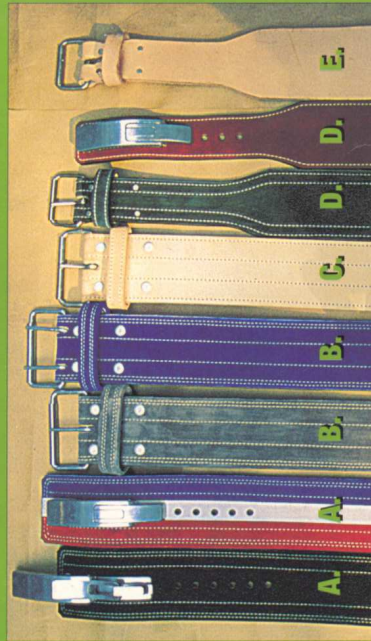


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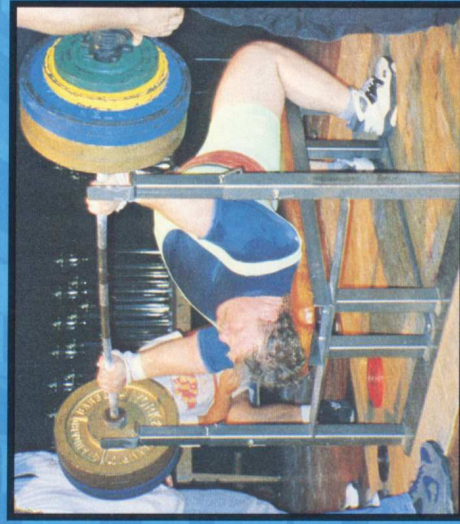
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VOL.18 NO.7

FEBRUARY/95 \$3.50



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Publisher Mike Lambert

...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport ... this is their magazine.

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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!

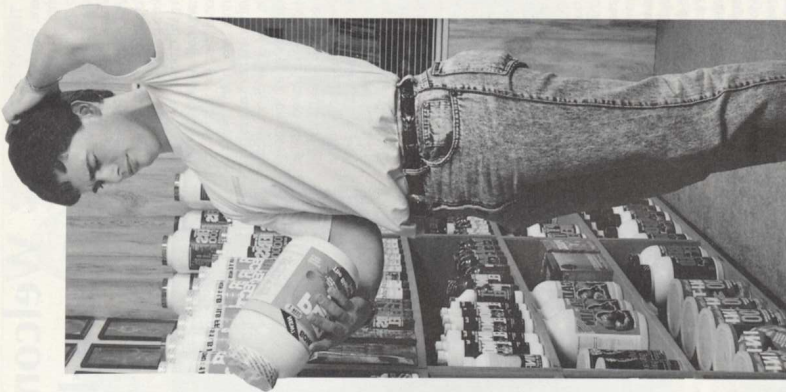
Magazine Ads Aren't Much Better!

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, Amino acids and on and on. Which ones are right for you? Do you take this or that? You'd even like to try them all but you just can't afford them. WOW! Why is buying supplements so darn confusing?

You're working out hard. You want your progress to continue. And you just know supplements will help. But which ones? If you're like most people, you end up trying some of this and some of that — spending lots of money and hopping...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.

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

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TABLE OF CONTENTS

- Volume 18, Number 7 - February 1995 -

THE '95 POWERLIFTING SEASON.....Mike Lambert.....6
WILLIE WILLIAMS INTERVIEW.....John Messinger.....9
WORLD'S STRONGEST MAN.....Brian Batchelder.....10
WORKOUT OF THE MONTH.....Jesse Kellum.....15
EVOLUTION TRAINING.....Jay Schroeder.....17
SQUATTING FOR THE DEADLIFT.....Louie Simmons.....20
JOE ONOSAI INTERVIEW.....Bob Gaynor.....23
POWER SCENE.....Ned Low.....24
DR. JUDD.....Judd Biasiotto Ph.D.....26
BRAD OLSON INTERVIEW.....Bruce Citerman.....27
POWER EXCEL SINGLES ROUTINE.....Greg Reshel.....33
SQUAT INVENTORY.....Doug Daniels.....36
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....37
ED COAN ON THE '94 WORLDS.....Marry Gallagher.....38
VIDEO/COMPUTER TECHNOLOGY.....Tom Fahey Ed.D.....40
TOP 100 198 LB. CLASS.....Mike Lambert.....42
ASK THE DOCTOR.....Mauro Di Pasquale MD.....44
USPF PRESIDENT'S MESSAGE.....Peter Thorne.....46
ADPPA NATIONAL MASTERS.....Tom Trevorah.....48
ALL TIME TOP 165 DEADLIFTS.....Herb Glosbrenner.....54
AAU PC CHAIRMAN'S MESSAGE.....Al Siegel.....60
UNCLASSIFIED ADVERTISEMENTS.....64
COMING EVENTS.....Mike Lambert.....93

ON THE COVER... clockwise from left, '94 IPF World Champ Sivokon (Isagawa); Willie Williams trying a 738 bench (Scott Gee); and World's Strongest Man Competitor (Batchelder)

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YES! SIGN ME UP!
Check one:

Welcome to the 1995 Powerlifting Season!

as seen by Powerlifting USA Editor Mike Lambert

The 1995 Powerlifting season is here. Before we get caught in the whirl of activities that will consume so much of our attention, why not take a step back and wonder... Where are We? and Where are We Going?.. in 1995 and Beyond? To some eyes, our sport must look like a shambles... too many organizations, way too many national and international titles, too much bickering, too much politics, with no end to it all in sight. On the other hand, when you look at all the meets held in the United States these days, sanctioned by whatever lifting administration, well over half of them are drug tested, in some way. That is a major accomplishment for a sport that receives no direct financial aid from the United States government, nor the United States Olympic Committee, nor any bucks from a benevolent national sponsor or two. It's basically all done by you... lifters out there who spend your own time and money to support testing, from the grass roots level all the way up to the top. This is an example of self-imposed discipline that no other sport in the world can match, and it's a public relations gold mine that has yet to be exploited. It wasn't too long ago that only 5% of the meets in the States were being drug tested.



Do All the Choices dilute competition for the likes of drug free champ Bull Stewart?

universal appeal among the lifting public is unification of the sport... putting all these lifting outfits we can: (1) get back on TV; (2) get on their boards quickly and caught up from the beginning. Some started a little late, and are padding quickly to catch up. Some organizations may never catch that wave, but with so many hustling to cater to what the lifters want, how long will it be until the day dawns when practically all the powerlifting contests in the States are drug tested in one fashion or another?

Drug testing is not the only issue that echoes back and forth against the walls of gyms, small and large, across the country these days. Another powerful theme that has nearly

lately, can fill that bill. Perhaps it will take far-seeing individuals from several key organizations, to break away from the dogma and bond together in order to offer what lifters really want to see in this regard.

Another theme that may be raising its head higher than ever before in 1995 is the notion of "conflict of interest", meaning the problem of individuals having a financial interest in the sport that might compromise their "public trust" in an elected office in a powerlifting organization. Ironically, most of the people who are the most intensely dedicated to the sport of powerlifting are correspondingly highly entrenched in it economically. This is a never-ending source of potential conflict, and from one era to another, the lines are redrawn, and that might happen again in 1995.

How about everyone's favorite question - When are we going to get Powerlifting into the Olympics? If you read IPF Heinz Vierthaler's interview in the January PL USA (page 40), you have an inkling of the reality of the situation. It's a very long term effort. Many of the lifters who compete in Powerlifting for the first time on the Olympic stage, assuming it actually does happen someday, may not even have been born yet. Still, there is hope. Heinz

feels that the International Weightlifting Federation remains disreputable to the admission of Powerlifting to the Olympic family, however, the chairperson of the IPF, Media Norbert Wallech, is a lifelong friend of the principal officers of the IWF, Gottfried Schodl and Tamas Ajen, and he has volunteered his services to assist in this effort. One thing to keep in mind is this: it's a noble goal, everyone in Powerlifting wants it to happen, and if we simply keep on pushing, only good things will happen. No matter how bleak the situation may seem at any given moment, you can be sure that things will eventually change. There will be new leaders in both the Powerlifting and Weightlifting federations, as time goes on, as well as new leadership in the Olympics itself. I have mentioned this before, but I'll do it again. At one point in time there was a very powerful Olympic official, a Russian, who abruptly told Heinz Vierthaler that there was no chance for Powerlifting to become an Olympic sport. That was a bleak

day for Powerlifting, but a handful of years went by... and the Berlin wall came down... and then Russia itself shattered into a couple of dozen different countries, and the sport of Powerlifting within Russia emerged from its underground hiding place to official recognition and almost immediate high level success in international competition. I don't know where that Russian official who said "myet" is today (he is, notably, no longer blockading the entrance of Powerlifting into the Olympics), but I do know this: there is a 180 degree difference in how Russia would vote on the acceptance of Powerlifting as an Olympic sport then, and how they would vote now... and how do you think the Ukraine, Latvia, Estonia, Lithuania, Kazakhstan, and all the other former Eastern European satellite and sub-satellite nations would vote on Powerlifting today? Things DO change, even in the Olympics.

How long can a sport that is gaining new international members so rapidly be kept out of the inner circle of the Olympic Programme? While it sometimes seems that the growth of the sport in the USA is slowing down (too many organizations and cross-registration to really know for sure), it seems to be accelerating internationally. Who knew there has never been a time of greater choice for you, the lifter, and there has never been a time when it was more important for you, the lifter, to make the right choice and stick with it.



Will Anthony Clark, seen above with Larry Miller (at left) and former USPF President, John Black (right), make good on his plan to bench press 800 lbs. and total over 2600 lbs. during the 1995 lifting year?



Focus... will Shane Hamman break the 1000 lb. barrier in the squat this year?

a few years prior to that? As the so-called "Free World" expands and newly democratized nations get their footing, a sport that grew in the laps of democracies around the globe is now also on the move. The signs are clear - in the near future, Powerlifting is going big time, and it is not going to be merely a play-ground for American champions. Other countries are hungry for success, and they have the man and womanpower to draw from. The IPF registered 180 new world records in the time period of 27 Nov 93 to 20 Oct 94, and most of them were not set by USA lifters. It has been pointed out that if the "old" Russian nation were still around, they would easily win the team titles at current world events. The real deal is that the "new" Russia may be doing the same, if one of her former Eastern Bloc neighbors don't beat her to it.

Have a look at the Coming Events section of Powerlifting USA. When we first started the magazine, the Juniors, the Seniors, and the Worlds were the just about the only contests highlighted in bold print. Now there are many more pages of contest listings, and the columns run continuingly/black with bold print. There has never been a time of greater choice for you, the lifter, and there has never been a time when it was more important for you, the lifter, to make the right choice and stick with it.

INTERVIEW

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

WILLIE WILLIAMS as interviewed for PL USA by John Messinger

WW: If you want to do it, that is your business, but I personally don't need to use them. But, if you do them and go to drug free meets, you are cheating, and I look down on that. As for drug testing, I think the best way to test is the urinalysis; it is much more foolproof. A polygraph won't even stand up in a court of law, so why should it be used to test a lifter? I don't like it.

JM: Who, if anyone, has been most instrumental in your lifting career?

WW: Maria Yokum, Troy McNett, Warren McComas, and Larry Browning. These are all good friends who have believed in me and stuck by me no matter what!

JM: Are there any comments you would like to make on anything we haven't addressed?

WW: Powerlifting is a relatively young sport. Lifters haven't been able to reach their potentials yet. No telling what kind of lifts we will see in the future. Lifters should not set limits; don't let anybody tell you that you can't do something; always push to prove the critics wrong.

JM: Who, if anyone, can break the 800 lb. barrier, and what do you think is your ultimate bench press poundage?

WW: Arctid could do it; maybe Anthony Clark, and I feel like I can do it. Don't think I'm crazy, but I feel like 850+ lbs. is not unreasonable. I once said, "My mind and my body are together; if my mind says I can do it, then my body will do it!"

JM: What are your views on steroids and drug testing?

JM: Give us some personal background about yourself.

WW: I'm 31 years old and live in Huntington, West Virginia. I am a dry wall contractor and operate my own business. I'm 6' tall and weigh around 335 lbs. I have a 57" chest, 22 1/2" arms, and 18 1/2" forearms. I started lifting in 1983 after a short boxing career as an amateur. My first meet was in 1984, and I benched 365 lbs. as a 242 pounder.

JM: What sort of a diet do you maintain?

WW: Peanut butter sandwiches, pizza, hot dogs, hamburgers, Budweiser, and a lot of each. I've never been much on vitamins and supplements. I'd rather have a hot dog than a protein drink or vitamin anytime.

JM: What are your best competition lifts?

WW: 749 squat, 705 bench, and a 677 deadlift.

JM: Do you intend to concentrate on the bench or do you foresee full power competition in the future?

WW: I would like to compete in the APF and ADPPA Senior Nationals in 1995 in all three lifts.

JM: What records do you hold?

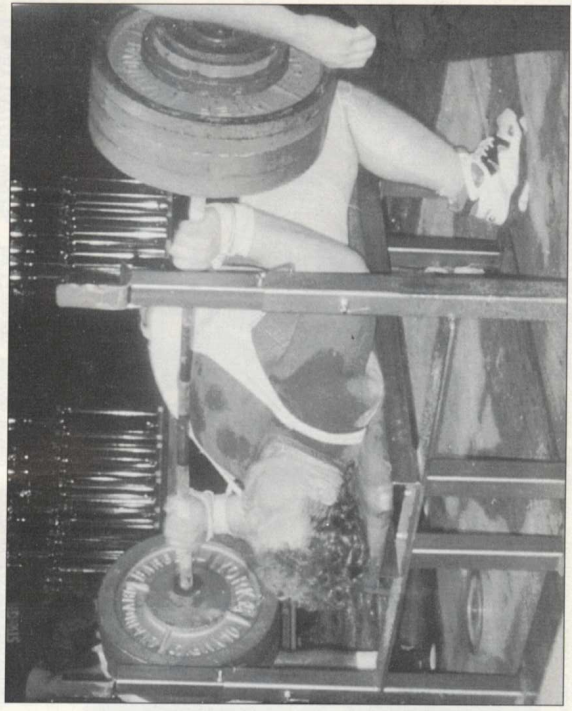
WW: I hold the NASA Nationals bench record, the West Virginia State single lift bench record of 639 lbs., and numerous meet records.

JM: What are your views on all the different organizations in powerlifting today?

WW: Most of it has boiled down to a monetary issue - People (certain people) are in it for the money. They promote meets for personal profit and not to benefit the lifters. I don't want to make anybody or any one organization mad, but some play favorites and discriminate against certain lifters. Some organizations think that a big name lifter scares other lifters away and that it takes away from the number of lifters they can get.

JM: What does your bench press training and routine consist of?

WW: I don't believe in doing heavy singles. I do five to seven reps during a six week training cycle; sets of seven for the first three weeks, set of 5 for the second three weeks, and the last workout before the meet. I do a single with what I feel will be my second attempt at the meet. Whatever I



Joining the 700 Club... Willie Williams with 705 at the Mountaineer Bench Press Contest. (Scott Gee)

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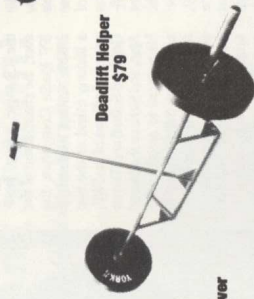
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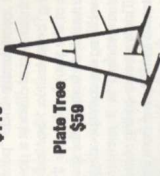
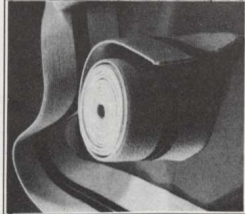


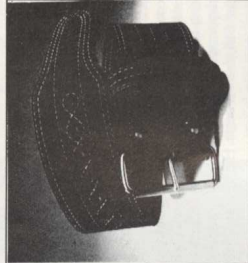
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World's Strongest Man

as told to Powerlifting USA by Brian Batchelder

This year's World Strongest Man came from the idyllic setting of Sun City in South Africa. Set amongst such dramatic scenery as the Lost City the Competition promised to be exciting right to the end. The Television Company that organizes the event went one step better this year by contracting in a South African Company called Mighty Man Promotions who run the finest Strongman Shows in the World.

Their job was to help run the event and provide the props, but unfortunately they were not given as free a hand as they should have been and so had the usual cranky refereeing and crackpot rules to contend with.

This year, for the first time saw the introduction of two days of qualifying heats before the final. Sixteen athletes were divided into four groups, each group given four tasks to perform and the top two athletes from each group would go into the final. This sounded fine in principal, after all the athletes were told that this year there would be a qualifying competition. However, what they were not told is that the qualifying competition would take place over two days and finish just two days before the final, which itself ended up going into three days instead of two. The result, plenty of injuries (who cares, they have to sign a disclaimer?) and a final which ended up for the most part containing six athletes.

GROUP 1

1) **GARY TAYLOR - WALES.** Last Year's winner and a formidable athlete all round. An Olympic silver medalist in weightlifting, London Powerlifting Champion and past

Mr. Universe!
2) **FORBES COWAN - SCOTLAND.** Last Year's Britain's Strongest Man and 3 times Scotland's Strongest Man - a very experienced Strength Athlete.

3) **JOE ONOSAI - SAMOA.** Joe has little experience in Strength Athletics, however, he has won two national titles in Powerlifting and was a successful American Football player (Dallas Cowboys) and has experience in Sumo Wrestling.

4) **BILL LYNDON - AUSTRALIA.** Bill was twice voted player of the year in American Football and is a three time national powerlifting champion.

GROUP 2

1) **RON TROTTER - CANADA.** Experienced Canadian Strength Athlete.

2) **LASZLO FEKETE - HUNGARY.** A famous millstone lifter who first competed in World's Strongest Man in 1988.

3) **TED VAN DER PARRE - HOLLAND.** Winner in 1992, Ted has been three times Holland's Strongest Man. This seven foot tall, three hundred and fifty pound giant was also a formidable defender for the Hague Raiders.

4) **MANFRED HOEBERL - AUSTRIA.** A National Bodybuilding Champion, Manfred is very much hot property at the moment, as his recent exposure in the Bodybuilding mags has demonstrated. Manfred has also been a powerlifter

and the sight of his 26" arms (the largest muscular arm in the World) knocks you dead. Manfred very much impressed me this year, he has obviously worked hard on any weaknesses he had and is now the complete package.

GROUP 3

1) **HENRIK RAVN - DENMARK.** Denmark's Strongest Man. Competed last year where he was seventh.

2) **WAYNE PRICE - SOUTH AFRICA.** Wayne is a young but experienced Strength Athlete. This was his first WSM Contest. Wayne continually improve and his positive attitude in sometimes, impossible circumstances.

3) **ANTON BOUCHER - NAMIBIA.** Anton is a Tyranosaurus in the Jurassic Park of strength athletes! Placing third in his first International strongman show against top competitors, I know people who witnessed him use 145 lb. dumbbells for reps on concentration curls and bent over rows with 600 lbs.

4) **MAGNUS VER MAGNUSSON - ICELAND.** Won in 1991, runner-up in 1992 and 1993 a top international powerlifter at World and European level and the most experienced competitor here.

GROUP 4

1) **STEVE PULCINELLA - USA.**

North American Champion with much experience in Canada and the USA.

2) **HEINZ OLLESCH - GERMANY.** A famous stone lifter who proved to be very powerful in his debut.

3) **GERRIT BADENHORST - SOUTH AFRICA.** World Mighty Man Champion (South Africa), three times World Powerlifting Champion (1988, 1989, 1990) and world record holder. They broke the mold when they made Gerrit I view him, as one of the top 5 strongest men of all time who bows to no one on the deadlift. I honestly believe Gerrit could pull 1000 lbs. from the floor if it was made worth his while!

4) **RIKU KIRI - FINLAND.** Third last year, his country's national champion, Riku also belongs in that top 5 mentioned. He has benched 667 lbs. in exhibition and I have known of him bench 551 lbs. for 7 and pull 661 lbs. with one hand in a seminar!

RESERVES: Andrus Gudmundsson - ICELAND and Claude Parnell - SOUTH AFRICA. Both reserves had to test all events in every group and several times notched up better results than some of the competitors. Both are experienced competitors and would have easily fit in with the others in the line-up.

QUALIFICATION ROUNDS

GROUP 1

ARM OVER ARM PULL - A heavy salaric car loaded with passengers pulled by hand over approximately 25m for time. 1st - Cowan - 33.02 sec. - 4 points; 2nd - Lyndon - 34.08 sec. - 3 points; 3rd - Taylor

- 39.83 sec. - 2 points; 4th - Onosai - 1 min. 2 sec. - 1 point.

LOG LIFT - Taylor easily won this event and could easily have gone heavier. 1st - Taylor - 160 kg - 4 points; 2nd - Onosai - 150 kg - 3 points; 3rd - Lyndon - 140 kg - 1 point.

WRESTLING - Yes, you read that correct. Wrestling! Originally to have been back-hold it was changed to Sumo. Taylor beat Lyndon and Onosai beat Cowan.

Cowan to secure his place beat Lyndon. The final was very close, Onosai beating Taylor first and then Taylor beating Onosai. The final bout was very controversial, as it appeared from where the majority of us were sat that Onosai went out first but the referees, stood way back from the opponents - said he did not see and so a re-run was called where Onosai just managed to beat Taylor again. This was to be an important final blow to Taylor. 1st - Onosai - 4 points; 2nd - Taylor - 3 points; 3rd - Cowan - 2 points; 4th - Lyndon - 1 point.

FARMERS WALK (for distance). This event was the one to find Taylor's only weakness - his grip, coupled with an abductor tear sustained from the previous event. 1st - COWAN - 83.5 m - 4 points; 2nd - ONOSAI - 67.30 m - 3 points; 3rd - TAYLOR - 66.10 m - 2 points; 4th - LYNDON - 59.80 m - 1 point.

We were now left with the unique position of three athletes tying for 1st with 11 points. The BBC and the referee all agreed with my protest, but laid the blame at each others feet. I really have never come across another scenario quite like this.

McGLASHEN STONES, 1st - HOEBERL - 23.55 - 4 points; 2nd - FEKETE - 30.23 - 3 points; 3rd - V.D. PARRE - 35.83 - 2 points; 4th - TROTTER - 37.53 - 1 point.

FARMERS WALK (for time), 1st - HOEBERL - 23.93 - 4 points; 2nd - FEKETE - 30.84 - 3 points; 3rd - V.D. PARRE - 31.28 - 2 points; 4th - TROTTER - (pulled out - injured).

PARRE went through from this Group.

GROUP 3
CAR TURNING (2 cars). 1st - VER MAGNUSSON - 15.06 - 4 points; 2nd - PRICE - 20.15 - 3 points; 3rd - RAVN - 23.95 - 2 points; 4th - BOUCHER - 25.86 - 1 point.



Hometown Lifter... Gerrit Badenhorst was extremely impressive in the deadlift event. (Brian Batchelder)

AXE HOLD (Curlifix), 1st - BOUCHER - 1.07.80 - 4 points; 2nd - PRICE - 36.80 - 3 points; 3rd - VER MAGNUSSON - 24.79 - 2 points; 4th - RAVN - 17.21 - 1 point. Ravn suffered a serious shoulder injury resulting in his withdrawal.

LOADING (5x90kg Barrels loaded from water (9) onto the back of a truck), 1st - VER MAGNUSSON - 4 points; 2nd - BOUCHER - 3 points; 3rd - PRICE - 2 points.

PRICE - 2 points. Magnusson went against Price here and after loading one barrel and collecting another a whistle was blown to stop the event. Apparently one of the TV cameras was not in the right place and so they had to start again. Price, after looking like he was going to get a good time hit the wall on the fifth barrel. This cost him dearly.

HUSAFELL STONE A four hundred and forty pound stone is carried at chest height for distance. 1st - BOUCHER - 4 points; 2nd - VER MAGNUSSON - 3 points; 3rd - PRICE - 2 points. Ver Magnusson and Boucher quality.

GROUP 4
CAR ROLLING A car is rolled completely over onto its wheels again for time. 1st - BADENHORST - 13.50 - 4 points; 2nd - KIRI - 13.78 - 3 points; 3rd - OLLESCH - 18.94 - 2 points; 4th - PULCINELLA - 46.08 - 1 point.

LOG PRESS FOR REPS with a 231 lb. Log. 1st - KIRI - 21 Reps - 4 points; 2nd - OLLESCH - 17 Reps - 3 points; 3rd - BADENHORST - 14 Reps - 2 points; 4th - PULCINELLA - 9

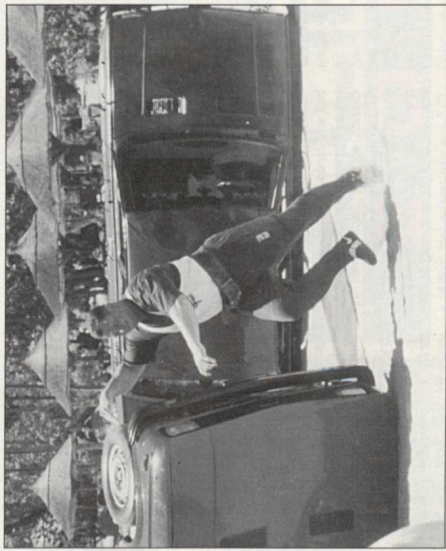
1 point.

GROUP 2
HARNESSE PULL - (Two Safari Cars - like a Truck Pull). 1st - V.D. PARRE - 22.90 - 4 points; 2nd - FEKETE - 25.44 - 3 points; 3rd - HOEBERL - 26.84 - 2 points; 4th - TROTTER - 27.56 - 1 point.

THROW FOR HEIGHT (15 kg Gold Bar). 1st - HOEBERL - 6 metres - 4 points; 2nd - V.D. PARRE - 5.75 metres - 3 points; 3rd - TROTTER - 5 points; 4th - FEKETE - 4.50 metres - 1 point.

McGLASHEN STONES, 1st - HOEBERL - 23.55 - 4 points; 2nd - FEKETE - 30.23 - 3 points; 3rd - V.D. PARRE - 35.83 - 2 points; 4th - TROTTER - 37.53 - 1 point.

FARMERS WALK (for time), 1st - HOEBERL - 23.93 - 4 points; 2nd - FEKETE - 30.84 - 3 points; 3rd - V.D. PARRE - 31.28 - 2 points; 4th - TROTTER - (pulled out - injured).



Fast Turnover... Magnus Ver Magnusson flips over cars. (Batchelder photograph)



From South Africa - the 1994 World's Strongest Man Contest Competitors: (front row) Anders Gudmundsson, Claude Parnell, Joe Onosai, Anton Boucher, Gerrit Badenhorst, Steve Pulcinella, Riku Kiri; (back row) Bill Lyndon, Wayne Price, Henrick Ravn, Magnus Ver Magnusson, Laszlo Fekete, Ted Van Der Parre, Ron Trotter, Manfred Hoebel, Heinz Ollesch. (photograph provided courtesy of Brian Batchelder).



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Competitor	Harness & Rope Pull	Samson's Barrow	Block Lift	Car Walk	Hercules Hold	Dead Lift	Pole Push	Atlas Stones	TOTAL POINTS
M. VER MAGNUSSON	33.66 2ND	16.21 3RD	130KG 3RD	11.75 1ST	43.16 3RD	390KG 2ND	4TH	29.89 1ST	50%
T. VAN DER PAREE	34.01 3RD	24.24 7TH	-	-	-	-	-	-	7
G. BADENHORST	34.05 4TH	23.55 5TH	135KG 1ST	23.02 5TH	30.34 7TH	440KG 1ST	4TH	38.88 5TH	38%
F. COWAN	34.51 5TH	17.43 4TH	120KG 4TH	19.32 4TH	52.63 2ND	-	3RD	45.29 6TH	36%
J. ONOSAI	55.45 6TH	26.34 8TH	-	-	38.30 6TH	330KG 6TH	4TH	-	12%
A. BOUCHER	46.49 7TH	23.75 6TH	130KG 2ND	29.83 6TH	41.87 4TH	380KG 5TH	4TH	38.41 4TH	31%
R. KIRI	36.68 6TH	14.25 1ST	110KG 5TH	14.78 3RD	53.54 1ST	420KG 3RD	1ST	35.61 3RD	48
M. HOEHEL	29.65 1ST	16.10 2ND	120KG 4TH	13.60 2ND	40.30 5TH	390KG 4TH	2ND	30.11 2ND	49%

Rep's - 1 point.
MAN TO MAN TUG OF WAR
Back to Back with Harness with a rope to pull on. Best of three. 1st - KIRI 4 points, 2nd - BADENHORST - 3 points, 3rd - OLLESCH - 2 points, 4th - PULCINELLA - 1 point.
ATLAS WALK Carrying a McGlashen Stone for time. 1st - BADENHORST - 4 points, 2nd - KIRI - 3 points, 3rd - OLLESCH - 2 points, 4th - PULCINELLA (lured).
Badenhorst and Kiri qualify. After two hard days of qualifying events (2 events per day for each group) there is a two day break before the final.

THE FINAL
It was decided at this point that all coaches were to be banned from the athlete's area! This was because of the TV cameras we were told. It is O.K. however, to see confused and dazzled members of the public rounded up and placed in front of the cameras and made to cheer or clap on cue, but the thought of having anyone on screen that appears to know what's going on is strictly taboo!! I won't bother covering the rules here because they changed almost daily, for example one competitor was given a point on the Rock Lift because he tried to lift the rock?!!

THE EVENTS - DAY 1 - HARNES AND ROPE PULL - 3 large safari cars pulled by harness with a rope to pull on. SAMSON'S BARRORS - a wheelbarrow race attached a small truck with handles using a small truck with handles attached. During this it was incorrectly recorded that V.D. Parre had beaten Badenhorst even though the time keepers had told the organizers the mistake. The time keepers were told that if they didn't like it, don't do the job! ROCK LIFT - an overhead lift with rocks. Kiri was badly cheated here. His attempts

were probably the most powerful of the lot, but he was subjected to poor refereeing as was Boucher. CAR WALK - the competitor stands inside a 380 kg car, the roof and floor of which had been removed. He then has to cover a 24 metre course as fast as possible. Ver Magnusson suffered the same misjustice here as Badenhorst had fallen victim to in the Samson's Barrow.
DAY 2 - By now Badenhorst had become aware of what had happened in the Samson's Barrow and it was now public. Mighty Man Promotions were told by the referee that if they opted up to the mistake (even though it had nothing to do with them - it was their time keepers who discovered the error!) Badenhorst would be given the extra point. They accepted this and took the blame. Ver Magnusson was not given the same chance. Heavy rain forced the competition to be abandoned for the evening and thus had to be continued the following morning. HERCULES HOLD - the competitor stands on a platform within a framed construction and has to hold by grip strength alone 130 kg in each hand. Kiri's dominance was evident here. DEADLIFT - using 2 safes with "gold coins" Badenhorst was unbelievable here! His last attempt was still easy. POLE PUSH - rope handholds on a wooden log are grasped by two competitors who then try to push each other out of a marked area. This even took Gary Taylor's bicep off earlier in the year and on this occasion left everyone except Kiri injured. ATLAS/McGLASHEN STONES - round stones of increasing weights are loaded onto a plinth. If, after the Pole Push, the competition had continued at its usual whirlwind pace, there is no doubt in my mind that Kiri would have won this event, as he was the only one fit to continue. The points were so close between 1st and 3rd that whoever

won the last event would be the overall winner. The organizers decided to wait an hour and a half between the last two events and thus Kiri's fate was sealed. I can understand that no one wants an athlete to die (although you wouldn't think so sometimes) but the answer is simple - don't include stupid events like the pole push that have little to do with strength. In general, there were far too many aerobic-type "lightweight" events.

SUMMARY
I think it is very unfortunate that the organizers of this event do not view it with the same seriousness as the athletes. To the TV companies this is merely a show. Could you imagine an Olympic 100m final where the athletes are stopped halfway down the track because a camera is not in quite the right place? Could you imagine a boxer having the pressure of knowing that if he argues with decisions or says anything controversial he will never get a shot at the World Title irrespective of his accomplishments. Imagine the same boxer being told that he's allowed to have commensurate just that they have to sit with the audience. Many of the events have little to do with strength, for example, Sumo Wrestling, the Pole Push or loading barrels from water. I must admit I was a bit surprised when I heard where the venue was expected TWI to use their usual ingenuity and put new events in like "catching the greased hog with a ball and chain around your ankle" or an "egg and spoon race with an ostrich egg" or maybe even the "farmers walk through the Kruger Park with a pork chop tied to your ass"!!! At one point whilst coaching Magnusson I put in a complaint to TWI concerning the fact that in a particular event the result was recorded the wrong way around and he was placed second. I was met by a barrage of hostility from them and

their representatives. In short, they were furious that I had gotten hold of the official results. With their new-found balls (the ones that were missing when they could not admit who's decision it was to eliminate Gary Taylor), they told me that it was their game and if people did not like the rules they didn't have to play (or rather wouldn't be allowed to play in future) Furthermore they were the Governing Body of the "Sport" and were answerable to no one. I replied that this was fine, if their rules say that the guy who came second comes first, that's fine by me, but if I had known this I would have told Magnusson not to try so hard! As for being the "governing body" - crap, what do they know about sport, if they knew anything they would treat the guys with respect. Do they know anything about preparing all year for an event only to be screwed in the final? They told me that after my slight disagreement I could be banned from the scene. All I wanted to know was which particular bit I was to be banned from - Sun City or South Africa in general! In a recent conversation with the great Bill Kazmaier, Kaz said that things had never really changed since he competed last and that was why he stopped. Hopefully, one day another TV Company will come along and sponsor and break the current stranglehold.
On a happier note, in future I will be reporting on Strongman Shows from around the World and also doing profiles on the athletes and their training tactics - Brian Birchfield

FOOTNOTE:
I would like to take this opportunity to thank South African Airways for their assistance in this venture. I have been to South Africa to see Strongman Shows many times and can assure you SAA is the only way!

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Jesse Kellum's Squat Routine

x 1 (suit/wraps), 97% x 3 (half squats) (suit/wraps), Wednesday - same workout as Week 6.
WEEK NINE: Saturday - pause squats 90% x 3, Wednesday - same workout as Week 6.

WEEK TEN: Saturday - regular squats with belt 50% x 5 x 5 (NO suit/wraps), Wednesday - no workout today.
WEEK ELEVEN: Saturday - regular squats with belt 50% x 5 x 5 (NO suit/wraps), Wednesday - no workout today.

1st 90%, 2nd 95%, 3rd 100-110%.

First you need to get a max in the pause squat. You squat down below parallel and come to a complete stop, then hold it for a "2" count before you push up. Don't use equipment when performing this lift.

You need to get a max in the leg press. Don't use a vertical leg press; use the one you push up at a 45 degree angle.

When performing half squats - you squat down to 2-4 inches above parallel before you come up. (Judge the depth depending on how you feel) - make sure you use a power rack and let your training partner call you up when you have reached your desired depth. Don't squat down and touch the rack because it will cause you to bounce, thus throwing you out of the groove.

Base your projected max in the squat, pause squat, and leg press as 30 lb. more than your current max.

WEEK ONE: Saturday - pause squat 70% x 8, Wednesday - leg press 80% x 8 x 4; leg ext/curis 15 x 5.

WEEK TWO: Saturday - regular squats 67% x 1, 77% x 1 (suit/wraps), 85% x 1 (suit/wraps), 87% x 3 (half squats) (suit/wraps), Wednesday - same workout as Week 1.

WEEK THREE: Saturday - pause squats 75% x 5, Wednesday - same workout as Week 1.

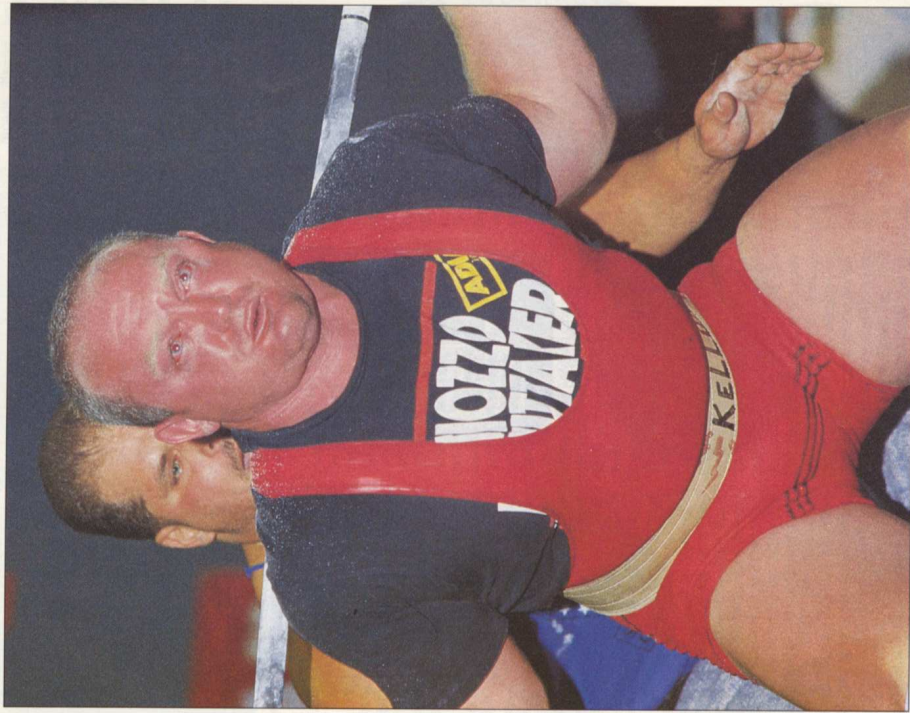
WEEK FOUR: Saturday - regular squats 67% x 1, 77% x 1 (suit/wraps), 87% x 1 (suit/wraps), 90% x 3 (half squats) (suit/wraps), Wednesday - same workout as Week 1.

WEEK FIVE: Saturday - 80% x 5, Wednesday - same workout as Week 1.

WEEK SIX: Saturday - regular squats 67% x 1, 77% x 1 (suit/wraps), 85% x 1 (suit/wraps), 90% x 1 (suit/wraps), 94% x 3 (half squats) (suit/wraps), Wednesday - leg press 85% x 5 x 4; leg ext/curis 10 x 4.

WEEK SEVEN: Saturday - pause squats 85% x 3, Wednesday - same workout as Week 6.

WEEK EIGHT: Saturday - regular squats 67% x 1, 77% x 1 (suit/wraps), 89% x 1 (suit/wraps), 94%



Jesse Kellum has squatted 600 lbs. at 148, 661 at 165, 788 at 181, 820 lbs. at 198, and 843 lbs. at 220.

RUSSIAN EVOLUTION

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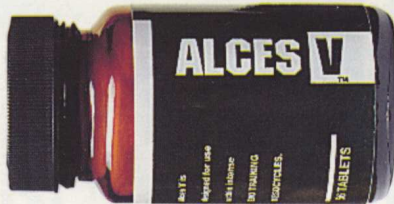
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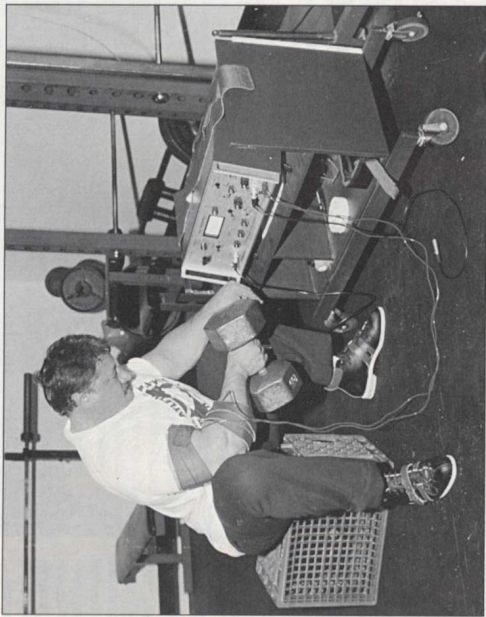
Many athletes suffer failure because they don't know what to do or how to train to reach their desired levels. The majority of lifters swim with the current and wander their way down a lifting path that, after many years of training still leaves them far from their desired goals. Do you wish to be the strongest in your city, state, region, country, or the world? If so, then you must balance your desires with the manner in which you train in order to achieve your goals. Thus, the development of the Evolution Training System began. This system is the catalyst for any lifter to achieve high sporting results. The purpose of this article is to answer some of the many questions and inquiries regarding Evolution Training which we have received from the prior articles.

The most common question of "Why do we need another training system?" was partially answered in the opening paragraph. Most "systems" are not really systems, but components of an unidentified system. There is no specific direction on when to train, rest, restore, supplement, eat, etc. in order to facilitate the greatest adaptation. You are plugged into a program that develops speed, or strength, etc. Upon first glance there is nothing wrong with this, if you are interested in only mediocre results. For example, there is in use, now, a component of training for speed utilizing 75% of your max with short rest periods for three reps with 6-8 total sets. We would agree that this can be a great way to train. But...

our extensive research of fourteen years indicates that you only get 30%-40% of the improvement possible by using this component of a training system in this manner. Our research also shows that by implementing a training session for the development of speed within two to eight hours of a heavy training session using the same exercise(s) facilitates a tonic effect on the ability to create more force more quickly. What does this mean?? Your max increases ... We have found that this tonic effect can be continued for up to thirty days with the correct restorative and supplemental measures. Look back at the graph on page 17 of the December issue of POWERLIFTING USA. Notice the spike at the bottom after each heavy

EVOLUTION TRAINING VS. THE OTHER GUYS

as told to Powerlifting USA by Jay Schroeder



Jay Schroeder using an electro muscle stimulation system to amplify force (Rick Brunner)

reach our full strength potential! We want to place our bodies in a position to secure the greatest adaptation possible.

The third question is, "How can you continue to train like this for extended periods of time?" In the struggle to lift heavy and attain high level results, we must scientifically design restoration programs. With the idea of faster recovery after heavy loading in mind, we can employ many means. This recovery aspect must be considered an actual part of the training process. Recovery is a biological tuning of the organs, tissues, and cells after completion of a training session. This biological tuning is directly related to diet, rest, the load and character of the training session, lifestyle, and sleep. The first and most important factor in recovery is the diet regimen. A definite schedule of meals, their quantity, and make up is a necessity. Attention should also be paid to the time between each meal. Four meals a day is generally best. Daily caloric intake should be divided in the following manner: Breakfast 25%, Snack 15%, Lunch 40%, Dinner 20%. Breakfast should be eaten immediately after rising. A snack should be eaten four hours later. Lunch is eaten three hours after that. And dinner is eaten five hours later, making sure it is eaten one and a half hours before retiring for the night. Breakfast should consist of 70% carbs and 30% protein; the snack is 100% protein; lunch is 70% protein and 30% carbs; and dinner is 30% protein and 70% carbs. In using training to stimulate recovery and to avoid overtraining, use the following guidelines: speed and velocity exercises should proceed slowly; complex exercises should be followed by easier exercises. Work capacity can be increased during the training session if exercises in each of the following positions are used - standing, lying, and sitting. Specially assisted flexibility exercises can also be used. Pacing and quiet after completion of the training session with warm baths is essential. Used at the appropriate times, massage and sauna can stimulate the anabolic processes to be activated. Supplementation (natu-

(article continued on page 85)

In previous articles I have talked about Bill Starr's method of increasing the deadlift by not deadlifting. Now I would like to talk about one of our many 4 week revolving deadlift cycles.

This cycle involves squatting down to a very low box. For most lifters under 5 feet 6 inches who weigh under 165 pounds may use a 6 or 7 inch box. The lifter must sit down completely on the box, as if sitting on a street curb waiting for a stand erect.

This will be very strenuous on the legs, hips, lower back, and glutes, as well as the spinal erectors. It is important to maintain the same body position that is used during your deadlift. By doing this, you are accomplishing many things, such as working through a full range of motion. How many lifters lower their glutes to within 8 inches from the floor? With the bar on your back, you will not be able to raise your glutes, as is possible while deadlifting. This will also overload and isolate the lower body pulling muscles to the max. I guarantee it! A key to strength is flexibility. Without the box it is impossible for most to achieve such a deep position while squatting.

A close stance will build the lower back and legs, whereas gradually widening your stance will build hip strength. I am sure you have seen someone at a meet miss a deadlift at the top because he or she could not lock out the hips. The low box squat will correct this problem by building the glutes and hip flexors. How do you know if you have weak hips and glutes? If you have to rebind your legs to complete a deadlift, you are in this category.

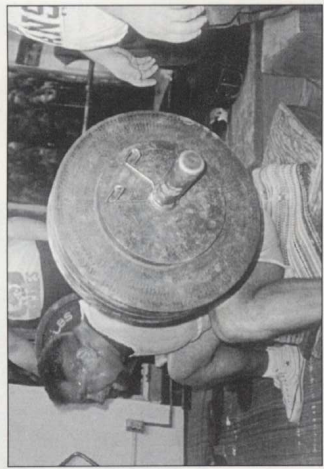
We do a lot of a few things in the gym. So when doing the 8 inch box on deadlift day, do as many as 10 sets, or until fatigue, of 3-6 reps. Try to get a record for 3 or 6 reps every workout they are performed.

When performing the 8 inch box squat, we use a variety of bars. Usually a regular bar is used; however, our bigger lifters will use the Buñalo bar made by Iron Mind. It is more comfortable, with its cambered design. The late Matt Dime used it frequently in training. The safety squat bar is also very popular at Westside. It places most of the load forward and works somewhat like a front squat. Weight packs and dumbbells are also used on occasion. One should always use a variety of special equipment to hit the body at different angles.

Researchers have shown that speed work should be followed by strength work, then endurance work. Therefore, by all means, lift

TRAINING

Squatting for the Deadlift as told to PL USA by Louie Simmons, Westside Barbell



Chuck Vogelwohl seldom does deadlifts in training, but he does do squats on an 8 inch box for the deadlift. (photo courtesy Simmons)



explosively in the beginning, follow this with heavy sets, and conclude the workout by reducing the weight and doing a set or two to near failure.

After the box work, do high pulls to chest level while standing on a 2 inch high platform. To do a high pull, keep the back straight and the head in a natural position. Now pull the bar to chest level with the elbows out to the sides and raised as high as possible. You should feel a tremendous contraction in the traps and upper back. We favor the high pull to the power clean because racking the bar on the device is extremely hard on the wrist andiceps, and it is fairly hard to master correct form. Start with a simple grip, palms facing the body. As the weight becomes heavier, use a hook grip (place the thumb around the bar first, then wrap the index

finger and, if possible, the middle finger over the thumb). This will lock the bar into the hand. Use lifting straps if necessary. It is my opinion that lifting straps should be used more often in training. Continuously using an alternating grip in the deadlift will lead to back problems because it causes the spine to twist. This is easy to illustrate when one watches a lifter will drill the bar. The curl grip hand will do the twisting because the bar is held farther away from the body than the other hand, where the pain is facing the body. To keep from windmilling during a sumo deadlift, simply place the foot on your curl grip side out an inch or so closer to the plates. This will recenter the body.

For high pulls, start with a wide grip and come in slowly until you reach your optimal grip for deadlift-

ing. Do 5 or 6 sets of 3 reps. Pause each rep for 2-3 seconds. You can also try to hold the bar slightly off the floor up to knee level for 3-5 seconds, then complete the pull. Be explosive on each rep. Try to do a set every minute and a half. Your 1 rep goal should be 50-55% of your deadlift.

Now do either more direct low back work such as reverse hypers, calf/han/ glute raises, or back raises, if your lower back needs attention. If your upper back requires more work, do lat bar work, rows, seated dumbbell power cleans, or shrugs. Also do ab work, such as weighted sit ups, hanging leg raises, and/or side bends.

This workout should be performed for 3 or 4 weeks, try a max, and then switch to a different series of exercises for the next minicycle. Does this work? We have had some of the greatest deadlifters in the country, with subtotals worth talking about. Some of these people are not even built to deadlift.

At Westside we do a lot of neck work. One only has to look at Chuck Vogelwohl to realize this. We use a 4-way neck machine for most of the work. But we do manual neck work, like the type football players and wrestlers sometimes use. Just look at your top lifters such as Eddie Coan and Charlie Driscoll. Their necks are huge. A strong neck will help all three lifts, by pushing the head into the bench while bench pressing and driving the head and neck into the traps while coming out of the squat. While deadlifting, the head should be in a natural position, with the eyes looking about 10 feet ahead at the floor. When the bar leaves the floor, the head is gradually raised until the completion of the lift. The head and neck act like a lever that helps straighten

out the upper back during the lock-out. If you see stars or feel like someone punched you while deadlifting, try neck work. Olympic lifters increase their squat power to help their cleans and snatches and in a similar fashion, so will super low box squats. I guarantee that whatever is holding you back (glutes, hamstrings, or erectors) this type of squatting will bring it to your attention, fast, as that muscle group will wear out first. I know that most lifters would work on their weaknesses, if only they knew what they were. You will know quite quickly after doing these one time.

This program will give you a strong start and finish, flexibility, and a powerful grip, everything needed to excel at the lift that wins or loses all meets.

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

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

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

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

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

You've read about the fabulous results from OKG. We've got it! And how about all the great things being said about Creatine? We've got that too! And don't forget Vanadyl Sulfate. We've added that too. Want some more? How about Chromium Picolinate, Colostrum, Royal Jelly, Branched Chain Amino Acids, Smilax, Sterols, Ginseng, Saw Palmetto, Mexican Yam, Transferric Acid, Yohimbe.

Want even more? There's Inosine, Digestive Enzymes, Arginine Pyroglutamate, Orchic, Magnesium, Zinc, Potassium and Dibencozide. As a matter of fact, each

(continued on next page)

glass of Double X Hot Stuff is the equivalent of swallowing over 30 pills.

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But the greatest improvement of all is the out-of-this-world, all new 100% Why Protein Base. If you've been reading the muscle magazines lately, you know that Why is HOT! And rightfully so. No matter how you look at it — Protein Efficiency Ratio (PER), BIOLOGICAL VALUE (BV), OR NET PROTEIN UTILIZATION (NPU) — Why far out-ranks all other protein sources. Adding it to Hot Stuff was a stroke of genius. It boosted the efficiency of this product by over 20%.

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

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

Check Out These Mind Blowing Results!

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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 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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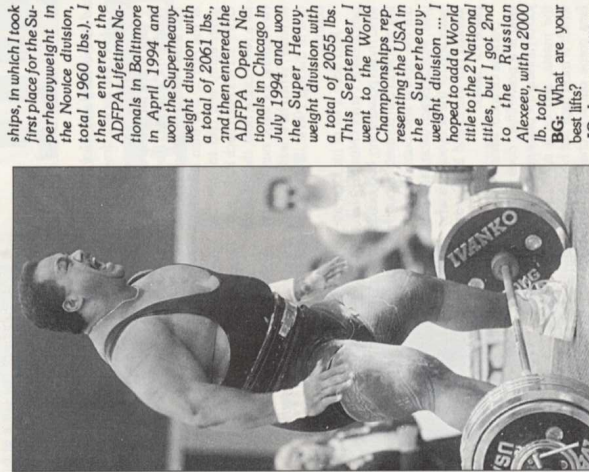
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INTERVIEW

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

BG: Give us some personal information.
JO: I am 28 years old, and live in Honolulu, Hawaii. I work as a manager at Royal Guard Security. I'm married to my high school

JOE ONOSAI as interviewed for PL USA by Bob Gaynor



Joe Onosai is an extremely fierce competitor.

ships, in which I took first place for the Superheavyweight in the Nautica division, total 1960 lbs., I then entered the ADFFPA Lifetime Nationals in Baltimore in April 1994 and won the Superheavyweight division with a total of 2061 lbs., and then entered the ADFFPA Open Nationals in Chicago in July 1994 and won the Super Heavyweight division with a total of 2055 lbs. This September I went to the World Championships representing the USA in the Superheavyweight division ... I hoped to add a World title to the 2 National titles, but I got 2nd to the Russian Alexeev, with a 2000 lb. total.

BG: What are your best lifts?
JO: In competition: 815 lb. squat; 573 lb. bench press; 710 lb. deadlift. Total 2098 lbs.

BG: What are your future goals?
JO: I hope to break all of Mike Hall's records and become the greatest Superheavyweight ever ... and I think I'm off to a good start.

BG: What about steroid use?
JO: So much is said about the physical effects that steroids have on your body, which are very damaging, but not enough is said about the emotional effects ... the rage, the anger, the instability, mood swings, etc. When you're focusing on a goal, things are already intense and you can be easily agitated (without the use of steroids), and with the drug it just multiplies it 100 times, and that's a good enough reason for me to stay away from it.

BG: How long have you been training and competing?
JO: In February/March of 1993 I started training as a powerlifter, then entered my first competition in October 1993 (the Hawaii State Powerlifting Champion-

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JO: In February/March of 1993 I started training as a powerlifter, then entered my first competition in October 1993 (the Hawaii State Powerlifting Champion-

week cycle to prepare for a meet. I work everything once a week and when I work it, I do it heavy.
BG: What advice would you give to beginners?

JO: Get into a good lifting atmosphere, find a good coach, and learn your techniques first. Then start working on your strength.
BG: Any other comments you'd like to make?

JO: Thank you to my Mom and Dad who have always been my biggest fans, and to my wife and daughters who give me tremendous support and encouragement - I couldn't do it without them. I'd also like to thank my sponsor - my boss - Rags Scanlan, my partner, Tommy Kim, and the men at Royal Guard Security for their support. A big thank you to my best friend and coach, Tony Letato (who will be the next 275 lb. World Champion), and the gang at The Gym, Honolulu. Thanks o Mike Sapp for letting me work out at the best gym in Honolulu.

BG: What about drug testing?
JO: I think they should do a lot more off-season surprise drug testing to insure that everyone is clean throughout the year.

BG: Do you follow any special diet?
JO: Yes ... I eat whatever I like ... until 2 months before the meet, then I start cutting out the junk. Being Samoan, our staple food is Taro which is a great source of carbohydrates - can't get enough of that!

BG: Can you give us a breakdown of your training program?
JO: Mondays - heavy bench, Tuesdays - heavy legs, Wednesdays - Rest, Thursdays - heavy shoulders/triceps, Fridays - heavy deadlift/back. I usually go on an 8 to 10

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POWER SCENE

There may be a new presence on the powerlifting scene. Eric Klein, a 34 year old, 275 pounder, got himself a full-page write-up in Don Ross's *Muscular Development* column. Extra-Large Eric does some heavy "assisted" benching, which may not be too popular with powerlifters, but he also does some mega behind the neck presses, supposedly with over 500 lbs.

Eric will be coming out from New Jersey to California for some videotaping with us, and we'll see just what he can do. And what his regular bench press is.

A lot of our viewers ask us about strength in "odd lifts" such as the behind the neck press. Ted Arcidi and Ed Coan use this exercise in their bench training, and a lot of other lifters try a lot of other lifts for some very heavy weight. If you have thoughts on this, drop us a line.

On to our three favorite lifts - the squat, the bench press, and the deadlift. Is it my imagination, or is the deadlift becoming the least popular of the three? We get far more



Brad Rutherford and Rick Stephenson at the Gold's Gym facility down in San Diego

One of the top lifters out here in Southern California, Ron Fedtke, had a bad 1994. Ron bombed out at the APFs, and then suffered a groin injury and had to miss the USFP's. He's been back in the gym for a few months now, though, and he's aiming for large numbers this summer. When he's healthy, Ron's one of the top 198 lb. lifters in the country.

Ron does a lot of his local appearances at Venice's Muscle Beach, which hosts powerlifting, bodybuilding, and strict curl contests throughout the Spring and Summer each year. Muscle Beach became famous years ago for the bodybuilders who worked out there, and it's a great place for meets.

Darlene Galindo, whose son Jeremy is a powerlifter, does a great job of running the place and hosting the meets, and on a sunny day, which is most days out here - lots of fans come out and cheer on the competitors, while enjoying the Southern California experience - palm trees, ocean breezes, and lots of weird people.

I made the two hour drive down to San Diego recently to videotape a segment for *POWERLIFTER* Video with Paul Chek, a nationally recognized strength and conditioning specialist. Paul has some important ideas on squatting, and he and his partner Kim Goss, a former strength coach at the Air Force Academy, talked about, and demonstrated his thoughts. I'd never seen a red rubber ball used in squatting before.

Anyway, as Paul points out, a lot of lifters have some sort of a muscle imbalance, such as one ankle or knee being stronger or more flexible than the other one. Well, first off, this limits how much weight can be lifted. Second, this can frequently lead to injuries, as lifters

overcompensate for the imbalance, and the injury can occur anywhere in the body. For instance, an ankle imbalance can lead to a back or neck injury.

Paul goes around the country giving seminars to strength coaches, physical therapists, and chiropractors, and if you'd like to contact him for more information, or to check out one of his videos, give Paul a call at 619-622-0622.

We did the videotaping with Paul at Gold's Gym of San Diego, and Rick Stephenson has got a great facility down there. If you're in the area, visit them at 2949 Garnet Ave. in San Diego.

From across the country, Bert Wagner sent us these photos of Maryland's Susie Hartwig, who's starting to make a name for herself in powerlifting. At 111 lbs, Susie has done 303 in the squat, 172 in the bench, and 314 in the deadlift. We'll be hearing more about her in the future.

Until next time, keep pumping and we'll see you on video.

Ned Low



Susie Hartwig lifting heavy, and in a more relaxed pose. (below).



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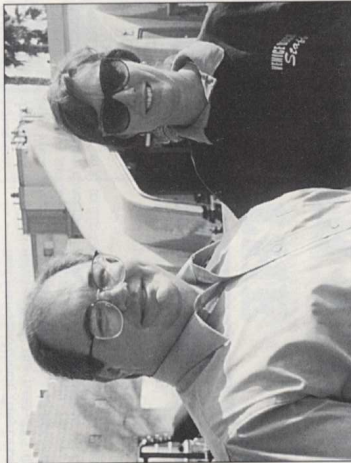
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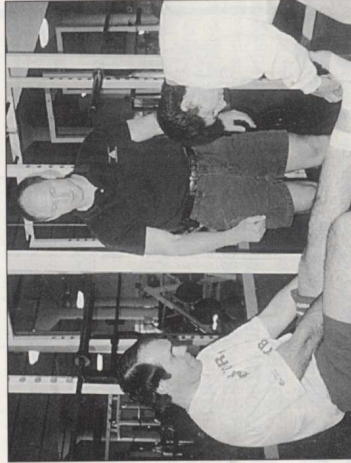
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POWERLIFTER Video Host Chuck LaMantia with Darlene Galindo



Kim Goss and Paul Chek gearing up for a recent videotape shoot.

A few months ago, I went to Europe to do some research for a book I'm co-authoring with Klaus Arndt. The book is entitled "The World's Greatest Bench Pressers". I spent close to a month there, visiting the various training centers and interviewing the top coaches and athletes in the East. It was one of the best experiences of my life. I certainly learned a lot. In case you're thinking about visiting Europe any time soon, you'll definitely need your American Express credit card.

With the exception of Disneyland, Europe has to be the most expensive place in the world, or anywhere else for that matter. Check this out: to fill your car up with gas it will cost you approximately 60 dollars, a loaf of bread costs \$5 dollars, and a twelve ounce can of Coke costs \$2 dollars. If you're planning to work out while you're there, you might want to consider mortgaging your house. A one day visit to the gym will cost you \$15 dollars. To rent a towel you'll have to pay \$1.75 and you'll have to fork over twelve dollars. In case you want to buy your gym equipment there, you'll need \$8 for socks, \$30 for shorts, \$30 for a shirt, and \$15 for a pair of those cute little wrist bands. I'm not sure what a pair of Reeboks cost, but it's somewhere in the neighborhood of

Dr. JUDD

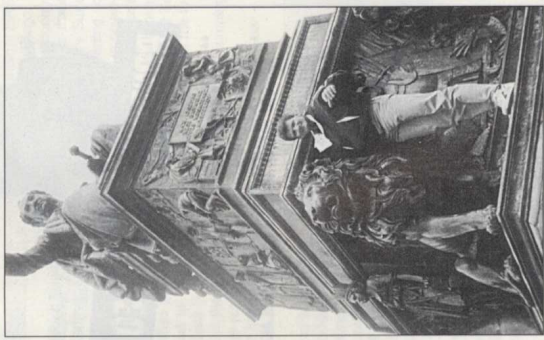
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a BMW. If you're a woman, add thirty percent to the above mentioned prices, and throw in another \$80 to \$100 for a sports bra. Of course, very few women in Europe actually wear bras - they can't afford them. I will say this. The gyms in Europe are beautiful. Cosmetically, they're as good as any in the states. They also have great equipment. Unfortunately, most of the places are like morgues.

No one smiles or talks, and it is against gym rules to grunt or moan. I'm serious. I was reprimanded twice about moaning - of course, that was about the bill. And the music they play might best be described as candlelight music. I had trouble just staying awake. Another thing that is a little different about European gyms is that the men and women take sauna and steam baths together - NAKED. Apparently, no

love-hate thing for American powerlifters. On one hand they say that the American's are the best powerlifters in the world, but on the other hand, they believe that most of the lifts and/or records Americans post are bogus. They claim that Americans use illegal equipment, like double bench shirts and illegal wraps. They also claim that Americans are commonly awarded high squats and bench presses and deadlifts that are not totally locked out. They believe that the only lifts that are credible are those posted in the I.P.F.

Enough of that for now. Over the next few months I'm going to



The Judd Man... running loose, all over Europe.

feature some of the best coaches and powerlifters in Europe. (Editors Note: we snuck one in ahead of schedule last issue on Karl Selinger, since he just became IPF World Champ). I believe you will find more comments to be both informative and candid.

Oh yeah. About the book I'm working on, "The World's Greatest Bench Pressers", My little sister Mary Jean called me last night. She needs and operation but she can't afford it. It's so sad. She said to me, "Judd if the kind readers of Powerlifting USA buy a lot of your books, you think you could give me a few pennies from each book so I could have my operation?" Of course, I told her I would. So please help me help her - believe me, she really needs that breast augmentation.

Dr. Judd Biasiotto

INTERVIEW

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

BRAD OLSON as interviewed for Powerlifting USA by Bruce Citerman

BC: How old are you?
BO: I am a child of the 60's. Too old to be an athlete, too young to quit trying. At age 32, I am both Boomer and Buster - caught between "already" and "not yet". I have already done some things that bring me pride, but not yet begun to achieve all that I am able. I am already older than my memories, but have not yet lived my dreams.

BC: What do you do for a living?
BO: I live to do what I most love to do. I spread the word that Jesus the Christ lived, died for us, and rose again. I do this most frequently as the Senior Pastor of the Ohmer Park United Methodist Church in Dayton, Ohio. I am also currently speaking around the Heartland about the implications of faith for disciplined living. Around the home I am a husband to Dawn, who will be starting work as Corporate Accounts Executive for Bank One, and father to Christopher (11), Derek (9), and Elizabeth (8).

BC: What is your athletic background?
BO: I love feeling healthy. I find I think more clearly, work more diligently, and take on new challenges more willingly when I am well. I began by jogging, bicycling, and doing callisthenics. In high school and college I got into crew. At Cornell University I was the coxswain for the heavyweight rowing team.

BC: How did you get into lifting?
BO: When the lake was frozen, which was from about September until April in upstate New York, I would train the weight circuits with the crew team. This introduced me to weightlifting. As a pre-med student, I appreciated being able to exercise when I left the library at 2 a.m. or between classes in the afternoon. I think I was most attracted to the energy and the intensity in the gym. I think I stayed with it because I soon found that being short, stubborn, and uncoordinated could be assets instead of liabilities. My

Silver, S 165, C&J 187 for 352 at 225x8. Deadlift 315x8. Week 6.

Shalom, Rev. Bradford G. Olson.



Brad Olson squatting at the 1994 WDFPF World Championships in Minnesota.

junior year I joined the Weightlifting Club. By my senior year I was president of the Cornell Weightlifting Club. I began competing shortly after I graduated. BC: What contests have you entered and what are the results? Please include Olympic lifting, if you competed.
BO: 1985 ADEPPA NYS State Champion 425, 265, 455 for 1145 at 132. 1987 USPF NYS State Champion 500, 275, 468 for 1245 at 132. 1987 ADEPPA National Champion 479, 281, 451 for 1239 at 132. 1988 WDFPF World Champion. Founding Year. 1993 Indiana State Olympic Lifting. 1993 Silver, S 165, C&J 187 for 352 at 225x8. Deadlift 315x8. Week 6.

BC: What are your plans and comments on powerlifting?
BO: In the next couple of years I am my hope that I will still be able to eat Oreos by the bag; my children continue to speak to me like an adult (they will be entering their teen years); my wife will want to "do lunch" for no particular reason; I will finish my Doctor of Ministry degree; I will total 1400 at 132; I will compete as a weightlifter at the Olympic Games.

Shalom, Rev. Bradford G. Olson.

129. 1994 Buckeye Open Olympic Lifting. Gold S 187, C&J 220 for 407 at 129. 1994 ADEPPA National Champion 496, 308, 496 for 1300 at 132. 1994 WDFPF World Champion 507, 307, 496 for 1311 at 132.

BC: What was your routine for the squat, bench press and deadlift for last year's Nationals?
BO: Week 1: Squat 455x3, Bench 290x3, Deadlift 435x3, Week 2: Squat 465x3, Bench 295x3, Deadlift 445x3, Week 3: Squat 475x3, Bench 300x3, Deadlift 455x3, Week 4: Squat 485x3, Bench 305x3, Deadlift 465x3, Week 5: Squat 315x8, Bench 225x8, Deadlift 315x8. Week 6.

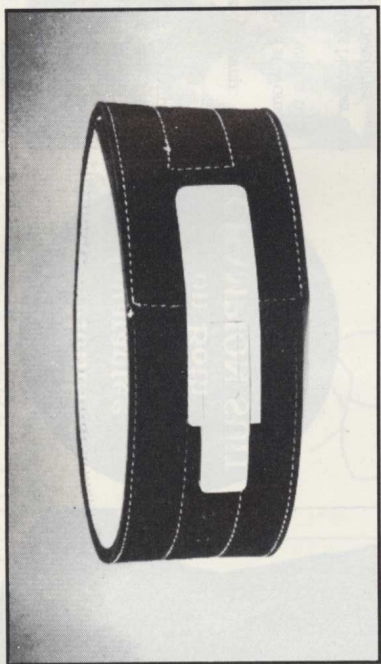
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Training Both the Deadlift and the Squat during a given training cycle is a critical challenge that all powerlifters, like Brian Washington at the ADPPA Men's Nationals, must be able to deal with effectively.

Squatting immediately before deadlifting will force you to be ready for a contest situation for your workouts will be more difficult to survive than a contest. In a contest you will bench before deadlifting and this will rest your hips and low back. In this workout you will only rest long enough to break down the bar and stand up you used for the squat and set up a bar on the floor for the deadlift. Your hips and low back will be fatigued forcing you to stabilize through your back and to create greater endurance.

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ance in your primary hip and leg muscle groups. You will not pull as much in your training as you will in day. Any assistance work you perform during the week should be light enough to allow you to focus your efforts on this routine. You want to squat each set as if it was a contest with proper setup and timing. DON'T GET LAZY!! All deadlifts should focus on speed. You should be able to pull these deadlifts faster from set to set and faster each week. Power is a combination on speed and strength. Peaking cycles like this one are the time when you should train for speed and timing. Work with proper technique and focus on every set. Warmup as you would in a contest and follow the chart for your working sets.

Week 1: Squat - 5 sets of 1 rep at 315, Deadlift - 5 sets of 1 rep at 255.
Week 2: Squat - 5 sets of 1 rep

at 260, Deadlift - 5 sets of 1 rep at 300.
Week 3: Squat - 4 sets of 1 rep at 325, Deadlift - 5 sets of 1 rep at 265.
Week 4: Squat - 5 sets of 1 rep at 265, Deadlift - 4 sets of 1 rep at 315.
Week 5: Squat - 4 sets of 1 rep at 340, Deadlift - 5 sets of 1 rep at 240.
Week 6: Squat - 5 sets of 1 rep at 280, Deadlift - 3 sets of 1 rep at 345.
Week 7: Squat - 5 sets of 1 rep at 305, Deadlift - 5 sets of 1 rep at 225.
Week 8: Squat - 4 sets of 1 rep at 335, 5 sets of 1 rep at 225.
Week 9: Squat - 3 sets of 1 rep at 355, 5 sets of 1 rep at 225.
Week 10: Squat - open at 365, 2nd at 395, 3rd at 420, Deadlift - open at 360, 2nd at 390, 3rd at 420.

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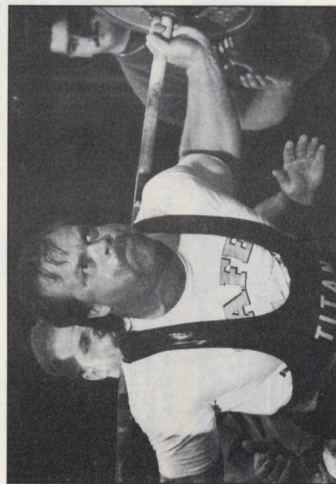
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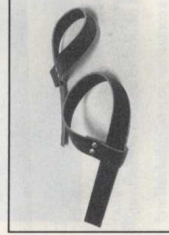
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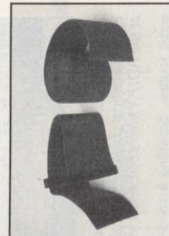
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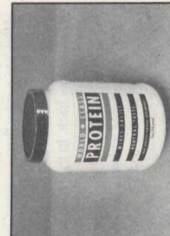
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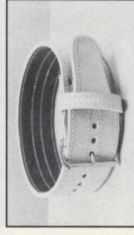
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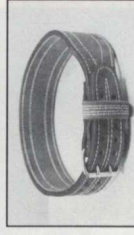
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STARTIN' OUT

A special section dedicated to the beginning lifter

A common practice in business is to take a count of the inventory it has, both of finished goods and raw materials. The purpose is to see how much the business is worth and to provide clues on any necessary adjustments it may need in order to remain competitive and profitable. Such a snapshot of the inventory taken is called a periodic inventory. Before you ask why is Daniels writing an article that seems more suited for *Business Week* or *Accounting Journal* and skip to the next page, continue on for a while. A powerlifter should also take an inventory of his competitive lifts to see where he's at and what adjustments need to be made to remain competitive and to improve. The only difference is, a powerlifter's inventory must be of the perpetual variety. In business jargon this means taken continuously, every time we lift in training and at a meet. In this article, I'd like to address the good old squat. Let's examine or take inventory of your technique used in the squat and see if there's any room for improvement.

I'll start by saying there is no single correct way to squat for everyone. Of all the lifts, the squat has had the most variations which have produced record poundages. These techniques range from Dennis Reed's lean forward, close stance style to the textbook perfect version that the legendary Mike Bridges exemplified, to anything in between. But there are some basic facets of the squat that can be applied to many of these styles.

We'll start with examining how the head and chest should be held. Most experts agree the head should be held high with the chest out to keep the spine in an erect position. Some lifters keep their head looking up during the lift, some look straight ahead during the downward part of the squat and at the bottom, look upward to complete the lift. If your head and chest are not in the proper position during the squat, your leverage position could be compromised.

Except for extremely upright squatters, the bar would be best held on the back lower on the traps, just above the rear deltoid. This position allows the bar to be located over the hips for best leverage. Yeah, leverage is important! Being located too high on the back, may result in the bar being too far in front of the hips, which could cause the lifter to lean forward, out of best position. Upright squatters like former world champ, John Kuc, were able to maintain an erect posture of great leverage with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to

just above parallel, then speed the descent and rebound up.

Novice lifters also tend to bow their knees inward when they come out of the bottom of the squat. This may be due to imbalance of strength between the inner and outer thigh or lack of concentration. Obviously, having your knees bow inward does not provide the best power transfer from your hips and thighs. The knees should be straight ahead for optimum results. If this is your problem, I recommend lowering the weights down and squat with keeping the knees outward in mind. When your knees bow inward, the weight is too heavy. Some machines exist that work the inner and outer thigh and can be useful. These are not "girls only" exercises. Last time I heard, guys have muscle there too. Concentrate on keeping the knees outward during all your squats and leg press-type exercises and this problem will soon be history.

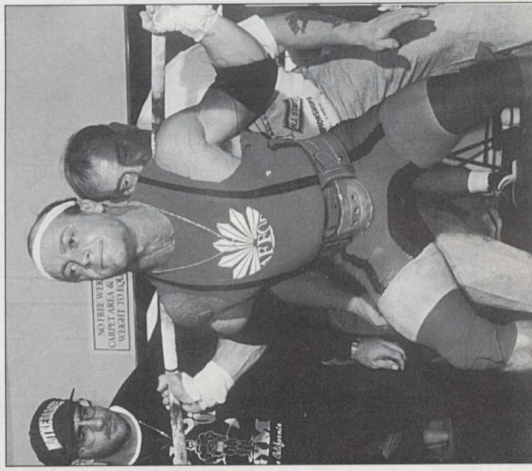
Except for too much weight, not reaching proper depth is the major reason lifters don't get their squats passed. I've seen too many lifters lean forward near the bottom of the squat to try to get more depth. What many end up doing is reducing the depth they reach. By leaning forward, the lifter tends to raise his hips. This actually may result in squatting higher. Proper depth is not best reached by leaning forward, but by trying to keep as upright as possible with the back as straight as possible. Sink back into your squats, not forward.

Lastly, check your balance during the squat. Judging at a recent meet, I noticed lifters losing their balance and actually having parts of their sole or heel come off the platform. You can refer to my previous suggestions about head and chest placement and descent technique for answers. Keep the weight over the hips and remain in control of the bar throughout the entire lift.

The major reason I suggest that lifters take perpetual or constant inventory of their lifts, especially squats, is because over time, form and technique can change or deteriorate. This could be due to injury, weight or strength gain, or just apathy. There is no one right way to squat, but there are many wrong ways. Use a knowledgeable training partner or video tape your squats for first hand critiques. You may not even be aware you are guilty of some technique glitches. Many of you will find you're in good shape, as well as those that are more "homemade" can be very useful. In some cases, the less hyped tapes even provide more usable information than some others. There is also a very strong psychological effect from some of your squats. Heaven knows, the judges will.

SQUAT INVENTORY

as told to Powerlifting USA by Doug Daniels



Jose Perez squatted a world best 765 lbs. in the 165 lb. class at a 4th Fitness 2000 New Jersey Championships and he tried 800 on a 4th attempt, and came close. Jose must take frequent inventory of his immaculate squat style to maintain his very high level of performance and to continue to increase his all time lifts. (photo by John Mahon)

pad that area to the traps and neck. That habit is continued even though it may not be optimal.

If your shoulders, elbows and wrists are hurting during the squat, may be due to the bar slipping down the back during the squat. Keep the head held high, with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary during your squats. It also may slip down as you rep out over a set. In that case, rack the weight to prevent further pain and double your efforts to keep the bar in its proper place for the entire set.

Dropping too fast to the bottom

More From Ken Leistner

In many past columns, it has been noted that in "the old days", lifting instruction and information was limited and hard to come by. Certainly, legitimate information was difficult to obtain. There were few gyms which specialized in powerlifting, or that attracted large groups of lifters. In time, Thorbecke's, Bill West's garage, Franz's Gym, the Austin Athletic Club, Suncoast Gym, Pacifico's, and very few others became legendary because they were, in their day, Meccas for the serious lifter. If one lived anywhere near these and gyms like them, the weekly schedule would be changed so that a Saturday, or Thursday evening workout could be taken with those who shared common goals.

The proliferation of video tapes, courses, and books related to the lifting sports has served a positive purpose, but a very real truth has been either ignored or forgotten by the many. While watching one of the best lifters in the world and the program they followed, remember that they no doubt had certain genetic/leverage/lifestyle advantages that the average lifter does not. By definition, the average lifter cannot be that champion lifter. Certainly, they may pick up one, or numerous tips that will assist them in their own training, but we've met too many fellows who feel that purchasing a particular star lifter's course will be the final brush stroke on their powerlifting canvas. There is no doubt that everyone of us can learn and improve, and the various tapes and courses, if providing no more than one good, small piece of information, can be valuable. However, it must be kept clear that utilizing every one of the star lifter's suggestions may not launch one's total to national or even lower levels. Again, let me stress that the professionally done tapes, as well as those that are more "homemade" can be very useful. In some cases, the less hyped tapes even provide more usable information than some others. There is also a very strong psychological effect from some of the tapes. As an example, how

would one not respond positively to someone like Ed Coan making huge lifts, unbelievable lifts? This type of visual study can be instructive and, as importantly, inspiring. Although Christmas was in the past when this column appears, tapes, courses, a subscription to PL USA, and some of the other products advertised in PL USA make very nice birthday, anniversary, or other special even gift. I will freely admit that I'm a boring person. Other than spending time with my family, not a lot is as interesting to me as various aspects of powerlifting, strength training, and football. This does not embarrass me and anyone who has spent time with me understands that I'm no intellectual. Gifts from Iron Mind, especially the various forearm and grip things really get me excited. Lifting tapes and books fill a lot of my leisure time. For the dedicated lifter, these items are great gifts because you have to search a little to get them (although PL USA makes that a lot easier). You don't go to Wall Mart for The Skinny Man's Deadlift Tape, you have to look a little. Patronize those who keep the sport afloat and indulge your interest.

If training at a home gym, especially if it isn't yours, follow the rule set at Westside Barbell Club in Culver City, California. Bill West's garage housed what was arguably the greatest collection of powerlifters under one roof, especially if those who registered.

Patronize those who keep the sport afloat and indulge your interest. If training at a home gym, especially if it isn't yours, follow the rule set at Westside Barbell Club in Culver City, California. Bill West's garage housed what was arguably the greatest collection of powerlifters under one roof, especially if those who registered.

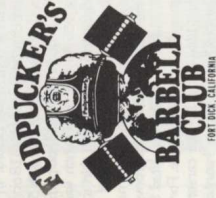


"As some of you readers know, I wrote an article about a lifter, Michele Ciampietro, and mentioned how Long Island powerlifting is moving upward. One big reason for this is Ken Leistner. Ken, as you know, has his own column in Powerlifting USA. He also writes for Milo and Hard Gainer Magazines. Ken has a gym called Iron Island in Oceanside, NY, which is a well-equipped operation on Long Island. Ken also directs APF meets at his gym, which are run very professionally. He makes the lifter feel important and the crowd comfortable in the competitive atmosphere. He has the top powerlifters in the world competing there. I enjoy meeting such excellent lifters as Steve Brodsky, Laura Dodd, and Tamara Rainwater-Grimwood. Ken addresses his meets by sending flyers to all the local gyms on Long Island. I tip my hat to Ken Leistner for giving a 100% effort in building up powerlifting. (Comments about Ken by Bruce Citerman. Photograph of Dr. Ken Leistner and his daughter Barri Ann, above, courtesy Ken)

Bill West - of course, Bill Thurber, Len Ingro, and so many others made the original Westside Club legendary. Whenever Bill had a birthday, anniversary, or other special event, the fellows would chip in and purchase a pair of hundred pound plates, new pulling blocks, cable for the lat machine, etc. For those sharing gym space in someone's "private" gym, this seems so appropriate and such an "accurate" way to express your satisfaction and appreciation for having a decent training environment.

Although the seasonal time for giving may be past, it is always correct to surprise the powerlifter with a lifting related gift.

Dr. Ken Leistner



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Ed Coan on the '94 Worlds

as told to Marty Gallagher by Ed Coan... The Great One reflects on the trip, the lifting, the impressions, and the future . . .

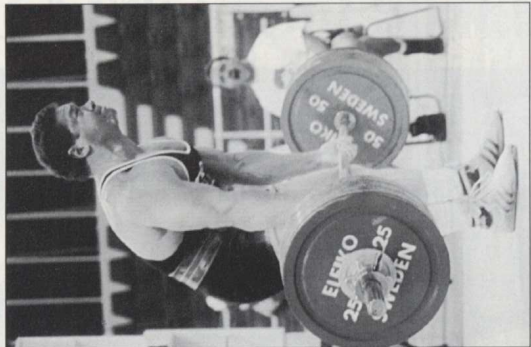
Ed Coan had a good time in South Africa at the 1994 IPF World Powerlifting Championships. For a powerlifter to have a good time at a World Championships at which they are competing, he needs to lift well. The rest is gravy. Locale and trip length figure into enjoyment. Johannesburg, S.A., didn't promise to be a particularly enjoyable trip. Say "South Africa" in a circle of lifters discussing favorite over-sea lifting trips and watch the faces contort and the noses wrinkle. Politics, violence and strife at the end of a twenty-hour plane ride is hardly anyone's idea of fun.

"From the time I boarded in Chicago to the time we touched-down in South Africa, 21 hours elapsed. Pure Torture." A lot of lifters look at the results of World Championships held in other countries and sneer at the results; which are invariably 10% lower than the state-side totals. "It's all drugs!" the righteous pontificate. Of course, their World Championships are usually in the comfort of some suburban Marriott never more than four air-hours away.

Ask anyone who's ever done it, overseas lifting is the experience from hell. Unending plane rides that suck all the moisture out of your body, 4-to-12-hour time-zone differences that have you sitting bolt upright in your hotel bed ready to competition your day only to discover it's 2am local time. Strange food, pressure of big time competition, stress, two-hour weight-ins. Throw in the strictest judging in the world and you begin to grasp why totals lag at over-seas World Championships. Don't knock those totals unless you've subjected yourself to it. At the IPF World Championships, out of 140 competitors, exactly 11 were American! This is the only true World Championship!

"The area immediately around the hotel has some rough areas. But so does Chicago. The people were nice and the food was good. No complaints on that count."

Insofar as the lifting went, Ed had some interesting observations. "Stanaszek is a very young blond dwarf who stands well under four feet tall. He is compact and dense. He weighs 114 pounds and squatted 596. Then he tried 611 and damn near made it. He benched 391! The down-side was his deadlift-286. He came in second (to Ed) for best lifter. It was a hell of a



Ed Coan pulled 832 at this year's Worlds (Isagawa)

performance. Inaba took second with a master world record squat of 529! Phil Hillie lifted well for fourth place."

"Tim Taylor lifted the best I've ever seen him lift. Kirk (Karwowski) jumped on Tim's case pretty big-time at a team meeting. Kirk's message was that Tim should buckle down and make most of his attempts. Tim then went 8 for 9 and took a solid second place; his best showing ever. We missed having Lamar (Gant) lift for us at 132. At 148, Dom Sardo of the USA had a great meet and got third place. The Kazakhstani wild-man, Sivokov, was awesome. This is the guy who handed Dan Austin his first international defeat in eight years at last year's World Championships. He is a relatively slender kid, 23 years old, I think. He has tremendous leverages and doesn't seem to have enough muscle to lift the tremendous poundage he does. He squatted 639, benched 418 and pulled 628. He will be "the Man" for a long time at 148."

Ed was very impressed with Dave Ricks. "In the middleweights Dave Ricks set the house on fire. He had a ripped physique and crushed the competition - winning by 121 pounds! Ricks had indicated that

"Gene Bell didn't make the trip (as a lifter) which cleared the way for Frank Schramm of Germany to win his first world title in the 198 pound class. Schramm is built like Joe Ladnier. He squatted 799 and benched 496 weighing 198 in this meet. He has pulled his deadlift up considerably and is a tough, classy lifter."

Coan was characteristically modest about his performance at 220. He made all three squats, ending the bench press he made his 518 opener and had two close misses with 551. "The squats felt great. I had perhaps a 959 in me. The bench was a disaster. I wore a bench shirt that I had never worn before and the damn thing was too tight! I never established my technical groove."

In the deadlift Coan lifted 832 pounds - conventional style. For the first time in his 12 year career Ed forsook his Sumo style. "I wanted to go an entire training cycle without any Sumo deadlifting. If I could do any Sumo it would allow my hamstring to heal. I felt good about the 832 lift. I had perhaps another

20 pounds in me. Over-all I felt good about my lifting in South Africa. My strength level was good. With a little luck, I could have hit 959-551-863 = 2,373. There is a lot of light left in this dog!"

"Kirk lifted well and won easily. He got very perturbed when he squatted what he thought was a 920 pound world record on a second attempt. Coach Scully thought 920 was too big a lump and called for 909 unbeknownst to Karwowski. Kirk went orbital when he found out. He freaked himself out and missed 920 on his third as a result. His 523 bench was a nice lift. He barely missed 771 on his second pull. We are going to work together in the off-season to find him a grip solution. He had done 785 for a dead-stop double in training so strength is no problem."

"The Russian, Naleikin, won the 275 pound class in Karwowski's absence. He won by 44 pounds over Scott Smith of the USA. Scott had a great debut in the 275's capturing 2nd in his IPF Sr. Men's debut. The Russian used his big deadlift (793) to overcome Randy's big subtotal lead. Randy looked very at home on the international platform. Some guys can't take the pressure, Smith seems to eat it up."

Ed shed some light on the Superiors. "The USA had high hopes going into the superheavyweight class. We had Shane Hamman and Jeff Lewis. Both men had the potential to win if they could register the big squat. Neither did. Hamman made one squat, 903, and missed the one squat, 903, and missed 964 on his second when he hit the racks backing out to set-up. On his third, he missed 964 after standing three-quarters erect. He did great for it being his first time away from home and considering that he had lost a lot of bodyweight on the trip. Patro from Slovakia pushed him into third place with a 799 deadlift. Shane actually beat Sandstrom of Sweden on bodyweight for 3rd!

Jeff Lewis bombed out, unable to get 843 deep enough to satisfy the judges. I thought his third attempt was legal. Jeff will do very well in the future, particularly if he takes some training advice from myself and Karwowski. Karl Saliger of Austria won the Supers. He could be the man of the future. He is young (24) lean and athletic. He totaled 2200 and had lots left over. He has the potential to go over 2400."

The USA won the team title over Finland. Russia took 3rd place, although if you added team points for Russia, Kazakhstan and the Ukraine (all former Soviet Republics) together, the old Soviet Union would have won the team title.

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Jeff Lewis bombed out, unable to get 843 deep enough to satisfy the judges. I thought his third attempt was legal. Jeff will do very well in the future, particularly if he takes some training advice from myself and Karwowski. Karl Saliger of Austria won the Supers. He could be the man of the future. He is young (24) lean and athletic. He totaled 2200 and had lots left over. He has the potential to go over 2400."

The USA won the team title over Finland. Russia took 3rd place, although if you added team points for Russia, Kazakhstan and the Ukraine (all former Soviet Republics) together, the old Soviet Union would have won the team title.

Ed shed some light on the Superiors. "The USA had high hopes going into the superheavyweight class. We had Shane Hamman and Jeff Lewis. Both men had the potential to win if they could register the big squat. Neither did. Hamman made one squat, 903, and missed the one squat, 903, and missed 964 on his second when he hit the racks backing out to set-up. On his third, he missed 964 after standing three-quarters erect. He did great for it being his first time away from home and considering that he had lost a lot of bodyweight on the trip. Patro from Slovakia pushed him into third place with a 799 deadlift. Shane actually beat Sandstrom of Sweden on bodyweight for 3rd!

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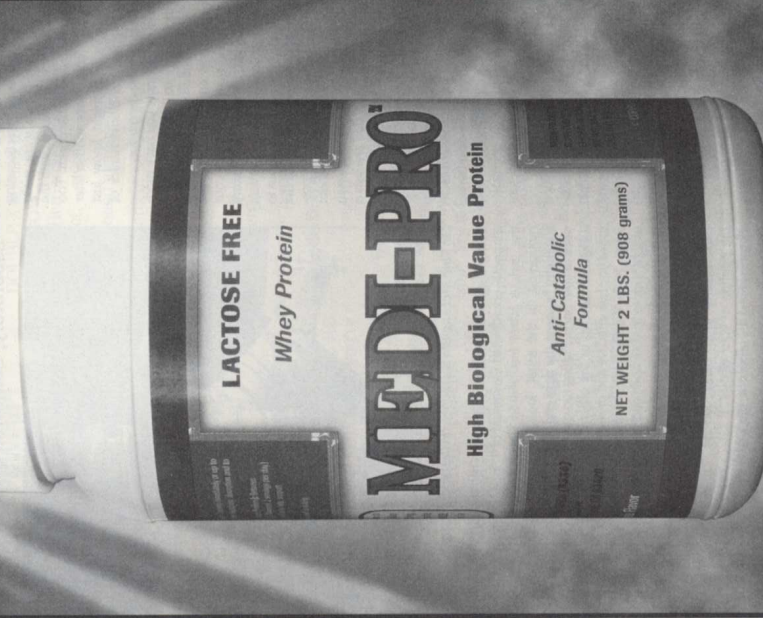
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To the novice or outsider, success in powerlifting appears to rely mainly on brute strength. There doesn't seem to be any finesse, timing, or technique involved. All you need to do is get into position and pull or push as hard as you can. However, anyone who has been involved with the sport for any length of time at all knows there's a lot more to it than that. Successful lifters must have good technique and timing or they will get injured and fail to achieve their potential.

In the past, developing good technique required years of practice using trial and error. If you were really lucky, you might be blessed with the help of a knowledgeable coach. Too often, your "coach" was another lifter in the gym who might know just enough about the biomechanics of powerlifting to be dangerous.

Fortunately, now you have modern technology to help you. Good coaching is still essential, but using video cameras and computers can help you add many pounds to your total, even you don't have the luxury of having a coach. Video recorders can help you analyze your motions in slow or stop motion. Because of the portability of these systems, it's possible to get immediate feedback about your technique in the gym after each lift. Computers take video analysis a step further. You can transfer a film of both your lifts and the lifts of a champion lifter into the computer and compare techniques frame by frame. These tools of modern technology can help you develop timing and ensure the best lifting postures. They can help you groove your motions so that you lift to your potential.

Modern technology can help you build the kind of technique that maximizes the effects of your hard work in the gym. By closely examining your technique and comparing it with the technique of champions, you can achieve better lifts with a lower risk of injury.

Alignment and Posture: The Foundation of Technique

Good technique involves proper alignment of the body segments so that the strongest muscles perform the lift. If you don't do this, disaster will strike. You either lift below your potential or you get injured. For example, if during a squat your trunk doesn't extend in coordination with your knees and hips, you end up doing a "good morning" exercise to complete the lift. I cringe every time I see lifter do squats like that. Not only are they lifting ineffectively, they are causing major stress to their spinal muscles and discs. The same thing can happen in the deadlift — if you don't coordinate your joint motions, you overstress your back.

POWER RESEARCH

Dedicated to Bringing Science to the Sport of Powerlifting

VIDEO and COMPUTER Technology for the Powerlifter

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



Dr. Tom McLaughlin is a pioneer in the biomechanical analysis of powerlifts

In all your lifts, make sure there is a smooth, coordinated movement of the various joints involved in the movement. In the squat, look for symmetry between the right and left sides of your body. Putting too much weight on one leg or the other can make you less effective and prone to injury. In the deadlift, make sure the weight is close to your body and that your angle of pull requires you to use your strongest muscles, rather than rely on the weaker, more vulnerable back muscles. In the bench, look at the position of your elbows. If one elbow is in and the other out, this will put you in a less advantageous position for pushing big weights. Notice the path of the bar. Watch for the tendency to push up one arm faster than the other. This can lead to losing a big lift in competition or can lead to injury.

Timing is important. Proper timing can help you accelerate the bar and maximize the elastic properties of muscle. Biomechanical studies have shown that if the timing between the moment the muscles actively contract is too long, then the elastic recoil of the muscles is lost. You have much less muscle strength when you remove the effects of elastic recoil from muscle contractions. When the time

stream while he was lifting cows to make himself stronger for wrestling. It's almost the 21st century, so let's use the modern technology. Why not use a video recorder to give you feedback.

The best approach is to have the camera and monitor in the gym during the workout. That way, you can do the lift and get immediate feedback. If possible, use a video recorder that allows you to view the motion frame-by-frame. Set-up the camera on a tripod and let it run. After you completed the lift, rewind the video recorder and analyze your technique. You will be able to study movements that would be difficult to detect with the naked eye.

Video equipment is surprisingly inexpensive. Today, it's possible to purchase a video camera with tripod for about \$500-600, a video recorder with stop action for \$250-350, and a small monitor for less than \$100. This set-up can also be used in the home to watch videos and make home movies.

Computer Analysis

Once you have video equipment, it's surprisingly easy to feed the film into your computer. Computers such as the Macintosh Quadra AV models allow you to feed the output directly from video recorders into the computer. You can also feed video tape segments from powerlifting championships into the computer, then play back the lifts of champion powerlifters on the same screen as your lift. By running the films frame-by-frame, it's possible to compare your technique with that of an elite athlete. Look for things like postural alignment and acceleration during the lift. Fixing small problems in your technique can often mean adding many pounds to your total.

The ultimate computerization of powerlifting will be available soon through biomechanics researchers. These sports scientists video tape sports performance, then plot the movements of the various joints on the computer. They can accurately diagnose any problems in technique. Currently, this service is available only to tennis players, golfers, and Olympic level athletes. However, many commercial ventures are being established across the United States, so the service will soon be available to powerlifters, weightlifters, and other athletes.

Success in any sport is usually a matter of being as good as possible at the factors that make the most difference. In powerlifting, basic technique is critical to success. Surprisingly, the importance of technique is often minimized the athletes. Video and computer technology can help you achieve you lift more weight and avoid injury.

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TOP 100

For 198 lb./90 kg. USA lifters competing in results received from December 1993 through November 1994.

SQUAT	BENCH	DEADLIFT	TOTAL
1	765 Kamada, T. 12/12/93	738 Humpheys, L. 4/17/94	1917 Ball, G. 7/30/94
2	710 Harris, A. 10/29/94	738 Anderson, S. 7/30/94	1901 Dunsagan, R. 11/4/94
3	749 Borstman, D. 7/19/94	730 Terry, C. 9/24/94	1900 Harris, A. 10/29/94
4	749 Borstman, D. 7/19/94	728 Terry, C. 9/24/94	1895 Borstman, D. 7/19/94
5	749 Borstman, D. 7/19/94	715 Vandy, A. 12/18/93	1884 Borstman, D. 7/19/94
6	714 Ball, G. 7/30/94	722 Dunsagan, R. 11/4/94	1884 Borstman, D. 7/19/94
7	714 Ball, G. 7/30/94	715 Vandy, A. 12/18/93	1884 Borstman, D. 7/19/94
8	733 McCallister, J. 11/4/94	716 McCoy, W. 7/17/94	1883 McCallister, J. 11/4/94
9	722 Dunsagan, R. 11/4/94	710 Balthasar, M. 5/10/94	1879 Balthasar, M. 5/10/94
10	722 Dunsagan, R. 11/4/94	705 Holmes, C. 4/23/94	1879 Balthasar, M. 5/10/94
11	722 Dunsagan, R. 11/4/94	705 Holmes, C. 4/23/94	1879 Balthasar, M. 5/10/94
12	716 Lewis, R. 5/16/94	705 Holmes, C. 4/23/94	1879 Balthasar, M. 5/10/94
13	716 Lewis, R. 5/16/94	705 Holmes, C. 4/23/94	1879 Balthasar, M. 5/10/94
14	716 Lewis, R. 5/16/94	705 Holmes, C. 4/23/94	1879 Balthasar, M. 5/10/94
15	710 Ball, G. 7/30/94	699 Kamada, T. 7/3/94	1791 Dunsagan, R. 11/4/94
16	710 Ball, G. 7/30/94	699 Kamada, T. 7/3/94	1791 Dunsagan, R. 11/4/94
17	705 Holmes, C. 4/23/94	683 Boyer, J. 12/12/93	1780 Dunsagan, R. 11/4/94
18	705 Holmes, C. 4/23/94	683 Boyer, J. 12/12/93	1780 Dunsagan, R. 11/4/94
19	700 Connolly, J. 7/3/94	672 Brodinski, J. 8/16/94	1769 Takovans, G. 11/4/94
20	690 Gernert, H. 11/4/94	672 Brodinski, J. 8/16/94	1769 Takovans, G. 11/4/94
21	690 Gernert, H. 11/4/94	672 Brodinski, J. 8/16/94	1769 Takovans, G. 11/4/94
22	690 Gernert, H. 11/4/94	672 Brodinski, J. 8/16/94	1769 Takovans, G. 11/4/94
23	683 Boyer, J. 12/12/93	670 Moss, S. 12/14/93	1758 Williams, L. 4/17/94
24	683 Boyer, J. 12/12/93	670 Moss, S. 12/14/93	1758 Williams, L. 4/17/94
25	683 Boyer, J. 12/12/93	670 Moss, S. 12/14/93	1758 Williams, L. 4/17/94
26	680 Schickel, D. 3/15/94	670 Sherr, A. 10/20/94	1752 Walker, S. 4/23/94
27	680 Schickel, D. 3/15/94	670 Sherr, A. 10/20/94	1752 Walker, S. 4/23/94
28	675 Johnson, R. 9/10/94	670 Sherr, A. 10/20/94	1752 Walker, S. 4/23/94
29	675 Johnson, R. 9/10/94	670 Sherr, A. 10/20/94	1752 Walker, S. 4/23/94
30	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
31	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
32	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
33	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
34	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
35	672 Boyer, J. 12/12/93	661 Foster, S. 11/5/94	1743 Coleman, L. 11/5/94
36	665 Mearl, N. 10/2/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
37	665 Mearl, N. 10/2/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
38	665 Mearl, N. 10/2/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
39	661 Vrabec, J. 3/20/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
40	661 Vrabec, J. 3/20/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
41	661 Vrabec, J. 3/20/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
42	661 Vrabec, J. 3/20/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
43	661 Vrabec, J. 3/20/94	660 Jones, K. 12/12/93	1730 Thomas, W. 11/6/94
44	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
45	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
46	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
47	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
48	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
49	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
50	660 Mearl, N. 10/2/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
51	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
52	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
53	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
54	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
55	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
56	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
57	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
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59	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
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61	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
62	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
63	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
64	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
65	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
66	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
67	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
68	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
69	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
70	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
71	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
72	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
73	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
74	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
75	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
76	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
77	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
78	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
79	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
80	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
81	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
82	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
83	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
84	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
85	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
86	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
87	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
88	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
89	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
90	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
91	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
92	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
93	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
94	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
95	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
96	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
97	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
98	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
99	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94
100	655 Borchers, J. 6/16/94	655 Turner, R. 7/3/94	1715 Ball, D. 5/14/94



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NEXT MONTH... TOP 220

Corrections: C.J. Battien's 484 bench press at 275 was not included on the ADPPA TOP 20 rankings for the weight class. Jesse Kellum's 584 bench press at 196 was not included in the results of the WPC Worlds, however, we do have it in the rankings for this weight class, at left. Meet Director Brian Washington indicates that "Thomas Dennis was erroneously reported as being second place in the 1994 ADPPA Baltimore Bench. Thomas finished in first place in the 165 lb. class." We do make errors on the completion of these lists, and sometimes the results that are submitted to us contain errors or ambiguities, and quite frequently the results of a competition submitted to POWERLIFTING USA for consideration by your director your desire that the submit the contest results to us, so you can get a shot at getting proper credit for your lifting accomplishments. If the contest results are not published where, as 99% of the rest of the powerlifting world goes, they may be overlooked when placed in any and all of these books. We can lead to errors on the lists, but we can only encourage "ERRORS" Book send corrections to "ERRORS" Book 467 Camarillo, California 93011.

WOMEN LIFTERS, we will be doing the annual WOMEN'S TOP 20 listing in the 1995 edition of POWERLIFTING USA. If you met results haven't been published in PL USA for 1994, have them directed to contact us directly/ immediately.

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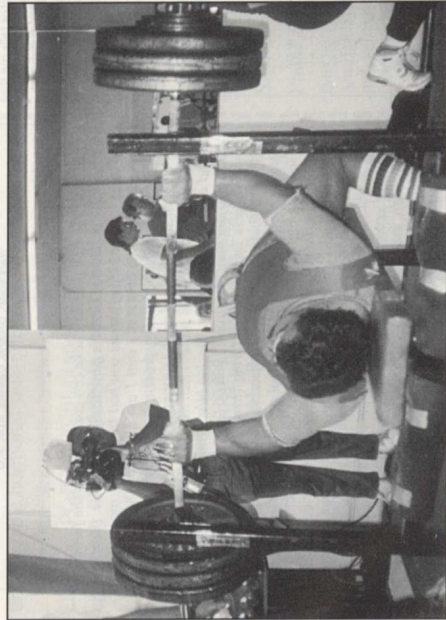
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Craig Tokarski



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 to 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 G. Di Pasquale, M.D., 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: I am a natural bodybuilder and I am currently taking the following supplements: liquid Vanadyl, GABA, Creatine Monohydrate and Testosterone. My question is what effects, if any, do these supplements have on the body's cholesterol level. **Ken G.**

DEAR KEN: None of the compounds you mentioned have any significant effects on serum cholesterol levels. There are, however, many compounds that do exert an effect on serum cholesterol and triglycerides, including DHEA, chromium, carnitine, acetylcholine, niacin, and fish oils (omega-3 fatty acids). As an aside, you should be aware that using vanadyl can be counterproductive since it can be toxic and doesn't do anything to increase muscle mass and strength. Information on how various nutritional compounds affect serum cholesterol is contained in both of my current projects. I've just finished two new books; one is a comprehensive supplement guide (covering all the nutritional supplements - rating them for their effects on muscle mass and strength) and the other is on my new anabolic diet based on my high fat, high protein, low carbohydrate diet. Both books will be handled by Lee Costa's company, Optimum Training Systems. Their order desk number is 1-800-582-2083. If you subscribe to DRUGS in SPORTS the supplement book will be sent in lieu of part of the subscription. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: I am thirty-one years old and am just starting to get serious about my training. Though I'll never compete, I do want to gain some size (naturally) while I'm still fairly young, and I've made some decent progress so far. Since I have a tendency to gain fat when eating a lot, I try to minimize my meat consumption and instead take a milk-and-egg protein a few times a week, usually after a workout. My problem is that, over the last three years, I've had a couple of kidney stones. My doctor tells me that drinking a lot of water is the best prevention, and I try to keep myself well irrigated, but lately I heard that a high concentration of protein could cause kidney problems such as mine. In fact, I was going heavy on it before my last stone. I already know it gives me bouts of constipation. So what's the deal? Should I give up on the protein altogether? Or would a vegetable protein powder be better for me? Sincerely, **Matt T.**

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DEAR MATT: High protein intake can contribute to the formation of kidney stones in those who are genetically susceptible. I'd have to know what kind of kidney stones you had to give you more specific information. There is one study that I am aware of that looked at whether different types of dietary protein might have different effects on calcium metabolism and on the propensity for renal stone formation (Relationship of animal protein-rich diet to kidney stone formation and calcium metabolism. Breslau NA; Brinkley L; Hill KD; Pak CY. J Clin Endocrinol Metab Jan 1988 66(1):140-6). Fifteen young normal subjects were studied during three 12-day dietary periods during which their diet contained vegetable protein, vegetable and egg protein, or animal protein. The animal protein-rich diet was associated with the highest excretion of undissociated uric acid due to the reduction in urinary pH. Moreover, citrate excretion was reduced because of the acid load. However, oxalate excretion was lower than during the vegetarian diet. Urinary crystallization studies revealed that the animal protein diet, when its electrolyte composition and quantity of protein were kept the same as for the vegetarian diet, conferred an increased risk for uric acid stones, but, because of opposing factors, not for calcium oxalate or calcium phosphate stones. I would examine my formula you consider for the presence of intact proteins and the number and kind of amino acids. Sincerely,
Mauro G. Di Pasquale, M.D.

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USPF President's Message

On behalf of the USPF National Headquarters Office, and the Executive Committee, I would like to wish everyone a happy 1995. The last few months have gone by quickly. I have had the privilege of traveling and have had the opportunity to see some of the world's best powerlifters. The IPF World Championships attract the finest powerlifters in the world and lifting at one of their championships is an experience that cannot be equalled in any other international powerlifting organization. There are usually at least thirty lifters in each weight class and there can be no more than two lifters from any one country. To face the best that other nations have to offer is an unforgettable experience.

The International Powerlifting Federation serves the sport of powerlifting superbly and its administration values the USPF and the other member federations as well and has been most supportive in the past year. Apparently, the ADPPA also recognizes the value of the IPF as a drug tested by the USPF.

The USPF is fortunate to have meet directors dedicated to meeting the wishes of the athletes. There have been several drug tested USPF meets across the country in the past few months. I would like to commend several of these meet directors. Buddy Duke had a fine meet in Adel, Georgia in December. We have had many good comments about

USPF National Headquarters Message

The USPF National Headquarters is pleased that President Peter Thorne has returned from his travels abroad promoting powerlifting. Contact can be made with Peter by calling the National Headquarters office at 1-800-500-9727.

We have had much positive feedback from our members since the USPF decided to keep the USPF Bench Press rules for all competitions below the National level. Several state chairmen have let us know that most powerlifters prefer to get a "clap" sound as a signal to begin their press. We also realize that the majority of our 6,000 members do not participate in a national or international competition and their wishes must be considered. One state chairman commented that by the time an athlete is preparing to lift in a national or international competition they are experienced enough to adjust to slight rule variances easily.

The USPF Bench Press Rules of Performance are as follows:

- (1) The bench shall be placed on the platform with the bar rests closest to the Chief Referee.
- (2) The lifter shall lie on his/her back with the feet, shoulders and buttocks in contact with the top surface of the bench. His/her shoes shall be flat on the floor or built-up surface. This position shall be maintained to receive the starting signal.
- (3) If the lifter's costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered with material of a contrasting color.
- (4) To achieve firm footing the lifter may use plates, blocks, or other materials of any dimension to build up the surface of the platform. Whatever method is chosen, the entire foot shall be flat on the plates or block and shall not extend beyond the outer edge. If the feet are not properly placed, the starting signal will not be given.
- (5) Not more than four and not less than two spotter-loaders shall be in attendance. The lifter may enlist the help of the spotter-loaders in removing the bar from the racks. The lift off if assisted by spotter-loaders, shall be to full arms extension. Note: If the lifter chooses to remove the bar unassisted, then the lifter does not have to press the bar to full arms extension before the bar is lowered to the chest.
- (6) The spacing of the hands shall not exceed 81 cm (approximately 32") measured between the inside edges of the forefingers. A reverse grip is permissible provided the distance between the inside edges of the little fingers does not exceed 81

cm. (7) After receiving the bar at arms extension, the lifter shall lower the bar to his/her chest and await the Chief Referee's signal. Before receiving the starting signal, the lifter may make any adjustments without penalty including more than one partial descent to the chest.

(8) The signal shall be a clap of the hands when the bars are motionless on the chest. As an alternative to clapping the Chief Referee may use a clapping device subject to the approval of the Jury.

(9) After the signal to commence the lift has been given, the bar shall be pressed upward to full arms extension and held motionless until the audible command "RACK" is given.

(10) The bar may stop during the press, but no downward movement is permitted.

B. Causes for Disqualification of a Bench Press

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper, (i.e., any raising movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, the movement of either foot on the elected surface, or lateral movement of hands on the bar).
3. Heaving or bouncing the bar off the chest. Heaving the bar is defined as any downward movement of the bar after the clap signal is given accompanied by an upward thrust of the chest to initially start lifting the bar.
4. Allowing the bar to sink into the chest after receiving the Chief Referee's signal.
5. Any uneven extension of the arms during the press.
6. Any downward movement of either hand that occurs as the bar is being pressed upward.
7. Contact with the bar by spotter-loaders between the Chief Referee's signals.
8. Any contact between the lifter's feet and the bar or its supports.
9. Deliberate contact between the lifter and the bar rest uprights during the lift to make the press easier.
10. Failure to press the bar to full arms extension at the completion of the attempt.

As everyone knows, and as we have stated before, records set in the USPF are the most credible records in the United States. The lifter must pause on his chest, press the bar up evenly and actually lock out his arms. There is a limit to how wide the grip can be. Usually a power bar has two rings marked in the knurling a few inches from the end of the bar which is usually the legal limit to how far the index finger can be placed (81 cm). If you bench with a reverse grip it would be your little finger that

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would have to be within the maximum grip limit. Reverse grip is just as legal as the standard grip but there is a rule on how wide the grip can be placed. You cannot grip the bar all the way out to the sleeves. One reason for this rule is that some lifters' arms are so short that if they grip the bar beyond the legal limit they would only have a one inch or less clearance off their chest with arms locked at full extension.

The lifting suit must be a one-piece full-length lifting suit of one-draw stretch material without any additional patches or padding. The straps must be worn over the shoulders at all times while the lifter is on the platform. A folded strap or a strap that has a piece of material added, should be legal on a suit. Similarly, a lifting suit that has been torn and subsequently repaired/patched with an acceptable one-piece piece of material should be a legal suit, so long as it does not increase total thickness, and the inspecting officials deem that such a patch does not offer an unfair advantage to that lifter. A properly mended suit should not be considered unsightly attire and as such unsuitable to be worn on the platform.

A shirt can be worn under the lifting suit. The shirt must be made of one-piece stretch material, cotton or polyester, or a combination of the two. Specialized manufactured shirts such as Bench Shirts, or "Erector Shirts" as approved by the USPF Technical Committee may be worn. The shirt cannot be ribbed or consist of any ribbed material. It cannot have zippers, pockets, buttons, or extra seams across the chest or back. It cannot be made of denim, canvas, burp, foam rubber, or chain mail (and cannot have a motor). A lifter can only wear one shirt at a time. Elbow wraps are also prohibited.

This may sound very detailed but many of you might be surprised what kind of things are allowed and the lack of standards and rules in non-USPF sanctioned meets.

We have been questioned on why the USPF keeps changing back and forth on the Bench Press Rule. The reality is that the USPF has not changed its rules at all. The IPF changed the bench press rules for international competition, but the USPF rules are decided by the USPF. The issue was brought up at the 1994 National Committee meeting and the delegates representing the athletes voted to keep the USPF bench press rule as it was. Keep reading this section in PL USA to prevent getting confusing and false information.

The 1995 USPF National Bench Press Championships will be held in Parkersburg, West Virginia on March 4 & 5. The IPF bench press rule will be in effect at this championship.

The reason for this is because IPF rules apply to all championship where world teams are selected. The USPF Bench Press team will be selected from the participants of this championship. The 1995 IPF World Bench Press Championships will be held June 24 & 25 in Ostrava, Czech Republic.

Other USPF National Championships and IPF World Championships are scheduled as follows:

February 25 & 26 - USPF Junior National Championships, Philadelphia, PA. Robert Keller, Meet Director, 215-452-5941.

July 24-28 - IPF Junior World Championships, New Delhi, India

March 25-26 - USPF Collegiate National Championship, Baton Rouge, LA. Paul Fletcher, Meet Director, 504-753-8586.

RECORDS - American Records must be set in a full three-lift powerlifting meet and the lifter must perform the squat, bench press and deadlift in the contest.

American Single Lift Records must be set only in a single lift bench press meet. Sometimes single lift bench press meets are run during the same day as full powerlifting meets.

You may request records or receive record applications from the USPF National Headquarters office. American records must be judged by at least one international referee and two USPF National referees.

October 8 - USPF Deadlift National Championship, Advanced Strength and Fitness Productions, California, 714-533-4301.

If you are interested in serving as a team manager or coach for any of the world teams, please notify the National Headquarters in writing as soon as possible. The Executive Committee will determine the coaches and team managers for each world team in advance of the National Championship where the team will be selected.

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ALL TIME COMMENTARY ... With all the hype of a three-ring circus, Inzer hangs on to the top pull. It remains the Middleweight's Deadliest Deed! Awesome Dan Austin is hot on his tail and popped a big 744 IW! World Record exceeding lift at this year's USPF Seniors. Al Trice is chasing them both and inched into 3rd spot All Time. His 725 in April '94 regressed Aubrey Alexander into 4th. Gaugler and Crain tied into 716 lbs. Gaugler did it a year sooner and Ricky made his in the '83 Seniors. The Psyche King brought the crowd to a frenzy and he didn't disappoint them. Sunland CA's Bill Cavalieri's 705.4 was done 7 1/2 years earlier than Tom Eusemann. Fred Toins supersedes Toledo's Jerry Bell who was the first 1,655 in history to pull over the magic 700. Grider makes it an even dozen to surpass this figure. Culberson's lift was on a kilo bar - 699.97 - about as close as you can get. Mr. "Clutch" US and World Champ Doc Rhodes ranks a scant pound below McCarty. Indiana's wayward son, and just above Troy Hicks and Topogouli. Hicks came close to a world record on several occasions. How could I forget Joe Spack who lifted for our Central Indiana Club in the '71 Seniors? Joe never has come down from plateau time. World Champ Mike Bridges ranks 36th with his 300 kg. while his brother Bob stole his thunder year up in 6th place with 711.1 an ADPPA record. If you go back to the very beginning of powerlifting you see Robert Burnett, the prison inmate from Moberly, MO with a 1968. Sammy Willis was a Hoosier physique star who gave it a go and pulled 650 in 1976. This was a state record that I thought might never be broken but McCarty did it. Willis rates behind three others who did it later but on a kilo bar (650.36). Pioneer Nate Harris had the record at 630.5 in early 1967 till Burnett beat it. Burts, Andrews and Kaplan were among the pioneers and fell out remaining positions. Sealey, Peterson, Middleton, Moutzon, Wright and Thompson also pulled 625 but not early enough to make the Top 100. In case you are curious it took a 606 to rate among the 200 best. NEXT MONTH - the 181's - Eusemann pulled 800 to completion but the officials said no. The biggest pull is 791 by the greatest powerlifter today on his rise to the top? Can you name him? If not, see next month. Herb Clossbrenner

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 -Dealer inquires welcome

USA All Time TOP 100 Deadlifters-165 compiled by HERB CLOSSBRENNER

748	25APR92	Inzer, J
744	30JUL94	Austin, D
744	02APR89	Alexander, A
722	02APR89	Gaugler, R
716	12MAR82	Crain, R
716	03DEC73	Cavalieri, B
705	12MAR83	Eusemann, T
705	28MAR92	Toins, F
702	21MAY78	Bell, J
700	20JUL93	Grider, W
690	20JUL93	McCarty, J
688	15SEP85	Rhodes, J
688	26AUG78	Trice, A
688	07JUL82	Topogouli, J
685	22APR78	Walters, H
685	97DEC85	Allen, R
685	31JUL82	Herring, C
683	09JAN83	Coan, E
680	12APR78	Sparks, J
680	12APR78	APR83
677	21AUG81	Krykova, V
677	27MAR82	Feight, M
677	03FEB88	Chandler, K
672	23JUL84	Hoffman, H
672	02JUN84	Hoffman, H
672	17JUL84	Bell, C
672	15FEB89	Hancock, M
672	14NOV91	Ricks, D
668	30MAR88	Benvenuto, R
666	31MAR84	Hundley, D
666	04OCT80	Wehant, L
665	03FEB88	Walters, H
661	13NOV79	Bridgman, M
661	03DEC80	Ford, M
661	03DEC80	Kobetz, R
660	05JUN83	Williams, C
660	27APR84	Keel, C
660	20SEP87	Penketh, P
656	11JUN82	Walch, J
656	17SEP83	Tyres, J
656	11AUG84	Dunn, B
650	13JUN81	Wash, R
650	13JUN81	Wash, R
650	13JUN81	Wash, R
650	17APR76	Willis, S
650	13MAY78	Williams, C
650	26FEB82	Buse, M
650	23MAR82	Volpe, D
650	03FEB85	Finch, J
650	03FEB85	Finch, J
650	28MAY88	Davis, T
645	10DEC78	Wilson, J
644	21NOV87	Hullquist, C
644	04SEP84	Beavers, M
644	02JUL94	Beavers, M
644	26AUG78	Zelianski, M
644	02APR84	Merry, G
640	14JUL89	Thomas, W
640	76	Blue, D
640	13JUN77	McGuffee, R
640	22MAY82	Solomon, E
640	07FEB87	Beavers, M
640	04SEP84	Beavers, M
639	05FEB84	Mooney, E
639	03MAR85	Chong, S
639	05JUN85	Marlin, M
639	07FEB87	McGuffee, R
639	05JUN85	Marlin, M
635	29APR78	Cauldy, A
635	29APR78	Cauldy, A
633	08JUL78	Wardle, B
633	26AUG78	Wardle, B
633	01DEC85	Shockett, S
633	09JUL88	Cope, J
630	25FEB87	Harris, N
630	70	Alday, V
630	07FEB82	Jones, D
630	23FEB84	Wambagans, F
630	07FEB82	Wambagans, F
630	09DEC84	Black, B
630	10MAR85	Battle, B
628	08NOV80	Farmy, J
628	30CT82	Rouse, J
628	30CT82	Rouse, J
628	12FEB87	Brown, B
628	27FEB87	Hawson, J
625	07NOV87	Hawson, J
625	76	Andrews, W

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MDSA Jake & Jenny's Gym Classic
5 Nov 94 - Willmar, MN
Closed Bench Press 300
J. Donher
L. Vanden
D. Sturgeon 275
198
M. Dahlie 470
D. Vanzo 370
Submaster 181
D. Jacobson 39
G. Labelle 55
Closed Squat
Submaster 181
Open Bench Press
K. Klein 165
Men 198
198
M. Cruzler 420
Judge: Darwin Jacobson, Roger Davis, Gary Grahn, Mike Dabke, George L. Johnson, and Billy Norton. Vito filled in for George L. Johnson although he is 470 and is now ranked #1 All-Time in the 30 class. His 470 bench was very easy for him. Billy Norton was one age up each time. Glen Woychik barely missed a 500 bench despite driving all night from Wisconsin. 175 lbs. Karna Kohn came to get her bench record back from Robbyn Ruff. She pushed up 175 strong and gave 190 a good ride. Mike Dabke moved up a weight class and pushed up 242 strong. Greg Klimk moved his own cheating section from Montevideo, Don Sturgeon attempted a 270 bench and has brought his own cheating section from Montevideo. Dan Sturgeon attempted a 270 bench and has competed for the first time in his life. At 181 more pounds and tried 280 twice. Yours truly at 198. Now it's slowly on the 165 class to put some fear in the bears of all the level 2 and level 3 submasters and masters out there in MDSA land. Stucco thanks to all who helped. (Thanks to Alex Stucco thanks to all who helped. (Thanks to Alex Director Darwin Jacobson for these meet results.)

Tri State Fall Classic II
23 Oct 94 - Wintersville, OH
Bench Press 380
J. Johnson
L. Vanden
D. Sturgeon 275
198
M. Dahlie 470
D. Vanzo 370
Submaster 181
D. Jacobson 39
G. Labelle 55
Closed Squat
Submaster 181
Open Bench Press
K. Klein 165
Men 198
198
M. Cruzler 420
Judge: Darwin Jacobson, Roger Davis, Gary Grahn, Mike Dabke, George L. Johnson, and Billy Norton. Vito filled in for George L. Johnson although he is 470 and is now ranked #1 All-Time in the 30 class. His 470 bench was very easy for him. Billy Norton was one age up each time. Glen Woychik barely missed a 500 bench despite driving all night from Wisconsin. 175 lbs. Karna Kohn came to get her bench record back from Robbyn Ruff. She pushed up 175 strong and gave 190 a good ride. Mike Dabke moved up a weight class and pushed up 242 strong. Greg Klimk moved his own cheating section from Montevideo, Don Sturgeon attempted a 270 bench and has brought his own cheating section from Montevideo. Dan Sturgeon attempted a 270 bench and has competed for the first time in his life. At 181 more pounds and tried 280 twice. Yours truly at 198. Now it's slowly on the 165 class to put some fear in the bears of all the level 2 and level 3 submasters and masters out there in MDSA land. Stucco thanks to all who helped. (Thanks to Alex Stucco thanks to all who helped. (Thanks to Alex Director Darwin Jacobson for these meet results.)

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28 Aug 94 - Monroe, WA		T	
SQ	BP	DL	DL
132	285	145	330
285	345	175	380
380	440	210	430
430	490	245	480
480	540	280	530
530	590	315	580
580	640	350	630
630	690	385	680
680	740	420	730
730	790	455	780
780	840	490	830
840	890	525	880
890	940	560	930
940	990	595	980
990	1040	630	1030
1040	1090	665	1080
1090	1140	700	1130
1140	1190	735	1180
1190	1240	770	1230
1240	1290	805	1280
1290	1340	840	1330
1340	1390	875	1380
1390	1440	910	1430
1440	1490	945	1480
1490	1540	980	1530
1540	1590	1015	1580
1590	1640	1050	1630
1640	1690	1085	1680
1690	1740	1120	1730
1740	1790	1155	1780
1790	1840	1190	1830
1840	1890	1225	1880
1890	1940	1260	1930
1940	1990	1295	1980
1990	2040	1330	2030
2040	2090	1365	2080
2090	2140	1400	2130
2140	2190	1435	2180
2190	2240	1470	2230
2240	2290	1505	2280
2290	2340	1540	2330
2340	2390	1575	2380
2390	2440	1610	2430
2440	2490	1645	2480
2490	2540	1680	2530
2540	2590	1715	2580
2590	2640	1750	2630
2640	2690	1785	2680
2690	2740	1820	2730
2740	2790	1855	2780
2790	2840	1890	2830
2840	2890	1925	2880
2890	2940	1960	2930
2940	2990	1995	2980
2990	3040	2030	3030
3040	3090	2065	3080
3090	3140	2100	3130
3140	3190	2135	3180
3190	3240	2170	3230
3240	3290	2205	3280
3290	3340	2240	3330
3340	3390	2275	3380
3390	3440	2310	3430
3440	3490	2345	3480
3490	3540	2380	3530
3540	3590	2415	3580
3590	3640	2450	3630
3640	3690	2485	3680
3690	3740	2520	3730
3740	3790	2555	3780
3790	3840	2590	3830
3840	3890	2625	3880
3890	3940	2660	3930
3940	3990	2695	3980
3990	4040	2730	4030
4040	4090	2765	4080
4090	4140	2800	4130
4140	4190	2835	4180
4190	4240	2870	4230
4240	4290	2905	4280
4290	4340	2940	4330
4340	4390	2975	4380
4390	4440	3010	4430
4440	4490	3045	4480
4490	4540	3080	4530
4540	4590	3115	4580
4590	4640	3150	4630
4640	4690	3185	4680
4690	4740	3220	4730
4740	4790	3255	4780
4790	4840	3290	4830
4840	4890	3325	4880
4890	4940	3360	4930
4940	4990	3395	4980
4990	5040	3430	5030
5040	5090	3465	5080
5090	5140	3500	5130
5140	5190	3535	5180
5190	5240	3570	5230
5240	5290	3605	5280
5290	5340	3640	5330
5340	5390	3675	5380
5390	5440	3710	5430
5440	5490	3745	5480
5490	5540	3780	5530
5540	5590	3815	5580
5590	5640	3850	5630
5640	5690	3885	5680
5690	5740	3920	5730
5740	5790	3955	5780
5790	5840	3990	5830
5840	5890	4025	5880
5890	5940	4060	5930
5940	5990	4095	5980
5990	6040	4130	6030
6040	6090	4165	6080
6090	6140	4200	6130
6140	6190	4235	6180
6190	6240	4270	6230
6240	6290	4305	6280
6290	6340	4340	6330
6340	6390	4375	6380
6390	6440	4410	6430
6440	6490	4445	6480
6490	6540	4480	6530
6540	6590	4515	6580
6590	6640	4550	6630
6640	6690	4585	6680
6690	6740	4620	6730
6740	6790	4655	6780
6790	6840	4690	6830
6840	6890	4725	6880
6890	6940	4760	6930
6940	6990	4795	6980
6990	7040	4830	7030
7040	7090	4865	7080
7090	7140	4900	7130
7140	7190	4935	7180
7190	7240	4970	7230
7240	7290	5005	7280
7290	7340	5040	7330
7340	7390	5075	7380
7390	7440	5110	7430
7440	7490	5145	7480
7490	7540	5180	7530
7540	7590	5215	7580
7590	7640	5250	7630
7640	7690	5285	7680
7690	7740	5320	7730
7740	7790	5355	7780
7790	7840	5390	7830
7840	7890	5425	7880
7890	7940	5460	7930
7940	7990	5495	7980
7990	8040	5530	8030
8040	8090	5565	8080
8090	8140	5600	8130
8140	8190	5635	8180
8190	8240	5670	8230
8240	8290	5705	8280
8290	8340	5740	8330
8340	8390	5775	8380
8390	8440	5810	8430
8440	8490	5845	8480
8490	8540	5880	8530
8540	8590	5915	8580
8590	8640	5950	8630
8640	8690	5985	8680
8690	8740	6020	8730
8740	8790	6055	8780
8790	8840	6090	8830
8840	8890	6125	8880
8890	8940	6160	8930
8940	8990	6195	8980
8990	9040	6230	9030
9040	9090	6265	9080
9090	9140	6300	9130
9140	9190	6335	9180
9190	9240	6370	9230
9240	9290	6405	9280
9290	9340	6440	9330
9340	9390	6475	9380
9390	9440	6510	9430
9440	9490	6545	9480
9490	9540	6580	9530
9540	9590	6615	9580
9590	9640	6650	9630
9640	9690	6685	9680
9690	9740	6720	9730
9740	9790	6755	9780
9790	9840	6790	9830
9840	9890	6825	9880
9890	9940	6860	9930
9940	9990	6895	9980
9990	10040	6930	10030
10040	10090	6965	10080
10090	10140	7000	10130
10140	10190	7035	10180
10190	10240	7070	10230
10240	10290	7105	10280
10290	10340	7140	10330
10340	10390	7175	10380
10390	10440	7210	10430
10440	10490	7245	10480
10490	10540	7280	10530
10540	10590	7315	10580
10590	10640	7350	10630
10640	10690	7385	10680
10690	10740	7420	10730
10740	10790	7455	10780
10790	10840	7490	10830
10840	10890	7525	10880
10890	10940	7560	10930
10940	10990	7595	10980
10990	11040	7630	11030
11040	11090	7665	11080
11090	11140	7700	11130
11140	11190	7735	11180
11190	11240	7770	11230
11240	11290	7805	11280
11290	11340	7840	11330
11340	11390	7875	11380
11390	11440	7910	11430
11440	11490	7945	11480
11490	11540	7980	11530
11540	11590	8015	11580
11590	11640	8050	11630
11640	11690	8085	11680
11690	11740	8120	11730
11740	11790	8155	11780
11790	11840	8190	11830
11840	11890	8225	11880
11890	11940	8260	11930
11940	11990	8295	11980
11990	12040	8330	12030
12040	12090	8365	12080
12090	12140	8400	12130
12140	12190	8435	12180
12190	12240	8470	12230
12240	12290	8505	12280
12290	12340	8540	12330
12340	12390	8575	12380
12390	12440	8610	12430
12440	12490	8645	12480
12490	12540	8680	12530
12540	12590	8715	12580
12590	12640	8750	12630
12640	12690	8785	12680
12690	12740	8820	12730
12740	12790	8855	12780
12790	12840	8890	12830
12840	12890	8925	12880
12890	12940	8960	12930
12940	12990	8995	12980
12990	13040	9030	13030
13040	13090	9065	13080
13090	13140	9100	13130
13140	13190		

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'Captain' Kirk and the LEGENDARY CHALLENGE

History books were
rewritten at '94
USPF Nationals



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

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 Karwoski 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 blasted the weight to completion! On a second attempt, the defending champion repeated the weight and kept himself in the meet. The stage was set

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

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 Wohleber!

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!

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

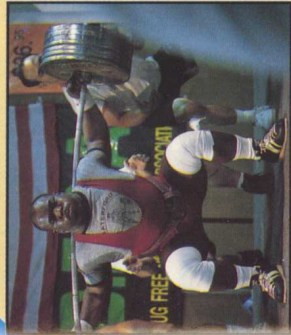
Again the descent is agonizingly slow. An awe-some display of unbelievable quad and glute strength. Depth is broken and then taken even deeper into the pits of No Man's Land. And then history is rewritten again! At warp speed, "Captain" Kirk propels himself into the history books. Three whites make "Captain" 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: Carrie Boudreau, 123; Bettina Alitzer, 132; Phil Hile, 114; Tim Taylor, 123; Lamar Gant, 132; Dan Austin, 165; Gene Bell, 198; Kirk Karwoski, 242. **Silver Medals:** Kelli, 123; Greg Young, 114; Greg Jones, 181; Sly Anderson, 198; Bronzke 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

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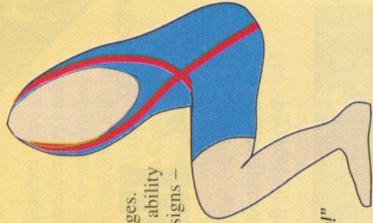
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"The Majority of Today's Champions Use The Centurion!"

And it's still backed by the "performance guarantee" our competitors "refuse" to match. Six months *crutch* (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.



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



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APF / WPC

MARCH 18 1995: WPC World Record Breakers Bench Press Contest
(No Qualifying Total Required!)

MARCH 19, 1995: APF Deadlift Nationals
(No Qualifying Total Required!)

MEET SITE: Holiday Inn Express, Elmhurst, Illinois

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MARCH 11 & 12: APF SUBMASTERS NATIONALS
(No Qualifying Total Required)

MEN & WOMEN AGES 35-39 YRS

MEET SITE: HOLIDAY INN EXPRESS, ELMHURST, ILLINOIS

FOR MEET PACKAGE CONTACT:

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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.

- 4 FEB, WNPFF Northeastern Challenge (Lawrence, PA) WNPFF, 2560A Pecandy Circle North, College Park, CA 30349, 404-996-5008 12:5pm
- 4 FEB, NANA Alabama State PL/BP (Shelbyville, AL) Rich Peters, Box 735, Noble, OK 73068
- 4 FEB, USPF Drug Tested Womens Powers Classic (open, women, J, women), PG Plaza Community Center, 6600 Adelphi Rd., Haysville, MO 20782, Slip Corley, 301-864-1612
- 4 FEB, APF New York State/Open, Ralph Radick, Iron Island Gym, 3465 Lawson Blvd., Oceanide, NY 11572, 516-594-7800
- 4 FEB, USPF 11th Annual H.C. Beach Pro Invitational, Hard Core P.H.S., Beach Pro Invitational, 21 Hale St., Westport, CT 06880, 203-227-0335
- 4 FEB, 5th Midwest Drug Free Open Bench Press Classic, Tom Gales, Oakbrook YMCA, 324 Washington Ave., Oakbrook, WI 54901, 414-226-3391
- 4.5 FEB, APF Texas State PL/BP (Dallas) Jimmie Adams, 1700 Cord Road, Rockwall, TX 75080, 214-253-8875
- 4.5 FEB, ANPPC Southeastern Regional Supremacy PL/BP/DL Powerhouse Gym, 11500 SR 84, Dawke, FL 33325, 305-476-3166
- 5 FEB, Oswego St. University Bench Press (open, men, women, masters) Frank Pano, Oswego State University, 1000 Main St., Oswego, NY 13126, 315-341-2405
- 5 FEB, Illinois State Meet, Greg Gordon, 205 Muller Rd., Washington, IL 61571, 309-444-7546
- 10-12 FEB, CPU (IFF affiliate) Canada-ans (women, open, junior, masters), men (junior, masters), bench press) Pat & Larry Ling (Chilliwack, BC), 604-479-2222
- 11 FEB, NANA Tennessee State PL/BP (Jackson, TN) Rich Peters, Box 735, Noble, OK 73068
- 11 FEB, USPF Oklahoma State, James Dehaven, 119 W. Main, Norman, OK 73069, 405-366-0199
- 11 FEB, American Legion Indiana State BP (high school, open) Everett's Gym, 125 N. 10th St., Ellettsburg, IA 52621, 319-333-1111
- 11 FEB, March Madness BP/DL (open, submaster, master, teen, women) Dr. Darrel Latch, 126 W. Sak, Tuscumb, IL 61953, 217-253-5429
- 11 FEB, AAU Drug Tested Florida Bench Press, Semo Thonkiddie, 16509 Joppe Ave., Port Charlotte, FL 33948, 813-625-0680
- 11 FEB, NSA Mass (Open) Bench Press Classic (men, women, masters, junior, teen, submaster), Big 10, New Orleans, LA
- 70142, Sgt. Nathan J. Andrus USMC, 504-361-2361
- 11 FEB, NANA Th-Share State PL/BP (LA, AL) MS) Rob Willis, MATISSE, NAS Meridian, MS 39069, 601-676-7777
- 11 FEB, (new date) POCOC All Washington Open, Congressional Meet, Jon Krause, Recreation, 1830 Eagle Crest Way, Chatham Bay, WA 98326, 206-963-2000 ext 3193.
- 11 FEB, APA Drug Tested Florida Record Breakers Bench Press, Scott Taylor, Box 11393, Englewood, FL 34295, 813-697-7962
- 11 FEB, ADFPA 1st Annual Dead of Winter Outdoor Deadlift Contest (drug tested, all ages, open, men, women, no formula) Dave & Debbie Kuzirian, 475 W. 8th St., Cannon City, NV 89073, 702-885-1886
- 11 FEB, 6th Drug Free Central Ohio Bench Press, Matt Croak, Box 601, Johnston, OH 43031
- 11 FEB, WNPFF Can-Am Championships (open, men, women, masters) PL/BP/DL/Eat/DL/Eat, 940 Rock Creek, White Lake, MI 48386, 810-698-9736
- 12 FEB, ADFPA Bangor Bench Press (men, women, teen, master), Trish Hanley, 17 Second St., Bangor, ME 04401, 207-941-2808
- 12 FEB (new date), ADFPA Supremacy Bench Press (open, lifetime, novice, women, teen, submaster, master, law & fire), Carl Kye, 719-823-6994, Mountaintop, PA 18707, 719-823-6994
- 18 FEB, NANA Kansas State PL/BP (Great Bend, KS) Rich Peters, Box 735, Noble, OK 73068
- 18 FEB, Midwest Deadlift Championship, Allyn Dye, 615 St. Joe, Rapid City, SD 57702, 605-348-5070
- 18 FEB, ANPPC Midwest Supremacy PL/BP (open, men, women, masters) submaster) Dr. Darrel Latch, 126 W. Sak, Tuscumb, IL 61953, 217-253-5429
- 18 FEB, USPF Arkansas State High School, Greg Thier, 245 Browning Dr., Monticello, AR 71655, 501-367-2854 (see)
- 18 FEB, 7th ADFPA East Coast BP or DL, Joe Pura, 25 Louis Dr., Budd Lake, NJ 07825, 201-674-7150
- 18 FEB, APF Texas State BP (NO drug tested) not tested men, women, teen, masters) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962
- 18,19 FEB, (new date) USPF New York State (women, teen, master, submaster) Mark Becht, 18 Marie Rd., Buffalo, NY 14215, 716-894-6583
- 18 FEB, AAU California Sweet John East 489 S. Vermont, Daly City, CA 94014, 415-992-1114
- 19 FEB, (new date) 1st AAU New Jersey Drug Free PL, Joe Pura, 25 Louis Dr., Budd

ADFFPA

Women's Nationals

May 6 & 7, 1995
Stouffer Concourse Hotel
St. Louis, MO

* **Qualifying Meet for 1995**

World Meets in Sussex, England, Teenage Divisions: Open, Masters, Junior, Teenage
For Entry Information Contact:

Mike Cissell
15 Lakeside Drive
Lake Saint Louis, MO 63367
(314)625-1225 Days

Coming Events

- Lake, NJ 07828, 201-691-0824.
- 25 FEB, NANA Illinois State PL/BP (Elliington, IL) Rich Peters, Box 735, Noble, OK 73068
- 25 FEB, (new date) Pennsylvania Teenage (14-15, 16-17, 18-19, residents only) Jim Burdman, Box 423, Green Lane, PA 18054, 215-234-4685
- 25 FEB, Claude Youngren Memorial Drug Free PL/BP/DL, Mike Raps, 521 Caroline St., Pelin, IL 61594, 309-346-7592
- 25 FEB, Pennsylvania State Bench Press (open, men, women, masters, junior, teen, submaster), 215-572-0181
- 25 FEB, USPF North Carolina BP (open, master, women, J) Len Adams, 829 Plaza Moore, Mooresville, NC 28115, 704-663-0887
- 25 FEB, 5th CBPL Winter Bench Classic (all div., drug tested, open, novice, women, teen, submaster) Howard Cohen, 130 Broadway Rd., Shawnee, GA 30176, 404-261-4651
- 25 FEB, (new date) NANA Arkansas State PL/BP, Don Skedd, 314 MWRS/MWAMP, LRABF, AR 72099, 501-988-3283 or Larry Kye 982-7658
- 25 FEB, Savannah Bench Press (open, women, teen, masters) Howard Cohen, 130 Broadway Rd., Shawnee, GA 30176, 404-261-4651
- 25 FEB, (new date) NANA Arkansas State PL/BP, Don Skedd, 314 MWRS/MWAMP, LRABF, AR 72099, 501-988-3283 or Larry Kye 982-7658
- 25 FEB, Savannah Bench Press (open, women, teen, masters) Howard Cohen, 130 Broadway Rd., Shawnee, GA 30176, 404-261-4651
- 25 FEB, USPF NJ Nationals, 14-15, 16-17, 18-19, 20-23, Drug Tested Qualifier for JF Jr, Worlds, Rob Keller, 252 John Lane, Ambler, PA 19002, 610-368-9116
- 25 FEB, 1st Anthony Clark Law Enforcement Beneficent, Anthony Clark, 802 E. Pasadena Freeway, Pasadena, TX 77506 (book girls PL/BP, grades 9-12), Gary School, 37 Wilwood Dr., S. Charleston, OH 45368, 513-568-9116
- 26 FEB, 5th Texas Deadlift Classic (high school, open, men, women, masters, junior, teen, submaster), 101 E. 12th, Fort Worth, TX 76102, 817-397-3150
- FEB, USPF Texas State, GUT Thompson, 215 Coronation, Houston, TX 77034, 713-944-8311.
- 4 MAR, (new date) Southern Illinois BP/DL (open, teen, women, master, submaster)

1995 (PBA) Professional Benchers Alliance Ironmasters Bench Press Classic - 25 Mar 95

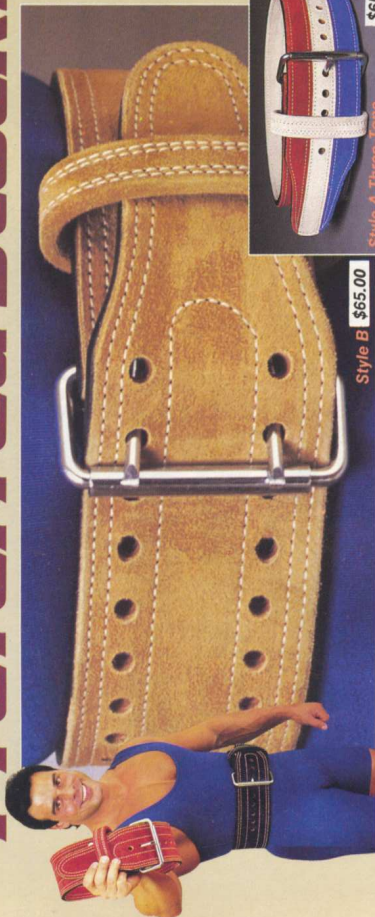
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- *\$300 Cash Best Lifter Women Masters (Malone) Age (40-49)

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- Men's and Women's Open all weight classes, 1st-3rd
- Men's Masters: weight classes grouped together: 114 to 181 lbs. Lightweight 1st thru 5th age (40-49) 198 to 310 lbs. Heavyweight 1st thru 5th age (40-49)
- Determined by (Schwartz formula)
- Women's Masters: weight classes grouped together: 94 to 120 lbs. Lightweight 1st thru 5th age (40-49) 130 to 174+ lbs. Heavyweight 1st thru 5th age (40-49)
- Determined by (Malone formula)
- Men's Grand Masters 1st thru 5th age (50 and older)
- Men's Teens (14-16) and (17-19) 1st-5th (Schwartz)

Host: Dan C. Harvie (AKA Dr. Bench), Ironmasters Gym USA
PO Box 186, Proctorsville, VT 05153, 802-226-7855, *Mornings
Entry Deadline March 11, 1995, Extra Fee after this date

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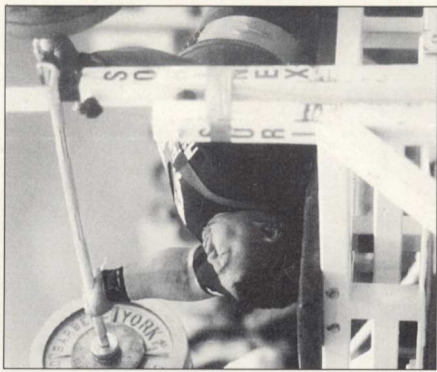
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark. Anthony Clark had stumbled with his 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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