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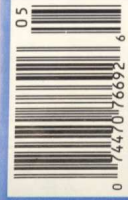
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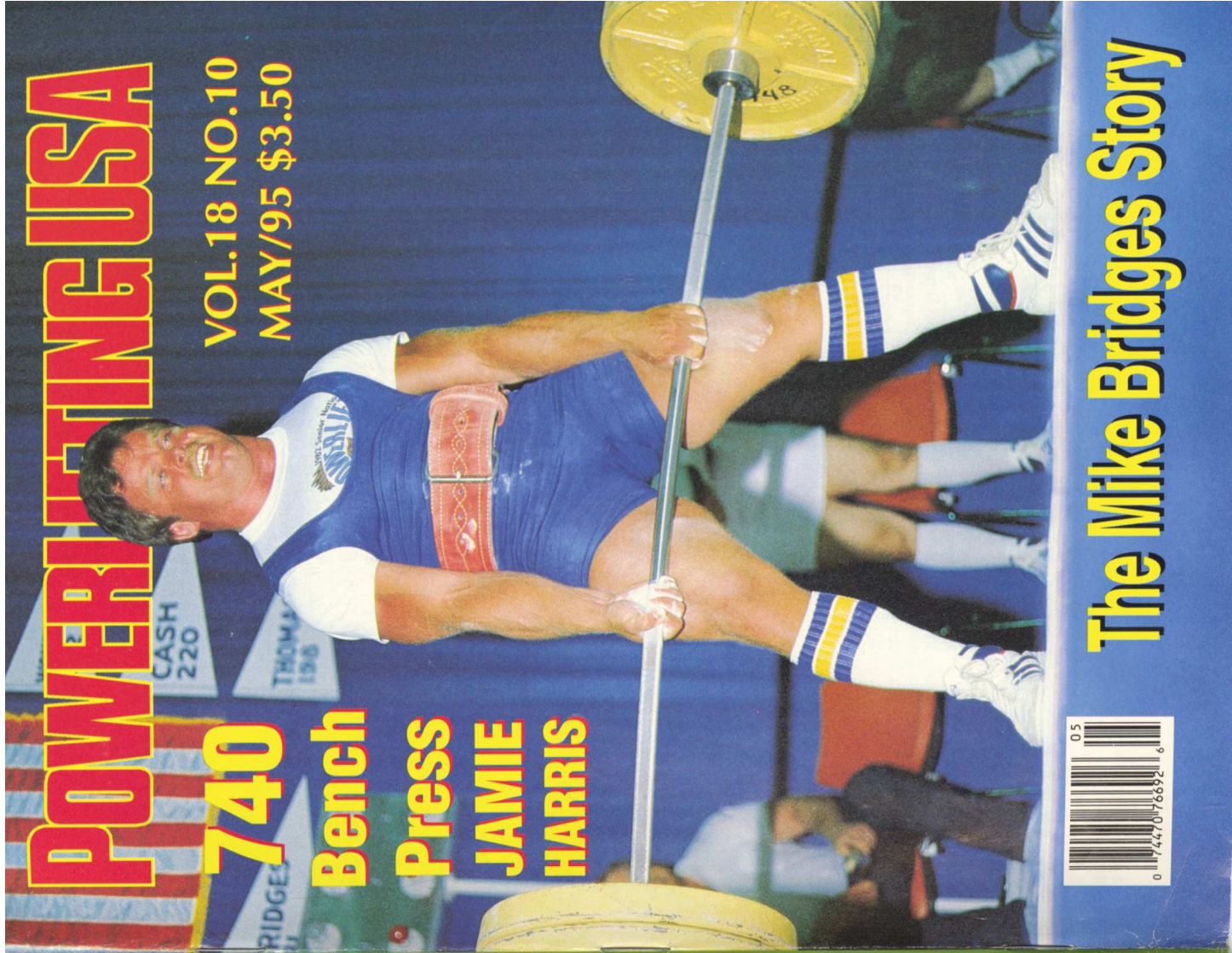
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ON THE COVER.... the Great MIKE BRIDGES at the 1982 Sr. Nationals where he went 837 512 755 2105 weighing 181 lbs.

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Mike Bridges

The Peoria Powerhouse

as told to POWERLIFTING USA by Herb Glossbrenner

At the 1976 Badger State Open Powerlifting competition in Wisconsin, an auspicious young man told head referee Lyle Schwartz he was going to break the lightweight world record in the bench press that day. "How long have you been lifting?" Lyle inquired. "Not long. This is my first competition," the young upstart replied. Schwartz skeptically raised an eyebrow and nodded. "As a world record you say? Good luck." He thought it was a bold forecast, but admired the lad's enthusiasm. After the stalwart young athlete topped the IPF world record with cardholders present, Schwartz and a whole host of others became believers.

Astronomers search the heavens for that one in a hundred billion chance to witness the birth of a star, as its brilliance flares forth with blinding incandescence. The opportunity may never occur in a lifetime, but it did this day - a 367 pound bench press by a 148 pound virtual unknown in his first meet.

Nobody realized that this youth, whose career was launched that day, was beginning a long journey. His route would take him into the outermost regions of our powerlifting galaxy. On the way he blazed a trail - like a comet - across the heavens, crossing barriers and surpassing limits we never visualized in our wildest imaginations. He was then what Ed Coan is to powerlifting today - indomitable and supreme - he is Mike Bridges.

Michael was born February 1, 1957, the next to the eldest of five brothers. He came in at 8 lbs. 3 oz. in his first weigh-in. His father was 5'5" and mother 5'3". Neither parent had an athletic background, nor did his brothers have interests in such. Brother Bob later did high school wrestling, following in Mike's footsteps. Mike grew up in Peoria, IL, and developed a fondness for grappling. He competed as a freshman and sophomore and as a junior he was runner-up in the state championships.

Bob Ross, Jr., a lifetime friend, met Mike while promoting a forthcoming PL meet. Mike was invited to the gym for a workout. He developed a propensity for the power movements - especially in the bench press. His wrestling coach felt, so many during this era believed, that weight training would cause slowness and inflexibility. So, the coach prohibited it. Word got out of Mike's workouts. A decree was delivered: "No weights, Mike. You can win States this year. Don't throw it away. Give it up or you're off the team." Mike balked. "I quit." The Coach begged him to reconsider, but he'd made his decision.

From that day forward he trained

The big one finally arrived August 27, 1978. At the Senior Nationals Bridges recorded the best performance ever in powerlifting history. Tony Fitton, powerlifting's beloved guru, described Mike as exuding confidence, a portrait of athleticism. "He's an All-American - a perfect lifter," Tony raved. Mike Lambert, who had used up all the superlatives in Webster's Dictionary to describe him called this outing: "one heckuva Superman type lift."

Nobody had a prayer to beat Mike overall, but Californian Armington Rafael stole some of his thunder with a world record 396.8 bench. An old lifting buddy (and I do mean old) and rival of mine Bob Cortes topped Armington with a lifetime best 136.6 for better than Bridges was 336 pounds better than through his lifts - 606, 386, 611. His first two deadlifts smashed the world record total. The sixteen hundred pound bar was now history (1603). Next came a world record deadlift, try - 633 - almost.

Now the stage was set to see if he was really the best. The World Championships is the real testing grounds. And prove himself he did. A long ways from home in Turkey, Finland, he popped two mind boggling world record squats: a fourth try at 628, and stayed down. Mike lifted 570, 390, 570 for 1530. He was blasted 352, 391 and then 402 and seven pounds finally beaten. He'd lost seven pounds making weight in a Finnish steam room. Fluid deprivation caused cramping. He took two melocore (for him) deadlifts - 562 then 584 - and called it a day. Even so his 1609 conglomerate broke his own world mark.

Mike didn't bother to drop weight for the last meet of the year. In his very first outing as a very light middleweight he leisurely made 644, 402, 584, 1631.

Bridges kicked off 1979 dramatically. He went up to 165 for good. At a meet in April his 1719 total obliterated yet another barrier - seventeen hundred. His 672 squat broke Crain's 666 mark (Rickney retailed soon afterward with 683). His 418 bench press and 628 deadlift completed another great day. Amazing as this lifting seemed, it did not give any indication of the surprise he was saving for the forthcoming Senior Nationals.

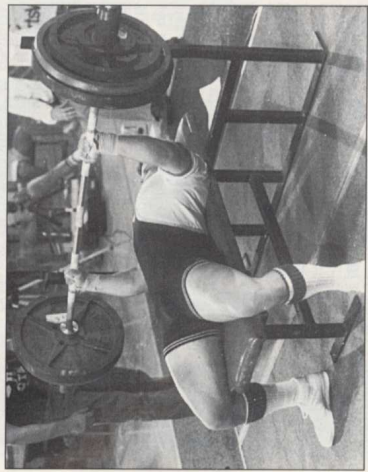
Damp, sweating Mississippi summertime - Lambert called the Bay St. Louis gathering "the Mississippi Meltdown." Heat and humidity plagued the competitors. Bridges perspired as did everyone else, however, the competition (superstars in their own right - Crain and Gaugler), provided "no sweat" for the Illinois

one won the meet, and the last two increased his total mark at 1813 to 1829. Canadian Di Pasquale was lifted into a frenzy, and strained bench press specialist Backlund (SWE) was third.

A new decade dawned. It was the Eighties. With it lay promise of greater achievements. In the spring the IPF promoted a meet dubbed the World Cup of Powerlifting. The results were mediocre. To undermine some competition and to flaunt mine this commendably superior powermen - Dr. Terry Todd and Tony Fitton co-promoted The World Series of Powerlifting (they were buddies back in those days). The meet featured America's Elite going head-to-head. The results and records would make the IPF sit up and take notice. This was the beginning of a national/international power struggle, which culminated in great strife at the forthcoming Worlds.

At the Auburn, AL, get-together Mike had no peers. Crain came in at 148 and Gaugler was back home gearing up for the Seniors. Dropping bodyweight once again was a problem for Mike. He lost ten pounds to make 165. In pre-meet preparation he had been insisting on enormous weights. The steam room ordeal took a big edge off his presentation. He was nauseous and cramped from dehydration. Re-gainless Bridges still broke three world records. His record 722 squat opened needed repeating. He passed a third and saved himself for a subsequent record 463 bench. He breezed through 600 and 650 deadlifts. The final augmented a total record of 1835. Bridges wanted Gaugler's elusive 694 record as well. His terrific effort at 699 came up a few inches shy. Even under these adverse conditions - almost 1884!

No more weight dropping drudgery. It was up to 181 for Mike.



Showing His Stuff in the Bench Press at the 1979 Senior Nationals.

sprawling atop him. The doctor declared upon examining Mike that there was no tear (did anyone attend to Larry?). Everyone thought Bridges was done after that melee. Yet - surprise! Out he came for a big 722. He hoisted it up and bumped his total record one notch higher to 1962.

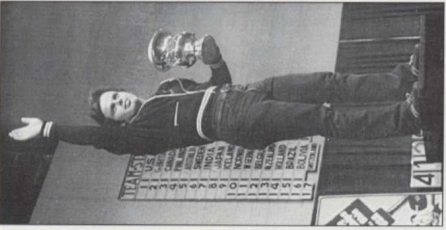
The Ohio Association Championship, October 4, was a prelude to the Worlds. Pacifico, in top form, had plans for redemption after his Seniors bomb. Mike was there to invade 198. He aspired to hold records in four weight categories simultaneously (he weighed 183). I was there, and it was one meet I'll never forget. It was a bitter-sweet mixture of triumph and trauma. Mike triumphed as he broke the 1951 world record total for 198's by 116 plus pounds. He squatted lower to silence his critics. His second attempt 804 crashed the 800 barrier for the first time in that division (beat Jerry Jones' 793). Next he mastered 826.7 which weighed out a "light" 822. An enormous 848 was down and up, but ruled high. He joined the 500 club with a 501 bench and followed that with a 738 pull. His 2066 total was mind-boggling. Next came the tragic mishap with Pacifico's finger. Mike recalls thinking that PL would never be the same without Larry. Larry did return to be acclaimed powerlifting's Champion of Champions.

Young Victor at the '79 Worlds

Brawny Brit Ron Collins had put the total record supposedly out of reach. His 1885 had stood the onslaught of even American Walter Thomas, but his extinction was imminent.

The Quad City Open in Moline saw Mike's quads decisively demolish the squat record. Dennis Wright's 755 first bit off the chalk dust. Mike unworked a second attempt 777 (782 on the scales). He then stormed the 800 barrier. A down and up of 804 was reported as one-half inch high (such a precise evaluation!) and not allowed. He benched 474 and totaled a new record, shades of Samson, 1956.6.

Another sweltering steam bath awaited in Madison, WI. Hept of 95 degrees and humidity reported to be 90 percent was another hurdle for the indomitable one to vault. The Inferno left many casualties, but produced many records as well. Even Mike was not invulnerable to the prevailing super strict official. Three times he took 755 for a try. On his final try he got the approving nod. He stroked a 485 bench. During the deadlift the deprivation of body fluids and dehydration caught up. Finishing a 650 deadlift, Mike crumpled up. Grasping his thigh afterward caused everyone to panic. Lambert swore he had heard an audible snap (later lengthy research I determined it to be the gym in the third row crunching ice). Heroic Pacifico to the rescue! Like a protective mother hen, Larry flew onto the platform and scooped up Mike like a baby chick. He carried him offstage, but stumbled descending the steps. Larry tripped and fell down, the steps with the mighty Munchkin



Young Victor at the '79 Worlds

MB: Lyle Schwartz made that accusation to me. It was untrue. This aggravated me and made me determined to stick to my convictions.

HG: Was it a wise choice?
MB: No, but I believed at the time that it was for the best. I was the only USPF team member who went out on a limb. The limb got cut off, and it cost me a world title. I went against my better judgement, but learned from the experience.

HG: And that was?
MB: Make sure the pool is full of water before you jump in.

The officiating had been stringent at the Nationals. Here it was as loose as a goose who'd just scarfed down a kilo of chocolate pudding. Mike lifted spectacularly and strove to execute his lifts without reproach. No one had any doubts. It was as though it was a separate competition for Bridges. It was not satisfying because it wasn't the "real thing." He squatted an official world record, a simply incredible 832. He tried 848, but it was too much that day. He benched 501 and then went for MacDonald's record (Mac's 517 world record, not his un-recognized 522 done on a pound set) with a 518 miss. He next mastered a 738 deadlift with his precise sumo-style. His total was 2072. It broke his own 181 world record total by 105 pounds and eclipsed the "official" IPF winner

gave Mike's rock-solid squat world record a scare, completing 727 twice, but drawing reds. Gaugler's sterling performance was the least of Mike's concerns. He had his own problems at 181. He three-peaked his 744 opener squat just to stay in the meet. His frustrated final platform duster - kept him in the running. Then he settled down, realizing hopes of a world record in his favorite lift would have to be postponed to another day. A 518 bench press and MacDonald owned the record no more. Like a hydraulic hoist, he raised 523.6 next to own the best lift of all-time. But not it was only 521 when weighed (Mac's USA record 522 still survived). A fourth with 529 was missed. Damn! He claimed his fourth straight national title with 666 for 2006, a personal record 777 missed by his peers was, for Mike, ho-hum.

About this time Bridges came out with his first book *New Dimensions in Powerlifting* - a complete 52 page training guide for \$14.95. A steal! Yes, they sold like hot cakes. To date he has had three reprints run and has sold several thousand copies.

The 1981 Worlds were in far away Calcutta, India, and foreign TV announced his coming. Hoards of ardent Indian sports fans and autograph-seekers descended upon his American strength hero. His fame was now world renowned.



Impeccable Form in the deadlift by Mike B. at the 1980 IPF Worlds

PL USA EXCLUSIVE!!!!

HG: Mike, the time has come to lay all your cards on the table.
MB: Whatever do you mean?
HG: Be Honest. All the readers of *Powerlifting USA* need to know.
MB: Need to know what?
HG: What is your deep, dark secret?

MB: I have no secrets.
HG: You know what I mean, the true reason behind your unbelievable strength.
MB: No, I've never revealed that to anyone.
HG: Aha! Then you do have a secret.

MB: Okay, you trapped me. Are you sure you really want to know? You won't believe me.
HG: Try me.
MB: Well, okay, but promise me you won't print it.
HG: You know I won't (promise, that is!).

MB: It happened when I was about 12. There is this great fishing place back in the boonies. I heard about it and decided to check it out. Suddenly, I saw this bright light. This strange object

At Long Last... Finally, the REAL Secret of Mike Bridges Strength is Revealed!!!

ing resemblance to Jan Todd. She spoke to me in a soft, melodious voice and touched me with that wand on my major muscle groups.

HG: Like the pees, glutes, quads, and spinal erectors?
MB: Yes, that's right. Are you clairvoyant?
HG: Possibly. Can you remember what she, or rather it, said?
MB: It's starting to come back to me... vaguely.
HG: Please, tell me.
MB: I recall something like... "strength far beyond mortal men."
HG: Incredible. Go on.
MB: Sorry, that's the last thing I remember. Swear to me that you'll never tell a living soul.
HG: National Enquirer would pay big bucks for that story.
MB: Tell it.
HG: Thanks, Mike, for sharing your secret with the world. It's time the truth was known.
MB: Do you see the toll free number for the National Enquirer?

Mike was almost as revered as a scored cow. Everyone knew he was the best powerlifter there ever was.

Yes, the competition was good. The crowd grew impatient and buzzed with anticipation as the hour approached. Netaji Stadium was jam-packed. Everyone sensed something marvelous would occur. It did, but unlike the world has ever seen before.

His presentation enthralled the multitudes. They erupted into a pitched frenzy each time he appeared. Like an automated robot he cranked out his squats: first 705, then 760, and finally 804. He turned them deep, leaving no doubt who was king on this far and distant shore. They chanted for more, but Mike took no fouls. He left it to their imaginations how much more he could have done. In this distant land, the concept of survival by its populace is in their big numbers. If it's big numbers they liked, then that is exactly what Mike gave them.

Best, but a mere toy for the Omnipotent One. Exhilaration and fanfare supercharged the stagnant air. The crowd, almost spellbound, erupted into vociferous cheers each time he lifted. Next it was time to chastise the disobedient bench press record of Mac. This day it yielded: 523 exploded from his chest. Inched up, and then locked into history. Another Big Mac attack, an encore 529, succumbed as well. It was inevitable that day. That day, as always, he followed himself, seeking to surpass himself; something no one else could possibly do.

Winning was his first and foremost objective, so up came 551. He lifted it as smooth as a perfidious pick-pocket. It was so absurdly hilarious. The crowd responded with their laughter and incoherent babbling. Lost in the shuffle was the Champion who once reigned supreme. Britain's great old warrior, Ron Collins, zeroed and retired almost unnoticed.

Playtime was over. Mike quantum-leaped to 749 (198 lb. increase). He tapped his strength reservoir at 2083. He'd surpassed his own world record total. With one try left he called for 771 to put him over 2100. He didn't appear and allowed his own time to expire. A noble gesture, giving Kumpuniemi (FIN) more rest for a world record try. It was anti-climactic. The 793 was

loaded and Velli missed. Mike's winning margin was 363 pounds more than German runner-up Max Stamm.

Mike was on top of the world, until he got home. Then, the bombshell hit. He got the word that he'd flunked the drug test. Mike was stripped of his world title and records. Bridges disavowed the allegations. A USPF protest was filed with the IPF. Improprieties were discovered involving the handling of the specimens. Subsequently his title was reinstated, and the good name was cleared (more concerning this later).

In January 1982 Mike Bridges said farewell to Ohio and Larry, and he relocated to Arlington, Texas. Rumors circulated that friction had developed between the two superstars. Mike states emphatically that it wasn't so. They parted the best of friends and remain so today. The move was mostly career-oriented. Mike opened his mail order business and provided his experience to the local lifting establishment. His seminars brought in droves, and his business was thriving. Mike enjoyed the friendly atmosphere and the climate. The Calcutta debacle was still fresh and disturbing, but that soon passed. Following reinstatement, he received a written apology from the IPF for its ineptitude. Once again he became motivated. He renewed training and kicked its intensity up into high gear.

Pacifico's commitment to excellence made his 1982 Senior Nationals in Dayton the ideal setting for a performance that would long be remembered.

Moustached Mike showed up with his facial foliage as a badge of maturity. I was there to witness the Rolls Royce of powerlifting meets. If you've ever witnessed a Pacifico production then you've seen the best. I wrote of Mike's overwhelming lifting in the August 1982 issue of *Powerlifting USA*.

Bridges informed me before the competition that he did not intend to extend himself - just enough to win. I accepted this dismal news. My disappointment soon disappeared faster than my dog Roudy can wolf down a hamburger. Mike was snubbing me, and glibly guy that I was, I believed him.

When Bridges lifted there was no pandemonium - no fainting or screaming. I was having an adrenaline rush which would raise a week old



Mike With Almost 1/2 Ton in exhibition at the World's Strongest Man contest (J. Weyland)

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cadaver, however, everyone else seemed calm, taking for granted the weights he handled. All his squats were letter perfect - 705 a blowout, 810 was equally easy. Next, it was up to a world record 837. Even in the eagle eye of the strictest authority this lift was indisputably good. That lift will remain indelibly etched in my memory forever. It is unquestionably the greatest lift I've ever witnessed.

Yeah, but now I knew I'd had my leg pulled. His 463 bench press was a thinker toy. The next bench, 512, was strong and steady. I would have picked 523, but no, he wanted a record 534. Halfway up it stalled. I believe he'd have made it with plates under his feet. The final lift came now underway - and with it was a fifth, consecutive national title. With it the hitherto impenetrable 2100 barrier yielded (just as he had previously done with 1900 and 2000). He had it - 2105! Awesome. The runner-up Bruce (The Viking) Takala could have defeated any other mortal man with his 1835. However, Mike (if you haven't guessed it by now) was no ordinary man. By Mike's calculation he had now surpassed in his relatively short but illustrious career no less than 73 (official and unofficial) world records.

Shades of Alexeev!

Not since the appearance of legendary Paul Anderson in 1955 had a German newspaper headline read: 'Ubermensch Einfallen Munchen (Supernatural Inroads Munich). Bridges captured his fourth world powerlifting title with consistency less than what everyone expected. He won by a mere 154 pounds. He squatted 661 then 705. Then on to the bench for 451. He mastered a measly 705 deadlift, for 1862. Afterwards, in a gesture of absolute cooperation, Mike provided an overflowing specimen of urine for the doping control.

Powerlifting USA featured Mike's 12 week power squat cycle routine in the April 1983 edition, where he highly recommended his wide stance FLAIR style. Endorsements poured in and Mike's business enterprises were flourishing.

It was back to Texas for the Sr. Nationals in 1983, in Austin Mike chalked up his sixth national title defense. His low total of 2011 (804 501 705) was more than enough to win the outstanding lifter award. I was outraged when his 843 squat was called for depth (it was right up where I had a perfect view - it was perfect!) Mike smirked it off, good naturedly. All his 181 contenders stayed home. With Bridges entry as an insurmountable obstacle, only one brave newcomer dared show his face. His opponent had tried all night, in vain, to make 165. He



Mike and Bob Bridges at Mike's last meet, the 1989 WDPFF Worlds, with the man who got both of them started in weights - Al Smithers.

came in at 171 and registered a most impressive score - 1857 via 699 429 699. This was the only meeting of powerlifting's two greatest lifters. The neophyte's name? It was ED COAN.

History was not to repeat itself. The two never met again, both traveling separate paths. Ed began his inspired climb of Everest. Mike, whose motivation had cooled, began his descent.

The 1983 Worlds took place in mid November. This year the trip was to Gothenburg, Sweden. Before Mike left Texas he contracted strep throat. His bodyweight dropped drastically. To complicate matters he abstained from taking any medication to treat the infection due to the drug testing. His caution light was lit, but his pilot light had all but gone out. He weighed in at a mere 173 and felt very sick. Even with depleted strength he managed 711, 446, and 622 for 1780. He had his fifth IPF world title, but was dehydrated, drained, and vomiting. His 705 deadlift was not completed. Mike was grateful to have the ordeal behind him. He'd won. A win is a win, and the results are damned.

He turned his attention to his future. Interests were divided between business and lifting. Meanwhile, Coan was improving by leaps

unsubstantiated fabrications.

HG: If so, what really happened?

MB: The truth of the matter is that my training was not going well at all. I'd felt run down since Sweden. My business consumed all my time. It was doing great and needed my full, undivided attention. I endured personal changes as well as business pressures and became stressed. I was not eating properly and neglected my workouts. They became less and less frequent. My lifts suffered. As the Seniors approached, I wanted to commit myself, but couldn't get enthused. You don't try for big lifts without proper preparation.

HG: Not even Mike Bridges?

MB: (Laughs) No, not even me. It was a difficult decision. It became too hard a grind to live up to my own expectations and everyone else's. There were no mountains left to climb, so I decided to call it quits.

HG: Some dared to suggest that you didn't want to risk an unblemished record against someone who might have beaten you.

MB: In shape, I would not have been beaten. I regret missing the opportunity. I never experienced real competition. Maybe only in one lift, never overall. If I'd been pushed, no telling what I could have done. I made up my mind that it was finished. The fire just went out. That's it.

HG: You can't believe some of the stories circulating.

MB: Yes, I can. I heard I'd died, and another had me on dialysis machine. One said I'd taken so much monkey hormone that a special vaccine was being manufactured for me from banana extract. (Laughs)

HG: There were some remarks also about your cranium size.

MB: (Laughs) Yes, I have mother nature to thank for that one.

HG: Heck, I know some Armchairians with bigger noodle than yours, and they don't even lift weights.

MB: Actually, since I've quit lifting both my head and feet have shrunk. I've gone from an 8-1/2 to an 8 in size. (I forgot to ask if he was referring to his hat or shoe size.)

HG: When you met and defeated a rising Ed Coan in Austin, did you recognize him as your true successor and, thereby, pass the torch?

MB: Giving up the sport did not even cross my mind yet. I did see in him a special quality with a potential for greatness.

HG: Hypothetically speaking, had you maintained the ambition, and continued to lift, would you have stayed at 181?

(article continued on page 99)

740 BENCH PRESS by Jamie Harris!!!



Jamie Harris got a new all time world record in the bench press at the APF Pennsylvania State Championships held on March 25th by Carl Seeker in Pittsburgh, PA. Jamie, who weighed 355 lbs., improved miraculously on a previous PR of 680 lbs., has been knocking on the door of the 700 Club for some time now. He went on to try a 4th attempt, 750, which he might have gotten, if he had taken it on his 3rd try. Jamie is only in his mid-20s, and just a few years ago, he was still benching 400. He honestly feels that 800 lbs. is possible for him in the bench press. From Tamara Rainwater-Grimwood...

...Jamie opened with an easy 710 lbs., and with the lbs. on his second attempt to break Ken Lain's previous bench record of 727 lbs., and with the crowd chanting 'Jamie, Jamie...' he called for a 3rd attempt of 740 lbs., more than any other man has ever benched in the entire world. That's it.

534 Bench at 163 by Greg Warr... at Gus Rethwisch's March 18th Budweiser Record Breakers meet. Warr opened with 501, and made 518, before moving to the all time poundage of 534. On a fourth attempt, he went on to lock out 540, but it was turned down.

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Dr. JUDD

James "Hollywood" Henderson "There is a Fire in Me"

by Judd Biasiotto Ph.D., World Class Enterprises

"There is a fire in me. I don't know where it comes from. It's flaring up more and more. It's driven me to a place in my mind that is limitless. I feel like there is nothing I can't do, nothing I can't achieve." So says World Bench Champion James "Hollywood" Henderson. "Everyone said that a 700 pound bench press was impossible without drugs. Well, I did it without drugs, without a belt and me keeps burning. I will do 800 pounds the same way. No drugs, no belt, no shirt or wraps. I'm going to do it all with the natural ability that God gave me."

Henderson stands up before me, stretching his 6'5", 351 pound body to full measure. He is one awesome sight - one of the most muscular human beings I have ever seen. Even Ken Lain would be dwarfed by Henderson. He is just that big. Even more amazing is that Henderson's body is so big and broad that he could easily add another 50 or 60 pounds to it, without compromising its symmetry.

"When I was just a child," Henderson continues, "I dreamed that one day I was going to be one of the greatest athletes in the world. That was my dream. That's all I've been my dream. At first, I thought my dream was going to be realized in football. God had blessed me with a big, powerful body, and I worked extremely hard to get the most out of what He had given me. By the time I was a senior in high school I was on every High School

established my goal to become one of the greatest athletes in the world. With the Lord's help, I am going to achieve that goal in the sport of powerlifting. I'll tell you this too, I'm not going to be just a great lifter. I'm going to do it differently than any other lifter in the world."

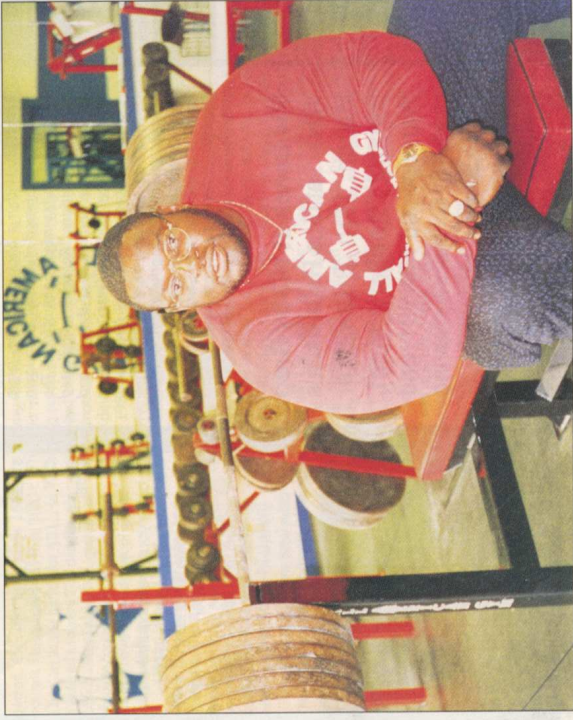
Henderson begins to warm up, preparing himself for a grueling workout. And this is on the very day that he will attempt a bench of 640 pounds for the three reps. He is in hot pursuit of the all time world record.

"Now that I reached the 700 pound barrier, everybody is starting stuff. They say that I'll defeat Clark or any of the other big benchers. That'll be the first man to bench 800 pounds. I don't care about any of that stuff. I'm not here to challenge anybody else. I just want to be me and have a good time being me. I plan on going as far as I can in the sport - 750, 800, even 900 if the fire is in me. Right now, I'm just in the embryo stage. I'm just beginning, there is no telling how good I can become. I'm not going to let the thought of another athlete or a weight restrict me. I'm just going to be the best that I can be. My power comes from within, from the Lord. And all I want to do is to serve the Lord."

Henderson stops stretching. I can tell by the expression on his face that he is about to tell me something significant. "Judd, I want people to know that I am a loving person. That I love everyone, and that my goal in life is just to be a good person. I'm a people person. My rule is always people first, and heart, love is sharing. I want to share myself totally with everyone." As I sit there listening to Henderson's ideas about life and love, I am surprised by his meekness. Here is a man who is arguably one of the greatest bench pressers in the world, yet he is so tender, so vulnerable, so frank. Then I recalled what my father had told me years before. He said "It is the weak who are cruel. Gentleness can only be expected from the strong."

It is true. We need strong people in our sport who are willing to stand up and say "Drugs are cheating. This is hypocritical, and we won't stand for it anymore". People who are willing to get on the line and say "No, I won't use anything of the game" James Henderson is such a man.

Left... Huge James Henderson at the All American Gym in Lakeland, FL. James stunned the world by benching 700 lbs. without a bench shirt at the South Florida Bench Championships on January 28th. (photo by Ken Snell)



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INTERVIEW

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

BG: Please give us some personal information on yourself.

SS: My name is Shirley Scheffler, and I'm 36 years old. I am a police officer with the City of Folsom, a growing community of about 40,000 located east of Sacramento, CA. I have been a police officer for approximately 13 years. I am coached by my husband, Bill, who I rely on for his invaluable support and feedback. Bill has also been unselfish with his assistance. At times, I know his tireless efforts have taken away from his own lifting. I am the lifter I have become because of him.

BG: How did you get started in lifting?
SS: I began training with weights in order to build my strength up to pass the police agility test portion of the police officer entrance examination. Bill incorporated bench presses and deadlifts to my workout routine. Later when I found out that I actually enjoyed my lifting and increased strength, we added squats into my workouts. The owner of a local gym I belonged to at that time, Tom Carey, encouraged me to compete. I competed in a few local meets in 1979 before that was

that goal, with regard to the different organizations and politics being around. Ideally, powerlifting should be under one governing body which supports drug free powerlifting and conducts accurate and strict drug testing.

BG: What have you gained from weight training?
SS: Weight training has gained mainstream acceptance. Although competition is an individual decision, the experience of lifting before an audience is unforgettable. Strength training is a major plus for everyone. Being stronger builds self-confidence, self-esteem, and adds to one's overall good health. For me, it has assisted me in my career, brought me to different parts of this country, enabled me to meet many fine people, and it has improved the quality of my life.

BG: Are there any additional comments you would like to make?
SS: In closing, I would like to express my deepest appreciation and heartfelt gratitude to my husband Bill and son William for their love, understanding, and support. Thanks to the members of the Folsom Police Department for their encouragement and to Judy Ceadney for her friendship.

Shirley Scheffler

as interviewed for Powerlifting USA by Bob Gaynor

interrupted when I entered the police academy and my career in law enforcement.
BG: Shirley, what titles and records do you hold?
SS: In 1983-1984, I competed in the ADFPA Masters Nationals in Sacramento. From there it was on to the 1994 ADFPA Women's Nationals and the USPF Women's Nationals in Austin, Texas. In 1984, I set the IPF Women's 97 pound class deadlift record of then 319 lbs. I was also a member of the USPF Northern California Female Powerlifter and Best Deadlift for that year.

I took a break from competing from 1985-1992. During that time, I continued to work out, enjoyed some recreational running (I even toyed with the idea of running a marathon), had a child, and attended to other commitments.
BG: What do you see as the future of powerlifting?
SS: As with most powerlifters, I would really love to see powerlifting as an Olympic sport. However, I think the lack of uniformity impairs our efforts toward

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Officer Shirley Scheffler combines the duties of full time police work with her family commitments, and still wins it all in Powerlifting!

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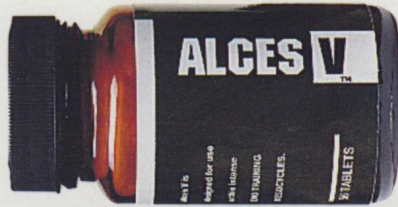
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In the 1970's, in particular, the research of Dr. Vladimir Syrov from Tashkent, Uzbekistan has been a leading factor in developing specific anabolic pharmaceuticals derived from plants. In addition to Platfia, several other plants have been found to contain phytoosterols with pronounced growth promoting activity in man. These plants include but are by no means limited to *Leuzea carthamoides* (Russia & Hungary), *Diplocladia glaucescens* (India), *Yucca shidigera* (Mexico), *Polypodium vulgare* (Spain).

About Ecdysterones

Ecdysterones are compounds related to 20-hydroxyecdysone which is an insect molting hormone. They are widely distributed in the plant kingdom (present in about 85 families) and are found in high concentrations in certain plants. There are several related phytoecdysones and they each arise via the isoprenoid pathway in steroid biochemistry. Among those studied by myself and others for use in sport include abutasterone, ponasterone, rhanosterone, and turkesterone. Phytoecdysteroids are most present in young growing plants and seem to be most present in the seeds and fruits of such plants, possibly due to a defense mechanism against insects.

Phytoecdysteroids rich plants have been found to inhibit tumor development, improve heart contractility, stimulate memory and the capacity for learning, increase muscle protein synthesis. No anabolic/antigonadotropic activity

from phytoecdysteroids was noticed by V. Syrov or B. Faldikoren, but was observed by H. Xu, M. Laval and B. Kludikowicz.

Commercial Phytoosterol Preparations

There are many plant based "anabolic" supplements on the market today. Many of the new ones cite Russian use, but as I mentioned before, most of these claims are pure hype. Some of these supplements may be growth promoting while most are probably not. The reason for this is that unless the plant material is standardized, chances are it has about as much growth promoting action as a piece of wood. Several analytical studies have clearly shown that phytoosterol content of plants will vary greatly in the same plant depending on when it was harvested, what part is used, how long it sits before extraction, etc. In other words, you have about as great a chance of getting an anabolic boost from an herb as you do of gaining like those before and after shots in the muscle ads you see. Good luck, buddy!

Does this mean you should give up and go back to flavored shakes? Absolutely not, but it does mean you must be careful of what you buy. Forget all the hype and stretched claims. Forget the "Russian" miracle poisons. As an expert on Soviet sport pharmacology, I can confidently state that they don't exist. Only strong investigation on your part concerning phytoosteroids will pay off with great gains in muscle mass and strength. You must ask a lot of questions of the manufacturer before you fork over your money. Don't just take a salesperson's pitch at face value.

During 1992, in cooperation with several Russian sport scientists, a new natural anabolic from plants was developed called Retibol (registered trademark). This supplement soon became the rage among the bodybuilding elite as a serious alternative to anabolic drugs. Since 1992 we have further perfected this formula, making it more anabolically potent and safe. Your anabolic kitchen just won't be turned up any hotter drug-free than with Retibol in conjunction with specific training methods.

Of course, with the popularity of Retibol has come the hypsters and knock-off artists, each with their "better than the original formula" sales pitch. The fact is, it has taken a team of biochemists, molecular biologists, and coaches several years to perfect this exclusive formula, so don't think for one minute some supplement seller is going to crack the formula code. There are several phytoosteroids in Retibol including additional compounds which con-

In 1989 during my third trip to the then Soviet Union, I was exposed for the first time to the Russian use of specific plant based steroid extracts in sport. I met with numerous plant chemists and pharmacologists from various republics to discuss their research of plant based supplements and the future of developing such supplements for high level athletes. These Soviet scientists were pioneers in the research and development of phytochemicals in athletics and I wanted to tap into this research and advance it further. The plant sterol (phytosteroid) known as ecdysterone was one compound we investigated extensively.

What I will present to you is a current accounting of the effective and not so effective use of plant based extracts rich in phytoosteroids by athletes. As you will see, phytoosteroids are not miracle growth promoters, rather they are specific tools which must be used in the right training plan for optimal growth promoting effects. Myself and others have researched this issue thoroughly for the past five years. Much of this research has been misquoted and over hyped by inexperienced and non-scientific sport supplement manufacturers. In the best interest of you the athlete, I feel you are deserving of the facts about these compounds and present my findings here for your review.

It's been my observation over the past few years that most experienced drug-free bodybuilders are short changing themselves. Many are still training like a beginner or a drug-user, yet their metabolism and how they build muscle proteins are biochemically quite different. The traditional ways of training drug-free will only take you so far. Changes in training and the introduction of various low molecular weight compounds, as are found in phytosteroid supplements, will take you much further. The supplements will allow you to recover faster and create a greater anabolic effect, provided they are used properly.

Plants have been used for centuries in many parts of the world to treat a variety of ailments, give new life to an otherwise tired body, and even prevent illness. Chinese and East Indian Ayurvedic medicines are founded on an energetic basis from which other countries have learned. More recently, herbs have been applied to treat the body solely according to their therapeutic properties and chemical constituents. The plant's components (specific phytochemicals) are separated from the whole plant. In particular, the phytosteroid known as beta-Ecdysterone (or ecdysterone) from the plant *Platfia paniculata* (Platfia), also

tribute to it's pronounced anabolic effects and they are covered under international trade agreements. Just use some common sense when you buy any plant based supplement.

Training is key to getting the maximum anabolic effect.

Early on with our experiences using both Eklidsten and Retbol we learned that the supplement was only a piece of the anabolic pie. Over the past four years we have conducted extensive testing to determine the best way to use these supplements. Typically, we use Retbol for ten day cycles, followed by Eklidsten for 10 days, and then maximum anabolic effects are observed after day 10 to day 35 of the cycle. As I've stated in previous articles, the training intensity (load or % of a single repetition maximum) must be higher and the volume of this increased intensity must be progressively increased over 2-4 30-day cycles. From our work it seems both Eklidsten and Retbol work mainly at the level of translation. This is also the stage where growth hormone works so the phytochemicals would seem to play a synergistic role with other anabolic hormones produced by the body.

By training with a higher intensity than what you're used to, you will maximize the first stage of protein synthesis called transcription. In this stage, the testosterone produced during and right after heavy load training stress is available to increase the production of Ribonucleic acids (RNA) which are the builders of proteins in the muscle cell. Once the RNA's are active, the low molecular weight compounds and phytochemicals present in supple-

ments like Eklidsten and Retbol can go to work by increasing the assembly of muscle proteins from amino acids. I've listed below a sample training plan for an intermediate level bodybuilder to follow while on phytochemical based supplements. This is essential for the full gains in both muscle mass and strength because without such training all the plant steroids in the world will be of little value. If the athlete continued to train as they did in the past, their gains from phytochemical based supplements like Eklidsten and Retbol would be minimal.

PROFILE

Athlete: Paul Powerlifter
 25 Years Powerlifting Consistently
 4 years. Typical % of Maximum and average # of reps lifted per set for major lifts like squat, bench press, deadlift: 75-82%; 5-6 reps per set

CHANGES

Our athlete must increase his intensity of training in order to benefit from the anabolic effects of phytochemicals. An average intensity of 75-82% for 5-6 reps will be raised to 87% for 2-4 reps per set. He will train using basic lifts that mainly stress the major muscle groups. In this way we are assured of obtaining full anabolic hormonal stimulation which will result in maximal transcription in muscle protein synthesis. Listed below is an example of a ten day shock microcycle which can be used with Retbol for a great anabolic effect. This type of training must be combined with a high protein consumption of about 1.5 grams per pound of body weight, daily. The diet should be about 40% protein, 45% carbohydrate, and 15% fat.

METHODIC FOR 10 DAY SHOCK MICROCYCLE

A methodic is how we are going to perform a certain exercise. It is listed as (reps in time, sets, % of single repetition maximum, rest between sets), (30s, 4, 92-95%, 2m) (30s, 4, 82-87%, 1 m) (30s, 4, 72-77%, 1 m). The athlete will begin

with the first methodic and perform each set for as many reps as he can do in 30 seconds at 92-95% of a one rep maximum (1 RM), for a total of four sets. Then he will lighten the load to 82-87% of 1 RM and perform four more sets, etc.

The final methodic uses only 72-77% for as many reps as you can lift in 30 seconds per set. Each exercise can use this same methodic scheme. You must keep tension on the muscle all throughout the timed lift. For example, in the bench press, if you can't perform another rep and you still have time left, just rest the bar on your chest but keep your muscles in tension until you can attempt another rep or your spotter helps you.

EXERCISES FOR 10 DAY SHOCK MICROCYCLE

The exercises should be core lifts using major muscle groups. Ancillary or support exercises should be kept at a minimum in this short cycle. In the 10 day cycle the number of times the exercise is performed is included to the right. For example, in the squat, our athlete will perform the methodic listed using the squat for 4 workouts within the 10 day cycle. This is great volume but remember that this is a shock microcycle and the stress should be great. The cycle can be repeated after a 10 day break. The volume in this microcycle is fairly high and should be adjusted either up or down depending on your level of fitness. The intensity can be increased after 3-4 of these cycles are performed over a 6-8 cycle (60-80 days) period by adding sets in the 95% plus range. Over several months you will increase the intensity of training and the volume of that intensity.

Exercise (# of workouts in 10 day cycle): Back Squat (4), Flat Bench Press (5), Power Clean (3), Deadlift (4), Standing Barbell Curl (4), Close Grip Bench Press (3), Bent Over Dumbbell Row (4), Lat pulldown (3)

SUMMARY

Phytochemicals like ecdysterone and others are valuable growth promoting tools which will help you to get the most from your training. They function mainly at the level of translation in muscle protein synthesis, but may stimulate transcription as well. They are not stand alone supplements, meaning you will still get a more synergistic effect when using them with amino acids, creatine monohydrate, and other low molecular weight compounds of energetic and anabolic action.

The plant *Platfia paniculata* is a useful plant for starter material but must be extracted further to obtain an optimal level of phytochemicals. While Eklidsten was the first sport supplement to use extracts from

Platfia paniculata, neither it nor other *Platfia* based supplements have been used by Russian athletes. Beware of companies selling it as a miracle Russian supplement because it is not.

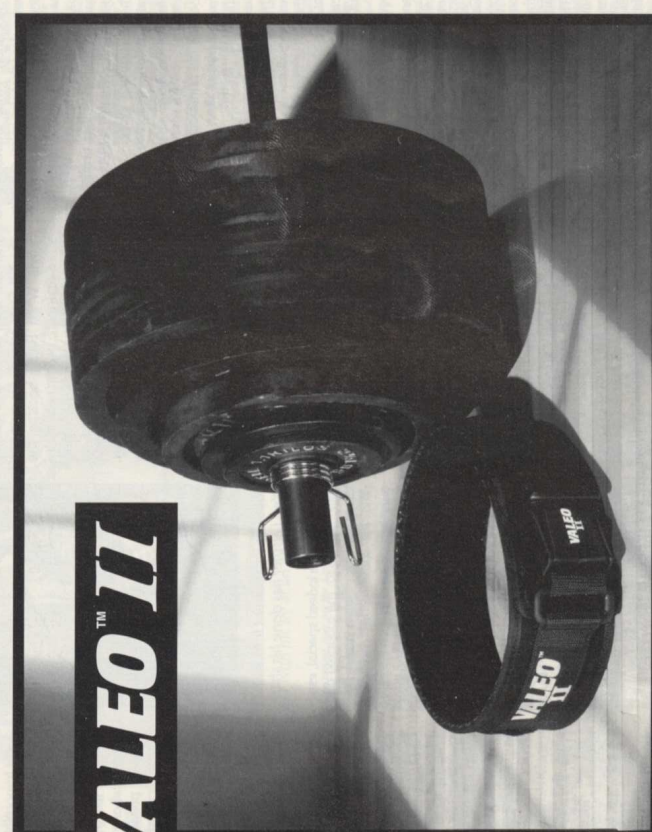
Over a period of a few weeks of training like I've suggested, you'll need to further increase the intensity and/or the volume of such intensity to allow for additional adaptation response and further muscle growth. The workouts themselves may not be very long or of high volume, but as a total in a microcycle or mesocycle they are great. You will need to train more often but you will recover quickly.

When you buy your supplements, overlook all the hype and go with what makes scientific sense. Many sport supplement manufacturers would love to take your money without giving you much in return, so learn all you can from a wide range of reliable sources so you will be empowered with the knowledge to become your best. I've listed some worthwhile research references at the end of this article, but they are just the beginning. If you have further questions about plant based supplements and their proper use in training, just give me a call.

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Rick Brunner is a regular writer for Powerlifting USA and other sport magazines. He has been actively involved with sport supplement research in Russia and other former Soviet Republics since 1989 and is the recipient of two Russian sport awards for his work. For more information about special sport supplements for use in high level training you can contact Rick via Athletics Sport International at 1-800-621-2602.

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In conclusion, I would like to thank Peter... I am President of the United States Powerlifting Federation... I look forward to holding other such championships as well in the future. Until, next time, good night!

1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition...

Table with 10 columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists various athletes and their performance records.

1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition...

1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition...

67.5 kg - Rusty Greene, 75 kg - Calvin Dahl, 82.5 kg - Russell Likins, 90 kg - Charr Cahagan, 100 kg - Robert Ecker, 110 kg - Tom Jones, 125 kg - Clinton Neal...

The team scoring was conducted in a different manner... method of scoring for each lift was modified... method I came up with...

1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition... 1991 World Open Record, Ex - Exhibition...

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POWER SCENE

THE GREATEST BENCH PRESS IN AMERICA! (SEPTEMBER 16, 1995. DALLAS, TEXAS: John Inzer's coming meet promises to be the biggest bench press meet ever, for the number of top lifters and world record attempts.

Many of this country's, and the world's, top benchers have, or soon will be contacted, and are starting their training plans. John put on a great show a few years back with the Baddest Bench in America, and he's out to top himself this time. POWERLIFTER Video Magazine will be there, and we're trying to get some television coverage for the big event. It's about time powerlifting got back on national television. After all, the world's strongest athletes going for the world's all-time greatest benches should be great stuff!

One of the bench pressers planning to be there is Big Bob Seibold, who's looking to hit that 600 number at only 198. Bob's got some big meets out here this year as a meet director, including the USPF National Squat and the National Deadlift meets. Bob has some awesome stuff planned for his meets, so all you California and West Coast lifters make sure to check out the meet schedule in the back of this



Bobbie Johnson (above) and Sherry Houston (below) are organizing an upcoming strict curl meet



magazine and look for those contests.

Also out here on the promoting scene is Sherry Houston, who's putting on her first strict curl contest in June in Norwalk. Helping Sherry with the advertising and promotion will be Bobbie Johnson, a member of Sherry's American Eagle Gym and a rapidly improving powerlifter with a specialty in the deadlift. Bobbie works full-time in marketing in the health care field, and should be able to transfer those skills to the powerlifting field, where we certainly need them. Let's hear for more newspaper coverage, more coverage in the muscle mags, and more (than zero) TV coverage!

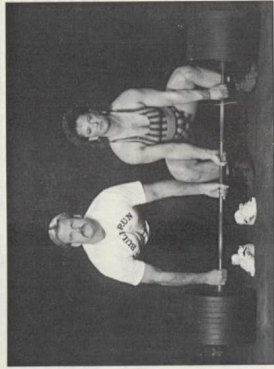


Star squatter Rickey Crain in action. (Randy Strossen)

Rickey Dale Crain sent us a copy of his new book, "To Squat Or Not To Squat", and the three-time world champion has packed a lot of tips and info into it. Rickey's been squatting for decades and is currently working with the young



Chris Lydon with Coach Jack Armstrong, above, and, at right, Chris getting in some bench press training. (Low)



Ken Rider & Tamara Rainwater-Grimwood practice

Rangers. They've already produced a calendar that will be available in September. And Chris also does sales for Platinum Everywhere clothing and Amertican Bodybuilding sports drinks and supplements. In addition to Powerlifting USA, she's been written up and photographed for Muscle & Fitness and MuscleMag International magazines. We'll be hearing and seeing more of Chris in the future.

Bert Wagner sent me this photograph (above) of Tamara Rainwater-Grimwood and Ken Rider; they're preparing for a two-person deadlift in July. Last time Tamara tried this, with another partner, the bar came down on her foot. Tamara, be careful!

Speaking of being careful, big C. T. Fletcher is doing that right now, on the advice of his doctors. C. T. is having to go light in the gym for a while, until he

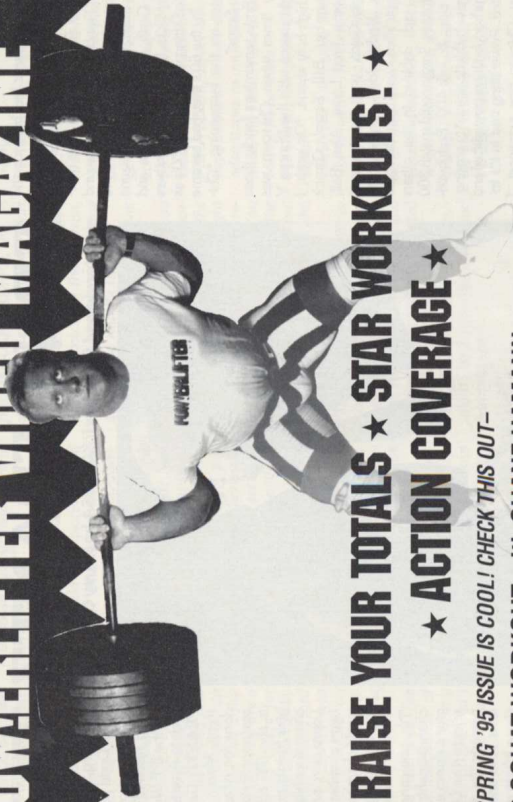


Mike Blake with a couple of his recently earned, well-deserved trophies.



gets his blood pressure down. His efforts to raise his PR in the bench over 611, will just have to wait a little while. Best wishes to C. T. for a speedy recovery. Finally, POWERLIFTER

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INTERVIEW

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

ERNIE FRANTZ

as interviewed for Powerlifting USA by Marty Gallagher



Ernie Frantz has been on the strength scene for forty years. Wow! That's a long time. But as Ernie says, "It ain't the age, it's the mileage." Frantz has lived in and around Chicago for all of his sixty years. He grew up in Aurora, home of Wayne and Garth, the Mirth-mobile and Stan Mikita. Frantz and his brothers started lifting weights in the 50's as kids. By the 60's they had become fixtures on the burgeoning "Chicago Scene".

Ernie remembers fondly those lolly times when Chi-town was weight mecca with the Duncan Y and the high-holy shrine. "Oh yeah, I remember Bill Seno, Chuck Nootens, Fred Lowe, Alan Ball, Sergio Galda. Yeah, it was a great time. Bodybuilders, powerlifters, olympic lifters - well trained tough and each dabbled in the others and each dabbled in the others disciplines. Sergio could snatch 300 and clean and jerk 400. Bodybuilding gave "athletic points" in scoring, so the bodybuilders powerlifted and O-lifted. Powerlifting was in it's infancy. Chicago was a magnet. I miss the cross-training of those days ... everyone is such a specialist nowadays ... no one would dare dream of competing in two sports much less three. In those days we practiced a little of all three weight training disciplines."

Frantz began competing in both powerlifting and bodybuilding. He continued improving and growing until in 1972 he pulled-off a truly wondrous feat; he finished in 2nd place in the national powerlifting championships (losing 1st place when a 3rd attempt deadlift was first passed, then, after a judging conference, turned down,

ERNIE FRANTZ, President of the American Powerlifting Federation

veooooooooo) and later that evening taking second in the Mr. USA contest held in conjunction with the powerlift championships. At the time, Mr. USA was the second most prestigious title in the AAU competitive hierarchy, only the Mr. America exceeded it. This unprecedented "double-second" was surely one of the most impressive accomplishments of the era and hasn't been matched since.

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ing, both here and abroad, people that I respected and admired, encouraged and pleaded with me to form a ritual organization.

PL USA: I was in Pacifica National room the year at the Senior Nationals that announced the formation of the APF. What do you say to critics who suggest the American Powerlifting Federation should be called the Ernie Frantz Powerlifting Federation?

FRANTZ: I created the American Powerlifting Federation from nothing! In one sense, powerlifting is better off as a result of the APF. We showed the power world that there are alternatives to the European-run approach the IFF favors. We put some American favor back into powerlifting and as a result, we have loosened up the IFF considerably. Our influence on governing, i.e., we are a organization run by lifters for lifters; not a organization run by bureaucrats who pompously lord over the lifters - as the IFF was when we started, provided an alternative and some competition. Monopolies are bad for the customer.

As far as the APF goes, I've invested tens of thousands of dollars and fifteen years of my life. This is a labor of love and I will do what is necessary to insure

PL USA: It all dove-tails back to the question of re-unification. Would you sit and meet to discuss a powerlifting re-unification?

FRANTZ: Certainly. I take no pleasure from the splintering of a re-united sport. I would be happy to sit down and talk with leaders from the USPF, ADFPA, IFF, to earnestly attempt to put the sport back together. We would need a facilitator, an arbitrator - perhaps you could be that person, were we to call a summit meeting designed to reunite the sport.

PL USA: Ahhhhhhhhh... I'd never thought about it, honestly ...

FRANTZ: Well, perhaps you should. Some type of formal, face-to-face dialogue amongst the powerlifting organizations might be just the thing to get the re-unification ball rolling. You should contact the ADFPA, the USPF and the IFF. Let's find out who is for re-unification and who isn't.

PL USA: I tell you, Marty, I'd like to retire. I'm sixty now and within a few years I'd like to get out step back, and take a good, hard look around. If, after an extended vacation, I wanted to re-enter some area, so-be-it. Otherwise, I would be free of schedule and commitments.

PL USA: Sounds good.

that the APF/WPC continue to adhere to the philosophic guidelines we established when the APF was founded.

PL USA: What are those Ernie?

FRANTZ: Simple, Marty, of the lifter, by the lifter, for the lifter. If we err, we err in the lifter's direction. Sometimes things get a little loose but our hearts are in the right place.

PL USA: What can be done to resolve the lawsuit so we can have an IFF World Championships held state-side? The only ones being hurt by this situation are the American powerlifters and public. You talk about being of, by and for the lifter - so why the lawsuit? You yourself have said that you never expect to see a dime.

FRANTZ: Geez Marty, I feel bad about the situation, honestly. These things, when you set them in motion, seem to have a life of their own. Had I known where this would lead way-back-when-ever, I would have thought harder about it. The girls were my training partners, friends and buddies. I was responsible. Some pompous asses.

PL USA: Any on-going dialogue?

FRANTZ: No, not currently. Though I am certainly always available to talk.

PL USA: Combine the available talent of the three organizations and you immediately have a super Federation, easily the best in the world.

FRANTZ: The trick would be in designing a charter or set of guidelines that would allow for all the philosophies run together in harmony.

PL USA: The Republicans call it the "big tent" philosophy. You design a party platform broad enough to allow many divergent viewpoints and philosophies to coexist. If the factions can successfully band together, the power, efficiency and competence of the super-organization far surpass anything the individual organizations are capable of.

FRANTZ: Oh, we are all increasingly aware as to the tremendous advantages re-unification would have. Big Tent... I like it! Set it up Marty, I'll be there.

PL USA: How about the future, Ernie?

FRANTZ: I tell you, Marty, I'd like to retire. I'm sixty now and within a few years I'd like to get out step back, and take a good, hard look around. If, after an extended vacation, I wanted to re-enter some area, so-be-it. Otherwise, I would be free of schedule and commitments.

PL USA: Sounds good.

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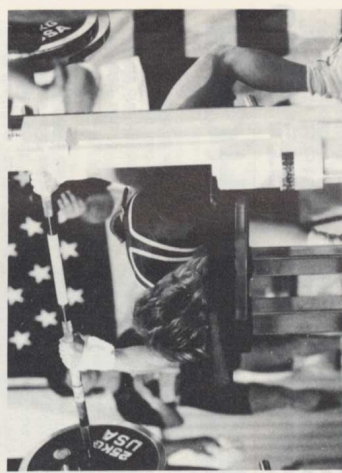


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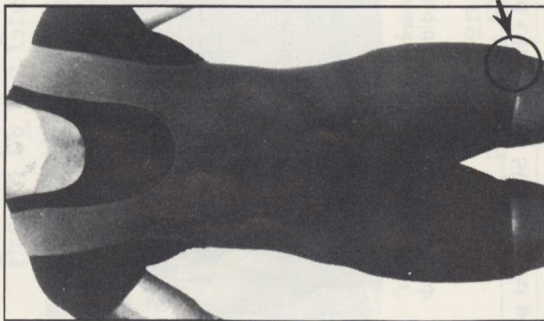
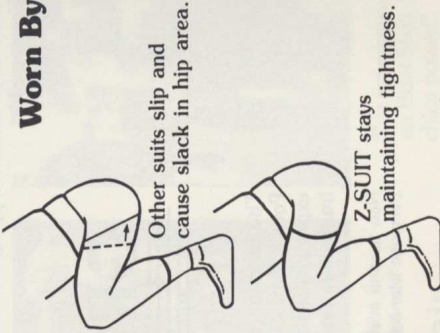
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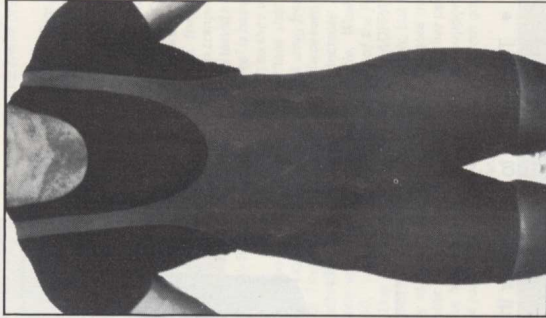
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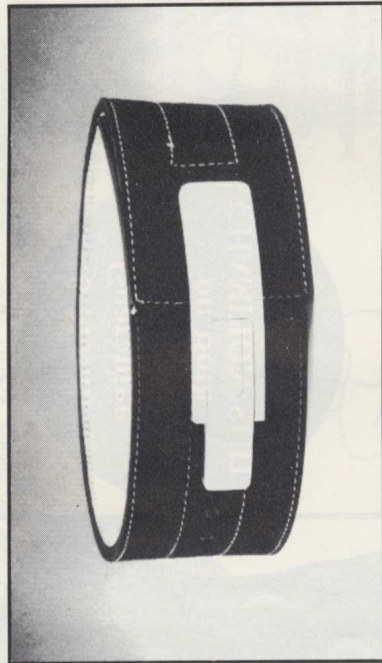
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INTERVIEW

Personal dialogue between
 PL USA Magazine and the
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BC: How old are you?
JB: I am 23 years old.
BC: Where do you live?
JB: I live in McMinnville, Oregon, on Sesame St. (no joke!)

BC: What do you do for a living?
JB: I work for Boeing as an assembly mechanic, building control stands.

BC: What is your athletic background?
JB: I have always been in sports through grade school and high school playing basketball and football and occasionally played around with weights.

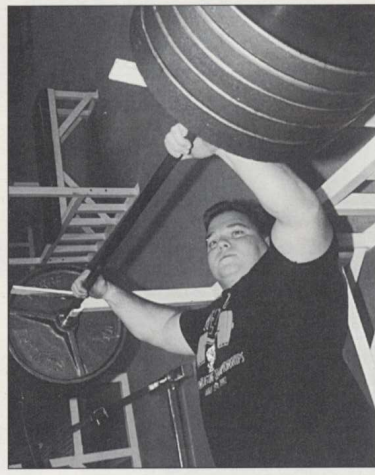
BC: How did you get into weight lifting?
JB: My dearest wife, bless her soul. When my wife and I first started going out together she was swimming at the local pool, which happened to have a weight room big enough for a bench and a squat rack. She suggested I start lifting to spend more time together. Eight years, two great kids (3rd grade and one in the oven) later she prodded, insisted, and pushed me to achieve my goal of breaking 600 lbs.

BC: What contests have you entered, and what were the results?
JB: I have entered the Oregon Open Bench Press Championship since 1988, and have taken first in my weight class every year except the first one, at which I placed third. Here is a list of some of my other meets in the last six years: 1994 N.W. ADFPA Regionals 589.5 bench at 275, 1993 N.W. ADFPA Regionals 567 bench at 275, 1992 N.W. ADFPA Regionals second at 242, 1991 N.W. ADFPA Regionals 2nd at 242, 1994 West Coast Open (AD-FPA) 610 bench at 268, 1992 West Coast Open 525 bench at 242, and 1991 West Coast Open 1st at 242. I started concentrating on just my bench press after 1992.

BC: You have the 275 pound drug free bench press record. What was your routine for it?
JB: I counted down from 11 weeks out with Mondays heavy and Thursdays light. Week Eleven: Monday - do warm up then - 1x8x465, 1x4x475, 1x3x485, 1x8x345; Thursday - do warm up then - 3x8x435, warm down - 1x8x355. For the next six weeks increase weights by five or ten pounds. With five weeks out start

JON BYERS

interviewed for Powerlifting USA by Bruce Citerman

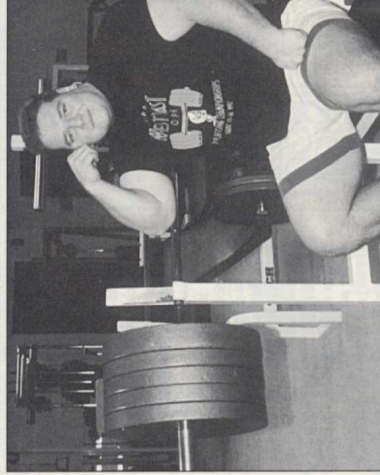


Jon Byers sets up for a massive bench press attempt (courtesy Byers)

using bench shirt and this is what I ended up with. Week Five: Monday - do warm up then - 1x2x515, 1x1x540, 1x1x565; Thursday - do warm up then - 1x8x135, 1x8x245, 1x6x355, 3x5x475, 1x8x365. Week Four: Monday - do warm up then - 1x2x515, 1x1x540, 1x1x575; Thursday - do warm up then - 3x5x485. Week Three: Monday - do warm up then - 1x2x515, 1x1x550, 1x1x585; Thursday - do warm up

then - 3x4x485. Week Two: Monday - do warm up then - 1x2x515, 1x1x550, 1x1x600; Thursday - do warm up then - 3x3x485. Week One: Monday - warm up then - 1x2x515, 1x1x550, 1x1x615. Back off on Light Day if feeling overtrained. It helped me by doing only one heavy attempt for one rep. If you think you have more in you on the heavy day, don't do it. Save it for the next week.

BC: What are your future plans, and do you have any comments on powerlifting?
JB: I plan to continue powerlifting, at which weight class I don't know yet. I would like to get the all-time drug-free bench record some day. I am a 100% drug-free lifter. Unfortunately, there are too many lifters who compete in drug-tested and non-tested meets that think "drug-free" is being off that long enough so they won't be detected. I believe that the ADFPA is the best drug-free organization, but I believe even they can improve and increase drug testing. The Seattle, Washington, area has some of the finest national judges the ADFPA has to offer; they're tough, but they are fair. My thanks goes out to them and the many other people who gave me the support to achieve a very long term goal of mine.



Thinking about his future.. Jon, after pushing the ADFPA 275 lb. bench record past the 600 lb. mark

I had been competing on a regular basis, mostly in the single lift Bench Press meets, for about ten years, when a few days after winning the 1991 ADFFPA National Police/Fire Bench Press Championships (181 lb. class) at the age of 33, I suffered a heart attack. One week later I went under for a triple bypass. The cause was hereditary factors.

One year later I started training again, hopefully to compete, but this time I had to use all my knowledge and experience in order to hit my max and not just brute strength. With this approach, I ended my competition in 1992 with a 400 lb. bench press and in 1993 with a 450 lb. bench, weighing in the 198 lb. class. In fact, I have become stronger since the heart attack. Why? I have taken the time to sit back, watch and listen to my competitors, and I've tried some of their techniques and some new ones of my own.

In this short article I wish to share the knowledge I have gained, so it may reach another benchner and help him/her in their max on competition day.

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PREP: Bench shirts - make sure you get them on in time to give

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Bench Press Training

as told to POWERLIFTING USA by Dan C. Harvie

yourself a good five minute rest before your attempt. Anyone who has a tight shirt knows it takes a lot of energy just putting one on. Suit straps also should be in place. Belts and wrist wraps should be on loose until your name is called. This way when it's your time to lift everything is in place and you can take your (minute) to concentrate on your body position on the bench and the weight you know you can lift.

APPROACH: When approaching the bench all you should be doing is visualizing your lift over and over. CONTAIN your energy for the lift, don't be yelling, screaming, getting stepped, banging your head against the wall, this is a waste of good energy/power. Contain

troiled decent. THINK LIGHT. STAY TIGHT. HOLD BREATH. Listen for the command to press. EXPLODE TOWARDS CEILING, maintain control, keep in the back of your mind - feet and butt in stable positions. Then wait for RACK. NO PROBLEM.

MISCELLANEOUS TRAINING TIPS: Even though we all have different ways of training which works for each one of us, here are a few things to keep in mind while training for a bench meet. Use different bars, benches, lift off persons, pause counts. I have never



DAN HARVIE in his Iron Masters Gym. Dan has further recovered to a 475 bench in the 220 lb. class at the 1994 New England States Bench Press. Dan was the #1 ADFFPA Benchner from July 1993 to June 1994.

this energy in your gut and when it's time to press let it explode through your chest and arms into the bar straight up to the ceiling. It works!

SET UP: To me this is the most important part, to be practiced over and over during training. Take your time - you probably have 45 seconds to set up. First - hand position; second - bring your body towards your lift off person, plant your feet, and then swing back onto the bench into an arch, move your feet a little to get comfortable and stick your shoulders into the bench. Arch, arch, arch. I can not say this enough, a good arch is worth 25-50 lbs. on your max. It allows a natural groove, and shorter distance, I don't care who it is - an arch will make a difference. Everyone can do it with practice. Last - (my experiment), when the bar is handed to you and you hold it there for a fraction of a second try the "Harv Tuck" which is - bringing the shoulder blades in towards each other. This will lower the bar an inch, bring the chest up an inch, and tighten up the upper body. Try it - IT WORKS.

THE LIFT: You now have the bar, use a slow to medium, con-

been to a meet where they are the same and if you are not used to this type of change it can throw you way off. The biggest problem I have seen in lifters is TRAIN WITH THE ONE HUNDRED POUND PLATES. Many train with the 45 lb. plates and wonder why they are twenty pounds under their max on competition day. I know a pound is a pound, but lifting with the hundreds makes a difference. My belief is that the hundreds bring the weight in closer so triceps are used more instead of the larger muscle groups - thus making it more difficult. What ever the reason, try it.

LAST: have fun, relax. Only one out of million, like any sport, are going to make money from lifting. I enjoy meeting new people, seeing new places, and exchanging training ideas. Compete against the weight. When you beat it, that's the real high. Good Luck.

Dan C. Harvie
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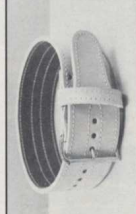
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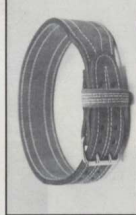
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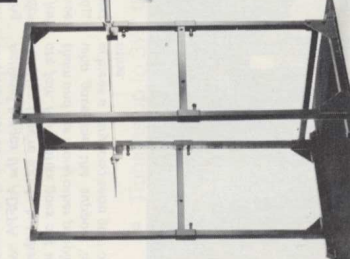
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TRAINING

When to Change Weight Classes as told to POWERLIFTING USA by Louie Simmons

Almost every day lifters ask me whether they should go up a weight class, go down, or stay where they are.

Let me relate from my personal experience. I competed in national contests in four weight classes, from 181 to 242, over 17 years. I totaled Elite in five weight classes. My reasons for gaining weight were different at different times.

In 1970, after my stay in the service, I resumed powerlifting. My bodyweight was 172, and I competed at 181. I never tried to reduce to compete in the 165s. Back then, I was fairly muscular, and there were no early weight-lifting in the 181 class, eventually totaling 1655 in 1973. During those 3 years, my bodyweight increased to the 190s. I would lose the weight in 7 days. It was hard to do by diet alone and sometimes a rubber suit. My weight and total had increased at the same rate. However, I injured my back after achieving the 1655 total, which limited my ability to train.

After my back had healed and I started to compete again, my training lifts were surpassing those that I hit with the 1655 total. However, when I lost weight to compete at 181, I could no longer make the lifts in meet conditions. Although I was making weight more easily (my knowledge of weight reduction was better), I was losing muscle mass too.

My sole purpose was to become better regardless of weight class, so I let my weight go up to 203 pounds. My total increased to 1825 in 1977-1978 and was the fifth or sixth best in the country at that time. My coefficient had gone up on a pound for pound basis. Gaining weight was a good move.

I was getting ready to lift in the Bob Moon Memorial Meet. Everyone at Westside was lifting at this meet, and I would be wearing my first 4 inch power belt, which I got from Pat Malone. Unfortunately, I hurt my back and had done nothing for 2 weeks prior to the meet. Not wanting to be left out, I lifted anyway, at 208 pounds. Well, I totaled 1850, which was the ninth best on the 220 ranking list. Two weeks later I totaled 1890 at 212 pounds; this total ranked me sixth at 220!

I was not thinking coefficient but ranking, so I stayed in the 220 class and tried to gain weight so that I would be a full 220 at the YMCA Nationals in Beckley, West Virginia. I came down from 230 to 220. The result was a 1950 total and first place. I squatted just 17 pounds less

a 1675 total. He had a good deadlift, but nothing else. I told Chuck that he would start to reach his potential at 242, but he wanted to beat the lifts that I had done at 220. He couldn't out-squat me. I did 775; he did 765. He couldn't out-bench me: I did 507; he did 485. He did out-total me, 1985 to 1950, due to a deadlift advantage of 740 to my 722. However, within 1 year at 242, his best lifts add up to 2200 (860, 545, 793). He didn't just beat my total, he destroyed it. Like Laura, Chuck finally grew into his body structure.

Tom Waddle has a similar story. At 242 he could only do 1855. He was stuck there for years. However, after only 10 months at 275, he totaled 2060.

Doug Heath could only get so much muscle mass on his small structure. My dream was for Doug to total Elite in five weight classes like myself, but his body could not carry sufficient mass to supply the strength to total Elite at 165, which is 1527. Doug's best total is 1470 at 132. Sometimes body structure works against you. Some people can get strong enough, but not big enough, and some can get big enough, but not strong enough.

Age had a significant effect on which weight class Joe McCoy would compete in. At 17 years old, Joe competed in the 165 pound class. He became a teen world champ, doing 573, 363, and 529. Joe took it easy for 2 years and then resumed training. At 20 he totaled 1545 at 165, but he had a hard time making weight. This total was made in May 1993.

At the APF Seniors in July, he failed to make weight after a severe diet and long visits to the sauna. It was clear to us that Joe should go up a weight class. In October 1993 Joe made 1660 at the Ohio State meet. He made rapid progress as a 181. Joe broke the junior world record in the bench press four times during 1994, taking it from 468 to 512. However, during this time it became increasingly hard for Joe to make the 181 weight limit. It was tough at the Junior Nationals and even tougher at the Senior Nationals, although he won both. He again made it to 181 at the WPC Worlds, but his lifts suffered badly. Thus, Joe went up to 198. He had no choice as to which weight class to lift in. Being quite young and continuously gaining muscle mass, he had to move up again.

Sometimes one must let nature dictate which weight class to compete in. The following are some of my observations for you to consider

before you change weight classes. **Body Structure:** Are you too tall for a particular weight class? Do you have the bone structure to go up a class or two? I believe one should gain weight as long as at least two lifts go up dramatically. Usually, with a large weight gain your deadlift will suffer. To what extent this occurs may help determine how much you gain.

Adding Leverage: You can easily gain leverage from added muscle mass or even water retention. Edema can raise totals by increasing leverage.

Advantages of Lighter Weight Classes: If you are in a lighter weight class, 132 or below, and you like winning titles or trophies, you may want to keep making weight. Going from an Elite total at 132 (1246) to an Elite total at 148 (1394) is a big step, coefficient-wise, compared to going from a 242 Elite total to a 275 Elite total (1890 to 1946).

Age: Age must be taken into account before losing a large amount of weight to compete at a lighter weight class. Losing weight can be quite stressful for a master age contestant. Gaining weight could be as dangerous, if not more so. It's a good idea to consult a physician before doing either. High blood pressure, sugar levels, etc., should



Mike Bridges competed from the 148 lb. class all the way up to 198

be checked out. **To Maintain Your Weight Class:** Years ago, Walter Thomas recommended the following to stay in a weight class: do all low-rep training; reduce your special (assist) exercises; squat only once a week; include isometric exercises in your training; and learn to watch your diet. Also, don't eat after 6:00 pm, and cut out most fats.

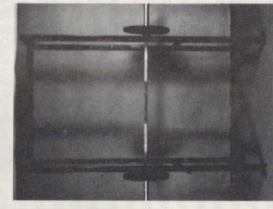
To Increase Your Weight

cold medicine; this will help you gain 5-6 pounds. With early weigh-ins, this medication will help you rehydrate, in addition to Gatorade and carb drinks; carbohydrates are needed to regain size.

Gain Weight and Lift More: I recall Fred Hanfield stating after squatting 881 at 220 that he was only 120 pounds from the magical 1000 pound squat. Thus, he theorized that if he could gain 30 or 40 pounds, that goal was quite attainable. Fred was right. He squatted 1008 and eventually 1014, and he was the lightest person to squat 1000! He was a man with a mission and a method to achieve it.

There are many factors to consider before changing weight classes. I have discussed some of our trial and error methods. Look at the histories of some of the great lifters such as Ed Coan and Curtis Leske, as well as some of the famous older lifters such as John Kuc and Rick Caugler. You will see that at the end of their lifting careers they competed in a heavier weight class. On the other hand, compare John Kuc when he was a superheavyweight and when he came down to 242 at which weight he was never defeated. I hope I haven't confused you, but rather made you think of the advantages and disadvantages of changing weight classes.

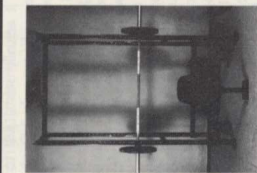
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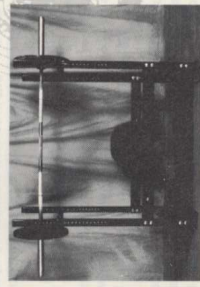
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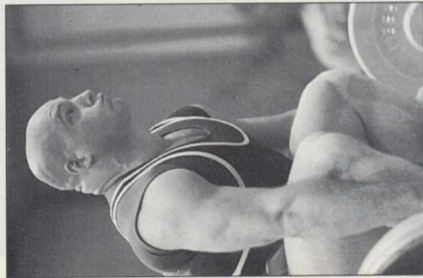
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STARTIN' OUT

A special section dedicated to the beginning lifter

ROOKIE MISTAKES

as told to Powerlifting USA by Doug Daniels



Contenters like Ron Walsh, must minimize mistakes as well as build strength.

Line that latest stud rookie of- fensive tackle up across from Rich- ard Dent, Bruce Smith or Reggie White and watch the officials and holding penalties mount up. This shows that no matter how much talent or potential an athlete has, he will probably suffer from rookie mistakes for some time. Some catch on quickly and some take longer. The same holds true for rookie powerlifters. Yours truly has been guilty of rookie mistakes and I see them all the time at meets. These mistakes will happen but we can try to minimize their occurrence. A good way to do this is to identify what are the most common blunders and plan to head them off at the pass.

Newer lifters tend to have less confidence in their contest attempts than do veteran lifters. This is demonstrated when lift- ers take their last warm-ups with a weight very close to their open- ing attempt. I've even seen nov- ice lifters take more than their openers. This is done to make sure they can do it on the plat- form. This results in taking what amounts to 4 attempts per lift. By the time their third attempt comes they've spent a great deal of strength and energy. Don't think this exclusive to novice lifters. Some old lifter buddies of mine would routinely take their last warm-up with a weight within 5 pounds of their opener and they were national caliber lift- ers. This is equivalent to a run- ner, running the whole race be- fore it actually starts, just to make sure he can make it. Don't put your money on him. Lifters must learn to use their training as a guide to what they can do at a meet. If your opener is chosen properly, there will be no doubt. The sooner this fear is shed, the sooner your lifting will improve.

An article on mistakes wouldn't be complete without writing about taking opening attempts that are too. This is the number one scratcher of lifters. An opener should get the lifter in the meet, not win for him. In gambling circles an opener should be a 'lock'. For a novice lifter, I would say take a weight you can comfortably double or triple. One of the best feelings in the world is getting that first lift in. Try to expe- rience it often. Your second at- tempt should be something you have a high confidence level in getting. The third attempt should be the most challenging, possibly a personal record if everything is go- ing well. Taking too light a third is not that great either. Although the lift was successful, you left too much weight on the platform. Choosing weights for attempts is an art that

your warm-ups. Have your warm- up progression figured out in ad- vance. Try it in a practice session a week or so prior to the meet.

The other extreme is getting left in the warm-up room while your name is being called to take an attempt. You'll see some real Barry Sanders-type moves from lifters rushing to get prepared to take that attempt as the seconds count down. Better off to pass on this one and regroup for your next attempt. Chances are your hurry could cause a miserable, confidence destroying effort or, worse yet, an injury. Take the same weight for your second attempt and keep calm, all is not lost yet. Keep track of where the competition is. If you have a helper, have him assist in this effort.

All mistakes are not just made during a competition. Some can be made in training. In particular, the week prior to the competition. Many novice lifters will train too hard that last week, leaving a lot of their strength behind. I strongly suggest that your training the week before the competition not be an all out hard effort. For example, if the meet were on Saturday, take your last deadlift workout 10-14 days before, working up to your opener. Your last squat workout would be on Monday or Tuesday, again go- ing only up to your opener. Same for the last bench day on Tuesday or Wednesday. That's it for the week.

95% of your training is behind you, another tough training session will not have any positive impact on your total. Better to take attempts that confirm your strength level before the meet, which should prevent the need to take those extra openers in the warmup room be- fore your actual meet attempts. This will also leave you rested and eager to get the job done for real. Lastly, going only to openers low- ers your chance for a last minute injury. In addition, any failures this last week should alert you that some- thing is wrong and you can make adjustments. Failures during hard training the week before the meet may be confidence shakers. We want to build confidence coming into a meet and attempts with open- ing weights are just what the doctor called for.

To err is human; to succeed is great. Making mistakes can be a great way to learn, but not the most desirable way. I hope this article will prevent a few miscues out there in Meetsville. When you do make a mistake, learn from it and move on. Even at higher levels of competi- tion, mistakes happen. Keep all aspects of powerlifting in mind. Your brains can add to your total as much or more than the latest squat suit will ever do.

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The SQUAT

Foundation and Strength as told to PLUSA by Greg Reshel, POWER EXCEL

not understand the exercises listed here please give us a call and we will explain them. If you do not have the necessary equipment give us a call and we will suggest alternatives. For custom requirements, a more personal program, or a good peaking cycle to follow these routines call us about our programs and our catalog of routines. Just refer to the end of this article or our ad for more information.

For convenience we are listing all weights as a percentage of single rep maximum contest squat. Leverage for different movements will vary drastically in all lifters so please take these percentages of your maximum as a guideline only. You must complete all reps in good form even when you are reducing time each week so try to set your weights accordingly. Leave your ego at home for this routine. Set the weights aggressively, but with enough conservative judgement to avoid cheating.

NOTE - the goal of the foundation routine listed below is to accomplish the work in good form in less time each week so that you are pushing yourself to work with less rest each week and still struggling to use good form on each and every rep!

Foundation Routine - eight weeks long. Note - all squats for this routine will be performed wide and/or narrower than competition. If you have a moderate stance you will squat both 4" wider and 4" narrower than contest width on each squat workout. If your squat is very narrow or very wide then you will squat 2" and 4" wider if you are a narrow squatter and 2" and 4" narrower if you are a very wide squatter. In any case you will be performing your working sets in the squat at two different foot spacings neither one of which is the same as your contest width.

1. 45 degree Leg Presses - high and wide foot spacing - 6 sets of 15 reps increasing weight to 100-110% of your contest squat maximum.
2. High Bar Squats with heels on a 2x4 board or 25 lb. plates - 5 sets of 10 reps using approximately 40% of your contest squat maximum
3. Modified Lunges - (narrow) - 3 sets of 12 reps to each side using approximately 20% of your contest squat maximum
4. Hack Squats - narrow carrying weight on your heels - 5 sets of 10 reps using approximately 30% of your contest

you are already very wide in which case you will squat 2" narrower than competition.

- Light Day**
1. Shoulder Width Low Bar Squats with heels on 10 lb. plates - you will perform bottoms (only the bottom 2/3 of the movement) increasing weight to reach a top set between 60-65% of your contest squat maximum.
 2. Hack Drives - 5 sets of 10 reps using approximately 50-60% of your contest squat maximum
 3. Leg Curls - 6 sets of 10 reps increasing weight with good form
 4. Standing Bodyweight Single Leg Calf Raises - 4 sets of 25 reps with each leg
 5. Seated Bent Knee Leg Raises - 4 sets of 25 reps with speed
 6. Weighted Situps - 4 sets of 10 reps Heavy Day

1. Squats - using a 2" shift in stance from your contest squat. Week 1 - 5 sets of 4 reps at 60%, Week 2 - 5 sets of 3 reps at 65%, Week 3 - 5 sets of 3 reps at 65%, Week 4 - 5 sets of 3-1 reps at 65%, Week 5 - 5 sets of 3-2 reps at 65%, Week 6 - 5 sets of 3-2 reps at 60%, Week 7 - 5 sets of 4-1 reps at 70%, Week 8 - 5 sets of 4-2 reps at 65%.
2. Seated Bent Forward Lateral Raises - 5 sets of 6 reps fairly heavy.
3. Seated Lateral Rotating Dumbbell Presses - 4 sets of 12 reps light

Complete all reps with good form and remember to push for a faster time each week regardless of the volume so that your overall conditioning will improve dramatically. Remember that strength is built with courage and dedication, a little bit each time you train, so long as you push the envelope of your limitations each and every time you train.

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INTERVIEW

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

BILL GILLESPIE

as interviewed for Powerlifting USA by Brian Blum



BB: Could you provide us with some personal information about yourself?

BG: I'm married to my wife Anita. I have a son and a daughter, Camaron who is seven and Rachael who is four. I work as the assistant strength and conditioning coach at the University of Washington.

BB: How did you get started in powerlifting?

BG: I had a knee injury while playing football, and a friend at Liberty University by the name of John Hoffman asked me to come lift weights with him and Tom and John Paul. He got me lifting weights and powerlifting. I used the sport of powerlifting to enhance my track and field career while at Liberty University.

BB: What are some of the contests you have been in, and what are your best lifts?

BG: I've been fortunate to be in the very first ADFPA National Championships and the first ADFPA Lifetime Drug Free Nationals. Those were very memorable meets. I won the first Lifetime Drug Free Nationals. The highest place finish in the Open Nationals I've ever had was second in San Jose to Bob Dempsey. My best lifts at 275 are 800 squat, 505 bench, and I think a 715 deadlift is my best deadlift, with a 1960 total.

BB: A coach's responsibility is to those being coached. Does coaching help your lifting?

BG: Yeah, it does help my lifting a lot. I am able to get the perspectives and insight from other lifters on how certain things feel. I'm also able to use what I've learned

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a technique that allows you to lift more weight.

BB: Do you train your athletes in powerlifting movements?

BG: The bench press, of course, is very important. I insist that my athletes here keep the butt down. They are allowed to do a touch and go but with no bench shirts. In the squat they are only allowed to wear a belt, no knee wraps and no suit. The reason for that is because when they are on athletic fields they are not going to be wearing knee wraps or a suit, and I need to train the knees to be strong. We find the variations of movements helpful with the different personnel that we run up against. We use all variations of techniques to help them.

BB: How do you feel about special equipment such as the Monolith and bench shirts?

BG: I love the Monolith. I've actually never used it, but I know the man who invented it, and I would love to use it personally. As far as the equipment is concerned, I personally wish that a lot of the equipment would be eliminated. I see it as a false indication of our strength. It is a little embarrassing working with the athletes here. When they see all the equipment I wear to lift the weight they think I'm cheating. I try to explain to them I'm not cheating, and they don't understand that, and I don't athlete feels like it's cheating, then the general public is going to assume that it's cheating, that it's not natural. I think that if we're going to call ourselves strong, which we are and which we should be, then we should do it without the aid of all this equipment to do it.

BB: What are your views on drug use in powerlifting?

BG: For the sake of the lifters I wish the lifters would not take drugs. I am absolutely against a guy taking steroids to win a drug free meet. I wish he would just go by himself a trophy or make up a title. What's the difference? Why take away something from somebody else who's drug free? But for the guys who aren't drug free, feel sorry for them because I think that they are missing out on the journey to getting strong. Their focus is only on the goal and not the road that it takes to get there, and there are a lot of

rewards in life that can be achieved through that struggle of learning it drug free.

BB: How do you feel about the proliferation of powerlifting organizations in the US?

BG: I think that it is ruining powerlifting. Powerlifting is basically a minor sport with no hope of ever getting into the Olympics until it is unified. And with all the different national championships that are out there, it is kind of a joke to call yourself a national champion. It is embarrassing to try to explain it to somebody else.

BB: On the last ADFPA Top 125 list for the 242 lb. class you ranked 10th in the squat, 19th in the bench, and 13th in the deadlift, but when you add them up you rank 5th in the total where it counts. Do you have a favorite lift, and how do you become a balanced lifter?

BG: My favorite lift is the deadlift, but I've never been able to quite recover from that. As far as balanced training is concerned, I realize the total is what is going to win the competition. So I have to maximize every ounce from the different lifts. Sometimes I have to give up a little on my squat to try and get more out of my bench and deadlift. Because of the energy it takes to train one lift over

the other it is really hard to get all three lifts going well. I find I have to train the bench press more frequently than I do the squat and deadlift. I've had to come up with a plan that allows me to train the bench press more frequently than I do the squat or the deadlift.

BB: How do you train your lifts? **BG:** I came up with my own program. With almost everything I do I've come up with my own material. I use a lot of research from Louie Simmons. A lot of people consider Louie only being able to work with the guys that may not necessarily be drug free, but he is very intelligent about powerlifting and very helpful. The only thing Louie and I disagree on is how to train on the main three lifts. I feel as if you have to train them similar to what every one else does. I still haven't been sold completely on the aspect of low reps, low intensity with short rest periods, but I can see where it would be more applicable to the athletes than it would be to the powerlifter. What I do in my own personal training is Monday I do heavy squat and light bench. Wednesday is heavy bench. Thursday is deadlift and assistance lifts for the deadlift. Friday is assistance lifts for the bench press. I

know that I train my bench press probably more frequently than most people with training three times per week, but this has been the only way I've been able to make gains for my upper body. Most people can't handle that much training frequency, and they end up having shoulder problems. But I'm 35 years old, and I'm still making great gains.

BB: Do you follow a special diet? **BG:** I try to watch my fat intake and that's about all. I eat lots of complex carbohydrates, but I have not been sold on supplements. I've tried a zillion different supplementing and conditioning. I would like to thank all the guys I've trained with throughout the years - Rick Samples, Earl Hammond - I hope I'm not forgetting somebody. I know I am. I would just like to thank the Paul brothers, and John Hoffman. Those guys have been there for me and I always appreciate them. My hero, the man I've always looked up to the most is John Kuc. He is called the father of drug free powerlifting. I've always admired and respected him, and he is a great in drug free powerlifting. I would also like to thank you for doing this interview and giving me a chance to express my views in PL USA.

ers won't show up, and I'll be the only one there and I'll be lucky enough to get to win. I think that's maybe the only way I'll ever win.

BB: I know the feeling. Are there any other comments you would like to make?

BG: I would just like to thank my mentor Dave Williams at Liberty University for the years of patiently working with me to teach me about powerlifting and to teach me how to train someone intelligently, to teach me all about being a strength and conditioning coach and guiding me a start in strength and conditioning. I would like to thank all the guys I've trained with throughout the years - Rick Samples, Earl Hammond - I hope I'm not forgetting somebody. I know I am. I would just like to thank the Paul brothers, and John Hoffman. Those guys have been there for me and I always appreciate them. My hero, the man I've always looked up to the most is John Kuc. He is called the father of drug free powerlifting. I've always admired and respected him, and he is a great in drug free powerlifting. I would also like to thank you for doing this interview and giving me a chance to express my views in PL USA.



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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warwick, 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: This past August I pulled muscles twice in my lower back while deadlifting. The first time was localized to the lower left part of my back near the sacral/lumbar joint and healed in about a week. The second pull which was more central lower lumbar area took about 3 weeks before it started to feel better. I was able to regain full strength in my back in a 6 week cycle program with no back pain. However about 3 weeks into the cycle I noticed that I had a tingling sensation in my left foot, which occurred most often when I stood up after sitting. I consulted my family doctor about the left foot tingling sensation and she performed a basic neurological test, took X-rays of my lower back, and gave me a blood sugar test. The results of the examination did not reveal anything abnormal, however the X-rays showed narrowing of discs at L5 and L4. I was then referred to a chiropractor who also examined my X-rays and thought that the narrowing at L5 and L4 was moderate. After an examination of my leg length and general musculature and taking into consideration a chronic ache sacral/lumbar area that I have had for several years he started a treatment program to try to balance the hip area. Since seeing the chiropractor I have laid off any heavy lifting with my back. I also recently saw a neurologist who did a more extensive neurological exam and could find nothing wrong. He suggested that I may have irritated a nerve in my lower back which is causing the tingling sensation in my left foot and to continue to exercise and walk and that it should heal itself. My biggest concern is the fact that I have had this tingling sensation for about 3 months now and the chiropractic treatment program doesn't seem to be working after about 4 weeks. I am also concerned about the narrowing of my discs at L4 and L5. Is this a common condition for powerlifters after a number of years? I also don't understand how I can lift without feeling any pain in my lower back and still have this tingling in my foot which does not intensify during my lifting. I have enjoyed powerlifting for several years and would like to continue to make gains for several more years. What advice can you give me regarding these conditions? **Mark B.**

DEAR MARK: It's possible that the narrowing between L4 and L5 might be degenerative in nature (secondary to arthritic changes) but since no other changes were evident in the X-rays, it doesn't sound very likely. Powerlifting, of course, puts tremendous strain on the

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS

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back, but the back also gets much stronger with thickening of the ligaments and increasing bone density. While lumbar disc herniation is not a problem with powerlifting (in fact, powerlifting may be protective), in your case, however, I suspect that you might have a central disc herniation at the L4-L5 level. The best way to diagnose this is by getting an MRI. Even if there is no herniation, MRI is a useful tool. You might want to get a copy of the article below. I've included the citation and abstract.

Exertional muscle injuries: Magnetic resonance imaging evaluation Fleckenstein-JL; Shellock-FG Meadows Advanced Imaging Center, University of Texas SW Medical Ctr. 5323 Y Hines Blvd, Dallas, TX 75235-8896, United States TECH-ORTHOP 7/3 (50-70) 1992. AB: Exertion-related muscle pain is frequent in athletes and patients alike; however, its severity and significance may be difficult to assess clinically. MRI can be used to evaluate myalgia, strains, delayed-onset muscle soreness, chronic muscle overuse syndromes, muscle contracture, and sequelae of muscle injuries such as myositis ossificans and compartment syndrome. MRI documents the distribution of affected muscles, the presence of focal hematomas, fascial herniation, and subsequent healing, fibrosis, or fatty infiltration. MRI is useful in evaluating acute and delayed exertional muscle injuries.

All the best. Let me know how things work out. Sincerely, Mauro

WORKOUT of the Month

SQUAT TRAINING

as told to PL USA by Joe McAuliffe, BS, MA, CSCS

The squat is a highly complex movement. One must pay close attention to form before even thinking about competing in a meet. Make sure you have a good spotter watching your depth and be sure to hit below parallel each rep of each set all the time. Try not to look at yourself in the mirror while training. This can be a major mind blower when you are at a meet, especially if it is held in a large gymnasium. If you do look in the mirror, look up at an object or a light. When you gain confidence, do a couple of light reps with your eyes closed. This will aid your balance. Wear the shoes you will compete in at all the times when training. This will help you develop your groove. Your steps out of the rack should be as few as possible (to conserve energy). From warm-ups to your big singles, they should be the same. I like to look at my feet when setting up. Be consistent!

Speed - There is some inconsistency among the experts on how fast your descent and ascent should be. As a Strength and Conditioning Specialist, it is my obligation to teach beginner to intermediate lifters to smoothly control the lift. The injury risk dramatically increases when you go down too fast as this creates stress on your muscles, tendons and ligaments. There are some lifters that are gifted with predominantly fast twitch muscle fibers and just naturally squat fast. (The powerful Rob Wagner is an example of just such a lifter.) I would have to advise a smooth controlled descent and popping out of the hole and exploding towards the top.

Assistance Exercises - There are hundreds of assistance exercises that can help aid your weak areas. However, when training for a meet, I feel it is not a good idea to get too off-center with innovative assistance exercises. I like to keep it simple. When leg curls and

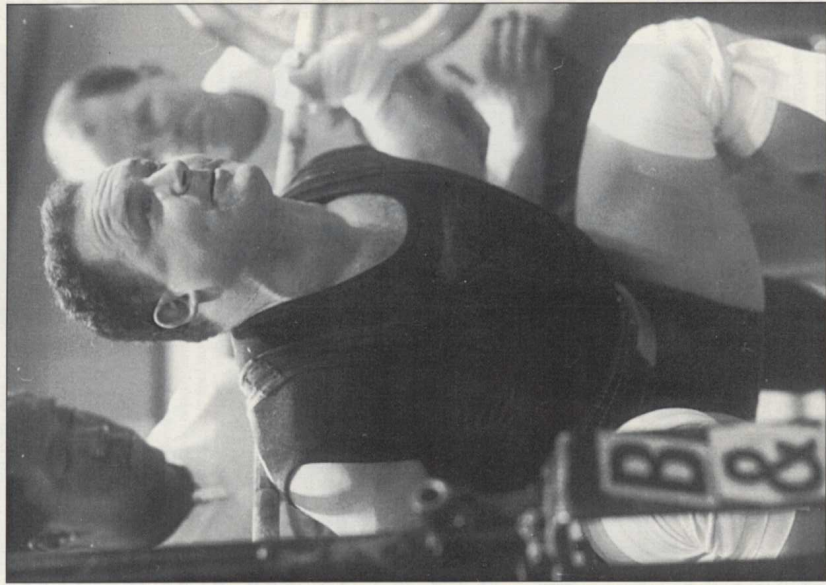
aid your performance. Try to stay away from single joint assistance movements four to six weeks before a meet. Since the squat is a multi-joint movement, it is a good idea to get two or three times a week to keep my heart healthy. Keep in mind, powerlifting should always be a fun

1/4 squats become competitive events, I will focus on them. For now, I like the "Squat Till You Drop" theory. The theories of specificity lead me to believe that you should do variations of the squat to keep it simple. When leg curls and

primary assistance movement (feet should be five to six inches apart - hit rock bottom). I also like to do three seconds and explode upward. In addition, I like one-leg squats, lunges and step-ups, glute ham raise, hyper extensions, reverse hyper, leg curls, hanging knee raises, torso twists, situps, to name a few. I also like to add weighted squat jumps for six weeks in the middle of the cycle. These are plyometric exercises that develop explosion in hand dumbbells in my hand, go to the bottom position and jump as high as I can. Try to focus on the explosive aspect of the exercise. After you jump, set up again before starting your next repetition. Do three sets of five to eight repetitions depending on how you feel.

Frequency - I like to squat once every seven to ten days. Since I run my own business, I can afford to be a flexible schedule. When you are a drug-free lifter, recovery methods become very important. You must pay close attention to your nutrition, sleep patterns and stress levels to ensure proper recovery. If you feel tired or run down, do not train. You should hit your last squat ten days before the contest.

Warm-Up - You should warm up for at least five minutes before training. It should include some bodyweight squats, jumping jacks or bike riding. This is done with stretching. I like to stretch every day. If you are not flexible, you are at risk for injury. Remember, full range of motion means your technique will be better. I also like to do twenty minutes of cardiovascular training two or three times a week to keep my heart healthy. Keep in mind, powerlifting should always be a fun



Joe McAuliffe squatted 733 in the 198 lb. class at the 1994 ADFPA Men's Nationals. He recently received his Masters Degree and is now concentrating on the 1995 meet.

INTERVIEW

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

PETER THORNE

by Howard Harville, USPF Mississippi State Chairman



USPF President Peter Thorne has stated he is devoting the bulk of his time to powerlifting and looking forward to productive work on the complex issue of "unification".

HH: How did you get involved with Powerlifting?

PT: While I feel like the newcomer, it was over 15 years ago when I was introduced to powerlifting. The more I looked at the sport the more I thought about it. I became convinced that with a vision and effort powerlifting will take its place with the "major" sports. I believe this so strongly that I am devoting all of 1995 to the sport and my vision.

HH: I have heard about the new direction of the USPF. Tell me about this new direction.

PT: 1995 is to be a great year for the USPF and powerlifting. There is a continued unprecedented growth in the USPF. The new drug-testing program is in operation. Growth of the sport and USPF is the agenda. Powerlifting will take its rightful place in sports and athletes will be treated with the respect champions deserve. I welcome those who share with me a positive vision of the future of powerlifting.

HH: What is the relationship between the USPF and IPF like now?

PT: I am pleased the USPF now has a great relationship with the IPF. Heinz Vierthaler, IPF President, has been quoted in PL USA (Jan/95) and at the IPF Congress in Johannesburg supporting 100% the direction that "Peter Thorne" is taking the USPF. I am very proud of the support from the IPF. I understand my responsibility. I have to live up to the solid IPF support.

HH: Have you had any disappointments?

PT: Yes, I have. A handful of people spend a great deal of effort to pursue my vision of the future of the USPF and powerlifting. Now many American lifters and executives from all over this country are joining in with positive help. This has been overwhelming and exciting to me.

HH: Where do you see conflicts of interest?

PT: Conflict of interest is when someone's interest conflicts with the best interest of the sport. An example is the few people who

attempt to impede the growth of the sport. We have documentation of this at the USPF National Headquarters. I am taking the appropriate action to put this to an end. However, if you are speaking of people and companies who are seen to make money in the sport this is not conflict. It is an alignment of interest. Like this magazine (PL USA), these businesses are vested in the growth of the sport in all its aspects. This is common sense and sensible business practice and aligned with the best interest of the sport.

HH: What is your belief in regard to drug-testing?

PT: The use of certain drugs is against the rules, and in some cases against US laws. I am maintaining the rules. Every USPF athlete must be aware that he/she is subject to be drug tested at all USPF meets. It is important to me that every athlete knows the testing will be fair, impartial and technologically the best in the world. This is my program. This is my promise to participating athletes.

HH: What about inactive or barely active officials.

PT: I welcome and will encourage them to become more active as USPF officials. The USPF can always use their experience and expertise. If they fail to become active and productive they will be replaced with people who will be. The growth of the USPF and the best interest of the athletes demand it.

HH: Some people went to the IPF Congress attempting to get ADFPA recognized. At the same time the ADFPA was seen to be reluctant. Tell me about this?

PT: This attempt to sling mud at the USPF brought strong support to the USPF from the IPF Congress. However, I hope to meet and work with ADFPA officials and will not comment further on this attempt to replace the USPF. I am ready to believe this may have been the plot of a few individuals who have their own agenda and never sanctioned by the leadership of the ADFPA.

HH: What are your feelings towards unification in the sport of

powerlifting and looking forward to productive work on the complex issue of "unification".

PT: Heinz Vierthaler, IPF President, and many of the top IPF executives supported and encouraged me to pursue my vision of the future of the USPF and powerlifting. Now many American lifters and executives from all over this country are joining in with positive help. This has been overwhelming and exciting to me.

HH: It is rumored that the 1997 World Bench Press Championships will be held in the USA?

PT: It is a fact. The Championship will be held in Dallas, Texas.

tion. Find what works best for you.

The fourth aid is nutrition and supplements. I can tell you how to eat with knowing your individual case. However, I can recommend some natural supplements that will aid your performance and recovery. I have been taking different kinds through the years, never really finding something that works. I am very cautious about these things and I like to research a supplement prior to taking it. I would like to personally recommend SportPharma Creatine Monohydrate. It is the best I have ever taken and it works. I recover between sets better and seem to have more power. This is the most professional supplement company I have come across. I also use SportPharma OKG as an anti-catabolic at bedtime (especially when I am dieting so I don't lose muscle.) Lastly, I use their Vanadyl Sulfate to keep extra glycogen in my muscles for added leverage.

I would like to thank God for my genetic gifts and my family for all their support, my lunch crew at Wardlaw Hartridge School for inspiration and Kevin Farley for his intellect, support and great coaching. Yours in Natural Powerlifting, Joe McAuliffe, BS, MA, CSCS

Be Inactive - As long as I have been powerlifting, I have never done a projected program set for rep for rep. You must listen to your body. Some days, you must drop all your assistance. On the days you feel good, choose a couple of extra exercises and go for it. Do no more than 15 assistance sets. Never go below five reps on the assistance. After Weeks 8 or 9, don't do any assistance. Follow the general guidelines of this program. I have put a regression (light) week in so you can avoid overtraining. Save your big lifts for the meet. Find your groove in training and GO FOR IT! and HAVE FUN!

Ergogenic Aids - Being a natural lifter, I have had years of experience in utilizing performance enhancing techniques. These techniques have helped me succeed without using dangerous steroids. The first ergogenic aid and the most important is a positive mental attitude. If you question the power of the human psycho-physiological effects, just look at the stories of little old ladies lifting carts to save their grandchildren. Don't underestimate the results of a good attitude. The second aid is rest. You must rest to progress. Try to get eight hours sleep and occasional power naps. The third aid is relaxation with massage, music and meditation.

Stance Squats - 185 x 8 x 2
Week 4: Squat - 320 x 8 x 3,
 Pause Squats - 225 x 8 x 2, Close
 Stance Squats - 200 x 8 x 2
Week 5: Regression - Squat -
 300 x 5 x 4
 Pause Squats
 - 200 x 5 x 2, Close Stance Squats
 - 150 x 8 x 2
Week 6: Belt - Squat - 350 x 5
 x 3, Pause Squats - 225 x 4 x 2,
 Close Stance Squats - 175 x 5 x 2
Week 7: Belt - Squat - 375 x 5
 x 2, Pause Squats - 235 x 4 x 1,
 Close Stance Squats - 185 x 5 x 1
Week 8: Belt, Wraps - Squat -
 405 x 4 x 2
 Pause Squats
 - 250 x 4 x 1, Close Stance Squats
 - 195 x 5 x 1
Week 9: Full Gear - Squat - 435
 x 3 x 2, Pause Squats - 300 x 2 x 1,
 Close Stance Squats - No More
Week 10: Full Gear - Squat -
 465 x 2 x 2
Week 11: Full Gear - Squat -
 495 x 1 x 2
Week 12: Contest

Rest 1.5 minutes between sets
 Weeks 1 - 4: Rest 3 minutes between sets
 Weeks 5-12: Warm-up: 100 x 10, 135 x 8, 185 x 5, 200 x 3. Do no more than four sets ranging between 50 lb. and 100 lb. jumps per set.
 Squat Attempts at Contest: 1st attempt - 470, 2nd attempt - 505, 3rd attempt - 535

This routine is based on a lifter with a 500 lb. single rep maximum coming into the routine:
Week 1: Squat - 250 x 10 x 3, Pause Squats - 185 x 10 x 3, Close Stance Squats - 155 x 10 x 2
Week 2: Squat - 275 x 10 x 3, Pause Squats - 200 x 10 x 2, Close Stance Squats - 170 x 10 x 2
Week 3: Squat - 300 x 8 x 3, Pause Squats - 215 x 8 x 2, Close

Stance Squats - 185 x 8 x 3, Close Stance Squats - 150 x 8 x 2
Week 4: Squat - 320 x 8 x 3, Pause Squats - 225 x 8 x 2, Close Stance Squats - 200 x 8 x 2
Week 5: Regression - Squat - 300 x 5 x 4
 Pause Squats - 200 x 5 x 2, Close Stance Squats - 150 x 8 x 2
Week 6: Belt - Squat - 350 x 5 x 3, Pause Squats - 225 x 4 x 2, Close Stance Squats - 175 x 5 x 2
Week 7: Belt - Squat - 375 x 5 x 2, Pause Squats - 235 x 4 x 1, Close Stance Squats - 185 x 5 x 1
Week 8: Belt, Wraps - Squat - 405 x 4 x 2
 Pause Squats - 250 x 4 x 1, Close Stance Squats - 195 x 5 x 1
Week 9: Full Gear - Squat - 435 x 3 x 2, Pause Squats - 300 x 2 x 1, Close Stance Squats - No More
Week 10: Full Gear - Squat - 465 x 2 x 2
Week 11: Full Gear - Squat - 495 x 1 x 2
Week 12: Contest

Rest 1.5 minutes between sets
 Weeks 1 - 4: Rest 3 minutes between sets
 Weeks 5-12: Warm-up: 100 x 10, 135 x 8, 185 x 5, 200 x 3. Do no more than four sets ranging between 50 lb. and 100 lb. jumps per set.
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powerlifting?
PT: Unification is important to the integrity of the sport and the powerlifting's future. I do not have an exact idea of what unification can be in the USA. I am committed to investigate every possibility that can make unification workable. I look forward to meetings with the appropriate people anywhere at any time. Talks will present possibilities for a change in the current thinking.

HH: How important is the athlete's view of this "new" direction of the USPF?
PT: The athlete is the core of the sport. These are the people who will be listened to. Competitors from the high school athlete to Ed Coan make the sport possible. The administrator's job is to serve them as opposed to serving their administrative positions. The competitors now have real input into the direction of their sport.

PT: Powerlifters in my vision are to be treated like great athletes from other sports with attending financial reward and media recognition.
HH: How do you see your role as president of the USPF?
PT: I have a vision of the sport. I feel certain that the realization of this vision is easily accomplished. I know what powerlifting can be

and it holds such an exciting promise that I want to be part of the excitement. I will do everything I can for powerlifting to realize its true potential. I welcome and encourage those who share my positive view of our sport to work with me.
HH: You have detractors who do not share your views.
PT: There are people who do not believe in Powerlifting. They do what they can to place obstacles in the path of progress. Their agenda is to maintain the status-quo. I can guess at their reasons, and I find those reasons intolerable for the sport, its future, and the vast majority of athletes. Those who plan to remain big frogs in a little pond are in for a surprise. The little pond will become a great lake.
HH: What is the story on the IPF bench press rule.
PT: The mechanics of a competitive exercise should not be changed without overwhelming reasons. Changes are confusing to the athlete. Now there is confusion in the Bench Press rule. At international meets you will see coaches giving clap signals to the lifters from the sidelines. One American bronze medalist might have taken a gold. The athlete told me "next year I will have

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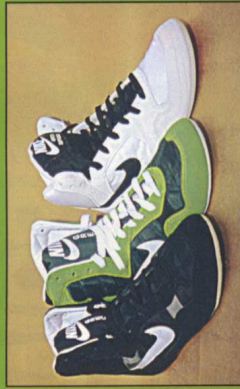
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135	I. Vorves	135	242	535
148	W. Viers	135	242	535
165	L. Love	135	242	535
165	T. Isaac	335	670	475
330	S. Isaac	330	5. Isaac	475
225	S. HWH	225	5. HWH	565
315	L. Robinson	315	5. Robinson	565
315	K. Rice	315	5. Rice	565

BPF Arizona State Bench
4 Feb 95 - Glendale, AZ

148	D. True	220	220	485
185	L. S. Coleman	290	290	550
198	L. True	290	290	550
M. Hysaid	T. Isaac	435	435	635

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D. Aberwald	J. Miller	44	425
148	R. Miller	44	390
M. Robinson	S. Miller	44	245
165	M. Robinson	215	under 125
340	J. Kelly	285	under 125
181	R. Hony	285	under 125
K. Benning	A. Elk	185	185
T. Rears	K. Pullen	135	135
T. Odell	T. Gear	140	140
N. Hintz	S. Schaefer	505	505
F. Cournoyer	D. Aberwald	123	123
220	C. Lyney	144	144
242	M. Cibe	165	165
J. Moyle	C. Lyney	435	435
275	S. Schaefer	505	505
R. Miller	S. Schaefer	242	242
B. Gibbs	S. C. Cain	730	730
505	S. C. Cain	730	730
M. Vreland	S. HWH	665	665
198	M. Vreland	220	220
T. Moore	M. Vreland	515	515
D. Gilbert	M. Vreland	530	530
M. Radford	M. Vreland	409	409
S. Robinson	M. Vreland	450	450
D. Current	M. Vreland	430	430
M. Vreland	M. Vreland	235	235

The 4th annual Ken Palera Barbell Meet was a huge success. We would first like to thank everyone who made this meet possible. All of their efforts were greatly appreciated. To watch the traditional opening meet of the All-American Barbell Federation in the world and the first man to clean and jerk



Tim Isaac preparing for his attempt at 700 lbs. in the bench press at the Power Image Gym Bench Press.

APA Tri-State Bench Press
18 Feb 95 - Cherraw, SC

148	J. Curry	242	300
165	Geough	305	370
Haynes	SFW	305	410
280	Medford	330	390
Redmond	Redmond	370	320
198	Redmond	370	320
Convey	Master	475	475
McAllan	McAllan	475	475
Gainey	D. Conway	315	315

CDPEA of Alberta Provincials
20 Nov 94 - Edmonton, Alberta

Women	176	1415	SQ	BP	DL	Total
A. Leach	264	88	209	561	561	
122	Open	264	88	209	561	561
E. Blener	220	136	264	610	610	
28	Open	187	132	242	561	
V. Wright	240	319	540	1299	1299	
275	Teen	16-17	507	264	418	1189
Open	148	308	198	352	858	858
R. Pasquilli	308	198	352	858	858	
165	K. Sennel	385	209	473	1065	
181	K. Sennel	385	209	473	1065	
M. Kern	501	341	551	1393	1393	
M. Doster	476	314	501	1293	1293	
A. Hofferth	424	236	473	1133	1133	
198	S. Rade	511	321	551	1414	
148	R. Boutin	363	264	413	1040	
220	C. Mackean	539	346	551	1436	
P. Dack	518	352	540	1410	1410	
220	Open and Master	65-69	395	748	748	
1	Wright	Teen	16-17	507	264	418

(Thanks to Randy Sparks for providing the results.)

500+ pounds, Mr. Ken Palera, provided his usual entertainment as the announcer. Vince McMahon, a 195 pound bench press. Humor has it that palera was known to lift 700 lbs. in the bench press. David Giebers' 340 pound bench press at 165 pounds, and Tim Odell's 400 pound bench press at 198 pounds. And, of course, the achievement of the horse thrower and then landed on top of her. Way Sarlin. Seventy years young Roger Davis won the

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Pumping for the Poor

10 Dec 94 - St. Petersburg, FL

Whitaker 115
Kay 125
O'Donnell 145
Harrison 155
McClellan 325
Rein 350
Egan 465

The entry fee was waived goods to feed the hungry... The lifting drew the most attention as all the kids wanted to see the... The kids had such a good time that students... with their first experience defying gravity. This was... commencing on how big it was. I had heard... Susan Whiteside set a personal best with 115.5... coaxed her into taking 125, which she missed... full of faith. Lisa Gray hit 125 and brought a trunk... leading up a truck with clothes that Lisa collected... from people in Lakeland. The clothes will be sorted... by the students and distributed to the under-... this fun afternoon included Patrick Pouch, friend of... champion bodybuilder, who set a personal best of... 400, nineteen years old Florida teen champ Brian... V. Bousieres 280 145 280 705

O'Donnell and his teen son, Dan, and Ed... Mc-Glick, Howie Rein, Paul Diaz, Ken Robertson, B... the powerful James Jacobs, the huge and powerful... Reggie Burns, and the little and powerful Anthony... C. Lusaier 225 130 235 590



Rick Weil with H.U.C. student volunteer, John Daniels, at the Pumping for the Poor Bench Meet

Competes. Rick Weil even jumped in with some... the student). The afternoon... and Rick went home to finally get some sleep... Special thanks go out to Bob Kayhart, owner of the... moment, and to Laura, who printed out all the equip... of the lifters and keep the state (so blame her if they... are wrong). Also thanks to Anthony Conyers just... on being Anthony Conyers and Melody just be... to Tom Spinto who planned on being at the meet... but had to work late. We missed you, Tony. For... more information on Project HUC, contact Rick... Web at PO Box 40332, St. Pete, Florida 33743.

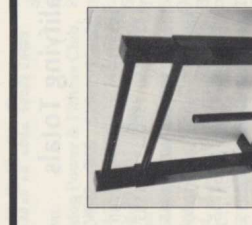
CPA Canadian Open
13 Nov 94 - Waterloo, Quebec
Teen 132 5Q BP DL Total
V. Bousieres 280 145 280 705
B. Paquet 500 345 525 1370
C. Lusaier 225 130 235 590

220	D. Denne	620	445	575	1640
242	M. Carangi	500	350	500	1350
145	S. Hangan	120	100	185	405
165	M. St. Laurent	625	385	615	1625
181	D. Dubare	385	315	600	1480
220	R. Sullivan	425	350	505	1280
242	D. Boyer	530	430	550	1510
242	M. Carangi	500	350	500	1350
165	Solomon 165	565	515	600	1480
181	M. Collier	275	275	470	1020
242	J. Bloux	360	210	490	1060
242	D. Boyer	530	430	550	1510
242	R. Bédard	575	375	555	1505
165	M. St. Laurent	625	385	615	1625
181	M. St. Laurent	605	375	580	1560
242	P. Villeneuve	275	275	470	1020
242	D. Boyer	530	430	550	1510
165	M. St. Laurent	625	385	615	1625
181	M. St. Laurent	605	375	580	1560

Powerlifting in Canada. He started the CPA several... quite the lift for Mr. Scott Taylor, president of the... One November 13, 1994, the city of Waterloo, Quebec, was host to the Canadian Open Bench... lifters, and full power lifters. There were... numerous record breaking performances. A meet... to remember! Canadian along man Louie T. almost... set a new Canadian mark in the 275 division. Louie... star Rocco Boudard was on hand to do an easy 605... with elite lifters, Marcel St. Laurent, also well represented... and numerous others. Local talent saw master lifter... Mario Couy give his best personal performance... year at the Cashier set a CPA and WPA doublet... The competition was well organized, and the ref... eye and spectators did an outstanding job. Many... thought to all. On behalf of everyone in Canada, I... the very best in 1995. (readable from Ray Gray)

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

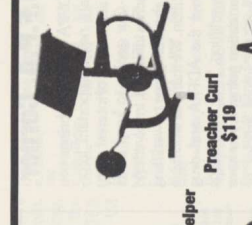
Powerlifting in Canada. He started the CPA several... quite the lift for Mr. Scott Taylor, president of the... One November 13, 1994, the city of Waterloo, Quebec, was host to the Canadian Open Bench... lifters, and full power lifters. There were... numerous record breaking performances. A meet... to remember! Canadian along man Louie T. almost... set a new Canadian mark in the 275 division. Louie... star Rocco Boudard was on hand to do an easy 605... with elite lifters, Marcel St. Laurent, also well represented... and numerous others. Local talent saw master lifter... Mario Couy give his best personal performance... year at the Cashier set a CPA and WPA doublet... The competition was well organized, and the ref... eye and spectators did an outstanding job. Many... thought to all. On behalf of everyone in Canada, I... the very best in 1995. (readable from Ray Gray)



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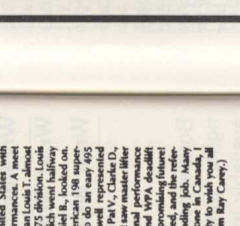
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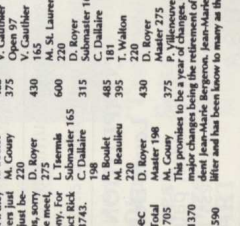
Preacher Curl \$119



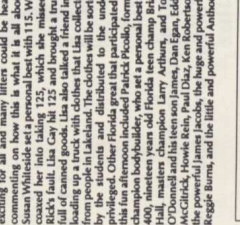
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Miguel Castro with an ADPPA American Record 584 at 132 at the Omni Classic.(Doug Daniels)

USPF West Virginia State Meet

Table with columns: Open 114, Open 125, Open 145, Open 160, Open 182.5, Open 205, Open 227.5, Open 250, Open 272.5, Open 300, Open 322.5, Open 350, Open 372.5, Open 400, Open 422.5, Open 450, Open 472.5, Open 500, Open 522.5, Open 550, Open 572.5, Open 600, Open 622.5, Open 650, Open 672.5, Open 700, Open 722.5, Open 750, Open 772.5, Open 800, Open 822.5, Open 850, Open 872.5, Open 900, Open 922.5, Open 950, Open 972.5, Open 1000.

USPF Southeastern Cup

Table with columns: Men's 49-49, Men's 50-50, Men's 51-51, Men's 52-52, Men's 53-53, Men's 54-54, Men's 55-55, Men's 56-56, Men's 57-57, Men's 58-58, Men's 59-59, Men's 60-60, Men's 61-61, Men's 62-62, Men's 63-63, Men's 64-64, Men's 65-65, Men's 66-66, Men's 67-67, Men's 68-68, Men's 69-69, Men's 70-70, Men's 71-71, Men's 72-72, Men's 73-73, Men's 74-74, Men's 75-75, Men's 76-76, Men's 77-77, Men's 78-78, Men's 79-79, Men's 80-80, Men's 81-81, Men's 82-82, Men's 83-83, Men's 84-84, Men's 85-85, Men's 86-86, Men's 87-87, Men's 88-88, Men's 89-89, Men's 90-90, Men's 91-91, Men's 92-92, Men's 93-93, Men's 94-94, Men's 95-95, Men's 96-96, Men's 97-97, Men's 98-98, Men's 99-99, Men's 100-100.

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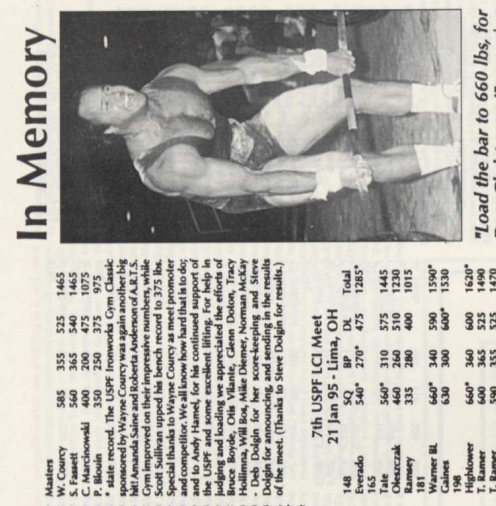
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Table with columns for names, dates, and scores. Includes sections for 'ANPPC Drug Free United States' and 'Ironworks Gym Classic'.

MacIntyre and Matthew Pamer for setting their... same time setting the Florida and Georgia state records. Congratulations also to Thomas Hayden and Frank Buzzo for setting national and Florida state records.

Table with columns for names, dates, and scores. Includes sections for '7th USJPF LCI Meet' and 'Ironworks Gym Classic'.

MacIntyre and Matthew Pamer for setting their... same time setting the Florida and Georgia state records. Congratulations also to Thomas Hayden and Frank Buzzo for setting national and Florida state records.



"Load the bar to 660 lbs, for Dave Christensen", was what the announcer said the first time I saw Dave powerlift. It was at a local deadlift contest held during Milwaukee's Summerfest (1984). Watching Dave inspired me to get into powerlifting. Dave became much more than a powerlifting mentor to me; he became a great friend. Unfortunately, Dave was killed in a car accident while going to work on February 25, 1995. Dave was 35, in the prime of his life, enjoying his wife Jennifer and two children, Kiah (3) and Cobi (8 mo). Dave was very happy in his current occupation as an assistant manager of the World Gym in Joliet, Illinois. Dave's powerlifting career spanned the 70's, 80's and 90's where he competed on the local (Wisconsin & Illinois) and national level in the 198 lb. class. He competed in such prestigious meets as the APF Jr. Nationals and the "Y" Nationals. As great as Dave was a powerlifter, he was even greater as a person. Dave would go out of his way to help others. This was a way of life for Dave. He gave of himself in his career and hobbies. Dave was an outstanding high school teacher, football & track coach and avid powerlifter and coach. I am sure he will still be standing by the platform of the many lifters he coached in his long career and cheering them on to new heights. PETE ROBBINS

Advertisement for 'Be The Man!' featuring a powerlifter and 'I am a POWERLIFER' logo. Text includes 'With a heavy squat & deadlift. Train with Top "Skinny Man" Moyer, World Drug-Free Powerlifting & Deadlift Champion. 705 lb. squat & 730 lb. deadlift at 192 lbs. 1 SQUAT VIDEO OR DEADLIFT VIDEO \$20 EACH OR BOTH FOR \$35. (Add \$3.50 shipping per video)'. Also includes contact information for 'T-shirts (S,M,L,XL) \$10.95, (XXL, XXXL) \$12.95'.

Table with columns for names, dates, and scores. Includes sections for 'APA Wisconsin Drug Free Classic' and 'Ironworks Gym Classic'.

MacIntyre and Matthew Pamer for setting their... same time setting the Florida and Georgia state records. Congratulations also to Thomas Hayden and Frank Buzzo for setting national and Florida state records.

BULLETIN BOARD... this is the place to look for organizational news and notes - Ernie Frantz, President of the American Powerlifting Federation reports that the Women's Qualifying Trials for the APF Sr. Nationals, printed on page 47 of the April 1995 edition of Powerlifting USA, should be reduced 10% from the published levels. "It has come to my attention that an individual is making the claim of being a former technical officer and chairperson with the APA. The individual also has made statements about how the squat should be judged and prejudice within different federations. The facts are that this person was never a Chief Technical Officer for the APA. In fact, he failed the written referee exam on three occasions which is an all time first! This individual has been making a lot of noise about the incompetence involved in various federations. Fact: I had to speak to this individual during a competition a few years back about getting different referees on the platform to judge the squat. After complaints about the judging from the lifters and the head judge, I came to the platform and made my own observations that the judging was not being conducted with fairness and equality. Favoritism was obviously being shown and something was done about the situation. Fact: The individual involved advertised an APA/WPA International level competition without even bothering to obtain a sanction for the event through the APA office. Another country had a legal, approved sanction to hold the World Championships on the weekend this individual had advertised his outlaw event. I contacted Powerlifting USA magazine and the individual involved and had the ad removed. This is what fairness and equality is all about! The individual involved proceeded to hold the meet under the sanction of a different federation. He apparently had problems with the other federation and tried to go back with the APA/WPA and obtain approval to hold the event this year. Things did not go his way so now all of our federations are showing prejudice, etc. This individual was asked to initiate a simple first step of apologizing to the country he offended through his large ego years ago. He could not even do this, but expected to be welcomed with open arms. We do not welcome those that are legends in their own minds, nor those that do not quarter squats to represent our federation. Many have asked questions about our drug tested divisions new format. We utilize Coming Nichols Sports Institutes lab to perform our urine tests. They are a very reputable lab and have never had a courts case overturned. Events have been scheduled throughout the U.S.A., Canada (CPA), and Pakistan (PPF) for the year 1995. Several new countries have registered under the WPA and their schedules will be posted soon. You can inquire about any event by writing to: Scott Taylor (WPA President), P.O. Box 1393, Englewood, Florida 34295, (813-697-7962). A vacancy has existed for the position of Pennsylvania State Chairperson for quite some time now. Any lifter who is interested in the position may contact Scott Taylor (813-697-7962)". SCOTT TAYLOR, President of the APA

Table with columns for names, dates, and scores. Includes sections for 'Michigan All Power Squat', 'NHSP Winter Championships', and 'APF Monsters of the Midwest'.

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USPF President's Message by Peter Thorne. "The professionalism of the new USPF drug testing program leads the field in sports testing. The integrity of the program guarantees all lifters fair and just testing. Every USPF lifter is subject to be drug-tested. Lifters were tested at the Junior Nationals and at the Bench Press Nationals.

Unfortunately, there was one "positive" at the Junior Nationals. The lifter has been notified and the disciplinary process has begun. For those of you who ask what is needed for powerlifting to grow the answer is real credibility. I am on my way to Baton Rouge to meet with the Collegiate Committee Chairman, Dr. Billy Jack

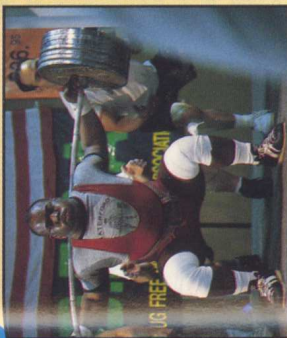
Women's World Team is readying for the trip to Japan for the IPF Women's World Championships. This is sure to be an exciting competition. Head Coach Mark Reifkind will be assisted by Abe Roman and Dan Harding. Frank Giuffreda is the team statistician. Ben Brent is the referee from the US who will accompany the team. Team members are selling SUPPORT USPF WORLD TEAMS T-SHIRTS to help with the costs. To get information on how to order a T-shirt call the National Headquarters office.

Lifters going to the Junior Worlds in India and the Bench Press Worlds in the Czech Republic can call the USPF National Headquarters office to get more information on T-shirts to sell for their fund raising.

Powerlifting is a sport with great promise. We must all work together for the larger goal and less than noble personal issues are exactly what has been holding the sport back. I can assure you that if we concern ourselves with what is good for powerlifting the result will be the inevitable growth of the sport. Petty wrangling saps the energy from the sport and causes the perception of a sport without credibility. Lets just do it! It can be done easily and everyone wins.

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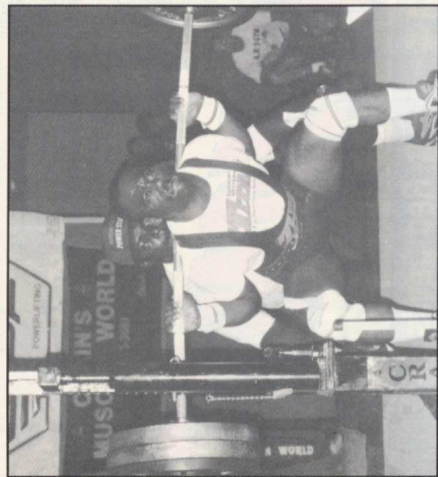
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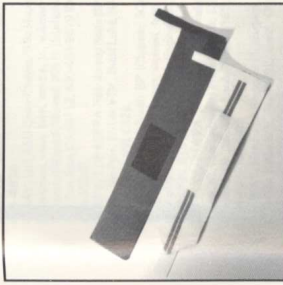


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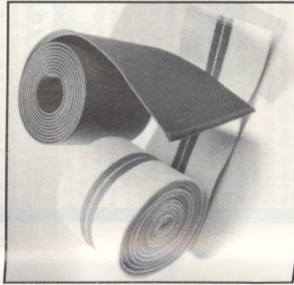


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- 5 AUG, 2nd ADPPA Ed Jubenville Memorial... 22 JUL, APA Southern USA Deadlift... 23 JUL, ADPPA 5th New London Open Bench Press...

- 24 JUL, ADPPA 5th Endless Summer Bench Press... 25 JUL, ADPPA 5th Endless Summer Bench Press... 26 AUG, CBPI 5th Endless Summer Bench Press...

- 27 JUL, ADPPA 5th Endless Summer Bench Press... 28 JUL, ADPPA 5th Endless Summer Bench Press... 29 JUL, ADPPA 5th Endless Summer Bench Press...

- 30 JUL, ADPPA 5th Endless Summer Bench Press... 31 JUL, ADPPA 5th Endless Summer Bench Press... 1 AUG, ADPPA 5th Endless Summer Bench Press...

- 2 AUG, ADPPA 5th Endless Summer Bench Press... 3 AUG, ADPPA 5th Endless Summer Bench Press... 4 AUG, ADPPA 5th Endless Summer Bench Press...

- 5 AUG, 2nd ADPPA Ed Jubenville Memorial... 6 AUG, ADPPA 5th New London Open Bench Press... 7 AUG, ADPPA 5th New London Open Bench Press...

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- 4 SEP, ADPPA 5th New London Open Bench Press... 5 SEP, ADPPA 5th New London Open Bench Press... 6 SEP, ADPPA 5th New London Open Bench Press...

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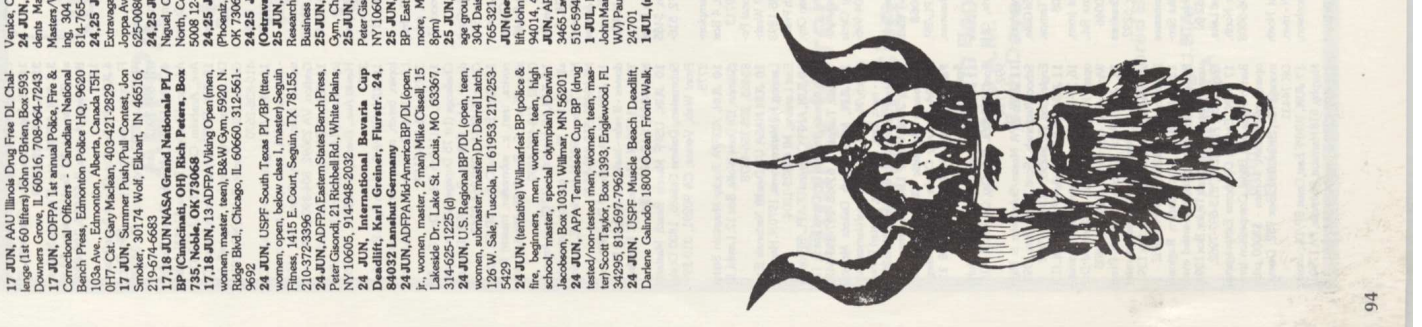
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B & W GYM presents the 13th Annual Saturday, June 17 & Sunday, June 18, 1995



(article continued from page 10)

MB: No, I would have moved up to 198.

HG: On your body frame (5'3"), could you have become full-fledged middleweight?

MB: I weighed 185, 188 normally while competing at 181. I could have got up to 203-204 with force/feeding.

HG: You did more in training than your best in competition. What were your best lifts?

MB: I squatted 881 (800 kg) many times at about 187 bodyweight, hitting at least parallel. I did 900 in exhibition at one of the World Strongest Man contests.

HG: How low was it?

MB: I was anywhere from one half inch to three inches high, depending on who you talked to.

HG: Is that your best ever?

MB: No, I did a three-quarter squat (two inches above parallel) with 923 at 188 bodyweight.

HG: What about your other lifts?

MB: I did 535x3 bench and a 560 touch and go.

HG: With a bench shirt?

MB: I never liked a bench shirt. I found them too restrictive, so I never used them.

HG: Realistically, what could you have done as a 198?

MB: Being conservative, I am certain of 926, 573, 804.

HG: That's 2303! A hundred pounds more than Ed Coan's total record and 55 pounds more than the squat record.

MB: I would have done these lifts barring injury. No doubt about it.

HG: Did you ever have any injuries during your career?

MB: Never.

HG: That is remarkable and most unusual. How did you prevent this?

MB: Smart training and lots of stretching. I believe this kept me from injury. I stretched from my high school wrestling days and never abandoned it.

HG: Did that about your personal involvement with Ruthie Shaler? Some suggested a romantic interest.

MB: We became very good friends. She was an incredible lady lifter and I respected her as a person. There was nothing more than that.

HG: Did you keep track of your biometrics?

MB: I believe in their scientific authenticity. I felt it best for me not to chart or know my own. I felt it could be psychologically detrimental to my performance. I saw that a major mess fell in a low cycle.

HG: Who was your coach?

MB: I never had a real coach. Basically, I trained myself. In the



Rewards Along the Way... included a diamond ring Best Lifter award, presented by designer Fredrick Prete at the '82 Seniors. (I. Strauss)

I moved to Dayton to get close to Larry and learn more about powerlifting from the best.

HG: How did it work out for you?

MB: Great. The spa job didn't pay much, but it was a great opportunity for me to train, learn, improve, and strive for my eventual goals.

HG: Which were?

MB: To establish my powerlifting business which I started in Dayton and continued when I moved to Texas.

HG: What about the IPF-positive at the 1981 Worlds in India?

MB: There was a gross mishandling of the samples and found them all positive. Vials were never tagged. It was a mess. The USPF filed a written protest.

HG: What happened?

MB: About seven months later I received a written apology from the IPF, my suspension was reversed, and my world title and records were reinstated.

HG: Your slate was wiped clean?

MB: Impeccably.

HG: Much has been written about the squatting style you made famous. Tell us about the "Bridges Flair".

MB: I was nominated by powerlifting as their representative at the 1978 Sullivan Awards. It was there I met Curt Thomas the gymmaster. I admired his style with weaknesses. I did not practice

what I'm preaching.

HG: Did you always use the sumo style?

MB: No, I started with the conventional style. I switched to sumo about 1977. I experimented until I perfected my own technique. It complements a good squatter almost like a squat in reverse. The legs and hips work in unison.

HG: Who has been your biggest supporter over the years?

MB: My brother Bob, without a doubt.

HG: How ironic - that his best lift is your worst. Do you think he did that on purpose?

MB: (Laughs) It balances out the Bridges Brothers, don't you think? Remember, I did later concentrate on it and proved I could do it as well (738 @ 171 bodyweight at 1988 WDPFF Worlds).

HG: Mike, let's talk about your comeback in 1988. What motivated you to enter the American Drug-Free Powerlifting Association Nationals?

MB: My brother Bob was training for it, and asked me to train with him and give it a go. I thought it would be a fun thing to do. It was in August in St. Louis. Bob won the 165 pound class with 1620.1 won the 181s.

HG: What did you do?

MB: 1995 - I was pushed in the squat by Bob Wagner. I set a record 738. Then he did 749, so I pushed it to 750 on a fourth. I enjoyed the competition. It was new experience for me. I can't recall any time I was ever challenged in the squat. I also made a 451 bench and 705 deadlift.

HG: What did you like about AD-FFA?

MB: I liked the polygraph test. I prevent people from taking drugs to train and then going off in time to clear urinalysis. They employ random, unannounced testing at any time up to the world championships.

HG: You lifted an won the WDPFF Worlds in June 1989 in Chicago.

MB: Yes, it was the second world meet in WDPFF history. Six foreign countries entered, and Bob won his first ever world title in any organization doing 1576 at 165. I won by a margin of 336 pounds in the 181 category.

HG: Your squat and bench were awfully low, but your deadlift was unbelievable. Tell us about it.

MB: I had done an 804 squat several times training for this meet. I decided not to go all out in the first two lifts and save something for the deadlift. I wanted to prove that I could do something good in that as well as if I concentrated on it. I weighed 171 and pulled 738. I think I got

Bob's respect for that deadlift (laughs). So that was it?

MB: Yes, I had no more motivation that was my last meet. I went about 1977. I experimented until I perfected my own technique. It complements a good squatter almost like a squat in reverse. The legs and hips work in unison.

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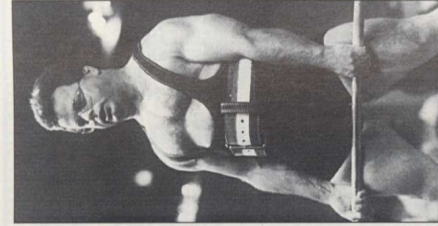
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Mike took an ADFFA National 181 title back in St. Louis in 1988.

HG: What do you do to stay in shape?

MB: I run 35 miles a week at a slow steady jog. Each outing lasts 45 minutes without stopping. On a few occasions I've done 20 miles at one time. That really takes a lot out of you.

HG: Some of you have best your hair since retirement from lifting.

MB: Totally false. I still have a full head of hair.

HG: Do you weight train anymore?

MB: No, none at all for the last 12 years. I just got tired of it. An hour drive to the gym, talk for two hours, then work out for 30 minutes. Talk another hour, and then another exhaustive drive home.

HG: Why so much talking and not more training?

MB: You know, everyone tried to pick my brain and learn the secret of success. I try to be obliging and help anyone I can.

HG: Such is the price for fame. Would you ever consider powerlifting again as a competitor?

MB: It would take a big incentive.

HG: Such as?

MB: A monetary incentive.

HG: What could you do?

MB: If someone made it worth my while, I'd do something no one would believe. It would be worth an IPF world record total at 165.

HG: A corporate sponsor with big bucks to back you?

MB: It would take that. If so, I can guarantee I'd do it.

HG: What stipulations?

MB: I'd do it at the USPF Nationals with the strictest of officiating. I would submit to any type of drug testing.

HG: Like what?

MB: Polygraph, urinalysis, blood test, anything but a brain scan (Laughs).

HG: Residual traces of the red cryptonite might show up, implanted during my boyhood encounter with the UFO and those aliens.

HG: Red cryptonite, unlike the green cryptonite which is bad, isn't the red the good stuff that gives you...?

MB: ...power and abilities far beyond that of mortal men? Yes.

HG: And after you back up your words?

MB: I'll even grow my hair as long as John Inzer and submit to a haircut after the meet.

HG: Maybe if you break John's world record deadlift he might submit to a haircut, too.

MB: Yes, of course, that would be a good stipulation.

HG: Who would the barber be?

MB: Marv Phillips, who else?

HG: Are you serious about this? How long would you take to get in world record shape after four and a half years with no weights?

MB: I can do it in one year. Have someone come up with the incentive I mentioned, and I'll prove it at one time. That really takes a lot out of you.

HG: In closing, what would be your advice to any aspirants out there who would like to be "Just Like Mike"?

MB: Train smart. Perfect your style. Make your own body levers work to your advantage. If there is one secret I have, it is that I used biomechanics to the utmost in my own personal achievements. I have no mental barriers. Work your weaknesses and soon you will have none. Don't cheat. There are no short cuts to true strength.

HG: What one thing influenced and inspired you the most in your career?

MB: Unquestionably it is Mike Lambert's Powerlifting USA Magazine. It was reported unbiased, it was informative and a real inspiration to see the great coverages and my photo inside or if you're lucky maybe even on the cover. It united everyone and made the sport grow and prosper. Powerlifting owes a great deal to Mike Lambert.

A powerman in the mold of Mike Bridges and his successor Ed Coan may come along just once in a lifetime. It takes the perfect combination of genetic ability and mind over matter. Preserve the legends of strength and cherish the memories. The exploits of Mike Bridges should motivate, inspire, and live... forever.

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VICTORY MEGA MASS 2000

CALORIES PER SERVING MIXED WITH LOWFAT MILK	CALORIES PER SERVING POWDER ONLY	NUTRITION PROFILE POWDER ONLY		
		PROTEIN (g)	CARBS (g)	FAT (g)
2000	1640	82	317	5

IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS
"If you want a delicious, ultra-high calorie drink, this is it! Mega Mass 2000 is an extremely concentrated, nutrient dense formula that's great anytime, but advanced athletes can benefit by splitting up servings into three or four portions to help maximize nutrient absorption and utilization. Smaller drinks once after breakfast, again after lunch, late afternoon and in the evening provide the nutritional support your body needs to help pack on mass!"

New Flavor Creamy Strawberry!
You asked for it, we listened. Also in chocolate, Vanilla and Banana

Joe Weider
Trainer of Champions
Since 1936



Preferred Stock!



Style B \$65.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy. Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

- Made from the world's finest leathers, for total and safe support
- Made to legal thicknesses
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone \$65.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two- or three-tone, \$65.00

Style C Double thickness smooth leather. Available in single or double prong, \$65.00

Style D Single thickness, heavy leather. Double prong recommended. \$29.00

Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong, \$65.00

Three-Tone Belt Any three colors. Style A & B only. \$65.00

Two-Tone Belt Any two colors. Style A & B only. \$65.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong \$55.00

Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong \$55.00

Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$55.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00



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PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
Shipping					\$5.00
TOTAL					

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Exp. Date _____

Signature _____

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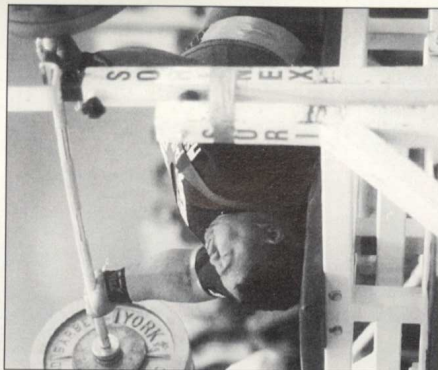
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark.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



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

