

ELITE

Elite Sales Inc.

Box 345

Accord, Ma 02018

Shipping \$5.00 for

Continental US. COD or-

ders \$5.00 extra. Give

waist size when ordering



ALL ELITE BELTS ARE MADE IN THE USA USING THE HIGHEST QUALITY LEATHER AND WORKMANSHIP AVAILABLE. ALL BELTS ARE LEGAL IN ALL FEDERATIONS. WE HAVE OVER 100 BELTS IN STOCK. CALL TO SEE IF WE HAVE ONE FOR YOU!!!

A. ELITE LEVER ACTION BELT

- * Available with one or three color combinations
- * Tightens or releases in seconds
- * 10cm wide by 11-13 mm thick

\$64.50

- * 100% Guaranteed against normal wear and tear for the life of the belt
- * Six rows of heavy duty stitching
- * Can be tightened tighter than conventional belts
- * US patent #4541152

B. ELITE COMPETITION BELT

- * Features seamless roller buckle
- * Available with one, two, or three color combinations

\$64.50

- * 100% Guaranteed against normal wear and tear for the life of the belt
- * Available with single or double buckle
- * 10cm wide by 11-13 mm thick

C. ELITE TRAINING BELT

- * Four rows of heavy duty stitching
- * Available with single or double buckle

\$49.00

- * Available in beautiful natural leather finish only
- * Suede on inside to prevent slipping
- * 10cm wide by 10-13mm thick

D. ELITE DELUXE BODYBUILDING BELT

- * Available with single buckle or lever action buckle
- * Great for training

\$45.00

- * Buckle belt has four rows of stitching, lever belt two rows
- * 10cm wide tapering to 6cm in front
- * Suede on inside and outside of belt

E. ELITE BODYBUILDING BELT

- * Single thickness natural leather finish belt. Great for training

\$19.00



Colors-- Black, RoyalBlue, Navy, Red, Sand, Grey, Green, Teal, White, and Purple (not shown)

Call Toll Free 1-800-433-0324

Master Card and VISA Accepted
In Mass. Call (617) 749-4389

POWERLIFTING USA

VOL.18 NO.11 JUN/95 \$3.50

GREG WARR 534 at 163!



Comes With The Only True Performance Guarantee In The Industry!

Every Time You Put On A Gold Medal™ SuperSuit® You Literally Wrap Yourself In Power, And Experience the Best Squatting Suit Ever Made!

Announcing Marathon's Gold Medal™ Super Suit®—The First Anatomically Correct Lifting Suit Designed To Deliver Explosive Strength To Your Body's "Axis Of Power" Like No Other Suit Can.

And It Comes With An Unheard-Of Guarantee: If you're not 100% satisfied with your Gold Medal™ SuperSuit®... if it's not the best suit you've ever worn...or if it doesn't give you repeated high performance...then you may return it for a complete refund of every penny you paid, including shipping.

All Suits Shipped 2nd Day Air! Order Today And We'll Ship Your Gold Medal™ SuperSuit® By Second Day Air At No Extra Cost, So You'll Be Squatting Even More Weight Just A Few Short Days From Now!

You'll feel the difference the moment you put it on. It's tighter. Stronger. And much more durable.

Then, go ahead...do a few reps with it on. You'll feel how it literally wraps you in power. You'll realize the difference throughout the full range of the squat—from the very beginning of the lift, to the tremendous support you receive at the bottom of the lift, to the finish of the lift—a never before felt type of squat support, and without any undue discomfort in the upper body.

This is the kind of strength, support, and comfort that you've never gotten from any other lifting suit. Bottom line: You'll squat better in this suit than in any other suit. Period. Why? Because you're wearing the new Gold Medal SuperSuit, Marathon's newest technological development in the science and art of powerlifting suits—a science that originated with Marathon over 17 years ago and has been continually advanced by Marathon ever since.

And we back this suit up with the only true performance guarantee ever offered to you on a lifting suit. That is, if this is not the best lifting suit you've ever worn, just return it for a full refund.

As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit is Different From All Other Lifting Suits Ever Made

Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can

And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

An Unheard-Of TRIPLE GUARANTEE

At Marathon, we've decided to give you an unheard-of TRIPLE Guarantee that puts our money where our mouth is. It's this...

1) The Performance Guarantee—The first (and probably never matched) performance-based guarantee for a lifting suit. Simply put, if you're not totally satisfied with the Gold Medal SuperSuit—if you don't find that it's the best suit you've ever worn, or if it doesn't give you repeated high performance, or if you're not satisfied with its construction—you can return it within 45 days for a complete refund of every penny you paid, including shipping.

2) 2nd Day Air Delivery Guarantee—We guarantee that your Gold Medal SuperSuit will be shipped to you by UPS Second Day Air (Blue Label) at no extra charge, so you'll be squatting even more weight just a few short days from now.

3) Shipment Guarantee—Furthermore, we guarantee that if we can't fill your order by shipping the size you need when you order, we'll give you an automatic 25% discount off the price when your suit is shipped.

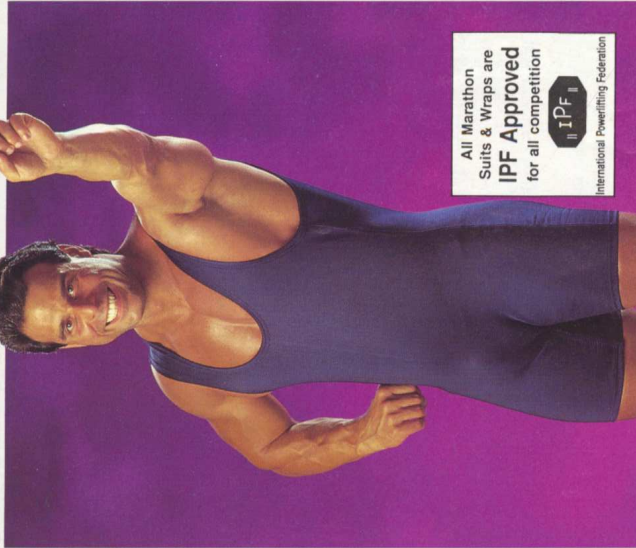
Order Yours Today!

With our Triple Guarantee, you have nothing to lose by ordering your suit today. And since we'll send your suit by Second Day Air, you won't even have to wait to try it.

To order, simply call the toll-free number shown below, or fill out the order form. If you phone in your order today, you'll have your suit within 2-3 days. And not a moment too soon.

1-800-321-5064

Clip Order Form and Mail Today!
Marathon Distributing Company
1229 Via Landeta
Palos Verdes Estates, CA 90274
1-310-519-1111



All Marathon Suits & Wraps are IPF Approved for all competition



International Powerlifting Federation

Marathon's Gold Medal™ SuperSuit® \$39.95
"The new standard of lifting excellence."

Please rush me the following:

GOLD MEDAL™ SUPER SUIT® Black Navy Blue Royal Blue Scarlet Red

Color: Indicate 1st, 2nd and 3rd choice by numbering the boxes. On all orders please include height, weight, chest, waist, and thigh measurements so we can fit you properly. If you're certain of your size (indicate in appropriate column of order form) sizes available are from: 24-52 in even sizes.

Size: To insure proper fit please include measurement on all orders

Male Female Height Weight Chest Waist Thigh

Item	Size	Qty.	Price	Ext

Add California Sales Tax if Applicable

Checks, Money Order, C.O.D.

All Prices Subject to Change Without Notice

Shipping \$5.00

TOTAL

Name New Address

Address

City State Zip

Discover Card MC VISA Card No. Exp. Date

Signature Phone ()

Check here if you wish to be added to our mailing list

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 40% or local air freight rate, whichever is greater. California residents add 7.1% sales tax. L.A. County residents 8.1% sales tax. Add \$5.00 Shipping, C.O.D. Accepted.

Powerlifting USA

Post Office Box 467
Camarillo, CA 93011

Editor-in-Chief Mike Lambert
Andy Kerr
Feature Editor Dr. Ken Leistner
Controller In-Joo Lambert
Statistician Herb Glosbrenner
Publisher Mike Lambert

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

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

PRINTED IN THE USA

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

Telephone Orders
Subscription Problems
800-448-7693/805-482-2378
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 18, Number 11 - June 1995 -

ANTONIO KRASSTEV.....	Herb Glosbrenner.....	6
GREG WARR INTERVIEW.....	Bruce Citerman.....	10
WORKOUT OF THE MONTH.....	Curtis Leslie.....	14
SPECIAL BIODIMERS.....	Rick Brunner.....	17
OVERTRAINING OR ADAPTATION?.....	Louie Simmons.....	19
USPF COLLEGIATES.....	Dr. Billy Jack Talton.....	20
USPF BENCH PRESS NATIONALS.....	Dave Jeffrey.....	22
POWER SCENE.....	Ned Low.....	24
RON WALSH.....	Dr. Ken Leistner.....	26
JAMES MORTON INTERVIEW.....	Bruce Citerman.....	33
CLOSE STANCES SQUATS.....	Doug Daniels.....	34
POWER RACK SQUAT TRAINING.....	Greg Reshel.....	36
SAMORA BROWN DIXON INTERVIEW.....	Bob Gaynor.....	38
DR. JUDD.....	Judd Biasiotto Ph.D.....	41
IPA WORLDS.....	Tamara Rainwater-Grimwood.....	42
TOP 100 SUPERHEAVYWEIGHTS.....	Mike Lambert.....	44
ASK THE DOCTOR.....	Maurro Di Pasquale MD.....	46
WPA WORLD CHAMPIONSHIPS.....	Scott Taylor.....	48
ALL TIME 242 DEADLIFTS.....	Herb Glosbrenner.....	57
UNCLASSIFIED ADVERTISEMENTS.....		58
USPF PRESIDENT'S MESSAGE.....	Peter Thorne.....	62
BULLETIN BOARD.....		63
ADEFA NATIONAL QUALIFYING TOTALS.....		68
COMING EVENTS.....	Mike Lambert.....	96

ON THE COVER... Greg Warr with his new all time world record bench of 534 in the Middleweight Class. (Ron Allured)

Copyright 1995 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____

State _____

Zip _____

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(Indicate previous address)

\$31.95 for 12 monthly issues, \$58.95 for 2 years (USA address rates)

Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011

Russian Power Plus™

100% PFAFFIA PANICULATA

The Highly Sought-After Nutrient that Has Been a Well-Kept Russian Secret for Many Years

We don't mean to overdramatize the "secret" aspect of this product, but everything the Russians did with their athletic programs was highly guarded. And this is no exception.

Now, due to our ongoing commitment to bringing legitimate, highly effective, and ethical sports supplements to the market, Marathon brings you **Russian Power Plus**, the purest form of Pfaffia Paniculata.

The Russian Advantage

It's easy to see why the Russians prized this natural nutrient so highly. These are just some of its advantages:

- **Increases strength dramatically within 2-4 weeks**
- **Builds lean muscle mass quickly**
- **Increases performance and endurance**
- **Anti-catabolic effect shortens recovery time**

In addition, this product carries Marathon Sports Nutrition's money-back 100% satisfaction guarantee.

A Brief History

The Japanese were the first to do in-depth research on Pfaffia Paniculata in the late 1960s. Those tests clearly revealed its anti-fatigue properties and its highly anabolic nature for strength- and muscle-building without undesirable hormonal side-effects.

Russian scientists further perfected the anabolic effects of Pfaffia Paniculata and by the mid-1970s were employing it successfully in their overall athletic and Olympic programs.

Until recently, due to the high cost of the product and limited supplies, it was not available to the general public at a reasonable price.

But now, for the first time, you can enjoy the full natural benefits of Pfaffia Paniculata, with the highest potency in the purest form at low Marathon value pricing.

Value Pricing

Although products containing Pfaffia Paniculata are currently offered by other companies at much higher prices, from \$60 - \$80 for 60 capsules, Marathon Sports Nutrition has broken the price barrier with the same high-quality Pfaffia Paniculata at much lower prices.

And while our prices are far lower, we want to assure

100% Money-Back Guarantee

If you're not satisfied with **Russian Power Plus** for any reason whatsoever, just return it for a 100% refund of every penny you paid.

IMPORTANT: Marathon's **Russian Power Plus** is 100% natural. It is derived entirely from the roots of Pfaffia Paniculata, which the best Russian athletes have used for many years. The purity and potency of this product are guaranteed by laboratory analysis.

For fastest service, call

1-800-321-5064 or clip coupon

Russian Power Plus™

- 60 Capsules \$39.95! 120 Capsules \$59.95!
 240 Capsules \$99.95!

Add \$5.00 Shipping/Handling. (All orders shipped 2nd Day Air Delivery at no extra charge!)

Name _____

Address _____

City _____ State _____ Zip _____

Visa MasterCard Discover AmEx

Account # _____

Signature _____ Exp. _____

Phone (____) _____

IMPORTANT: Check, Money Order, MasterCard, Visa, Discover, or American Express must accompany orders. Overseas orders add 20% for surface freight, 30% or local air freight whichever is greatest. California residents add 8.25% sales tax. Add \$5.00 Shipping and Handling.

Marathon Sports Nutrition

1229 Via Landeta • Palos Verdes Estates, CA 90274-1970

Info Line: 1-310-519-7111

Prices subject to change without notice

The BULGARIAN BULL

THE GREAT ANTONIO KRASDEV - IS HE THE STRONGEST MAN ALIVE? by Herb Glossbrenner

The vast majority of Iron Game authorities and greatest strongmen past and present agree conclusively that the Strongest Man in recorded history most certainly was the incomparable giant of strength - Paul Anderson. Paul's earthly remains rest beneath a mighty oak in Vidalia, GA. Appropriately, a living monument of his superhuman strength, we search the current journals of strength to find his heir apparent. Whom among the long list of super strongmen comes the closest to Anderson's awesome might?

The biggest and strongest of men generate an unbridled enthusiasm among strength connoisseurs. Pound for pound experts contend that an ant in proportion is far stronger than an elephant. The big boys will tell you that an elephant can squish an ant. So, the debate goes on. Everyone wants to see the little guy lift big weights, but what gets the majority fired up is watching the biggest men lifting even greater weights. The Olympic Weightlifting fraternity bestow the title of "World's Strongest Man" on their current kingpin - the mighty Belorussian - Kurlovich. Powerlifting's Anthony Clark counters this hypothetical title with his total of 2460, history's biggest number. Which man has the sole privilege of this honor? I recently categorized an extensive list of the All Time greatest strength athletes and their combined abilities in both sports. The official honor went to Jon Cole who accumulated a combined total of 3163. I could not include Kurlovich nor Clark. Clark

has... Plachkov did not beat Alexeev in head to head competition, but the newly found success of the Bulgarian regime to put filled in the mighty Soviet armor lifted young Antonio with enthusiasm. He wanted to be the best and dreamed of surpassing Plachkov's sky high lifts - and, yes, even those of Alexeev. He would someday be the World Champion. This desire burned inside and spurred him, onward and upward through the ranks.

By 1979 he'd recorded lifts of 386 snatch and 441 jerk in the 242 class. His 826 total was respectable, but he was still a long way from National lift alone World honors. Then it came: on Feb. 3, 1980 at an International tournament in Varna, BUL, he established Junior (teen-age) World Records of 410 snatch, 496 jerk and 904 total. It was a major breakthrough. Krastev did not participate at the Jr. Worlds in Montreal where URS lifter Kaplan won with a mere 860 lbs. Krastev felt a bit cheated. Three weeks later, on June 20, he surpassed his bests: 418, 507, 914! He was only 18. These records were never officially recognized. Once again he was denied deserved glory. When the Olympics were held in Moscow, politicians kept the free-world home. Bulgaria had no SH with all their best men distributed in the lighter categories. Antonio's bests could have given him a silver medal behind Alexeev.

He finally got his taste of International stardom. On June 22, 1981 in Lignano, Italy he became the VII

has... Tony played soccer on the streets of Sofia, until he tried out weightlifting. He was a husky boy, but what attracted the coaches was his flexibility and speed. He stuck with his new found sport. His results were nothing spectacular and he did not become truly inspired until he saw the achievements of the new Bulgarian SH star, Christo Plachkov. The Bulgarian system of training attracted Carl Miller, who at the time was US W/L coaching coordinator, to travel to Bulgaria and study their methods. Something new was on the horizon. How could this tiny nation with 8 million population come up with a big man to challenge the indomitable Russian Alexeev? Alexeev had ruled since 1970 and taking on all comers brushing them aside as though they were nothing more than pesky flies. Plachkov was a real threat. In less than one year he surpassed Alexeev in the snatch lift with 418.9 and moved it up until on May 25, 1976 he shattered the dream barrier - 200 kg./440.9 lbs. On that occasion the 6' 1 1/4"/308 pounder surpassed the mighty Alexeev's total standard - 975.5

When, was 11 years of age - 1972 - Bulgaria was beginning to



Look How DEEP... Krastev went with his squats in Holland, showing his olympic style lifting heritage

551, although his snatch had declined!

Again it was the Olympic year and with it came new levels of performance from sportsmen. It was Krastev going solo against Plaseniko at the Europeans in Vitoria, ESP. Tony fell 5 kg. back in the snatch and that ended up the winning margin for Anatoly when both men jerked 551. Krastev's 981 was a new Bulgarian record finally surpassing the legendary mark set by Plachkov some 8 yrs. earlier - some consolation. Then came the shocking news and Krastev's world since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was boycotted the LA Olympics just as the free world had done in '80 in Moscow. Once again politicians had spoiled the brotha. The performances at the W/L arena came and were mediocre. What a disappointment. For me it was like one big "B" session with all the Europeans staying home. For Krastev it was disappointing. Again he was, as were many others, denied his moment in the Olympic Spotlight. There was a lot of squabbling concerning the drug testing. Some say it is the real reason why the Eastern Bloc did not participate. During the IWF Congress meeting during the Games it was decided to discontinue enforcing doping control for acceptance of World Records. So, in September came the staging of the "Red Olympics" in Varna, BUL by the Black Sea. No less than 28 SR and 10 JR. W/R fell in all categories. Krastev, disillusioned, stopped training and did not participate. From the sidelines he watched the Soviet dreadnoughts, Plaseniko and Kurlovich, unleash their awesome cannons. Plaseniko overcame his W/R 573 lbs!

Krastev finished 4th in the World ranks that year behind the aforementioned and another URS star Gumpashev. Despite this setback many predicted a promising future for the Bulgarian Bull.

Big Antonio, from his beginnings as a prodigy, had been prophesied as man to rule the World of the strength behemoths. He fell short of Bulgaria's super-coach Ivan Abadjev's expectations. Antonio's diligence, workload, and progress did not live up to Ivan's demands. As a result he was disciplined and omitted from some key competitions. The Russian's resurgence in the Supers made it just that much more difficult. Plaseniko and Kurlovich suddenly disappeared from the picture. Conflation of suitcases full of Russian steroids brought into Canada by the pair was front page news, worldwide. The Russian powers imposed a life ban on the pair. Krastev saw his

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

Junior World SH Champion. At 283.7 lb. he did 418 snatch, 479 jerk for 997 total. He won by almost 50 lbs. totalwise. He was called a "mystery man" because his appearance on the world scene were infrequent. On a 4th attempt he made a IWR clean and jerk of 508! His chance finally came. The '81 Sr. Worlds in Lille, FRA saw him miss his jerks. At the Pannonia Cup of 82 in Taibanyan, HUN he won his first major meet among the "adult" ranks. He totaled 904 weightlifting 294. Then came the World Championships in Ljubljana, YUG. It was a sellout to see the supers and the whole sports world was watching. Plaseniko was the new king and he was prepared to defend his crown he'd won in Lille '81.

Plaseniko - 270 lbs. of explosive Soviet muscle - was a bit restless. For good reason - the defending champ faced a formidable foe - all 6' 1", 310 lbs of him. Krastev gave Anatoly the battle of his life. The 22 year old from Haskovo, BUL watched as Anatoly faltered once with 435 then five times to weight overhead. Krastev, a man of compact massive musculature came out and took the lead, hoisting 441. He mobilized all the strength at his command making six lifts with no flaws and jerked 534, for a 975 total. Plaseniko came out and lifted 349 on his first lift and won the title. Krastev had lost by a mere 2.5 kg. (5.5 lb.) but had performed better than Plachkov (his boyhood idol) had done at his best.

In 1983 came the SH Russian Revolution. All their top guns came to the USSR Spartakiad in July. They pulled out all the stops. From the ranks of talent the Supers saw new names emerge. Never before had such a display of astounding explosive strength. The top 8 men lifted no less than 948 lbs. total. King Plaseniko struggled in vain to retain top spot. He hoisted a W/R 452 snatch but the 8th place man Moslit, biggest of the lot at 334, lifted 453 and had the record. The fifth place finisher clean and jerked 575 on an extra try. A new man, born the same year as Krastev tied Plaseniko with a W/R 1014, and won as lighter man (273 1/2 to 280). The Russians had a conglomerate of talent and they launched a one-two attack against the might Krastev at the 83 Worlds in Moscow that Fall. Plaseniko won again by a lighter bodyweight he over his new nemesis Kurlovich - 992! Krastev took 3rd as lighter man to the giant Pole Skolimowski with 942. Antonio, in the brief time of one year slipped from 2nd position in World status to 8th on the '83 World list. His result that December saw him improve his C&J best to

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

It began with the usual BUL dominance. As the categories progressed records fell like skyrockets from the heavens. When half the competition was done the news came. Two Bulgarian champions tested positive for diuretics and their gold medals were taken away. This prompted the Bulgarian officials to withdraw their remaining athletes

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in 1980 he'd never gain so much weight was now 314. He won both lifts and tried for a W/R Total of 1047 and cleaned the most by any man in history (officially - 589.3/4)! He just missed holding it overhead. Krastev did not attach much significance to the loss, considered only a stepping stone to Seoul. Then came the Olympics. No boycotts (except North Korea). The cream of the crop was there. The screws were tightened on the doping. The IOC would not tolerate another scandal. Ben Johnston had just had history's fastest sprint nullified, his gold medal relinquished, and himself expelled, banned and disgraced. Politics prevailed. The IWF sucked up to IOC President Juan Antonio Samaranch. Conspiracy and politics wove a plot of intrigue.

chance and buckled down. At the 85 Druzb Cup in Yerevan he was reborn. The IWF tightened up on the drug testing that year, but big Tony took on the "new" Soviet champion Gumpashev in Yerevan. He'd finally broken Plachkov's BUL snatch record - 201 kgs. The Russians now owned the snatch and total W/R and Krastev almost had a W/R - 466! He'd delivered his ultimatum. He, like a big island in the Russian ocean, passed the Europeans to prepare for the Worlds in Soderalfje. For only the 3rd time since 1957, a non-Soviet lifter won the biggest class (Dube/USA/69 and Heuser/GDR/78). Krastev was now 330 and outboxed Gumpashev 964 to 953 to become champion of the World for Bulgaria the first time ever in SH.

His success brought his team get beat and he lost his title. Taranenko, who'd said in



The Weight was not the problem with Tony's bench at the 90 Worlds.

and go home in protest. The athletes were political pawns. The IWF, never one to accept any blame, passed the buck. They said the BUL disqualifications were the cause, depriving the other BUL athletes their chance to win gold. Sound familiar?

Krashev's Olympic dream once gain evaporated. He'd reportedly handled some awesome training weights and was prepared not only to win but set all the W/R. Taranenko likewise was a political pawn. He too was prepared to win, but the Soviets scratched him in favor of Kurlovich. With these two absent, Kurlovich - of course - won. It was the last straw for Antonio. He was fed up and abandoned his country and came to the USA. Wrong choice! The USA may be the land of opportunity but not in W/L. Krashev was quoted as saying he'd rather wash dishes in New York City than win a gold medal for Bulgaria, which, coincidentally, was exactly what happened. Getting new citizenship may be easy in other countries, but not here. There is a four year waiting period. Nobody tried to expedite this. Seeing the futility of this Antonio left USA and went to Venezuela. It was like deciding which venereal disease you would rather have, syphilis or gonorrhea. When it comes to W/L, both countries are the bottom of the heap. In the US they pretend you don't exist, if you are a promising deflected foreigner, continuing forward on their merry-go-round to nowhere. In Canada they are more alert. Up there they will wake you up in the middle of the night to fill a beaker with kidney juice. Tony missed Barcelona '92. Olympics with no country to represent. Time is running out for the Bulgarian Bull. His lifts had dwindled way down to 363 snatch and 441 jerk in Canada. There was only one option left. Here is my interview:

AK: No! I don't use that tight fitting stuff. I did those lifts without anything supporting my body. I don't like it, especially the crazy shirt.

HG: Do you realize that you could be the only man in history to win the World Championship in O/L and P/L both? Why don't you give it a go?

AK: That's an idea. I hadn't really thought of it that way!

HG: Will you try it? It might revive the SH drought that has lasted too long in P/L.

AK: Maybe. But, right now I have only one thing on my mind. I want to lift in the Olympics in Atlanta in '96. I'll be almost 36 and it will be my last chance. I have been denied already four times.

HG: How will you do it? Neither the USA nor Canada will expedite your citizenship.

AK: I will lift for Bulgaria. My only ticket to Atlanta is via Sofia.

HG: It means that much to you?

AK: It is my whole life, my unfulfilled dream, my everything.

AK: Can you regain your best ever form from 1986-88?

AK: I don't know, I can try. I must try. If I don't, I'll never know. I couldn't live with that.

HG: With the weight categories changed and the old records forever frozen, you will have to regain your W/R snatch. Kurlovich holds the record now at 205 kg (451.9).

AK: I know I will beat that. It will take time to get back to full strength. If not, this year, I can do it next year.

HG: Could you win the Olympics in Atlanta?

AK: Possible, but it will be very

difficult. I want to do my best and gain a medal. Most important for me is to participate. I cannot live without being there to try.

HG: What are your bests in Olympic lifting? I know it is the custom in Bulgaria to lift even more in practice than in competition. The snatch first...!

AK: My best snatch is 222.5 kg (490.5). I've tried 225 (496) and 227.5 (501.6) but never completed them. They were overhead, but not fixed. That's bare hands. I never use straps.

HG: What about the clean and jerk and jerk from rack?

AK: My best clean and jerk was 265 (584). It is also the most I've cleaned. My best jerk is 270 (595.2)

HG: I'd read did 275 (606) jerk in 1986 and your dream was a 500 kg total (1102/3) via 220-225 snatch (485-496) and 275-280 jerk (606-617).

AK: No, I never tried that much in the jerk from shoulders. 500 kg was a total limit dream.

HG: Your best O/L combined came to 487.5 kg (1074.7). 12.5 kg (27.5 lb) more than Taranenko's old W/R.

AK: Yes, I know. I was never able to put them together at one time and not in competition.

HG: I really underestimated you. Your combined best Olympic Lifts and Pouchlifts came to 1507.5 kg (3323.5 lbs). You have done more in both sports than any other human, even though it is unofficial. (Cole still holds the official record with all competition lifts of 1421.2 kg./3133.25 lb.)

AK: That's interesting!

HG: Cole did his lifts 22 years ago and did all his O/L in one meet and all P/L in another. His bodyweight doing the O/L was 113.85 kg (251) and P/L was 128.36 kg/

(283). So his average bodyweight was 121.1 (267 lb.). What do you weigh?

AK: My weight now is 165 kg (363.8). I was my heaviest ever two years ago in the USA - 180 kg (396.8)

HG: That's a lot of beef on hoof. No wonder they call you the Bulgarian Bull.

AK: You are the first to call me that.

HG: Before I forget I need to ask you ... What was your best front squat? Please.

AK: Mr. Glossbrenner, thank you for interviewing me. I must go now. My plane leaves for Bulgaria in 1 1/2 hrs. I must leave for I go back there to train for the European Championships. From there it will be the World Championships in Beijing, China. It is my next pit stop. The Olympics draw near. My best FS was 310 (683) and 280x3(617)

HG: Yes, thank you Tony. If you see Eugene Popov, ask him why he did not answer my letters. I asked for the Bulgarian World and All Time lists. He never replied.

AK: I will tell him.

HG: Good luck and I wish you the best on your road to Atlanta. You are back to "Square One". You will return to Bulgaria once again. One more question. Who will be your coach?

AK: My coach will be Yordan Ivanov. I must go now, but I will be back in USA in two months. You can contact me after that.

HG: Thank you again Antonio. Anything else you want to say?

AK: I am glad to help you. I want to tell you. I also aspire to be World Champ in both armwrestling and backgymnion.

HG: Goodbye. I wish you well and God Bless.

AK: Goodbye for now.

...thus concludes this exclusive interview. He has totaled more in the Olympic lifts than any other man in history. He did 100 lbs. more than the great Alexeev. He could rule in the powerlifts if he decides to do so. His journey to Atlanta will finally fulfill his dream to mount the Olympic platform. We wish him well. Evidence that I have presented seems to indicate that he is the Strongest human being on Earth. It appears in the History of the Iron Game that only the immortal Anderson's six lift combination was more. That is saying a whole lot.

IT IS DIFFICULT TO SAY WHAT IS IMPOSSIBLE. FOR THE DREAM OF YESTERDAY IS THE HOPE OF TOMORROW. (ROBERT H. GODDARD)

AK: I will lift for Bulgaria. My only ticket to Atlanta is via Sofia.

HG: It means that much to you?

AK: It is my whole life, my unfulfilled dream, my everything.

AK: Can you regain your best ever form from 1986-88?

AK: I don't know, I can try. I must try. If I don't, I'll never know. I couldn't live with that.

HG: With the weight categories changed and the old records forever frozen, you will have to regain your W/R snatch. Kurlovich holds the record now at 205 kg (451.9).

AK: I know I will beat that. It will take time to get back to full strength. If not, this year, I can do it next year.

HG: Could you win the Olympics in Atlanta?

AK: Possible, but it will be very

HG: Tony you tried P/L in 1990 but bombed at the '90 Worlds representing your old motherland Bulgaria - what happened?

AK: Those tight fitting suits are too much. I felt like a stuffed sausage and was very uncomfortable squinting. I made 390 kg/859 lbs. which was considerably less than I'd done without one. I was unfamiliar with the rules and I bombed with 210 kg (462) BP. If I'd paused just one second longer.

HG: What are your bests in the powerlifts?

AK: SQ - 410 kg (904); BP - 240 (529) paused and 250 cheating (touch'n go); DL 370 (815.6) and 385 (848.7) with the use of straps. My best reps in full squat is 380 (837) for 3 times.

An Historic VIDEO Documentary THE STRONGEST MAN in Recorded History PAUL ANDERSON

Virtually all of his record lifts, brought to you via still photos, recovered movie reel footage, and personal interviews with those who have known Paul and his exploits. (1 hr. 35 minutes - VHS format). \$39.95 plus \$3.50 shipping and handling (CA residents must add 7 1/4 % sales tax). Canada Air Mail add \$6.00. Overseas air mail shipments (PAL format) add \$14.00 (U.S. currency). Send your name, address, and payment to: Powerlifting USA, Box 467, Camarillo, CA 93011

STERIODS

D-BALL TEST JET DECA

Anabolic Steroids build Muscle Mass and Strength Now there are safe and effective replacements for steroids

PRO BODY® Power Formulas

Leading Steroid Replacer Build Mass and Lose Fat
Human Growth Hormone increases lean muscle mass and decreases body fat. The Power Formula has been proven to naturally increase Growth Hormone levels up to 700% in 90 minutes. GH levels still 300% higher 8 hours later. Get the hard look with GH Power Formula. **BORON** 3 month cycle #55001 \$15.95

The Real Thing - Dibencozide the ultimate Mass Formula
Dibencozide has proven Anabolic effects. Gain Weight, Fast Recuperation, Guaranteed Formulas for Ultimate gains. Boron, Dibencozide, Yohimbe, Smlax & Ammo's in a huge 60 day cycle. Guaranteed Size. Get it all with the only one that comes with a copy of the lab analysis that proves it is 100% real. Get big today. **MASS FORMULA** At a 30% savings. **DIBENCOSIZIDE** 90 caps 10mg #55006 \$34.95 **MASS FORMULA** 60 day cycle #55050 \$89.95

Each white mini tab provides you with 37.5 mg. of Phenylpropranolamine HCL. The strongest appetite suppressant you can get without a prescription!

Lose those excess pounds you have stored up over the winter by taking advantage of this offer now!

Simply mail in the coupon below with \$1.00 to cover shipping & handling and receive your FREE bottle. Start slenderizing yourself for summer now!

NAME _____
STREET _____
CITY _____
STATE _____
ZIP CODE _____

To order your free Diet Aid, mail this coupon along with \$1.00 to cover shipping & handling, to the address below:

Check here if you wish to receive a free catalog. This is a \$4.95 value!

Offer valid while supplies last. Only one free bottle per household.

FREE CATALOGS **CALL 1-800-962-4769** ask for dept. #787 **FAST SHIPPING**

Toll free - 24 hours - 7 days
Send to: JTR Labs - 10230 Bach Blvd, Dept #787 - St. Louis, MO 63132
For questions and local orders call 314-426-7040

RUSH ORDER FORM

Name (as on card) _____ Apt.# _____
Address _____ City _____ State _____ Zip _____
Phone#() _____
Card# _____
ORDER# / QTY / PRICE / TOTAL

SEND TO: JTR Labs
10230 Bach Blvd. - dept#787
St. Louis, MO 63132

PRODUCT _____ SUB TOTAL _____
SHIPPING 5.00
Missouri add X .06225
OTHER _____
TOTAL _____

-IMPORTANT ORDERING INFORMATION
-Foreign orders add 25% of total in US funds
-Fedex 2nd day air add \$5.00
-COD orders add \$5.00
-AMEX orders add \$5.00
-Dealer inquiries welcome

NVE Pharmaceuticals
33-08 Newton-Sparta Road
Newton, NJ 07860

For information regarding custom manufacturing, and distributing, please call
201 • 383 • 5444

Ephedrine is not available in Florida, Ohio, or Missouri.

INTERVIEW

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

GREG WARR

Interviewed for Powerlifting USA by Bruce Citerman



Another View of Greg Warr's Historic 534 at 163. (courtesy Giorgio)

BC: Where do you live?
GW: I live in Clanton, Alabama in an apartment with one of my brothers, Bob.
BC: How old are you?
GW: I am 26 years old. I graduated from Troy State University in Environmental Science and I'm getting a Masters in Environmental Toxicology.
BC: What is your marital status?
GW: I am not married.
BC: What is your athletic background?
GW: I have played football since I was in the 6th grade. I was an All State running back in high school and I wanted to play college football. I needed to gain weight because I weighed under 100 pounds, so I started working out. A few months later I heard about a powerlifting meet near me. I attended this meet and liked this better than football, so I continued lifting.
BC: What contests have you entered and what were the results?

GW: Some of my most memorable contests and best lifts are: 1989 ADFFPA Deep South Bench Press - 420 weighing 140; This was my first triple bodyweight bench, 1990 ADFFPA Southern States Bench Press - 425 weighing 138; Augusta Bench Press Classic - 470 weighing 150; ADFFPA Syrup City Classic - 450 weighing 146; 1992 National Championship - 429 weighing 147; IPF Worlds - 396 weighing 147; 1993 World Record Breakers - 458 weighing 148; 1993 National Championships - 463 weighing 149; Southern States Bench Press - 480 weighing 158 (locked out 505, but my butt came up); Northside Fitness Center Bench Press - 500 weighing 148; Bodiest Bench of the South - 510 weighing 145; 1994 DASH Record Breakers - 463 weighing 147 (I had to repeat my opener twice); 1994 Nationals - 501 as a Middleweight; 1994 IPF Worlds - Middleweight; World Record/Gold

Medal of 496; now, of course, 1995 Budweiser Record Breakers - 534 at 163.
BC: You just broke the Middleweight record again. Did you change your routine from what you had written in the "Workout of the Month" for the February 1994 edition of POWERLIFTING USA?
GW: The workout I wrote for the magazine is basically the same one I have used for the past 2 years. I will change a little each cycle. I do bench 3 times per week, and I don't recommend it, but I don't do any warmup sets either.
BC: What vitamins or supplements do you take?
GW: I try to stick to the basics when it comes to supplements: egg protein, liver tablets, multi-vitamins, GH releasers, branch chain amino acids, and Inosine.
BC: What are your future plans and comments about Powerlifting?
GW: I plan on competing as long as I enjoy it. I think that will be a long time. I especially enjoy it competitors and meets so we can still compete for the last 2 years has moved to Texas. We plan our training now that my brother and main workout partner for the last 2 years has moved to Texas. We plan our competitions and meets so we can still compete together. Steve started powerlifting about 2 years ago and is benching in the mid 400s weighing around 170. I think he will become one of the best benchers ever. He has a family, full time job, and is a full time student at seminars in Ft. Worth, and still finds time to work out. When we go to meets together I will probably compete at 148, but I am going to try to go 165 some until I can get my weight up to stay at 165. I feel like I can go 148 sometimes and still get 30-50 more pounds over my 148 record.
If you don't mind I would like to mention 2 lifters I know who deserve more credit also: my friend Mark Childs, at 19 years old, is squatting over 700 pounds; also, my friend Noah Addison has been lifting only a few years and benching nearly 500 pounds at 50 years of age. This is a growing sport around Alabama and Georgia and there are a lot of great lifters who don't get much credit for their efforts. I appreciate your interview and for letting me mention these lifters.

Budweiser Record Breakers	
18 Mar 95 - Richland, WA	
Bench Press	242
S. Sandberg	352
B. Shaw	352
60-69	
C. Morgan	231
148	165
M. Cargile	303
181	220
B. Davis	402
J. O'Loughlin	236
Women	
S. Wilson	396
198	105
A. Berry	347
Novice	
114	114
S. Leland	115
123	192
T. Griffin	143
J. Carroll	143
B. Cruz	143
J. Pense	209
S. Radcliffe	110
148	303
P. Hale	303
165	170
C. Schockman	170
E. Aragon	303
L. Britlan	132
D. Shin	281
J. Thompson	292
C. Dirks	148
D. Tarabochia	248
181	123
J. Holly	292
C. Moorehead	93
T. Anderson	259
148	165
N. Strehlau	93
V. Neill	93
K. Vasquez	253
198	165
J. Mill	407
J. Hamblin	181
Wassenniller	358
220	Open
M. Webber	363
A. Fartha	352
C. Bender	402
J. Carter	336
K. Napoleon	319
J. Thuraldson	380
165	165
R. Piccitelli	402
F. Redmond	551
S. Schwartz	181
C. Walters	352
J. Hobby	462
273	198
C. Erevia	407
V. Shaw	385
J. Brewer	352
220	473
J. Mickelson	341
B. McCause	606
M. Webber	501
C. Chandler	501
SHW	242
T. Haug	485
D. Hamlin	600
Adaleinsson	600
165	275
M. Jackson	655
G. Warr	534
SHW	595
W. Williams	628
J. Mickelson	534
Masters 40-49	
165	Women
J. Julian	231
181	148
B. Kenyon	330
V. Neill	286
198	181
R. Dohaniuk	363
B. Dooley	363
220	Masters
J. Griffin	501
W. Crossen	440
J. Paggatt	319
275	181
D. Hall	374
275	545
R. Pratt	424
T. Tharaldson	468
J. Weishheimer	407
P. Carpenter	683
J. Weishheimer	451
181	50-59
H. Neal	225
198	242
M. Urrutia	275
220	S. Sandberg
60-69	628
C. Nelson	375
181	R. Phillips
	440

(Thanks to Gus Rethwis for results)



Skip Sandberg, a veteran Master Lifter, pulled a big one at the Budweiser Record Breakers (Allured photo)

Nick Cali says, "The secret is out!"

RUSSIAN SECRET

CAPSULES NOW AVAILABLE IN THE U.S. & CANADA!

- * Dramatically increase strength in 2-3 weeks!
- * Build lean body mass quickly
- * Increase performance & endurance
- * Shorten recovery time

100% Money-Back GUARANTEE

RUSSIAN SECRET is 100% natural and comes in 60 capsule bottles. Derived from the roots of the Palfia Paniculata plant, it has been used for many years by top Russian athletes.

POWER LABS

1-800 748-5619

24 HRS. Distributors Welcome!

Nick Cali - Squatting 808 Lbs. A.P.F. Master World Record Holder 308 Lb. Clean Apr 42 Weight 283 lbs.

"Use RUSSIAN SECRET and highly recommend it and all of the POWER LABS products. You can trust the people at POWER LABS to give you expert advice and the finest quality products available anywhere!"

Nick Cali

100% FREE

Ephedrine Hydrochloride!



Have you been hearing rumors lately concerning the legality and availability of Ephedrine?

Don't believe everything you hear! Ephedrine is still available and we are ready and willing to prove it by sending you a FREE bottle!

Act now, before these facilities become scarce! Simply mail in the coupon below with \$1.00 to cover shipping & handling and get ready to energize yourself!

NAME _____
STREET _____
CITY _____
STATE _____
ZIP CODE _____

To order your free Ephedrine mail this coupon, along with \$1.00 to cover shipping & handling, to the address below:

Check here if you wish to receive a free catalog. This is a \$4.95 value!

Offer valid while supplies last. Only one free bottle per household.

NVE Pharmaceuticals
33-08 Newton-Sparta Road
Newton, NJ 07860

For information regarding custom manufacturing and distributing, please call
201 • 383 • 5444

* Ephedrine is not available in Florida, Ohio, or Missouri.

Offer Expires... 8/1/95 Key Code PL695

MUSCLE MASTERS

LIFETIME GUARANTEE **FREE KEY CHAIN!**

ORDER TOLL FREE 800-882-4624

FREE MONOGRAM DELIVERY!

4" COMPETITOR \$39.95



6" COMPETITOR \$53.95



COMPETITOR
Heavy duty version of the classic weight belt! Suede covered single ply saddle leather is approximately 8 mm thick. Four rows of harness lock stitch for strength that is tapered to 2 1/2" with a nickel plated roller buckle, that is secured with six industrial screws, washers, and tee nuts. Free monogram on signature plaque is included with your purchase. Custom belts and custom embroidered belts are available, call for prices and details.

SEAMLESS ROLLER BUCKLE



JAMES



POWERLIFTER \$46.95

POWERLIFTER
The belt for power and strength! 10 cm (4" wide) Suede covered single ply saddle leather is approximately 9 mm thick. Seven rows of harness lock stitch for strength. Custom made 4" single tongue seamless roller buckle is secured with nine industrial screws, washers, and tee nuts. Free monogram on signature plaque is included with your purchase. Custom belts and custom embroidered belts are available, call for prices and details.

SEAMLESS ROLLER BUCKLE



POWERLIFTER ELITE \$62.95



POWERLIFTER ELITE
For the hardcore powerlifter! Built to exact IPF specifications. 10 cm (4" wide) Suede covered double ply saddle leather is approximately 12.75 mm thick. Seven rows of harness lock stitch for strength. Custom made 4" double tongue seamless roller buckle, is secured with nine industrial screws, washers, and tee nuts. Free monogram on signature plaque is included with your purchase. Custom belts and custom embroidered belts are available, call for prices and details.

Colors Available: Black, Dark Green, Gray, Khaki, Sky Blue, Navy, Purple, Red, Royal, Turquoise, Wine

Shipping: Ground \$4.00 Overnight \$20.00 Texas Residents add 7.75% Sales Tax

Payment Method: Mastercard Visa American Express Check/Money Order

Name: _____ Phone: _____ Color: _____ Size: _____

Address: _____ State: _____ Zip: _____

City: _____

Card No. _____ Expiration Date: _____ Amount Enclosed _____

Signature: _____ Monogram Letters: _____

MUSCLE MASTERS • 114 West Rhapsody Drive • San Antonio, Texas 78216 • 210-524-0213 Fax 210-344-9694

1 • 800 • 362 • 3306



Nutrition Discounters Guarantees the lowest prices on sports nutrition! Take advantage of everyday savings of 40% to 60% off retail on your favorite supplements!

Check out these unbelievable prices:

SportPharma:
Vanady PH: 180 tabs.....\$19.45!
Creatine: 300 grams.....\$29.95!
Pro Max: 2.2 lbs.....\$21.77!

AST Research
Dymetadine 25: 100 tabs.....\$6.95!
Vyopro: 2 lbs.....\$27.95!

National Health Products:
Hot Stuff XX: 2.87 lbs.....\$36.45!
Up Your Mass: 4.1 lbs.....\$29.95!

MLO:
Muscle Blast 2000: 4 lbs.....\$8.95!
Hardbody Gainer 3600: 10 lbs.....\$26.95!

Next Nutrition:
Ultimate Orange.....\$19.55!

Twin Labs:
Amino Fuel 2000: 150 tabs.....\$20.67!
Creatine Fuel: 60 caps.....\$9.95!

Experimental & Applied Sciences:
Phosphagen: 210 grams.....\$31.95!
V2G: 180 caps.....\$27.95!

Bricker Labs:
Triple Crown: 16 oz.....\$18.95!

Cybergenes: Below Wholesale Prices!

Call for the lowest prices on Champion and Optimum Nutrition Products.

Nutrition Discounters, Inc. offers free technical support, same day shipping and the best customer service in the industry!

Visa, Mastercard & Money Orders Accepted.


Call today for a **FREE CATALOG!**

1 • 800 • 362 • 3306

International Inquiries Call
1 • 708 • 271 • 0290

100% FREE

Creatine Enhanced PREDATOR PROTEIN!



Each serving provides 10 grams of Creatine Monohydrate, nature's own muscle enhancer and power booster.

Expect a dramatic increase in lean body mass while experiencing incredible strength and endurance! Simply mail in the coupon below along with \$1.00 to cover shipping & handling. Order your FREE sample today and become the "Predator" instead of the "Prey".

NAME _____
STREET _____
CITY _____
STATE _____
ZIP CODE _____

To order your free sample of **Creatine Enhanced PREDATOR PROTEIN**, mail this coupon, along with \$1.00 to cover shipping & handling, to the address below:

Check here if you wish to receive a free catalog. This is a \$4.95 value!

Offer valid while supplies last. Only one free bottle per household.

NVE Pharmaceuticals
33-08 Newton-Scoria Road
Newton, NJ 07860

For information regarding custom manufacturing, and distributing, please call
201 • 383 • 5444

* Epheadrine is not available in Florida, Ohio, or Missouri.

Offer Expires.....8/1/95 Key Code PL695

WORKOUT of the Month

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

Curtis Leslie - Bench Press Program

Believe it or not, the Bench Press is the "Meat" of a meet. This single lift can determine if you go home a winner or a loser. Many lifters don't care that much for the Bench Press. They focus more on the squat and use the deadlift as a savior. Well, fellows, you had better wake up and realize that the Bench Press is part of a powerlifting contest. Just think about it for one second - with a big Bench Press, you can add pounds to your total. Here is a Bench Press routine I have used to get my Bench on track and up to national powerlifting standards. This routine shows a weekly program of reps, sets, and percentages. With this routine, you can plug in your own goal weight and figure out the poundages.

Now - LET'S TRAIN

Week 1 - 3 x 15 @ 60%
Week 2 - 3 x 15 @ 65%
Week 3 - 3 x 15 @ 68%
Week 4 - 3 x 10 @ 50%
Week 5 - 3 x 15 @ 70%
Week 6 - 3 x 10 @ 75%
Week 7 - 3 x 10 @ 78%
Week 8 - 3 x 10 @ 55%
Week 9 - 3 x 8 @ 80%
Week 10 - 3 x 5 @ 85%
Week 11 - 3 x 5 @ 88%
Week 12 - 3 x 10 @ 60%
Week 13 - 2 x 5 @ 90%
Week 14 - 2 x 3 @ 95%
Week 15 - First attempt weight
Week 16 - Contest

By using this routine, my bench has really been elevated. Hopefully, it will work for you too. For any questions or assistance, please feel free to contact me at 404-284-6331. THANKS and remember to train hard, but train smart.

For guest appearances or seminars write to: Curtis Leslie, 2446 Glendale, Decatur, GA 30032



1994 WPC World Champ Curtis Leslie has been steadily improving his bench press to near 600 lbs. at 242.

"THE MIGHTY ONE!" by OPTIMUM NUTRITION

3000
CALORIE
WEIGHT GAIN
PLAN

3000
CALORIE
WEIGHT
GAIN
PLAN

OPTIMUM NUTRITION
MIGHTY ONE 3000
CREAMY VANILLA
Net Weight 8 lbs. (3632 Grams)
8 POUND ECONOMY SIZE

FLAVORS

VANILLA

CHOCOLATE

BLUEBERRY

FRUIT PUNCH

3

POWER
POUNDS FREE

TOTALING 8 LBS.

CALL
1-800-809-9990 FOR THE
DEALER OR RETAIL OUTLET
NEAR YOU.

MIGHTY ONE 3000 with power activating ingredients, is an advanced, multi-purpose, high calorie, weight gain plan. This 3000 calorie formula combines different high quality protein sources along with Complex Carbohydrates for the optimum weight gain balance. Power ingredients like Chromium Picolinate, B-Complex and Electrolytes are added as well as a vital Vitamin and Mineral support system. A complete Amino Acid profile with less than one gram of fat per serving makes MIGHTY ONE 3000 the Heavyweight Champion of weight gain products. OPTIMUM NUTRITION was the very first company to offer a weight gain formula in new delicious flavors like Fruit Punch and Blueberry. OPTIMUM also offers the traditional delicious Vanilla and Chocolate flavors.

MIGHTY ONE 3000 is available in 8 lb. Containers.

AVAILABLE AT:

GNC
GENERAL NUTRITION CENTERS and other fine health food
stores and gyms everywhere.

FOR INTERNATIONAL INQUIRIES CALL (305) 755-9223

RUSSIAN EVOLUTION

THE ONLY WAY TO MORE MASS IS ILLEGAL

Since 1989, a team of elite scientists and coaches from Russia and the USA have been in search of the ultimate supplement program for experienced drug-free lifters.

They found it! And it's not for beginners.

Isn't it time you stopped taking flavored shakes and beginner kits? Take control, and raise your standards.

Let us get you on the path toward sport excellence.

Call us today, and we'll tell you more.



Introduced 1994



Introduced 1988



Introduced 1975



Introduced 1962



The first and only Russian-American sport performance company.

800-621-2602

Atletika
SPORT INTERNATIONAL

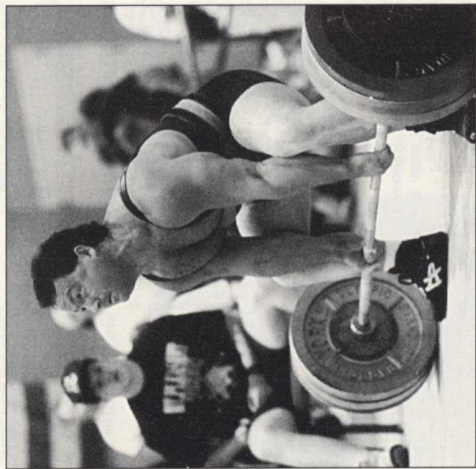
BOZEMAN, MT USA • ST. PETERSBURG, RUSSIA



Available through select health food stores, gyms, and General Nutrition Centers.

The Use of Special Biodimers During Heavy Load and High Volume Training

by Rick Brunner



Great Nutrition leads to great performance in lifters like Ty Stapleton

Powerlifters are exposed to a variety of new supplements each year, most of which become fads and are founded on little more than hype and creative marketing - and the few others that have scientific validity as to their use in sport as a growth promoter, restorative or anti-catabolic. In this article I would like to explore the use of special joined compounds called biodimers in heavy load and high volume training. These supplements are ideal for use in the training programs of experienced powerlifters, and no serious lifter should be without them. They're here to stay!

A dimer is a compound produced by the combination of two like molecules. It can be a double molecule consisting of two identical subunits (homo-dimer), or a double molecule consisting of two different subunits (hetero-dimer). Many of the heterodimers are biologically active, so, we refer to them generically as biodimers. Four special biodimers (two different molecules joined together) worth using in strength related sports are ornithine alpha-ketoglutarate (OKG), L-glutamine alpha-ketoglutarate (GKG), L-glutamine succinate and pyridoxine alpha-ketoglutarate (PAK). A body of new evidence from laboratory studies and practical observations shows that these biodimers exhibit numerous advantages over their homo-dimer (as individual unbound molecules) counterparts.

The biodimers listed above exhibit extreme stability during digestion, are more easily absorbed through the intestines and do not cause stomach discomfort. Their chemical stability and easier absorption make them outstanding nutritional supplements. Research data has shown that these biodimers improve protein synthesis in a way which is not observed when they are administered separately. The biological activity and expected boldy effects of these compounds when serving as substrates for an athlete's metabolism are encouraging. Ornithine alpha-ketoglutarate is a coupled compound containing the amino acid ornithine bound to ketoglutarate. Both compounds have the capability of converting into a very important amino acid called L-glutamine. Researchers have discovered a strong link between the amount of L-glutamine in muscle and the amount of muscle proteins that are synthesized. Many researchers now view the use of L-glutamine as a joined compound with alpha-ketoglutarate to form GKG, or with succinic acid to form L-glutamine succinate, as key steps

Pyridoxine is involved in the manufacture of most protein related compounds such as anabolic hormones, hemoglobin in red blood cells, protein derived neurotransmitters that regulate nerve function, and many enzymes. In fact, more than 60 enzymatic reactions depend on the presence of optimal B6. They include amino acid metabolism, nucleic acid biosynthesis, steroid receptor function, cell membrane integrity, polyamine biosynthesis and neural activity. By introducing into the training recovery plan an effective dosage of PAK in complex with other biodimers like GKG and L-glutamine succinate, you are assured of enhancing muscle protein synthesis.

Now, if you've read earlier articles that I've written, you know I'm a big believer in combining the right supplement with the right training plan. Special supplements like Ribosyn and others that contain biodimers which promote muscle protein growth are power tools which must be used correctly. Guesswork just won't cut it. Let's look at the type of training and the supplement scheme that would be useful to an advanced level powerlifter.

While this article doesn't target the training itself, but simply the tools (supplements) in training which allow us to train with heavier loads and greater volumes of such loads, it's important to include these training thoughts in our discussion. Recent scientific advances into the research of strength training point to a training principle which will maximize long-term muscle protein synthesis. For lack of a better term I will call this principle "Optimal Adaptation Response to Heavy Load Training." The task of such training is to trigger an optimal synthesis of the bodies natural anabolic hormones (i.e., testosterone and growth hormone) and enzymes, and stimulate the maximum number of muscle fibers during the exercise. This will mobilize muscle protein resources which in turn cause a shift toward a hyper-anabolic state in recovery.

The three components of the above mentioned training are intensity (load or % 1 Rep Maximum) of training, volume (tonnage within a certain period) of training, and velocity (speed of execution) of training. Biodimer supplements are most effective in training plans which are of high intensity, volume and velocity. With this type of organized training you can expect to elicit the maximum anabolic hormonal response and recruit the maximum number of muscle fibers including the fast twitch "Type II B" fibers which are not activated in low to moderate intensity training. This

ways not yet scientifically clear, the bound compounds form a potent synergistic effect over the individual compounds themselves.

In addition to the two biodimers listed above, the use of another coupled compound called pyridoxine alpha-ketoglutarate or PAK is also recommended. PAK has been used for years, but until most recently was not found to play a great role in muscle protein synthesis. Early studies focused on its immediate performance enhancing effect. These studies showed little change over placebo use. PAK should not be accepted as a miracle fast acting anabolic because its usefulness is based more on long term use at an optimal dosage and under specific types of training. In other words, PAK is a useful tool in muscle protein synthesis, provided you know how to use it the right way.

PAK is composed of vitamin B6 (pyridoxine) which is converted in the body to pyridoxyl 5'-phosphate (P-5-P), and alpha-ketoglutarate. Pyridoxine requirements of muscle cells increase as the need for increased protein synthesis increases. While the RDA for pyridoxine is only 2.0 mg, heavy load and high volume training requires a dosage between 10 and 20 mg's daily. Since PAK is half pyridoxine, you only need to consume 20 milligrams daily to meet your minimum need.

The problem of overtraining really occurs in the mind. Most people can't cope with doing max-powertiffs all year long. That's why most compete only two times a year. Then they go into what's commonly known as off-season training, which in my opinion is a waste of time. We don't do off-season training, but gain strength year round by increasing the weight of special exercises that complement the three lifts. We rotate these exercises every 3 or 4 weeks, always breaking (weight or rep) records.

You can do more in the good morning or rack pull, then they couldn't you break your deadlift record? The same is true for the bench press. If your inclines, lockouts, plate raises, and extensions go up, so does your bench press. For example, Joe McCoy lifted a max every 8 weeks during 1994 and as a junior 181 did 457, 468-479-505; and finished at 512 at the WPC Worlds by using the same 295 for 8-10 triples every week on bench day. How? Joe avoided mental burn-out by trying to maintain a high bench press standard in the gym by constantly breaking PRs in the floor press, board press, lock-outs, seated press, and so on. When he could no longer make progress in the rack, he would simply switch to the floor press. When his progress stopped there, he would switch again. This is not very productive, but fun. As you can see, we basically do "off-season" training all year long.

I hope you can see the advantages of training this way. Joe increased his work capacity because of this once a year, sometimes totally neglecting the actual lifts.

As far as restoration is concerned, a sauna or whirlpool once or twice a week would be beneficial. A visit to the chiropractor or therapist for an adjustment, a massage, or electric stimulation or ultrasound treatment will aid greatly in recuperation from workouts. Liniments and even aspirin help. Don't forget multi-vitamins. There are many products that claim to add muscle mass or reduce fat; you. Also, sleep will add greatly in recuperation.

In summary, use the correct percentage for a particular lift and think before doing a particular special exercise. You must do what you need. What you like, if you are to succeed. As of December 1994, we have 10 people who are qualified for the Dallas APT Senior Nationals. I only mention this to suggest that, if only luck were involved, we would be sending one or two people from our gym of 22 members to the Nationals, not 10! Our method of training works!

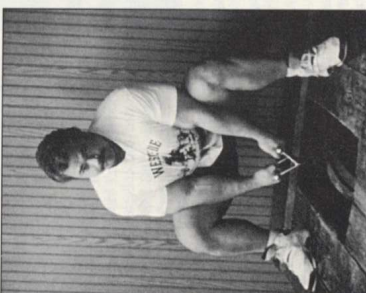
Westside Barbell
614-276-0923

TRAINING

Overtraining or Adaptation? as told by Louie Simmons, Westside Barbell Club

The body will adapt if this is done slowly and systematically.

Tom Waddie is an example of adapting to increased work loads. Two years ago his bench was in the low 400s, I suggested that he do more triceps work. Tom would always complain that his triceps were sore and that his bench press seemed heavy. I told him he would get used to it in a couple of months. That was 150 pounds ago. At the WPC Worlds he benched 551. What he thought was overtraining became adaptation to more work over a period of time.



Dave Tate doing handle squats, a special exercise, at Westside Barbell. (Simmons)

George Halbert needed more triceps work, as well to increase his bench. After hitting his first 600 bench in September 1994, he said, "Louie, you've got to make my triceps stronger." I suggested how to exercise to do so, and regardless of how tired his arms were, to keep doing the added work. No matter how hard he tried, George could not get 5 reps with 315 in the Paul Dick's press. After a few months, he found he could do 335 for 10 reps. How? His triceps adapted to the extra work.

You may go backwards at first or at best, stay the same, but have patience. Success comes to those who wait. In December 1994, George hit a 628 bench and a 1962 total at a body weight of 260, an Elite total less than a year. We kicked his butt for a year, and the results speak for themselves. The amazing thing is that George never squatted or deadlifted before coming to Westside, yet he became our 29th Elite by doing more and more in a gradual manner over the course of a year.

When I write, I am not writing about myself but rather a highly skilled group consisting of 29 Elites and 20 Master-ranked lifters over the years. I keep data on small experimental groups, finding out what works and what doesn't. For example, in 1984 our average bench press percentage was 75%, which was used for multiple sets. Now, in 1995, our best benchers use an average of 60% for their sets. We found that even lighter weights produce more strength.

extra work, and we work what's weak. People believe that drug-free lifters should train differently. Well, I'll let you on a secret. There is no such thing as drug-free training; there is only correct and incorrect training. I have the opportunity to chat with many drug-free lifters, and most of them train about 20-25% heavier than we do. Unlike us, they do very little basic work, failing to get in shape and neglecting special work for the triceps, delts, traps, erectors, and so forth. Training the posterior is lighter and with progressively shorter rest periods will get one in shape. Adding special exercises will increase the strength of individual muscle groups. This type of workout will aid in restoration, a necessity for the drug-free lifter.

I often hear lifters say that they can't train because they are too sore. However, you must stay sore, you will get used to it. For example, look back at what you were doing in the gym a year ago and how that was killing you. Today, those workouts would seem too easy. Why? You have gradually increased your ability to do more work. So you see, what you think is overtraining today will be ordinary in 6 months time. If the body is completely recuperated, it is dormant. To prevent this, a lifter must do a slightly more strenuous workout.

I have stated many times that lifters don't often overtrain, as they believe, but rather they are out of shape. We have many visitors at Westside Barbell, and all of them say the same thing: they have never seen a group train like we do. For example, we use very short rest periods between sets, 45-75 seconds. A basic bench workout consists of 8-10 sets of 3 reps. A 500 pound bench will do a total of 9000 pounds per bench workout. A 600 pound presser will do 10,800 pounds per workout. The average weight lifts 300 pounds for a 500 bench and 360 pounds for a 600 bench. As you can see, only 1800 pounds separates a 500 and a 600 pound bench.

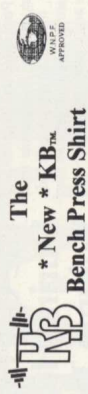
We rely on many special exercises to raise our work capacity. Most lifters do not overtrain the bench press, but rather overtrain one muscle group. It may seem strange to you, but it is the strongest muscle group that fatigues first. If your delts are dominant in pressing, they will become sore and overtrained. What happens is that the triceps and other muscle groups are not doing their fair share of the work. So it makes sense to us to do exercises for the delts last, instead placing the great emphasis on the triceps, traps, and upper back first. We work the lagging groups first and raise the work capacity of these groups, allocating just enough delt work to compliment the bench press. Now, we are giving the correct amount of time to each group. The shoulders are no longer sore, and the other muscle groups are doing their fair share. All of us must stop doing what we like to do and start doing what we need to do.

The same principle holds true in all the lifts. Lack of squat strength is not why one fails to squat more: a particular muscle group stops one's squat from increasing. This muscle group that prevents one from increasing could be the back, hips, or even the abs. First find out what the problem is with your squat and concentrate more on your weak stance. We train the squat with three stances: close, medium, and very wide. If we are weak with a close stance, lower back strength must be increased. If we are poor at a wide stance, the hips need work. The medium stance should be a balance of everything. Most of the lifters at Westside are weak with a close stance, so we do the first sets close and the last sets wide. If we want to increase our close stance, we add exercises that develop low back strength. By doing this, we again teach all muscle groups to do their single group wear out first. We differ with others in that we do more direct work until the body adapts to the

work until the body adapts to the

work until the body adapts to the

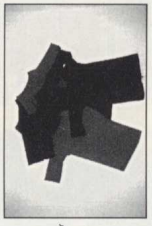
work until the body adapts to the



The New *KB* Bench Press Shirt

* Revolutionary New Design To Give You The Ultimate Support To Lift That Bench Press!!! * The New Design Is So Comfortable You Can Wear It All Day Long! * The New Design Is So Durable It Will Last For Years! * The New Design Is So Stylish It Will Turn Heads! * The New Design Is So Functional It Will Help You Lift That Bench Press!

* You Have Tried The Best, Now Try The Best! * 17 Different Colors Call For Selection.



FOR LIMITED TIME ONLY FREE SHIPPING

Size: _____
Color: _____

New Call 24 Hours Toll Free 1-800-272-8497

Send Credit Card Check, Money Order, or Personal Check To Be Processed Before Shipping.

Men Made Muscle, PO-Box 46681, Atlanta, Ga. 31144-0681

Single Pk \$39.95 With Screened On, KB Logo \$49.95
Double Pk \$59.95 With Screened On, KB Logo \$69.95

KB's T-Shirts, One Color, KB's Logo, Front Chest With The KB's Motto™. It's Not The Shirt On The Man, It's The Man In The Shirt™. Call 1-800-272-8497. TX, CA, AK \$15.95

FOR LIMITED TIME ONLY FREE SHIPPING

References

Vinars, E., Hammqvist, F., von der Decken, A., Wernerman, J., Role of glutamine and its analogs in posttraumatic muscle protein and amino acid metabolism. *Journ Parenteral Enteral Nutr.*, 14(4 suppl), 125S, 1990.


Cynober, L., Ornithine alpha-ketoglutarate in nutritional support. *Nutrition.* 7(5), 313, 1991.

Roth, E., Kerner, J., Roth-Merten, A., Winkler, S., Valentine, L., Schupp, K., Effect of alpha-ketoglutarate infusions on organ balances of glutamine and glutamate in anaesthetized dogs in the caesarean state. *Clinical Science.* 80(6), 625, 1991.

Vaubourville, M., Salvucci, M., Coudray-Lucas, C., Agnerey, J., Cynober, L., Elundjan, O.G., Action of ornithine alpha-ketoglutarate on DNA synthesis by human fibroblasts. *In Vitro Cell Dev. Bio.* 26(2), 187, 1990.

Lacey, J., Wilmore, D., Is glutamine a conditionally essential amino acid? *Nut Review.* 5, 191, 1989.

Smith, R.J., Glutamine metabolism and its physiologic importance. *Journ Parenteral Enteral Nutr.*, 17, 422, 1993.



LOUIE SIMMONS' POWER EQUIPMENT

REGULAR POWER RACK

Hole spacing every 2 inches. Will hold any size man.

475.00*

COMBO RACK

Bench, squat, or deadlift perfect for powerlifting. 2 inch and 1 inch hole spacing. Bench removes in seconds.

645.00*

POWER BENCH AND PLATFORM

Hole every inch. If you want a big bench, you want one of these.

495.00*

BELT SQUAT AND PLATFORM

Belt only, 79.95. Great for leg speed and strength. Less stress on the back.

545.00*

*Shipping not included. To order, send check or money order to:
WESTSIDE BARBELL 1469 DEMOREST RD. COLUMBUS, OH 43228 (614) 276-0923

18

U.S.P.F. Collegiates

as told to PL USA by Dr. Billy Jack Talton



Outstanding Lifter. Heidi Weger of the Univ. of Michigan men's team. The eleven all-stars would have been the national champion scoring 96 points to Tech's 78 points.

The Deep South was the setting for the 27th Annual U.S.P.F. National Collegiate Championships on March 25 and 26, 1995. Meet director Paul Fletcher focused four teen women and forty men to Baton Rouge, Louisiana to take part in a championship that could be summarized by one word "quality." Emphasized by this meet reflected quality; the excellent caliber of lifting; the numerous qualified judges; the meet capable director, the outstanding awards, the competent drug testing, and the keen competitive atmosphere of the collegiate lifters.

The only phase of the meet lacking was the team competition where defending national champions Louisiana Tech University was left without a serious challenge from the men's or women's national titles. The U.S. Military Academy and U.S. Naval Academy, two major collegiate team powers, chose not to compete in the U.S.P.F. National Collegiates this year for the first time in memory. Except for last year, Army and Navy have been the dominant team power for the past decade in U.S.P.F. collegiate powerlifting. Without another team presenting to seriously challenge the Tech men's team, a U.S.P.F. collegiate all-star team of the top eleven men from schools other than Louisiana Tech were identified to provide incentive in the men's division. The All-Star Team's scoring was matched against Louisiana Tech's

when he placed eighth in the 148 lb. class. Tech's 165 lb. Calvin Dial finished his collegiate career with a first place finish for the fourth time in collegiate national competition. This puts Calvin in the same elite category with Middle Tennessee's 132 lb. Todd Suttles with four U.S.P.F. national titles. Calvin easily lifted a 1,454 1/2 lb. total as he established a comfortable margin of 93 1/2 lbs. over runner-up Mark Grochou of Louisiana State University. Washburn College's Michael Pringle took third place making a critical third deadlift that put him 6 1/2 lbs. over Louisiana Tech's Trent Barron. Ronald Grant repeated as the national champion in the 181 lb. weight class with a 1,537 1/2 lb. total. Second place went to Texas A & M's William Wineschke. Paul Koller of Tech was able to hold on to third place as Ohio State's Claudio Garcia fell 39 lbs. short of tying Paul's 1361 lb. total. Greg Takvorian was awesome in the 198 lb. weight class as he totaled 1,713 lbs. to easily defeat Tech's second place Charr Gahagan. Greg was barely missing bigger attempts and was probably affected by the weight he lost to make the 198's.

David Childers of the University of Oklahoma left no doubt that he would win first place in the 220 lb. weight class with a 1,664 1/2 lb. total. Second place went to Justin Harris from the University of West Florida with a 1,448 lb. total. Justin edged out Tech's Lance Bonvillian by a mere 5 1/2 lbs. to win second place.

In the 242 lb. weight class Brian McCain of Metro State in Denver easily defeated Tech's first place total Billy Ellis of Ferrum College, last year's national champion. Billy, in spite of a 110 lb. one-year improvement in total weight was out totaled 33 lbs. by Brian. The lifting of Brian and Billy overshadowed

when he placed eighth in the 148 lb. class. Tech's 165 lb. Calvin Dial finished his collegiate career with a first place finish for the fourth time in collegiate national competition. This puts Calvin in the same elite category with Middle Tennessee's 132 lb. Todd Suttles with four U.S.P.F. national titles. Calvin easily lifted a 1,454 1/2 lb. total as he established a comfortable margin of 93 1/2 lbs. over runner-up Mark Grochou of Louisiana State University. Washburn College's Michael Pringle took third place making a critical third deadlift that put him 6 1/2 lbs. over Louisiana Tech's Trent Barron. Ronald Grant repeated as the national champion in the 181 lb. weight class with a 1,537 1/2 lb. total. Second place went to Texas A & M's William Wineschke. Paul Koller of Tech was able to hold on to third place as Ohio State's Claudio Garcia fell 39 lbs. short of tying Paul's 1361 lb. total. Greg Takvorian was awesome in the 198 lb. weight class as he totaled 1,713 lbs. to easily defeat Tech's second place Charr Gahagan. Greg was barely missing bigger attempts and was probably affected by the weight he lost to make the 198's.

David Childers of the University of Oklahoma left no doubt that he would win first place in the 220 lb. weight class with a 1,664 1/2 lb. total. Second place went to Justin Harris from the University of West Florida with a 1,448 lb. total. Justin edged out Tech's Lance Bonvillian by a mere 5 1/2 lbs. to win second place.

In the 242 lb. weight class Brian McCain of Metro State in Denver easily defeated Tech's first place total Billy Ellis of Ferrum College, last year's national champion. Billy, in spite of a 110 lb. one-year improvement in total weight was out totaled 33 lbs. by Brian. The lifting of Brian and Billy overshadowed



Greg Takvorian of Boston College - Best Heavyweight, Men's Division

the efficient processing of attempts that kept everything current at the scoring table. Collegiate lifters should look forward to competing in the 1996 U.S.P.F. National Collegiate Championships because of the sound fundamentals that make a meet great; the direct support of the U.S.P.F. administration; the interest expressed by very capable meet directors in hosting the meet next year; and the tradition of excellent competition.

The Louisiana Tech program was obviously ready for the competitive level of team competition that was the hallmark of the previous twenty-six U.S.P.F. National meets. Although the close team competition did not materialize, Tech defended its national collegiate titles scoring 86 points in the men's division and 78 points in the women's division and 78 points in the upcoming programs from Texas A & M, Louisiana State University, University of West Florida, Ferrum College, and Jacksonville State, Old Dominion University, Metro State, Boston College, Prairie View A & M, Washburn College, Richmond County Community College, University of Maine, Ohio State, Trinity Valley Community College, Southeastern Louisiana, and University of Michigan.

There are many reasons to be optimistic about the renewed interest and growing participation in future U.S.P.F. national collegiate meets. First, the strong commitment of U.S.P.F. President Peter Thorne to support the collegiate program and assure that this meet and other U.S.P.F. national competitions are properly drug tested. Second, the return of the quantity and quality of officials that were abundant at this two day, one platform meet. These officials included Johnny Graham, Paul (Sarge) Pendley, Gerry Childster, Pat Childster, Mike Martin, Marvin Hall (Louisiana U.S.P.F. State Chairman), Rochelle Hall, Debbie Alexandra, Mike Reed (U.S.P.F. Region III Chairman), Rusty Reese, Randy Blackman (U.S.P.F. Texas State Chairman), and Dennis Burke. Dean Baugh was the platform manager of a great group of spotters and loaders. Third, Paul Fletcher, meet director actually put the lifters' "first. A nice touch was added by naming the outstanding lifters awards after people that made great contributions to collegiate lifting: John Pettit - former Collegiate Chairman, Conrad Cotter - former USPF President, Joseph Slabinski - former Villanova Coach, and Billy Jack Talton - current Collegiate Chairman. Bruce Takala came from Arizona to use his computer program to "do the numbers" and resulted in



Paul Fletcher, Meet Director, presenting the Outstanding Lifter Award to Calvin Dial, 4 time first place finisher in the Collegiates. (All photos by Talton)

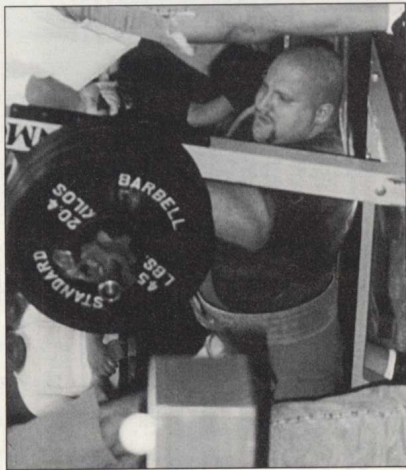
set the collegiate 275 lb. weight class bench record at 529 lbs. He was expected to go after the 600 lb. bench record in the SHW class but the plan fell through. William did however, make a successful 518 lb. bench press. Jon Magendie, 1994 defending champion in the super-heavy weight class from Louisiana Tech, dropped into second place this year in spite of a 1,643 lb. total, a 122 lb. improvement over his last year total.

USPF National Collegiates
25,26 MAR 95 - Baton Rouge, LA

Men	SQ	BP	DL	Total
D. Yamada	418	259	435	1113
R. Wood	501	270	407	1179
J. Stevens	407	297	451	1157
165				
M. Hill	540	323	503	1464
M. Gouchy	534	319	507	1361
M. Pringle	501	275	529	1317
T. Barron	551	253	507	1311
T. Johnson	529	299	483	1311
J. Schaffal	292	209	347	876
181				
T. Weger	628	325	564	1517
W. Wineschke	553	363	562	1478
P. Koller	532	325	512	1369
C. Garcia	490	303	529	1322
J. Anding	457	308	529	1294
198				
J. Childers	473	281	440	1194
C. Takvorian	666	424	622	1713
C. Gahagan	496	336	650	1482
J. Harris	473	303	529	1305
C. Lajo	429	292	523	1245
220				
D. Childers	617	424	622	1664
L. Bonvillian	572	314	533	1419
H. Hanna	479	341	501	1322
E. Labrador	501			
242				
B. McCain	683	429	705	1818
B. Ellis	710	435	639	1785
R. Henderson	705	407	573	1686
T. Johnson	611	363	529	1504
P. Adams	622	352	451	1427
275				
J. Schaffal	716	418	584	1719
B. Hilgert	600	407	556	1563
B. Hilgert	584	396	473	1454
M. Perritt	473	303	435	1212
W. Michigan	661	518	650	1829
J. Magendie	666	396	578	1643
J. Cregel	534	330	496	1361
State Championship LA Tech - 79, Jacksonville				
State Championship LA Tech - 86, Jacksonville				
College - 17, Boston College - 16, Metro State - 16, University of Oklahoma - 16, Texas A&M - 9, Prairie View A&M - 8, Washburn College - 8, Villanova - 7, Ferrum College - 6, Richmond County Community College - 0, Southeastern Louisiana University - 0, Richardson Community College - 0				
105				
T. Warner	225	104	237	567
114				
M. Hill	253	159	264	677
M. Hill	231	143	225	603
C. Parkman	203	93	270	567
123				
T. Young	270	121	292	663
T. Young	203	104	214	521
C. Bont	148	110	165	424
132				
H. Huffman	248	115	270	633
H. Olah	314	142	347	804
M. Bolton	132	71	192	296
165				
F. Drake	280	137	267	664
F. Drake	286	87	292	665
181				
V. Jones	358	181	314	854
S.H.W.	374	192	312	879
Team Championship LA Tech - 86, University of Michigan - 12, Old Dominion - 12, Richardson Community College - 12				

POWER SCENE

Congratulations to Jamie Harris on benching 740 lbs. The Pittsburgh area strongman hit 3 consecutive benches of over 700 lbs. (710, 730, 740) in Carl Seebler's APF PA State meet, and



Jamie Harris going for his new all-time world bench press record.

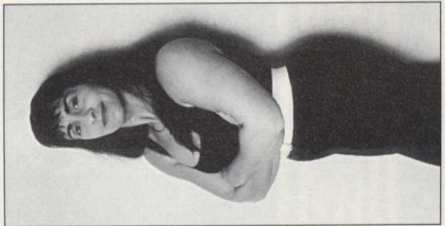
is now looking down the road to ward 800! (As is Anthony Clark).

Jamie is only 24 years old, and tips the scales at about 360 lbs. on his 5'11" frame. He's currently hooking up with Louie Simmons for some coaching on assistance work, and plans to be back in contest action in September. In the meantime, Jamie is continuing his work with Allegheny County's troubled teenagers.

Another top young lifter going real strong is Southern California's Hank Hill. 6'1", 320 lb. Hank squatted 903 lbs. in a contest last year, and is looking to make a splash in national meet competition this summer. Chris Lydon and I recently drove down to the Fountain Valley

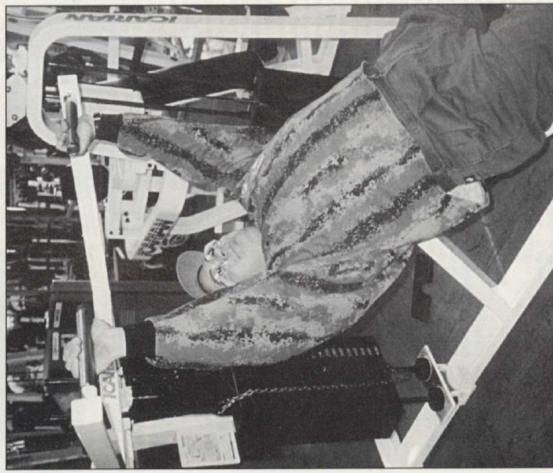


Hank Hill & Chris Lydon out-side the Fountain Valley Powerhouse Gym. (photo courtesy Lydon)



Dawn Sharon - on a comeback ing programs and videos. Our Summer POWERLIFTER VIDEO will include some footage of one of Power Excel's videos. For more information, you can give them a call at 414-769-1211.

Our two most recent video is-



Chuck LaMania staying in shape at Cold's Gym in Venice (Ned Low)

sues have shown, highlight footage of Bull Stewart's Deadlift and Squat Videos, but the 800 number to order these videos doesn't seem to get answered too often. What's going on?

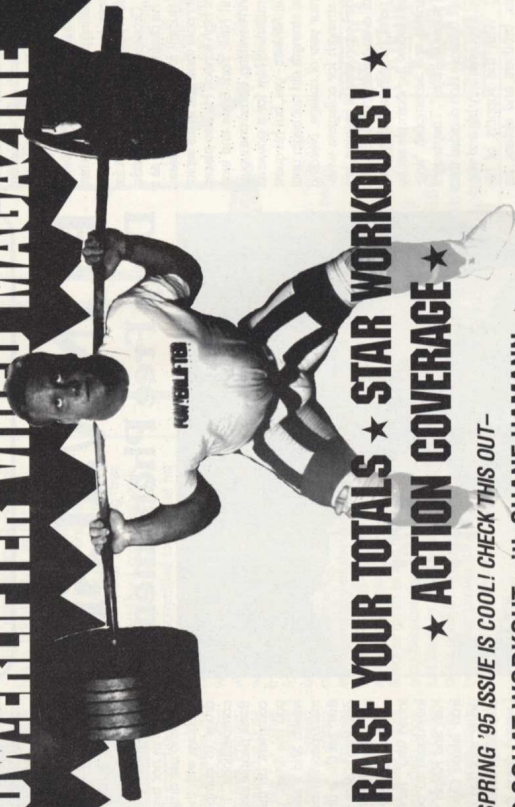
Bull himself is recovering from a pec injury, so our wishes for a full and speedy recovery go out to him. Only a few months to go to the Greatest Bench Press in America, and John Inzer is lining up the largest number of lifters ever who will attempt 700+ lb. benches. And he'll be showcasing many lighter weight benchers going for various weight class world records. Dallas, Texas on Sept. 16th will see lots of great lifting.

And, in closing, a note of congratulations to our POWERLIFTER VIDEO co-host, Chuck LaMania, for being named Teacher of the Year at his school, where he works with learning disabled children. Chuck has a Master's Degree in Speech and Language Pathology, and spends his weekdays helping these disabled youngsters improve their communication skills.

On the weekends, Chuck serves as a meet announcer all over Southern California, now that he's hung up his lifting belt after years as a 220 lb. competitor. Chuck also serves as USPF State Chairman, and most importantly, he's a husband and father, of a young daughter.

Well, that's it 'til next summer. Until then, keep enjoying the world's strongest sport. NED LOW

LIFT THIS INTO YOUR VCR!! POWERLIFTER VIDEO MAGAZINE



★ RAISE YOUR TOTALS ★ STAR WORKOUTS!
★ ACTION COVERAGE ★

OUR SPRING '95 ISSUE IS COOL! CHECK THIS OUT-

- ★ STAR SQUAT WORKOUT with SHANE HAMANN ★
 - ★ BENCH PRESS WORKOUTS with SCOTT WERNER and TAMARA RAINWATER-GRIMWOOD ★
 - ★ BULL STEWART'S SQUAT VIDEO ★
 - ★ COACH'S CORNER ON THE BENCH PRESS ★
- and much, much more!

Available Now! Subscribe Today!

POWERLIFTER
V I D E O M A G A Z I N E
CALL 1-800-BARBELL

Yes, I want to Lift Big! Sign me up for POWERLIFTER Video Magazine. Detach and mail this form with your check made payable to POWERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

POWERLIFTER SPECIAL SUBSCRIPTION OFFER	
First payment	\$ 19.95
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	\$ _____

*Canadian residents add \$3.50 per issue

Mail to: **POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213**

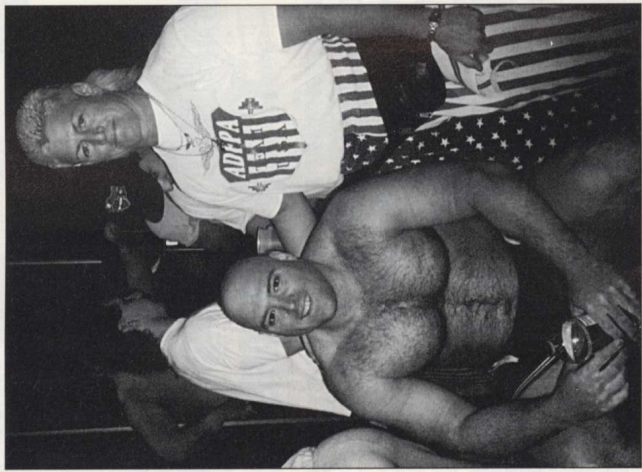
More From Ken Leistner

Some men are strong, others can demonstrate "strength" in a few specific movements, and some look strong. Ron Walsh qualifies as a strong man on all counts, and as they say on the streets of New York, "he can walk the talk". Ron has made some big noise lately in the ADFPA and while his new Lifetime Drug Free American Open Record and National Record of 525 in the bench press has caught the attention of the other 242ers, his overall powerlifting performance marks him as a man to watch.

Life was not always as such for Ron. Growing up in Oceanside, N.Y., he distinguished himself as a good student and won the Nassau County pole vault title in his senior year of high school. He also placed third in New York State and won letters in wrestling, but no one would have mistaken him for a powerful athlete. Athletic—yes, but his quest for real strength did not begin until his junior year of college. Needing more strength for collegiate wrestling, he began weight training, but did not even squat until 1991. At some point, he came to believe that he could follow the example set by his parents and accomplish "anything I put my mind to". They taught him well because Ron decided that he would become very big and very strong. With the support of his parents, brothers and sisters, he did, in fact, begin to grow in size and strength.

Of course, Ron had no real idea how to train. Six days per week, upper body only programs gave decent progress only because of his mental strength and total commitment to training. It wasn't until the spring of 1992 that he wandered into the Iron Island Gym and Ralph and I convinced him that the potential was there for much more. With the ferocity that has marked his training and competitive outings, Ron tore into the programs we wrote for him, reducing his training days to twice per week, and putting emphasis on the squat and deadlift. Assistance work was carefully chosen to complement the bench press strength he had already developed.

Receiving support from the staff and gym lifters, Ron has done nothing but improve, and has done so almost month to month without cessation. So many individuals have given their time and energy to Ron in this environment that it would be difficult to single everyone out. However, Linda Jo Beisito has been there to coach him at meets, Lou Loria, Troy and Darin Langone, Eric Weinstein, Mike Creamer, Mike Schmieder, and Frank DeMarco are his usual partners and spotters, and Dr. Joe Debe keeps him



Ron Walsh at a recent competition with his coach Linda Jo Beisito

then, graduated number one from the New York City Police Academy and became a City officer. From there, he moved to Nassau County where, again, he was number one in his class and now serves as a police officer in this prestigious department.

As Ron says, "Being a police officer demands both brain and brawn. The people we typically deal with are not having a good day and unique situations often arise. There is often a lack of respect for the police and some individuals will try to injure an officer who is trying to perform his or her duties." Ron views his position in the community with the Department of Justice. He

seriously, and sees himself as a professional, attempting to meet the responsibilities of the job as competently as possible. "I try my best to live up to the expectation of an honest, hardworking, professional law enforcement officer". Ron has earned quite a reputation in a number of difficult arrests he has made in the past year or two.

As a lifetime drug free lifter, Ron has very definite opinions. Ron stated that "drug free lifting, in my opinion, is the only true test of strength. If you're a drug free lifter, it's you and the bar and nothing else. I'm not begrudging those lifters who use drugs, but I do have a problem with those lifters who use drugs to compete in 'drug free' competitions. I don't know how these people sleep at night. My last comment on this subject is that if you use drugs, you're risking your health and I also don't think that many people realize that the people they get these drugs from are drug dealers and both the lifter and dealer are committing felonies!"

Ron has done it the "old fashioned way", he's earned it. "I was introduced to powerlifting by Dr. Ken and Ralph when I joined the Iron Island Gym. I had basically never squatted or deadlifted. The only thing I could do was bench and I wasn't doing that in anything resembling competition style". Ron made mention of a letter I wrote to him. "Dr. Ken wrote me a letter in 1992 and in it, he stated that he thought I could be competing for a state championship in two years and on the national level in three". Well, I set a state record in the bench press and took second place in the ADFPA States in 1993. I won the APF State meet in 1994. I competed in the ADFPA Nationals totaling 1807 in 1994 and I just won the 1995 ADFPA Lifetime Natural Nationals totaling 1831. He was right".

This didn't happen by luck and accident. Ron trains very hard, and as some have pointed out, loudly too. "I get into it, get excited, and try to enjoy my lifting, while giving all I've got. I try to get every one up and set a good example by my performances. My way of psyching up is to get a little loud and aggressive. We train very hard and this really helps". Ron's favorite lift is the bench press and he is awfully good at it. He just completed 535, and I believe that 600 is a definite possibility which is a heck of a drug free lift. Ron believes that he has 600 in him. "I honestly feel I can do 600 and it's something I'd like to prove, not only to myself but to anyone who doubts that you can bench that much drug free". Ron



Officer Ron...in the community

notes that the special shoulder rehabilitation exercises he does helps to keep this area pain free. Primary assistance movements include close grip benching and like other lifters, doing his regular benches with a competitive pause. Seated front military press and tricep pressdown have helped improve his bench press considerably. "At first, I was highly resistant to changing to a two times per week overall training program, especially coming from a six day per week background. I went from being constantly injured to high intensity training that has allowed me to basically

stay injury free. In two and a half years, I was squatting almost 700, benching in the mid-600s and deadlifting well over 500. Needless to say, it's a philosophy I believe in now. The high rep foundational work between contests has been instrumental in keeping me healthy and allowing continued progress".

Like many lifters, Ron Walsh has a bright future in the sport. Unlike too many of them, Ron has the intelligence, family support, and a firm believer in his wonderful wife who will no doubt allow him to fulfill his vast potential. His drug free philosophy of hard consistent work, teaming up with other good lifters who are committed to being at his meets with him, and attention to detail which is constantly discussed with Dr. Ken in order to keep his workouts productive and efficient will, I believe, allow Ron to set drug free marks that will stand as goals for others. But for those who can't set records, Ron has much advice to offer. "There are a lot of powerlifters in gyms all over the world working their butts off who will never win a small local meet. I respect these lifters as much as any world champion because they never quit and just keep on pushing. Anyone can talk a good lift in the gym, but the powerlifter proves it. In my eyes, we're all champions for trying".

Precision Crafted Fitness Equipment by Body Solid

PRO-POWER RACK

Designed for the serious lifter with proper biomechanics and exercise geometry stressed at all stations.

Buy complete unit or create your own gym from the full line of fitness equipment.

We invite you to compare quality, reliability, durability and bottom-line value before buying other equipment.

CALL TODAY FOR FREE CATALOG
(800) 544-7753
IRON AGE FITNESS
15 Montgomery Street
Middletown, NY 10940

MIL0

Top-gun coverage of the strength world in a collector-quality package. Weightlifting, Strongman, Arm wrestling, Highland Games, Powerlifting, Crossfit, training, personalities, history, and more. Leading authors and photographers. Unlike any other magazine. If you like strength, you'll love MIL0.

Four issues/year
\$23.95 per year, U.S./Canada
(\$43.95 elsewhere)

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

KEYS TO PROGRESS

Covers just about everything you'll ever need to know about training for size, strength & health.

The complete original series—legendary for its quality.

\$17.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.

\$14.95 + \$3.88 U.S./Canada

IRONMIND

Top-flight sports psychology tailored for iron athletes—applies both in the gym and out. Authoritative but easy to read.

Strossen's IronMind is one of IRONMIND's most popular columns. Bodybuilders and lifters searching for the powerful mind/muscle link need look no further!

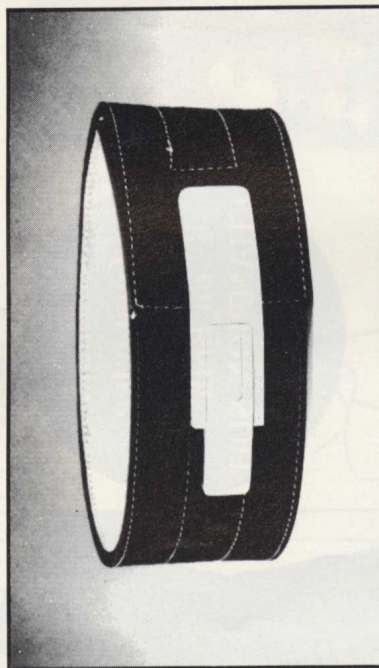
—Steve Holman, IRONMAN Magazine. Contains the first 60 columns.</

TENZER
ADVANCE DESIGNS
 We Make Power Gear A Science

1-800-222-6897
 IMMEDIATE SHIPPING

The LEVER BELT

patent #4541152



- Tightens up to 3 1/2" tighter than any other belt made
- Tightens or releases in less than one second
- Stays firmly shut. The tighter you wear it the firmer it holds
- Adjustable tightness
- Competition legal in all U.S. and world organizations
- First introduced to the powerlifting world by "Dr. Squat" Fred Hatfield, Ph.D.
- Provides more safety than conventional belts
- Hi tech design and appearance
- Belt made of thick leather and suede for the maximum support
- Lifetime guarantee

~~\$94~~, NOW ONLY \$64

The Highest Quality Buckle Belts Also Available

INTERVIEW

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

JAMES MORTON

interviewed for Powerlifting USA by Bruce Citerman

BC: How old are you?
JM: I am 26 years of age and I live in New Castle, Delaware
BC: What do you do for a living?
JM: I am a highway patrolman for the Delaware River and Bay Authority Police Department.
BC: What is your athletic background?

JM: I was an all-state football player in high school my junior and senior year. I was a state champion shotput and discus thrower in high school. I also received a football scholarship to West Virginia where I played football for a couple of years.

BC: How did you get into weightlifting?

JM: I started lifting in high school when I saw how weightlifting could help me out on the football field. When I first started lifting in the 10th grade I could only bench press 250 lbs. and when I started my senior year of high school I could bench press 435 lbs. My father also played a large role with getting me started by teaching me the correct fundamentals.

BC: What contests have you entered?
JM: My first contest was a bench press meet in Baltimore in 1992 where I placed 2nd. My very 1st Powerlifting contest was the 1992 ADFPA Police and Fire Nationals

held in Ludlow, Vermont where I placed 3rd. 2nd was the ADFPA 1993 Police and Fire Nationals held in Clearfield, PA, where I placed 1st with two meet records. 3rd was the ADFPA East Coast Championships held in NY City where I placed 1st with an outstanding lifter award. 4th was ADFPA 1994 Lifetime Nationals held in Baltimore, MD where I placed 2nd due to some difficulty in the squat. 5th was the 1994 ADFPA Open Nationals held in Chicago, IL where I won 1st place. 6th was the 1994 WDFPF World Championships in Minnesota, where I won the title and set two WDFPF World Records in the deadlift.

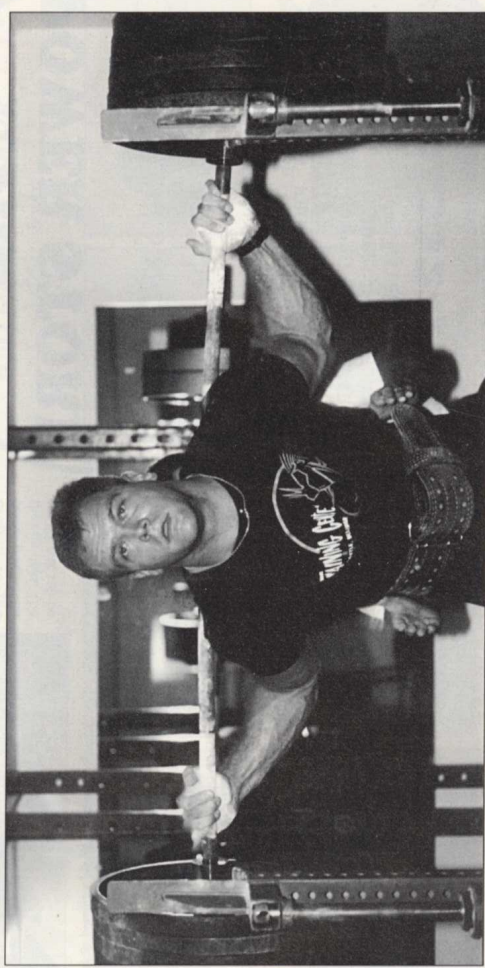
BC: What is your routine?
JM: My training routine changes with every new training cycle. I feel that once the body gets used to a certain workout, improvement doesn't come. I give the body what I call the shock method, with a new workout, and I must say that improvement has continued. During the off season, I go back to my old bodybuilding days

off training days.
BC: Why do you compete in the ADFPA?

JM: I like the way the organization is run and the individuals who run it along with the lifters who compete. Every time I went to a ADFPA meet, everyone seemed to go out of there trying to help me. I also like the drug testing methods that are used. A lot of the lifters that say they are drug free and attempt to compete in the ADFPA usually get caught at some point or time. I also like that you have to be Drug Free for 3 years.

BC: What are your plans and commitments on powerlifting?
JM: My plan is to be the first ADFPA 220 pound lifter to reach the 2000 total. I would also like to promote the sport of powerlifting in the high schools and surrounding gyms and explain to people the only way to lift is to be drug free. I would like to thank my family for their support, the Delaware River & Bay Authority for their contributions and support, and most of all the Training Center and the guys at the Training Center and Joe Musket because without them I wouldn't be where I am today. Finally, I would like to thank Bruce Citerman for this interview.

BC: What vitamins or supplements do you take?
JM: I take a multi-vitamin, a few amino acids and try to eat a very healthy diet by lowering my fat intake to about 20 to 25 grams of fat per day and I try to eat 230 grams of protein a day along with almost 375 grams of carbohydrates a day. I feel you are what you eat. If you eat junk, you look and feel like junk. I try not to exceed 3500 calories on my training days and 2800 calories on my



JAMES MORTON... new powerhouse in the 220 lb. class, American Drug Free Powerlifting Association. (photo supplied by Bruce Citerman)

STARTIN' OUT

A special section dedicated to the beginning lifter

Of the 3 powerlifts, the squat has the fewest effective assistance lifts, but fortunately there is one very desirable choice, the close stance squat. Simply stated, the close stance squat is just what it says, a squat with a close stance. The close stance lowers the involvement and contribution of the hips into the squat and throws more emphasis on the thighs. This gives a higher degree of isolation to the thighs while keeping intensity high. Since the close stance squat really is a squat, the positive transfer of strength gain to your normal squat is high, similar to the relationship between the close grip bench press and the regular bench. I wrote about several issues back.

The stance width I recommend narrow than most competitive squat stances used by lifters. I suggest this width stance no matter how wide your normal competitive stance is. For lifters using an extremely wide stance, this will be somewhat of a 'culture shock' for both you and your thigh muscles. As I mentioned earlier, wider stance emphasize the hips more than close stances, so it may require some getting used to at first. The balance involved is also different. Really large lifters may have trouble using a shoulder width stance. In that case, try to get as

This can yield some good results. Drop these no later than 3-4 weeks away from a meet to focus in on meet performance and to avoid overtraining. They also can be used as a light day substitute for regular squats. Don't go overboard on assistance work, however.

Another key is to not use a squat suit, knee wraps or even a belt while doing these close stance squats. This equipment tends to lift some of the weight for you. Make your muscles do the work of lifting. As you enter your contest training, you can use them with your now stronger, normal stance squats.

Phase into contest training gradually. Don't go from your last entirely close stance squat workout to heavy competitive squat training. You must reacquaint yourself with

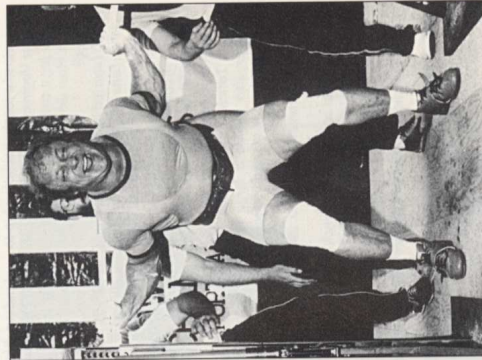
Close Stance Squats

as told to Powerlifting USA by Doug Daniels

stance in close and maintaining as erect a posture as I was capable of still yielded great results; my regular competitive squat went up. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with gastrocnemius stretches. Other lifters may use a small plate under their heels for the same effect. Olympic squats also entail resting the bar high on the back as opposed to the normal power squat that rests just above the rear delt. If holding the bar so high causes discomfort, drop it to the power position on the rear delts. The results will still be favorable.

The best time to work, these squats into your routine is during your off season, before a meet or when your training is non-specific, such as when you are trying to correct weaknesses or when you're doing bodybuilding. Sticking with regular squats throughout your entire training cycle will not give the best long term results, as the thighs will never be worked in such an intense manner. Going to parallel depth is sufficient. Descend in a controlled manner, trying to keep your torso as erect as possible and avoid bouncing at the bottom.

If you chose not to do all your squats during the off season with a close stance, you may want to try throwing in one set at the end of your squat workout for 6-12 reps.



A.K.A. Dr. Squat - Fred Hatfield utilized a fairly narrow stance for his competition squats, as seen above at one of Gus Rethwisch's big Hawaii meets.

NEW! SST PRO-SERIES

• New High-Performance Sockliner.
• HOT New Look!

\$139.95



MADE IN U.S.A.



SAFE USA, INC.

32074 65th Ave. Way, Cannon Falls, Minn. 55009
507-263-4177 FAX: 507-263-4172



1-800-344-4071

(Please add \$5.00 Shipping & Handling)

Also available: Contender Series . . . \$99.95

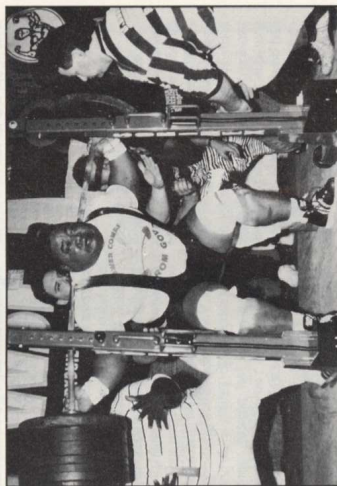
If these elite champions choose SAFE USA Lifting Shoes . . . SHOULDN'T YOU?



JOHN WARE, C.S.C.S.

1,000 Lb. Squat.

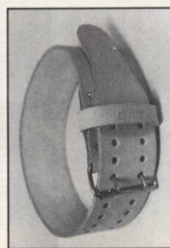
Strength Coach N.E. Missouri State



ANTHONY CLARK

1,025 Lb. Squat.

700 Lb. + Bench



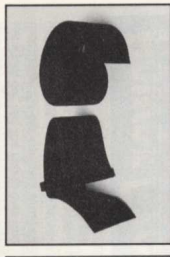
4" Training Belt: \$21.00



Tapered Training Belt: \$18.50



Leather Lat Straps: \$9.95



Wrist Wraps: \$8.95
RAD Knee Wraps: \$14.95



Chalk: \$8.00/Box



Mega-Wrap 10 \$9.95



Victors: \$36.00
Centurions: \$60.00



World Class Protein: \$29.95

THE POWER STORE

Quality Natural Sports Nutrition
Discounted to the Public!

TWINLAB SCHIFF ULTIMATE ORANGE
WHEY DESIGNER CHAMPION METABOLIC
MILO PARRILLO PRO-LINE SPORT/PHARMA
ULTIMATE ATLETIKA BEVERLY BRICKER
CYBERGENICS ICOPRO POWERBARS
UNIVERSAL WEIDER SPORTSONE
AST HOT STUFF NATURE'S BEST

1-800-382-9611

At The Power Store about the only things we don't offer are gimmicks, disappointments and heading charges! We guarantee the lowest delivered price on any item in our catalog!

ALL FIRST TIME BUYERS GET FREE SHIPPING!

ORDER M-F 8A-5P!

TRAINING

Power Rack Squat Training as told to Powerlifting by Greg Reshel of Power Excel

When you have completed a heavy strength training cycle you need to rest your prime movers and fortify your stabilizers before embarking on a straight peaking cycle. The routine we will examine this month is designed as a pre-peak preparation cycle of six weeks duration. We will look at the rack work designed to stimulate your central nervous system and to increase stabilization at the bottom of your squat. You will wear a belt only, no knee wraps and no suit for these six weeks. You will probably want to include some leg extensions, leg curls, and other light accessory work as well as heat your joints before the rigors of a straight peaking cycle. I will only list the power rack work here.

You have probably completed a number of weeks of volume strength training in the big three lifts. This work included multiple sets of 8's, 5's, and 3's with heavy weights. You are very strong now, but should also be very tired. To prepare your squat for the peaking cycle to come you will move your squat training into the power rack and break it into two parts. On your squat training day you will set the safety bars in the power rack to a height slightly below a half squat position for the first round of squat work. There, you will walk out fairly heavy weights (eventually exceeding your max squat), set up in a moderately wide flat stance, keep your neck tight and your back flat as you sit back and down until the squat bar hits the safety bars and then drive the bar up hard and fast without arching your back. You will drive your hips forward as you keep your abs pressed tightly against the

belt. Your shoulders and neck will seemingly push up and back to keep balance as your hips drive forward. Remember not to arch your back. In this way your abs, obliques, and spinal erectors will get very strong. Your back will become accustomed to heavy weights and you will always be confident setting up and handling your squats in the peaking cycle and at the need.

The second part of the squat training will involve resetting the safety bars in the power rack to a height slightly higher than a half squat. You must set the take out pins that hold the bar in the power rack to a height under the long pins so that you can take the bar out below the half squat safety bar position. You will use weights substantially lighter than your max squat here because you must "duck walk" the weight to your set up position and set up while remaining lower than a half squat. Your stance will be slightly wider than shoulders for most people and will have your feet pointed nearly straight forward. You will squat slowly and smoothly to a very deep below parallel position and immediately bounce back to the half squat pin height while pausing and holding the squat bar against the safety bars. After a short hesitation or pause you will again slowly lower yourself to the deep squat position and bounce back to the pause at the half squat safety bar height. You will maintain yourself in a flat back, chest up, knees out position throughout the squat sequence. If you attempt to arch your lower back you will not be able to attain the very deep squat position and you will shift the

Power Excel Club

- CHECK OUT OUR NEW CATALOG!**
- with an expanded selection of customized programs tailored for you!
 - instructional video tapes
 - complete product line featuring OKG, 3 in 1, GT Fuel
- Call 414-769-1211 TODAY!**

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT? LOUIE SIMMONS' REVERSE HYPER MACHINE

patent pending June 9, 1993 #73,544



Great for Strength and Rehabilitation

\$895
includes shipping

WESTSIDE BARBELL
1469 DEMOREST RD. COLUMBUS OH. 43228
PHONE (614) 276-0923

weight forward into a back lift. Remember to keep a nearly vertical torso position while sitting into your squats with your butt just behind your heels. Upon completion of the squat sequence you must have enough mental discipline and hip flexor strength to "duck walk" the weight back to the take out pins. Spotters are strongly recommended. This lower half squat rack work, working under the safety bars, will seriously tax your stabilizers for the bottom of your squat. Even though the lower half squat is relatively light, you will not be able to take the weight off your quads, back, and hip stabilizers from the time you walk out until the time you finish. "Duck walking" weight under a half squat height is a treat you must try to fully experience. It challenges balance, coordination, and hip flexor strength. You will break adhesions in this sequence and stretch your hips and low back to help you heal fully and properly before a heavy peaking cycle.

Our subject an experienced 190 lb. powerlifter with a 450 lb. competition squat. The following schedules show the working sets for the Top Half Squat and then for the Bottom Half Squat. Follow the working sets as they are laid out in the schedule. Perform the Top Half Squat first and follow with the sets for the Bottom Half Squat. Adjust the numbers up or down to suit your particular squat maximum.

Top Half Squat - Flair Style with Neutral Spine: **Week 1:** 6x6x315; **Week 2:** 6x6x360; **Week 3:** 1x8x335, 1x6x370, 1x6x395, 1x4x415, 1x4x435, 1x6x385; **Week 4:** 6x6x350; **Week 5:** 6x6x395; **Week 6:** 1x8x360, 1x6x385, 1x6x415, 1x4x440, 1x4x475, 1x8x405.

Bottom Half Squat - Shoulder Width Stance with Neutral Spine: **Week 1:** 6x6x135; **Week 2:** 6x6x185; **Week 3:** 6x3x205, **Week 4:** 1x6x135, 1x6x185, 1x6x225, 1x12x135; **Week 5:** 6x6x195; **Week 6:** 1x6x135, 1x6x185, 1x6x225, 1x12x185.

Complete all reps with good form and remember to push your rest 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 every session.

If you have questions, contact us at Power Excel, 2807 S. Superior St. Milwaukee, WI 53207, 414-769-1211.

We have a catalog that is updated quarterly with training routines of all types as well as custom routines. We tailor all our routines to suit your individual needs. Call for a free catalog and get past those frustrating plateaus today! Good Luck & Good Lifting!

We Urge Everyone To Take The HOT STUFF® One Week CHALLENGE!

So what exactly is this "HOT STUFF CHALLENGE" and why should anyone even consider it? Well...if you've picked up any of the muscle magazines lately or made a trip down to your local health food store, you've no doubt seen hundreds of bodybuilding products all claiming to be the best thing since sliced bread. You've seen those unbelievable before and after photos, the good-to-be-true claims, the glowing endorsements by professional bodybuilders.

Can everyone be telling the truth? Can you really expect to show the kind of results these products hold out to you? Or is this whole supplements industry just a bunch of hooey?

Well before you either spend hundreds of dollars to find out or simply throw your hands up in despair, please hear us out. This is what the "HOT STUFF ONE WEEK CHALLENGE" is all about. It'll cost you less than a night on the town and it just might be the best investment you ever made.

To accept the "challenge," head on over to your nearest GNC, gym or health food store and purchase a small can of HOT STUFF DOUBLE X. (If it's not available in your area, call us directly at 1-800-537-7671.) Now start using the product faithfully for just one week. (Please note that during this experiment, you should discontinue all other products and continue to train as you always do.)

The first thing to look for immediately after drinking HOT STUFF is a surge in energy. This is because we've spiked HOT STUFF DOUBLE X with several quick-acting, all natural energy stimulators. These will help give you the drive and enthusiasm you need to take a good, hard workout.

The next thing you should experience is better recuperation from your workouts. Sore muscles, stiffness and training fatigue will be measurably reduced. This will enable you to train more often and with greater intensity.

Another thing you should notice that first week is the ability to keep a sustained pump from workout to workout. Most muscle pumps last but a few hours. The HOT STUFF pump lasts for days.

People report lots of other great results from HOT STUFF but the above is typical for the first seven days — and certainly should be enough to convince you that there is something truly unusual about this product. Stay on HOT STUFF for several weeks and you can look for added strength along with better size and definition.

Granted, with this "HOT STUFF CHALLENGE" we're asking you to purchase one can. But we're putting something on the line too. If, after our urging, you are unhappy with HOT STUFF for any reason, chances are, you'll never buy anything from us again. We don't like losing customers and that's why we have faith in this "challenge."

So what do you say? We're willing to take the gamble if you are. We feel pretty certain of your response or we would never issue such a "challenge." And besides, we've got a history of five years and over two million satisfied users behind this product. Isn't that enough to make you curious? We'd love to prove to you how great HOT STUFF really is and also prove to you how it really helps you with your training progress. We challenge you to try this product for one week. What do you say?

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS

presents:

The Inzer HEAVY DUTY Series Blast Shirts

- High Performance Heavy Duty
- * extended power support range
- * new arm lock design
- * extra tricep support
- * extra reinforced construction
- * guaranteed more results than any other shirt
- * recommended for experienced powerlifters only

Improved Heavy Duty

- * tight tough fit
- * strong support off chest
- * extra comfort built in
- * great immediate results

- Extra High Performance Heavy Duty
- * extra extended power support range
- * new arm lock design
- * more tricep support
- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, in his quest for an 800 bench.

Top Secret and Experimental until now! Now Available to YOU

Name _____

Address _____

phone _____

Qty. _____

Color _____

Heavy Duty Blast Shirt \$58 _____

High Performance Heavy Duty \$77 _____

Extra High Performance Heavy Duty \$100 _____

relaxed measurements of shoulders _____

chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue

MC VISA DVR COD CHECK add \$4.50 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview, Texas 75606, 1-800-222-6897, 903-236-4012

Dr. JUDD

HANNES RAFFERSTETTER AUSTRIA'S SUPER COACH

by Judd Biasiotto Ph.D., World Class Enterprises



Hannes Rafferstetter with Dr. Judd

on these words. It's mostly just talk. At a recent World Championships, I talked to this American lifter who was in the 110 kilo class. He told me that next year he was going to beat Saliger's total. That's absolutely ridiculous. Just words. Americans are always flying high like that. European athletes are more realistic about their goals. They're not going to say something that they can't prove in real competition. Irf Kanowski, the three time I.P.F. World Champion is the exception. He is more like the European athletes. He's down to earth, a hard worker, and he doesn't talk so much. He lets his lifting speak for itself. That how European lifters are too."

Rafferstetter takes another sip of his espresso. He's silent for a moment, apparently trying to collect his thoughts. After a minute or so he starts talking again. This time it's about training. "I don't think it's any secret that to be successful in powerlifting you have to eat right, train extremely hard, and sleep a lot. In fact, I've seen that formula in just about every American strength magazine I've read. One thing that some athletes in America may not consider, though, is recuperation. Recuperation after training is taken very seriously by the Eastern Bloc athletes. Only a well recuperated muscle can lift heavy weight. An overtrained muscle is worthless. Consequently, men from the boys."

Rafferstetter glances up at a huge clock hanging on the center of the wall. It's time for him to leave. He's training Saliger today, preparing him for the I.P.F. World Championships.

"I know I said a lot about American lifters. Like I said, I believe they need to hear these things. The good athletes will come to the forefront and meet the challenge. The pretenders will run and hide. Perhaps my words will help separate the real men from the boys."

"America has some great athletes, but in general they are quite lazy," says Austria National Powerlifting Coach Hannes Rafferstetter. "Americans don't have the work ethic that European athletes have. They do the big muscle group exercises like the squat, bench press, and deadlift, but they neglect to do the small assistant exercises. They don't push themselves that extra mile. European athletes push themselves hard every day. They drive themselves to the very best that they can be. Americans really don't know what it is to train hard, to push themselves to their breaking point. They are softer than the European athletes. I invite the Austria team for one month. Then they will see what real training is all about. I know that some of the great athletes in America could become even greater if they trained the Austrian way. I think Americans need to hear this. Perhaps it will push them to realize their true greatness."

Rafferstetter slides back into his seat and sips on a cup of espresso. One of the top strength coaches in the world, Rafferstetter knows the international scene quite well. He smiles gently as he once again compares the American athletes with the Europeans. "In my opinion the European athletes take lifting more seriously. They live and breathe lifting. It's their life. For the really good lifters in Europe, the sport is all that matters. It's a stepping stone for them. A ticket to go to international competitions, to see foreign countries, to really be something. In general, I believe the Americans are not as serious. They're not as driven. The American athletes have it too easy. They have too many distractions. They have money, cars, women ... the freedom to do just about anything they want. They have the easy life. With so many distractions, I believe it's hard for them to really focus. To really push themselves to the limit. European athletes don't have all these luxuries ... lifting is their focus."

Rafferstetter is now grinning broadly. It's obvious that he likes making comparisons between American and European athletes. In fact, he's on a "roll." I don't dare stop him. After all, his words are both interesting and revealing. Like he said, Americans need to hear these things.

"Americans are really different," says Rafferstetter, "they all have these big goals and plans. They talk about all these big lifts they are going to make and how they are going to win this or that championship, but they never follow through

recuperation is extremely important. Perhaps it is the most important part of training. Without proper recuperation you can not train with heavy weights. Of course, the closer you get to the peak of your performance, the more important recuperation treatment is. With proper recuperation you can train five or six times a week with no problem. The Eastern Bloc countries have known this for years. It's a tremendous edge. Take Karl (Saliger) for instance. He is so young, but he has developed the power and muscle mass of a lifter who has been training much longer. How has he accomplished this? Recuperation. He trains extremely hard, but after his training we make sure his muscles are totally recovered before his next training session. We have Karhun sprints and jumps in order to increase vascularization of the muscles. He also takes sauna and steam baths after each training session. Because of those recuperation procedures, Karl's had more training sessions than other athletes his age. In other words, we were able to accelerate Karl's progress through recuperation. We put him years ahead of other athletes."

Rafferstetter glances up at a huge clock hanging on the center of the wall. It's time for him to leave. He's training Saliger today, preparing him for the I.P.F. World Championships.

"I know I said a lot about American lifters. Like I said, I believe they need to hear these things. The good athletes will come to the forefront and meet the challenge. The pretenders will run and hide. Perhaps my words will help separate the real men from the boys."

UNBELIEVABLE & UNBEATABLE

STRENGTH SYSTEMS SPORT NUTRITION

- EPHEDRINE PLUS 100 Tabs** \$49.99
Broncho-dilator/Spectator Ephedrine HCL 25 mg.
- TRIPLE STACK 100 Caps** \$49.99
Ephedrine, Guarana, White Willow Bark
The Natural Approach to Stacking a Balance of Ephedrine, Caffeine, and Aspirin
- BULK-UP OCTANE 4lbs** \$39.99
Weight Gain Powder High Calorie-to-Protein Ratio Combined With Metabolic Stimulators, Strawberry, and Wild Berry
- METABOLIC OPTIMIZER 2lbs** \$39.99
Metabolic Optimizer Formula
High Density Protein, Complete Carbs, 10g, 10g Chromium, MCT's and More, Chocolate
- ENERGY BURST POWDER 2.5 lbs.** \$39.99
Carbohydrate Complex
Lactic Acid Reduction Blend, Orange
- MUSCLE GROWTH 10.56oz. POWDER** \$49.99
Muscle Nutrient Formula
Over 20g Protein, 5g of Carbs, Less Than 1g Fat per Serving, Chocolate, Vanilla, Strawberry
- AMINO COOLER POWDER 2lbs.** \$49.99
Amino Acid Recovery Drink
Formulated with Vit. C, B-6, & Magnesium

FREE RAGTOP VALUE
WITH ALL ORDERS OVER \$50.00

CALL TODAY
BUY BELOW WHOLESALE!
OVER 400 STRENGTH SYSTEMS PRODUCTS ON SALE EVERYDAY!
1-800-734-9215

MC / VISA
FITNESS FIRST 3060 Old Silver Hill Rd. Suitland, MD 20746

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 questions 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 M.D., 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I am a powerlifter. My problem started while doing 1/2 squats with 800 lbs, while I was juiced up on coffee. Everything got real bright and I got dizzy. After that, whenever I strained I got dizzy and saw stars. My blood pressure has been high since then also. I'm on blood pressure medication now, but I still can't train. The pressure is still high. Since I'm in prison, I can't get any answers. What do you think? Could I have injured a blood vessel? Please help! **Sonny D.**

DEAR SONNY: I doubt if you ruptured a vessel. Your dizziness is likely a result of your high blood pressure. Once it's under control you should be able to train again, although you will have to be somewhat careful when doing any heavy lifting as it has been shown that blood pressure can go up dramatically during certain lifts such as heavy squats.

Also, I'd keep away from coffee and stimulants (including ephedrine - found in many weight loss and thermogenic and herbal products) since these compounds tend to raise blood pressure.

If your dizziness doesn't improve, let me know, and I'll suggest a further course of action. All the best. Sincerely, **Mauro**

DEAR MAURO: I have been working out seriously for 2 1/2 years now and have slowly been making progress. My question is on my diet. In order to make any muscular gains, I have to constantly eat, but when I consume high amounts of carbohydrates, my stomach "bloats" and I retain a good deal of water. I'm currently on a high protein, moderate carbohydrate, and low fat diet. Whenever I drop my carbohydrates too low, however, I lose weight. What can I do to correct this and keep my gains and strength? Thanks so much for your help. Sincerely, **Robert D.**

DEAR ROBERT: There are a lot of questions I would have to ask you before I could answer your questions about your diet and how to maximize your lean body mass and strength. However, I believe that my high fat, high protein, low carbohydrate diet would be the answer for you.

I've a new book on the high fat diet, which covers the subject in

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., M.R.C., M.F.S.

THE ANABOLIC DIET - The best diet to follow to pack on muscle while keeping bodyfat at a minimum. The Anabolic Diet maximizes the production and utilization of the Big 3 growth producers testosterone, growth hormone and insulin - and does it naturally. To order the book and video call 1-800-582-2083.

THE NUTRITIONAL SUPPLEMENT GUIDE - This comprehensive review was written to help you choose what to buy and what to avoid. It includes a list of what works, what doesn't, and what supplements or substances look promising for the future. To order the book and video call 1-800-582-2083.

THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through mounds of hype and delirium. To subscribe or get more information call 1-800-447-0008.

The books, etc. below are available. From MGD Press, 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

BEYOND ANABOLIC STEROIDS - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

ANABOLIC STEROID SIDE EFFECTS - FACT, FICTION AND TREATMENT - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomasia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

Drug Use And Detection in Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS IN SPORTS - Issue March 1995: My book, updates and the newsletter are THE source for information on drug use by athletes (especially the available tests, gloves for drug detection, etc.). Price \$30.00 (U.S. funds) or \$40.00 (U.S. funds) or \$52.50 Can, plus \$3.50 P&H. The book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds or 20.00 Can, plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 U.S. plus \$1.00 P&H.

SPECIAL OFFERS: Buy all nine issues of DRUGS IN SPORTS for \$65.00 U.S. funds or \$90 Can, plus \$5.00 P&H... OR buy the three books and five updates for \$50.00 U.S. funds or \$70.00 Can, plus \$5.00 P&H... OR buy all the above publications (three books, five updates and 9 issue newsletters) for \$99.00 U.S. Funds or \$140.00 Can, plus \$10.00 P&H.

much greater detail than was explained in my DRUGS IN SPORTS newsletter. Your questions and many others are answered in this book, which will be distributed by OTS (800-582-2083). All the best. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: Striadyne Forte is available from France. It's 15mg, and comes in a tablet form. Does this look like it could help a powerlifter? What are the Russians or Bulgarians taking as far as milligrams per day. If you could give me any additional information I would appreciate it. **Frank T.**

DEAR FRANK: In answer to your question about Striadyne Forte or ATP there is only anecdotal evidence that it might be useful in enhancing training. ATP has been widely used by athletes for many years, either alone (as in Striadyne) or as part of a preparation (such as Viathlon - which contains ATP, vitamins and glutathione).

Some athletes feel that ATP has a mild, but positive effect on their endurance and strength. No formal studies have been done to determine the ergogenic effect of ATP or any of the other high energy phosphate compounds such as phosphocreatine, although the use of creatine monohydrate has been shown to effectively raise intracellular phosphocreatine levels and to increase muscle force.

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

"Inquiring Minds Want To Know!"

If you've got some questions about the great new version of HOT STUFF®, you're not alone. The sudden rebirth of HOT STUFF popularity has once again generated tremendous interest throughout the sports world. We'll try to answer here some of the more frequent questions we get asked about HOT STUFF Double X.

How much Hot Stuff should I take a day?

The daily serving of HOT STUFF Double X is 65 grams. That's about five heaping tablespoons. Should this be taken all at once?

You will notice that the HOT STUFF Double X label recommends taking this amount all at one time. Nevertheless, because of the powerful, new energy boosters that we've now added to the product, this dosage is just too strong for some people. If you find yourself too jacked up after taking the full 65 gram dosage in one serving, then you can break it out into two or three mini-servings throughout the day. CAUTION: Taking HOT STUFF near bedtime may interfere with sleep.

What's the best time to take Hot Stuff?

Whether you take the whole serving at once or spread it out, you should always take HOT STUFF Double X between meals or as a meal replacer. If you want to experience the greatest workout of your life, try taking the full dosage one hour before training.

Can I use Hot Stuff indefinitely?

HOT STUFF is designed to boost the results from a weight training program. Therefore, as long as you continue to workout, you can use HOT STUFF.

What sizes does it come in and how much does it cost?

HOT STUFF Double X comes in two sizes. The 650 gram (1.43 lbs.) size yields 10 servings and costs \$29.95. The 1300 gram (2.86 lbs.) size yields 20 servings and sells for \$49.95. HOT STUFF comes in two flavors: Chocolate and Banana. NOTE: If you had to purchase separately all of the ingredients that are in the regular size HOT STUFF Double X, it would cost you over \$150. If bought separately, the ingredients in the large size would cost you over \$300. It becomes quite apparent then that HOT STUFF Double X is dollar-for-dollar, the very best value on the market.

Why aren't the milligrams for each ingredient listed separately on your label?

When we brought out our original HOT STUFF in 1989, we listed exact milligram content for each and every potentiation. Unfortunately, once the competition saw how popular HOT STUFF had become, they tried to outdo us by foolishly increasing milligram strength in their copy cat products. All this did was lead to an all-out potency war among the knock-off companies which only served to confuse the consumer. We do not want to see the

ble, we have always had the problem of making HOT STUFF taste good. One solution is to just add lots of sugar, usually in the form of fructose. Since this can be done only at the expense of lowering the protein content, we have never gone this route.

Another way is to add artificial sweeteners such as Aspartame which make a product taste good without upsetting protein/fat/carbohydrate ratios. This seemed like a logical solution to us in the past. However, after numerous complaints from health stores and customers, we did some research. It seems that Aspartame could cause health problems for some people and so we've decided to remove it from our product. We are proud to say that we have come up with a whole new, all natural flavoring procedure which not only makes HOT STUFF taste great, but assures you of no side effects.

A friend of mine has gained almost 10 pounds since using your Double X Hot Stuff while I've used a popular weight gain formula and have gained hardly anything. Why does Hot Stuff work better than a weight gain powder?

The answer is really quite simple. The principle behind weight gain powders is high calories. While some are of higher quality than others, they are all based on the supposition that lots of calories make you gain muscle mass. This is not necessarily true. Muscle is gained by a combination of resistance exercise and hormone production. Calories are actually secondary to this combination. HOT STUFF Double X is designed to push your body's hormone levels to optimum production. This is why you can gain muscular weight on this product even without a super high calorie diet.

Why don't you sell Hot Stuff Double X in pre-measured packets? They're so much more convenient.

No doubt that pre-weighed, individual packets are very convenient and easy to use. We did, in fact, consider using them when we put together the new HOT STUFF Double X. Unfortunately, putting a product in individual packets, boosts the manufacturing costs considerably. We believe that consumers would rather measure a product out by hand than pay an extra \$4 or \$5 dollars for a comparable quantity. Thus, we are able to keep the price of HOT STUFF highly affordable.

SAFETY POWER SQUAT BAR CALL 800-615-5559

NO BACK PAIN NO NECK PAIN NO SHOULDER PAIN NO STRESS ON THE SPINAL COLUMN!
LIFT 95-150 LBS MORE ON YOUR FIRST LIFT...in total weight!

Unsurpassed in performance safety, comfort & economy by any device or machine at any cost! Train alone safely with no spotters!

FOR INFORMATION CALL: THE "SAFETY POWER SQUAT BAR" COMPANY
THE ORIGINAL BY DESIGN FROM 1988 TO 1995 THE BEST

call/tax 108-637-0797

1500 Olympic commercial 945 - 70th Olympic 830 - 100th Standard 945 - 50th Standard 935 - LESS 15%

CREPITANSK 130 BARNHARTS RD, HOLLISTER, CA 95023 USA

Free rack handle set!

EXTENDED 15% DISCOUNT = 150W bar for \$81.25 including UPS delivery!

Charles L. Gschwind - 1914-1995



Powerlifting has lost a friend and true pioneer. Charles L. Gschwind passed on Saturday, April 8, 1995. By his side was his devoted wife of 27 years, Pauline Gschwind. Charlie succumbed to heart failure after a lengthy illness. He was 80 years of age. Charlie retired from Cincinnati Milacron after 47 years of service. He began his employment there in 1936. He was Sr. Project and Special Design Engineer.

Charlie started the Cincinnati Novice Weightlifting Contest in 1960. He was a founder of the Midwestern Bodybuilding and Powerlifting Championships, and the Central Parkway YMCA Lifting Club. He was the second Vice President of the Cincinnati Commission AAU and served on the Central Parkway YMCA Committee of Management and was responsible for the success of the Mr. Cincinnati Bodybuilding Championships - the second oldest and continuous bodybuilding competition in the US. Frank Wagner and Ron Buchanan are the current meet directors.

In 1972, new AAU Chairman, Bob Crist, appointed Charlie Gschwind to become the second AAU Powerlifting Chairman. Although Charlie remained vice-chairman of the AAU Weightlifting

National AAU Powerlifting Chairman 1972 - 1977

ing Committee, he did have the authority to appoint a committee structure. He, along with Bob Crist, assembled some of the most prominent powerlifting enthusiasts in the country to augment the sport's growth.

Under the Crist-Gschwind regime, regional chairmen and thousands of lifters moved forward with many positive changes. The new 220 lb. class, a lower class limit, and conformance to international competition through changing the order of competitive lifting were only a few of the innovations.

During this period the United States Powerlifting Teams managed to win five consecutive World Powerlifting Titles in the first five years as well as the Inaugural Pan-American Championships in 1975. The International Powerlifting Federation was organized with the USA taking a leadership role. Bob Crist was the first President and Charlie Gschwind and Bob Hoffman became delegates to the thirteen country aggregation.

Charlie's hobbies included a collection of Indian artifacts. He was the president of the Archaeological Society in five states and a member of the Mineral Society. (Ron Buchanan)

EVERYTHING BUT THE KITCHEN SINK!

"H-E-L-P!! Someone...please... HELP!!"

Is that how you feel when you look at the endless choices of bodybuilding supplements that are now available? Are you blown away by the sheer number of nutritional products that are now on the market?

Well, we can assure you that if you're confused...you're not alone. So too is everyone else. Never before in the history of sports nutrition, have there been so many exciting nutritional break-throughs. Never before have there been so many valid products to choose from. So many of these new supplements can definitely improve your training progress.

But...let's face it! Most people simply don't have the time or the money to take a bushel-full of bodybuilding supplements. Now that's where **HOT STUFF DOUBLE X** comes in. This fantastic, mega-strength ANABOLIC ACTIVATOR combines over 50 of today's most popular bodybuilding supplements into one "super powder." Sounds almost too good to be true, doesn't it? Everything but the kitchen sink?

But it's a fact. Just check it out for yourself. Go to your nearest GNC, gym or health food store and pick up a can of **HOT STUFF XX**. Now read down the label. See if you can find anything you've been reading about that's

not in **HOT STUFF**. You'll quickly see that it's all there. And not just in some runky-dink amounts that don't add up to a bag of beans. Each and every ingredient is there in extra generous portions in order to do its job.

Notice things like **Why Protein, Yohimbe, OKG, Creatine, Vanadyl Sulfate, BCAAs, Colostrum, Electrolytes, Carnitine, Ginseng, Chromium Picolinate**, balanced meals. One nutrient compliments another. Nevertheless, if you still have some doubts, it's very easy to get your answer. Just try one can for yourself and be your own judge. Don't let some ivory tower authority talk you out of using the best bodybuilding supplement in history.

And that's not all. Wait until you see how quickly this sensational, mega-strength **ANABOLIC ACTIVATOR** works. If it's muscle you'll get when you start using **HOT STUFF DOUBLE X** - the "King of Sports Supplements." You'll feel its kick after just one serving. Give yourself a couple of days...and you won't know what hit you.

And the best part of all is that you can pick up a 1.43 pound can for just \$29.95. There isn't a better value anywhere on the market. All we ask is that you just one can and then decide for yourself. Available at GNC and most health stores and health clubs. If not available at a store near you, call toll free to order: 1-800-557-7671.



inate, Diben-cozide, Sterols, Yerba Mate, Saw Palmetto, Smilax, and Gamma Oryzanol. The list is almost endless. No product on earth crams more ingredients into one jar.

Now you're going to hear a few people tell you that some of these ingredients should never be taken at the same time. Well that simply is not true. As a matter of fact, blending all of these sports nutrients together actually makes them work better. It's very similar to the concept of eating

POWER HOTLINE. is the twice a month bulletin of the Iron World. It comes out quick, via **FIRST CLASS MAIL**, so it reaches you with the news when it still is 'new'. Maybe you've heard top powerlifters at meets or in the gym, discussing some exciting bit of lifting news, and you say 'I read it in the **HOTLINE**, and you wonder what the **'HOTLINE'** is. **POWER HOTLINE** gets you flash results of the major contests - just when everyone is hungry for that information, late word on training lifts of the top lifters, rapid insight into rule changes, etc. from the various lifting organizations, last minute notices of contest date changes, etc., and details of the big stories (drug test failures, etc.) of the day. Many of the top lifters, high level administrators, meet directors, and true inside fans of the sport subscribe to **POWER HOTLINE** so they don't miss a beat of what's happening in the World of Weights. You, too, have this opportunity to become the 'Man in the Know' about Powerlifting and related strength sports. A one year subscription to **POWER HOTLINE**, 24 issues - each sent out via **FIRST CLASS MAIL** (not 2nd class mail, like magazines use, which can take weeks for delivery) - is only \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 (\$39.00 US for foreign, Air Mail subscriptions). **DO IT NOW! DON'T DELAY!**

Beyond A Century
Performance Powders...

How much have you been paying?

OKG 99% 100 grams \$19.50
OKG 99% 300 grams \$57.00
Creatine Monohydrate 99.6% 300g \$30.00
Creatine Monohydrate 99.6% 1000g \$89.00
KIC Keto Isoacproate 100 caps \$25.00
Arginine/Proglutamate/Lysine 100g \$15.50
Colostrum 36 75 grams \$9.00
Dymedrine 25 100 tabs \$9.50
Ephedra Extract 100 dose 41.7g \$9.50
Guarana Ext. 100g 17.5% Caffeine \$8.50
Yohimbe Pwd. (Keto Strain) 100 grams \$8.00
MCT Oil 32 oz (Keto Strain) 100 grams \$12.50
Iron Exchange Whey Protein 95% 2lb \$27.00
"Low Heat" Whey Protein 80% 2lb \$13.50
Arginine/OKG 2:1 250 grams \$23.95
GABA 100g/250g \$12.50/\$25.00
Vanadyl Sulfate 10mg 100 tabs \$6.50
VTS10 (Vanadyl/Gamma-Selenium) 180 tabs \$19.50

Shipping only \$3.50 any size order!
VISA/MasterCard/Discover orders call:
1-800-777-1324
Or send money order to:
Beyond A Century
8CT6 Box 200P Greenville, ME 04441
Hundreds of products - Ask for a free catalog!
-Since 1983-
Authenticity of Products Guaranteed!

BUILD THE BODY YOU WANT GUARANTEED!

RESULTS IN 30 DAYS - OR YOUR MONEY BACK!

PROVEN, SAFE, DRUG-FREE Products & Programs To Help You:

- BUILD MUSCLE MASS
- INCREASE ROCK-HARD GAINS
- BOOST STRENGTH, POWER ENERGY & ENDURANCE
- BURN FAT & INCREASE WEIGHT
- TONE, SHAPE & SCULPT
- PLUS, TOTAL TRAINING SYSTEMS for men and women!

FREE CATALOG!

The Right Products At The Right Price... Straight From The Manufacturer!

Call 1-800-557-5559 or clip and mail!

Send My FREE Sports Nutrition CATALOG Today!

Name _____
Address _____
City _____
State _____ Zip _____
SAVE Another DOLLAR by mentioning the Magazine when calling!
Mail To: B.A.N. Sports Science
P.O. Box 2888 • Tuscaloosa, AL 35403
EUA

A.D.F.P.A. Corner

The ADFFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 47168 Barbara's Ln., Stevens Point, WI 54481.

HOW TO ORGANIZE STATE HIGH SCHOOL POWERLIFTING COMPETITION... On March 11, 1995 Wisconsin state chair Bruce Sullivan capped off his 17 years with Wisconsin high school powerlifting by hosting the ADFFPA state high school championships. One hundred and fifty seven high schoolers from thirty-one schools competed in a one day, three platform meet that went like clockwork. How did Sullivan take sporadic high school power meets and develop a well organized system that offered a balanced state of regional meets? Take notice, if you are considering or would like to organize and offer ADFFPA sanctioned high school powerlifting meets in your state.

First, Bruce sought out the key meet directors who turned out to be coaches who trained athletes in the weight room. These were usually the football or track coaches. He researched their networks; who were they in touch with, who did they schedule meets with, which schools were in their conferences. Bruce sent letters to all the coaches in the networks and discovered that their meet schedules were contingent on sports teams' schedules. Through the athletic directors, he was then able to coordinate the scheduling of power meets.

Knowing that the key to organizing is communication, Bruce started a one page newsletter that publicized the various regional meet schedules. Within a couple years, he helped form an informal committee of six high school powerlifting coaches and meet directors, who decided on meet scheduling, qualifying totals and rules particular to high school lifters (the basic ADFFPA rules were followed). For instance, this committee banned the use of baby powder because of the danger it posed to other teams who use the same gyms. Baby powder is very difficult to remove from wood floors. To create an even playing field, the committee also banned the use of bench shirts which can be a hardship expense for students. At meets, the coach's committee used the national scoring system to accommodate big teams. A formal committee which has been in place for the past year, is now composed

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFPA Junior	695	810	940	1095	1200	1255	1365	1380	1400	1425	1450
ADFFPA Master's	A Total in a Sanctioned Meet										
ADFFPA High School	A Total in a Sanctioned Meet										

ADFFPA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	415	445	465	485	505	525	560	610	675	735	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A Total in a Sanctioned Meet										

coordinate and communicate some more. Then you need a working committee whose members are the meet directors and coaches. Sounds simple, but anyone who has been involved in the organizational end of powerlifting knows there is a lot of work and perseverance that is needed. Bruce Sullivan is to be congratulated on his years of dedication to our sport.

Next month, Bruce Sullivan's tips on preparing for a large state high school meet - where to recruit helpers per exercise. Her program included squats, leg extensions, leg curls, lat pull-downs, seated rows, and concessions and where to find the best deal for your concession food. Also, how to set up sales of lifters' photos - the souvenir that everyone wants.

PREGNANCY AND STRENGTH TRAINING ... Hawaii state chair Susan Clancy-Lovell covered this topic in a very helpful article with photos in a past issue of MuscleMag. Susan, a national level powerlifting competitor and a licensed practical nurse, continued to work out during her first two pregnancies. Her weightlifting program provided for the healthiest possible internal environment for the baby's growth and development. Susan's program centered on the powerlifting movements and for the first seven months included standard bodybuilding exercises. After four months, however, she stopped all weight training done while laying flat on her back - the weight of the fetus against the spine could possibly cut off nutrients to the fetus.

COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Louis Baltz, Owner.
Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb/Sabaton Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (815) 837-4824 (M-F 3-5pm, Sat 10-12pm)
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner - Stacy Green
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 586-3481, Owner - James D. Brown
Building Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Bruce Dowling, Owner
Charleston Barbell Club, Powerlifting Team, 3735 Dorchester Road, Charleston Heights SC 29405, (803) 863-6143, 744-6216, Coach: Ernie Sturell
Coastal Fitness, 5140 Sellers Rd., Charlotte, NC 28459, (910) 754-2772, Owner/Manager: William Mark Jones
Cyborg Power Shop, 04281A Country Road, 15 D. Bryan, Oh 43506, (419) 636-4585, Owner: Ernie Fletscher
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Gerry Raccio, Owner, CT State Chair
Galt Fitness, 1067 C Street, Suite 117, Galt, CA 95632, (209) 745-0695, Coach - Fred Kendall
Joe's Gym, 4468 W. 26th St. Erie, PA 16506 (814) 833-3727
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA

89032, (206) 852-2442 FAX (206) 413-1252, Tyler Malejko LMT/Meat Promoter.
Mathew's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207) 465-7102, Coach: John Muehlen
Thorbecke's West Gym Inc. 100 East Western Avenue, Goodyear, AZ 85338, (602) 932-2773 Coach: Mike N. Wanjetye
Warrior Weight Room, Coyle-Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508) 823-6164 Ext 580, Coach-Howard Waldron.
 The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting.
 This directory can also be helpful to the lifter by providing a contact and meet information. It can also help if you're traveling and need a place to get your gym in the directory, send a check for \$3.00 made out to the ADFFPA or money order to: Stephanie Whiting, 47168 Barbara's Ln., Stevens Point, WI 54481.

A.D.F.P.A. Corner

competition, eating can become pretty dull. If you have any recipes that provide nutritious, low fat meals or healthy cooking tips, please send them to the ADFFPA Corner, 4768 Barbara's Ln., Stevens Point, WI 54481. Even lifters who don't want to lose weight may benefit by becoming more healthy.

Think about this: women should limit fat intake to 60-80 grams per day; for men, the limit is 80-100 grams per day. Powerlifters who want to maximize lean muscle tissue should aim for a lower fat intake. Take heed: a quarter pounder with cheese and a large order of French fries totals 50 grams of fat! A taco salad is 61 grams of fat.

Here's a recipe from a national champion who has an International Elite total with a triple bodyweight deadlift - "Paula's Pasta with Garlicky Beans and Spinach" - 1-10 oz bag spinach; 1/2 teas dried oregano, crushed; 1 teas. olive oil; 1/4 teas. salt; 4 med. clove garlic, minced; 1/4 teas. black pepper; pinch crushed red pepper flakes; 1-15 oz. can white beans, rinsed and drained; 1/2 1/2 pound tiny spiral pasta; 1/2 teas. dried basil, crushed; 2 tablesps. grated Parmesan.

Cook spinach 3 minutes in boiling water. Drain and rinse with cold water. Squeeze dry and chop coarsely. In large non-stick skillet, heat olive oil. Add garlic and red pepper flakes, saute 1 minute. Add undrained tomatoes, basil, oregano, salt, pepper. Stir 5 minutes. Stir in spinach and keep warm. Cook pasta and drain. Add to sauce and stir. Stir in Parmesan and serve. Makes 6 servings, each 290 calories, 4 grams of fat.

ADFFPA COACH IN THE NEWS... Sam Jordan, 73 years young and the official trainer who works in Sam's Gym at the Kennedy-King Community College in Chicago, was highlighted in the Chicago Tribune's February 7, Tempo Section. Sam trained world champion powerlifter Franklin Riley and several state bodybuilding and weightlifting champions. He believes in the old fashioned method of lifting - no Nautilus, no mirrors, no knee wraps or super-rubberized shirts, just plain hard and heavy work. Pictures of Jordan's best trainees "are posted with masking tape like crude frames on the cinderblock walls of his gym". Sam is currently training Howard Redmond, who won first place in his weight division at last year's Illinois ADFFPA State Bench Press Championships.

FUELING MUSCLE, LOSING FAT... Most people, especially lifters, realize the benefits of low fat, low sodium nutrition. Here's an open invitation for all lifters to help each other stay in a weight class and stay strong. Every month with your help we'd like to publish a low fat, low sodium recipe and/or some healthy eating guidelines. For those lifters that need to lose weight before a

ADFFPA GYM AND

The Power Gym, Inc. 405 Main St., Taylor, PA 18517, Coaches - Joe Moczyunas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP
Thorbecke's West Gym Inc. 100 East Western Avenue, Goodyear, AZ 85338, (602) 932-2773 Coach: Mike N. Wanjetye
Warrior Weight Room, Coyle-Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508) 823-6164 Ext 580, Coach-Howard Waldron.

The ADFFPA Gym and Coaches Directory was created in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFFPA. This listing will furnish the gym's address, phone number and contact individual. The contact individual should either be the gym's owner or a coach or lifter who trains at that facility.

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting.

This directory can also be helpful to the lifter by providing a contact and meet information. It can also help if you're traveling and need a place to get your gym in the directory, send a check for \$3.00 made out to the ADFFPA or money order to: Stephanie Whiting, 47168 Barbara's Ln., Stevens Point, WI 54481.

A.D.F.P.A. Corner

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

PLEASE PRINT

LAST NAME FIRST NAME INITIAL

STREET ADDRESS

CITY STATE ZIP CODE

AREA TELEPHONE NO DATE OF BIRTH AGE

SEX YES NO

IS THIS YOUR ONLY ADDRESS YES NO

OTHER NO

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

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

APPLICANTS, fill out card completely and mail with fee to: ADFFPA DONATION CLUB REPRESENTED

Make checks payable to: ADFFPA DONATION CLUB REPRESENTED

IF UNDER 21 MAIL TO: ADFFPA DONATION CLUB REPRESENTED

SIGNATURE DATE

ALL ADFFPA MEMBERSHIPS EXPIRE 12/31

INZER ADVANCE DESIGNS

We Make Power Gear A Science

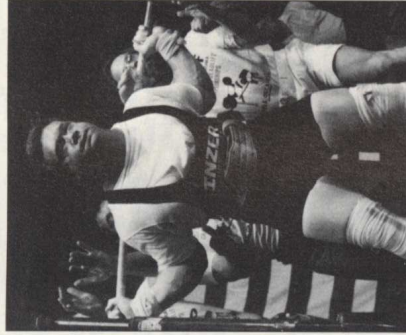
1-800-222-6897
903-236-4012

IMMEDIATE SHIPPING

M.C. VISA CARD



"Other suits are okay. Okay is okay, but I want the best. That's why I wear Inzer suits." - BULL STEWART

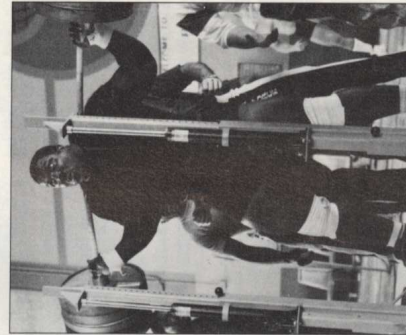


"I've tried other suits. Inzer Suits are the best I've ever worn." - ED COAN

Ed Coan is available for seminars and appearances
For information call 800-222-6897



I wear all of Inzer's gear, because it's a must for safety and top performance." - GARY HEISEY



"Inzer Advance Designs gear is the most excellent quality. It's what I wear."

- O.D. Wilson

In Memory of O.D. Wilson
9/12/54 - 10/29/91

More Items Available
from

INZER ADVANCE DESIGNS

The World Leader In Powerlifting Apparel

800-222-6897

903-236-4012

Inzer Advance Designs T-shirts — 2 color logo

Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo \$8.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red

S, M, L, XL, XXL \$19.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo \$29.00

Wrist Wraps — full length with velcro and thumb loop \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop \$11.95

COMPETITION BELTS

Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching ~~\$74.00~~ \$64.00

10 cm x approximately 10 mm • 4 rows of stitching ~~\$90.00~~ \$58.00

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller • single or double prong • any color • made in USA • lifetime guarantee \$64.00

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$52.00

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

Chalk — imported from Italy. The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00

1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs \$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

APF Texas State

4-5 Feb 95 - Dallas, TX (kg)

Bench Press	90 kg	125	92.5	182.5	400
150 kg	215	132.5	205	552.5	1300
175 kg	275	110	175	422.5	1000
200 kg	350	87.5	155	392.5	800
225 kg	450	75	140	365	750
250 kg	550	65	130	340	700
275 kg	650	55	120	320	650
300 kg	750	45	110	300	600
325 kg	850	35	100	280	550
350 kg	950	25	90	260	500
375 kg	1050	15	80	240	450
400 kg	1150	10	70	220	400
425 kg	1250	5	60	200	350
450 kg	1350	5	50	180	300
475 kg	1450	5	40	160	250
500 kg	1550	5	30	140	200
525 kg	1650	5	20	120	150
550 kg	1750	5	10	100	100
575 kg	1850	5	5	80	50
600 kg	1950	5	5	60	25

100 kg	100	100	100	100	100
110 kg	110	110	110	110	110
120 kg	120	120	120	120	120
130 kg	130	130	130	130	130
140 kg	140	140	140	140	140
150 kg	150	150	150	150	150
160 kg	160	160	160	160	160
170 kg	170	170	170	170	170
180 kg	180	180	180	180	180
190 kg	190	190	190	190	190
200 kg	200	200	200	200	200
210 kg	210	210	210	210	210
220 kg	220	220	220	220	220
230 kg	230	230	230	230	230
240 kg	240	240	240	240	240
250 kg	250	250	250	250	250
260 kg	260	260	260	260	260
270 kg	270	270	270	270	270
280 kg	280	280	280	280	280
290 kg	290	290	290	290	290
300 kg	300	300	300	300	300

100 kg	100	100	100	100	100
110 kg	110	110	110	110	110
120 kg	120	120	120	120	120
130 kg	130	130	130	130	130
140 kg	140	140	140	140	140
150 kg	150	150	150	150	150
160 kg	160	160	160	160	160
170 kg	170	170	170	170	170
180 kg	180	180	180	180	180
190 kg	190	190	190	190	190
200 kg	200	200	200	200	200
210 kg	210	210	210	210	210
220 kg	220	220	220	220	220
230 kg	230	230	230	230	230
240 kg	240	240	240	240	240
250 kg	250	250	250	250	250
260 kg	260	260	260	260	260
270 kg	270	270	270	270	270
280 kg	280	280	280	280	280
290 kg	290	290	290	290	290
300 kg	300	300	300	300	300

100 kg	100	100	100	100	100
110 kg	110	110	110	110	110
120 kg	120	120	120	120	120
130 kg	130	130	130	130	130
140 kg	140	140	140	140	140
150 kg	150	150	150	150	150
160 kg	160	160	160	160	160
170 kg	170	170	170	170	170
180 kg	180	180	180	180	180
190 kg	190	190	190	190	190
200 kg	200	200	200	200	200
210 kg	210	210	210	210	210
220 kg	220	220	220	220	220
230 kg	230	230	230	230	230
240 kg	240	240	240	240	240
250 kg	250	250	250	250	250
260 kg	260	260	260	260	260
270 kg	270	270	270	270	270
280 kg	280	280	280	280	280
290 kg	290	290	290	290	290
300 kg	300	300	300	300	300

100 kg	100	100	100	100	100
110 kg	110	110	110	110	110
120 kg	120	120	120	120	120
130 kg	130	130	130	130	130
140 kg	140	140	140	140	140
150 kg	150	150	150	150	150
160 kg	160	160	160	160	160
170 kg	170	170	170	170	170
180 kg	180	180	180	180	180
190 kg	190	190	190	190	190
200 kg	200	200	200	200	200
210 kg	210	210	210	210	210
220 kg	220	220	220	220	220
230 kg	230	230	230	230	230
240 kg	240	240	240	240	240
250 kg	250	250	250	250	250
260 kg	260	260	260	260	260
270 kg	270	270	270	270	270
280 kg	280	280	280	280	280
290 kg	290	290	290	290	290
300 kg	300	300	300	300	300

The Kelso Shrug System

by P.L. USA author Paul Kelso

The long-awaited shrug variations methods for lifters, body-builders, and strength athletes

Book free with Trap Bar Purchase! \$150.00
(includes delivery anywhere in lower 48 states - plus free book)

"...you've taken the shrug further than anyone in the game."
-Dr. Ken Leistner

Fully illustrated. Extra sections for bone structure, bulk, and the Gerard Trap Bar.

Order Now! Book only:
Only \$9.95 (US) plus \$2.00 S+H
Check or M.O. Foreign orders add 10%
Alaska, Hawaii, Foreign & orders for
1" bars - write for information first!

P.O. Box 2522 Dept. KP
Iowa City, IA 52244

DONT TRAIN ALONE - ALWAYS USE SPOTTERS - DONT TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

APF Fitness World In House Classic
11 MAR 95 - Chillicothe, OH

Women: 180 95 225 500
Men: 180 95 225 500

Women: 650 365 550 1565
Men: 650 365 550 1565

Women: 450 270 435 1155
Men: 450 270 435 1155

Women: 330 330 330 330
Men: 330 330 330 330

Women: 500 315 500 1315
Men: 500 315 500 1315

NEW A.P.F./A.M.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
AMERICAN MASTER POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME: _____ FIRST NAME: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

DATE OF BIRTH: MO: _____ DAY: _____ YR: _____

SEX: _____ AGE: _____

DATE OF APPL: _____

U.S. CITIZEN: YES NO

NAME OF CLUB YOU REPRESENT: _____

ARE YOU A PREVIOUS A.P.F. MEMBER: YES NO

MAKE CHECK PAYABLE TO: A.P.F./M.P.F.
60 S. BROADWAY
AURORA, IL 60505

SIGNATURE: _____

FROM THE HIGHEST SOURCE

Whey Protein

LACTOSE FREE

ANTI-CATABOLIC FORMULA

High Biological Value Protein

NET WEIGHT 2 LBS. (908 grams)

• Highest quality Whey Protein Available
• 1,000mg of KIC and Glutamine per serving
• Strong Anabolic Scavenger
• Stimulates Insulin release
• Provides essential protein and promotes protein synthesis
• Helps your body produce more muscle tissue

For more information or to order, call TOLL FREE 1-800-636-MEDI (6334)

MEDI-PRO™
Medi-Foods, Inc.
12338 Grand Ave., Arroyo Grande, CA 93420

Head Table: Marie Borrillo, Bob Holstein, Orlin Shy, Mrs. DeCang, William McManis, Cameron...
Auditor: Judge Bob Cramer, Charlie Sweeney, Marie Borrillo, Pete Glaser, Keith Carter, Anthony Glendon, Chris Clutch, Mike DiLattola, Bill...
Front Row: Mike Valenti, and Ken Leach, Spotter/Coach: Steve O'Neil, John Liberatori, Jim...
Hector Contreras, and anyone else I missed. Great job...
William Wong, Greg Perry, Alan Robinson, Matt...
Stanford YMCA Staff and Lisa Howe, Liz Levy, and...
Linda Weinstein. This meet was a monster. It never...
would have happened without the help of the...
ADPFA. Bench on the Beach! (Thanks to Lloyd...
Weinstein, Meet Director, for providing results).

NASA Illinois State
25 Feb 95 - Effingham, IL (kg)

Country	37.5	198	142.5
Junior 105	60	Brown	165
123	60	Moody	182.5
George	42.5	Natural 148	142.5
Pure 132	52.5	Henshaw	142.5
Master III 148	40	Chapman	182.5
Men	148	Biglan	172.5
Pure Novice 148	75	Submaster III 165	177.5
220	182.5	Submaster I 198	200
Chapman	182.5	Submaster I 198	175
275	190	Chapman	182.5
Pure 148	142.5	Biglan	172.5
Hennig	127.5	Submaster II 242	182.5
181	185	Moody	160
220	185	Moody	160
Funk	50	32.5	65
Youth 60	45	107.5	345
75	27.5	30	85
111	80	47.5	212.5
Acne	70	62.5	140
148	70	62.5	140
Coleman	32.5	30	62.5
148	102.5	50	110
Open 123	102.5	50	110
Kranning	87.5	42.5	107.5
Pure 123	72.5	32.5	97.5
148	72.5	32.5	97.5
Lamb	77.5	40	90
Pure Novice 132	80	45	102.5
Master I 148	92.5	45	122.5
Men	137.5	77.5	137.5
165	227.5	132.5	237.5
181	142.5	82.5	180
198	222.5	137.5	195
220	155	77.5	200
242	155	90	190
250	167.5	122.5	210
260	215	175	222.5
270	227.5	142.5	230
280	167.5	113	205
290	185	127.5	177.5
300	217.5	172.5	470
310	265	145	245
320	175	200	155
330	265	145	245
340	175	200	155
350	265	145	245
360	175	200	155
370	265	145	245
380	175	200	155
390	265	145	245
400	175	200	155


ADPFA Connecticut State Open
4 Mar 95 - Stamford, CT

Special Olympian 50	365	315	500	1180
100 kg	655	455	630	1740
125 kg	865	585	810	2265
150 kg	1115	765	1065	2940
175 kg	1415	1015	1415	3845
200 kg	1765	1315	1815	4995
225 kg	2165	1615	2215	6095
250 kg	2615	2015	2715	7445
275 kg	3115	2515	3215	8945
300 kg	3615	3015	3715	10545
325 kg	4115	3515	4215	12245
350 kg	4615	4015	4715	14045
375 kg	5115	4515	5215	15945
400 kg	5615	5015	5715	17945
425 kg	6115	5515	6215	19945
450 kg	6615	6015	6715	21945
475 kg	7115	6515	7215	23945
500 kg	7615	7015	7715	25945
525 kg	8115	7515	8215	27945
550 kg	8615	8015	8715	29945
575 kg	9115	8515	9215	31945
600 kg	9615	9015	9715	33945
625 kg	10115	9515	10215	35945
650 kg	10615	10015	10715	37945
675 kg	11115	10515	11215	39945
700 kg	11615	11015	11715	41945
725 kg	12115	11515	12215	43945
750 kg	12615	12015	12715	45945
775 kg	13115	12515	13215	47945
800 kg	13615	13015	13715	49945
825 kg	14115	13515	14215	51945

POWERLIFTING USA BACK ISSUES

Women	Men	USPF New York State	18, 19 Feb 95 - Batavia, NY	SQ	BP	DL	Total
Open 114				250	125	285	660
J. Nelson				135	95	310	540
A. Spurr				135	110	365	610
B. Kelly				150	165	410	725
N. Barber				250	180	365	795
A. Gardner				265	140	300*	705
M. Haller				215	140	265	620
S. Royal				240	140	260	640
S. Cunningham				85*	85*	205*	375*
Men				145	145	181	471
Teen (18-19)				250	180	330	660
J. Thomas				300	195	385*	880
J. Carey				145	125	220	490
R. Adams				405	185	390	980
A. Bourgeois				225	175	365	765
J. Lowell				350	265	315	930
J. McKenny				425	355	450	1230
Teen (18-19)				200	265*	325	790
P. Millicone				255	220	350	825
C. Peadry				350	230	440	1020
J. Guffy				445	260	430	1135
T. Hamilton				350	230	440	1020
A. Jackson				470	370	500	1340
J. Jackson				610	380	610	1600
J. Vasko				535	330	500	1365
T. Graham				440	330	515	1245
M. McKenna				410	290	425	1125
M. Walters				440	240	420	1100
V. Moore				500	350	600	1450
D. Daniels				475	345	515	1335
E. Howard, Jr.				440	320	540	1300
R. Bolgrees				560	400	560	1520
J. Bolgrees				500	375	580	1455
T. Mohr				540	375	580	1495
A. Richwood				525	305	570	1400
M. McKenna				525	320	520	1365
F. Zarabozek, Jr.				465	305	470	1240
K. Howard				645	380	695	1725
B. Goff				500	340	520	1360
B. Goff				585	315	500	1400
M. Nichols				500	315	500	1315
J. Regan				465	260	500	1225
P. Walters				780	450	685	1915
J. Hiddle				680	410	670	1760
L. Huff, Jr.				550	400	550	1500
M. Hall				550	360	570	1480
M. Whitcup				325	390	500	1415
M. Babb				720	470	670	1860
M. Orpello				635	410	515	1560
M. Buglies				780	520	750	2050
M. Maghin				760	505	710	1975
S. Yorkley				645	450	625	1720
Summaster 165				500	350*	440	1290
181				450	310	440	1200
M. DeMichele				500	345	505	1350
R. Habel				450	320	510	1280
D. Habel				565	300	550	1415
R. Bianco				465	335	535	1335
M. DeMichele				210	200	270	710
D. Brochey				350	225	340	915
R. Habel				460	275	580	1315
T. Haurich				400	245	425	1070
P. Richmond				570	360	630	1560
D. D'Alley				520	310	500	1330
R. Blaine				475	320	500	1305
M. Hollins				450	325	500	1275
C. Olli				680	405	615	1700
D. Grypka				510	270	510	1290
D. Nelson				680*	360	610	1650
Master (45-49)				310	265	365	940
M. Meneswetch				310	265	365	940

198 ... 590 340 540 1470
 200 ... 600* 375 510 1485
 J. McAllister
 242 ... 655 400 545 1600
 S. Salomone
 L. Huff, Sr.
 165 ... 535* 300* 500* 1325*
 A. Hearn
 J. Carter
 220 ... 350 290* 345 995
 220 ... 255 200 425* 880
 M. Cunningham
 M. Cardina
 Master (55-59) 132
 242 ... 435 280 435 1150
 220 ... 290* 180* 380* 850*
 220 ... 440* 250 475 1165
 Overall Champions: Women- Judy Nelson; Men- Light Kevin Jackson; Men Heavy- Mike Buglies.
 1995: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 1996: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 1997: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 1998: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 1999: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2000: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2001: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2002: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2003: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2004: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2005: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2006: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2007: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2008: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2009: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2010: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2011: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2012: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2013: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2014: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2015: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2016: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2017: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2018: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2019: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2020: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2021: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2022: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2023: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2024: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!
 2025: Place Batavia, NY. Contest: USPF NY Championships. On the line: bragging rights, self-achievement, and a great location. As always the members of the Magic Shop Gym were number #1. I challenge you to top me next year!



Preacher Curl
\$119

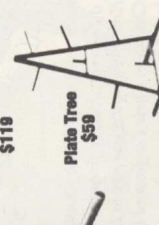




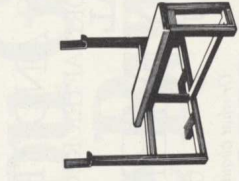
Plate Tree
\$59




Deadlift Helper
\$79



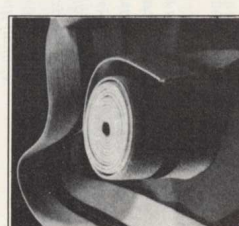
Suede Power Belt..... \$34.95



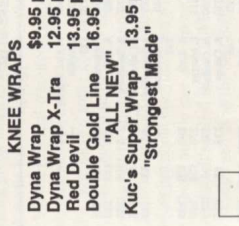
2" Adjustable Upright Power Bench \$149



Lift with complete safety Safety Spotters \$125 pr



Super Gripper \$65



KNEE WRAPS
Dyna Wrap \$9.95 pr.
Dyna Wrap X-Tra 12.95 pr.
Red Devil 13.95 pr.
Double Gird Line 16.95 pr.
"ALL NEW"
Kuc's Super Wrap 13.95 pr.
"Strongest Made"

POWER SUPPLIES
Red Devil Wrist Wraps \$9.95 pr.
Kuc's Power Wrist Wrap 6.95 pr.
Kuc's Super Power Wrist 9.95 pr.
Lifting Straps 6.95 pr.
Deadlift Slippers 8.95 pr.
Chalk 10.95 lb.
Bench/Deadlift Suits (Reversible 2 Suits in 1) 3X-5X 23.00
Sizes S-XXL - \$19

TRAINING/COMPETITION EQUIPMENT
1 1/4 Lb. Olympic Plates \$5.95 pr.
1/2 Kilo Calibrated Plates 14.95 pr.
100 Lb. Olympic Plates 80.00 pr.
PA Power Bar (1500# Capacity) 149.00
Trap Bar 129.00
600 Lb. Power Set w/PA Bar & Competition Collars 370.00
3" Competition Bench 275.00

Shoes/Belts/Suits
Safe Competition Belt \$63.95
Safe Ultra Belt 87.95
Safe Lever Belt 63.95
Safe Hi Top Contender Shoes 96.95
Safe Hi Top Pro Series 135.95

"TITAN PRODUCTS"
Centurion Squat Suit \$59 each/2 for \$102
Victor Squat Suit \$35 each 2 for \$60

Kuc's Fitness
P.O. Box 215, Mountaintop, PA 18707
Mail Order Prices Only
Orders Only 1-800-543-2497
Information 1-717-823-6994
\$4.00 handling on each order
NO CODs

make check or money order payable to:

TITAN

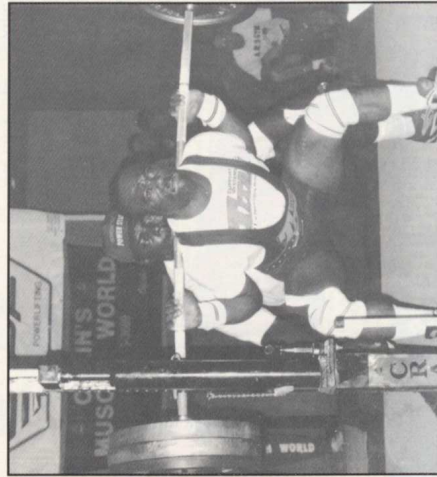
SUPPORT SYSTEMS, INC.
TITAN

#1 in Power Lifting Performance

HI PERFORMANCE LEG DESIGN

IPF Approved

All Titan suits now feature our new **H.P.** leg design to prevent leg slippage. Results . . . You'll squat more in a Titan Suit!
Proven at the Worlds!



Dan Austin: Greatest 148 lber of all time! Eight-time World Champion, 744 lb. W/R deadlift, 1,741 lb. total @ 165!

CUSTOM TAILORED SUIT

Only Titan provides you with custom tailoring and world class performance. Each suit is meticulously handcrafted and tailored from the finest materials to fit only one lifter . . . **YOU!**

So, while the competition tries to push their "one style suits all" products, we recognize your unique needs and provide you with an equally unique suit. Proven on World Records, backed by **The Performance Guarantee.**

Now Available in **Black, Royal Blue & Red**

- ▲ **Fits:** *Regular* - snug fit for new lifters or for passive support
Meet - tight, supportive fit for training and competing
Competition - tightest fit, not recommended for new customers
- ▲ **Styles:** *Sideseam A* - strongest commercial side seam \$40.50 each
2 for \$73.00
- Sideseam B* - our original handmade 3 cm side seam \$42.50 each
2 for \$77.00
- ▲ **High or Low Cut**

THE GUARANTEE
From the "inventors" of the performance guarantee Nobody, but nobody, has ever matched, let alone surpassed, the Titan performance guarantee. And we dare them to try! No ad. hype here . . . total satisfaction guaranteed: 6 months crotch blowout; 1 year run guarantee + (a major cause of blowouts) = replacement. \$50.00; 3 months miscellaneous replacement. Applies to Victor and Custom Suit A and B.



Todd Suttles: 132 lb. National, World Champion and World Record holder! 530 lb. squat, 551 lb. deadlift, 1405 lb. total!

THE VICTOR

WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee.**

- ▲ **Colors:** **Black, Royal Blue & Red**
- Sizes:** Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- ▲ **High or Low Cut** \$36.00 each
2 for \$61.00

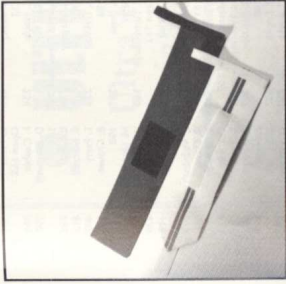
COMPETITION BELTS



Now featuring the heaviest stainless steel seamless roller on the market! Cylinder walls are a full 3mm thick with a lifetime guarantee! Made from heavy stock American bullhide and the finest American suedes. Also features 6 rows of stitching and 1" spaced holes for the ultimate fit and durability.
\$65.00

▲ **Black, Royal Blue, Red**

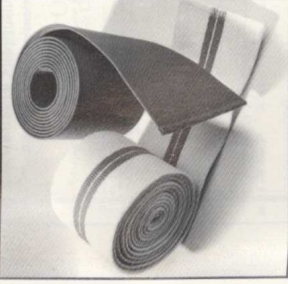
WRIST WRAPS



Red Devils: Don't be fooled by cheaper versions. Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Velcro). 6 mos. guarantee

- ▲ Standard length \$10.45 (pr.)
- ▲ Mid Length 24" 12.45
- ▲ Full Length 36" 14.45
- ▲ **Radical Red Wrist Wrap \$8.95**
Quantity discounts available!

KNEE WRAPS



Red Devils - Still one of the most supportive, tightest wraps ever! White with Red Stripes.
\$15.45/pr.
Radical Reds - solid red wrap. Why pay more for the same wrap when you don't have to! **\$14.95/pr.**

Quantity discounts available!

SAFE'S SQUAT SHOES



Contender: Designed & manufactured exclusively for powered lifting . . . not a converted high top.
Features: (1) split grain leather with Cambrelle lining for maximum moisture wicking; (2) wedge arch support; (3) totally flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) fiberboard heel counter; (6) lateral adjustment strap (7) Standard, 3/4" heel (8) D width (average)
\$99.00

New Products

- Adidas Deadlift Shoes:** The best! Guaranteed! \$49.95
- T Shirts:** "Titan #1 in Performance" 3 colored logo \$8.50
- Deadlift Slippers:** Rubber soled. Call for colors. \$7.95
- Titan Power Singlets:** Stretch suits designed for lifters not wrestlers. **Black, Royal Blue, Gold** \$25.00
- Chalk:** Superior quality for maximum grip \$9.50/lb.
- Briefs:** Titan quality and performance. \$15.50
- Dual Quad Briefs:** "Patented" dual quad harness design \$25.00

ORDER FORM

Name: _____
Address: _____

ITEM	Color		Size	Quantity	Price
	1st	Alt.			
Repeat Customer? _____	Hi or Low Cut				Shipping & Handling \$4.50
CUSTOM SUIT	<input type="checkbox"/> Reg.	<input type="checkbox"/> Meet	<input type="checkbox"/> Comp		Overseas add 30% Air
Male <input type="checkbox"/> Female <input type="checkbox"/>	<input type="checkbox"/> Style A	<input type="checkbox"/> Style B	<input type="checkbox"/> Dual Quad		Tx. Res. add 7.75% Tax
Height _____	Weight _____	Leg (Largest part) _____			Total _____
Hips (Buttocks) _____	Chest _____				<input type="checkbox"/> VISAMIC <input type="checkbox"/> AMEX <input type="checkbox"/> COD
Overall _____					

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA
1-800-627-3145 • 512-991-6749 • FAX 512-991-9470



Two of the BEST SQUATTERS IN HISTORY have become **OUTLAWS**

and LEGENDS OF SQUATTING.

Known for their use of

POWER AND SCIENCE,

their secret is...

THE OUTLAW™

POWER SUIT®

3 MONTH GUARANTEE



RICKEY DALE CRAIN



FRED HATFIELD
MEMBER

GIVE HEIGHT AND WEIGHT WHEN ORDERING

THE OUTLAW™ POWER SUIT® \$49.95

US Trademark Reg #1544517 Navy Blue, Black, Red, Royal Blue
 Sizes 18-46 - Other colors Available - Two and Three Tone Available
 Double Thick OUTLAW™ POWER SUIT®... (APF Legal).....\$89.95
 "Training" OUTLAW™ POWER SUIT®...No Straps.....\$36.95
 OUTLAW™ POWER BRIEF™... Sizes 0 - 25 ..\$22.95
 Double Thick OUTLAW™ POWER BRIEF™... Sizes 0 - 25 ..\$35.95

The POWER SUIT®...\$36.95

US Trademark Reg #1544517 Navy Blue, Black, Red, Royal Blue
 Sizes 18-46 - Other colors Available - Two and Three Tone Available
 Double Thick POWER SUIT®... (APF Legal).....\$69.95
 "Training" POWER SUIT®...No Straps.....\$26.95
 POWER BRIEF™... Sizes 0 - 25 ..\$16.95
 Double Thick POWER BRIEF™... Sizes 0 - 25 ..\$29.95

LYCRA LIFTING SINGLET \$29.95

Navy Blue, Black, Red, Royal Blue - Other colors Available

INZER BLAST SHIRT™...\$38.95

Patent #4473908 Red, Navy Blue, Black, Royal Blue
 Give Chest / Bleep Measurement... Sizes 34 - 64

INZER ERECTOR SHIRT™...\$38.95

Give Chest / Bleep Measurement... Sizes 34 - 64

All Prices Subject To Change
 ALL MAJOR CREDIT CARDS
 CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)
 Outside USA and Customer Service Call 1-405-275-3689

HANDLING \$5.00

Outside U.S.
 Handling \$5.00 +
 30% Surface or 40% Airmail

Minimum \$5.00
 Oklahoma Residents Add 7.5%



P.O. Box 1322 • 1124 North Harrison
 Shawnee, Oklahoma 74802-1322 U.S.A.



Style A \$64.95 3 Color Suede Double Thick
Style B \$64.95 2 Color Suede Double Thick
Style C \$64.95 1 Color Suede Double Thick
Style D \$54.95 Double Thick Leather Suede Lining



Style E \$44.95 2 1/2" Tapered Front Single Thickness Suede
Style F \$24.95 4" Leather Single Thickness
Style G \$29.95 6" Tapered Single Thickness
Style H \$24.95 4" Tapered Single Thickness



Style I \$54.95 Economy Suede Belt
Style L \$64.95 Lever Action Belt Leather or 1, 2, 3 Color Suede
Style N \$89.95 Same as Style C w/ embroidered name
Style O \$89.95 Same as Style L w/ embroidered name

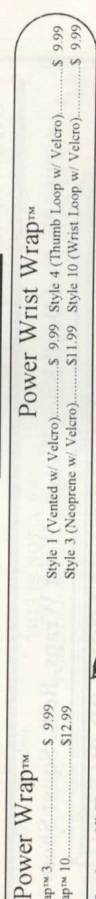
.....FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG.....



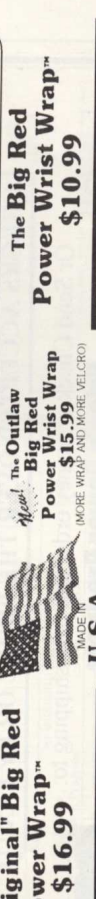
THE OUTLAW POWER SHOE™
 A squat shoe designed for squatting by a World Class Squatter.
SIZES 03 - 14
\$99.95
 White w/ Black
 White w/ Navy Blue



Power Deadlift Slipper
 \$10.95
 Call for Colors Available
 Sizes 01-15



Power Wrist Wrap™
 Style 1 (Vented w/ Velcro).....\$ 9.99
 Style 3 (Neoprene w/ Velcro).....\$11.99
 Style 4 (Thumb Loop w/ Velcro).....\$ 9.99
 Style 10 (Wrist Loop w/ Velcro).....\$ 9.99



The "Original" Big Red Power Wrap™
\$16.99



The Big Red Power Wrist Wrap™
\$10.99
 (MORE WRAP AND MORE VELCRO)

GUARANTEED TO BE THE TIGHTEST WRAP EVER MANUFACTURED!
 THE "ORIGINAL" RED WRAPS... THAT EVERYONE IS ATTEMPTING TO COPY!



INTRODUCING THE BIGGEST, MOST POWERFUL WEIGHT-GAINER IN HISTORY

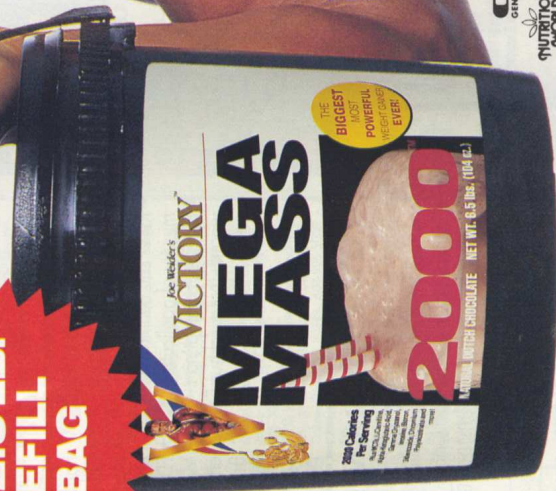
If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

Thanks to new technology, nutrients can be *superconcentrated* without affecting their bioavailability. The result is a weight-gain formula that delivers a mind-blowing, sleeve-busting 2000 calories in every delicious shake!

Even with water, **MEGA MASS 2000** yields 82 grams of the highest quality protein, 317 grams of turbo-charged carbohydrates and only 5 grams of fat. There is absolutely no bigger, more powerful weight-gainer than **MEGA MASS 2000**.

Try it. Drink up the power. Feel the weight piling on. Compared to **MEGA MASS 2000**, everything else is small fry.

**NOW
AVAILABLE
IN 12.5 LB.
REFILL
BAG**



ACHIM ALBRECHT, World Champion Bodybuilder, is using **MEGA MASS 2000** to pack on mass between contests!

Available at
GENC
GENERAL NUTRITION CENTERS
NUTRITION WORLD
Mature Food Centres
gymees
VITAMIN QUOTA
BY NUTRITION WORLD

AVAILABLE AT HEALTH FOOD AND SPORTING GOODS STORES THROUGHOUT THE US AND CANADA OR CALL TOLL FREE 1-800-1-FLEX-IT (435-3948) (In Canada, Contact: Weider Institute, 2875 Bates Rd., Montreal, P.Q. H3S 1B7)

EVERYTHING ELSE IS SMALL FRY

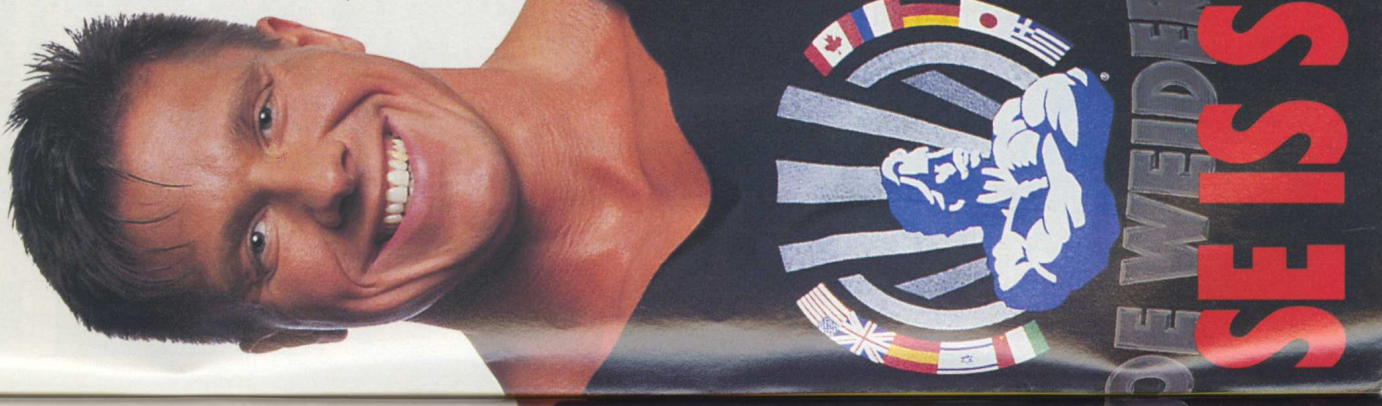
VICTORY MEGA MASS 2000

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



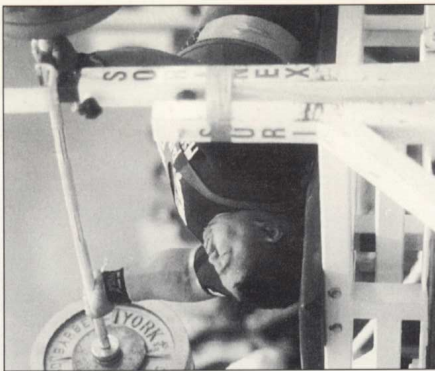
Style A \$65.00



Style E \$65.00



Mark I \$55.00



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!

Order Today!

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
				Shipping	\$5.00
				Add Calif. Sales Tax, if applicable	
				TOTAL	

Name _____ Phone () _____
 Address _____
 City _____ State _____ Zip _____
 VISA MC Card No. _____ Exp. Date _____
 New address

Check, Order, MasterCard or Visa must accompany orders. Overseas orders add 25% on shipping. Shipping and handling is greatest. California residents add 7.5% sales tax, L.A. County 8%. Add \$5.00 Shipping and Handling

Marathon Distributing Co.
 1229 Via Landeta • Palos Verdes Estates CA 90274



For Fastest Service ORDER TOLL FREE 1(800)321-5064 In California 1(800)231-4070