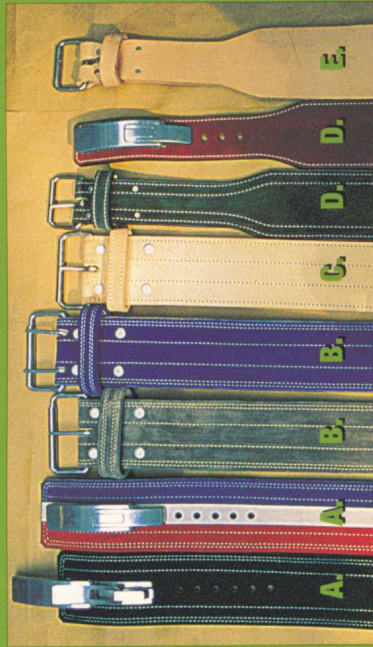


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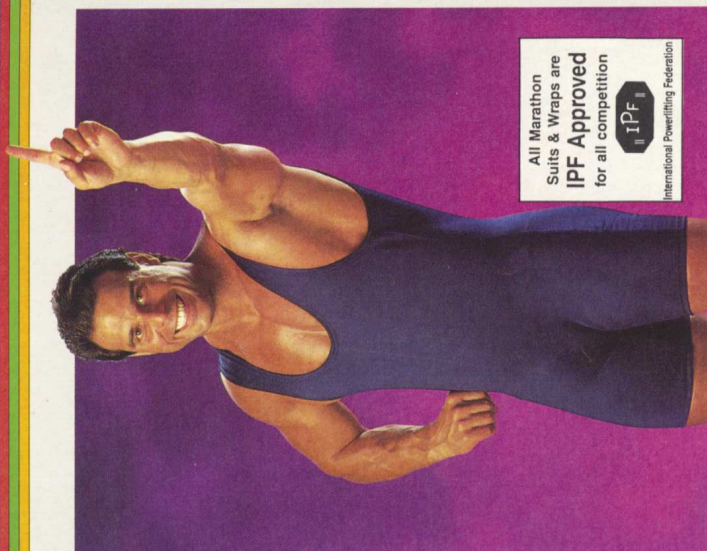
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Post Office Box 467
Camarillo, CA 93011

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Feature Editor Dr. Ken Leistner
Controller In Joe Lambert
Statistician Herb Glosbrenner
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.

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr\$54.00
Outside USA, surface mail .. \$36.00
US Outside USA, air mail...\$72.00 US

Telephone Orders
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ON THE COVER.... the new Chairperson of the International Powerlifting Federation Women's Committee, and one of the United States' most successful competitors, SHELBY CORSON

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INTERVIEW

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

BETSY OJANEN as interviewed for Powerlifting USA by Bob Gaynor



Betsy Ojanen hauls up a heavy deadlift attempt at the WDFPF Worlds

BG: Please give us some personal information.

BO: My name is Betsy Ojanen. I am 32 years old and am a firefighter/paramedic with the Phoenix Fire Department. My husband, Donn, is a captain/paramedic with Phoenix Fire and makes things a lot easier for me. He's a wonderfully understanding person and my greatest supporter!

BG: How did you get started?

BO: I got started lifting when I graduated from college in 1984. Suddenly, there was no more training the country for volleyball games, no track meets, and softball was only a summer activity. I was lost! My older brother literally dragged me into the gym at home (Las Cruces, NM) and had me start lifting with him. Three weeks later I went to my first meet. I was only going to watch him compete, but since there was no one in my weight class, he entered me. Just like that, I was hooked.

BG: What are your best lifts?

BO: Best lifts? Wow, I am one of those that usually does better in the gym than at the meet. My best meet lifts are 462 squat, 245 bench, a 436 deadlift and a best total of 1130. I hold the national and American and WDFPF records in the squat, bench, and total. If only I had a deadlift!

BG: Betsy, what are your future goals?

BO: My future goals are to squat 501 in competition. I tried it a few years ago at the Worlds in France and, well, it went down real nicely! Since then I have had surgery on both of my feet and the comeback for squatting has been a little slow. I would also like to bench 275 and pull a dream 475 deadlift. I'm using Steve Scalpini's training and he's convinced I can go at least that much; I am almost starting to believe him!

BG: What are your views on steroids?

BO: Steroids are illegal in competition and they are an illegal substance throughout the United States. Personally I believe that using steroids is wrong. Better lifting through chemistry is not my idea of competition. This sport is about who can put the best squat, bench, and deadlift together in a single day, not who

has had the best chemist in their corner. There have been enough studies, medical evidence, and testimony from former users as to the physical, emotional, and mental costs of using steroids, but it doesn't really seem to deter anyone. I don't understand people who would literally risk their lives to win a trophy; after all, there are very few whose livelihood depends on their ability to win a powerlifting meet.

BG: Does drug testing work?

BO: Drug testing as it is now is a beginning. I firmly believe that random testing during the off season is the only way to stop steroid use. I also believe that blood testing is probably the most accurate. If ADFFA officials sent

a notice to each lifter, in whatever city they chose to visit, telling them "next week we'll be in town, show up to be tested", that would be a real deterrent. Anyone refusing to show up would not be allowed to compete in the Nationals.

BG: Do you follow any special diet?

BO: I don't really follow any special diet. I really enjoy cooking and try to stay with a good low fat diet. I recently found "Cooking Light" magazine and it has some wonderful recipes with the nutritional breakdown for each one. I don't take any supplements or vitamins, they usually make me nauseous.

BG: What type of training program do you follow?

BO: My training program? With my work schedule, working 24 hours and then off for 48 hours, I don't really follow any set plan. Sometimes if we have had a busy night and I'm really tired, I'll change my original plan and do something light. I also run the mornings I get off work so I try not to do heavy legs that day. I use Scalpini's deadlift routine for squats and benches usually train according to what my body feels like. I have tried different routines printed in PL USA occasionally and get some fresh ideas. Unfortunately, not having a training partner it's sometimes easy to wimp out on a workout. I do use a 10 week training cycle before a meet and find that keeps me from peaking too early or too late.

BG: Do you have any advice for beginners?

BO: My advice for beginners is to learn the correct form. If your form is good your injuries will be fewer! Try to find someone in the gym that knows what they are doing and ask for help. The management usually knows who's who in their gym. Ask them to point you in the direction of a good lifter. Remember, if it is worth doing, it is worth doing right.

BG: How is powerlifting viewed?

BO: The general public really doesn't have any idea what powerlifting is. I am often asked if it is "the one on TV where you pick up the weight over your head." I have also had people ask me if I use steroids just because I move more weight than any woman they currently know. If only they could meet some of our light weight women; now those girls are really strong. If we could get more coverage in muscle magazines, publications found in the grocery store, then powerlifting would not be such a mystery to everyone.

BG: Are there any other comments you would like to make?

BO: I would really like to thank my husband Donn for his never ending support. Also, a special thanks to Randy Widmaler, my chiropractor, for putting the pieces back together all the time. Thanks also to Pete and his group at Titan Support Systems, a wonderful bunch of people who have created a great lifting unit.

CHAOS!!

"Somebody help... PLEASE!!!"

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

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

Magazine Ads Aren't Much Better!

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

You're working out hard. You want your progress to continue. And 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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INTERVIEW

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

BC: Where do you live?
JM: I live in Everett, Washington. A city of nearly 75,000 people 30 minutes north of Seattle.

BC: How old are you?
JM: I am 16 years old and have been lifting since I was 10. My first competition was the 1989 West Coast Open which I entered when I was 11 and was able to place first.

BC: What high school do you go to?
JM: I am a junior at Everett High.

BC: What is your athletic background?
JM: In addition to lifting weights, I played basketball from 6th grade until 9th grade, and I was in track running hurdles and throwing the shot put and discus when I was in 7th, 8th and 9th grades.

BC: How did you get into weight lifting?
JM: My father, Vince, has been a gym owner since I was a year old so lifting came naturally. I got involved in powerlifting when my father had a team in a powerlifting exhibition. The team was short one person and my father asked me if I would be his first person for the bench press. I have been lifting since.

BC: Didn't you compete in the Jr. Worlds?
JM: On June 17th, 1994 I com-

JENNIFER MOSER

as interviewed for POWERLIFTING USA by Bruce Citerman

peted in the 1994 IPF Junior World Championships in Bali, Indonesia. My squat was 303 pounds, bench was 137 1/2, and I deadlifted 297 1/2. My squat was good enough for a silver medal. (My best lifts ever are squat 303 pounds, bench 143 pounds, and deadlift 325 pounds.)
BC: You won the 1994 Jr. Nationals. What was your routine for the squat, bench press and deadlift?
JM: The following routine (#1) is started sixteen weeks before the competition and is done for eight to ten weeks. The second program (#2) I do during the last eight weeks before contest time. This may seem like a lot of training for some people, but it works for me.

#1 - Monday: High Bar Squats, 5x10, 80% of your 10 rep max; Dumbbell Bench Press 6x8, Dips 4x10, Neck Press 3x12, Military Press 5x10, Triceps Pushdowns 5x10, Dumbbell Extensions 5x12, Tuesday: Lat Pulldowns 5x10, V-Pulldowns 4x8, Compound Row 4x8, Neck & Shoulder 4x10, Dumbbell Preacher Curls 5x10, Hammer Curl 5x8, Super Fore-



Jennifer Moser at the '93 IPF Junior Worlds

75% of heavy) 5x10, Leg Curls 6x8, Call Raise 4x10, Saturday: Deadlifts (heavy), Partials 4x6, One Arm Rows 3x6, Seated Rows 4x8, Lat Pulldowns 4x10, Barbell Curls 6x8.

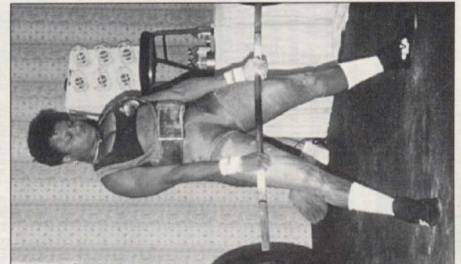
Heavy sets versus Week: 9 - 5x10, 8 - 4x8, 7 - 4x6, 6 - 5x5, 5 - 4x4, 4 - 3x3, 3 - 2x2, 2 - 2x1, 1 - contest.

BC: Why do you compete in the USPF?
JM: The USPF to me is the only real organization. I know that in winning the Junior Nationals in the United States, I represent the World Championships, and have competed against the best lifters and best coaches in the world. At the IPF World Championships I compete against 35 different countries instead of seven or eight.

BC: What future do you have in powerlifting, and do you have any additional comments?
JM: My personal goal is to be the 114 pound women's world champion in both the Junior and Senior divisions by age 19.

I would like to see Powerlifting in the Olympics in 1996 and someday have it become more popular than olympic lifting.

KATHY ROBERTS is a NASA Natural Powerlifting Champion in the 165 lb. Women's Pure Division. Kathy, who is 5'5" and weighs 164 lbs, has been competing in powerlifting since December 1991. She began her career, competing with the ADPPA in New Castle, DE. Kathy won second place in that meet and was awarded the best woman lifter trophy. Since then she has competed in various federations, ADPPA, USPF, NASA, WNPF, and the AP/WPA, in meets held in Connecticut, Pennsylvania, Maryland, and Virginia. She has placed first in most of the meets and has received the best woman lifter trophy at many of these meets. Kathy began competing in the 132 lb. weight class and is now competing in the 165 lb. class. Kathy has set records in all three weight classes: 132 lb., 148 lb. and 165 lb. She currently holds four World Powerlifting Alliance (WPA) world records, set in Temple Hills, MD in September 1994. Kathy has two WNPF World records, in the bench and deadlift, four NASA American Records, four NASA Virginia State records, and one USPF Maryland State bench press record. Kathy is currently on a mission to promote herself and the sport of powerlifting. She has done interviews with two local Virginia television stations, News Channel 8 and Channel 7. She also has done radio interviews with one local and one national radio station (WHUR and WTEN), respectively. Her goal is to try to educate people on the sport of powerlifting. She also wants to try and get more women involved in the sport. Kathy's lifelong dream is to be able to compete as a woman powerlifter as a member of the U.S.A. Powerlifting team in the Olympics. (Story and photos provided by Wendy Edwards)



INTERVIEW

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

BC: How old are you?
AL: I have just turned 32 years old of age.

BC: What do you do for a living?
AL: I have just currently left a career in the dental field of 12 years. I am recently in the process of changing my career. Perhaps something fitness oriented.

BC: What is your athletic background?



Ann LaComb in training for competition.

BC: What contests have you entered?
AL: I have been training and competing in Powerlifting for just over a year. The contests I have entered are as follows:

Aug/93 - 1st place AD-PPA FLORIDA STATE CHAMPIONSHIPS (104 lb.); Oct/93 - 1st place APA FLORIDA STATE CHAMPIONSHIPS (4 Florida State Records set, 105 lb. class); Dec/93 - 1st place and Best Lifter-APA DRUGFREE FLORIDA STATE CHAMPIONSHIPS (4 Florida State Records set, 105 lb. class); Dec/93 - 1st place APA NATIONAL CHAMPIONSHIPS (105 lb.); Mar/94 - 1st place WPA World Championships (105 lb.); July/94 - 1st place APF SENIOR NATIONAL CHAMPIONSHIPS (97 lb. class); Aug/94 - 1st place ANPPC ATLANTIC COAST BENCHPRESS CHAMPIONSHIPS (1 Florida State Record, 1 National Record, 1 National Record); My best competition lifts are 235 140 260 615.

BC: What is your training routine?
AL: The 3 competition lifts: squat, bench and deadlift are trained one day per week accompanied by assistance exercises. The 3 competition lifts are trained in a 7 week peaking cycle. Your goal is to be used on a percentage basis as follows: Week 1) 65% x 8 sets of 3 repetitions. Week 2) 70% x 7 sets of 3 repetitions. Week 3) 75% x 6 sets of 3 repetitions. Week 4) 80% x 5 sets of 2 repetitions. Week 5) 85% x 4 sets of 2 repetitions. Week 6) 90% x 2 sets of 2 repetitions. Week 7) CONTEST!

Performing no more than 3 repetitions on these sets teaches you to execute proper form. It is ideal to take short 1 1/2 minute rests between sets. Tight suits and wraps are added on Week 6.

ANN LACOMB

as interviewed for POWERLIFTING USA by Bruce Citerman

The work out week and assistance exercises: Monday: Squat (according to week), heavy good mornings (Weeks 4-6), leg press, hamstring movement, calves, Wednesday: bench press (according to week) bench lockouts, military press, side lateral raises, tricep extensions. Friday: deadlifts (according to week), reverse hyper-extensions (weighted), dumbbell lat row, wide lat pulldowns, dumbbell hammer curls.

Stretching and abs are to be done prior to every workout. All assistance work is done for approximately 2 to 3 sets of 8-10 reps. Always add weight or reps on assistance exercises weekly. On Week 5 start to cut back on assistance work. I have changed this training routine all year changing assistance exercises every 6 weeks successfully.

BC: What vitamins and supplements do you take?
AL: I feel proper supplementation for training is important year round, to aid recuperation and growth from intense training. The supplements are used in different variations throughout the year. The supplements that I choose are: multivitamin with minerals, branched chain amino acids, chromium picolinate, unadylate, creatine monohydrate, preworkout carbohydrate drink and when cutting weight I find MET-RX shakes are excellent.

BC: Why do you compete in the APF?
AL: I competed in the APF Seniors on advice from a friend that the APF consistently runs top quality meets with excellent lifters and production staff. I have no preference what federation I lift in as long as the needs of the lifters are in mind and standards are kept the same within the organization to make it equal to all competitors. Being a beginner I have had nothing but a lot of fun and good experiences with all people involved.

IN MEMORY... James Douglas "Doug" Denham, from Lakeland, FL, one of the premier bench pressers in the country, passed away on December 27, 1994 of a heart attack. He was 43 years old. Doug began weightlifting at the age of 17 and went on to dominate his weight class (198 lbs.) at powerlifting in and around Florida. He held the state record for the bench press in the 198 lb. class with a 450 lb. lift. His total was around 1700 lbs. He won just about every contest he entered in Florida and eventually grew into the 242 lb. class. He entered the drug tested, USPF Bench Press Nationals in August 1992, held in Tallahassee, FL and won the Masters 242 lb. division and the Best Lifter award with a 518 lb. lift. As a result of this win, he was selected to be a member of the USA Team against Team Sweden and Team Finland, the contest being held in April 1993. Unfortunately, due to the expense of travel to Europe, he was unable to make the trip. Shortly after, he injured his shoulder, which made him miss competition in the remainder of 1993 and 1994. Before the injury, he was benching 530 lbs. After rehabilitating the injury, he returned to serious training in late 1994 to get ready for the 1995 USPF Bench Press Nationals. He was again approaching the 500 lb. mark and the thought of competing again really excited him. He had tripled 450 lbs. in a bench workout the day he passed away. Doug was truly devoted to his family and friends and was a great person. He was and will always be an inspiration to all. *Rockey Bryan*



Doug Denham at the 1992 USPF Bench Press Nationals

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DON REINHOUT

"The Last Leviathan"

as told to Powerlifting USA by Herb Glossbrenner



Don Reinhardt attempting a squat of over 900 lbs. with the only supportive equipment being a thin belt. (photo by Bruce Klemens)

Once upon a time - long ago, when Powerlifting was still in its infancy, in upstate New York there lived a man. What a man he was. He had a date with destiny - to become the greatest of strongmen. He became the small community hero of Fredonia, NY what Blatz Beer was to Milwaukee - famous. Don lived in Fredonia most of his life, but for the past 15 years he has made his home in nearby (7 miles away) Brocton.

Don Reinhardt, is the man. Remember the name because no Superhero before or since could move iron like the Brocton Behemoth. He established a powerlift total of 24,200 around twenty years ago. Even then Don did not accumulate his best lifts together. Just imagine, all his lifts were performed without the modern-day supportive gear. A one piece wrestling singlet and no knee wraps or belt - that's it!

So, all of you Johnny-come-latelys never heard of him? This doesn't surprise me. Powerlifting's lost heritage needs a revival. Time to open those dusty issues of *Muscular Development* magazine and find out what real strength is all about. Intrigued? Then read on!

Donald Reinhardt was born in Dunkirk, NY, (just outside of Fredonia) on March 6, 1945. His mother and father were not athletic nor very large. He was the second of two offspring. His sister is six years older and grew to six feet tall as an adult. To say that Don was a bouncing baby boy would be an understatement. In fact, he set a hospital record, weighing in just a few ounces shy of 12 lbs. It was one delivery that Mrs. Reinhardt was glad to see completed. She declared that after that she wanted no more children.

Surprising as it may seem, Don was just an average sized boy growing up. He inherited his eventual size from his mother's side of the family. By the time he became 15 he was 6'1" and weighed 175 lbs. Basketball was his favorite sport. He participated in a winning Varsity team while in High School. Winning was first and foremost a part of Don's curriculum. He did not weight train because his school coaches discouraged it. In those days the general consensus was that weights hampered athletic performance. Misconceived notions ran rampant back then.

Don also played football. His position was tight end and defensive end. He made All Conference and threw the shot. He chucked the 12 lb. iron sphere 52'6" - good enough for a Western NY League and Conference record. Looking back, he believes that with tech-

nique and weight training he could have surpassed sixty feet. By the time he was a Senior in high school he was slam dunking, mowing down his gridiron opponents and had reached his full growth height of 6'3". He had filled out to 230 lbs. bodyweight.

Don attended Parsons College in Iowa where he studied accounting. He followed his career in his father's footsteps, getting a degree in Finance. After attending his first year, he was granted a scholarship in Track and Football. He participated in both, and was quick and athletic for his size. It was at the collegiate level that he got his first taste of weight training. His football coaches were knowledgeable concerning the benefits, and encouraged it. He gained up to 250 rapidly the first year. By the time he was 21 and a Senior he was up to 275 lbs. At first he just worked his arms and shoulders with overhead benches and curls. Introduced to the bench press, in a few short months he did 340.

After college he gave Olympic Lifting a try. He had rudimentary technique and no coach and be-

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6'11" / 285 lbs. - Pro Football Offensive Guard / St. Louis Cardinals - St. Charles, MO; 6th - 15 pts. - Cleve Dean - 6'7" / 160 lbs. - strongman / wrestler - Marietta, GA; 7th - 5 pts. - Joe Dube - 6'11" / 315 lbs. - 1969 World Olympic Lifting Champion - Sanderson, FL; 8th - 2 pts. - Dave Johns - 5'10" / 235 - 1977 Mr. AMERICA - Hollywood, CA; 9th - 1.33 pts. - Bill Anderson - 6'11" / 280 - Scottish Games Champion - Great Britain; 10th - withdrew after 6 events - Jerry Blackwell - 5'11" / 410 lbs. - pro-wrestler - Knoxville, TN.

Don returned to defend his W.S.M. title in 1980. He trained with a vengeance all year for it. He made up his own barrel and practiced until he got up to an incredible 330 lbs. He held the record at 300 from the previous year. At the last minute he was informed that it had been replaced with the log lift. Too late! He had trained for the barrel. He

was capable of a 2500 lb. total. HG: When were you at your absolute peak strength? DR: In 1980, training for the W.S.M. I cleaned and pressed a pair of 150 lb. dumbbells for fifteen repetitions. I did 965 for 3 in the parallel squat and 900x3 in the deadlift with straps. I didn't do bench presses, but made a 575 incline press at about a 35 degree angle. HG: Do you believe you could have done a 2500 P/L total at that time. DR: There was no doubt about it, had I trained my BP for a short time. HG: What was your best press off the rack? DR: I strict pressed 400 without specialization around 1975. I didn't try it while training in 1980, but I'm sure I could have done 450-475 with no problem. HG: What was your bodyweight at this time? DR: About 340. HG: For those out there who are tape happy, at your peak condition and size what kind of measurements did you possess? DR: Neck - 22 inches, arms - 23 chest - 60 thighs - 34, forearm - 18 (David P. Willoughby measured them and nearly went into shock), calves - 19. HG: What was your diet to give you strength and maintain your size during your peak strength years? DR: I drank a lot of milk. I was a dairy foods lover. Cottage cheese was a favorite. HG: Let me guess - big curd!



Big Don being interviewed at the World's Strongest Man by Tom Brookshier from CBS Sports

Job Corps as a youth counselor. HG: What did you do? DR: I used my background as a strongman and World P/L champ to serve as a positive role model for young people. I stressed the importance of a good education, high moral values and having a good relationship with parents, teachers, and everyone. I preached against the use of drugs and alcohol, but most of all - to be the best you can be. HG: Sounds rewarding, go on. DR: Since 1988 I have been Executive Director of Youth for Chautauquan County. Some thing, but a broader scope. HG: How did you get this job? DR: It is a politically appointed position. HG: Which political party? DR: (Laugh) Need you ask? Why, of course, I'm an elephant. Although some may believe I'm a jackass at times. HG: For those out there who are tape happy, at your peak condition and size what kind of measurements did you possess? DR: Neck - 22 inches, arms - 23 chest - 60 thighs - 34, forearm - 18 (David P. Willoughby measured them and nearly went into shock), calves - 19. HG: What was your diet to give you strength and maintain your size during your peak strength years? DR: I drank a lot of milk. I was a dairy foods lover. Cottage cheese was a favorite. HG: Let me guess - big curd!

DR: That's unbelievable. HG: That's not all. You should see the bench shirts. Williams might have done 800 if he had one back in '72. There are super bells, super underwear and wraps like you can't believe. DR: Sounds like legalized cheating. HG: That's exactly what it is. I have conservatively calculated that at your peak strength, after becoming accustomed to the supportive gear, you could have done 1036 661 904 for 26011. DR: Lifts made in that manner would have no credibility. It would have meant nothing to me. I'm disappointed that the sport of Powerlifting has lost its integrity. HG: So am I, Don. Moving on, give me an account of how you have made a living during your lifting years through the present. DR: For ten years, from 1968 through 1978, I worked as a public accountant. For the next six years, I worked for the Cassadaga L.

DR: What is your current bodyweight? DR: 250. HG: What does the future hold for Don Reinhardt? DR: To give my utmost devotion to my wife and family and enjoy my life to the fullest. Oh yes, I still do something - I eat different strengthwise - teeth lifting. I find I have fun lifting the kids where I work. They love it. I find it interesting and motivating. It also keeps my neck big. I've gotten up to about 430 lbs. HG: In closing, Don, what message would you send to powerlifting's aspiring hopefuls? DR: I'd like to see P/L return to its roots. Train for true power and abandon all the artificial supportive gear. Share friendship with your peers and competitors. Enjoy your lifting. Live up to your true potential. Be the best you can be - win or lose. And, finally, never quit.

Big Don is a legend in his own time. His fame is renowned. He's received the keys to the City of Buffalo, a fitting tribute. Everyone honors and respects him. Libby's had their "Jolly Green Giant", but Ho-ho-ho P/L can claim the "Jolly Supreme Giant". He is a true gentleman, who possessed strength few could imagine in their wildest dreams. His heart is as big as all outdoors. He is the best of the Levitahans. If you ever visit Upstate New York, make it a point to see his hometown. Check out the sign. "Welcome to Brocton - Home of Don Reinhardt - World's Strongest Man!"

DR: That's right, and eggs to "Boat a dozen a day. HG: The whole thing, no "yelling"? DR: (Laugh) Yep. The whole thing. HG: What about meat? DR: Of course. I also mixed a lot of protein shakes. I took lots of Vitamin C and E and desiccated liver tablets by the dozens. HG: Among your closest P/L friends, who was your favorite? DR: I loved them all, but Maru Philippe stands out especially. HG: Your coach? DR: I consider Cindy my one and only. She is the best I could have ever hoped for. HG: Do you have children? DR: Yes. Molly, my oldest, is 15. She is a high school freshman. My son Benjamin is now 13 and in the seventh grade. HG: Does he play sports? DR: Yes. He plays on his school's hockey travel team and makes trips on weekends and holidays. HG: No powerlifting? DR: He has his own interests. I haven't tried to clone him. He chooses his own activities. HG: Do you and Cindy still work out? DR: Yes, mostly cardiovascular work to stay in shape. No serious P/L.

DR: What is your current bodyweight? DR: 250. HG: What does the future hold for Don Reinhardt? DR: To give my utmost devotion to my wife and family and enjoy my life to the fullest. Oh yes, I still do something - I eat different strengthwise - teeth lifting. I find I have fun lifting the kids where I work. They love it. I find it interesting and motivating. It also keeps my neck big. I've gotten up to about 430 lbs. HG: In closing, Don, what message would you send to powerlifting's aspiring hopefuls? DR: I'd like to see P/L return to its roots. Train for true power and abandon all the artificial supportive gear. Share friendship with your peers and competitors. Enjoy your lifting. Live up to your true potential. Be the best you can be - win or lose. And, finally, never quit.

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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.
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(continued on next page)

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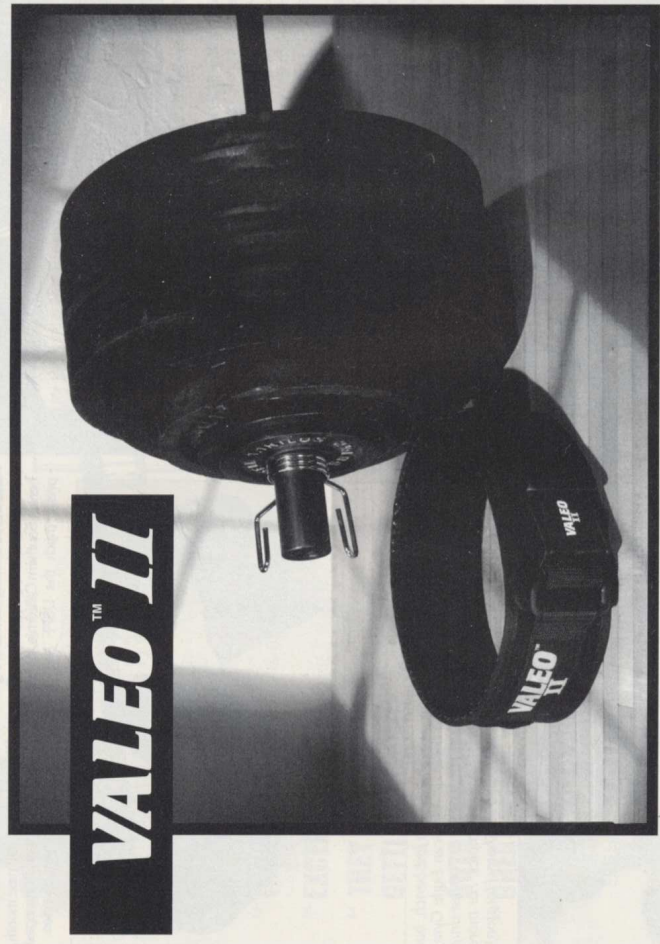
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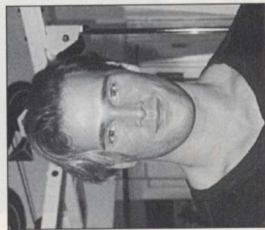
January and February aren't the busiest times of the year in powerlifting, so there's not as much action as usual to report. I spoke to Chris Confessore and he's aiming at big things for 1995.



Chris Confessore is ready to smash the 700 lb. bench barrier in 1995!

He closed out 1994 by hitting a 683 Bench in the 242 lb. class, and he's pushed up 710 in the gym. Chris is looking to hit a huge 720 in contest action in June! And that's at a very light 242.

Once he's past the 700 lb. barrier, Chris may pick up on the squat and deadlift. As if he had lots of free time. When he's not working full time at his regular job, Chris is out pushing his Bench Press book, and sales are strong. And Chris is now a spokesman for Iron Currian Labs, a vitamin manufacturer in Florida. When does he sleep?



Powerlifter, bodybuilder, and judo champ Mike O'Hearn (photograph by courtesy of Ned Low)

Another busy man is Mike O'Hearn, California ADFFA state champ in the 242 lb. class. When he's not training for powerlifting, he's a top bodybuilder and model. 26 year old Mike has been on the covers of Muscle & Fitness, Muscular Development, MuscleMag International, and Ironman, and is the world's strongest natural bodybuilder. And he just served a year as

POWER SCENE

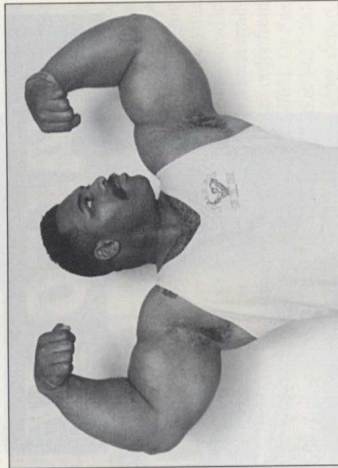
cently, and there was Tom. And last year he was in "Rookie of the Year". And he's been in a lot of others. When does he sleep?

Congratulations to our POWERLIFTER Video host Chuck LaMantia, who was just elected USPF California State Chairman. Chuck has some big plans in store for the powerlifters out here, and will be working hard to bring all the various factions together. Out here in Southern California, it's been pretty much the USPF and the

ADFFA, but the ADFFA doesn't currently have a state chair, so right now it's up to the USPF to make things happen here.

One lady who makes things happen here is Sherry Houston of the American Eagle Gym in Norwalk. In addition to her powerlifting meets, Sherry is now putting together a strict curl contest for April or May. For those of you who don't know what that is, it's just what it sounds like. Kevin Meskew started these contests out here a while ago, and they're quite popular. Big bench pressers Bob Seibold and C.T. Fletcher hold the records for the biggest strict curl lifts.

Well, that's it. Until next month, keep enjoying the world's strongest sport and we'll see you on video.



C.T. Fletcher uses his 23 inch guns to do more than just bench, but the 5'11", 295 lb., 35 year old, who trains at American Eagle Gym, hopes to eventually move his 611 PR all the way up to 700 lbs. drug free and to see bench pressing as part of the Olympics. For more information on C.T. call 310-863-1308 /861-2279. (Sherry Houston).



Tom Milanovich as "Heddo" in the movie - ROOKIE OF THE YEAR (photograph courtesy of Ned Low)

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The Ethics of Ergogenics

as told to PL USA by Mark Holowchak, M.A.

In modern day sport, certain ergogenics have prompted considerable debate concerning their legitimacy. Many have even been banned from some sports and Olympic competition. The reason for such suspicion is that they are perceived to afford athletes an "unfair advantage," in some unspecified sense. In this paper, I shall try to specify just what we, as powerlifters, find "unfair" about our legitimate ergogenics. In doing so I show that arbitrariness seems inescapably a part of our "ethical" judgments.

Ergogenics may be broadly understood as substances, techniques, or sport-related materials that are work-engineering or performance-enhancing. They have been a part of powerlifting since its inception, and have been a part of sport for as long as sport has been around.

Melvin Williams has proposed there are five types of ergogenics: pharmacological, mechanical, psychological, physiological, and nutritional. (Williams, 124). First, as powerlifters we are amply acquainted with pharmacological ergogenics. Anabolic steroids and amphetamines have had a long and dangerous tenure in our sport, and are still posing significant health problems for many of our finest lifters while helping them lift more weight. Second, mechanical ergogenics are those which deal with both materials and physical tech-

object to one lifter gaining a performance advantage over another by learning some things the latter does not know about sport psychology and applying them. For instance, Ajax may, through reading, improve his capacity for both mental focus and control over mental distractions when he lifts. Ajax's assiduity here (which ultimately leads to his advantage), would in the main be perceived as praiseworthy, not reprehensible.

Let us change the scenario somewhat. What if Ajax gained these mental abilities by ingesting megadoses of some drug. More than likely, his ergogenic advantage would be perceived "unfair." But now, to change the scenario again, what if Ajax gained this advantage by means of megadoses of a certain vitamin or mineral? To use a specious example, let us assume that at some future time, megadoses of Vitamin C will have been shown to greatly improve concentration and, thereby, aid powerlifting performance. Lifters of all sorts, I suspect, would begin taking megadoses of Vitamin C without any feelings of wrongdoing. But why should this case differ from the one in which a drug improves concentration? One could argue, of course, that since megadoses of Vitamin C have no discernible ill effects (while most drugs do), megadoses of Vitamin C are "healthy" ergogenics, or at least not unhealthy. Following this line of

reasoning, we are intuitively aware of the ergogenic efficacy of certain pharmacological substances—most notably, steroids. Inasmuch as steroids unquestionably cause health problems, even death (as we are seeing more and more these days), the real problem is that they confer upon the lifter who uses them an "unfair advantage" (of some sort) over those who do not. Primarily because of this, today they are banned in many powerlifting circles, and in all Olympic events.

Precisely what do we mean when we state, "Steroids give athletes an 'unfair advantage'?" Everyone agrees that not every ergogenic advantage is unfair; that is, all of us would acknowledge that some ergogenic advantages are, indeed, fair. As powerlifters we generally would not

argument, it is precisely because most drugs are very unhealthy, because they place the performer ahead of an athlete ahead of their "clean" lifting in spite of the fact that, healthwise, they are not much better off than those who overload their bodies with a steroid. So, clearly, it is not because certain ergogenics pose health risks that we consider them unfair.

If it is not the potential health risks that make certain ergogenics illegitimate, what is it? Let us try to answer this by taking a closer look at steroids. Here one might argue that the steroid user has a physiological advantage over the non-steroid user: by taking the drug he develops much greater muscle mass with the same amount of work than he could were he not to take the drug. Yet simply to say that the steroid user has a physiological advantage due to the drug is insufficient. Those who take anabolic steroids, amino acids, and so on, have a similar advantage over those who do not. Yet all of these are considered legitimate substances while steroids are not. What, then, is it about steroids (and other "unfair" ergogenics) that makes them unfair? Others might argue that certain ergogenics are unfair because those who use them have a "privileged double-duty." The ergogenic advan-

age he claimed to get from the extra weight certainly was threat to his health. Yet such lifters are applauded for their "clean" lifting in spite of the fact that, healthwise, they are not much better off than those who overload their bodies with a steroid. So, clearly, it is not because certain ergogenics pose health risks that we consider them unfair.

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tics such as knee wraps and bench shirts? When, if ever, do megadoses of nutrients become unfair? It seems safe to say, following the history of sport (or sport in general) that what qualifies as unfair one year, is state-of-the-art technology or nutrition the next.

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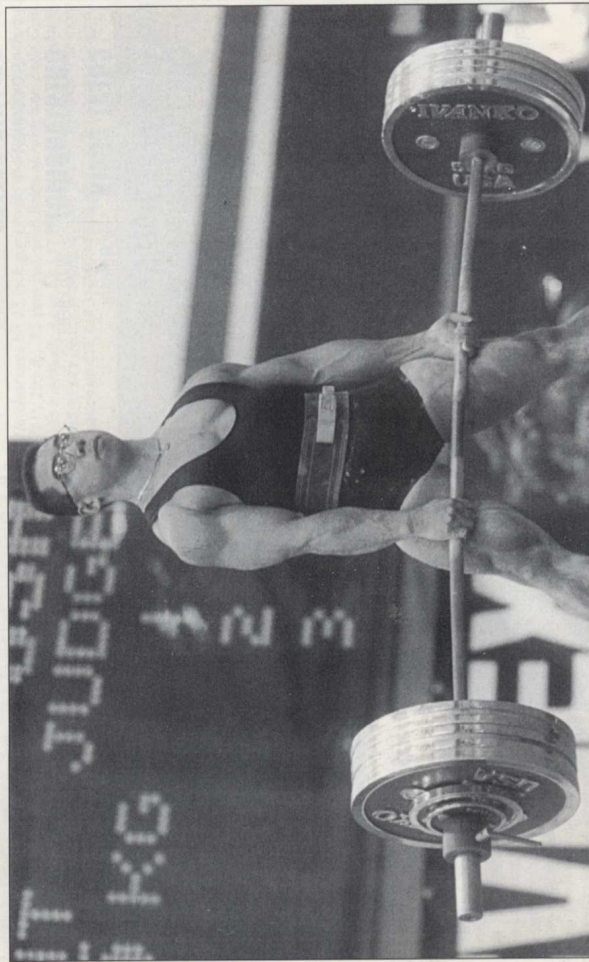
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(1) The US Olympic Committee has banned high doses of caffeine as an ergogenic (1.2mg/kg/ml in the urine). (Colgan, 300)

access" to them. With this argument, these ergogenics would be illegitimate because, for instance, given their monetary expense or their health risks, not every serious lifter has equal access. However, although very many serious lifters cannot afford all of the mechanical ergogenics of our sport, and although everyone agrees that these lifters are at a disadvantage as compared with those can afford them (i.e., those who squat with a squat suit, high-performance knee wraps, and double-buckled belts), nobody thinks having these mechanical advantages is ethically unfair. So it appears that it is not the monetary expense that makes steroids unfair. Moreover, if monetary reasons were the chief concern, then coffee would not be banned. Others who clearly love the sport may argue that they do not have equal access to certain ergogenics such as steroids because, though they want to compete, they do not want the health risks associated with steroids and so choose to lift without such "assistance." But we have shown above that the health argument fails.

It seems clear to me that there is an ineliminable element of arbitrariness to what makes certain ergogenics "unfair." For example, where do we, as powerlifters, draw the line with respect to mechanical ergo-



ADFFA Champions like Ray Benemerito, above, have drawn a clear line between themselves and using steroids to improve performance.

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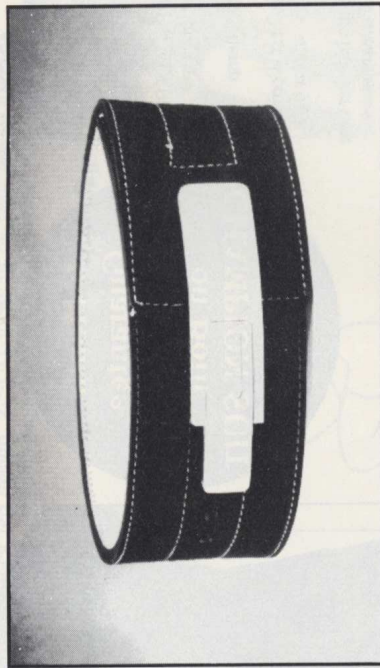
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It is squat day at Maryland Athletic Club and four-time world champion Kirk Karwoski is wrapping his knees. The 5'7", 249-pound Karwoski holds the world record in the squat in both the 242 (917) and 275 (970) pound class. Powerlifting as practiced by Karwoski is ritualistic and functional. He is on the fast-track to becoming one of the sport's all-time best.

Kirk is built like the proverbial brick out-house. His 22-inch neck and 54-inch chest taper into an honest 36-inch waist before ballooning out into two of the strongest legs in the world. Thirty-inch thighs over twenty-inch calls; ripples and muscular swells, definition and veins, taunt and tight muscle everywhere. This guy is not just big, he is big and lean! The twenty-seven-year-old Marylander, a union mail handler for the past nine years, is completing a critical portion of his powerlifting ritual: the wrapping of the knees prior to squatting.

Tom Platz once said that he approached the squat rack as if there were an altar. If you can relate to Platz's squatting-as-religion analogy, you will understand Karwoski's status as a certifiable High-Priest in the Church of Squat Worship.

... Sitting on a low weight bench, Karwoski tightly wraps, first the right knee, then the left. He finishes, takes his WalkMan off and puts his right hand out. He knows, without looking, that his 300-pound training partner, Bob Myers, will pull him to his feet.

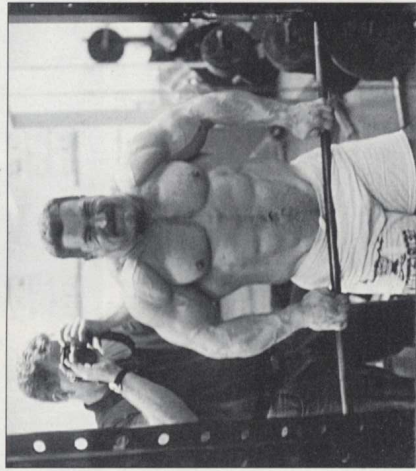
This is another component of the ritual, Karwoski, knees wrapped so tight he needs help standing, knows he need merely to thrust his hand into the air, without bothering to look up, and another will embrace his hand and help pull him to his feet. Rank has privilege even in powerlifting. Fred Astaire and Ginger Rogers would appreciate the choreography and timing of this silver-portion of the power ritual.

Now standing, Karwoski raises his right arm and allows Myers to pull his lifting strap up on his squat suit. The ritual is the always the same. Right knee, left knee, right strap, left strap. The lifting suit in place, the knees wrapped, Keenan Kirk, as he is known to the power public, The Mighty Kong, as he is known in his inner-most circle, reaches for his lifting belt, which has been drooped over the barbell. Karwoski positions the belt and Myers pulls the end, cinching the belt very tight. Time to rock and roll.

Karwoski's long-time coach, Marty Gallagher, motions the five seasoned spotters into place. Six-five, 320 pound "Bullet" Craig holds down the left flank. World Master's powerlifting champion Gary Dingie takes up the left rear. Gallagher, as always, guards the right forward portion of the barbell. Pat Anderson, 6th place at the Junior World's, defends the right rear. The ever-present Myers stands di-

TRAINING

KARWOSKI SQUATS as told to Powerlifting USA by Marty Gallagher



Lean and Mean... Karwoski is ripped at 242. (Gallagher photographs)

Karwoski's nose. Karwoski recoils involuntarily, Myers follows the fleeing nostrils, showing the broken halves up Kirk's nose. No escape.

- Myers is fearsome and huge, standing six-foot-three and weighing 300 pounds, he is a bruiser with yard-wide shoulders. He looks like a cross between Robert DeNiro (... HEY! You talkin' to me?) and Bluto. Drawing up to his full height, he snarls in Kirk's face loud enough to startle gym members in the next two rooms.

... COME ON YOU WORTHLESS PIECE OF SHIT! THE 168#%# I FINNS AND RUSSIANS ARE LOOKING TO TEAR YOUR YOUNG ASS UP! THEY'RE COMING AFTER YOU! THEY'RE GONNA EAT YOUR BREAKFAST, YOU GIRL! THEY GONNA TAKE YOUR WORLD CHAMPIONSHIP AND SPIT ON THE AMERICAN FLAG! NOW WHAT'RE YOU GONNA DO ABOUT IT?!

- This eloquent string of allegories references the World Powerlifting Championships which will be held in Johannesburg S.A., in a short time. In the stratospheic world of international powerlifting, Karwoski is untouchable; the Lawrence Taylor of the sport. Myers is the psychomaster; knows the perfect insult to hurl at Karwoski. He looks over rep number 2 and sucks his breaths.

woski. In the hands of a master, controlled rage is a valuable powerlifting training device.

"... YEAAH!" Karwoski bellows, eyes wide and wild. The ammonia sears his nose and causes him to snap his head back. Expanded, Myers flings the snapper over his shoulder; it hits an attractive young female attorney continues to stare, transfixed.

KRAAACCK! Myers smacks Karwoski on the back of the neck with his crown pain. It leaves a welt. The crowd collectively moans. Kirk alienizes the pain into rage. Rather than retaliate at Myers, Karwoski will now turn his super-human strength, stoked with anger, and retaliate on the barbell. He wheels, bellows again, louder.

"YES! TIME TO ROCK!" He grabs the barbell and gives it a mighty shake. Simultaneously he throws his head skyward and gives another roar, this one rattles the window panes, "YEEAAAAHHH!"

In a flash he is under the barbell. The barbell rests across his shoulder like a yoke. With a grunt, he snags the barbell out of the squat rack. He stands with the weight and allows it to settle on his shoulders. The hundred pound plates on the end of the bar oscillate rapidly. They slow in a few seconds. When the plates stop jiggling, Kirk steps back, carefully, like walking through a minefield; left foot, right foot, left foot adjustment step, right foot adjustment step. He stands still. The gym is quiet. Like a chess match. He lets the plates settle a final time. He five spotters are now on red alert. Suddenly, they begin to shout encouragement. A crowd of about thirty people have stopped their own training to watch.

Karwoski throws his head up and forces three huge breaths. On the fourth inhalation, he holds his breath and begins his descent. The five spotters dip with him. Down, down, down ... to a point where his upper thighs are roughly three inches below parallel. He suddenly stops, reverses gears and begins to ascend - rapidly. His upward climb is unexpectedly quick. His partners are shocked at the ease. They shout technical advice, "Stay tight!", "Keep back on your heels!", "Head up!", "Drive!"

As Kirk ratchets the weight into the top lock-out, he forces three deep breaths, and again holds the fourth. Down he goes for a second time. Down the spotters go in the same weird synchronicity. By now, the audience too is yelling encouragement. Although they are not quite sure what they are seeing, they know they are witnessing something special. Again, Karwoski hits the hole, his ass barely six-inches above the floor. Again he rockets the weight upward. The audience cheers. He locks out rep number 2 and sucks his breaths.

now a struggle for Karwowski. To raise his ribcage, allowing the lungs to operate, causes great searing pain. His legs shake involuntarily.

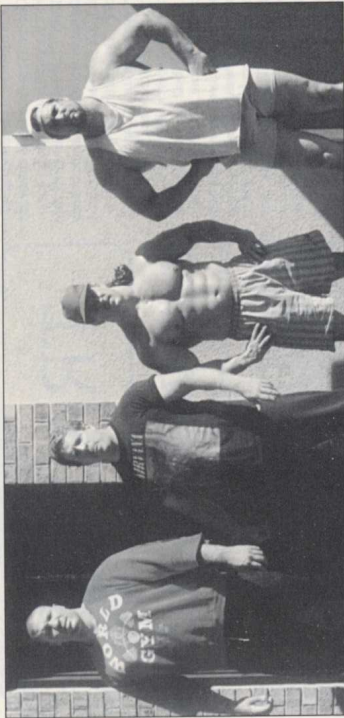
Karwowski dunks again. The rep is surprisingly easy, easier than the previous one. At the top he quakes and shimmies as he forces his breaths. He shrinks his knees to commence another rep. This, his fourth rep, slows perceptibly. He descends slow and ascends slower. The weight is suddenly ponderous. The spotters look at Gallagher nervously, knowing that he can call off the effort that he thinks fit foot-hardy or dangerous - which this surely is. They want him to intercede and stop Karwowski from attempting any more. Karwowski is in the red-zone.

Gallagher, stone-faced, ignores the frantic facial contortions of the spotters. He refuses to throw in the towel, though his fighter appears on the verge of going down for the count. Kirk stands erect as he can, wheezing and choking for breath. His face is beet-red, veins bulge, muscles strain. Every muscle on his body now seems in danger of flying off the exoskeleton. Suddenly, a trickle of blood streams from his nose and runs down his chin. The strain has exploded some delicate internal membrane. "Maybe his brain has exploded," Myers remarks. Exploded brain or not, Karwowski releases into a free-fall for the 5th rep. Karwowski crawls going down and crawls coming up. He is moving in slow motion. The danger is real and immediate. He can collapse in a millisecond. The spotters steal glances at Gallagher, surely he must want them to grab the weight and end this self-inflicted torture?

Not a chance. Gallagher's eye is a little more fine-tuned and critical than the others. He sees movement, however slight. This is enough. If it moves - it lives. The second it stops the 99 is up. This is the rule as it has evolved through the years. Karwowski is OK for the present. Kirk's most powerful attribute, his intestinal fortitude, is on display for all to see. With it, Karwowski had literally willed his body to undergo a total physical transformation. He has willed himself to be the best in the world at his sport and he will "will" his body to complete this rep. The weight will yield to the strength of Karwowski's will.

Gallagher smiled the faintest of smiles as he watched Kirk bear down. With it, Karwowski had literally willed his body to undergo a total physical transformation. He has willed himself to be the best in the world at his sport and he will "will" his body to complete this rep. The weight will yield to the strength of Karwowski's will.

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BEFF... Bulliet (320), Gallagher (250), Karwowski (260), Myers (306) outside the Maryland Athletic Club.

him un-wrap, de-belt and un-suit. After all, same old? Other than adding some hack squats and leg presses, Kirk has used the same training template for five years.

The lifter starts the cycle with higher reps, less equipment and over the course of the cycle reduces the reps, adds equipment and increases the weight. Kirk uses 20 pound weekly jumps. Kirk is a 1000 pound squatter. 20 pounds is 2% of 1000. To use the equivalent weekly weight increase, a 500 pound squatter would jump 10 pounds a week.

Five rep sets are the cornerstone, the bedrock foundation of modern powerlifting as practiced by Kirk, Bell, Furnas - all train pretty much this same way.

Assistance work? A few sets of leg presses and hack squats. A few sets of leg curls and calf raises. Kirk trains legs one time a week and then rests a full seven days.

DIET

Kirk lost twenty pounds of fat over the past year. He credits New England bodybuilder Anthony D'Arrezzo for explaining and designing a nutrition program Karwowski could live with. "About two weeks into the diet, I started to see some real major changes in my body. From that point forward I was hooked and watching what I ate was relatively easy."

D'Arrezzo had Karwowski manipulate his protein intake, raising it gradually as the contest approached. Carbs were monitored and adjusted (downward) as the meet drew near. Kirk trains about 10 pounds overweight and his weight loss as the contest approaches needs to be slow and gradual. This allows him to retain strength on meet day. His diet could be summarized as low fat, low sugar, high protein and varying amounts of carbohydrates, depending on nearness of the competition.

Kirk started his diet cycle with 1.5

grams of lean protein - primarily skinless chicken breasts - and during the course of the 14-week training cycle increased that to 3 grams-per-pound of bodyweight. Eating 700 grams of lean-protein per day required Kirk used Musashi's SHI to protein powder along with his usual assortment of Musashi amino's. Green Musashi for workout energy. Grey immediately after a work-out to flood the his system with lots of muscle-repairing branch chain amino's, Yellow throughout the day. "Musashi is potent," Karwowski relates with his usual concise candor.

EQUIPMENT

Kirk had Pete Abantz of Titan Sports design him a new squat suit. "When I lifted as a superheavyweight or a 275'er, I was a lot more solid under the weight," (between reps). I lost that tightness when I dropped to 242. I had Pete design me a suit to help counter this. It took use a few tries, but finally I got it, a squat suit that is the finest I've ever used."

Scott Safie of Safe Products came up with a new belt. "My old one was too big. Scott provided me one of his belts and I have not missed a training squat since. Both these guys have really helped me get my equipment squared away."

CONCLUSIONS

Try incorporating some of Karwowski's ideas on intensity, training, diet and equipment to improve your squat. You know how hard he works and you know how he trains. Will the Karwowski approach to leg training help you? Will it give you 30 inch thighs, 20 inch calves and a 1000 pound squat?

Naaah! But you can be damn certain that applying some of his tricks-of-the-trade-to your training will help you fit your size and strength goals a lot faster.

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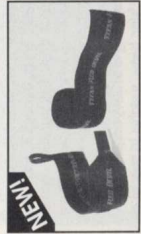
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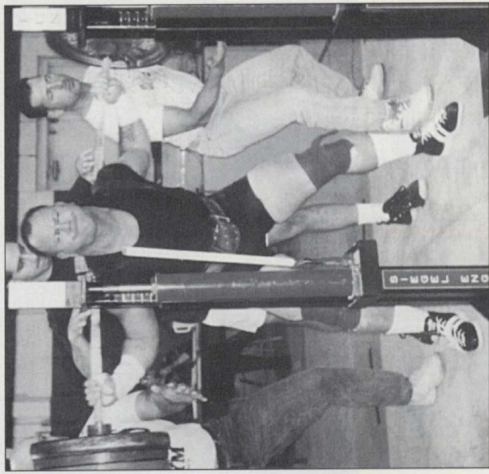
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TRAINING

When 405 Equals 700 New Math - Louie's Way as told to Powerlifting USA by Dave Caster



405 in Training Equals 700 in the Meet... Dave Schleich's new PR

In April of 1994, I received a letter from a drug-free lifter regarding my article on the Louie Simmons Basic Bench Press routine ("Not So April 1994 PL USA). The lifter, Dave Schleich of Johnstown, PA was struggling with his bench press and was desperate for progress. A good squatter (a best of 680 @ 198) but a terrible benchner (315), this drug-free lifter had banged his head against the progressive overload wall for a number of years before taking a turn towards the "bizare". I was more than happy to help him, as he was getting ready for the ADPPA Nationals in July and didn't want to embarrass himself in the bench. I figured that 3 months was enough time to get him to 350, which he thought was nuts. To Dave's credit, he busted his hump for the 12 weeks and put up 352 at the Nationals! His success with the bench program enticed him to try Louie's box squatting regimen out. That's what this article is about.

Dave squatted 661 at that same meet and was not able to complete 705 on his third attempt, falling at about 3" above parallel. As he had been knocking on the 700 door for a while but not succeeding, he figured he'd use a Louie-style attack with the squat in hopes of putting that number to bed. His standard training routine for the squat for years consisted of 2 sets of 5, working towards a progressive overload peak with a heavy double in full gear prior to the meet. Obviously, this strategy had worked well enough to get him to 680, but left him stalemated there as well; he had progressed to the limits imposed by a routine that didn't focus on weak points or special strength concerns.

When he asked about box squatting, I could only pass along what Louie had relayed to me for use by my training partners, as my back is a true mess and heavy squatting for me is out of the question. I was really curious to see what would happen with Dave, as he is a true squat technician with impeccable form. We mapped out a strategy for him, and here's what happened.

After taking a week off from the Nationals, Dave jumped right into implementing a volume-driven box squatting program. Please be sure to read Louie's article on box squatting that appeared in September 1994's PL USA for clarification on how to execute the program. Using a spare suit with the straps down, a belt, no knee wraps and a box that would put him at a position slightly ($1\frac{1}{2}$ " below parallel when seated on the box. Dave would warm up, then proceed to his workout weight of 430 (which was 65% of his most recent meet squat of 661) and per-

through careful use of selected special exercises, he would do 3 to 5 sets of weighted back raises, working up to 6 to 8 reps, followed by reverse hypers with heavy weight (3 sets of 6 to 8 reps). He would once again do heavy abs after the reverse hypers. Interestingly enough, he also did reverse hypers on his bench press day and on his bench assistance day, using high reps, bringing the total number of days that the lower back was addressed to four per week! Stretching and flexibility exercises were done on an ongoing basis as well.

Well, after this 5 week stint of "overtraining with light weights", Dave pulled his straps up, wrapped his knees and went gunning for a new max, with the help of his training partners. He admittedly was quite leery of taking a heavy weight after touching nothing more than 405 for the past month (especially when his typical final squat workout the week before a meet is 650x2 in full gear), but figured it worked in the bench, so it should work here as well. Dave methodically put away 600, 655 and a good, strong 700 in the space of 3 attempts! We have it on video for the benefit of the curious. No fancy tricks or funky suits were used, just a stock Inzer Z-suit and erector shirt, and legal depth. Needless to say, Dave was quite shocked to find out that, in fact, 405 can equal 700 from a force perspective!

Let's see if we can make some sense out of why this works. Back in high school physics, they taught us that Force = Mass x Acceleration. Louie's training theories boldly suggest that there's more than one way to skin the Force cat... you can push a heavy mass slowly, or you can push a lighter mass quickly. You end up exerting the same force either way. The beauty in using a moderate mass pushed very quickly is that you can physically manage more pushes per workout! Most strength trainers agree that the more times per workout you can exert maximum force in an exercise, the stronger you will get in that movement-it's just that they approach the problem by moving a lot of weight slowly in the main lift being trained, which leads quickly to burnout. So, where does "heavy" training fit in? Heavy lifting is done to address strength deficiencies in your weak areas through special exercises (high box squats, isometric work, power rack partial movements, arched-back good mornings, and much, much more), often times working to a heavy single or double. Using heavy weights in special exercises that are rotated in and out of your training cycle every 3 to 5 weeks allows for the building of

absolute strength while not causing burn-out in your main, or contest lift.

While Dave was pleased with the 700, he realized that it would have been training lift, and that it would have to be legitimized in competition. In discussing Dave's results with Louie, he found Dave's carryover of 295 lbs. to be quite astonishing, and recommended that the pounce be bumped up a bit. As Dave had a meet scheduled in 5 weeks, he figured now was a good time to try Louie's advice. So, using the same box height for the next four weeks, Dave did the following: Week 1: 405 - 12 sets of 2; Week 2: 415 - 10 sets of 2; Week 3: 430 - 8 sets of 2; Week 4: 430 - 2, 435 - 2, 440 - 2, 445 - 2, 450 - 2, 455 - 2; Week 5 MEET. The result? A three while third attempt at a bodyweight of 213.5, a 20 lb. increase over his previous best meet squat, and a 39 lb. increase over his last squat in competition. Dave remarked how the 700 he squatted at the meet felt about 50 lbs. lighter than the 700 he had squatted in training, and that he had strength to spare. Unfortunately, he had burned up an attempt, cutting the 700 a bit high on his second and re-taking it on his third - so we still have yet to find out how much he really can squat. Also

Dave's Form... looked great with his opener at 650, despite not having handled heavy weights during his pre-meet training period.

interesting to note here is that Dave lifts experience such jumps in two lifts at once, and are able to hit P.R. benches after three heavy squat attempts in a meet setting. Louie's techniques have enabled Dave to bring his best lifts to the meet, a rare occurrence for any lifter, and have allowed him to progress in both his best lift (the squat) and his worst (the bench press). Upcoming cycles will include new wrinkles like kneeling squats as well as high box (1.5" above parallel) squats. The kneeling

squats will be done after his box squatting, and the high box squats will be rotated on a 3 to 5 week basis with the below parallel box squats in order to provide a sense of stability with heavier poundages. Specific attention will be given to the deadlift as well, in order to take care of a high sticking point that is a current problem.

So why did this routine work so well for Dave? Essentially, he paid attention to what was weak, trained it, and became stronger in his contest lift. While it seems more complicated than that, it really isn't. He found out that he needed more hip and back strength as well as more explosiveness, and he worked within the framework of Louie Simmons' training concepts in order to achieve his training goals. Gaining the additional hip and back strength and becoming more explosive allowed him to squat (and total) more. No, you don't have to be a member of Westside Barbell for Louie's theories to work well for you, and, yes, the high volume training works for drug free lifters. You won't find us changing routines any time soon, as the old adage "if it ain't broke, don't fix it" certainly applies with the ongoing success we've experienced thanks to Louie's help. We like how the numbers turn out when the new math is done Louie's way!



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Dr. JUDD

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Americans... we want you!... in the tandem deadlift, that is, Gierz (left) and Bruegger (right) issue their challenge (courtesy Dr. Judd)

a mountain. Did you see the movie *Sinbad*? Well, if you didn't, go rent it from your local video store. There

"I want to make a challenge to America's greatest powerlifters," said Michael Bruegger, former world powerlifting champion. I challenge any of them to a tandem deadlift competition against Ralf (Gierz) and myself. No one can beat us on this lift. Nothing is stronger than German unity and our unity. We are the best tandem deadlifters in the world!"

Gierz chimes in abruptly "Europeans think that Americans are the best lifters. So if they are the best we want to beat the best, the legendary United States. I promise you we will break anyone who goes up against us. We are definitely the best in the world."

Just a lot of trash talk, you say. WRONG! Believe me those guys are not exactly Franz and Franz. First of all let me tell you about Bruegger. In case you don't know him, he's one of the biggest and most powerful human beings on the planet. I swear his anterior deltoids look like bowling balls, and the middle of his back is like a drainage ditch. I'm serious, his back is so deep that I could crawl inside it and take a bath. His chest, arms and legs are just as massive. In short, his physical stature is almost beyond comprehension. Let me tell you, if Bruegger hit you on the top of the head you would be eating through

is this one-eyed monster in the movie called *Cyclops*. The thing is massive. It has more muscle mass than Dorian Yates and Shawn Ray put together. Well, that's kind of what Gierz looks like except that he has two eyes. Let me put it this way. If Gierz hits you on top of the head you will be the dearest person in the cemetery.

"We are serious about such a challenge," says Bruegger. "We would be willing to come to America for such a meet. Perhaps it could be arranged so that the competition could take place at the Mr. Olympia or the Schwarzenegger Classic, or even at the World Record Breakers. I know the people in America would like to see such an event. Tandem deadlifting is an exciting event. It not only takes tremendous power, but also skill and precise coordination between the two lifters. It's a great lift to watch. Once again Gierz intercedes abruptly. "I hope that there are some Americans out there who will take our challenge. In Europe we always hear about how great the American lifters are, but when it comes time to prove it they seldom show up. They talk a lot, but that's all. What we say, we back up. We're prepared to prove that we are the best in the world. As the Americans would say, we are ready to kick ass and take names."

The Two Man Deadlift Challenge is OFFICIAL!!
"German lifting stars Michael Bruegger and Ralf Gierz are looking to challenge 1-3 2 man deadlift teams at the Arnold's Classic, 04-03-94 in Columbus, OH. Their record, 705 kg/1551 lbs., is considered a world record. Straps will be allowed at the event in Columbus, and the best USA team from that show will be invited to Germany for the same type of contest at the FIBO EXPO in Essen, Germany, on the 8th and 9th of April, with the flight and accommodation for the USA duo to be paid. The winner in Germany will receive prize money of 5000 DM (approximately \$3000 US). For further information, contact BSA Sportmarketing in Germany at 011-49-202-521516 or FAX 011-49-202-5288818." According to Thomas Klose of Germany "I think there should be a team who can manage to train for a couple of weeks to do a double-deadlift. As Columbus is POWERCITY, Louie Simmon's Westside Barbell or Garry Benford's World Gym do have some of the best lifters, I think, to challenge the German Giants. Not to forget Black's Health World. Come on, US Boys and try to lift that 1551 pounds from the ground at the famous Veteran's Memorial, with Arnold and all the writers and photographers watching."

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More From Ken Leistner

Robert Zaver stressed the fact that one could not expect to achieve their ultimate possible powerlifting potential unless a long range plan was undertaken. This plan had to include both long and short range goals, with the emphasis on realistically achieved, short term progress.

The two primary causes of failure for most aspiring lifters lies in their inability to establish realistic and clear goals, and to then lay the proper physical foundation. Each holds great importance if one is to expect a long and productive lifting career. It is impossible to predict how much weight anyone will be able to lift in the future. No matter how advantageous one's physical leverage factors are, how age factors are, how seemingly perfect the attitude is, how single-mindedly motivated one seems to be, so many positive and negative factors can influence one's eventual abilities. It is possible, however, to establish realistic, short-term goals that are consistent with one's momentary abilities. A series of successfully met short term goals becomes a successful long range goal. A series of successful long range goals culminates in a successful powerlifting career, over the course of a number of years.

One major error that is often made by both neophyte and experienced lifters, is establishing short term goals that are inconsistent with the training program one is utilizing. Simply put, almost every lifter bases his or her progress in terms of performing a single maximal repetition with a particular weight. While this is the standard of measurement for the sport in each of the three lifts, it is unrealistic to use this as a benchmark during certain phases of one's training, if one hopes to eventually perform a single repetition with four hundred pounds in any of the three lifts, it is obvious that they must first successfully lift three hundred pounds. If however, the current training program has the lifter performing sets of six repetitions, the short term goal, at the end of that period of time designated for the performance of sets of six repetitions, should be in terms of performing six repetitions, not a single maximal repetition.



How Many Reps... will Dr. Ken, with daughter Barri Ann and son Sol, be doing with this big bar?

At one point, I had not trained for an extended period of time. As I began to again weight train and run in preparation for an upcoming rugby season, I was careful to make progress slowly. When I reached the point where I was squatting with three hundred and thirty pounds for twenty eight repetitions, I assumed that I would then be able to perform a single maximal squat with at least four hundred pounds, if not more. I was shocked when three hundred and eighty pounds almost drove me through the floor. Thinking perhaps, that I had committed a technical error, I again attempted to lift three hundred and eighty pounds, only to feel as if I was going to be snapped in half by the weight.

At that time, I did not understand that lifting heavy, single repetitions in any movement was a very technical and exacting physical and psychological skill. If one expects to perform single repetitions with their maximum possible weight, it is important that the skills of doing exactly this are practiced and mastered. Doing sets of thirty, fifteen, ten, or any number of squats other than one or two, does not adequately prepare the lifter for singles with the heaviest weights possible. While I had developed a tremendous amount of strength in my hips, thighs, and low back, I did not have the skills necessary to demonstrate that strength by performing a heavy, single repetition. Psychologically, the weight certainly felt "heavy", and relative to what I had been using in training, it was. The proprioceptors in the muscles and connective tissues, those organs which inform the body that it is carrying a "dangerous" load, were not conditioned to the use of relatively heavy weights. Once the physical signals were given throughout the body that I was now lifting what was interpreted to be extremely heavy weights, negative emotional feelings quickly followed. The combination is often too much to overcome, resulting in failure with weights that one actually has the physical capability to complete. If one spends six or eight weeks doing sets of six repetitions in the bench press, for example, they will not be able to adequately demonstrate the strength increases they have made in that period of time, if

they choose to do so by the performance of a single repetitions. If however, they had chosen to perform an "all out" set of six repetitions, or even five repetitions, choosing a weight they felt was suitable for that task, the results would more accurately reflect their real progress made in the six or eight week training period. In short, realistic and accurate goals include the utilization of "testing goals" that are consistent with the number of repetitions being used in the current training program.

Although everyone differs in the ability to translate their best performance for two, three, five, eight, and any other number of repetitions to a single maximal rep, one's progress towards their long range goals can be accurately determined by using repetition schemes other than the single rep attempt. It is possible to accurately have a demonstration of "strength gains", only when one chooses a demonstration that closely matches their current mode of training. This also prevents two major pitfalls.

If one's training utilizes repetitions higher than single attempts in each set, their single attempt "tests" will naturally suffer, and not accurately reflect their progress, nor their current levels of strength. This leads to confusion, the belief that major overhauls in training are necessary, and negativism. It may also encourage the lifter to train so that they place an emphasis on performing single maximal repetitions in their training on a regular basis. While it is necessary to practice the skills of doing these heavy, single lifts in training prior to a competition in which one will be required to do exactly this, it is dangerous and unproductive to do so for extended periods of training time, or as a basis of one's training. The utilization of very heavy weights and low or single repetition sets on a regular basis invite injury, an inability to properly recuperate between workouts, possible illness, and a true emotional fatigue from the necessity of being psychologically "up" for the majority of sets in the majority of workouts.

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The most important week of your training cycle for a meet is the actual week of the meet. Over 90% of your training for the meet is done but that last 10% or so is more critical than you may imagine. By approaching this week with the right plan and frame of mind, you can make all those other weeks of training pay off. That last week should be devoted to finding out where your strength level is at, recuperating from the training done for the meet, trying out your lifting gear, checking your weight and building confidence.

In my opinion, meet week should not consist of max lifts or intense training. First, why risk injury so close to the event? Second, you want to leave a little for the meet itself and not burn out or peak out too soon. You need to be a little anxious to lift those PR's at the meet, not leave them in the gym. Well, what should meet week look like? For this article's purposes, let's assume a lifter whose opening lifts at the upcoming meet are a 400 squat, a 300 bench and a 450 deadlift.

I recommend going only to openers on meet week. This allows the lifter to stimulate his warm-up procedure for the meet, get the feel of his lifting gear and verify his selection of openers. Since the deadlift requires the most time to recuperate from, take your last deadlift 10-14 days, prior to the meet. A good progression to take would be as follows: 135x8, 225x5, 315x2, 375x1, 415x1, 450x1. That would be it for deadlifts until the meet. You may want to add some light back work and finish with abs. Take your last squat workout on Monday of meet week. Try this progression: 135x8, 225x5, 275x3, 315x2, 365x1, 400x1. Finish off again with ab work. Your last bench workout would be on Tuesday, Wednesday, at the latest. Try 135x8, 185x5, 225x3, 255x1, 280x1, 300x1. Those nasty abs would be included again as a finisher. Any other assistance work should be dropped on meet week. Don't worry about losing any strength by limiting your lifting to opening attempts, the weights are still heavy enough to keep your strength going up. A key factor that must not be overlooked is to make sure you perform all these attempts with the rules in mind, such as squat depth, pausing at the chest for the bench and complete lockout for the deadlift. More experienced lifters can get by going up to doubles or triples this week. These lifters know what to expect come meet day and do not need to simulate their open-

The sooner you break those bad warm-up room habits, the sooner you will make real progress.

If your openers were too heavy during meet week, you will have to adjust them accordingly. You can always increase your second and third attempts if things go better at the meet, but that opener can not be lowered after you take it. If you must cut weight that last week, take that in consideration as your strength level may drop in the process. Don't count on meet adrenaline to get lifts that were tough the week before. Keep in mind the weight set you will be using at the meet may weigh differently than the set you use in training. High quality meets use certified sets that are right on or pretty close. Many workout weight sets are not nearly as close as advertised and may either be high or low.

There are a few more tips I'd like to throw out to you. Forego partying that last week. Alcohol consumption could dehydrate you and cause strength loss. There will be time for partying after the meet. Don't throw away all that hard training unnecessarily. Be disciplined and focused that last week, because your competition very likely will be. If you have aches and pains, take advantage of whirlpools and saunas if you have them available. Rest is also a good healer. Take it easy that last week, don't feel guilty about the low training volume these last few days. Think of your improved performance on meet day. Try to get plenty of sleep and good food. If your weight is a concern, the sooner you start to get it down the better. Crash diets tend to sap strength like a DeLiah haircut. You may even have to reconsider losing weight if it's too late. Over time, lifting tends to make us bigger and forces us to permanently move up in weight class. Some meets can be used as "training meets" which could entail not needing to make weight in your targeted weight class. Training meets can be used to peak for another more important meet in the near future, so there is no real need to go all out here. Runners use similar strategies to peak for bigger events, using smaller running venues to gauge progress. They also can be used for experimentation purposes.

Meet week is the most critical of all the weeks of your training cycle. The goals and mindset of this week are unique. You may need make some adjustments to fit your own situation, but if you approach it in the manner I have suggested, your total will show it.

STARTIN' OUT

A special section dedicated to the beginning lifter

MEET WEEK PLANS as told to Powerlifting USA by Doug Daniels



Laddie Gibson had a great meet week plan for the '94 ADPPA Nationals

ers. They are also efficiently designed to save energy and strength for meet attempts. Many lifters take whole workouts in the warm-up area, leaving little strength left for their third attempts. In other cases I've seen lifters taking their last warm-up with the same weight as their opener. Training the way I've just outlined will eliminate the need to make sure you can get your openers on the platform. Your meet week training will have already told you if you're capable of that weight or not. Also, trying this type of weight progression the week prior will determine if this approach is right for you come contest day.

The warm-up attempts I have outlined above can be adjusted by simple arithmetic to fit your open-

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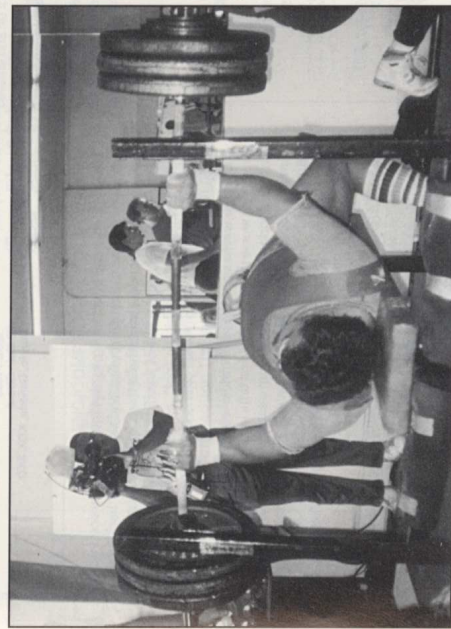


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Craig Tokarski

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 a personal response to your question send \$15 to cover office and secretarial expenses. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I am a 46 year old male in better than average to good health. I have been lifting in the gym since 1981, and weigh in at 156 lb. 5' 5" tall.

This year in January I was approached by the coach of the gym's power team to fill the 148 lb. slot in the upcoming March ADFFPA meet. I agreed. I have never had an injury from lifting before, but 2 weeks into training, and only 5 weeks till the meet I met my demise.

While doing my bench work one night I sustained what I thought was a lower rib injury, but I did not feel any discomfort or pain until almost 2 hrs. later, when a slow creeping pain was beginning to set in. As I lay in bed I tried to recall the events that lead up to the pain. I recall that I was doing a much lighter routine that night, and working hard on keeping good form. I was only 20 lbs over bodyweight.

The most noticeable thing that came to mind is that I did pull my belt zealously and it might have gone to the next hole tighter.

As the week went on it became worse. I saw the meet getting closer and closer and my thoughts for my first event began fading away. In the next five days I saw 2 different Drs. One was my family Dr, and the other was my long time chiropractor both of which said that I might have rolled a floating rib or separated them. X rays showed nothing.

Well, the meet was now just two and one half weeks away. I rested it for one week and tried to train lighter just to see what would happen. Only a little change was noticed, but that might have been psychic and some heat balms working.

So, just to play it safe, a member of the power team encouraged me to go see their Dr. This Dr. of Chiropractic also had expertise in applied kinesiology. But after seeing him I worsened again. I went on and entered the meet and did total and qualified for the Nationals.

I discontinued further workouts and just did light aerobics and some swimming to stay limber.

Well, after 60 days had gone by I started back in the gym and did so very slowly and very precisely. I was doing quite well. I noticed that all my lifts were up in weight by an average of 65 lbs. (my bench however was not as good) and no sign of the rib discomfort.

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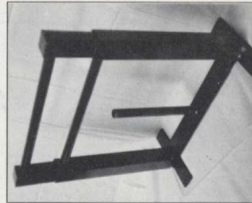
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However, one day after having a massage therapy session I went to the gym for my normal bench routine and was so laid back from the message session that I decided to make this a light workout. I never went over 140 lbs. and only did 5 sets of 4 or 5 reps. I headed on home and thought "a nap would really hit the spot", and on the way home I felt that familiar side ache starting up. "What did I do", I thought. "How and why is this getting sore again?"

It is now 5 weeks since the last horrible workout in the gym. The pain is sometimes worse than it was the first time last January. It hurts to bend, reach for a doorknob, move the vacuum cleaner, mow the lawn, and even to sleep. The only relief I seem to have is Pepto-Bismol and some Tegrinid. With the Nationals just weeks away, I am at a total loss as to what my problem is and how to get it to start healing up. Your diagnosis, and advice would be a Godsend. Mark M.

DEAR MARK: It sounds as if you're suffering from esophageal reflux or possibly my even have a hiatus hernia. However, some of your symptoms don't fit in. I need more information in order to make a more accurate diagnosis. Please call me at my office any Tuesday, Wednesday or Thursday during business hours. The best time is between noon and 1 PM.

All the best. Sincerely, Mauro G. Di Pasquale, M.D.



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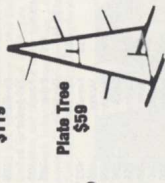
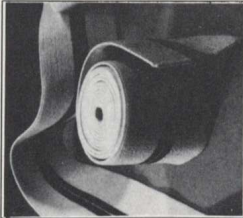


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The following scenario is one that all of us would like to avoid. You have been training diligently for quite awhile. When you first began training, gains seemed to come with every workout. As time passed your gains came slowly, but you still noticed overall increases in your lifts. Now you seem to have gone nowhere. Guess what? That's right, you are stuck on your first big plateau. You continue to work hard with your technique and size, but nothing seems to go. Now what do you do? You can follow what most gym lifters do, and keep repeating the same training program and the result will be NOTHING! If you really want to break new ground here's THE SOLUTION!

HERE'S THE SOLUTION!
Our subject is a 195 lb. man with a 300 lb. bench press that has plateaued. This man competed previously at 181 and registered a competition bench of 285 lbs. He knew his leverage was not great so he decided to increase his bodyweight and now he gets 300 lbs. in the gym. However, when he loses weight down to 181, his competition bench is now 280! His plateau busting routine is divided into 3 minicycles. Each minicycle has 2 different primary lifts. He must divide the primary lifts into 2 workout days during the week. He will per-

Crossovers or Flat Flies - 3x12 reps; Upright Rows - 3x10 reps light; Day 2. Standing Lateral Raises - 4x8 reps; Close Grip Scissors Bench Press - warmup with 2x10 reps at 65 lbs., then 10x2 reps at 95-165 lbs.; Seated Incline Lateral D-Bell Curls - 4x10 reps light.
Third Minicycle - 6 weeks to peak; Day 1. Medium Grip Lat Pulldown to Chin - 3x8 reps; Competition Bench - warmup with 3x5 reps at 135 then; (Week 1 - 8x3 reps at 185; Week 2 - 6x3 reps at 205; Week 3 - 5x4 reps at 215; Week 4 - 6x2 reps at 235; Week 5 - 3x1 reps at 265, 4x4 at 225;

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form 2 or 3 accessory movements along with each of the primary movements. These accessory movements are to be moderate in effort. The accessories should never be so heavy that they weaken his ability to perform the primary movements.
NOTE: PERFORM THE FOLLOWING EXERCISES IN THE ORDER LISTED!

First Minicycle - 5 weeks in length; Day 1. Light Shrugs - 4x12 slow reps; Press Behind Neck - 4x8 reps; Front Plate Raise - 3x10 reps; Bent Forward Laterals - 6x8 reps; Day 2. Barbell Curls to Forehead - 3x8 reps; Reverse Grip Bench Press - warmup with 3x5 reps at 95 lbs., then 8x3 reps at 135-185 lbs.; Underhand Lat Pulldowns to top of chest with slight rearward lean - 4x8 reps.

Second Minicycle - 5 weeks in length; Day 1. Bent Elbow Barbell Pullovers - 4x6 reps light; Decline Bench Press - warmup with 2x8 reps at 115 lbs., then perform 7x4 reps at 165-235 lbs.; Cable

Week 6 - Open at 260; 2nd - 290, 3rd - 320; Triceps Extensions 4x10 reps light; Day 2. Behind Back Shrugs - 3x8 reps light; Incline Bench with grip 4" narrower than competition grip (ALL PAUSE REPS) (Week 1 - 4x8 reps at 95-115; Week 2 - 5x6 reps at 95-135; Week 3 - 6x4 reps at 115-155; Week 4 - 6x4 reps at 135-185; Week 5 - 5x2 reps at 115-205; Week 6 - DROP! Pec Dec Flies - 4x8 reps light.

Follow this routine exactly as it is written here and you will increase your bench 10-15% above your plateau. Repeat the program twice and you will have built a new groove for your bench press. If you have any questions, contact Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211.

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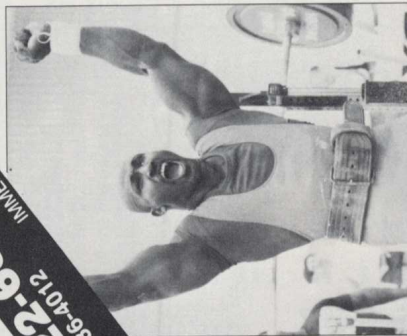
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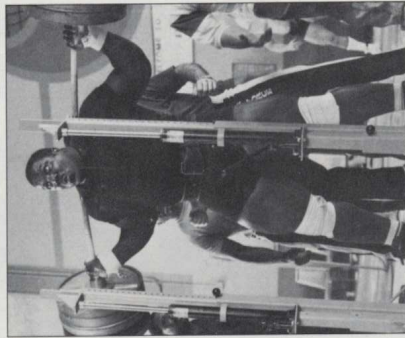


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6. Make Me Great - 6 Tapes of Mind Control \$29.95 + \$2 handling
7. The Odyssey Continues.....\$10



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ADPPA Kansas State Open

19 Nov 94 - Wichita, KS	140	245	230	230	230
Women	R. Drake	J. Serva BL	440 Muscular	440 Muscular	440 Muscular
139 Lifetime	M. Williamson	242 Lifetime	S. Billippe	S. Billippe	S. Billippe
148 Lifetime	M. O'Connell	275 Lifetime	B. Shalkowski	B. Shalkowski	B. Shalkowski
Men	M. O'Connell	300	J. Pritchett	J. Pritchett	J. Pritchett
148 Lifetime	J. Serva BL	300	SQ, BP, DL	SQ, BP, DL	SQ, BP, DL
S. Sears	230	335	275 Open	275 Open	275 Open
165 Lifetime	440 Muscular	365	242 Lifetime	242 Lifetime	242 Lifetime
181 Lifetime	440 Muscular	365	275 Lifetime	275 Lifetime	275 Lifetime
Men	440 Muscular	365	275 Lifetime	275 Lifetime	275 Lifetime
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181 Lifetime	440 Muscular	365	275 Lifetime		

A.D.F.P.A. Corner

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

New Format at ADFFPA Women's Nationals... The 1995 Women's Nationals, which will be held in St. Louis, MO on May 6-8, will offer a slightly different format than in previous years. This year in addition to the Open and Teenage divisions, the Junior (20-23) and Master (37 and older) divisions will also be contested. The WDFPF has recently established a world championships for the Masters, Teenage and Junior divisions. This Susssex, England on August 19th & 20th. The Open World Championships will be held at the same location on October 28 & 29.

This year's Women's Masters World team will be represented by a selection of winners from the 1994 Master's Nationals and from the Women's Masters Nationals in St. Louis (all team members must be 40 years and older). Since 1995 will be the first year that Teenagers and Juniors will be able to participate in a World Championship, the Women's Nationals should be aware that a qualifying total is necessary. If you haven't qualified yet, look up those totals, find a meet and get qualified before the Nationals. Also, since this meet will qualify lifters for world competition, the new 90 kg weight class will be contested. Because this weight class is not recognized by the ADFFPA, any individual lift or total which ties or exceeds an international record will be recorded as a record in the 80+ kg weight class division. With the new format we are anticipating a larger more exciting meet. We look forward to seeing all of you in St. Louis in May. Contact Dr. Mike Cissell, (914) 625-1225 for more information.

Powerlifting News from Rhode Island... The first Rhode Island State ADFFPA Bench and Powerlifting meet will be held on April 15 at the World

Gym in Providence. State Chair David Rodentick is excited about the positive response from area lifters who would rather compete in drug free meets. Rhode Island had a bench press contest in 1993 with some records being set, but most bench records are still open. All of the squat, deadlift and total records are open.

1994 Minnesota Powerlifting of the Year Awards... Brenda Genere and Ron Hoff were voted 1994's top Minnesota ADFFPA powerlifters by a poll of MN state powerlifting referees. Brenda Genere, who lives in Brooklyn Park, MN, obtained an elite classification and Women's best lifter award based on her performance at the 1994 Northwest Open. Brenda lifts in the 129 lb. class.

Ron Hoff from Cottage Grove, MN had an awesome year in 1994 beginning with a MN Sr. State title in February and was named Men's best lifter and Northwest cup recipient at the Northwest Open in May. Herthen went on to the Men's Nationals in Chicago where he placed 2nd in the 132 lb. weight class. Ron achieved an international elite classification in all three of his 1994 classifications. Congratulations to both Brenda and Ron on being named 1994 Minnesota ADFFPA powerlifters of the Year.

From Cynold Regan, ADFFPA Drug Education Committee Chair... There seems to be a recent increase in questions dealing with the area of supplements. What can I take, what is going to give me the best information for my dollar? The answer is for

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

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

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

this event; Open, Masters, Teenage and Junior divisions will be included. Note: supportive shirts are NOT allowed.

For those lifters who have already qualified for the world meets, begin to make travel arrangements now by securing time off from work, finding that pouring mg of this and that is going to make them stronger. Per members who work for or have contact with travel agencies: The ADFFPA will have a minimum of 100 people traveling to England for the August meet and 40 people for the October meet. If you would be interested in preparing a travel package with sightseeing options, contact Judy Geethy, 309-837-2111, for further information.

ADFFPA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Louis Baliz, Owner.

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

Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 586-3481, Owner-James D. Brown

Buildup Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Bruce Dowling.

A.D.F.P.A. Corner

County/Road 15D Bryan, Oh 43506 (419) 636-4585, Owner: Ernie Fliesher

Elite Power and Fitness, 3352 Whittier Ave., Hamden, CT 06518, (203) 287-1973, Gerry Racchio, Owner, CT State Chair

Galt Fitness, 1067 C-Street, Suite 117, Galt, CA 95632, (209) 745-0695, Coach - Fred Kendall

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

Jungle Gym & Fitness Center-Cyborg Power Shop, 04281A

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

Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones



Jacqueline Davis... the defending WDFPF World Champion, was the top women's lifter at the ADFFPA New York State Bench Press Championships, promoted by Straub's Fitness. (photo by David Blumberg)

ADFFPA New York Bench Press 3 Dec 94 - Chester, NY

114 Teen	175	181 Submaster	380
115 Open	180	181 Submaster	380
116 Open	180	181 Submaster	380
117 Open	180	181 Submaster	380
118 Open	180	181 Submaster	380
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199 Open	180	181 Submaster	380
200 Open	180	181 Submaster	380

Kent, 122 Railroad Ave. S., Kent, WA 98032, (206) 852-2442 FAX (206) 852-8369, Tyler Maljeiko LMT/Meat Promoter.

Mathison's Fitness Center, 4260 Fairchild, P.O. Box 325, Oakland, N. Wornyette

Warrior Weight Room, Coyle-Cassidy High School, Adams Hamilton St., Taunton, MA 02780, (508) 823-6164 Ext 580, Coach-Howard Waldron.

Normal Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach - Thomas Loder.

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

Pathways Personal Training and Powerlifting, 519 Broad Ave., Guilport, MS 39501, Owner/Trainer - Gary Smith, (601) 868-3289

Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Serious Members Gym, Inc., Exit 118 Rte. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach - Frank Dias

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

Strength and Power Productions, Competition Set-Up - Plat-

To get your gym in the directory, forms - Seminars - Audio - Announcements - \$3 check made out to the Mirada, CA 90638 (714) 994-5198, Barbara's Ln., Stevens Point, WI 54481.

A.D.F.P.A. Corner

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

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STREET ADDRESS CITY STATE ZIP CODE

TELEPHONE NO AREA DATE OF BIRTH AGE SEX IS A CHILD YES NO IS A COACH YES NO

COMPLETE ALL ENTRIES

REGISTRATION FEE EFFECTIVE - 11/1/94 \$25.00 HIGH SCHOOL - \$10.00

APPLICANTS: fill out card completely and mail with fee to:

World Team DONATION CLUB REPRESENTED

ADFFPA 19 Sunrise Dr. Mountaintop, PA 18077

IF YOU HAVE PARENTS HAVE PARENT SIGNATURE DATE

Berkshire Nautilus Fall Classic Open
22 Oct 94 - Pittsfield, MA

Rank	Name	56 kg	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	97.5 kg	105 kg	112.5 kg	120 kg	127.5 kg	135 kg	142.5 kg	150 kg	157.5 kg	165 kg	172.5 kg	180 kg	187.5 kg	195 kg	202.5 kg	210 kg	217.5 kg	225 kg	232.5 kg	240 kg	247.5 kg	255 kg	262.5 kg	270 kg	277.5 kg	285 kg	292.5 kg	300 kg	307.5 kg	315 kg	322.5 kg	330 kg	337.5 kg	345 kg	352.5 kg	360 kg	367.5 kg	375 kg	382.5 kg	390 kg	397.5 kg	405 kg	412.5 kg	420 kg	427.5 kg	435 kg	442.5 kg	450 kg	457.5 kg	465 kg	472.5 kg	480 kg	487.5 kg	495 kg	502.5 kg	510 kg	517.5 kg	525 kg	532.5 kg	540 kg	547.5 kg	555 kg	562.5 kg	570 kg	577.5 kg	585 kg	592.5 kg	600 kg	607.5 kg	615 kg	622.5 kg	630 kg	637.5 kg	645 kg	652.5 kg	660 kg	667.5 kg	675 kg	682.5 kg	690 kg	697.5 kg	705 kg	712.5 kg	720 kg	727.5 kg	735 kg	742.5 kg	750 kg	757.5 kg	765 kg	772.5 kg	780 kg	787.5 kg	795 kg	802.5 kg	810 kg	817.5 kg	825 kg	832.5 kg	840 kg	847.5 kg	855 kg	862.5 kg	870 kg	877.5 kg	885 kg	892.5 kg	900 kg	907.5 kg	915 kg	922.5 kg	930 kg	937.5 kg	945 kg	952.5 kg	960 kg	967.5 kg	975 kg	982.5 kg	990 kg	997.5 kg	1005 kg	1012.5 kg	1020 kg	1027.5 kg	1035 kg	1042.5 kg	1050 kg	1057.5 kg	1065 kg	1072.5 kg	1080 kg	1087.5 kg	1095 kg	1102.5 kg	1110 kg	1117.5 kg	1125 kg	1132.5 kg	1140 kg	1147.5 kg	1155 kg	1162.5 kg	1170 kg	1177.5 kg	1185 kg	1192.5 kg	1200 kg	1207.5 kg	1215 kg	1222.5 kg	1230 kg	1237.5 kg	1245 kg	1252.5 kg	1260 kg	1267.5 kg	1275 kg	1282.5 kg	1290 kg	1297.5 kg	1305 kg	1312.5 kg	1320 kg	1327.5 kg	1335 kg	1342.5 kg	1350 kg	1357.5 kg	1365 kg	1372.5 kg	1380 kg	1387.5 kg	1395 kg	1402.5 kg	1410 kg	1417.5 kg	1425 kg	1432.5 kg	1440 kg	1447.5 kg	1455 kg	1462.5 kg	1470 kg	1477.5 kg	1485 kg	1492.5 kg	1500 kg	1507.5 kg	1515 kg	1522.5 kg	1530 kg	1537.5 kg	1545 kg	1552.5 kg	1560 kg	1567.5 kg	1575 kg	1582.5 kg	1590 kg	1597.5 kg	1605 kg	1612.5 kg	1620 kg	1627.5 kg	1635 kg	1642.5 kg	1650 kg	1657.5 kg	1665 kg	1672.5 kg	1680 kg	1687.5 kg	1695 kg	1702.5 kg	1710 kg	1717.5 kg	1725 kg	1732.5 kg	1740 kg	1747.5 kg	1755 kg	1762.5 kg	1770 kg	1777.5 kg	1785 kg	1792.5 kg	1800 kg	1807.5 kg	1815 kg	1822.5 kg	1830 kg	1837.5 kg	1845 kg	1852.5 kg	1860 kg	1867.5 kg	1875 kg	1882.5 kg	1890 kg	1897.5 kg	1905 kg	1912.5 kg	1920 kg	1927.5 kg	1935 kg	1942.5 kg	1950 kg	1957.5 kg	1965 kg	1972.5 kg	1980 kg	1987.5 kg	1995 kg	2002.5 kg	2010 kg	2017.5 kg	2025 kg	2032.5 kg	2040 kg	2047.5 kg	2055 kg	2062.5 kg	2070 kg	2077.5 kg	2085 kg	2092.5 kg	2100 kg	2107.5 kg	2115 kg	2122.5 kg	2130 kg	2137.5 kg	2145 kg	2152.5 kg	2160 kg	2167.5 kg	2175 kg	2182.5 kg	2190 kg	2197.5 kg	2205 kg	2212.5 kg	2220 kg	2227.5 kg	2235 kg	2242.5 kg	2250 kg	2257.5 kg	2265 kg	2272.5 kg	2280 kg	2287.5 kg	2295 kg	2302.5 kg	2310 kg	2317.5 kg	2325 kg	2332.5 kg	2340 kg	2347.5 kg	2355 kg	2362.5 kg	2370 kg	2377.5 kg	2385 kg	2392.5 kg	2400 kg	2407.5 kg	2415 kg	2422.5 kg	2430 kg	2437.5 kg	2445 kg	2452.5 kg	2460 kg	2467.5 kg	2475 kg	2482.5 kg	2490 kg	2497.5 kg	2505 kg	2512.5 kg	2520 kg	2527.5 kg	2535 kg	2542.5 kg	2550 kg	2557.5 kg	2565 kg	2572.5 kg	2580 kg	2587.5 kg	2595 kg	2602.5 kg	2610 kg	2617.5 kg	2625 kg	2632.5 kg	2640 kg	2647.5 kg	2655 kg	2662.5 kg	2670 kg	2677.5 kg	2685 kg	2692.5 kg	2700 kg	2707.5 kg	2715 kg	2722.5 kg	2730 kg	2737.5 kg	2745 kg	2752.5 kg	2760 kg	2767.5 kg	2775 kg	2782.5 kg	2790 kg	2797.5 kg	2805 kg	2812.5 kg	2820 kg	2827.5 kg	2835 kg	2842.5 kg	2850 kg	2857.5 kg	2865 kg	2872.5 kg	2880 kg	2887.5 kg	2895 kg	2902.5 kg	2910 kg	2917.5 kg	2925 kg	2932.5 kg	2940 kg	2947.5 kg	2955 kg	2962.5 kg	2970 kg	2977.5 kg	2985 kg	2992.5 kg	3000 kg	3007.5 kg	3015 kg	3022.5 kg	3030 kg	3037.5 kg	3045 kg	3052.5 kg	3060 kg	3067.5 kg	3075 kg	3082.5 kg	3090 kg	3097.5 kg	3105 kg	3112.5 kg	3120 kg	3127.5 kg	3135 kg	3142.5 kg	3150 kg	3157.5 kg	3165 kg	3172.5 kg	3180 kg	3187.5 kg	3195 kg	3202.5 kg	3210 kg	3217.5 kg	3225 kg	3232.5 kg	3240 kg	3247.5 kg	3255 kg	3262.5 kg	3270 kg	3277.5 kg	3285 kg	3292.5 kg	3300 kg	3307.5 kg	3315 kg	3322.5 kg	3330 kg	3337.5 kg	3345 kg	3352.5 kg	3360 kg	3367.5 kg	3375 kg	3382.5 kg	3390 kg	3397.5 kg	3405 kg	3412.5 kg	3420 kg	3427.5 kg	3435 kg	3442.5 kg	3450 kg	3457.5 kg	3465 kg	3472.5 kg	3480 kg	3487.5 kg	3495 kg	3502.5 kg	3510 kg	3517.5 kg	3525 kg	3532.5 kg	3540 kg	3547.5 kg	3555 kg	3562.5 kg	3570 kg	3577.5 kg	3585 kg	3592.5 kg	3600 kg	3607.5 kg	3615 kg	3622.5 kg	3630 kg	3637.5 kg	3645 kg	3652.5 kg	3660 kg	3667.5 kg	3675 kg	3682.5 kg	3690 kg	3697.5 kg	3705 kg	3712.5 kg	3720 kg	3727.5 kg	3735 kg	3742.5 kg	3750 kg	3757.5 kg	3765 kg	3772.5 kg	3780 kg	3787.5 kg	3795 kg	3802.5 kg	3810 kg	3817.5 kg	3825 kg	3832.5 kg	3840 kg	3847.5 kg	3855 kg	3862.5 kg	3870 kg	3877.5 kg	3885 kg	3892.5 kg	3900 kg	3907.5 kg	3915 kg	3922.5 kg	3930 kg	3937.5 kg	3945 kg	3952.5 kg	3960 kg	3967.5 kg	3975 kg	3982.5 kg	3990 kg	3997.5 kg	4005 kg	4012.5 kg	4020 kg	4027.5 kg	4035 kg	4042.5 kg	4050 kg	4057.5 kg	4065 kg	4072.5 kg	4080 kg	4087.5 kg	4095 kg	4102.5 kg	4110 kg	4117.5 kg	4125 kg	4132.5 kg	4140 kg	4147.5 kg	4155 kg	4162.5 kg	4170 kg	4177.5 kg	4185 kg	4192.5 kg	4200 kg	4207.5 kg	4215 kg	4222.5 kg	4230 kg	4237.5 kg	4245 kg	4252.5 kg	4260 kg	4267.5 kg	4275 kg	4282.5 kg	4290 kg	4297.5 kg	4305 kg	4312.5 kg	4320 kg	4327.5 kg	4335 kg	4342.5 kg	4350 kg	4357.5 kg	4365 kg	4372.5 kg	4380 kg	4387.5 kg	4395 kg	4402.5 kg	4410 kg	4417.5 kg	4425 kg	4432.5 kg	4440 kg	4447.5 kg	4455 kg	4462.5 kg	4470 kg	4477.5 kg	4485 kg	4492.5 kg	4500 kg	4507.5 kg	4515 kg	4522.5 kg	4530 kg	4537.5 kg	4545 kg	4552.5 kg	4560 kg	4567.5 kg	4575 kg	4582.5 kg	4590 kg	4597.5 kg	4605 kg	4612.5 kg	4620 kg	4627.5 kg	4635 kg	4642.5 kg	4650 kg	4657.5 kg	4665 kg	4672.5 kg	4680 kg	4687.5 kg	4695 kg	4702.5 kg	4710 kg	4717.5 kg	4725 kg	4732.5 kg	4740 kg	4747.5 kg	4755 kg	4762.5 kg	4770 kg	4777.5 kg	4785 kg	4792.5 kg	4800 kg	4807.5 kg	4815 kg	4822.5 kg	4830 kg	4837.5 kg	4845 kg	4852.5 kg	4860 kg	4867.5 kg	4875 kg	4882.5 kg	4890 kg	4897.5 kg	4905 kg	4912.5 kg	4920 kg	4927.5 kg	4935 kg	4942.5 kg	4950 kg	4957.5 kg	4965 kg	4972.5 kg	4980 kg	4987.5 kg	4995 kg	5002.5 kg	5010 kg	5017.5 kg	5025 kg	5032.5 kg	5040 kg	5047.5 kg	5055 kg	5062.5 kg	5070 kg	5077.5 kg	5085 kg	5092.5 kg	5100 kg	5107.5 kg	5115 kg	5122.5 kg	5130 kg	5137.5 kg	5145 kg	5152.5 kg	5160 kg	5167.5 kg	5175 kg	5182.5 kg	5190 kg	5197.5 kg	5205 kg	5212.5 kg	5220 kg	5227.5 kg	5235 kg	5242.5 kg	5250 kg	5257.5 kg	5265 kg	5272.5 kg	5280 kg	5287.5 kg	5295 kg	5302.5 kg	5310 kg	5317.5 kg	5325 kg	5332.5 kg	5340 kg	5347.5 kg	5355 kg	5362.5 kg	5370 kg	5377.5 kg	5385 kg	5392.5 kg	5400 kg	5407.5 kg	5415 kg	5422.5 kg	5430 kg	5437.5 kg	5445 kg	5452.5 kg	5460 kg	5467.5 kg	5475 kg	5482.5 kg	5490 kg	5497.5 kg	5505 kg	5512.5 kg	5520 kg	5527.5 kg	5535 kg	5542.5 kg	5550 kg	5557.5 kg	5565 kg	5572.5 kg	5580 kg	5587.5 kg	5595 kg	5602.5 kg	5610 kg	5617.5 kg	5625 kg	5632.5 kg	5640 kg	5647.5 kg	5655 kg	5662.5 kg	5670 kg	5677.5 kg	5685 kg	5692.5 kg	5700 kg	5707.5 kg	5715 kg	5722.5 kg	5730 kg	5737.5 kg	5745 kg	5752.5 kg	5760 kg	5767.5 kg	5775 kg	5782.5 kg	5790 kg	5797.5 kg	5805 kg	5812.5 kg	5820 kg	5827.5 kg	5835 kg	5842.5 kg	5850 kg	5857.5 kg	5865 kg	5872.5 kg	5880 kg	5887.5 kg	5895 kg	5902.5 kg	5910 kg	5917.5 kg	5925 kg	5932.5 kg	5940 kg	5947.5 kg	5955 kg	5962.5 kg	5970 kg	5977.5 kg	5985 kg	5992.5 kg	6000 kg	6007.5 kg	6015 kg	6022.5 kg	6030 kg	6037.5 kg	6045 kg	6052.5 kg	6060 kg	6067.5 kg	6075 kg	6082.5 kg	6090 kg	6097.5 kg	6105 kg	6112.5 kg	6120 kg	6127.5 kg	6135 kg	6142.5 kg	6150 kg	6157.5 kg	6165 kg	6172.5 kg	6180 kg	6187.5 kg	6195 kg	6202.5 kg	6210 kg	6217.5 kg	6225 kg	6232.5 kg	6240 kg	6247.5 kg	6255 kg	6262.5 kg	6270 kg	6277.5 kg	6285 kg	6292.5 kg	6300 kg	6307.5 kg	6315 kg	6322.5 kg	6330 kg	6337.5 kg	6345 kg	6352.5 kg	6360 kg	6367.5 kg	6375 kg	6382.5 kg	6390 kg	6397.5 kg	6405 kg	6412.5 kg	6420 kg	6427.5 kg	6435 kg	6442.5 kg	6450 kg	6457.5 kg	6465 kg	6472.5 kg	6480 kg	6487.5 kg	6495 kg	6502.5 kg	6510 kg	6517.5 kg	6525 kg	6532.5 kg	6540 kg	6547.5 kg	6555 kg	6562.5 kg	6570 kg	6577.5 kg	6585 kg	6592.5 kg	6600 kg	6607.5 kg	6615 kg	6622.5 kg	6630 kg	6637.5 kg	6645 kg	6652.5 kg	6660 kg	6667.5 kg	6675 kg	6682.5 kg	6690 kg	6697.5 kg	6705 kg	6712.5 kg	6720 kg	6727.5 kg	6735 kg	6742.5 kg	6750 kg	6757.5 kg	6765 kg	6772.5 kg	6780 kg	6787.5 kg	6795 kg	6802.5 kg	6810 kg	6817.5 kg	6825 kg	6832.5 kg	6840 kg	6847.5 kg	6855 kg	6862.5 kg	6870 kg	6877.5 kg	6885 kg	6892.5 kg	6900 kg	6907.5 kg	6915 kg	6922.5 kg	6930 kg	6937.5 kg	6945 kg	6952.5 kg	6960 kg	6967.5 kg	6975 kg	6982.5 kg	6990 kg	6997.5 kg	7005 kg	7012.5 kg	7020 kg	7027.5 kg	7035 kg	7042.5 kg	7050 kg	7057.5 kg	7065 kg	7072.5 kg	7080 kg	7087.5 kg	7095 kg	7102.5 kg	7110 kg	7117.5 kg	7125 kg	7132.5 kg	7140 kg	7147.5 kg	7155 kg	7162.5 kg	7170 kg	7177.5 kg	7185 kg	7192.5 kg	7200 kg	7207.5 kg	7215 kg	7222.5 kg	7230 kg	7237.5 kg	7245 kg	7252.5 kg	7260 kg	7267.5 kg	7275 kg	7282.5 kg	7290 kg	7297.5 kg	7305 kg	7312.5 kg	7320 kg	7327.5 kg	7335 kg	7342.5 kg	7350 kg	7357.5 kg	7365 kg	7372.5 kg	7380 kg	7387.5 kg	7395 kg	7402.5 kg	7410 kg	7417.5 kg	7425 kg	7432.5 kg	7440 kg	7447.5 kg	7455 kg	7462.5 kg	7470 kg	7477.5 kg	7485 kg	7492.5 kg	7500 kg	7507.5 kg	7515 kg	7522.5 kg	7530 kg	7537.5 kg	7545 kg	7552.5 kg	7560 kg	7567.5 kg	7575 kg	7582.5 kg	7590 kg	7597.5 kg	7605 kg	7612.5 kg	7620 kg	7627.5 kg	7635 kg	7642.5 kg	7650 kg	7657.5 kg	7665 kg	7672.5 kg	7680 kg	7687.5 kg	7695 kg	7702.5 kg	7710 kg	7717.5 kg	7725 kg	7732.5 kg	7740 kg	7747.5 kg	7755 kg	7762.5 kg	7770 kg	7777.5 kg	7785 kg	7792.5 kg	780
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APF Southeastern Championships			
19 Nov 94 - Murfreesboro, TN			
Bench Press	SQ	DL	Total
220	430	450	880
230	440	460	900
240	450	470	920
250	460	480	940
260	470	490	960
270	480	500	980
280	490	510	1000
290	500	520	1020
300	510	530	1040
310	520	540	1060
320	530	550	1080
330	540	560	1100
340	550	570	1120
350	560	580	1140
360	570	590	1160
370	580	600	1180
380	590	610	1200
390	600	620	1220
400	610	630	1240
410	620	640	1260
420	630	650	1280
430	640	660	1300
440	650	670	1320
450	660	680	1340
460	670	690	1360
470	680	700	1380
480	690	710	1400
490	700	720	1420
500	710	730	1440
510	720	740	1460
520	730	750	1480
530	740	760	1500
540	750	770	1520
550	760	780	1540
560	770	790	1560
570	780	800	1580
580	790	810	1600
590	800	820	1620
600	810	830	1640
610	820	840	1660
620	830	850	1680
630	840	860	1700
640	850	870	1720
650	860	880	1740
660	870	890	1760
670	880	900	1780
680	890	910	1800
690	900	920	1820
700	910	930	1840
710	920	940	1860
720	930	950	1880
730	940	960	1900
740	950	970	1920
750	960	980	1940
760	970	990	1960
770	980	1000	1980
780	990	1010	2000
790	1000	1020	2020
800	1010	1030	2040
810	1020	1040	2060
820	1030	1050	2080
830	1040	1060	2100
840	1050	1070	2120
850	1060	1080	2140
860	1070	1090	2160
870	1080	1100	2180
880	1090	1110	2200
890	1100	1120	2220
900	1110	1130	2240
910	1120	1140	2260
920	1130	1150	2280
930	1140	1160	2300
940	1150	1170	2320
950	1160	1180	2340
960	1170	1190	2360
970	1180	1200	2380
980	1190	1210	2400
990	1200	1220	2420
1000	1210	1230	2440
1010	1220	1240	2460
1020	1230	1250	2480
1030	1240	1260	2500
1040	1250	1270	2520
1050	1260	1280	2540
1060	1270	1290	2560
1070	1280	1300	2580
1080	1290	1310	2600
1090	1300	1320	2620
1100	1310	1330	2640
1110	1320	1340	2660
1120	1330	1350	2680
1130	1340	1360	2700
1140	1350	1370	2720
1150	1360	1380	2740
1160	1370	1390	2760
1170	1380	1400	2780
1180	1390	1410	2800
1190	1400	1420	2820
1200	1410	1430	2840
1210	1420	1440	2860
1220	1430	1450	2880
1230	1440	1460	2900
1240	1450	1470	2920
1250	1460	1480	2940
1260	1470	1490	2960
1270	1480	1500	2980
1280	1490	1510	3000
1290	1500	1520	3020
1300	1510	1530	3040
1310	1520	1540	3060
1320	1530	1550	3080
1330	1540	1560	3100
1340	1550	1570	3120
1350	1560	1580	3140
1360	1570	1590	3160
1370	1580	1600	3180
1380	1590	1610	3200
1390	1600	1620	3220
1400	1610	1630	3240
1410	1620	1640	3260
1420	1630	1650	3280
1430	1640	1660	3300
1440	1650	1670	3320
1450	1660	1680	3340
1460	1670	1690	3360
1470	1680	1700	3380
1480	1690	1710	3400
1490	1700	1720	3420
1500	1710	1730	3440
1510	1720	1740	3460
1520	1730	1750	3480
1530	1740	1760	3500
1540	1750	1770	3520
1550	1760	1780	3540
1560	1770	1790	3560
1570	1780	1800	3580
1580	1790	1810	3600
1590	1800	1820	3620
1600	1810	1830	3640
1610	1820	1840	3660
1620	1830	1850	3680
1630	1840	1860	3700
1640	1850	1870	3720
1650	1860	1880	3740
1660	1870	1890	3760
1670	1880	1900	3780
1680	1890	1910	3800
1690	1900	1920	3820
1700	1910	1930	3840
1710	1920	1940	3860
1720	1930	1950	3880
1730	1940	1960	3900
1740	1950	1970	3920
1750	1960	1980	3940
1760	1970	1990	3960
1770	1980	2000	3980
1780	1990	2010	4000
1790	2000	2020	4020
1800	2010	2030	4040
1810	2020	2040	4060
1820	2030	2050	4080
1830	2040	2060	4100
1840	2050	2070	4120
1850	2060	2080	4140
1860	2070	2090	4160
1870	2080	2100	4180
1880	2090	2110	4200
1890	2100	2120	4220
1900	2110	2130	4240
1910	2120	2140	4260
1920	2130	2150	4280
1930	2140	2160	4300
1940	2150	2170	4320
1950	2160	2180	4340
1960	2170	2190	4360
1970	2180	2200	4380
1980	2190	2210	4400
1990	2200	2220	4420
2000	2210	2230	4440
2010	2220	2240	4460
2020	2230	2250	4480
2030	2240	2260	4500
2040	2250	2270	4520
2050	2260	2280	4540
2060	2270	2290	4560
2070	2280	2300	4580
2080	2290	2310	4600
2090	2300	2320	4620
2100	2310	2330	4640
2110	2320	2340	4660
2120	2330	2350	4680
2130	2340	2360	4700
2140	2350	2370	4720
2150	2360	2380	4740
2160	2370	2390	4760
2170	2380	2400	4780
2180	2390	2410	4800
2190	2400	2420	4820
2200	2410	2430	4840
2210	2420	2440	4860
2220	2430	2450	4880
2230	2440	2460	4900
2240	2450	2470	4920
2250	2460	2480	4940
2260	2470	2490	4960
2270	2480	2500	4980
2280	2490	2510	5000
2290	2500	2520	5020
2300	2510	2530	5040
2310	2520	2540	5060
2320	2530	2550	5080
2330	2540	2560	5100
2340	2550	2570	5120
2350	2560	2580	5140
2360	2570	2590	5160
2370	2580	2600	5180
2380	2590	2610	5200
2390	2600	2620	5220
2400	2610	2630	5240
2410	2620	2640	5260
2420	2630	2650	5280
2430	2640	2660	5300
2440	2650	2670	5320
2450	2660	2680	5340
2460	2670	2690	5360
2470	2680	2700	5380
2480	2690	2710	5400
2490	2700	2720	5420
2500	2710	2730	5440
2510	2720	2740	5460
2520	2730	2750	5480
2530	2740	2760	5500
2540	2750	2770	5520
2550	2760	2780	5540
2560	2770	2790	5560
2570	2780	2800	5580
2580	2790	2810	5600
2590	2800	2820	5620
2600	2810	2830	5640
2610	2820	2840	5660
2620	2830	2850	5680
2630	2840	2860	5700
2640	2850	2870	5720
2650	2860	2880	5740
2660	2870	2890	5760
2670	2880	2900	5780
2680	2890	2910	5800
2690	2900	2920	5820
2700	2910	2930	5840
2710	2920	2940	5860
2720	2930	2950	5880
2730	2940	2960	5900
2740	2950	2970	5920
2750	2960	2980	5940
2760	2970	2990	5960
2770	2980	3000	5980
2780	2990	3010	6000
2790	3000	3020	6020
2800	3010	3030	6040
2810	3020	3040	6060
2820	3030	3050	6080
2830	3040	3060	6100
2840	3050	3070	6120
2850	3060	3080	6140
2860	3070	3090	6160

WDFFP World Bench Press	
Women	Men
30 Oct 94 - Poland	180.5
30 Oct 94 - Latvia	177.5
30 Oct 94 - Romania	175
30 Oct 94 - Bulgaria	175
30 Oct 94 - Czech Rep.	175
30 Oct 94 - France	175
30 Oct 94 - Germany	175
30 Oct 94 - Greece	175
30 Oct 94 - Hungary	175
30 Oct 94 - Italy	175
30 Oct 94 - Japan	175
30 Oct 94 - Korea	175
30 Oct 94 - Lithuania	175
30 Oct 94 - Mexico	175
30 Oct 94 - Netherlands	175
30 Oct 94 - Norway	175
30 Oct 94 - Poland	175
30 Oct 94 - Romania	175
30 Oct 94 - Russia	175
30 Oct 94 - Slovakia	175
30 Oct 94 - Spain	175
30 Oct 94 - Sweden	175
30 Oct 94 - Switzerland	175
30 Oct 94 - Taiwan	175
30 Oct 94 - Thailand	175
30 Oct 94 - USA	175
30 Oct 94 - USSR	175
30 Oct 94 - West Germany	175
30 Oct 94 - Yugoslavia	175
30 Oct 94 - Czech Rep.	175
30 Oct 94 - Hungary	175
30 Oct 94 - Poland	175
30 Oct 94 - Romania	175
30 Oct 94 - Slovakia	175
30 Oct 94 - Spain	175
30 Oct 94 - Sweden	175
30 Oct 94 - Switzerland	175
30 Oct 94 - Taiwan	175
30 Oct 94 - Thailand	175
30 Oct 94 - USA	175
30 Oct 94 - USSR	175
30 Oct 94 - West Germany	175
30 Oct 94 - Yugoslavia	175

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Nordic Bench Press Championships

30 Oct 94 - Drammen, Norway (kg)

Women 44-60 kg	Midtjens-52	145
Women 61-75 kg	Bjørnsdottir-61	167.5
Women 76-90 kg	Kramme-80.4	165
Women 91-105 kg	Yngve-73.3	152.5
Women 106-120 kg	Uggvald-73.6	127.5
Men 90-125 kg	Men 90-125 kg	145
Men 126-160 kg	Kokkonen-109.1	232.5
Men 161-200 kg	Lehtinen-107.7	217.5
Men 201-240 kg	Lehtinen-107.7	217.5
Men 241-280 kg	Lehtinen-107.7	217.5
Men 281-320 kg	Lehtinen-107.7	217.5
Men 321-360 kg	Lehtinen-107.7	217.5
Men 361-400 kg	Lehtinen-107.7	217.5
Men 401-440 kg	Lehtinen-107.7	217.5
Men 441-480 kg	Lehtinen-107.7	217.5
Men 481-520 kg	Lehtinen-107.7	217.5
Men 521-560 kg	Lehtinen-107.7	217.5
Men 561-600 kg	Lehtinen-107.7	217.5
Men 601-640 kg	Lehtinen-107.7	217.5
Men 641-680 kg	Lehtinen-107.7	217.5
Men 681-720 kg	Lehtinen-107.7	217.5
Men 721-760 kg	Lehtinen-107.7	217.5
Men 761-800 kg	Lehtinen-107.7	217.5
Men 801-840 kg	Lehtinen-107.7	217.5
Men 841-880 kg	Lehtinen-107.7	217.5
Men 881-920 kg	Lehtinen-107.7	217.5
Men 921-960 kg	Lehtinen-107.7	217.5
Men 961-1000 kg	Lehtinen-107.7	217.5

APA Southeastern Regional

15 Oct 94 - Columbia, SC

Bench Press	220	McDuffie	395
D. Palka	148	J. Danziger	450
J. Taylor	115	J. Arnold	385
J. Taylor	100	D. Barino	355
K. Williams	170	D. Encarnacion	470
J. Hanson	300	J. McNair	425
F. Jefferson	355	R. Laney	400
T. Davis	300	Deadlift	400
R. Ripberger	20-23	Over 148	195
D. Williams	225	K. Williams	300*
J. McNeer	425	Men Teen	430*
H. Hawkins	325	Junior 20-23	475*
D. Cauden	325	Submaster 33-39	475
J. West	50	Submaster 40-46	475
C. McCreter	320*	W. Moore	525*
R. Sumrell	148	R. Snow	510
C. McCreter	320*	S. Swindle	450
M. Morrison	350	D. Barino	530*
K. Bradshaw	375	J. Hurst	475
H. McCherry	360	SHW	475
L. Encarnacion	430	SHW	475
J. McNeer	425	SHW	475
H. Hawkins	325	SHW	475
D. Cauden	325	SHW	475
J. West	50	SHW	475
C. McCreter	320*	SHW	475
R. Sumrell	148	SHW	475
M. Morrison	350	SHW	475
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D. Cauden	325	SHW	475
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R. Sumrell	148	SHW	475

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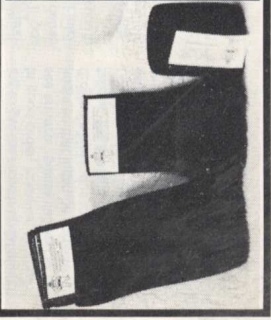
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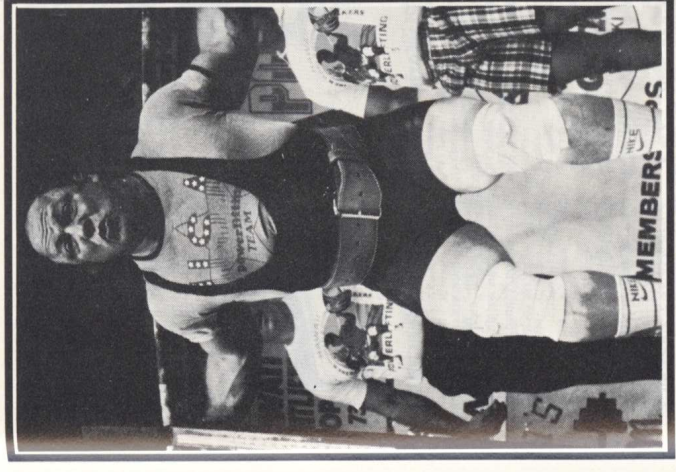
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Male <input type="checkbox"/> Female <input type="checkbox"/>				
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An Opinion From Andrea Sortwell

With the recent announcement of yet another new powerlifting organization (or in this case the return of an organization that hasn't sponsored meets in 15 years) many of us around the country can be heard asking the question "Why do we need another powerlifting organization?" I believe, the intent of this article is not to stop there, but to attempt to explain the ramifications or an increasingly divided sport.

As the Chairperson of the Finance and Ethics committee for the ADFPA for the last half year, I am familiar with our national operating budget and the organization's goals. As the state chair of Colorado, which has one of the fastest growing memberships in the country, I understand what it takes to foster growth and excitement for powerlifting on the local level. As a local meet director, and now having recently been awarded my first national level meet, I understand the sport's economics as well as the time, effort and volunteers that it takes to run a good meet. As a competitive lifter with former training partners and lifting buddies whom all were participating in several competing organizations, I see the unnecessary divisions and difficult personal decisions that competing organizations can create for the individual lifter. The addition of yet another competing organization affects all these aspects of our sport. While my comments stem primarily from my ADFPA experience, they would easily apply to any of the existing not-for-profit powerlifting organizations. Consider these issues:

1) Many of us are tired of trying to answer the questions "What is powerlifting?... is it in the Olympics?... Why isn't it in the Olympics?... Will your meet be on TV?... Why won't your meet be on TV?... Think about it, almost all sports in the Olympics, or with TV coverage, have a unified front, both on the national and international level. You can imagine how TV networks get tired of various organizations approaching them asking for coverage of "The Nationals", only to learn later that some organizations are far from the real thing, and seek publicity from less than national caliber competition. After a while, the TV networks just shy away, not knowing who to believe. Of course, lack of notoriety through TV coverage and/or the Olympics prevents most corporations from considering sponsorships to our sport. Of course, local press coverage is also difficult to obtain, for the same reasons. Lack of recognition and resulting lack of outside funding lead to a host of other problems.

2) Many of us can be heard complaining about inconsistency of the referees. Sometimes this is the lifters' misunderstanding of the rules. Our sport is no different than any other sport. We all question calls each week on Monday Night Football, and human nature will always cause differ-

ences of opinion. Yet, our referees differ in that they are entirely voluntary. Not only are they not paid for their time, they must often spend considerable dollars to attend the meet. No powerlifting organization has the funds to hold annual refereeing clinics, or to compensate their judges. Until there is unified training where judges from all over the country meet and learn together, and until there is compensation for a job well done, and a job not well done, there is little ability to minimize these inconsistencies. Of course, lack of money stems from lack of sponsorship, which stems from lack of TV and press coverage and the lack of Olympic affiliation.

3) Meet directors are affected by economies of scale. In other words, there is an entry level below which a meet director will almost certainly lose money. This is a significant problem in small and mid-size states, particularly if those states are not adjacent to or near large population bases. Economies of scale, simply put, means that a meet with a larger number of entrants will cost less per lifter to run. This is because some costs are fixed, and do not vary with the number of entrants. Examples of these fixed costs include the meet sanction fee, insurance, platform wood, rental of the meet site, rental of microphone/overhead, and in my state, a fixed cost for travel to the meet site by the polygrapher, regardless of the number of lifters he tests. Of course, fewer entrants mean mostly first place awards, which are often much more expensive. These issues are real issues for local meet directors, and I can guarantee you that if each state did not have competing organizations, and therefore there were more lifters in each meet, you would have more and better run ADFPA meets each year in most areas. You, the lifter, would have more choice of meets to qualify for, our various nationals, and you would only have to buy one membership card.

4) The ADFPA is a not-for-profit amateur sports governing body. The membership card that you buy each year goes to cover expenses, and in addition, in some years excess funds are deposited into an investment account to help solidify our position. Currently, the ADFPA is the only powerlifting organization in this country with any kind of financial structure. This investment fund is for the lifter, and for the future of drug-free powerlifting. That, money, together with the annual budget, is there to benefit you as the lifter. The executive committee of the ADFPA, together with the National Governing Body (consisting of voting members such as state chairs, athlete representatives, and some committee chairs) decided how this money should be spent, or saved. Right now, as we prepare the budget for 1995, we must consider the pos-

sibility of a decrease in ADFPA membership due to the announcement of this new organization. (Or at least a slower rate of growth) The national budget is also affected by economies of scale. If our membership income drops due to a new competing organization, then expenses will also have to go down. Take your pick, although I doubt you'll care for any of the choices. Should expense reductions, if necessary, come from drug-testing, world team funding, fewer newsletters, etc.? As you can see these are very real issues that may, have to be addressed and they are certainly not to the lifter's benefit.

The above examples are just a few of the reasons that additional competing organizations in powerlifting are not beneficial for most lifters. You may ask, what is wrong with competition among organizations? In some industries competition fosters an improved product. However, in a sport with a lack of financial backing, and where very few make money, competition can spell disaster. In the least, competition could hold powerlifting back. Now it is possible that in the short run, some lifters might benefit, and do not vary with the number of entrants, although you will have to purchase one more membership card. As your next meet and lifting organization, I know most lifters "just want to lift", and it would be nice if life were that simple. However, if you are reading PL USA, you have more than just a passing interest. If so, you should realize the long-term consequences of supporting a new, unnecessary organization. The ADFPA will do their best to continue their reputation in the country, and not coincidentally, the organization with the largest membership, almost 5845 in the last 12 months. Which ever organization you choose, at least you will now be making a more informed choice. However, this choice for lifters does not translate into a choice for our leaders.

Recently the ADFPA Master Committee Chair announced that he was also the new interim director of this new organization. In fact, during the same week that his person formally announced, in print, that he was forming this new organization, he ran, and was re-elected to a voting position of an ADFPA National Committee. Somewhat those re-selecting this person did not realize the significant CONFLICT of INTEREST that his person has. Our voting and elected leaders have a fiduciary responsibility to each member lifter to see that our organization is run and financed in a responsible manner. Creating a competing organization goes against all goals of the ADFPA. It is a conflict of interest, let me share one more example. I have recently been awarded the National Master's meet for 1995

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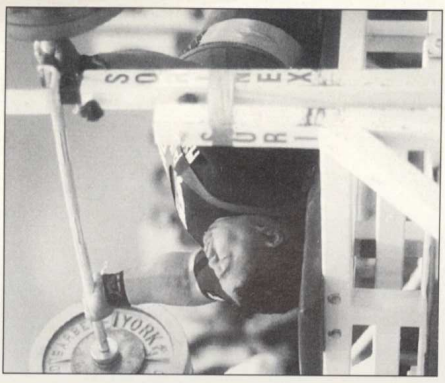
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark.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



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

