be documented. He said E.A.S. had been working on the new "triple" vanadyl for 7 months at their research facility in Pacific Grove, California—and it was for real.

These muscle-building researchers discovered if they combined vanadyl sulfate with just the right amounts of two unique nutrients, sodium selenate (a special trace mineral) and taurine (an amino acid) a "triple vanadyl mimic" could be created. In other words, V2G has three times the action of regular vanadyl sulfate, which is a pretty darn good supplement itself!

My friend said when you add just the right amount of these two new compounds to regular vanadyl sulfate...

### It's Like Throwing Gasoline On An Open Fire!

Well, needless to say, I practically begged him to Fed-Ex me a few bottles. The very next day (April 12), the V2G arrived, and I started taking 6 capsules a day. Then, I patiently waited for the amazing results.

Day 1, nothing! Day 2, nothing!! Day 3, nothing!!! Day 4, nothing!!!! I was getting a little worried. But by Day 5... I could feel the effects of V2G start to "kick in" when I was pumping arms! I was starting to get more vascular and my skin was getting that ultra-thin look! Veins were popping out everywhere!

And the chest pump I got after my bench workout the next day was nothing short of staggering. It felt like someone stuck an air hose in my pecs and tried to make them explode. For the first time in my life I could see a huge, jagged vein across my chest!

The improvements in my cuts and vascularity were just the beginning. My strength and endurance levels were also sky-rocketing. After working out

fastest!!) working supplement I've ever used. Fifty-five pounds on my bench in only 6 weeks proves it. And 7 pounds of new, rock-hard muscle proves it again!!

If you want the same (or even better) results... I urge you to try V2G right away. You'll be more than happy you did... I absolutely guarantee it!

To order your supply of V2G, quick, grab the phone and call now **1-800-297-9776 (ask for Dept #890)**. Please have your credit card ready.

If ordering by mail, just write V2G-890 on any piece of paper, along with your name and mailing address. Mail it today to: PAS, P.O. Box 277, Dept. 890, Golden, CO 80402. Personal checks are held for 14 days. For faster service, use a money order.

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Sincerely,

*Shawn Phillips*

Shawn Phillips

The New Full-Time Contributing Editor To *Muscle Media 2000*



**P.S. Yours Free**—a \$25 value. Be one of the first 175 people to order 3 bottles of V2G from this offer and you'll not only get one bottle free, you'll get, as an additional bonus, the special bench program I used to add 55 pounds to my bench press in only 6 weeks, absolutely FREE! Total cost, including shipping, is \$128.35. Single bottles are \$39.95 plus \$6.50 for S & H.

**PPS. This is a Risk-Free Offer!** If you don't see quick results from V2G—just return your unused bottle(s) for a prompt and courteous refund. But, you can keep my FREE bench-press program no matter what!

**PPPPS.** Watch for my "unedited" articles in future issues of *Muscle Media 2000!*

**PPPPPS.** Remember! V2G is not available anywhere else on the planet. It is only being sold by Physique Augmentation Systems.

and taking V2G for just 10 days, my bench had already gone up 12 pounds! I was totally amazed!!

I immediately called my buddy at E.A.S. and told him about the awesome results I was getting. All he said was, "I told you so." He said the results I was getting were very common, and some guys were getting even better results. However, E.A.S. was having one major problem with V2G...

### Keeping Up With The Huge Demand!

And I could see why! After using V2G for just 6 weeks, along with my bench program, my bench shot up 55 pounds... I got totally shredded... and I gained 7 pounds of new, rock-hard muscle.

And best of all... by using something that's legal!

OK, enough about me and Bill and this crazy bet. All you want to know at this point is...

### How Can You Get Your Hands On Some V2G?

Here's the deal. The guys at E.A.S. are researchers, not marketers. So, they've given exclusive rights for V2G to a company which specializes in direct sales. This company is called Physique Augmentation Systems. (They are the only source for V2G at this time.)

It's super easy to order. Just pick up the phone and V2G can be at your doorstep in just a few days.

And better still... it's super inexpensive! Each bottle of 180 capsules is only \$39.95. (Compared to \$34.95 for the same quantity of the old vanadyl.)

And... as a special introductory offer... if you order 3 bottles, you get a fourth bottle FREE! This brings the price down to \$29.95 per bottle. (That's less than the old, less effective vanadyl!)

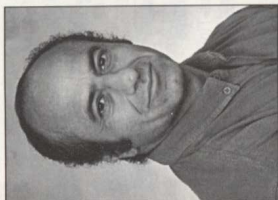
I can't recommend V2G highly enough! It's simply the best (and

# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** What is Raigro? I have read that it is a protein/anabolic agent. The Merck Index lists it as an anabolic (veterinary). My question is what is its mechanism of action, and what are its side effects. Also, can it be used safely by humans. Tom E.

**DEAR TOM:** No one really knows how Raigro works although I've given a few possible mechanisms in a few of the books that I've written (such as increasing growth hormone production and acting as an anabolic steroid and as an estrogenic compound). Several years ago I contacted the company who distributes Raigro in Canada. I couldn't get a satisfactory answer from them as to Raigro's mechanism of action - they didn't know either. Since it's targeted for cattle and not people, there's no active research going on which is likely to give us an answer as to its safety and effectiveness in humans. I would not consider Raigro any more dangerous than any of the other drugs used by athletes, but it's not a drug I would recommend that you use because I'm not sure just how it works and what the long term effects are. There is some strong evidence to show that Raigro, in some people, has a significant estrogenic effect (increasing the chance of water retention and possible feminizing side-effects - like gynecomasia). Mauro Di Pasquale, MD



Mauro G. Di Pasquale M.D.

**DEAR MAURO:** I am 29 years old, 5'-9" and 240 lbs. I have been a competitive powerlifter for 10 years and have achieved maximum lifts of 630 lbs. in the squat; 330 lbs. in the bench press; and 550 lbs. in the

deadlift, without the use of any enhancement drugs. I sustained a shoulder injury 2 years ago immediately following a bench press workout. Although much of the pain I had at that time is gone, I still cannot perform any 'pressing' motions without much distress. X-rays have revealed arthritis of the A/C joint in both shoulders with inflammation present in the right side only. I have had 2 cortisone injections in this area within the last year along with a great deal of physiotherapy, with no success.

Although my everyday life has not been affected by this situation, I would very much like to compete again. Any help or advice you may be able to give me regarding this would be very much appreciated. John H. DEAR JOHN: Arthritis changes to the AC joint can be difficult to deal with, because of the degeneration in the joints can be significant stress will translate into either or both immediate and later discomfort and pain.

I have had some favorable results in injecting arthritic AC joints with my anabolic anti-inflammatory cocktail. However, I would have to examine you and see your X-rays to see if this type of injection is appropriate for your problem. If you wish to make an appointment, call my office - I've already given your name to my secretary and told her to set up an appointment should you call. Mauro G. Di Pasquale, M.D.

## Introducing DRUGS in SPORTS

a New International Newsletter Edited by Mauro G. Di Pasquale, B.Sc., M.D.

DRUGS in SPORTS is a new quarterly newsletter that brings you the most up to date information on drugs and supplements used by strength and power athletes. All information is thoroughly researched and is presented in an objective manner without commercial bias. If you want to know what drugs and supplements are being used by top athletes, then this newsletter is for you. Yearly subscription rate is \$40.00 U.S. or \$50.00 Canadian funds.

ALSO AVAILABLE FROM MGD Press by Mauro G. Di Pasquale, B.Sc., M.D.

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**From the ADFPA President...** I have been involved in powerlifting for thirty years, and I have been affiliated with the A.D.F.P.A. since its' inception.

The A.D.F.P.A. was formed to give the athlete a drug tested forum to compete in. The solid growth the A.D.F.P.A. has experienced has shown the need was there.

In the past six or seven years many new powerlifting federations have been formed. Some are drug tested, some are not. Powerlifting, to gain credibility as a sport, should be consolidating, not splitting.

By forming more and more organizations we are only hurting the sport, not helping it. We talk about having powerlifting in the Olympics. This will only happen through unity, not by separation.

If drug tested competition is the true reason why an organization exists, why is there a need for more than one. If the only true differences between these organizations are the time period for being off steroids and the method of testing, I am sure these items could be worked out.

A united drug free federation would show the general public and the international powers that powerlifting can become a legitimate sport. One National Championship versus five or six makes that title really worth something.

Politics have always been a part of powerlifting, but it is time we put politics and our personal agenda aside and think of the lifter. This may be a difficult thing to do, but it is necessary. If we can't do this we may not be in the sport for the right reasons.

I extend an invitation to all the drug free organizations to come to Pennsylvania in July and discuss ways of creating one organization and find out who are the strongest drug free lifters in the World. Send your administrators and sit down with ours to discuss ways to unify the sport. Send your athletes, have them represent your organization, but send them.

By doing this we will truly serve powerlifting. We can get back to the days when a National Championship was truly a large event.

I feel we all owe it to powerlifting to at least try to make our sport better. Again, I extend this invitation to all organizations. Questions and comments can be addressed to: A.D.F.P.A. National Office, 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-2662.

Bob Gaynor, A.D.F.P.A. President

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**USPF President's Message** I have just returned from South Africa where the IPF Men's World Championships were held. The USPF took one of the strongest teams in history to the meet and the lifting was great. Team USA is the 1994 World champion and many records fell as this great team powered its way to victory. The team was well coached by Sean Scully, Mike Golden, Gene Bell and Patrick Anderson. Gene had intended to lift, but when an injury prevented him from lifting, he volunteered to accompany the team as an assistant coach. Shelly Corson stepped in to assume team manager duties once the 1994 World Bench Press Championships were held in South Africa. This type of team spirit makes the USPF teams even greater. This team cohesiveness and goodwill was carried further as the U.S. team gave a powerlifting demonstration at a local jamboree.

I also saw the same type of spirit from the Masters team in Bratislava. I had comments from officials from other nations in Bratislava and in South Africa about the unity and spirit of the American teams. I have been privileged to witness the great lifting and the great of the camaraderie of both these great teams. I would like to give the names of all those responsible for the greatness of these US teams, but space is limited in this column and the list is long.

As the United States representative to the IPF, I attended the IPF Congress on Wednesday, November 16. I had looked forward to attending this year's Congress because I have had an excellent working relation with the IPF administration in the last two years.

There was a brief disturbance at the

Congress led by a few who claim loyalty to the USPF. The IPF Congress stood solid in its support of the USPF. It is too bad that a handful of dissidents would try to mete so much destruction and in good conscience claim to have the best interest of powerlifting at heart.

I have had the pleasure of reporting a lot of good news on behalf of the USPF and here is yet another item: The 1997 IPF World Bench Press Championships will be in Dallas, Texas, under the direction of John Inzer! This will be the first IPF World Championship held in the United States since 1984.

I am looking forward to attending the 1994 World Bench Press Championships in Finland in early December. After that, I will return home to begin working with the USPF Executive Committee on plans that will ensure continued growth in the membership and at the same time offer the best support possible to the lifters in the USPF.

The 1995 Women's World Team will travel to Japan in May. The team will soon be selected as well as coaches and the team manager. If you are interested in serving as coach or manager, please let me know in writing as soon as possible.

Peter Thorne

**USPF National Headquarters Message** The following dates have been set for the 1995 USPF National Championships: March 4-5 - USPF Bench Press Nationals, Parkersburg, West Virginia, Dave Jeffrey, Meet Director, 304-489-2428; March 11-12 - USPF Junior Nationals, Philadelphia, Pennsylvania, Robert Keller, Meet Director, 215-

littering meets he could attend in a year's time. Also, the inmates would not be able to attend any state, regional or national championships. In summary, it is not the intention of the USPF to subsidize the membership of inmates, however, it is also not the intention of the USPF to charge a full price for a membership privileges that cannot be used. There are many institutions across the country that hold USPF sanctioned meets. There are lifters who have found a real sense of pride in their accomplishments and look forward to renewing their membership when they are released.

Peter Thorne, USPF President, has been travelling a great deal in the last few months. He was in Bratislava with the Masters team, then travelled to South Africa where he attended the IPF Congress as the USPF's representative, and by the time this is published, will have been to Finland for the Bench Press World Championships. The USPF is extremely fortunate to have Peter Thorne working on its behalf. Peter does not receive the President's stipend, nor does the USPF pay for any of his travel. The positive work that has been accomplished through Peter's diligence and travel has been immeasurable.

To contact the National Headquarters Office write or call us at: USPF National Headquarters, P.O. Box 2170, Kilgore, TX 75663, 800-500-9727.

**USPF RULES - QUALIFYING TOWALS AND WEIGHT CLASSES.** A When a lifter May Lift in a Class Lower Than Originally Declared. A lifter who weighs less than the lower limit for the category declared may change to the next lower category, provided the competition for that category has not already taken place, he/she has achieved the necessary qualifying total for the lighter category at the lower body weight, and not more than one other member of his/her team is already in that category. B. When a Lifter May Lift in a Class Higher Than Originally Declared. Qualifying totals may be set in a specific weight class and be valid for more than one weight class greater than the qualifying class, but not for a weight class below a declared class. If the lifter had competed at a lower bodyweight class and made their qualifying total for that class, he/she may compete at the lower weight class if he/she weighs in within the limits of that class, and no more than one other lifter from his/her team is entered in that class. (Example: A 181 lb. lifter who totaled 2,000 lbs. would be qualified for this year's Men's Nationals in the 181 lb. class and all classes above the 181 lb. class. He would not be qualified to lift in any lower classes unless he had lifted in those classes and made those qualifying totals.) A lifter who elects to lift in a higher weight class shall also weigh within the limits of that class.

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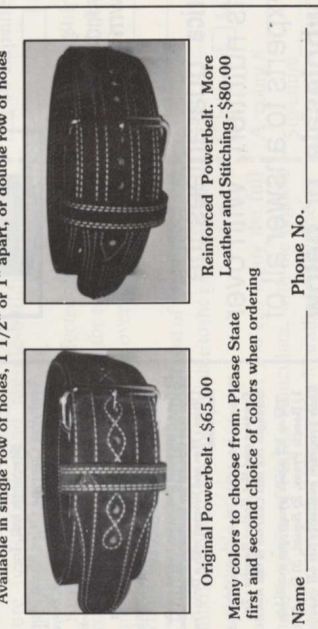
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(article continued from page 40)

mand with his home federation. Impartiality is the standard. In- impartiality will not be tolerated.

PL USA: Tell us how you view women's powerlifting? Is it growing without drugs?

HV: It is not improving in terms of the sheer number of participants. I am not sure why or what the answer is. In my own country (Germany) for example, we can't seem to get past the 300 participant level. It is a mystery to me.

PL USA: At the international level is it dropping, insofar as numbers? HV: It depends on where the venue is. It is in New Zealand, as it was this year, the number of lifters drops significantly. In Europe the numbers are significantly greater. This is true of the men's lifting also. We cannot have all the IPF meets in Europe. We are committed to holding these championships around the world in a wide variety of venues. I am of the opinion that we must be international in the truest sense of the word.

PL USA: Will the IPF lift in the United States again? HV: Yes; if this very unfair case with Ernie Frantz is ever sorted out, we will.

PL USA: Is there any dialogue ongoing? HV: No. He is using his judgement against us as a way to keep us out of the USA. I think it is unfair. We never received an invitation to appear in this court case in Chicago. In German courts you must receive papers and an invitation to appear in court. We received an order of default because of no appearance, no show. He is using this to prevent us from going to the States.

PL USA: Have any of the other American powerlifting federations ever approached the IPF for membership? HV: On one occasion NASA approached us about joining the IPF. According to our constitu-

tion we deal with only one member federation per country. From the very beginning the USPF was the IPF member federation.

PL USA: How would you categorize relations with the USPF at this point?

HV: Relations with the USPF have improved very much, I am very glad when I observe how they currently operate. Under Peter Thorne it is 100% better than before. They have done much to protect and preserve their relationship with the IPF - things are much, much, better. If they continue in this fashion the USPF will be one of the model federations within the IPF.

PL USA: Amongst many in America there is a perception that the USA does not have a large voice within the IPF.

HV: The USA has just as much input as any other member nation. Our constitution allows for one vote per country. Greater input is achieved by greater participation on the individual committee.

PL USA: In our system of government we have our Senate which in addition we have a House of Representatives which recognizes population and allows membership based on population. In this way we check-and-balance" the need for equal representation and the need to recognize and reward those states that have large populations. The USA has a large liter population and feels very neglected in this regard.

HV: Understand these concerns. I would say that the IPF is in perfect alignment with every other major sports organization insofar as structure and organization. At one time just such a proposal was presented and voted on. It was defeated. Russia, by the way, would have more votes under such a system than the USA. The IPF Congress does not want such a system.

PL USA: I'm sure you would like to add?

HV: Yes; I would like to see the USPF and the ADPPA unify into one federation. This would be a major step. In addition I would like to see powerlifting recognized by the United States Olympic committee. This would be a major step for all of powerlifting.

PL USA: Would you be available to make this happen? HV: Yes, if they want me, I would be available to help. The USA is our most important member.

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PL USA: Over the past decade, has the sport grown?

HV: Yes; both in terms of lifters and in terms of new member federations. The standard of lifting, organization and participation has improved dramatically. Here, (The world master championships) the championships were very good. The participation of the Eastern Bloc countries has been very good.

PL USA: If the former Soviet Union were intact, they, not the USA, would be winning the world team titles at these championships.

HV: Well, you are right. In the women and the masters this is already the case. Look for a very tight battle in the South African world championships between Russia and the USA. This in spite of the terrible economic conditions the Russian athletes must deal with. In women and masters lifting they already are the World Champions.

PL USA: Anything further you would like to add?

HV: Yes; I would like to see the USPF and the ADPPA unify into one federation. This would be a major step. In addition I would like to see powerlifting recognized by the United States Olympic committee. This would be a major step for all of powerlifting.

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PL USA: What is required to become an IPF referee?

HV: You must be a national referee in good standing. You must then be nominated by your federation to become a Category I IPF referee. The written test for Category I takes approximately one hour. You then sit and judge 100 lifting attempts in an unsanctioned meet. Three IPF referees simultaneously judge the 100 attempts. In German courts you must receive papers and an invitation to appear in court. We received an order of default because of no appearance, no show. He is using this to prevent us from going to the States.

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PL USA: Is there any dialogue ongoing? HV: No. He is using his judgement against us as a way to keep us out of the USA. I think it is unfair. We never received an invitation to appear in this court case in Chicago. In German courts you must receive papers and an invitation to appear in court. We received an order of default because of no appearance, no show. He is using this to prevent us from going to the States.

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PL USA: Over the past decade, has the sport grown?

HV: Yes; both in terms of lifters and in terms of new member federations. The standard of lifting, organization and participation has improved dramatically. Here, (The world master championships) the championships were very good. The participation of the Eastern Bloc countries has been very good.

PL USA: If the former Soviet Union were intact, they, not the USA, would be winning the world team titles at these championships.

HV: Well, you are right. In the women and the masters this is already the case. Look for a very tight battle in the South African world championships between Russia and the USA. This in spite of the terrible economic conditions the Russian athletes must deal with. In women and masters lifting they already are the World Champions.

PL USA: Anything further you would like to add?

HV: Yes; I would like to see the USPF and the ADPPA unify into one federation. This would be a major step. In addition I would like to see powerlifting recognized by the United States Olympic committee. This would be a major step for all of powerlifting.

PL USA: Would you be available to make this happen? HV: Yes, if they want me, I would be available to help. The USA is our most important member.

PL USA: What is required to become an IPF referee?

HV: You must be a national referee in good standing. You must then be nominated by your federation to become a Category I IPF referee. The written test for Category I takes approximately one hour. You then sit and judge 100 lifting attempts in an unsanctioned meet. Three IPF referees simultaneously judge the 100 attempts. In German courts you must receive papers and an invitation to appear in court. We received an order of default because of no appearance, no show. He is using this to prevent us from going to the States.

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PL USA: Tell us how you view women's powerlifting? Is it growing without drugs?

HV: It is not improving in terms of the sheer number of participants. I am not sure why or what the answer is. In my own country (Germany) for example, we can't seem to get past the 300 participant level. It is a mystery to me.

PL USA: At the international level is it dropping, insofar as numbers? HV: It depends on where the venue is. It is in New Zealand, as it was this year, the number of lifters drops significantly. In Europe the numbers are significantly greater. This is true of the men's lifting also. We cannot have all the IPF meets in Europe. We are committed to holding these championships around the world in a wide variety of venues. I am of the opinion that we must be international in the truest sense of the word.

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**WDDFF World Masters**

13, 14 Aug 94 - Chicago, IL (kg)

Women	
40-44	
Barnes US	117.5 62.5 135 315
53 kg	
45-49	
USA	127.51 72.51 147.51 347.51
55.5 kg	
40-44	
Acible USA	132.5 70 130 332.5
58.5 kg	
40-44	
Howell USA	102.5 47.5 102.5 265
58.5 kg	
45-49	
Davis USA	102.51 751 137.51 3451
63 kg	
45-49	
Crosloff USA	
45-49	
Jacobson CAN	87.5 45 107.5 340
63 kg	
Falconio USA	1301 67.51 147.51 3451
70 kg	
40-44	
USA	102.51 55 145 302.51
55 kg	
40-44	
USA	1231 601 125 3101
80 kg	
40-44	
USA	122.5 651 137.5 325
50-54	
Duncan USA	1401 801 1131 3331
SHW	
40-44	
Eichel USA	117.5 57.5 117.5 292.5
45-49	
Regan USA	190 105 1911 4851
56 kg	
40-44	
Higgins USA	187.51 120 195 502.5
45-49	
Rosen USA	167.5 90 190 447.5
45-49	
Johnson USA	152.5 92.5 165 410
65-69	
Nolan USA	92.5 65 140 297.5
40-44	
Duran USA	207.5 105 227.51 540
55-59	
Class USA	137.5 57.5 175 370
60-64	
Cofre USA	182.51 122.51 2201 5251
70-74	
Benner USA	1151 851 1501 3501
75-79	
Clay GB	
75 kg	
40-44	
Cleveland USA	207.5 100 207.5 515
45-49	
USA	272.5 180 240 692.5
50-54	
Weinhold USA	260 170 255 692.5
60-64	
USA	240 117.5 262.5 620
65-69	
USA	195 1301 227.51 552.51
70-74	
Dean USA	110 kg
75-79	
USA	280 185 265 730
80-84	
USA	272.5 180 240 692.5
85-89	
USA	260 170 255 692.5
90-94	
USA	240 117.5 262.5 620
95-99	
USA	1811 1331 2061 502.5
100-104	
USA	285 167.5 280 712.5
105-109	
USA	337.51 175 365 797.5
110-114	
USA	272.5 120 310 702.5
115-119	
USA	220 2051 215 640
120-124	
USA	267.5 142.5 2801 685
125-129	
USA	265 161 242.5 672.5
130-134	
USA	175 135 197.5 507.5
135-139	
USA	342.51 167.51 250 760
140-144	
USA	337.51 175 365 797.5
145-149	
USA	272.5 120 310 702.5
150-154	
USA	220 2051 215 640
155-159	
USA	267.5 142.5 2801 685
160-164	
USA	265 161 242.5 672.5
165-169	
USA	175 135 197.5 507.5
170-174	
USA	342.51 167.51 250 760
175-179	
USA	337.51 175 365 797.5
180-184	
USA	272.5 120 310 702.5
185-189	
USA	220 2051 215 640
190-194	
USA	267.5 142.5 2801 685
195-199	
USA	265 161 242.5 672.5
200-204	
USA	175 135 197.5 507.5

Men	
40-44	
USA	110 102.5 115 327.5
45-49	
USA	3251 155 302.51 782.5
50-54	
USA	227.5 150 260 590
55-59	
USA	250 157.5 260 677.5
60-64	
USA	207.5 120 250 577.5
65-69	
USA	195 1301 227.51 552.51
70-74	
USA	280 185 265 730
75-79	
USA	272.5 180 240 692.5
80-84	
USA	260 170 255 692.5
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USA	272.5 120 310 702.5
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USA	220 2051 215 640
185-189	
USA	267.5 142.5 2801 685
190-194	
USA	265 161 242.5 672.5
195-199	
USA	175 135 197.5 507.5

**Robert Cortes has been lifting big weights in National Open and Masters meets for decades, topped by his recent Best Lifter award at the WDDFF Worlds.** (photo of Bob from the 1970s courtesy Conroy)



Sue Raasor, who have been consistently among the top lifters at the time of the meet. Cortes, who has been lifting for over 40 years, is the longest living lifter Bob Raasor. The men's lifting included many top level lifters.

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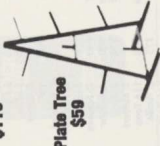
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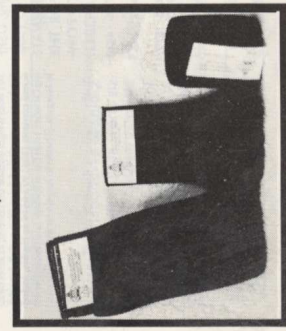
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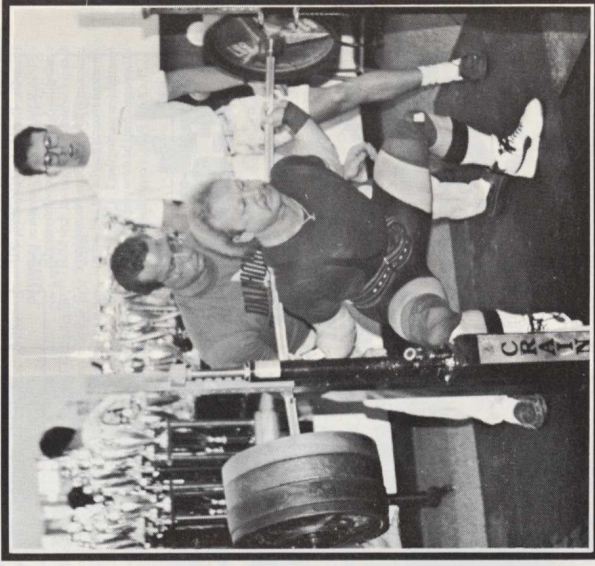


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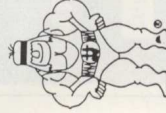
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**AAUPA ANNOUNCEMENT** We have concluded our election of AAUPA Executive Officers and effective Dec. 1, 1994, Al Siegel will preside as Executive Committee Chairman. Anyone wishing information on AAUPA may write Al at 304 Daisy St., Clearfield, PA 16830-8147 or 768-9400. Questions concerning the AAUPA may be answered by Julie P. B. at 68928, Indianapolis, IN 46268; 317-872-9900. Write over 25 meets already scheduled for 1995. Information may be obtained by writing to: Joe Pyra, 25 Bidd Lake, NJ 07828-2011 or 908-241-0824. The 1995 National AAUPA Convention will be held in conjunction with the Junior Olympic Games held July 28 through August 8th in Des Moines, Iowa. The Games Host, Mr. Bob Ulter, 2555 Hill Ave., Des Moines, IA 50317, 515-247-5494, will provide additional information. A Women's National and a Masters National, Men AND Women, with a Submasters division, is also scheduled. Qualifying totals have been sent to Powerlifting USA and we ask Mr. Lambert to please publish them.

The AAUPA is grandfathering referees from the old AAU, USPF, ADEPA and APF. Anyone seeking to take advantage of this should send their resume to their AAU PA state chairman or to Joe Pyra, 25 Bidd Lake, NJ 07828-2011 or 908-241-0824. We will also give referee tests starting Jan 1, 1995. Anyone interested in taking the test should contact their state chairman or Joe Pyra, State, National and American records may be set in the drug free division starting Jan 1, 1995. Again all teenagers must be three year drug free.

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FREE-DRUG TESTED competition, but we also offer insurance protection that you may not find elsewhere. As a registered AAU lifter you have insurance protection should you be injured during competition. You are also covered while training for a

are to provided a drug free arena for competition, increase league participation and restore bating fun as one of the chief objects of powerlifting. Come over and enjoy yourself. Joe Pyra, Chairman AAUPA Referee Committee.

### AAU PA 1995 National Qualifying Totals

Men's Contest	114	123	132	148	165	181	198	220	242	275	319	319+
National's	805	910	1020	1215	1330	1425	1495	1550	1585	1625	1650	1765
Lifetime's	720	815	915	1090	1285	1350	1390	1425	1450	1470	1505	
Collegiate's	625	725	840	975	1025	1090	1215	1230	1250	1270	1290	
Teen 12-13	500	590	620	730	750	810	850	890	915	935	955	990
Teen 14-15	555	645	690	780	830	880	900	925	970	995	1005	1025
Teen 16-17	600	690	760	880	945	980	1015	1080	1095	1130	1145	1155
Teen 18-19	615	715	830	965	1010	1080	1180	1200	1220	1235	1250	1270
Junior	655	765	890	1035	1080	1255	1260	1290	1300	1315	1330	1345
Masters	*	*	*	*	*	*	*	*	*	*	*	*
High School	*	*	*	*	*	*	*	*	*	*	*	*
Women's Contest	97	105	114	123	132	148	165	181	198	198	198	198+
National's	490	540	565	620	640	715	750	775	800	850	850	
Lifetime's	490	540	565	620	640	715	750	775	800	850	850	
Collegiate's	320	340	420	440	450	465	500	540	575	640		
Teen 12-19	295	325	350	370	400	425	455	475	530	580		
Junior	360	380	425	440	460	470	510	545	575	655		
Masters 40+	*	*	*	*	*	*	*	*	*	*	*	*
High School	*	*	*	*	*	*	*	*	*	*	*	*

\* A TOTAL IN ANY SANCTIONED MEET. A total made in any sanctioned ADPPA, USPF, or APF meet will be accepted for 1995. In 1996 all qualifying totals must be made in AAU PA sanctioned meets.

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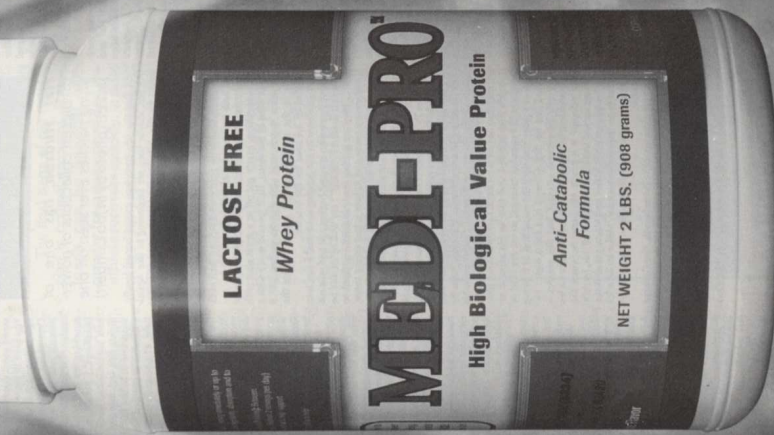
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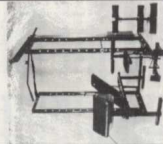


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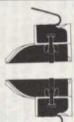


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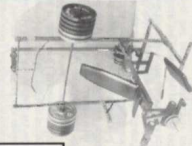
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(article continued from page 18)

has a game at 5:30. We are located in a sports center... in the old days. A bunch of us, James Cash, Ken...

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(article continued from page 17)

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the use of supplements at different times within a mesocycle as cycling.

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.

**EVOLUTION TRAINING DIET MEANS**  
Additional recovery means used include sleep for a minimum of 8 hours a day, a weekly massage, and saunas. The sauna should be included after the final training session 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 more dense, and their shape will be better. You may lose some weight per pound of bodyweight each day. A lifter weighing 200 pounds will buy you much greater, and you will have prepared to peak for competition.

**WHAT'S NEXT?**  
The mesocycle program in this article should not be altered without fully understanding the mechanics and principles involved with Evolution Training. If you need more information about this and other specialized plans for your personal use, you should contact Atletika Sport International at 800-621-2602 or Jay Schroeder at Ultrafit International at 800-291-1384. In Evolution Training Part III we will present an off-season strength and mass building mesocycle.

Jay Schroeder is the Director of the Ultrafit International Training Center in Mesa, Arizona. He is a masters world record holder in the bench press and the coach of several nationally and world ranked powerlifters.

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 Atletika Sport International USA at 800-621-2602, or write to Jay Schroeder at 10H Evergreen Drive, Bozeman, MT 59715. Your requests will be handled in a timely manner.

6 sessions of bench press manual overpiled, and 2 sets of 10 reps in the ancillary exercises for 3 times in the week.

**WEEK 6**  
Bench Press Only as: 80/2, 90/1, 100/1, 90/2, 2-3, 95/1, 100/1, 100/1, 90/2, 2, 90/2, 1, 00/1. Allow for good rest (6-8 minutes) between sets. Perform the above listed methodic scheme for 3 sessions in the week. Allow 2-5 days rest before your competition.

**WEEK 7**  
The final stage of our training plan is optimal recovery. Heavy loads can be handled with greater frequency provided the athlete recovers quickly. In cases where the loads and volume of training are very high, as is illustrated above, many traditional supplement plans will not work. In our program, the three supplements

The diet in our mesocycle example contains 40-50% protein, 50-40% carbohydrate, and 10% fat. Creatine Monohydrate, Alices-V, and Aminolit-work together, along with the proper training plan, to yield exceptional results at competition. The supplement plan for a full 45 day peaking mesocycle shows the proper scheduling of the three supplements.

We refer to the use of more than one supplement at the same time within a microcycle as stacking, and most bench for at least 4 sessions a week.

**Ancillary Exercises & Methodics for Week 1-3**  
Week 1 (3 reps, 5 sets, 100% of 3 RM) \*2-3min rest 3 sessions/week.  
Week 2 (3, 5, 90%, 2-3m) 5 sets/week.  
Week 3 (3, 5, 85%, 2-3m) 3 sessions/week.

\*RM stands for rep maximum. 3RM means maximum weight for 3 reps in a set.  
Perform the following ancillary (support) exercises as prescribed above, one after another: 1) Close Grip Bench, 2) Upright Row, 3) Barbell Shrugs, 4) Barbell Curl, 5) Dumbbell Row (1 arm).

**WEEK 4**  
For bench press, perform 6-8 sessions in the week. Beginners may be sore and will only bench for 6 sessions, while intermediate level powerlifters will perform 8 sessions. Methodic is (2 reps, 8 sets, 100-120%, 4-5 min rest). This is a Manual Overspeed methodic. Ancillary Exercises are: 1) Upright Row, 2) 1 Arm Dumbbell Row, 3) Barbell Shrug, and 4) Barbell Curl. Methodic is (10 reps, 3 sets, 70%, 2-3min) Perform ancillary exercises for 3 times per week.

**WEEK 5**  
Same as week 4 except perform 4-



**HANDSTRAPS**  
Strengthens your fingers, thumbs, hands, wrists, and forearms.

**THE BEST HAND STRENGTHENING METHOD IN THE WORLD!**

Forget the other stuff. They don't work. You need this. Break world records! The Handstraps Course will triple your grip strength in 30 days. It's easy, now that the barbelle principle of adding weight as your strength develops has been applied to the hands. Want the strongest grip in the world? YES! AS A POWERLIFTER, I NEEDED STRONG HANDS. Send your name, address, and 14.95 + 2.00 5/H to

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CLEVELAND, OHIO 44132  
Used by professional athletes worldwide  
30 DAY FULL MONEY BACK GUARANTEE



Hal Hudson has one of the biggest collections of powerlifting patches ever seen on one jacket (photo by In Joe Lambert)

that the pro European crowd booed loudly. (As yes, my boys are beginning to like American... that the pro European crowd booed loudly. (As yes, my boys are beginning to like American...

like the other classes, Marty Gallagher had a lot... like the other classes, Marty Gallagher had a lot...

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"Captain" Kirk preparing to "beam up" a World Record 914 lbs.

**O**nce in an era comes a lifter who scales the peak of the World Championships and then takes that one monumental step to legendary status... laying claim to a class and then ruling it in complete and utter domination! "Captain" Kirk Karwowski was the first lifter in his period! Only one challenge remained: a rematch with a legend... at 242.

And so the trek began. The first challenge was shedding 33 lbs. of bodyweight and then designing a suit for a leaner, harder, more muscular physique. Enter *Titan* and the fabrication of a suit to the specifications laid down by the "Captain." The suit was scrutinized, tested and then given the "Captain's" seal of approval. The USPF Nationals of 1994 provided the backdrop for the confrontation of the decade. The defending legendary champion opened with a huge 848 lbs. and could not manage the weight. No lift. Now it was the "Captain's" turn. Would he falter, too? With a smooth, controlled descent, the standing-room-only crowd was held in anticipation. And then it happened. "Captain" Kirk hit rock bottom and biased the weight to completion! On a second attempt, the defending champion repeated the weight and kept himself in the meet. The stage was set

**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 Wohlbeber!

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!**

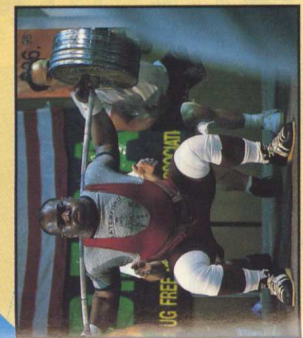
"Set the bar to 914 lbs. and fire up the engines, Scooty. Cause the Captains squattin', with the Supers!"

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 Boudreau, 123; Bettina Altizer, 132; Phil Hille, 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.

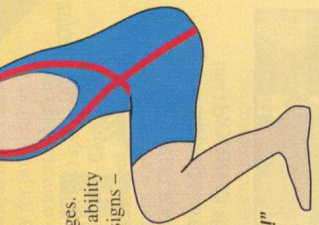
**Now**  
**TITAN**



Greg "Beetle" Lowe - 275 lb. National Champion, American & All Time Drug Free record holder, 944 lb. squat, 800 lb. deadlift, 2160 lb. total!

- ▶ Colors: Black, Royal Blue and Red. Combination colors available (legal in all organizations.)
- ▶ Centurion \$60.00, 2 for \$105.00
- ▶ Custom Tailored Dual Quad \$75.00, 2 for \$135.00

**IPF LEGAL**  
**THE CENTURION**



Patent #5,046,194  
**New: Heavier thread and stronger seams!**  
 Still the leader in lifting technology! One fact never changes. Only ONE suit has ever earned a U.S. Patent because of its ability to significantly increase performance over conventional designs - the Centurion! Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made! And with our high performance leg design to prevent leg slippage we can still make you this promise. You'll squat more in a Centurion! That's why.

**"The Majority of Today's Champions Use The Centurion!"**  
 And it's still backed by the "performance guarantee" our competitors "refuse" to match. *Six months crotch* (1st-3rd month = \$50.00 + new suit. 4th-6th month = new suit.) *One year run guarantee* (a major cause of blowouts) = \$75.00 + new suit. 3 month misc = new suit.

# HI-PERFORMANCE



**Signature Series Red Devils** - Throw your old wraps out! The new Signature Series Red Devils are here and you won't find a tighter wrap anywhere else! These wraps are designed to wrap tighter, store more energy and give more rebound than any other wrap! Guaranteed or your money back.

- ▶ **Squat more in a pair of Red Devils!**
- ▶ **Knee Wraps \$19.95**
- ▶ **Wrist Wraps: std. 12" length \$12.50**

**SST Pro Series/Ultra Belt**

The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing (any size, width or heel height); (2) Wedge arch support; (3) Totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (4) Full grain leather construction with Cambrelle lining; (5) Hi-density molded sockliner; (6) Fiberboard heel counter to prevent "roll over"; and (7) Velcro lateral strap for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4-6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World!

- ▶ **White with black trim \$139.00**

**Ultra Belt** - The heaviest, strongest belt in existence! Only the Ultra Belt features: (1) a stainless steel seamless roller with walls a full 3mm thick! (2) Two plies of extra tough American "bull-hide" for absolute maximum thickness and support; (3) eleven 1" spaced holes for superior fit; (4) 6 rows of heavy duty stitching; and (5) THE GUARANTEE (read this carefully). The buckle and roller are guaranteed for your lifetime, not the lifetime of the belt as our competitors advertise.

- ▶ Colors: Black, Royal Blue, Red. Custom colors available \$90.00



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# Coming Events

**MEET DIRECTORS** - a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to "Coming Events", Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

**7 JAN**, USFF Northwest Bench Press (Box 17, Medford, OR) Gus Rethwisch, Fred 5292, Bend, OR 97708, 503-389-0600  
**7-8 JAN**, NANA Bench Press Nationals (Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068  
**8 JAN**, APF Bench Press, Rick Falls (Mt. Vernon, OH) APF Bench Press, Box 281, 735-385-2181  
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# ALL TIME COMMENTARY

The best way to describe Dan Austin is AWESOME. Not only is he the leader of the pack among the All-Time Elite, but he is the one and only man in history to haul up the Big Seven Double Zero at 148. This gives him the great honor of being the lightest man ever to perform this feat. I used to think that Gant might have been destined to have done this man at 132, but time marches on. Even if Lamar would go up a class and give it one last serious nudge, Danny's lift would remain intact. I can't see anyone on the horizon surpassing it for a long time to come. Hope I haven't fixed you, Danny.  
Remember the powerful puller! I told you about last month? Little John Terry rates among the TOP 20 with his 622.8 lift at 135 bodyweight, right before he served Uncle Sam in 1940.  
I can fully appreciate the array of talent in this class. I officially pulled 505 in this category 24 years ago, which would still rank 57th today on Mike's list. I was in those days only a select handful had crossed the 600 threshold. Now look! Nearly 600 on this list have done it. Those I've listed with 601 were actually 272.5 kilos (600.7 lbs.) to differentiate from those who made the Big Sixer on a pound set. Brother Bob Bridges stole a bit of thunder from big brother Mike Bridges, and is No. 2. Who can forget some of our pioneers - world champs galore: Crain, Blue, Rhoades, Keammerer, and Nech. And the grand old grandfathers - Bob Cortes, I can remember some real gusty pushing pulls that won all the marbles for guys like Keammerer and Rhoades. Thrilling then and still now. One of my old Indiana teammates, Rich Van Daksen, pulled 550 in 1970. I was amazed at that time. Now that lift wouldn't even make the TOP 200. No more ladies on the DL list, but Ruthie Shaler made a stupendous 545 at 148 - eleven years ago. *Herb Glossbrenner*

# STERIODS

## D-BALL TEST JET DECA

### Anabolic Steroids build Muscle Mass and Strength

Now there are safe and effective replacements for steroids

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Washington, SC, Rockingham, NC 28374, 910-896-8967. 18 MAR, Son Light BP/DL Classic (open, teen, women, submaster, master) Dr. Arnold W. Sisk, Tuscoo, IL 61953, 217-293-5429. 18 MAR (new date), Bookwisher Record Breakers Bench Press Championships (Shiloh Inn, Richland, WA) Gus Rathwell, Box 5292, Bend, OR 97708, 503-389-0600. 18 MAR, USPF West Virginia High School, Dave Jeffery, Box 231, Parkersburg, WV 26101, 304-784-8288. 19 MAR, Michigan Open men & women, masters (high school, open men & women, masters) Greg Barnett, 11 S. Pearl, Peola, KS 66071, 913-294-5720 (w), 3197 (h). 18, 19 MAR, WPA Worlds (non-tested/tested), Fort Charlotte, FL Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962. 18, 19 MAR, AAU Duval Tested Florida PL, 3600 N. W. 14th St., Ft. Lauderdale, FL 33309, 305-524-0880. 19 MAR, APF Deadlift Nationals (Elmhurst, IL) Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 708-377-7527. 19 MAR, USPF Inside the Walls PL (women, masters, open) Jim Bowers or Wayne Williams, 10220 Woodview Dr., Laurel, MD 20648, 410-592-2924. 23-26 MAR, IFF Championship of the Americas, Jose H. Puenteles, Gral. Pizarro, Av. 3054-01-793-6888. 25 MAR, APF Bench Press, Rick Falla, 21501 E. 11th, Aurora, CO 80012, 303-218-2181. 25 MAR, IFF Bench Press (open, teen, women, masters) Keith 'Laker' Boase, Principal Upper Dauphin Area Middle School, RD 1, Box 147, Lykens, PA 17048, 717-362-8177. 25 MAR, APF Pennsylvania State PL/BP (men, women, masters) Carl Seater, 24 Jefferson St., Warren, PA 15385, 814-723-2525. 25 MAR, William Penn Open Bench Press (open, jr., submaster, master), Wayne Hammes, 205 Peaslee Ave., Okaloosa, FL 32577, 910-313-1396 (h), 5240 (n). 25 MAR, "The Strong Arm of the Law" Bench Press Classic (in memory of Thomas H. Lafferty), open only to law enforcement officials from Mainland, 2157 S. 98th Street Dr., 25 MAR, AAU Erie County (closed) Jock, and "No Drugless Allowed" BP (open) Jock, 4468 W. 26th St., Erie, PA 16506, 814-833-3727. 25, 26 MAR, ADFFA Northern California State Meet (for lifters north of Fresno - masters, women, men, teenage) Christy Kilgus, Napa Valley College, 2277 Napa Valley Blvd., Napa, CA 94950, 707-257-9792. 25 MAR, USPF National Collegiate, 8th St., Carson City, NV 89803, 702-885-1886. 25, 26 MAR, USPF National Collegiate, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 504-753-8586. 25, 26 MAR, 6th ADFFA Canyon City Classic (fing tested, special olympics, teen, master, open - all divisions men & women, 18-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70-79 yrs, 80+ yrs, Carson City, NV 89803, 702-885-1886. 26 MAR, WNPF Women's Nationals (Edison, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30049, 404-761-4999. 26 MAR, USPF California State Submasters Meet (Mountain Valley) VEC Bldg., 7942-8th St., Ukiah, CA 95568, 709-463-9247, 714-941-3055. 26 MAR, Bay State Correctional Center Meet (guest lifter welcome, 4 weeks notice) Bruce W. Anderton, Box 73, Norfolk, MA 02056 or Tim McDonald, 617-727-8474 ext 160. 21, 22 APR, APF World Cup Bench Press Open (Dorado, PR) Dave Jeffery, Box 488, Koenigsberg, WV 26029, 304-689-2400. 22 APR, CBC Fitness 2nd 'No Drugless

25813, 304-253-2014(h), 256-4612(w). 29 APR, Michigan All-Pro Double Masters (Grand Rapids) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683. 29 APR, APF Drug Tested Florida Deadlift & Olympic BP Classic, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962. 29 APR, Spring Break BP/DL Challenge, 22 APR, MDSA Co. Gold National (men, teen, submaster, master) Dan Jacobson, Box 1031, Willmar, MN 56201, 217-253-5429. 29 APR, AAU Drug Tested Florida DL, Sperry-Thornhill, 16529 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080. 29 APR, 12th Southern States Bench Press (open, master, women, novice, teen) Sandy Hooper, 150 Saginaw Rd., Stockbridge, GA 30281, 770-962-1334. 29 APR, 15th State Closed/Out of State Open (Gen Van Hook), Box 58, Millwood, WV 25562, 304-273-2283. 30 APR, ADFFA Ohio State (open, women, masters-age group) King Gym, 24748 Aurora Rd., Bedford Hills, NY 14116, 216-338-3329. 30 APR, ADFFA Eastern National BP/DL, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6-30-9pm). 29 APR, WNPF BP & DL Nationals (Allentown, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30049, 404-761-4999. 4-7 MAY, IFF Women's Worlds (Chiba, Japan) IFF, 10000 W. Park Blvd., Suite 100, Falls, MN - men, teen, submaster, master) Devin Jacobson, Box 1031, Willmar, MN 56201. 6 MAY, (new date) ADFFA National High School Bench Press, Joe Flynn, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824. 6 MAY, 2nd ADFFA Cesar Chavez/5 de Mayo BP (women, men, teen, novice, jr., lifters) 330 Scott Ridge Rd., Beaver, WV



submaster, master) Manual Villareau, 895 N. Bayshore Rd., San Jose, CA 95112, 800-484-9879 ID code: DNE.  
**6 JUN**, USAF, Tennessee State BP (open, jr., teen, master) James State BP DL, 126 W. Sate, Tuscola, IL 61953, 217-653-0782, 201-691-0824.  
**6 MAY**, APA All South BP (Cheraw, SC (drug tested)/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.  
**6, 7 MAY**, ADPPA Women's Nationals (open, jr., teen, master) Mike, 4063367, 314-625-1225 (6).  
**7 MAY**, USPF Classic State BP, Advanced Strength & Fitness, 1144 N. Astor Ave., Anaheim, CA 92801, 714-533-4301.  
**13 MAY**, USPF W. Virginia Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428.  
**13 MAY**, USPF 2428 Dakota State/Open & Deadlift (deadlift in the Dakotas Goodrich ND - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**13 MAY**, Ellingham Open BP/DL (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**23 MAY**, ADPPA Tennessee State/Md. Dearing Rd., Memphis, TN 38117, 901-362-0100 (w), 689-4162 (h).  
**14, 15 MAY**, APF Juniors (20-23)/1st APF Seniors Qualifier (Ramada Beach Resort, Daytona Beach, FL) Kieren Kilder, 764 Old Sugar Mill Rd., Port Oringer, FL 32119, 904-761-8201 or Ruse 904-761-8201.  
**15 MAY**, USPF National Masters/Vince Moore, 1711 Heist Ave., Everett, WA 98201, 206-259-3797.  
**20 MAY** (tentative) California Teacher Olympians, Dan McLaughlin, Box 911, Poway, CA 92074, 619-748-3489.  
**20 MAY**, Lifetime Natural Powerlifting Society Nationals (open, teen, women, submaster, master) Darrel Latch, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**20 MAY**, MDSA South Dakota State (Watertown, SD - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**20 MAY**, 2nd Fitness 2000 Bench (men, women, submaster, master) Zile R. Beck, 108723, 408-840-5393.  
**21 MAY**, USPF National Squat, Advanced Strength & Fitness, 1144 N. Astor Ave., Anaheim, CA 92801, 714-533-4301.  
**27 MAY**, APF Bench Press, Rick Falls

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**27 MAY**, Cross County Pull/DL/BP (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**27 MAY**, APA Kentucky Cup BP (drug tested)/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.  
**27, 28 MAY**, WDPFF European Championships (Sussex, England) Ken Smith FAX 011-44-734-757-996.  
**MAY**, WDPFF Southeastern Challenge (Atlanta, GA) WDPFF, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.  
**MAY**, USPF Memorial Day Bench Press/Bleed, RPBs, (tentative) 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.  
**MAY**, Northwest Regional PL (Eugene, OR) Gas Retiwhick, Box 5292, Bend, OR 97708, 503-389-0600.  
**MAY**, Budweiser World Record Breakers Bench Press, Gas Retiwhick Box 5292, Bend, OR 97708, 503-389-0600.  
**MAY**, USPF National Open, 404-761-4999.  
**MAY**, USPF National Masters/Vince Moore, 1711 Heist Ave., Everett, WA 98201, 206-259-3797.  
**20 MAY** (tentative) California Teacher Olympians, Dan McLaughlin, Box 911, Poway, CA 92074, 619-748-3489.  
**20 MAY**, Lifetime Natural Powerlifting Society Nationals (open, teen, women, submaster, master) Darrel Latch, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**20 MAY**, MDSA South Dakota State (Watertown, SD - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**20 MAY**, 2nd Fitness 2000 Bench (men, women, submaster, master) Zile R. Beck, 108723, 408-840-5393.  
**21 MAY**, USPF National Squat, Advanced Strength & Fitness, 1144 N. Astor Ave., Anaheim, CA 92801, 714-533-4301.  
**27 MAY**, APF Bench Press, Rick Falls

**24 JUN**, U.S. Regional BP/DL (open, teen, women, submaster, master) Mike, 4063367, 314-625-1225 (6).  
**24 JUN**, (tentative) Wilmar/BP (jude & fire, beginners, men, women, teen, high school, master, special olympian) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**24 JUN**, APA Tennessee Cup BP (drug tested)/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.  
**24 JUN**, USPF Muscle Beach Deadlift, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-959-2775.  
**24 JUN**, AAU No Boys Allowed - PA residents Masters/Women's (any state) Stagal Engineering, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**24, 25 JUN**, AAU Drug Tested Summer Extravaganza, Sperto Tahonkidd, 16259 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080.  
**24, 25 WNPFF** Iron Man Tour (Laguna Niguel, CA) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.  
**24, 25 JUN**, APF World Bench Press (open, jr., teen, master) Bench Press Breakers, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.  
**25 JUN**, ADPPA Waige Delling Memorial BP, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8pm).  
**25 JUN**, AAU Teenage PA State/Open (3 age groups, male/female) Stagal Engineering, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**25 JUN**, APF Iron Island Open, Ralph Raib, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.  
**JUN**, WNPFF Lifetime Drug Free Nationals (Atlantic City, NJ) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.  
**JUN**, Dynamic Deadlift and Blows Bench Press, Box 1393, Englewood, FL 34295, 813-697-7962.  
**JUL**, (new date) AAU/Tennessee State/Louisiana State, Joe Oreniga, 4468 W. 26th St., Erie, PA 16506, 814-883-3727.  
**8 JUL**, MDSA Biggest Bench on the Beach (Spicer, MD - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**8 JUL**, APA Tri-State BP (Fitzgerald, GA) (drug tested)/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.  
**9, 10 JUL**, WNPFF Teen/Jr./Submaster/Master Nationals (Savannah, GA) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.

**16259 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080**  
**4 JUN**, USPF California Classic Deadlift, Advanced Strength & Fitness, 1144 N. Astor Ave., Anaheim, CA 92801, 714-533-4301.  
**10 JUN**, USPF Muscle Beach Masters/Submasters, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-959-2775.  
**10 JUN**, IDPPA Rocky Mountain States (Salmon, ID) Drew Wolff, Box 12, Lemhi, ID 83465, 208-756-4878.  
**10 JUN**, ANPFC Central USA PL/BP (open, teen, women, master) Dr. Darrel Latch, 126 W. Sate, Tuscola, IL 61953, 217-253-5429.  
**10 JUN**, MDSA North Dakota Monster Bench Press (North Dakota) (open, teen, women, submaster, master) Mike, 4063367, 314-625-1225 (6).  
**11 JUN**, APA Master/Submaster & High School Regionals, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.  
**11 JUN**, APA Gatorland Bench Press (Margate, FL) drug tested/non-tested men, women, teen, submaster, master) John Fied, 452 A Street, Daly City, CA 94014, 415-992-1114.  
**3 JUN**, WNPFF Iron Man Tour (Walled Lake, MI) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 404-761-4999.  
**3 JUN**, MDSA Scout to the Loos North American Championships (Elio, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
**3, 4 JUN**, AAU Drug Tested High School Championships, Sperto Tahonkidd, 16259 Joppa Ave., Port Charlotte, FL 33948, 813-625-1225 (6).

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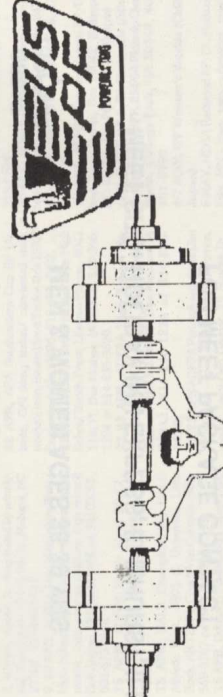
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not know that the oldest IPF WR, Mike MacDonald's 576 lb. bench at 220 in 1977, was set in Santa Monica. On a more serious note, let me say a big THANK YOU to Mike Golden, Shelby Corson, Gene Bell, and Pat Anderson for all their efforts as manager/coaches. Special thanks to Stella Herrick for medical and photographic help. And a very sincere thank you on behalf of the USPF and this year's team for the financial support for uniforms from Quad's Gym in Chicago and Powerhouse Gym in Joliet. To all those great US lifters, regardless of federation, COME TO NEW ORLEANS IN JULY SO YOU CAN GO TO THIS GREAT PL PARTY IN FINLAND IN NOVEMBER!

Mike, was this long enough?

**Editor's Note...** It was just perfect Sean. A super PL USA appreciation gram goes out to Sean Scully, Hiro Isagawa, Heinz Vierthaler, Mike Golden, Shelby Corson, Dave Ricks, Jari Tahminen, John Westenberg, and everyone else who helped in our scramble to get this report together!



**Superheavyweights...** Hamman (front), Saliger, Patro. (Isagawa)

Male African Lions who are upset with the faces that Golden and Karwoski are making. 5.) If you want to get rid of Captain Kirk quickly, bring in an Ostrich. 6.) Pat Anderson did



**World Meet Director** Alan Ferguson and his wife. (Isagawa photo).



**TEAM USA...** bottom row, left to right, Gene Bell, Ed Coan; 2nd row, Scott Smith, Tim Taylor, DomsSardo, Dave Ricks, Walter Thomas; 3rd row, Geoff Lewis, Sean Scully, Mike Golden, Phil Hile; back row, Shane Hamman, Kirk Karwoski, Shelby Corson. (Mike Golden photo)

whites. Austria 1st, Slovakia 2nd, USA 3rd, Sweden 4th, Ukraine 5th. Second through 4th had all totaled 2127 lbs. I can't finish the Supers discussion without talking a little about a rising young PL star. Yes, Jeff Lewis bombed out with 3 shots at 843 in the squat. BUT: 1.) His 3rd attempt looked awfully good to me - and did get a white light. 2.) 843 looked incredibly light on his biggest back. 3.) Jeff handled the bomb better than anyone I've ever seen 4.) HELL, BE BACK!

Of the 30 nations that competed, the USA won its 22nd (of 24 official IPF World's) team title with 66 out of a maximum possible 72 points, followed by the other top ten countries of: Finland - 46, Russia - 44, Kazakhstan - 41, Japan - 31, Norway - 31, Germany 30, Austria - 30, Britain - 29, and Sweden - 29.

Now for the important stuff. During the Sunday Barbecue, Mike Golden and I were getting bored, we'd already been thrown into the pool by large human-like creatures, when we accidentally stumbled onto a huge foam pit inside the gymnasium - apparently used for gymnastic training. Mike jumped in immediately, while I went looking for more kids to come play. After we had "helped" 6 ft. 6 in, 200 kg (440 lbs.) Jeff Lewis into the pit, and he completely disappeared and confirmed that he did not touch bottom - it became a real free for all. I have not laughed that hard in many years. Once we figured out that we can have much more impressive entries into the pit by climbing up into the bleachers, the 1994 Foam Diving Worlds was on! Coan, Golden, Hamman and especially Phil Hile (who was tossed high into the air by 4 very large children - from the top of the bleachers) got the USA team out in front early, with some help by the pairs diving team of Shelby Corson and Stella Herrick. Then I had to go Japan on the board with a few nice attempts. Canada moved into the lead with some very nice attempts by their coach Brock, and especially one of their 67.5 kg guys - either Vince Graham or Rick Marshall (I get 'em mixed up). But then the true star of the show arrived: The Schrammster. Frank walked in, surveyed the venue, placed his glasses on the floor, climbed to the top of the bleachers, turned and did some remarkable gainers, flip, twist thing that left us all with jaws dropped! There was no hesitation. His entry into the pit was precise and he repeated this with variations and perfection that made the final judging very easy. Germany wins!

Some final observations: 1.) Swedish Super Yngve Gustafsson is very good on the drums. 2.) If you go shopping with Jeff Lewis you're unlikely to get mugged. 3.) Tim hurt that Gene Bell would describe my efforts on the dance floor by saying "Sean looks like he's getting an erection". 4.) Shane Hamman is scared of pussycats (in the form of



**Karwoski squatted big and then fought with the ostrich.** (Golden)

NFL's Instant Replay delays. "And now it's time for a word from our sponsors." Finally, Yury comes out to pull 793.5, a weight his coach knows will only get him a bronze at best (not enough lbs. to catch Shane). Spivov can't finish the lift (not surprising for those of us that don't like to pick up 45 kg plates without a belt), so now, finally, Miroslav gets his shot. We know at this point that Shane will have a medal, but what color will it be? The weight slowly reaches the finish position, a bit shaky at the top, but certainly solid enough to earn some



**Natekin pulling away.** (Isagawa)

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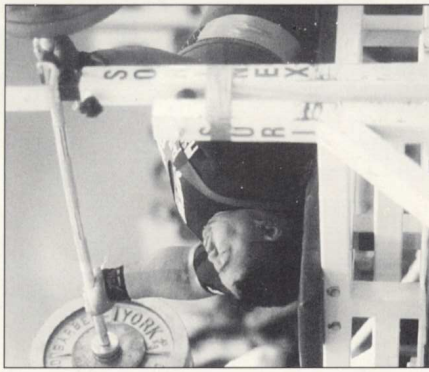


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- Purple
- Navy
- Light Blue
- Royal Blue



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 awe-some 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 empathetically 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!

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