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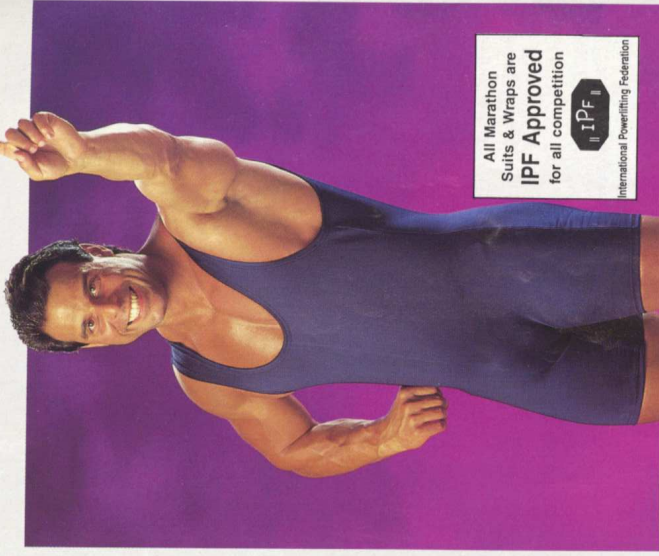
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ON THE COVER.... clockwise from upper left, world record breakers at the Women's Worlds: Boudreau, Soukhorouk, Koskinen (all by Isagawa), Himeno (by IRON MAN JAPAN)

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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.

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IPF Women's Worlds as told to Powerlifting USA by Paul Kelso



The Electronic Screen added dimension to Yamskich's lifting (Kelso)

Carrie Boudreau observed that the staging and facilities for the 1995 IPF Women's World Championships were among the best she'd ever seen. Then she proceeded to wreck the place.

I may be the American who lives in Japan and reports from across Asia, but Carrie brought it on home for me. The sole gold medalist for the USA went eight for nine in taking the 123 lb. class, set world records in the deadlift (486) and total (1140) and out-distanced her class by 90 kg. She took "Best Lifter" honors by almost thirty points in the Malone compilation. Carrie still wasn't satisfied, believing she would have had four records but for the effects of jet lag.

When the American anthem played for her victory, I felt a deep and simple satisfaction. I've been away for a long time.

It was good of the dedicated folks of the Japanese Iron Community to bring the contest to me. Presented May 5, 6, and 7th at the Chiba Port Square Arena on the East side of Tokyo Bay, they did a superlative job in organizing this affair and honored themselves. They've been fine friends, and I've delighted in watching young Asians develop as lifters, but it was indeed good for me to have a chance to visit with the American team and hear my language spoken in its variety of accents and discuss our game with folks who are up on the Byzantine, or is it "can of worms" powerlifting situation now current in the States.

I suspect I seemed an odd character to the Americans as we shared pasta one evening, myself trying to explain Japan, and they baffled as to why I no longer understand all things American. Whether I've changed or not, it was just fine to be with my own kind.

Perspective may change, roots don't.

It was also good, if not amazing, to watch Elena Soukhoroouk of the Ukraine crank out three world

records, including a huge 1333 kg. total in the 165s, the biggest total of the meet. I repeat: a 165 lb. lifter had the biggest total of the affair. Let's line that up: 530 lb. world record squat, 248 national record in the BP and a 556 world record DL. She took a shot at what the announcers said was the heaviest deadlift ever attempted in women's competition, 574, and brought it to her knees before falling. Thoughtful or unfriendly by some participants, her insistence on silence when

she lifted not settling well with others, this twenty-three year old Ingrid Bergman look-alike was, in my view, intensely focused. She was there to win, not trade meet badges, and she did by fifty five kilos!

All other classes were brawls coming down to the last deadlifts. The 114, 132 and 148 classes were won by 5 kg, and the 198s was a three-way tie; ten kilo margins separated the 100s, the 181s and the 57H.

It's been eight years since the mournful strains of the "Kunigayo" of the unofficial national anthem of Japan, last haunted a women's open world. (Unofficial because constitutionalists claim the song reflects the old imperialism). Erko Himeno survived a wild struggle with Ingeborg Marx of Belgium, who left the third attempt 435 deadlift she needed to win the 132s on the floor. Himeno thought her victory lucky as several former competitors, including last year's winner, didn't show because of weight problems. But there was no fluke record about her 253 lb. world record bench.

Erko, a trainer for the Montnaga

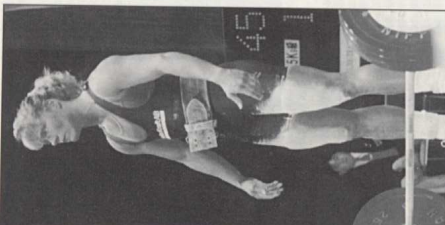
foods and supplements company, found herself something of an instant media star, and was invited to luncheon, no less, with Sir Takamado-no-mia, nephew of the Emperor of Japan, and high-ranking IPF officials. The Prince was surrounded by extremely tight security; dozens of plainclothesmen sealed off the arena before his arrival. The steady-eyed types were armed, and had scooped out the audience of five or six hundred well in advance.

Japan has been plagued in recent months with social unrest: a religious doomsday cult gassed the Tokyo subways, killing eleven people. Assassination attempts have been made on Japan's top policeman and several politicians and business leaders, while thugs of various descriptions and motives harass citizens and foreigners.

The royal rep handled it all well, and, as I watched, demonstrated interest as Hiroshi Saitoh, President of the Japan Powerlifting Federation, tried to explain to the Prince just how in the hell a powerlifting meet works. Descendant of the Gods or not, the man is a trooper.

The Russian team might claim divine connections as well, as they ascended to clear dominance with three firsts and four seconds and led team scoring by fourteen points. Chinese Taipei (Taiwan) continues to drive to the top despite having only 21,000 people to draw from for lifters. When the badly out of gear Shelby Corson made only four lifts in the 198s, the door was open for the Taiwanese to jump through: 90 kg, Chiao and Lee did so, for first and third respectively. Taiwan finished with 49 points to the US's 48. Japan was bursting with pride as the home team scored 39 for fourth among the twenty three teams. Japan's inability to develop internationalists over 75 kgs. held them back. No entries, no points.

Heiner Kobenrich, IPF statistician, used his computerized scoring program to provide the announcers with a lift-by-lift update as to which lifter was ahead at any moment and what weight the next lifter needed to rise in rank. This terrific service to everybody present, especially the audience, deserved a trophy in its own right. He's building trivia and anecdote into the program so that announcers can entertain with facts and stats as in baseball and other sports. Fluent in Japanese, gold throats Mike Abdullah (Australia), Wayne Hunter (N.Z.) and Chuck Wilson (USA) took full advantage of this running info. Frank Gullfreda, the US stats cruncher, suggested that team points and placing be



Sjostrand ready to pull. (Isagawa)

added to the continuous tallying. Dozens of lifters besides Carrie were intent on doing some wrecking of their own. I don't recall ever seeing so many head-to-head battles on all levels of competition - as were in this contest. Fights for sixth or seventh were often as intense as those among the leaders.

In the 44s, Raja Koskinen of Finland got the margin she needed from a world record (WR) 156 kg squat. Tesleva and Prinkkala chipped away and closed the gap, the Russian grabbing two junior world records (WJR) and the latter Masters WRs (WRM) in the squat, DL and total. Raja wasn't coasting; she failed with her last pull, attempting 325 lbs. for a WR total.

Raja's record squat first drew two reds, but after a coaches protest, it was announced that a ref had pushed the wrong button. Later word was that the jury over-ruled the judges, eliciting comment from several Americans that they had never seen a jury do that before. Interesting: I have seen Asian juries over-rule refs, and even make a lifter take a questionable lift again.

It's hard to beat a top lifter who goes nine for nine. Elena Yamskich of Russia won all three lifts and drew steadily away from the 105 lb. field, finishing with 870 to garner both Jr. and Sr. world titles at once. Thill (2nd) and Villasaari tied at 837. Chang and Street tied at 804, and three lifters followed with a tie at 782.

After a meltdown in Manila, a filled-out Nadejda Mir of Kazakhstan is world champ again, taking the 114s with a 920 lb. total despite three misses. Her show was nearly eclipsed by Claudine Cognacq of

France, who set eight World Masters records during the session. She escaped injury while attempting another in the bench, driving the bar over her chest and having the bar roll over her head on to the bench! She finished at 909 while Minquarti (2nd) and Ivanova tied for third at 898.

Boudreau ran off from the 56 kg lineup, so the rest of the gang regrouped and staged their own mini-meet. Orekhova came second at 942, Hagersand and Kelli of the USA tied for third at 920. Shoved down to fourth on bodyweight, Kelli posted Masters WRs in the bench (220 lbs.) and total. I've described Himeno and Marx's efforts in the 132s. Third was nineteen year old Huang Ya-Ching of Chinese Taipei. How thin slender, even willowy, youngster can handle world class weights is beyond me. Where does she get it?

148 lb. masters lifter Kunithiro of Japan re wrote the record books with four Masters WRs, one for each category, but only tied Chen of Taiwan - for third - with 1041. Chen was the lighter. Lean and defined, Lisa Sjostrand of Sweden won with 1173 after another close battle as Tanakova stalled with the DL she needed to win. "The meet don't start..."

Now representing Switzerland, Liz Orendaal found the meet was pretty much over when Soukhoroouk took an 88 lb. lead after the squat in the 165s. But a 1212 day for second and two WMRs at 102 shabby. As usual, many were struck by Liz's stylish hair and off-sugar attire. John Moody, General Secretary of the IPF, explained that Orendaal feels women lifters should be aware of their off-platform image, and that appearing in public in gym-rag drag is bad for the game.

Steenrod also had the chance to pull out the win on a last deadlift. She and the heavier Natalia Rumyantseva were even at sub-total, but the Russian got the third attempt 490 up, and Vicky couldn't. The veteran US lifter went 446 292 468 1207 for four world masters records.

Had Shelby Corson made one more lift, or Vencatichellum of France not outdone herself on her last DL, or Korshunova not come from behind so dramatically... "Were it's and but's, cherries and nuts..." A 1218 three way tie in the 198s left Shelby second on bodyweight, and the USA third in team scoring. After two misses each in the squat and BP, she was still well ahead at subtotal, but the DL wasn't there to protect the lead.

Not much use in the 'if' game. If Street had been two tenths of a kilo lighter, if Leverett had made one more squat, the team ranks would

have changed. But the lifting here was so close in seven classes that probably every country present was moaning their own cultural equivalent of "them's the breaks."

Chao was so confident in the over-90s that she passed (f) on her third attempt squat and deadlift. She set four Asian records (1300 lb. total) on her way to what I have long believed to be an inevitable world title. But to pass on a third deadlift attempt when one's closest competitor, in this case Pavlova of Russia, is within possible range is either masterful psychology or just bizarre.

O.K., I'm gonna throw the raw liver on the floor and bring it up. It has been common rumor, if not knowledge, in Asian and other circles for several years that the Chinese Taipei lifters are compensated by their government for records set and medals won, especially Gold. I have been told coaches are also rewarded for the athlete's successes. This is not an uncommon practice in other sports, many countries blessed athletes at the '94 Asian Games in Hiroshima, specifically in track and swimming, with new cars and cash bounties equal to 3-4 years salary. Olympic athletes also benefit in many nations. Is this news to anyone?

I have several times at Asian Championships watched Taiwan lifters set Asian or Junior World Records and then coast. The concern among myself and other officials and lifters is that they sometimes seem to be putting in a day at the office, and not extending themselves in the true spirit of competition. That there is disenchantment and even jealousy in the ranks of countries who receive no government support or bonuses is obvious.

The USA, Japan, or the Philippines, for instance, pay nothing to support powerlifting. As masters' lifter and "Cat One" Ref Ben Brent pointed out one evening while breaking training over a bottle of hot sake, getting into the cash flow by joining the Olympic movement is possibly the best reason for uniting the squabbling American organizations. Good point: is any American powerlifter going to realize a decent buck from belonging to any US organization? Other of our 'amateur' athletes do, why not us?

Possible corruption of the goals of competition, that's why. A table tennis player was ordered by her coach at the Asian Games to come in second to a teammate so that prize money back home would be more evenly shared. The player refused and won the Gold medal,



The 181s...Steenrod (75.1 kg.), Rumyantseva, Schurmacher (Isagawa)



Chao of Chinese Taipei (Isagawa)

ation with that great lady of the game, Vicki Yoshida.

Susumu Hisako, high official in Japan and Asian Federations, reported that he lost two pounds a day in the last two weeks before the contest, getting the thing together. World Hisako, master organizer and wife Hisako, master organizer and world masters champ in the 105s, finished ninth here. A rumor, mind you, rumor, held that she squeaked, "You mean I gotta lift? Today?"

Rudolph Kuster of Germany frightened half the participants, and most of the Asians attending, with his mere presence. He has two gears: loud and roar. This huge man drew plaudits for his turn as head BP judge. When not doing an imitation of an out-of-work bear, he was coaching and thundering to one and all in the excellent warm-up area how many lifts were left to change an attempt poundage. Such concern for all the lifters is good to see.

Many commented favorably on the intricately carved and painted wooden folk dolls used as place trophies. Abe Roman, stationed in Iwakuni with the Marines, and Carl Iwaki, noted these "Kokeshi" dolls were not the usual bowling trophy with a little plastic man on top, but a unique memento to display in one's home.



The Yoshidas, hosts of the competition, Hisako (left) and Susumu (right) flank Finland's Vuokko Viitasari. (photo by Hiro Isagawa)

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Table with columns for Country, IJF SQ2, IJF SQ3, BP1, BP2, BP3, SLB, DL1, DL2, DL3, and Total. Lists various countries and their corresponding scores for different categories.



TEAM RUSSIA at the Banquet... winners of the overall team tally with 63 points, followed by Chinese Taipei (49), United States (48), Japan (39), France (34), Finland (34), Germany (28), Sweden (27), Kazakhstan (24), India (23), Ukraine (19), Great Britain (15), Belgium (11), Indonesia (10), Luxembourg (9), Switzerland (9), Norway (9), Netherlands (9), Austria (7), Canada (6), Australia (2), New Zealand (1). (Hiro Isagawa photo)

Military News... Sly Anderson and Ausby Alexander are still in Okinawa. Dave Ricks will have left Japan by the time this report is published. The new bench press rule is still controversial, many coaches gave a hand-dip or voice command to their lifters. Refs red-lighted several Asian's BP's because the lifters' alarming arches leave them gripping the bench with the insides of their thighs and raise the buttocks off the bench. Yamazaki had a solid WR turned down. Check the rule book on buns.

Japanese shuttles loved the blondes from the Europe Fed. Peter Thorne, Ben Brent, Mark Reifkind and Ann Leverett (recently a grandmother) get special thanks for patiently explaining to me the trends in the game from which I am somewhat isolated.

I've been at a hundred iron game contests in and everybody in the game, for giving me this some capacity or other, and pounded out a lot



Team USA for the 1995 IJF Women's Worlds... front row, left to right, Beth Street, Vicki Steenrod, Jennifer Moser, Carrie Boudreau, Ann Leverett, Kelli; back row, left to right, Danny Harling, Lee Denmon, Abe Roman, Shelby Corson, Paula Frost, Mark Reifkind. (T. Fitton)

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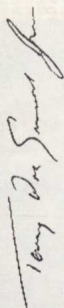
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 - Powerlifter Scott Lewis increased his bench



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Tonya Meyers (National Power Lifting Champion)
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Charlie Evans (Olympic Weightlifter-1980 U.S.A., Olympic Team Member(alt))

ERNIE NAGY DIES!!



Ernie at the '84 Masters Nationals (Herrick)

On Saturday, May 16, 1995 Ernie Nagy of West Virginia passed away. The following Saturday, he was laid to rest. He was 72 years of age. If we are not mistaken, Ernie entered, consecutively, every AAU/USPF National Masters Championships that was ever staged, and was undefeated at those meets, except for the 1995 competition, held by Vince Moser in Washington. (Vince recalls getting a call from a gentleman, possibly Ernie, inquiring about entry to the meet, but noting that he would not be entering unless he started feeling a bit better.) West Virginia Powerlifting Statistician Paul Sutphin compiled a list of some of the many highlights of Ernie's lifting career, some of which follow: 2/10/73 - Youngstown, OH Meet (242) 400 320 430 1150; Steubenville, OH Meet (220) - 2/24/73 - 375 320 440 1135; New Castle, PA Meet (220) - 11/16/74 - 420 340 500 1250; YMCA Nationals (220) - 1/78 - 465 380 500 1345; W. VA State (220) - 2/14/76 - 480 360 420 1360; W. VA State (220) - 2/14/76 - 480 380 530 1380; Great Lakes Open (220) - 4/17/77 - 475 370 480 1325; W. VA State (220) - 5/21/77 - 430 375 460 1265; W. VA State (220) - 4/1/78 - 465 380 500 1345; W. VA State (220) - 4/1/79 - 540 385 530 1455; Jerrold Blum Open (198) - 5/13/79 - 495 345 500 1340 (all National Masters Records); 1st W. VA State (220) - 3/6/82 - 402 lbs.; W. VA State (220) - 3/26/83 - 523 470 540 1471 (American records for 60-64); W. VA State (220) - 4/1/84 - 545 415 573 1532 (American records for 60-64) NOTE: Ernie

bench 413 at age 56 before bench shirts. In National and International competition, Ernie's 220 lb. class record included Nationals Masters - Arlington, TX - 10/29/78 - 507 385 529 1421; National Masters - Weirton, WV - 10/28/79 - 454 402 529 1476; World/National Masters - Victorville, CA - 10/25/80 - 473 402 545 1377; World/National Masters - Naperville, IL - 10/25/81 - 501 407 467 1477; World/National Masters - Greensboro, NC - 9/5/82 - 490 330 540 1361; Eastern US Masters - Ambridge, PA - 5/21/83 - 534 407 540 1482; National Masters - McLean, VA - 10/14/82 - 485 385 401 1372; National Masters - Dallas, TX - 5/12/85 - 462 385 523 1372; National Masters - Buffalo, NY - 5/5/86 - 440 374 485 1300; National Masters - Irving, TX - 5/17/87 - 220 220 661; National Masters - Salt Lake City, UT - 5/15/88 - 374 352 440 1168; National Masters - Dallas, TX - 5/14/89 - 374 363 440 1179; National Masters - San Bernardino, CA - 5/6/90 - 220 275 286 782; National Masters - High Point, NC - 5/19/91 - 352 308 424 1085; National Masters - Greensboro, NC - 5/16/92 - 286 286 308 881; National Masters - Irving, TX - 5/15/93 - 220 308 330 859; National Masters - Oklahoma City, OK - 5/7/94 - 314 314 330 865. Paul Sutphin's comments include: "I first met Ernie Nagy in Feb. '73 as a young lifter of only 1 year of competition behind me. Ernie had just begun to Powerlift competitively although he had years of weightlifting experience prior. At almost 50 years of age, my best memory is that he pushed out a 320 bench... as a kid of 19, I switched a white light on from the side referee's chair. From that day forward, Ernie, a resident of Weirton, WV, officially became a part of the beginning of organized Powerlifting in W. VA, a minor part of his unprecedented career, which would eventually lead to several world championships. Ernie was always friendly to everyone and the most consistent lifter to compete in our prestigious Masters ranking. There is always a lot of emphasis placed on the guy who lifts the most weight. Over the years, they have come and gone, but the lifter who wins year after year - like NAGY - is something special. I can tell you - it will be a long, long time before anyone (especially over 50 years of age) wins 17 plus national titles with the same organization." Another of Ernie's many friends, Jeanne Burchett, came up with some additional facts about Ernie's accomplishments: he ran his own gym in Weirton for about 30 years which produced 4 world and 10 state champions; he was a winner of the prestigious Dapper Dan award in Pittsburgh, PA; and a member of the Allegheny Mountain Weightlifting Hall of Fame. He directed many contests, and served many lifting associations, if several official capacities. Jeanne closes her comments with "Ernie is gone, but he will be in our hearts and memories forever. He was loved."

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TRAINING

The SQUAT WORKOUT as told by Louie Simmons, Westside Barbell



Chuck Vogelwohl is getting very strong on the Westside program.

is 60% (hamstrings) to 40% (quads). In most lifters, however, the opposite ratio exists. You will note later how much hamstring work we do.

Now let's talk sets and reps along with time intervals. We do 8-12 sets with one weight per workout, starting with 12 sets and reducing to 8 sets as the weight goes up each week. The weight ranges from 65% to 82.5% of a 1 rep max on the box we are training with. Richard Sardin, owner of Dash Products, notes that our top training sets are about 70% of what we squat in a meet. We like to do high sets and low reps because we get to practice 12 first reps in a workout. Most lifters have the most difficulty on the first rep of a set. While many lifters are good at that's what's required at a contest.

We feel that short rest periods are imperative. Joe McCoy and I train at the fastest pace. With weights up to 77.5%, we use 45 seconds between sets. We have done sets with 82.5% with 60 second rest periods. The longest rest period we use is 75 seconds with the lighter sets and 90 seconds with the heavier sets. This is the reverse of conventional training throughout the United States. Most lifters take long rests between sets, fully recuperating from the set. However, when the body is recuperated, it is doing nothing. When short rests between sets are utilized, the body is forced to use more muscle fiber to accomplish the same physical task. The more work the body does, the stronger it becomes. Many lifters say they are unable to take short rest periods. This is because they are out of shape. Our lifters have very high work capacities from this type of training. Once you are in shape, your form will not deteriorate.

To illustrate that this type of training works in 1994 we had over 25 paid entries at the APF Juniors and Seniors and WPC Worlds. We have 10 lifters qualified for the 1995 APF: Senior Nationals.

(this article is continued on page 92)

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WORKOUT of the Month

This routine is laid out for a lifter who can pull 600. It is somewhat similar to the routine I used to pull my 820 lb. APF New Jersey State Record, in that I squat and pull in the same workout. Because you use the same muscles in the squat as in the deadlift, I'll have you train both lifts on the same day. The only assistance exercises will be pullups or pull-downs, some side and rear delt work, and some arm and hand work. There will be no extra low back work or heavy shrugs. I find when training both the pull and the squat in the same workout that additional low back work or shrugs put too much stress on the back and it can burn you out. You'll only pull and squat once a week, and you'll have 14 days off before you deadlift at the meet. Sometimes I'll even rest 21 days from my last training session until I pull at the meet.

The reason most lifters have a poor deadlift is that they train it too often. The deadlift is the hardest lift there, it uses the entire body at full throttle, so you need not overtrain it with all these extra stiff leg deadlifts or deadlifts with smaller 35 lb. or 25 lb. plates to get more stretch. I have seen a lot of lifters get injured in the hamstring and low back with these exercises. Personally, I don't believe in them. If you're going to use 45s in the contest, I believe you need to train with them - to start the pull where it will start on the platform. I've never gotten much out of a rack work for the deadlift. I'm a firm believer that if you want a big lift - be it squat, deadlift, or bench - you must practice that lift specifically.

Nobody cares if you can do stiff legged deadlifts off a bench with 405 for 10 reps. I have seen guys get real strong at assistance work, meanwhile their competition lift stays the same or gets worse.

The back is a strong group of muscles, but it needs plenty of time to recuperate. Always get enough rest and get enough quality food into your system. You must rest when you train heavy - you can't hang out late and drink and party. Form is also critical. Proper technique can add another 10% to a lift that is out of position. Have a veteran lifter check you out, to see if you are setting up right, according to your structure.

Another good idea that helped

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)

x 2 sets. Wednesday - Bench, Thursday - Assistance Work - pullups or lat pull-downs 8 x 8, 2 sets of barbell rows, 4 sets of 20 ab crunches, 4 sets of side laterals, 4 sets of bicep curls, 5 sets of reverse curls, work on grip with wrist roller or plate loaded gripper.

Week 2: Squat - working up to 70% of max with 5 sets of 4. Deadlift - 135 x warmup, 225 x 8, 300 x 8, 340 x 8, 375 x 8. Wed - Thur - Fri - same.

Week 3: Squat - working up to 80% with 5 sets of 4. Deadlift 135 x warmup, 225 x 8, 315 x 6, 350 x 6, 400 x 6, 425 x 6, 425 x 6. Wed - Thurs - Fri - same.

Week 4: Squat - working up to 80% with 5 sets of 5. Deadlift - 135 x warmup, 225 x 8, 315 x 6, 350 x 6, 405 x 6, 450 x 5, 450 x 5. Wed - Thur - Fri - same.

Week 5: Squat - working up to 85% with 5 sets of 4. Deadlift - 135 x warmup, 225 x 8, 315 x 5, 405 x 5, 450 x 4, 480 x 4. Wed - Thur - Fri - same.

Week 6: Squat - working up to 85% using full gear with 5 sets of 4. Deadlift - 135 x warmup, 225 x 6, 315 x 5, 405 x 4, 450 x 4, 480 x 4, 500 x 2. Wed - Thur - Fri - same.

Week 7: Squat - working up to 90% using full gear with 3 sets of 2. Deadlift - 135 x warmup, 225 x 8, 315 x 3, 405 x 3, 450 x 3, 500 x 2, 500 x 2, 500 x 2. Wed - Thur - Fri - same.

Week 8: Squat - working up to 90% for 3 sets of 2 using full gear. Deadlift - 135 x warmup, 225 x 5, 315 x 2, 405 x 2, 450 x 1, 500 x 1, 525 x 1, 550 x 1. Wed - Bench, Thur./Fri. - no assistance/off.

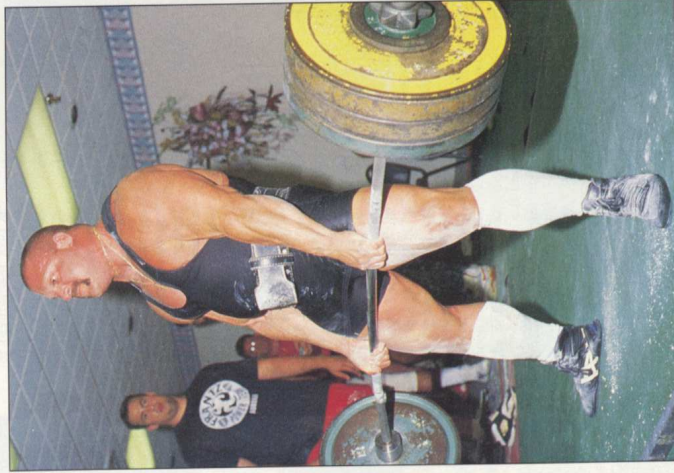
Week 9: Squat - working up to 95% for 1 rep using full gear. Deadlift - 135 x warmup, 225 x 5, 315 x 1, 405 x 1, 505 x 1, 550 x 1. Wed - Bench, Thur./Fri. - no assistance.

Week 10: Last workout before meet - 14 days out. Squat - working up to 95% for 1 rep using full gear. Deadlift - 135 x warmup, 225 x 5, 315 x 1, 405 x 1, 500 x 1, 500 x 1. Wed - Bench, Thur./Fri. - no assistance.

Week 11: Mon./Wed./Thur./Fri. - off

Meet: Deadlift - Opener - 550, 2nd attempt - 600, 3rd attempt - 625-650.

NICK LAVITOLA Deadlift Routine



Nick Lavitola... the 1991 APF North American Champion, 94 APF New York State Open Champ, APF New Jersey Champ, 3rd Place APF Sr. Nationals, and Number One on the PL USA TOP 100 242 lb. Rankings for his 820 lb. deadlift, above at the APF Senior Nationals.

me was to buy videos of national contests and great lifters. Try to find lifters who are built like yourself, not guys you want to look like. If you're 5' 5", 132 lbs., with long arms, study lifters like Lamar Gant, not Doug Young. Analyze successful lifters who have a structure like yours.

This workout works best when arranged in the following order: Monday - Squat & Deadlift; Tues-

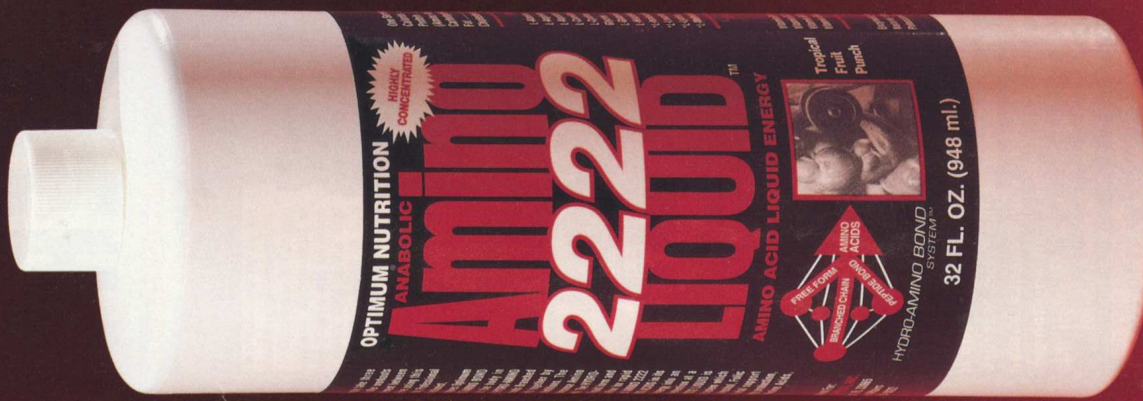
day - Off; Wednesday - Bench;

Thursday - Assistance/pullups; Friday - Arm & Grip work; Saturday - Off; Sunday - Off.

That's it. Good luck, and if there are any questions, you can write me at 723 Pine St., Roselle, NJ 07203.

Week 1: Monday - Squat - working up to 70% of max with 4 sets of 4. Deadlift - 135 x warmup, 225 x 8, 275 x 8, 315 x 8, 350 x 8

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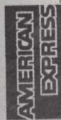
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GLUTAMINE... Don't Leave the Gym Without It!

as told to PL USA by Rick Brunner, Atletika

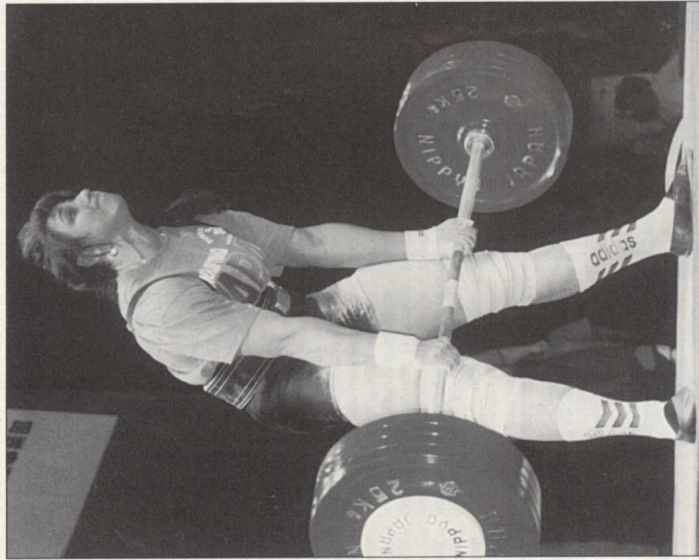
Protein synthesis is a complex metabolic process whereby amino acids are polymerized (connected) into long linear polypeptides. New research shows that in recovery from intense strength training the king of amino acids is fast proving to be glutamine. In an age of high-tech sport supplement development, it is incredible that this one amino acid would be causing such a stir, both in the lab and among athletes. Researchers worldwide are discovering the importance of glutamine.

Glutamine is the predominant amino acid in blood plasma and accounts for about 20% of the total amino acid content. It also comprises about two-thirds of the total amino acid concentration of the cerebrospinal fluid in man, and about 60 percent of all free amino acids. In post-workout recovery, glutamine is both anti-catabolic and anabolic as it promotes protein synthesis and nitrogen balance while preventing protein breakdown. It is essential for nitrogen recycling. During training cycles of high intensity, glutamine levels decline markedly and many researchers now suggest experienced athletes should consume additional glutamine to both counteract the high stress and amplify the translation process in muscle protein biosynthesis.

What makes glutamine so special?

Amino acids, which are derived from proteins, are different from carbohydrates and fats as they contain a nitrogen atom which is a highly specific structure. Glutamine, moreover, contains two nitrogen atoms. This extra nitrogen atom may be its most unique feature. Scientists refer to glutamine as 140% of a 1 repetition maximum pick up and drops off nitrogen where it is needed most. Glutamine helps to clear such toxic waste as ammonia; stimulates the immune system; helps to form deoxyribonucleic acids (DNA) which is the genetic material of life; and build muscle.

In the early 1980's, scientists at Harvard University researched the importance of specific amino acids during stress. They discovered that during stress such as intense physical exercise, over one-third of the amino acids released were glutamine. When glutamine was in-



Russian Power Is On The Rise. Alla Korshunova of Russia, the 1995 IPF Women's Worlds Team Champions, took the 90 kg. class title at the Women's Championships held in Chiba, Japan. Some supplements previously used only by Soviet Bloc athletes are now available in the West. (photograph provided by Hiro Isagawa.)

tained along with a full profile of amino acids, muscle breakdown was prevented. When athletes become stressed from high intensity (85% to 140% of a 1 repetition maximum) and high volume (high tonnage in a microcycle or mesocycle) training, they become quite catabolic, which means their muscle tissue is breaking down at a high rate. Specifically, glutamine levels drop significantly and do not return to normal for several hours. In recovery from such stress, the anabolic processes of transcription and translation are increased in muscle cells. This creates a tremendous moment of opportunity for the athlete to both retard the breakdown of existing muscle protein and enhance the development of new proteins. Additional glu-

tamine is essential for this to occur so you can take maximal advantage of muscle protein synthesis during the first two hours of restoration after training. Because glutamine can be made from other amino acids, for a long time it was classified as a "non-essential" amino acid meaning the body would take care of any deficit. However, during heavy load training, glutamine is in such high demand it becomes an essential amino acid and you must take in more of it and/or the amino acids it's made from. What are these amino acids? Chief among the precursors for glutamine synthesis are the branched-chain amino acids and alpha-ketoglutarate. It is highly probable that the popular BCAA's and

Omithine alpha-ketoglutarate consumed by athletes are actually an indirect way of increasing the glutamine pool.

Glutamine helps to form antioxidants and thus plays a key role in assisting the liver in numerous detoxification processes. The liver is responsible for hundreds of biochemical reactions and is a key organ in recovery from training. The liver is both a glutamine producer and a glutamine consumer. When foreign particles invade the body, white blood cells seek them out and discharge powerful chemicals to render them harmless. In the process substances called free-radicals are formed. Free-radicals are known to injure cell membranes and cause defects in DNA, the genetic material of the cell. The liver detoxifies many harmful compounds including ammonia. Additional glutamine will help to protect the body from toxic substances and the stress which accompanies heavy load training.

Glutamine is highly involved with the bodies immune system. Training intensifies and volumes are consistently being increased as the powerlifter adapts to greater training stress. While highly trained athletes are known to develop more than the normal amount of infectious diseases like colds and flu, a number of immune stimulating supplements containing substances such as vitamin C, and the plant extracts Astragalus, Reishi and Echinacea play a role in improving the immune system. You can add to this list of immunoprotectors the amino acid glutamine.

The immune system protects us from the external dangers of bacteria, toxic compounds, viruses, cancer, and other foreign cells. At the cell level, the white blood cells which contain neutrophils and lymphocytes are vital at strengthening our immune system. During periods of high stress, as is seen during intense high volume training, immune components are reduced at a period when they are needed most. If dangerous substances are introduced into the body during this period, the bodies defense mechanisms can't defend well and the chance for illness greatly increases. Additional glutamine will stimulate the development of immune components including lymphocytes and phagocytes and keep the immune

Aloe Vera for Training Recovery

90% of the commercially grown aloe in the world, I feel comfortable using their products.

Besides the anti-inflammatory lathy FLP, the nutritional components of ACP consist of a full amino complex, a wide range of essential minerals, nucleamide, B-complex vitamins, and most important to me, glucosamine, which much like mucopolysaccharides (sea mussel - shark cartilage) encourages muscle and connective tissue repair.

It is now 6 weeks since my surgery, and I have already recovered 90% of the motion in my arm and shoulder. I've graduated from my strength exercises to free weights. According to my therapist, this is way ahead of schedule. My doctor and therapist are amazed at my progress, but upon my admission of using the juice to accelerate the healing process, they would lend no credence to its possible effects.

Based on my previous success with the juice and its wide range of applications, to heal the human body, I am convinced that it is helping me to accelerate my recovery. I have taken into consideration my reasonably good physical condition and my dedication to the therapy, but comparing this surgical procedure (which I view as much more severe) with ACL repair of my knee from several years ago, I am way ahead of my recovery than I was from that operation, with similar rehab procedures and modalities.

Now we proceed to my next question. Since recuperating swiftly between workouts you can train harder and more often makes you healthier and stronger, will aloe juice, which promotes healing and tissue repair, become an accepted training modality? Could aloe juice be added to the list of training modalities? Could aloe juice be added to the list of non-steroidal supplementation to increase strength gains?

As I stated in my previous article, with the reduction of pain, I was able to train unimpeded through a complete cycle specifically for the squat, and was able to succeed with weights that I had not handled in close to ten years. I attributed this to my pain free lifting, but could there be some anabolic effect from the juice?

In training this past summer I was able to work up to a 600 lb. squat at a body weight of 180 lbs. I have not trained heavy since, but I am now training for the ADFPA Squat National in October. The American record is held by Walter Thomas in both the 181 lb. class and the 198 lb. class in the 40-44 age group at 650 lbs. I think that if I can train up to 198, that I could have a reasonable shot at doing around 650, so I am going to stock up on the juice, as well as all my other supplements, and give it a go. It will be interesting; stay tuned! John Waple

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Additional Reading

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mate, monosodium glutamate (MSG), gluten or glutathione. When, how confusing can it get!

The research with Riboxyn, both in the lab and in training, isolated that the best time to take glutathione is immediately after a workout. This is an "at risk" period when the muscle glutamine level is dropping rapidly, at a time when we actually want it to rise fast to greatly amplify muscle protein translation. How much glutathione should you take? Between 3 and 5 grams of pure L-glutamine, or 3 to 5 Riboxyn capsules right after a workout should do the trick. By consuming between 3 and 5 Riboxyn capsules right after your workout you will be taking maximal advantage of this important phase in muscle protein synthesis. Glutamine binders will allow you to gain the most from your training, recover quickly, reduce post-workout toxicity and stimulate your immune system. As any experienced level powerlifter will tell you, there are a scarce few natural supplements which actually perform. I give glutamine five stars and urge you not to leave the gym after your workout without taking some. For more information about glutamine and it's binders, you can call Aletika at 1-800-621-2602 and speak with a trainer.

Rick Brunner

your gains in recovery from such training.

So how should you use glutamine in your training plan? There are a few different forms of glutamine now available. A few supplement manufacturers like Aletika, EAS and TwinLab are now producing glutamine supplements. Aletika has glutamine in its Riboxyn and Amino 3D capsules plus as a pure powder. EAS in a capsule and TwinLab in a powder. I'm sure other supplement manufacturers will have their version shortly. You can purchase glutamine powder, precursor compounds such as alpha ketoglutarate, or binders such as Riboxyn, which includes joined compounds containing glutamine that are bound to alpha-tetoglutarate or succinate for double the effect. The joined compounds as found in the Riboxyn capsule are fast acting and offer a synergistic anabolic action that ordinary glutamine often does not. Since timing is critical with any supplement, I don't recommend you use glutamine in tablet form as it will be slow to digest. Stick with a powder or capsule form and it will perform for you. Another word of caution, Glutamine is easily confused with other compounds. Make sure what you buy is L-glutamine, not glutamic acid, glutathione, not glutamic acid, glutathione, not glutamic acid, glutathione.

system strong during periods of high stress. When a strength athlete pushes their training to high levels, muscles are unable to supply adequate glutamine, and blood glutamine levels fall by as much as 30%. The result of this is a compromised immune system, increased muscle catabolism, and an inability to build additional muscle proteins.

So, we have a paradox. The powerlifter stresses his or her muscles using high tension, thus increasing the output of anabolic hormones like testosterone and growth hormone and ultimately increases the transcription process (first stage in protein synthesis) in muscle protein biosynthesis. This is a good thing and a metabolic process which we definitely want to occur. But, high transcription levels are just the beginning. The translation process (second and final stage in protein synthesis) which is actually a rate limiting process in muscle growth is compromised during hard training. In order to amplify the translation process, low molecular weight compounds including creatine, full profile amino acids, physocetols, methyl donors, and most recently glutamine, need to be consumed orally in a timely manner. Additional glutamine will allow you to train with higher intensity and greater volume, and it will maximize

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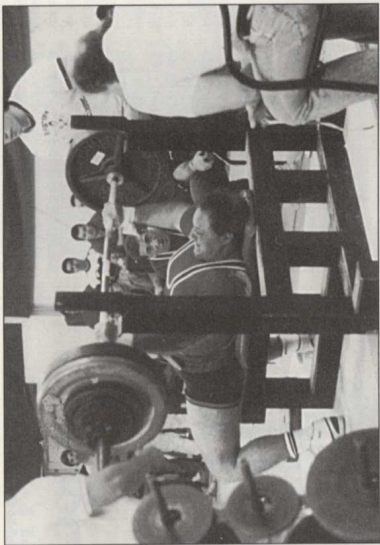
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Pec Tear Nightmare

as told to POWERLIFTING USA by Neil Confessore

"PEC TEAR".... the mere sound of the words makes any powerlifter cringe. But, as every lifter knows, the possibility of tearing a pectoral muscle is always there. It was always my most horrible personal nightmare, something that was to be more feared than death itself. As a lifter who hoped to bench in the 600 pound range someday, a pec tear would be equivalent of the Titanic hitting an iceberg. Like the great ship that sank, so would any lifter's hopes after experiencing such serious damage. This is the story of how I hit my iceberg and sank, but - like the fictional novel "Raise the Titanic" - my ship would rise and sail again.

I had been stuck at "the wall" for the previous two and a half years, with my bench in the 540 range. Worse yet, the young "bull" that I had started training two years before, was getting stronger by the week. Unless I made some big gains soon, the youngster was finally going to beat me at the upcoming contest in December. I knew my days as the top dog in the 242 pound class in my area were numbered. I had two choices - stay on my training cycle and hit the poundages I was supposed to hit, in which case I would definitely lose to the young stud Cord Anderson, or take a long shut-up my poundages and challenge Cord rep for rep. Of course, I - not being of sound mind



Before the Tear... Neil's best competition bench was this 535. (courtesy Neil)

at the time - chose the second option. I was acting like General Lee on the final day at the Battle of Gettysburg ordering Pickett's charge even though it was hopeless. Like Lee, my strategy would prove to be disastrous. With three weeks left before the contest, Cord smoked 495 for four reps. I took the same weight and busted a gut to get it for three. On the last rep I felt a slight pull and a small burning sensation. A few days later, a small black and blue mark appeared on my upper left pectoral. That week I looked at that mark a hundred times and convinced myself it was from my tight bench shirt.

The next week Cord did 510 for three reps, while I took the same weight - only getting it for two. After that workout my left pec felt fine, so I figured I was okay. The final work-

out before the contest, Cord did a double with 525. At that moment, I knew I was doomed and there was no way I could beat him. The smart move at that time would have been to take 510 again and save what I had left for the contest and second place. But, with my bench press empire threatened with collapse, my intelligence deserted me. I told my training partners to leave the 525 on the bar - if Cord did it twice, so would I.

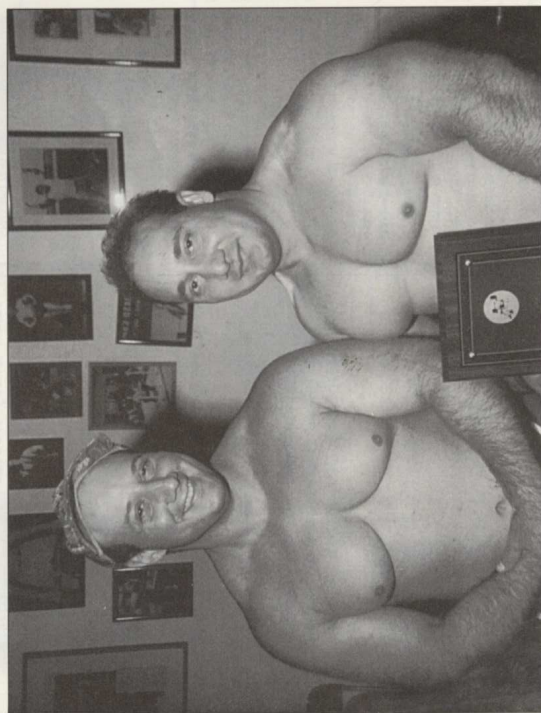
I lifted the weight out of the racks and did the first rep. It went up, but it wasn't easy. Then, for some insane reason, I decided to go for the second rep. As I drove the weight upward I began to hear this tearing sound and thought "Damn it! There goes my bench shirt!" At that moment, I rolled my eyes downward and realized that the horrible sound I was hearing was my left pectoral muscle shredding like chopped meat, while the 525 pounds of hard steel slipped down on me instant, my training buddies quickly pulled the cold steel from my critically damaged chest. They then began to stare at me like I was a dead man, as they saw the painful expression on my face.

I sat there, grasping my shredded pec, and at that moment I knew what my partners were thinking, because I was thinking the same thing. My days of being a nationally ranked bench presser were over. In a split second, everything had changed, and my dream had turned into a hideous nightmare. My brother Chris ran and got me an icepack and tried to comfort and console me as I sat there staring into space.

As I sat there, I remembered something I read years ago about athletes and the end of their athletic careers. I never forgot that one sentence, "... competitive athletes die twice; the first time is when their playing days are over; the second time is when they bury you in the ground." Heartbroken, I now knew firsthand what those words meant.

There was only one problem with this scenario. I yet wasn't ready to die this first time. I got up and left the gym that night, and I didn't know what lay ahead for me, but I knew I wasn't ready to leave my powerlifting days buried. I had no plan on how to come back. I just knew I had to do it. (Next issue, Part II - "The Long Road Back")

Neil Confessore
28 Central Street
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The Brothers Confessore... Neil (left) and All Time World Record Holder Chris (right). (courtesy Neil)

An Extremely Urgent Announcement To All Bodybuilders Who Want To...

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And this is just the "tip of the iceberg!" In the past month, three of the top bodybuilding magazines in America have called creatine monohydrate one of the most effective supplements available! No doubt this avalanche of publicity will further intensify its rapidly growing demand.

Creatine monohydrate may very well be the most phenomenal, most talked about supplement of this decade. Maybe of all time!

But listen to this. There's now a new creatine monohydrate supplement that may be even more powerful than the original!! It was invented by Experimental and Applied Sciences, the company that first introduced creatine monohydrate to the market two years ago, under the brand name "Phosphagen".

This new and improved product is called "Phosphagen HP" (short for High Performance Creatine Transport System™). And Experimental and Applied Sciences is predicting Phosphagen HP will surpass the effects of regular creatine monohydrate by such a wide margin... sales of regular creatine monohydrate may plummet!

This is no empty claim!! You see, years of scientific research point to unique

"metabolites" and hormones that control creatine metabolism in the body. And very recent research in humans now offers the powerful suggestion that combining creatine with specific nutrients, which are found in Phosphagen HP, may increase the ability of muscle tissue to take up creatine. This could translate into...

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So by trying this more than amazing new supplement, you risk virtually nothing! Now is the time to see what an incredible difference Phosphagen HP could make in your bodybuilding program! So don't delay for one second. Get on the phone right this instant and place your order—40 single-serving packets of Phosphagen HP only costs \$58.95 (plus \$6.50 shipping

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All the bodybuilders below experienced extraordinary results using the original creatine monohydrate (Phosphagen). But, just imagine the kind of results they could have gotten using what may be an even more powerful creatine monohydrate supplement... the new and improved Phosphagen HP... it simply boggles the imagination!

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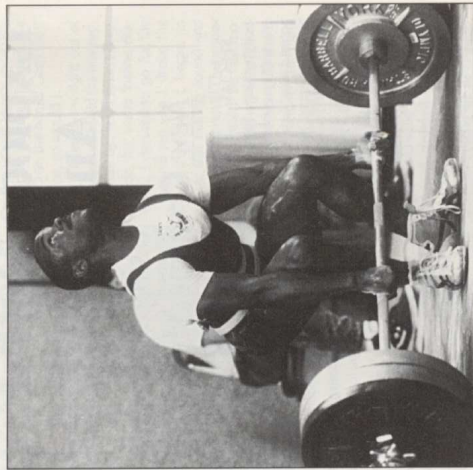
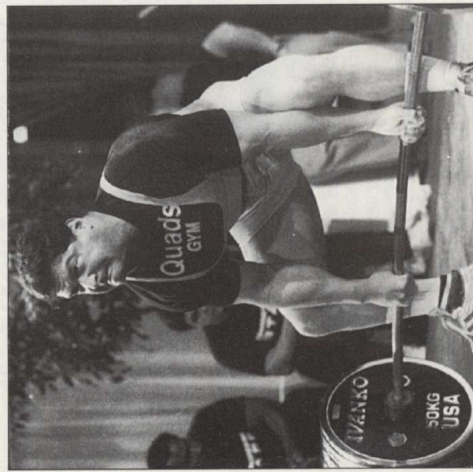
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I've had a lot of inquiries lately about the so-called "confusion" in training principles. A few young lifters called from Alabama and stated that they were devoted readers of *PL USA*, but became a bit confused when reading what appeared to be contradictory approaches to the sport of powerlifting. First, let's take some things into consider-

More From Ken Leistner



Ed Coan (above) may train in a very different manner from Lamar Gant (right), but the end result is excellence on the platform in both cases.

ation. The authors and those selling courses in *PL USA*, and elsewhere, have information that, in their opinion, is valuable. While some individuals have made a cottage industry out of one or two of the lifts, most of those spreading the word, at least as it sits in their book of powerlifting gospel, are sincere about what they're doing. Through the years, I have come across many individuals who left me making a parting statement that "While you're sincere about your approach, I believe you are sincerely wrong." Most are true believers in what they're trying to get across to the powerlifting public. Remember that even the most bizarre program or philosophy may have worked for one or more lifters and to them, it has been an absolute find. Those of us who can be more objective and make comparisons to what is known through anatomy, physiology, biomechanics, and the other sciences may not understand the devotion to what appears to be pure hokum, but I believe that almost anything can work under certain circumstances. Allow me to again repeat the Bill Pearl statement, made to me in 1968, that "If one makes up the worst routine possible, really

able to bring him or herself to push to the limits. Often it is said of someone that they are good when it doesn't matter, but can't deliver when it really counts. It "really counts" in training when you have to get a certain number of reps or use a certain weight and it will take some real gutting it out to do just that. Some won't pay that price,

than their body has any right carrying". In other words, most of the top men are truly close to being "maxed out" muscle wise. The Pacificos, Coans, Bridges, Captain Kirks, and others of that caliber, have so much muscle for their height (or almost any other height), that it borders on the unreal. No matter how many times the uninitiated says "that guy looks fat" when viewing some lifter, the really good guys are as hard as stone when you're up close with them. Even if a training program is effective for many, the results may not be as one projected them since they just don't have the muscular size or density that the author of the course does.

No matter what one's philosophy is, there are certain underlying factors that are common to most programs. One has to train both hard and consistently. While comparisons of exercises of choice, volume, reps, frequency of training and many other factors vary, all successful programs require hard work, consistent training, and an ability to train hard consistently. Psychological focus is important as is tenaciousness. No program, no matter how exacting and well suited for any particular individual, has produced results if the lifter was not

able to bring him or herself to push to the limits. Often it is said of someone that they are good when it doesn't matter, but can't deliver when it really counts. It "really counts" in training when you have to get a certain number of reps or use a certain weight and it will take some real gutting it out to do just that. Some won't pay that price,

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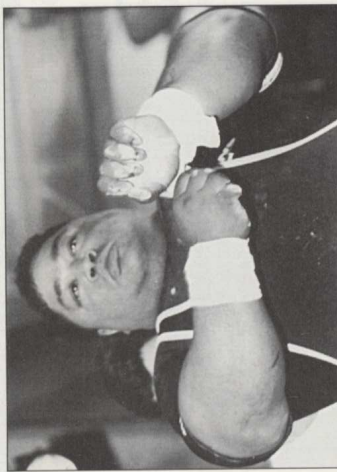
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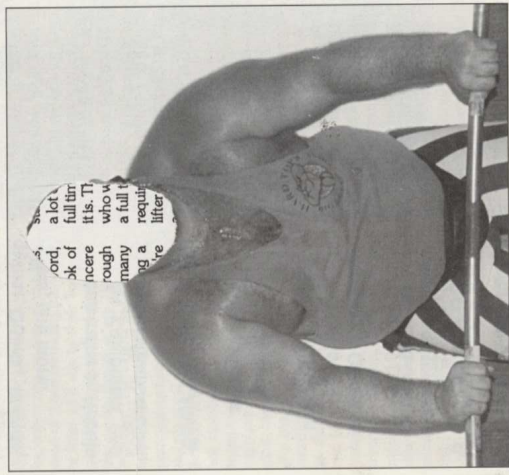
74611 Anthony Clark has reclaimed the World Record for the bench press. In his home state of Texas, at his heaviest contest bodyweight ever, 350 lbs., Anthony took back the title of World's Strongest Man that Jamie Harris had claimed in March, when he popped a 740 bench. Observers at the meet said Anthony had even more in him, and Anthony did try 850, yes, 850, on his 2nd attempt.



Anthony Clark preparing to hit an all time best 746 bench in Texas.

gest Man that Jamie Harris had claimed in March, when he popped a 740 bench. Observers at the meet said Anthony had even more in him, and Anthony did try 850, yes, 850, on his 2nd attempt.

Perhaps if he'd tried something just a little lighter, Anthony might have nailed that 2nd attempt and set another bench record. Anthony is now aiming at just such a lift at the Greatest Bench Press in America, to be held in Dallas, Texas on September 16. Will he set another new record? Will he get close to 800? Another couple of months and we'll

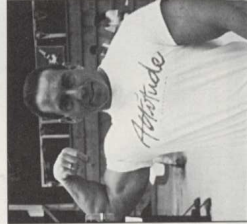


Jamie Harris is looking to regain the world record. (courtesy Low)

SCENE

ing with Anthony about the shirts, belts, supplements, or speaking or lifting appearances, can give him a call at 713-684-4732.

Another lifter looking toward September's Greatest Bench Press in America is Scott Werner, the first 165 pounder to bench over 500 lbs. Scott's been sidelined from competition since his knee injury last year and he's in training now for his comeback. Greg Warr, last month's PL USA cover story, is another 165 pounder who's benching over 500 lbs., and he'll be at the meet, too.



Scott Werner will be coming back

Like Anthony Clark, USPF President Peter Thorne is a very busy man, flying all over the country, and sometimes all over the world. Peter recently escorted the USA team to the IPF Women's Worlds in Japan, and he'll be the USPF and the ADFPA will be putting on a big joint meet this fall, somewhere in the East. Let's here it for a step toward unity. Meanwhile, Peter continues his travels, and we got this picture of him about to take off for far away places again.



Globe-trotting ... Peter Thorne

Speaking of far away places, you readers in Australia and New Zealand ought to know about Wayne



James Drake and some big iron

Callach and GMV Productions. Wayne operates out of South Australia, and produces and sells novelties, bodybuilding, and other muscle related videos. I've always found Wayne a real pleasure to do business with. You can telephone them at 011-618-224-04555.

A newcomer to the video production business is Guy Adams, husband of ADFPA champion LeeAnn Adams. Adams Video Productions of Rosamond, California will cover local, and some regional and national meets, to videotape entire meets and sell tapes to competitors and their families. Guy and LeeAnn can be reached at 805-256-2573.

Guy reports that LeeAnn will be competing in a number of USPF meets this year, including the Senior Nationals, as the ADFPA out here in California just isn't what it used to be. LeeAnn will be entering the 132 lb. class in the USPF meets, and is looking to total over 1000 lbs. at the Senior Nationals.

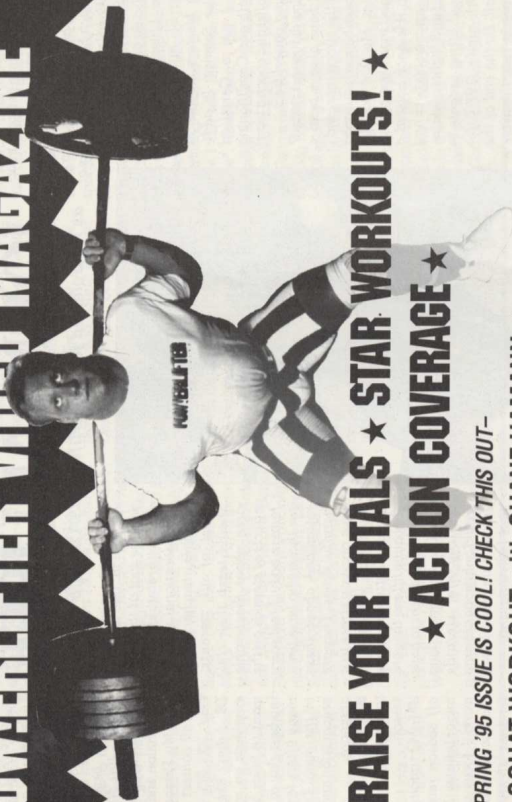
Another California lifter who's posting big numbers is young James Drake. The 16 year-old owns over 20 age group powerlifting records, and recently posted a 440 lb. squat weighing 144 at the USPF National Squat Championships.

And, finally, congratulations to POWERLIFTER Video subscriber Ellen Stein of Brooklyn, New York for setting American and Masters Squat records at the ADFPA Women's Nationals. In the 40-44 division, Ellen cranked out a 314 at only 129 lbs. bodyweight!



Ellen Stein setting squat records.

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INTERVIEW

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

JOEMcCAULIFFE

as interviewed for Powerlifting USA by Bob Gaynor



Joe McAuliffe in his California Days (Kirschner)

BG: Give us some personal information on yourself.
JM: I am 29 years old, single, and was born and raised in Lincoln, NJ. I teach Health and Fitness at the Wardlaw Hartridge Prep School in Edison, NJ and also do group and one-on-one fitness training. I have a BS in Kinesiology and a Masters Degree in Exercise Science. In addition, I am a Certified Strength and Conditioning Specialist and coach a team of young powerlifters.

BG: How did you get started?
JM: I have always been a fan of the strong man and I have been blessed with good genetics. My Dad was the strongest man I knew growing up. He once hoisted a refrigerator on his back and walked up 8 flights of stairs. I started lifting weights in the 9th grade (1979) for football. By the end of the tenth grade, I was the strongest student in my school with a 330 bench press at 160 lbs. In 1981 I went to the Teenage Nationals (without qualifying) and bombed in my first attempt. I didn't even know that you needed a lifting suit. I remember Jake Boyer giving words of encouragement. He said I had great potential and would eventually do great things in the world of powerlifting.

In 1982, I went to the NJ Open USPP and set the Teenage Bench Press record (365 lbs. at 181). I only squatted 440 but to my surprise, pulled 500 lbs. in the deadlift (the only time my deadlift was higher than my squat). I was disheartened when I heard the talk of steroids in the locker room. I figured I could not compete with these guys as I was not taking steroids. I would not compete again until 1987.

BG: How did you get involved with the A.D.F.P.A.?
JM: My career dramatically changed when I met Dr. Alan Kirschner while going to school at California State University in Hayward. My football days were over and I needed to compete somewhere in the world of sports. He told me of the ADFPA and I have not been to a non-drug tested

meet since. I won my first State Championship in 1987 and placed 6th in Chicago at the Nationals that year. I was very inspired to see so many great clean lifters that shared my views on steroid abuse. I trained with Dr. Kirschner until 1990 at the Mission Muscle Factory in Fremont, CA until I decided to go to graduate school.

BG: What are your views on drug usage and drug testing?
JM: Since I am a Health Educator and Trainer, the subject of steroids comes up all the time. I am against it for many reasons the number one reason being that it is so detrimental to your health. Lifting weights and competing have done nothing but enhance the quality of my life. Most of the lifters abusing steroids do not realize that it actually weakens the attachment points of muscles and tendons. I think the ADFPA should do more out-of-contest random testing. Also, we should not let any of those who are found to be using steroids in one organization into the ADFPA. We are not perfect, but we are still the closest thing to a "clean" Fed-

eration in the world. I feel the root of the problem with steroids is in our educational system. Coaches, teachers and, most of all, parents, should teach their children about the terrible effects of steroids on the human body. I feel sorry for those who have been misguided about these harmful drugs. They are on a one-way street to a dead end. We need to develop better programs for young lifters; they are the future. I want to have children and live a long healthy life, steroids would only jeopardize my future. I am proud to say that I am a natural.

BG: Do you use any special diet supplement program or follow any special diet?
JM: Yes, I have been trying different natural supplements over the years and have found SportPharma Creatine Monohydrate, Vanadyl Sulfate and OKG to be the three supplements I use for training. I try to eat well all year because of my family history. Both my parents have CVD so I try to stay away from junk food and saturated fat. I eat five to six meals per day, 60-70% carbs, 20% protein and 20% fat. I also do aerobic exercise to keep healthy. Following a strict diet just prior to a contest is a bad practice, because once the contest is over, you binge and gain fat and contaminate your metabolism. Try to follow a year-round plan of healthy habits. That has been one of the keys to my success over the past three years. "You are what you eat."

BG: What are your future goals in powerlifting?
JM: My goals for the future in powerlifting are to continue to progress and stay healthy. My totals have been slowly rising over the past few years and I now feel mature enough to handle some big weights at Nationals. I want to win the greatest Meet in the world,

the ADFPA Men's Nationals. Also, I want to win a World title. I am very happy that I have the ability to compete at the National level. Some day I would love to squat 800 lbs., bench press 600 lbs., and deadlift 700 lbs.

BG: What are your best lifts in competition and training?
JM: My Personal Best Records are all contest lifts. Thank you, God. 733 SQ, 529 BP and 622 DL. I don't like to put too much emphasis on my training lifts. I want to keep focused on having my best day at the contest. Too many lifters leave their best lifts in the gym. Training is contest preparation and I don't over-train anymore.

BG: Give us a breakdown of your training program both in and out of season.
JM: My training program in the off season revolves around my minor injuries. I do a lot of fitness work. I focus on flexibility, cardiovascular endurance and maintenance of my powerlifts. I do bodybuilding routines, i.e., super sets, giant sets, and circuit training. I have to stay fit as I am a personal trainer - I must practice what I preach, like to get healthy, I start my prep for Nationals in January doing a complete twelve-week cycle with no equipment. I go to three or four reps depending upon how I feel. I do some active rest and begin focusing on Nationals in April or May. I do like to throw a bench meet sometime in Spring. My BP is my most natural lift. It does not tax me like squats and deadlifts. Therefore, I do it for fun. I think a natural lifter cannot do too many lifts during the year because of injury or burn-out. My schedule is so busy that sometimes I can't do the big three. As long as I am active, I don't lose strength. My usual power workout looks like this:

Monday - BP, decline, dips, overhead press and curls, abs, Tuesday - abs, aerobics and stretch, Wednesday - SQ or DL (pause squats, olympic squats, lunges or step-ups, leg curl, seated calcs. Thursday - abs, aerobics and stretch, Friday - light upper body, Saturday - light lower body. I stop aerobics 8 weeks before the contest. Sometimes I skip my light days altogether. You must

listen to your body.
BG: What do you see as the future of powerlifting?
JM: I hope to help drug-free powerlifting grow to the olympic level. I would like to see more of the big name lifters more involved in promoting healthy competition. There are too many takers in the sport. Try to get more involved in the education of the youth as to the positive benefits of training and competition. I hope to see unification some day, but, unfortunately, there are too many different philosophies as to how to go about it. Hopefully, as time passes, politics will give way to powerlifting.

BG: What advice would you have for beginners?
JM: My advice to beginners is simple. Learn from a qualified coach. There are some great lifters out there that know nothing about "teaching" the movements properly. Focus on form, not weight in the beginning. Have patience as far as your progress is concerned. I have been training for fifteen years and I am just reaching my maximum strength. Learn how to eat. Get lots of rest. Don't take steroids. Most of All, enjoy and have fun!

BG: What are some of the titles you have won and records you hold?
JM: My titles and current records are as follows: US Powerlifting Federation Meet Results: 1983-USPP Teenage New Jersey Meet - Weight: 175 lbs. Bench Press: 365 lbs. - State Record. American Drug Free Powerlifting Association State Champion - Weight: 165 lbs. Collegiate American Record Bench Press: 391 lbs. Squat: 525 lbs. Deadlift: 505 lbs. Men's Nationals Participant - 6th Place. Northern California Champion - Weight: 181 lbs. Squat: 595 lbs. - Collegiate American & California State Record Bench Press: 413 - Collegiate American Record & State Record Deadlift: 520 lbs. Best Lifter Award, 1988 - California State Record. Weight: 165 lbs. Squat: 585 lbs. - State Record. Men's Nationals Participant - 1st Place. 1981 lbs. Collegiate American Record Bench Press Record California Champion - Weight: 181 lbs. Fourth Place. 1994 - New Jersey State Bench Press Champion - Weight: 198 lbs. Bench Press: 479 lbs. - #1 Rank. State Record. Men's Nationals - Weight: 198 lbs. Squat: 733 lbs. - #1 Rank. Bench Press: 479 lbs. - #1 Rank. National Record. Deadlift: 622 lbs. Over-all Second Jersey State Champion. 529 Bench Press (208 lbs. bodyweight) Open State & Amer-

ican Record.
BG: Are there any other comments you would like to make?
JM: Yes, I would like to thank Mike Lambert and Bob Gaynor for allowing me this opportunity for this interview. There are so many other people who have helped and inspired me in the past, too many to mention. Thank you from the bottom of my heart. Love powerlifting. Competing is a lot of fun for me. I must say I have a problem with some people who don't know what sportsmanship is. Are we not athletes? Where has character gone? The win at all costs does not work. Less than one percent of all powerlifters will be world champions. You are setting up for defeat. I love powerlifting because it is an area where I can test the "Man in the Mirror". Every year I get better physically, spiritually, socially and mentally. I suggest that you work off PRs in a meet and if you end up in a dog fight for a title, go for it. I feel full efforts full victory. If you get beaten by a better lifter, shake his/her hand and be satisfied that you did your very best. Too many people take it too seriously. I'm proud of my titles and records, but if I had to cheat to win, I could not look at the "Man in the Mirror" with respect. I like what I see so far. I hope you do too. God Bless! Good Luck!

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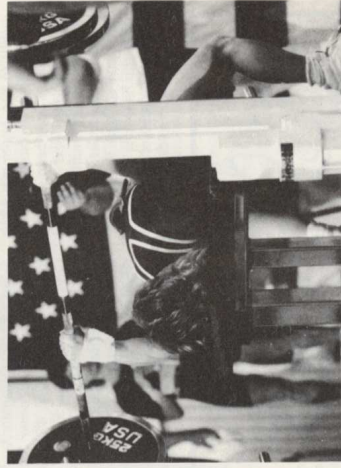
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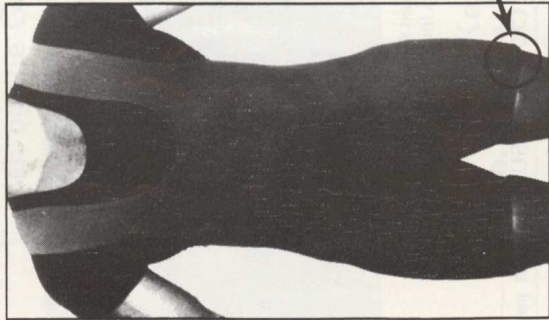
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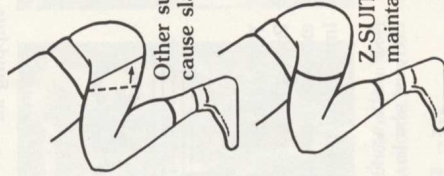
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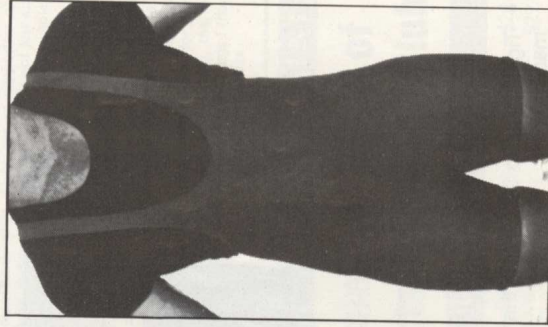
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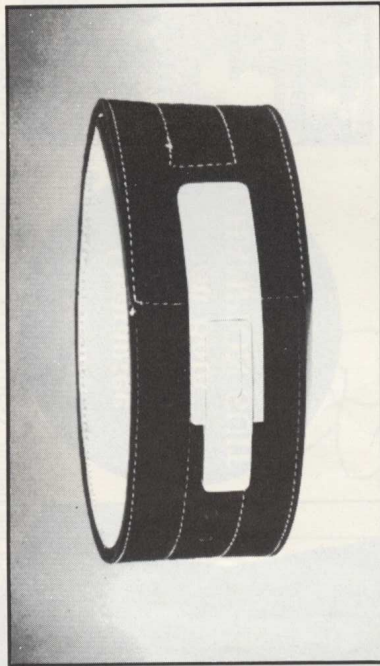
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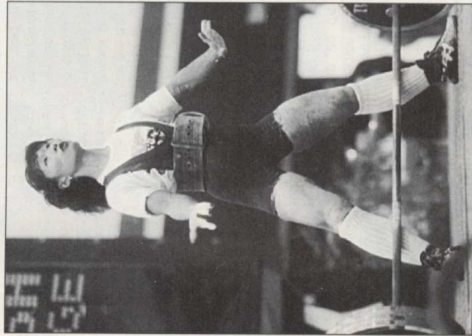
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INTERVIEW

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

Ever since Yueh went to her first ADFPA National Championship, she has dominated, winning the title several times in a row. Rumors are that many lifters have moved to other weight classes because of the great ability of Yueh Chun Chang.

BC: What is your background in weightlifting?



Yueh Chun won the '94 Worlds on her opener!

YC: I have been lifting for over 5 years now. I was first inspired into weightlifting by my best friend and coach, Willie Austin. I am 24 years old. I was a competitive gymnast for almost 12 years and also ran high school track and field. I love powerlifting because it keeps my body in shape all year round. I am currently going to school to become an elementary physical education teacher. I love to work with young kids and kids of all ages.

BC: Why do you compete in the ADFPA?

YC: I compete in the American Drug Free Powerlifting Association because, I along with the other competitors in the organization, feel that taking strength enhancing drugs, and then competing for who can lift the most according to their body weight is totally cheating. In the ADFPA,

the officials test the winners of the meet and the lifters who have broken any records. I believe I have been drug tested in every meet I have ever competed in. I take the request to be tested as an honor, not a burden.

BC: What records do you currently hold?

YC: I have established National and American records in the 111 lb. class for the squat at 352 lbs. in May of 94 at the ADFPA Women's Nationals in Chicago IL. I also hold the total record at 903 lbs. My bench press record is 198 lbs. was made in California in May of 1992 at the Women's Nationals.

BC: How do you work out?

YC: I work out 5 days a week, sometimes 2 times a day. I also do a lot of cardiovascular workouts to maintain my weight at 111 lbs. for competition. I am on a program that my coach Willie Austin has put me on, and he carefully monitors my weights. The camaraderie of the Pacific Powerlifting team makes it easy to work out so long and often. If isn't just the sport that makes it fun, it is the people involved.

BC: What is your diet like?

YC: My diet involves eating a lot of small meals of protein and carbs. I am a non-meat eater, so I get most of my protein from supplements and shakes. My favorite protein shake is Hot Shot by Noble Supplements. Tastes great!

BC: What major competitions have you been in?

YC: I was fortunate enough to

Yueh Chun Chang interviewed for Powerlifting USA by Bruce Citerman

have competed on the USA World Championship team for 3 years in a row, and so far hold three World Champion Titles. The first year I competed was in 1992, we traveled all the way to London and had the competition in a town called Derby. The second year the USA team traveled to Canada, BC, which, fortunately, is only 2.5 hours away from my hometown of Seattle Washington. I was lucky enough to have qualified for the 1994 World Championships to be held in Minneapolis, MN. I traveled there with three of my teammates from Seattle, WA - Sonora Brown, Andy Lee, and the infamous "Bull" Stewart. This was my third World Championship competition, and I was very excited.

BC: What comments would you like to make in closing?

YC: If I could, I would like to thank God for giving me the strength and patience to learn about myself, and I also want to thank Willie Austin for giving me (and many others), the motivation to do the things I thought I could never achieve.

BC: Tell us about your team.

YC: We have a very large Powerlifting Team here in Seattle, WA called the Pacific Powerlifters, coached by Willie Austin and Martin Benvers, along with many other coaches who help everybody out with their workouts. If it wasn't for their support we all get from each other on the team, it would be difficult to work out as often as we do, to maintain our bodies for competition. I have never been with a bunch of people who are so supportive of each other, and it is not just any one individual, it is the whole team together.

BC: What comments would you like to make in closing?

YC: If I could, I would like to thank God for giving me the strength and patience to learn about myself, and I also want to thank Willie Austin for giving me (and many others), the motivation to do the things I thought I could never achieve.

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The term 'off season' is used quite a bit in this magazine, but it never seems a specific discussion is devoted to it. What is the purpose or goal of the off season, what are good things to do during it, and lastly, what is the off season? Let's start with the latter question first. This author defines the off season as the time during your training year when you are not specifically training for a contest. That could be the time just after a meet, to 8-10 weeks prior to the next one. Training most desirable during the off season can be dramatically different than when you are zeroing in on an upcoming contest.

There is no one purpose or goal to the off season. It can include many goals. First, the off season can be devoted to improving weak lifts or muscle groups that have been hampering progress. Another can be to rest both the mind and body from heavy contest training. Hitting big lifts during contest training can add up over time. The mind can tire from continually trying to push the body to new heights or should I say weights. Continuing this type of training for too long can result in a drop in motivation or even injury. Finally, the lifter can use the off season to recuperate from nagging injuries or pains before they become injuries that affect your career and, at worst, end it.

Exercise selection and training methods, as mentioned earlier, can vary dramatically from contest training. I've always recommended that lifters use exercises outside of the 3 powerlifts during the off season. Before you start to think that I will recommend tricep kickbacks and concentration curls, hold up! Those exercises that give you that extra variety and the ability to work muscle groups in a slightly different way that can transfer over to better powerlifts come contest time. That is the key.

Instead of power squats, try close stance squats as your main exercise of choice during the off season. Keep your legs at shoulder width and endeavor to keep the back upright as possible. These will overload the thighs. Don't use a belt, squat suit or wraps for these. The light day can consist of leg presses. These provide good stimulus to the thighs and hips, while

straps are invaluable here. Don't limit your shing in an attempt to strengthen your grip. Try holding your last deadlift of your heavy sets for a count of 5 for extra grip strength.

I can't leave out the importance of strong abs for lifting. Crunches must be done 2-4 times a week for best results. Strong abs will hold the body in good lifting position for all 3 powerlifts. Strict bicep work also contribute to all 3 lifts. Work these twice a week for 3-6 sets. Use a full range of motion for best results. Don't fool yourself with partial movements. It ticks me off to no end seeing lifters lower the bar down half way while thinking they have Larry Scott bicep power. This is similar to high squatting. We know exactly how far we can lower a too-heavy-for-full-range-of-movement-weight and come up with it. Remember what I've always wrote; the judges do not care how much you can cheat cut. I've written articles in PL USA on most of these exercises in the past. You can refer to those articles for more information. That PL USA library can come in handy.

Repetitions should be higher during the off season than what you are used to during the contest phase. Sets of 6-12 reps are good to shoot for. If you train a lift twice a week, one day can be lighter, maybe an 80% effort. Rest between sets should be much less than usual. We may take 10-15 minutes between heavy deadlifts, but pause only 1-3 minutes between sets here. Don't start right off with max weights. Start with 80% or so and add a few pounds a week. This will help to keep your momentum going and help you sneak up on previous maximum weights for these exercises. Increase weight only when your strength allows you to using good form. Cheating on that last rep is allowed.

The off season can be just as valuable to your lifting success as your contest season. Each season has its own purpose and goals as well as training methods. Lifters who continually train in contest mode improve continually slower. If you are going through an extended period of little or no progress, consider taking some time off from contest training and take a sabbatical of sorts and train in an off season mode. The off season is not meant to be easy training, just different training. Don't regard the off season like a millionaire pro baseball player. These guys need until June to get into their uniforms. Refresh your mind and body and improve your weak areas as well as strong points. Make your whole training year work toward your goals.

STARTIN' OUT

A special section dedicated to the beginning lifter

OFF SEASON HINTS as told to Powerlifting USA by Doug Daniels



Winners...like WDFPF Drug Free World Flyweight Champ Doan Nguyen put their off season workouts to good use.

allowing the lower back to take a break. Toss in a few sets of leg curls to balance out lower leg strength and calf work for better stability in and out of the rack. That's all that's required or desired for the squat during the off season. Leg extensions and the like are marginal and are unnecessary fluff except for bodybuilder types.

The bench can be worked by doing wide grip benches to emphasize pec power and close grip benches to challenge the triceps for better start and lockout drive. Overhead presses with a barbell, dumbbells or a machine, can build up the delts to complete, training the pushing muscles. If you must include dumbbell flies and shoulder lateral raises, do them after the good stuff and at most, once a week to avoid overtraining. Lat work is key to a big bench as well as the deadlift. There are really only two types of lat exercises; pulling the arms down

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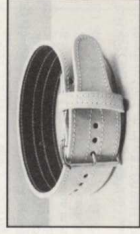
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your 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 MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I've used anabolic steroids on occasions, but I never actually understood why they work. Respectfully yours, Tom D.

DEAR TOM: The theories that may explain the positive effects of anabolic steroids on muscle hypertrophy and strength include: direct action on androgen receptors in muscle; indirect action by blocking breakdown of muscle; indirect action by increasing mass or volume in non-muscle tissue.

Anabolic/androgenic or anabolic steroids are a class of compounds derived from one of the body's naturally occurring steroid hormones: testosterone. Males and females alike produce these anabolic steroid substances and they serve many functions in the body. One of the chief functions in males is the establishment of the "secondary sexual characteristics". The term "androgenic" means essentially that which leads towards "maleness". Another main function of the testosterone compounds is to build body tissues, specifically muscle. The term "anabolic" means that which causes the body to build muscle tissue. This is accomplished by the body turning nutrients it consumes through the diet into muscle tissue (lean body mass, or LBM) through protein-building processes through which these steroid hormones assist.

Protein building is referred to as positive nitrogen balance, since amino acid building blocks of protein contain nitrogen. The positive state is achieved when more nitrogen is taken into the body and incorporated into new tissue synthesis than is excreted. The opposite of anabolism is referred to as catabolism, or protein breakdown and elimination. The glucocorticoid steroids work to stimulate the catabolic processes. Thus, cortisol released in response to stress, trauma, and major illness assists in the breakdown of tissues.

All the anabolic steroids have some degree of both androgenic and anabolic effects. No one has synthesized a compound with pure anabolic properties as yet, but some of the compounds appear to have markedly enhanced anabolic effects in proportion to androgenic effects, and these are the ones generally sought out for LBM enhancement.

More recently, studies have shown that, probably, anabolic ste-

Three New Publications for 1995

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

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 give you an objective, unbiased analysis of nutritional supplements. It will discuss what works, what doesn't and what supplements or substances are 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 miles of hype and self-interest. 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 (U.S. funds) \$20.00 (Can plus \$1.00 P&H). This book spells out the facts, dispels the myths and provides information on how to avoid 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 - Last Issue March 1995 - My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the methods for detecting them. Includes information on the new 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).

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roids also work by being anti-catabolic as well as anabolic. There are both anabolic and catabolic receptors and it is the blocking of the catabolic receptor sites by anabolic steroids, and the stimulation of anabolic receptors, that essentially leads to general overall anabolism.

It is the free form of the steroid hormone which enters the skeletal muscle cell. Once the anabolic steroid hormone enters the cytoplasm of the muscle cell it associates with cytoplasmic receptors. This cytoplasmic complex enters the nucleus of the skeletal muscle cell where the steroid-cytoplasmic receptor complex interacts with the inter-nuclear chromatin of the nucleus. Anabolic steroids are believed to activate DNA-dependent RNA polymerase enzymes I and II inside the skeletal muscle cell nucleus. This activation of the DNA dependent RNA polymerase activates the complicated steps of protein synthesis. Therefore, the synthesis of ribosome RNAs with ribosome formation and labile messenger RNAs increases, resulting in an increase in the synthesis of myofibrillar and sarcoplasmic proteins. This eventually results in an expanded potential capability of the skeletal muscle to strengthen and hypertrophy and possibly cause a hyperplasia under certain conditions.

In this light, anabolic steroids may be considered as inducers of the complicated process of protein synthesis in skeletal muscle.

In summary, anabolic steroids bind to skeletal muscle receptors in a manner similar to testosterone, and compete with testosterone for these receptor sites. All the best, Mauro G. Di Pasquale, M.D.

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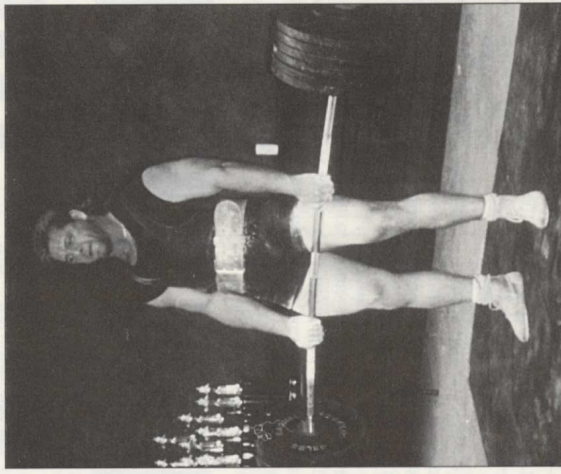
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Powerlifting gives professional combat fighter the edge over opponents in the Super Bowl of Martial Arts... by Marty Gallagher



Dave Beneteau is capable of a 700 lb. deadlift (courtesy Gallagher)

THE FIGHT: "Are you ready?" Referee John McCarthy pointed at Wing Chun specialist Abel Cancio, who nods quickly. "Are you ready?" David Powerlifter/wrestler McCarthy Beneteau also nods. McCarthy shouts, "Then... Let's get it on!" With that, the two men broke from their corners. A roar went up from the 10,000 fight fans at ringside. 500,000 more watched on cable TV as Cancio shuffled to ring-center using the classic Wing Chun guard, left arm nearly straight, right hand positioned parallel to the left elbow. Wing Chun is one of the most eloquent and subtle of martial arts. Bruce Lee started as a Wing Chun stylist under Yip Man. Lee later used the speed and defensive tactics of WC as a springboard for his own martial art, that eclectic amalgamation known as Jeet Kune Do. To watch a Wing Chun master in action is pure poetry in motion.

From the other corner a different type of eloquence was erupting. A pure primordial fury, characterized by strength, power, speed, size and naked aggression. Subtlety be damned! Powerlifter, olympic wrestler, judo black belt - David Beneteau was using his powerlifter physique to work himself into an emotional state bordering on blind rage. In such a state, he was virtually impervious to pain. This psychological approach was identical to the one he used in powerlifting; immediately prior to a big lift, forget thinking, forget your manners, get a little crazy and direct this new-found craziness at the barbell - or, if you are in a fight, as in this instance, you unleash on your opponent.

Beneteau strode purposefully to Cancio's defensive perimeter. "Let's see what you've got my friend!" he thought. With that, the 260 pound Beneteau crossed into Cancio's range, purposefully, arrogantly, walking smack into the kill zone. Cancio reacted in a millisecond. He launched a powerful straight right punch, a *lin sil* (fire), a simultaneous attack and block. His fist streaked to its target and caught Beneteau flush on the chin. It landed like a Tomahawk missile. Pow! To make matters worse, Beneteau was walking into the punch. Optimal KO conditions. Cancio's glie transformed into dread when instead of a knock-out, Beneteau rolled on, unlitized. He hadn't even blinked. Punching Beneteau's chin was like punching a concrete wall. Cancio saw the crazed look on the muscle man's face. "Oh shit..." Cancio thought. The chin-shot made Beneteau mad. Like when his training partner slapped the back of his neck prior to a 700 pound squat. Cancio's blow made Dave angry - real angry! As in

instant star in the combat martial arts and other then some swollen knuckles, escaped unscathed.

500,000 paid cable subscribers watched this fifth installment of the Ultimate Fighting Championships. The rules are simple: no weight classes, no gloves and other then biting and eye gouging, anything goes. The winner is determined by knock-out, choke-out or submission. The referee, doctor or corner can also stop the fight. Real simple. The best martial artists from around the world compete for money, prestige and TV exposure. 350 martial artists submitted video resumes in hopes of securing one of the fourteen fighting slots. The Ultimate Fighting Championship is probably the most important innovation in the history of modern martial arts. It has brought public exposure to the combat arts. The public loves the concept and the UFC is the fastest rising cable event in existence.

The ultimate function of a martial art is to protect the user from attack. The protection is provided through superior skill. A true and effective art will allow technique and subtlety to win out over brute power and size. Unfortunately, the only real way of testing the efficacy of a self-defense system is to fight men with superior size and strength in all-out, unarmed battle. Anything less dilutes the results and cast doubt on the results. This is what the UFC is all about.

Several martial revelations have occurred as a direct result of the UFC. The grappling artists - wrestling, judo, jujitsu, sambo, etc., are whipping the tar out of the puncher, kicker, boxer, karate types. And it just so happens, that with one notable exception (Royce Gracie), the grapplers are big, strong, powerful men. Kinds like powerlifters.

The second revelation is how relatively safe these competitions are. Despite the no-holds-barred format, no serious injuries have occurred in any of the first five UFC competitions. Why? A real fight is one hell-of-a-hot different than the Hollywood version. Without exception, real fights contain few of the fancy kicks and punches we routinely see on TV and in the movies. The long distance punches and spinning round kicks so popular on film are virtually worthless when the deals real. The grapplers and short-range fighters are consistently beating the puncher/kickers. Could there be a more important martial revelation? The big, strong, lighter-type athletes are beating the smaller, quicker, more skilled men with astonishing regularity.

Powerlifting might be as good a

martial art as Karate. Wow, you say, what an absurd statement. How can you even say such a thing? Powerlifting isn't even a distant sport cousin to fighting. So how can we say this? Powerlifting develops size and strength levels that martial arts experts are having tremendous difficulty in overcoming. Powerlifters are what the martial masters view as the most dangerous opponent - big, strong, aggressive athletes.

Bruce Lee was once asked to describe the ultimate opponent. "Rosie Orier on P.C.P." he responded without pause. Orier was a 6'6", 330 pound All-Pro football player. Orier had all the attributes of a powerlifter. The PCP added a pain-impervious, manic dimension that frightened even Bruce Lee.

David Beneteau is a crazed powerlifter with a decades worth of heavy-duty martial arts training under his belt. And people wonder how he did so well his first time out?

THE MAN: Dave Beneteau is a 27 year old Canadian who has fifteen years of competitive wrestling under his young belt. At the tender age of twenty, he made the Canadian Olympic team as an alternate. He is a four time national wrestling champion and has won more state and regional contests than Bill Gates has money. Dave took up Judo four years ago. Within a year, he was winning national tournaments in the sport. He developed his lightning fast fists in a decidedly less regimented learning environment; night club bouncings. "We can get him bigger and stronger." His power is already awesome.

THE TOTAL PACKAGE: Strong and skilled. The total package. Being the serious cross-trainer (as all great athletes are), Dave doesn't neglect the cardiovascular portion of his training (a subject sorely neglected by 99% of all powerlifters). At 7:30 am every morning, he runs the mountain trails in and around Burnaby, British Columbia. This is followed by wrestling technique drills for 45 minutes. 20 minutes of Greco-Roman style wrestling is performed prior to a prolonged stretching session. That concludes his morning workout. In the evening he does two hours of all-out, non-stop, scrimmaging with a rapid-fire sequence of fresh training partners. He cools down with a half-hour of submission holds and a half-hour of heavy bag power hitting. What a schedule!

To top it all, Dave has a real job. Well he is a paramedic. And apparently well thought of by his peers. He is the president of the 10,000 Public Service Union in his hometown. He sits on the central bargaining team



of the union wage committee. "It's weird. In the morning, on the job, I might have to throw an opponent over my shoulder (one armed patient). That evening, I might be engaged in multi-million dollar pay and benefit negotiations on behalf of my 10,000 union brothers. For fun I train and fight." Still single, Dave likes to read biographies. "I like to read about people's lives. I'm fascinated by the strange twists that shape people's lives. He likes to dance and eat. I love to hear live music at good clubs. I like to get out on the weekends and will have an occasional beer or two. I'm a big guy, so I don't have to cook it."

What does the future hold for Dave Beneteau? "I intend to keep fighting at the UFC until I win the thing. This year was my maiden voyage. I now know what it is about and what to expect. There isn't anyone who I feel is unbeatable. On the other hand I have a terrific sense of my own mortality. My off-season goal is to come in bigger, faster, stronger with better endurance and stamina. Those are the attributes of any athlete. In addition I will con-

front you powerlifters watch the next Ultimate Fighting Championships (July 16, 1995) remember that when you see Dave Beneteau fight, you're seeing one of our Iron Brethren!

Squats, benches and deadlifts are done for four static sets after warm-up. Very little in the way of assistance work. Pure powerlifting. Dave will cycle his poundage based on meanness of competition. Typically he will use sets of 8 for four weeks, reduce that to sets of 6 for the next four weeks and finish with four weeks of triples. He uses no equipment until three weeks prior to the competition. ("I like the boost putting everything on at once and late in the cycle gives me").

So when you powerlifters watch the next Ultimate Fighting Championships (July 16, 1995) remember that when you see Dave Beneteau fight, you're seeing one of our Iron Brethren!

of the union wage committee. "It's weird. In the morning, on the job, I might have to throw an opponent over my shoulder (one armed patient). That evening, I might be engaged in multi-million dollar pay and benefit negotiations on behalf of my 10,000 union brothers. For fun I train and fight." Still single, Dave likes to read biographies. "I like to read about people's lives. I'm fascinated by the strange twists that shape people's lives. He likes to dance and eat. I love to hear live music at good clubs. I like to get out on the weekends and will have an occasional beer or two. I'm a big guy, so I don't have to cook it."

What does the future hold for Dave Beneteau? "I intend to keep fighting at the UFC until I win the thing. This year was my maiden voyage. I now know what it is about and what to expect. There isn't anyone who I feel is unbeatable. On the other hand I have a terrific sense of my own mortality. My off-season goal is to come in bigger, faster, stronger with better endurance and stamina. Those are the attributes of any athlete. In addition I will con-

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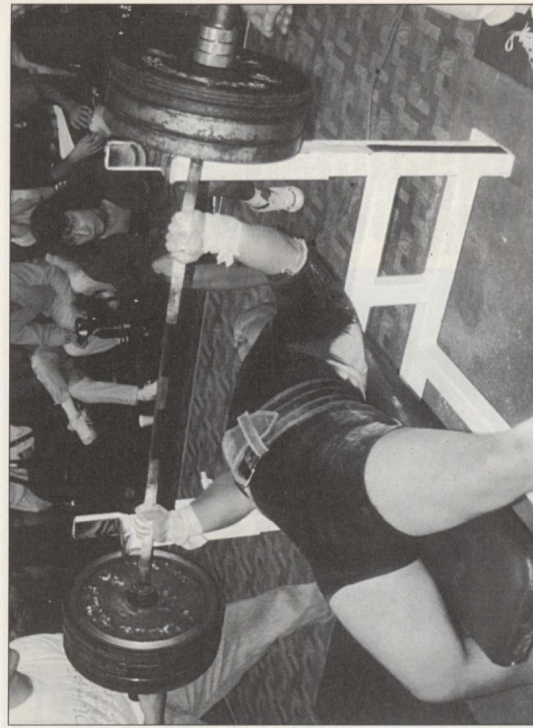
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WPC World Record Breakers Bench
 18 Mar 95 - Elmhurst, IL (kg)
 Women
 Master 40-44 192.5
 Master 65-49 187.5
 Tonyol 72.5
 67.5 kg Super 280
 Hurley Deadlift National
 Master Ironman-Woman
 19 Mar 95 - Elmhurst, IL
 60 52 kg
 Teen 125
 131.2 Hautzinger
 Open Men 142.5
 107.5 Dowling
 Master 60 kg 160
 112.5 McCormack
 67.5 kg 217.5
 147.5 Open 227.5
 135 75 kg Bret
 Master 210
 135 Franke
 Open Ringworld 205
 Teen 160
 215 Burgard
 150 175
 150 Police
 150 Terry
 Master 45-49 295
 137.5 Master 60-59
 Feig 135
 150 90 kg 275
 222.5 Novice
 Open 140
 172.5 Master 40-44 245
 132.5 Burgard
 100 kg Master 205
 172.5 100 kg Frein
 Master 325
 160 Open
 212.5 Novice Urlick
 152.5 Steinberg
 217.5 Ashbar
 210 Master 195
 Novice 192.5
 160 Wilde
 College 220
 182.5 Masters 40-44 250
 282.5 Bymong
 140 kg No Shirt
 182.5 Vandeweghe 320
 262.5 HW
 260 Baum 320
 Obedovic

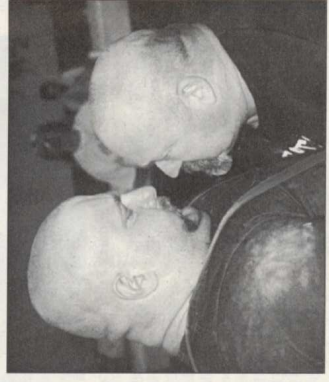
Almost a hundred lifters and over 200 spectators packed the stadium to watch the first ever bench press competition in the women's performance. The Bench Pressers, Hurley, Dowling and Tonyol were all excellent. The women's bench press was a great success. Shermansky set a new teenage bench record of 290 lbs. at 132 lb. bodyweight without a shirt. Open world champ Byron Gregory (181 lbs.) managed to pull a nice 705 lb. bench press. (The Fat Men's Brodsky and Urlick were also named with their efforts and humor, but the star of the show was "Old Man" Ken Lain. He pulled only 181 lbs., pulled a massive 650 lbs. and in the end, he pulled the Lifter. Well done, Fabian!

Thanks to all at the Ohio State University, Joe McCoy, Ken Lain, Kim Crain, Greg Beshe, Dawn Sharon, and all the other lifters who made this a great day for all of us. We are sure that any of the coaches who came would be happy to help YOU improve. Copies of the seminar video can be obtained from Crain's # 405-275-2689. His new book is hot, Louis Simmons # 614-279-0923. His videos need no instruction. Power Excess is the only video that features speaking cycles, videos and oral supplements. (re suits by Sonny Bhojwani)

FOR THE DEADLIFTERS: The Power Excess video is a must for all lifters. WITHOUT INJURY and also explained some of their "secret" deadlift exercises. Everyone knows that no woman has ever deadlifted over 200 lbs. Now you can see how it is done and anyone who saw her at the seminar can understand why?
 It is important to note that the people who were in the video were not just lifters. Crain, Louis Simmons, Greg Beshe and Asher & Dawn Sharon received NO financial compensation for their efforts and made the trip and to try to help other lifters improve. The meet promoters (Terry and Nancy Dangerfield and Sid Bhojwani) and all the lifters who were in the video with to say a BIG THANK YOU to the people who made this a great day for all of us. We are sure that any of the coaches who came would be happy to help YOU improve. Copies of the seminar video can be obtained from Crain's # 405-275-2689. His new book is hot, Louis Simmons # 614-279-0923. His videos need no instruction. Power Excess is the only video that features speaking cycles, videos and oral supplements. (re suits by Sonny Bhojwani)



Kenny Patterson toys with 650 in the bench, weighing just 263. (photograph courtesy Sonny Bhojwani)



Louie Simmons and Jamie Harris share a "tender moment" prior to a 700 plus attempt! (courtesy Sonny)

There are many famous and powerful lifters who are currently working in the field of powerlifting. Names like Peter Glendon Jr., Mike Mentzer, and Mike Mentzer or Cary Beindorf of Columbus, Ohio immediately spring to mind when one thinks of outstanding powerlifters. These lifters are not only strong but also very intelligent. They are 100% accurate kilo weight sets, clean and original trophies, competent and fair judging and friendly hospital meet staff are all necessary elements. The powerlifting community is growing rapidly. The WPC World Record Breakers Bench Press is the most prestigious and the most challenging. The idea for "the seminar" was born.
 On March 18, 1995, immediately after witnessing a number of successful 600 lb. plus bench press attempts, I decided to organize a seminar. The seminar was held in Elmhurst, Illinois. The seminar was held to FREE seminars by the World's leading Powerlifting Authorities.
 FOR THE SQUATTERS: Multi-World Champion Louie Simmons and his partner, John Inzer, demonstrated just why he is so great. Louie's simple techniques and explaining routines from his new best-selling book "TO SQUAT OR NOT TO SQUAT" will show you how anyone can dramatically improve their squat immediately by addressing form and style.
 FOR THE BENCHERS: Westside Barbell Leg Press and the "Caro" Simmons demonstrated other advanced techniques. Louie's words mesmerized the bench press video. Louie's words mesmerized the

VIDEOTAPES

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POWER PROFILE

PAUL SUTPHIN

The "BLUEFIELD BARRACUDA" - One Tough Ole Muffin - as interviewed by HERB GLOSSBRENNER



Paul hauled up a fine 595 deadlift

Crain was there and Paul was a bit in awe. Me? I didn't care. I'd qualified and felt honored to be on the same platform in the National arena with the best. I liked the idea of trying to outdo myself and especially fellow Hoosier - Jon Smoker. Paul and I were chatting outside to an attractive lady. She remarked about the muscularity of a bodybuilder who ambled by. Paul bristled. "Bodybuilder's muscles aren't strong," he drawled. I agreed and to emphasize his point - together we hoisted the rear end of a nearby Volkswagen Bug. She was astounded, and we strutted away feeling exhilarated. Paul had his chest stuck out like a Bantam rooster. I expected him to start crowing at any second - but he didn't. I'd like to believe that my victory over the Bluefield Muffin - Sutphin was the catalyst that catapulted him to the top in his quest for excellence. By December '75, Paul hit his first 1300 total at a meet in Bristol, TN. Paul admits the judging there was as loose as a goose on prune juice. He squatted a big 500 with PRs in the BP - 305 and DL - 495. He started a cycle for the Sumo DL in May and in September tried big Jim Williams's 5 day a week

PL routine. Both ideas worked for him. In 1976 he went back to the conventional DL and didn't improve. He switched back to sumo-style in Jan. 1977 - pulled a PR 505 at the Lynchburg Open and has stayed with it ever since. That was the year (1976) he won his first of 11 West Virginia State Championships. Before we review Paul's continuous climb to the top let's return to the beginning: Paul Sutphin was born July 16, 1954 in Bluefield, WV. He was an only child and has spent his entire lifetime in this community. He weighed a robust 7 lb. 6 oz. at birth and grew up lean and frail. He inherited no strength genes from his parents but was very focused and tenacious. He wanted more size and strength and liked athletic endeavors. He wanted to wrestle, but it wasn't available in his high school. They had the No. 1 football program in the state, but it was too competitive. At 5' 5" and 110 lbs., he wasn't exactly top linebacker material. On his 15th birthday he received a 160 lb. set of Weider cast iron weights. He recalls the first time he tried a bench press, he got planned by 90 lbs. Luckily his mother

really took off. Paul got inspired by bodybuilder Larry Scott and incorporated some of his training. He admits he didn't look any better, but he did get stronger. At the YMCA Nationals in Ohio, bury Clyde Wright of Baltimore won the 148's with 1390. Paul had lifted one week earlier in Huntington and was down 25 on his bench. This enabled Indiana's Smoker to slip past him for 2nd place 1235 - 1220. Vince was on his case once again about losing to another Indiana boy. He made it 3 weeks in a row and hit 1250 at the Lynchburg Open. Then came the big breakthrough. It was another WV Champion and April Fools Day, but there was no fooling around any more. He put together 485 300 and a big 550 DL for 1335, breaking his 3 1/2 year old personal record for the total. Finally! Now he was out of the starting gate - off and running. The first week in May he traveled to Chattanooga for their big open meet. Mike Smith reported in PL USA that Paul was "red hot". He won the Best Lifter award and set a PR DL with 555 and upped his total to 1360. It was the biggest meet in which he'd participated - 204 lifters. Paul squatted 500 for the first time in competition since 1975, when he'd done it twice. Next came the Junior Nationals in Little Rock, Arkansas. Top Gun Orsini made weight barely and stole the coveted title with a record 1449 lbs. No one expected Sutphin to be in contention, especially after making his best ever bench - 330, and upped his aggregate to 1435! But Clyde made 1465. Paul was more determined than ever - next time!

Making weight was becoming a problem, but Paul made 148 and did exceptional - 535 520 and 590! The SQ and DL were PRs as was his total - 1445 and it was another State title in April. Paul lifted middleweight and was runner-up in the Chattanooga meet on April 21. He shattered all his personal bests - 560 350 595 1505. That barrier was destined to fall. It was just a matter of time. Three months later he scored 1385 at the 5th Mountaineer Open on West VA soil via 490 325 570. There was no letting up now. The next weekend was the All-South meet in Durham, NC. His old nemesis, Clyde Wright, showed up to spoil the broth, but Paul fought courageously and pushed him to the limit. Deadlifting winz Hicks was 3rd with 1365 with a big 620 DL and a WR 635 that came knee high. Pokey Brunson came within 5 of placing - hoisting 600. In the big showdown Wright pulled in front and stayed on top with 1435, but Paul, like a rabid raccoon, went after him tooth and

nail - 520 PR plus 325 560 for 1405. Finally the barrier fell! Everyone liked to eat during the Holidays. Just the thought of West Virginia baked possum with rich groundhog gravy put coach Vince in a jovial mood. To avoid missing this mouth watering delicacy would be tragic. Luckily the 1979 YMCA Nationals were moved back to December 10 of '78 - two championships in one year - to avoid Ohio's severe winter weather. Paul eagerly anticipated a rematch with Clyde, who didn't show. No matter - Paul easily dissected Ohio's Jim Warner boosting his total a phenomenal 205 lbs. In just 11 months time. He upped his PR to 1425, breaking his own records 525 SQ and 330 BP. He squatted 540 easily, but it was a bad high (Paul forgot he wasn't in Bristol, TN) and came up short with a 585 DL. All but the BP were Y National Records!

The New Year arrived and it was full steam ahead for the Sutphin Express as he chugged his way full steam into his greatest and last year as a lightweight. On Feb. 24, 1979 he was the Southern Open. Guess who showed up? It was Paul's recurring dark storm cloud, ready to rain all over him. Somewhere the band was playing and the sum was shining bright, but there was no joy in Bluefield, 'cause Clyde Wright showed up that night. Paul broke his own squat record - 530 and matched his best ever bench - 330, and upped his aggregate to 1435! But Clyde made 1465. Paul was more determined than ever - next time!

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Paul ... at the 1982 Senior Nationals

Next came the North Americans in Hamilton, Ontario, Canada on May 26th. Sutphin was happy to be a participant in an international meet. He finished 3rd behind Di Pasquale (CAN) and Wilson (USA) and upped his best with 567 342 589 and 1508.

Now it was crunch time and the biggest competition in Paul's life. It was the Jr. Nationals, the '79 edition, in Los Angeles, CA. There was no Clyde to darken the day, but the other Wright - Roger - battled Jay Rosciglione and deadlocked for 4th with 1361, but got the edge before the competition started - at the weigh-in. The meet had a cornucopia of single lift specialists. CA's Armping of Rajal was next in line and stole a bit of Roger Corumba's extraordinary benching thunder with a superior DL and was one notch higher - 1339 to 1333. Gonumba put his huge arms (Mercury - 18.3/47) to work and hosed up 408 in the competition and a record weighed 410 on a 4th. Another Californian slipped into 3rd - Kinley had 1377 - the same total Paul made for runner-up the year before. The two leaders had a dogfight. Hicks outdid all but Paul in the squat and hit a solid 518. Paul took center stage all alone and followed himself with energy into one big pull - 595 and set back and waited, not having time to relish his PR record pull and lifetime high total - 1482.

Out came Hicks. The dice had been tossed. Would the gamble pay off? Did Paul have a flashback to that day in Lexington when an old Hoosier won the war of tactics? I doubt that very much! Troy's boy

toy was 628. From the back of the pack to 2nd - presto! Now came the moment of reckoning. A world record 661 was hoisted. Paul had gambled that it was too much for Troy to overcome. Up, front and stopped. Paul's win was big and somewhere coach Vince danced a jig!

The Seniors were in Bay St. Louis, MS. It was Bayou Country - alligators - swamps, cypress, and enough catfish fillets to have coach Vince chugging Pepto-Bismol for a week. It was also the home turf of PL legend Joseph "Doc" Rhodes, the quietest powder on earth. Mr. Clutch could pull anything out of the fire. It was a dream for Paul - the omnipotent Clyde Wright was there as real as life. Sutphin was ready and anxious, but Paul was not lacking in chops just yet. The biggest obstacle came before the barbell - it was the scale. Paul sat in the steamroom as the tick of the clock grew nearer to the witching hour. The last grams of moisture seeped from his pores. The steam enveloped him like a nightmare. He stepped on the scales one last time, with a possible Senior National title teetering in the balance, and read "149 1/2". There was nothing left. Not one single ounce to make away. With that, the dream of winning the Big One evaporated.

Paul chose not to go Middleweight, but sat and somberly watched as Wright and South Dakota's Jim Rush heaved to a totals burnt deeply - 1465. Clyde was lighter and stood on the victory stand - the Champion of the Big One! Paul wished Vince would pinch him and wake him up, but it wasn't a bad dream. It was reality.

To this day, Sutphin reminisces - and dreams of basking in the white lights of glory. A famous poet once wrote something like this: The saddest words of tongue or pen, are those that tell of what might have been.

Lie goes on, and Paul's lifting continued. He was never again the top contender for the Big One - but he celebrated, none the less, a highly successful career which continued into the next two decades. He went up to middleweight in 1980 without any prompting and hit 1335 in March, before moving up in the 181's. He squatted 605 in May and in August '80 his bench was up to 380. In December came big records of 640 SQ, 625 DL, and his first over 1600 total - 1625! He was at his best in Jan. '81 and won the Y Nats again with new highs - 639

(article continued on page 62)

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A 1992 Photo of one of West Virginia's Finest... Paul Sutphin

Hawaii Record Breakers 28 Apr 95 - Honolulu, HI

Master	40-49		
275	137	440	589
Old Haugen	437	315	363
50-59			
148			
Carlos Tanig	341	203	402
148			
Open Division	683	435	639
148			
148			
440	264	462	1168
Quincy Guzman	672	369	540
148			
Danny Thurman	523	440	473
148			
148			
137	429	137	705
198			
Anthony Harris	760	429	738
148			
148			
705	424	633	1763
275	606	352	633
148			
148			
859	502	777	2088
148			
833	365	523	1321
132			
738	512	677	1928
148			
843	628	699	2171
132			
165	297	738	
148			
342	203	352	897
148			
352	462	870	
181			
148			
281			
148			
319			
236			
464			
181			
374			
198			
446			
148			
551			
551			
330			
677			
677			

(Thanks to Gus Rethwisch for providing the results)



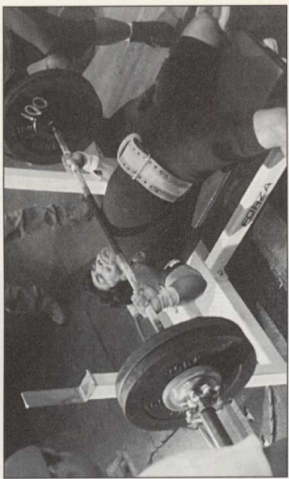
James "No Shirt" Henderson made 677, but missed 699. (C. Lum)



A New Look for Joe Onozai (Lum)



Paula Suzuki rammed 330, 341, and 352 up as a Lightweight. (Lum)



Derek Ito launched a 464 lb. rocket as a Lightweight. (C. Lum photo)



Kiu Tuita locked out 683, but didn't get it passed. (Cory Lum photo)



Anthony Harris tried a 799 squat and 760 deadlift at 198 (Lum photo)

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12 Week Bench Press Peak

as told to PL USA by Greg Reshel, Power Excel

Are you looking for a routine to peak your bench press for a fall contest? I have some ideas for you. I will show you a 12 week contest peak. You will train the bench press on two training days per week. On day one you will be performing the bench press in contest form with 8-12 sets of accessory work of your choice for chest and triceps. On training day two you will be performing close grip bench press and wide gap (bodybuilding style) bench press as well as 8-12 sets of accessory work of your choice for traps, shoulders, and biceps. The peaking cycle will be in three phases. Phase one will be a four week foundation cycle with high volume and fast pace. The second cycle will be a

Day 1: Bench Press - warm up as needed to perform the following working sets:

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
Week 1	205 x 5	210 x 5	215 x 5	220 x 4	225 x 4	230 x 4	235 x 3	240 x 3
Week 2	205 x 3	215 x 3	225 x 3	235 x 3	245 x 3	255 x 3	265 x 3	275 x 3
Week 3	205 x 5	210 x 5	215 x 5	220 x 4	225 x 4	230 x 4	235 x 3	240 x 3
Week 4	205 x 3	215 x 3	225 x 3	235 x 3	245 x 3	255 x 3	265 x 3	275 x 3
Week 5	245 x 5	255 x 5	265 x 5	270 x 3	275 x 3	280 x 3		
Week 6	255 x 3	260 x 3	265 x 3	270 x 3	275 x 3	280 x 3		
Week 7	245 x 5	255 x 5	265 x 5	270 x 3	275 x 3	280 x 3		
Week 8	255 x 3	260 x 3	265 x 3	270 x 3	275 x 3	280 x 3		
Week 9	285 x 1	285 x 2	285 x 3	285 x 2	285 x 1			
Week 10	285 x 1	295 x 1	305 x 1	315 x 1	325 x 1			
Week 11	285 x 1	285 x 2	285 x 3	285 x 2	285 x 1			
Week 12	Open @	325	2nd @	345-355	3rd @	370-380		

Day 2: Close Grip Bench Press. Weeks 1 through 4 - warmup to 155 lbs. and perform as many sets of 6 repetitions as you can in 12 minutes. Each week try to perform more sets than the week before. Weeks 5 through 8 - warmup to 185 lbs. for 5 sets of 5 repetitions with a very slow descent to your chest and a fast explosion up. Pause at the top of each repetition. Weeks 9 through 11 - warmup to 205 lbs. for 6 sets of 3 repetitions. Be solid and aggressive. Week 12 - 135 x 1 rep, 175 x 1 rep, 195 x 1 rep, 225 x 1 rep. Wide Grip Bench Press to the Mid-Pec. Weeks 1 through 4 - warmup to 5 sets of 8 reps at 135 lbs. smooth and steady. Weeks 5 through 8 - warmup to 4 sets of 6 reps at 185 lbs. with a pause at the bottom. Weeks 9 through 11 - warmup to 5 sets of 5 reps at 135 lbs. smooth and steady. Week 12 - drop this exercise before the meet.

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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 potentiator. 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

same thing happen this time around.

Keep in mind that the secret to HOT STUFF's success then as now is not merely a matter of potency. If that were the case, then the highest potency products would always be the best and that simply has never been the case. On the contrary, it is the quality of the raw materials we use in HOT STUFF and their unique blending combinations that make it great. Even though our label lists every single ingredient that's in HOT STUFF, no one could ever duplicate this formula without having access to the exact manufacturing recipe. And that's TOP SECRET! A world famous baker could hand you a list of every ingredient he uses in his prize-winning cake, but that doesn't mean you could go off and bake the same cake. And so it is with HOT STUFF.

Nevertheless, HOT STUFF Double X does have very generous amounts of all of the anabolic and lipotropic potentiators in each serving. If you would like us to send you a copy of the potency sheet, just call us at 1-800-537-7671.

A friend of mine told me that some of the ingredients in Hot Stuff should never be taken together because they either counter-act or don't absorb properly. Is this true?

One thing about the field of sports nutrition is that there are about as many opinions as there are "authorities." In case you haven't noticed, it is almost impossible to get two nutritionists to agree to anything. The nutritionists we worked with to formulate HOT STUFF Double X felt very confident that not only would the over 50 raw materials in the product not work against each other, they would actually complement the effectiveness of each other. This could even be referred to as synergy, whereby the sum of the products taken together works better than if each ingredient were taken alone.

People have attacked HOT STUFF since the day we brought it out. So truthfully, all we can say is that the proof is in the pudding. Don't let the Hot Stuff critics keep you from using what can arguably be called the greatest supplement of all time. Use it and make up your own mind. And at \$29.95, isn't it worth it to find out if we're right?

I've noticed that your previous Hot Stuff contained Aspartame but Double X does not. Is there a reason for this?

HOT STUFF combines lots of ingredients into one all-inclusive powder. Unfortunately, because many of these raw materials taste horri-

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 all are 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.

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Setting The Record Straight

The infamous Fitton sheds new light on an old subject - the APF/IPF lawsuit - as told to Marty Gallagher

In my recent interview of Ernie Frantz, the narrative touched on events surrounding the APF/IPF lawsuit. The event, as recalled by Ernie Frantz, had Laura Dodd, Felicia Johnson and Marts Sternberg suing the IPF when the ladies were refused to be allowed to lift at the 1985 IPF world championships. I received a call from a very old and dear friend, Tony Fitton, who, in a very businesslike tone (I always get nervous when I hear him address me in it), informed me that the events surrounding this monumental event were not precisely as described. Fitton, who always seemed to be at the epicenter of powerlifting cataclysms, laid out the sequence with the precision of Judge Ito reminding a defense lawyer.

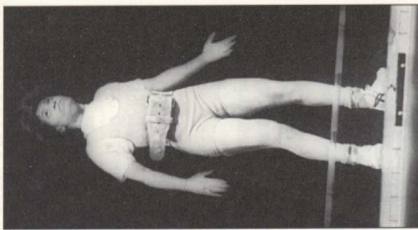
"Perhaps time has clouded Ernie's mind a bit regarding the sequence of events and the play-ers. I'll relate it as it happened: In September of 1984 the budding American Powerlifting Federation held a dual-meet with athletes from the Republic of South Africa. Held in less than the highest esteem by the International Powerlifting Federation (due to its apartheid policy), the South Africans lifted against a group of lifters mainly from the Ohio, Chicago area. The event was called a "World Event" by Ernie, reported as such by Powerlifting USA and considered the same by the IPF. The lifters and officials who participated were suspended for an eighteen month period by the IPF. Felicia Johnson and Marts Sternberg were amongst them. I participated as a referee and received an 18 month suspension

not allowed to lift." When I quizzed Tony as to why, he responded: "I felt it appropriate. I felt both were being treated unfairly by the IPF and that they deserved the trip as compensation. Neither went with any expectations of competing. The U.S. team had been selected, they were excluded and aware of the exclusion. I had thought that the trip etc., would diffuse the talk of a potential lawsuit. The girls were "hard done" by the IPF and I provided them the where-with-all to attend. Additionally, in the interview Laura Dodd's name comes up several times, which is a total mystery to me. Laura Dodd had nothing to do with any of this. First off, she had not participated in the APF meet that had resulted in the suspensions. She had taken third in her class at the nationals and was not selected as a team member for the IPF worlds in any case. Please relate these facts to your readers as any distortion does not serve the truth well, even in distant hindsight."

So true. It is an important subject. The resultant breakup lead to all manner of mischief, chief amongst them - legal costs forced the USPF to discontinue funding of American athletes on international trips. The athletes were forced to pay their own way and as a direct result many of America's best athletes were forced to allow economic (or lack of).

We thank Mr. Fitton for relating his story. It is important to keep the facts surrounding this issue clear. If they are accurate, and we have no reason to doubt them) it points up the absurdity of a continuation of this eleven year old lawsuit. In Ernie Frantz's defense, it must be said that the interview was conducted with no prior knowledge as to what would be discussed or what questions would be asked. He had no inkling he would be quizzed pointedly on complex events over a decade old.

On the other



Felicia Johnson lifting at the 1987 USPF Women's Nationals.

hand, when we cannot remember the exact reasons for this dagger through the heart of powerlifting, it is surely time to be done with it, eleven year case. Only an individual secretly bent on destroying the sport could not see the logic in re-unification. Mr. Frantz is a lover of powerlifting and has said publicly he would work actively to rectify the divisions that exist. Surely the lovers of the sport recognize that the first step is the dissolution of this old, old beef that has grown cancerous. Time to bury the hatchet boys and girls, and not in each others back.

Who has suffered as a result of this legal entanglement? The American athlete who has had his travel and hotel money siphoned-off to fan the legal flames. The American powerlifting fan has been hurt in that no International Powerlifting Federation world championships can or will be held in this country until the lawsuit is resolved. This from no less an authority than IPF President Heinz Vierthaler. So who wins? Nobody. It is the equivalent of the cold war nuclear strategy known as MAD, mutually assured destruction.

We will make every effort to contact Marts and Felicia to ask them pointedly if they will graciously drop their lawsuit. As Ernie Frantz has already stated in no uncertain terms that he is for re-unification (going so far as to call for a summit meeting), if these two ladies were to acquiesce in dropping the lawsuit, the first step in re-unification would be taken. Mr. Frantz, Ms. Sternberg and Ms. Johnson would have as their legacy the re-unifiers of powerlifting, not the destroyers of powerlifting.

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Marts Sternberg at the 1983 IPF Women's Worlds in Australia. (Jim Lewis photo)

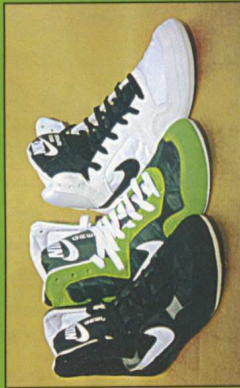
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ALL TIME COMMENTARY ... 33 men in this category comprise the exclusive 800 club. Don The Lumberjack's Cundy ranked up the first 800 lb. log on that historic day - August 30, 1969. Brings to my mind the Clint Eastwood movie "Any Which Way You Can". There was no 275 class then, but Cundy weighed 275 1/2 exactly on the scales. It was the day the allbook was tossed out the window and fans and officials alike were caught up in the frenzy of the moment. One man who I never forget the lift is Big Jim Williams. Don's lift was 26 long years ago and was also the first 800 DL in PVL competition history. The fact that the 801 1/2 lift still remains among the top 30 pulls thereafter is a monument to what an enormous feat it was. Cleveland, Ohio's Danny Wohlschlag heads the list as sole member of this division's 900 club. Don was the first man to pull the big Niner, and after 13 years it remains unchallenged. Five men behind him have pulled in the eight figure - a sect of supermen - Warman, Kuc, Pisanella, Lampkin, Wilson, and Chaliet. It was only a few years ago at a CA meet, where the top man pulled around 700 and the crowd went crazy. Standing near the platform were two of this category's greatest deadlifters - Terry McCormick and Dave Shaw, both in the All Time Top 10 Pulls with twin 848 efforts, yet who even recognized who they were? How sad it is that the crop of today's generation would all flunk a USP/L History Test. Driscoll's 840 effort rounds out the TOP 10. Among the candidates for the biggest arms title, who could pull up plenty, would be: Shaw, Cole and Guy (D.J.) Nichols, who might lay claim to the biggest guns. I can't overlook the super puller, George Frenn, whose 812 1/2 lift was the SHW record when he did it in Aug 71 at 244 bw. Can any other country in the World boast the depth of these amazing lifts? Not a chance. Besides Cole and Frenn, and the Patterson brothers - Doug and Clay, the only other man from the 70's who survives on the list is Jerry Bond, the pride and joy of George Turner's Gym of St. Louis, MO. So many! who mention, but space prohibits. It took 755 to make the 100 best. Four men who did it missed making the list. On date comeback they are: Rawlings, Rainey, Ashton, and L. Brown. Congrats to one and all. NEXT MONTH - THE SUPER-HEAVIES - and with it we will unveil History's biggest pull and the man who did it. Until next month - hips down and head up. Herb Glosbrenner

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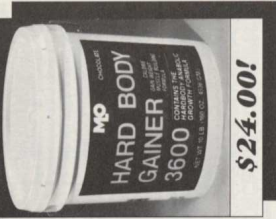
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904	Wohlschlag, D	12DEC86
859	Kuc, J	11JUN86
856	Fannin, D	11MAY85
850	Wilson, S	12JUN88
850	Chaliet, M	01APR82
848	McDonald, T	01FEB82
848	Shaw, D	14NOV87
840	Henderson, T	04MAY85
835	Parks, D	18OCT86
830	Cole, J	03DEC88
826	Pisanella, J	03OCT71
826	Williams, J	27FEB82
821	Dempsey, B	12DEC84
821	Furnas, D	21JUN86
817	Clifford, J	02MAR86
815	Ross, L	16FEB89
812	Frenn, G	21AUG71
810	Barwick, B	09JAN82
810	Kretsch, B	03DEC88
805	Morrell, J	04MAY84
804	Kazmaier, B	DEC86
804	Hackett, E	27AUG78
804	McDonald, F	01FEB81
804	McDonald, F	29SEP81
801	Cundy, D	30AUG69
800	Drapel, J	IUL82
800	Paulucci, J	04DEC83
800	Lowes, G	04DEC83
799	Shannon, S	15NOV87
799	Rapp, T	29JUL90
793	Nichols, B	29JUL90
783	Hilde, B	22NOV81
783	Hilde, B	19JAN84
788	Yehoh, D	15FEB86
788	Thill, J	06DEC86
788	Sheranlan, E	28FEB87
785	Viewark, A	06MAY89
782	Kidney, L	23APR82
782	Palmer, S	03JUN84
782	Greene, F	21FEB87
782	Clary, F	07JUN87
782	Word, G	18FEB88
780	Waddington, D	20DEC81
780	Wood, J	22MAR86
780	Franklin, D	04NOV89
780	Houser, J	17NOV81
777	Colangelo, D	03JUN85
777	Martinez, D	01JUN86
777	Davis, W	11APR87
777	Brooks, D	20FEB88
775	Welch, G	13AUG88
775	Sheddy, P	03MAR86
775	Wilcox, P	17MAY80
771	Wilcox, P	17MAY80
771	Tabback, T	09APR83
771	Irvine, J	16DEC84
771	Sandlin, V	24APR82
770	Tuller, R	10MAR84
770	Koorslian, D	04NOV89
766	Loit, D	09APR83
766	Hatfield, F	01APR84
766	Patell, D	25MAY85
766	Gentry, P	01DEC89
765	Robertson, C	23NOV80
765	Nichols, G	02MAY92
765	Vandeweghe, J	08MAR81
761	Allan, M	IUN83
761	Hardridge, A	03DEC88
761	Karwowski, K	11JUN84
760	Smith, R	23MAY84
760	Carpenter, P	19APR86
760	Koehnen, C	05FEB94
757	Boyd, D	03MAY86
757	Boyd, D	DEC74
755	Patterson, C	30SEP78
755	Darwish, R	14DEC81
755	Alterholt, D	05DEC81
755	Best, D	07MAR82
755	Miley, J	26OCT85
755	Krusznicki, J	18MAR86
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First Contest... Kelly Barbour came down to the AAU Power Day contest from Hercules Gym in Syracuse, NY and 'smoked' a 242 deadlift (courtesy Barbour)

We held our first Power Day in 1989 and on the occasion of the 14th year, we are adding an AAU sanctioned in 1994 and an AAU sanction this year. The total turnout for the meet of 83 lifters was the largest participation in the history of the meet.

Outstanding lifter honors in the bench press were earned by A. Melissa DeLong, a 27 year old competitor from State College who went 3 for 3 for 315, 325, 335, 345, 355, 365, 375, 385, 395, 405, 415, 425, 435, 445, 455, 465, 475, 485, 495, 505, 515, 525, 535, 545, 555, 565, 575, 585, 595, 605, 615, 625, 635, 645, 655, 665, 675, 685, 695, 705, 715, 725, 735, 745, 755, 765, 775, 785, 795, 805, 815, 825, 835, 845, 855, 865, 875, 885, 895, 905, 915, 925, 935, 945, 955, 965, 975, 985, 995, 1005, 1015, 1025, 1035, 1045, 1055, 1065, 1075, 1085, 1095, 1105, 1115, 1125, 1135, 1145, 1155, 1165, 1175, 1185, 1195, 1205, 1215, 1225, 1235, 1245, 1255, 1265, 1275, 1285, 1295, 1305, 1315, 1325, 1335, 1345, 1355, 1365, 1375, 1385, 1395, 1405, 1415, 1425, 1435, 1445, 1455, 1465, 1475, 1485, 1495, 1505, 1515, 1525, 1535, 1545, 1555, 1565, 1575, 1585, 1595, 1605, 1615, 1625, 1635, 1645, 1655, 1665, 1675, 1685, 1695, 1705, 1715, 1725, 1735, 1745, 1755, 1765, 1775, 1785, 1795, 1805, 1815, 1825, 1835, 1845, 1855, 1865, 1875, 1885, 1895, 1905, 1915, 1925, 1935, 1945, 1955, 1965, 1975, 1985, 1995, 2005, 2015, 2025, 2035, 2045, 2055, 2065, 2075, 2085, 2095, 2105, 2115, 2125, 2135, 2145, 2155, 2165, 2175, 2185, 2195, 2205, 2215, 2225, 2235, 2245, 2255, 2265, 2275, 2285, 2295, 2305, 2315, 2325, 2335, 2345, 2355, 2365, 2375, 2385, 2395, 2405, 2415, 2425, 2435, 2445, 2455, 2465, 2475, 2485, 2495, 2505, 2515, 2525, 2535, 2545, 2555, 2565, 2575, 2585, 2595, 2605, 2615, 2625, 2635, 2645, 2655, 2665, 2675, 2685, 2695, 2705, 2715, 2725, 2735, 2745, 2755, 2765, 2775, 2785, 2795, 2805, 2815, 2825, 2835, 2845, 2855, 2865, 2875, 2885, 2895, 2905, 2915, 2925, 2935, 2945, 2955, 2965, 2975, 2985, 2995, 3005, 3015, 3025, 3035, 3045, 3055, 3065, 3075, 3085, 3095, 3105, 3115, 3125, 3135, 3145, 3155, 3165, 3175, 3185, 3195, 3205, 3215, 3225, 3235, 3245, 3255, 3265, 3275, 3285, 3295, 3305, 3315, 3325, 3335, 3345, 3355, 3365, 3375, 3385, 3395, 3405, 3415, 3425, 3435, 3445, 3455, 3465, 3475, 3485, 3495, 3505, 3515, 3525, 3535, 3545, 3555, 3565, 3575, 3585, 3595, 3605, 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14781, 14792, 14803, 14814, 14825, 14836, 14847, 14858, 14869, 14880, 14891, 14902, 14913, 14924, 14935, 14946, 14957, 14968, 14979, 14990, 15001, 15012, 15023, 15034, 15045, 15056, 15067, 15078, 15089, 15100, 15111, 15122, 15133, 15144, 15155, 15166, 15177, 15188, 15199, 15210, 15221, 15232, 15243, 15254, 15265, 15276, 15287, 15298, 15309, 15320, 15331, 15342, 15353, 15364, 15375, 15386, 15397, 15408, 15419, 15430, 15441, 15452, 15463, 15474, 15485, 15496, 15507, 15518, 15529, 15540, 15551, 15562, 15573, 15584, 15595, 15606, 15617, 15628, 15639, 15650, 15661, 15672, 15683, 15694, 15705, 15716, 15727, 15738, 15749, 15760, 15771, 15782, 15793, 15804, 15815, 15826, 15837, 15848, 15859, 15870, 15881, 15892, 15903, 15914, 15925, 15936, 15947, 15958, 15969, 15980, 15991, 16002, 16013, 16024, 16035, 16046, 16057, 16068, 16079, 16090, 16101, 16112, 16123, 16134, 16145, 16156, 16167, 16178, 16189, 16200, 16211, 16222, 16233, 16244, 16255, 16266, 16277, 16288, 16299, 16310, 16321, 16332, 16343, 16354, 16365, 16376, 16387, 16398, 16409, 16420, 16431, 16442, 16453, 16464, 16475, 16486, 16497, 16508, 16519, 16530, 16541, 16552, 16563, 16574, 16585, 16596, 16607, 16618, 16629, 16640, 16651, 16662, 16673, 16684, 16695, 16706, 16717, 16728, 16739, 16750, 16761, 16772, 16783, 16794, 16805, 16816, 16827, 16838, 16849, 16860, 16871, 16882, 16893, 16904, 16915, 16926, 16937, 16948, 16959, 16970, 16981, 16992, 17003, 17014, 17025, 17036, 17047, 17058, 17069, 17080, 17091, 17102, 17113, 17124, 17135, 17146, 17157, 17168, 17179, 17190, 17201, 17212, 17223, 17234, 17245, 17256, 17267, 17278, 17289, 17300, 17311, 17322, 17333, 17344, 17355, 17366, 17377, 17388, 17399, 17410, 17421, 17432, 17443, 17454, 17465, 17476, 17487, 17498, 17509, 17520, 17531, 17542, 17553, 17564, 17575, 17586, 17597, 17608, 17619, 17630, 17641, 17652, 17663, 17674, 17685, 17696, 17707, 17718, 17729, 17740, 17751, 17762, 17773, 17784, 17795, 17

(article continued from page 43)

The "Charleston Chuck" kept chomping away while his pride and joy hauled up his lifetime best pull-up of 678 that erased Doug Currence's name from the WVA record books. He got his 2nd best ever total that day - a 1741! It was a time to celebrate.

Paul's rigorous training regimen took its toll. Paul won the State meet again the next year and in 1988 suffered his first disastrous injury - a torn hamstring. It was debilitating and Paul was discouraged and decided to call it quits.

He was off the rest of the year and all of 1989. It took a lot of soul-searching, but the lure of the barbell was just too great. It was a long hard climb to top. Not wishing to risk another injury he was very cautious. In 1990 he won two State titles, the USPF and the ADFFA (yes, you read it right), moving up to 198 for good. His lifts were modest in comparison with past performances. In '91 he took the USPF National 35-39 Championship title with 573 squat, 181 bench, and 785 total.

Wahl won a close one over my all-time 2nd favorite short guy - Finch. Vince White remains my all-time favorite live footer! The tough 165 lbm were named by Crain, Wells' 485 BP was unreal. Pool! The next day he weighed 189 and they talk about squeezing blood out of a turnip - nah! Bridges made his last USPF Sr. National appearance and passed the torch on to the amazing man of the next century - Ed Coan. It's an honor to lift with the likes of Bridges and Coan and Mr. Vinson Keythea would have made Suptin do some real lifting and was provoked - but only at himself.

You think Vince was all over his back like a dirty shirt this time. No way Jose. Paul felt like a one-legged man in a butt-kicking contest and was in a foul mood. So, after returning home singing the Bluefield blues, Paul buckled down to some ferocious training. Five weeks later at the SW VVA Open he came up with a quadruplet of PRs - 705-390-655-1750! After this record breaking barrage, he took a several month layoff. The '84 State meet saw him rise to the occasion where he addressed the habit where he always does and he made a best So, Charleston and he made a best ever 391 BP (it was his 8th title and 3rd win on April Fool's Day - no foolin' once again). Paul coasted through 1985 but at the '86 State meet he moved his bench up to 408. Paul felt strong and turned to coach Vince who was munching away on a sack of cracklins. "What should I do on the DL?" Paul inquired. "Go for - chomp the munched - crunch - record", Vince advised.

PS: Sounds good. When will that day during the first week after Jupiter aligns with Mars?

PS: Sounds good. When will that day during the first week after Jupiter aligns with Mars?

be. HG: Never! Anyway, what are your future plans in PL?

PS: To take it right into the next century.

HG: Did you ever obtain any sponsorship for traveling to meet?

PS: The Bluefield YMCA bought free weights in '78 and provided sponsorship in '79 when I won the Junior Nationals. I owe them a debt of gratitude and was pleased I was able to win the YMCA Nationals representing them.

HG: To whom do you owe the most for your long career?

PS: Vince White unquestionably. He was my prime psychological motivator and stood by me during all wins and defeats. He was always there. I owe everything to him. A true friend.

HG: Yes, he's tops in my book too. Is it really true that he was disqualified for cheating after he easily won the National donut eating championships?

PS: It was a bum rap. One of the judges saw him spitting out the holes!

HG: Who are some of the better lifters you have started out and trained?

PS: Ace Simmons - a natural and mesomorphic - 396 BP @ 148 and Ronnie Robbins - a natural who BP 230 @ 132 and now does 470 @ 165.

HG: What about the women in your life?

PS: I've had seven girlfriends in the past seven years. They didn't like playing second fiddle to the barbells. Too bad, that's the way it is.

HG: Who do you think would have won an arm-wrestling match between Coach Vince and Norman Mallick? They were about the same in size and weight.

PS: Tough to answer - that would have been some tussle. I'd bet on Vince.

the main reason is that they're against the law. Abstinence is also a good deterrent for injuries.

HG: I noted you were active administratively for the USPF not so long ago. Now you go AD-FFA and NASA. How come?

PS: I was nominated to the USPF Executive Committee. They wouldn't reimburse Black for money he put out of his own pocket, denied him authority and claimed they were bankrupt. He took a hike and so did others who love the sport.

HG: Who else?

PS: Bill Decker, Bill Hartmann - two of PL's staunchest supporters, and Don Haley - who has contributed monumentally to PL since Day One. They had enough. I kept my eyes and ears open and noted everyone who stood to make a buck got in a position of power. I saw I was butting my head up against the wall and resigned. I have found there is much more cooperation internationally in ADFFA. I like NASA very much too - they have a great program in West Virginia.

HG: What are your future plans?

PS: To support the two above mentioned organization and terminate my master opponents until the cows come home.

HG: When do you think that might be?

PS: Well into the next century, if I have my way.

This does not conclude the story of West Virginia's finest native son. I believe he will do just that - continue to lift, and win, promote and contribute. Someday, somewhere, you may face the Bluefield Barracuda on the lifting platform. If you do you'll find out firsthand that you are in for the tussle of your life, just as I once did. I revel in his achievements and commiserated his few defeats. I take great pride in having him as a friend. Remember Paul Suptin - he's one tough ole muffin.

Author Herb Glassbrenner talking on Paul Suptin at the 1975 Lexington Open, coming up with his 425-lb. squat as a lightweight

Butler Dare to Compare II

- 4 Mar 95 - Butler, PA
Women 181 520
181 520
155 440
150 S. McAndrew 440
A. Young 440
R. Porado 385
C. Oskin 385
J. Oakes 375
J. Poulos 250
R. Palala 430
A. Freeman 430
R. Porada 440
M. Kesel 440
T. Kabela 400
B. Prochiba 400
132 J. Cardillo 390
K. Fellows 390
200 J. Snyder 390
C. Thompson 390
148 S. Parker 450
185 242
155 485
S. Archer 485
C. Seaker 440
D. Gordon 345
D. Schurr 340
M. Barfman 380
D. McMichael 425
D. Mitchell 425
S. Davis 405
W. Black 300
J. Harris 640
T. Morgan 555
Best Lifter: Dennis Rach 520 at 181. First of all I would like to thank my (mom) Jackie Barkman for her love, support, and encouragement. Thank you for attempting 705 for the audience, you will get it all Pennsylvania State. I would like to thank all the athletes who competed in this meet. I would like to thank all the volunteers who made this meet possible. Notice all the lifters on my team are all members of the gym. Sean Archer, 165, Steve McAndrews 181, Dave Cliftord 196, PA state champion and my

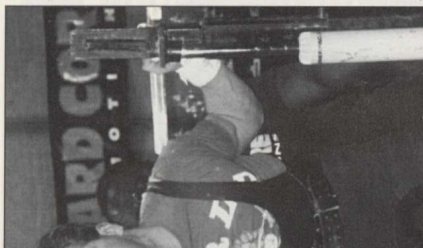
personal training partner Scott Parker at 220; Scott Smith at 220; Tom Morgan at 220; and National and Parker are coming to town; Brad Wagner 242, Tom Morgan 308, Jamie Harris 51W, Dennis Rach 520 at 181 and a close friend of mine Steve McAndrews 181. I would like to thank all the lifters and spectators who made this meet possible and settled for his opener of 535. Thanks to everyone who competed and helped. Also thanks to Carl Seaker for his help. (Thanks to Meet Results for Carl Barkman for providing the meet results)

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- Connecticut State 181 520
181 520
212.5 147.5 205 565
117.5 127.5 137.5 382.5
225 122.5 227.5 575
212.5 105 207.5 525
D. Low 237.5 137.5 227.5 602.5
D. Sybil 212.5 105 207.5 525
196 245
C. Fabrizio 245
D. Harding 205
R. Kohn 205
R. Plesano 205
220 250
R. De Vega 250
M. Hall 235
275 305
R. Schuder 260
R. De Vega 250
M. McDougal 260
R. Minnaugh 305
H. Luis 242.5
SFW 320
W. Perrillo Jr. 152.5
260 145
260 665
R. De Vega 250
M. McDougal 260
R. Minnaugh 305
H. Luis 242.5
SFW 320
C. Crowder Jr. 320

- USPF Connecticut State/Region 1
1 Apr 95 - Westport, CT (kg)
Teen 181 182.5 102.5 382.5 467.5
196 167.5 115 132.5 435
220 177.5 145 202.5 525
Junior
D. Allieri 212.5 147.5 205 565
J. Knobler 195 165 207.5 567.5
R. McLean 120 115 160 395
W. Vinton 105
A. Sline 97.5 52.5 132.5 282.5
Submaster
R. Saenz 237.5 137.5 232.5 627.5
A. Bruneau 205
M. Demato 195
M. Demato 195
192.5 112.5 187.5 497.5
B. Ganga 162.5 122.5 200 485
C. Mannelli 260 110 245 615
J. Sybil 217.5 132.5 222.5 572.5
D. Wilcox 217.5 152.5 242.5 617.5
D. McAuiliffe 190 120 195 505
M. Demato 242
182.5 115 165 462.5

- Connecticut Open
D. Staunberg 167.5 112.5 187.5 467.5
R. D'Ambrado 240 120 240 600
E. Warrington 190 117.5 227.5 527.5
R. Warrington 190 127.5 192.5 510
J. Jakubowski 165 135 185 485
M. Demato 40-49
E. Warrington 190 110 227.5 527.5
K. Menendez 222.5 127.5 230 580
132
F. Miller 100 42.5 115 257.5
Terence Women
F. Miller 100 42.5 115 257.5
Terence
Region I
Region II
102.5 67.5 120 290
165
D. Allieri 160 125 170 455
Submaster
120 115 160 395
198
205 160 227.5 592.5
220
A. Bruneau 237.5 125 222.5 585
Master
137.5 90 137.5 365
Men
A. Biscetti 250 147.5 242.5 640
R. Saenz 162.5 122.5 200 485
S. Fisher 140 125 170 455
181
237.5 137.5 227.5 602.5
196
245 157.5 272.5 675
205 160 227.5 592.5
205 115 245 567.5
205 117.5 187.5 432.5
220
R. De Vega 250 152.5 227.5 630
242
M. Hall 235 157.5 255 667.5
275
305 170 240 735
SFW
352.5 200 227.5 780
C. Armando
Thank you, to all volunteers at this meet, for your hard work and support! I'd also like to thank all the lifters who competed in this meet. I would like to thank all the great volunteers who made this meet possible. Thank you! (results from Jerry Sybil).



Daren Allieri at the USPF Connecticut State/Region I (J. Sybil)

- 198 945
K. Saenz 237.5 137.5 232.5 627.5
P. Labariera 227.5 127.5 215 600
K. Emery 220
R. De Vega 250
R. Biscetti 212.5 132.5 225 570
R. Kelly 205 117.5 240 562.5
W. Perrillo Jr. 152.5 147.5 195 495
260 145 260 665
R. De Vega 250
M. McDougal 260 60 660
R. Minnaugh 305 170 260 735
242.5 152.5 245 640
SFW
225 122.5 227.5 575
212.5 105 207.5 525

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1st Annual Willow Creek Club and Village of Rosemont SAAS BP

7 May 95 - Rosemont, IL
 Lightweight B. Ferraro 198 310
 M. Cincinelli 144 230 B. Novak 155 265
 S. Slater 105 115 Heavyweight 230
 H. Moritz 128 75 R. Danabrazo 238 425
 T. Piece 227 315
 M. Cincinelli 144 145
 M. Luehr 216 320
 M. Vollmer 172 280 S. Wilburn 295 330

The 1st Annual Willow Creek Club and Village of Rosemont SAAS BP was held on May 7, 1995 at the Willow Creek Club. Co-meet directors, Doug Dulboc of the Club and Mike Collet of SAAS collaborated to produce the meet. Doug Dulboc introduced Mike Collet, founder of the meet, to the audience and introduced Paul Lundgren to the competitors. Explaining the reason for the birth of the meet, Mike Collet described the need for the meet and the tragic suicide that took his life. The message encouraging drug-free sport was given by Mike Collet. The meet was divided into three weight classes and the Schwartz, Malone and Foster formulas used to determine winning totals. In the lightweight class Mike Collet won with a total of 315. In the heavyweight class Mike Collet won with a total of 425. A female lifter Sandra Slater who did a 105 pound lift at the weight of 130. The middleweight class was won by a super lift of 250 by Anthony Collet. The meet was held at 184. Mike Collet and Brian Ferraro and Mark Vollmer ensured the heavy weight division through the biggest lift of the meet and popped up 425. A light race for the next three places between Pierce, Tomkinson and Luehr had the competition hot and heavy. An SAAS member who was cited with giving to others before himself. Anthony Goodrich was awarded the SAAS Medal of Honor for his contribution to drug-free sport and his volunteerism for his time and energy. Dennis and Darren Kerling, Carrie Ogg, Ray Czapka, Mark Christensen, Brian Buchanan, Johnathan Collet, and Mike Collet were the winners of the SAAS elite, Chelsea Collet, (report by Lent Collet)

6th SAAS BP Addition

4 Dec 94 - Park Ridge, IL
 Men Masters 40-44 130 Alvarez 315
 H. Pligge 260 230
 198 M. Collet 355
 S. Weismuller 400 242 M. Hubak 405
 D. Cohen 200 275
 R. Hayes 470 R. Van Eck 325
 M. Sweeney 165
 S. Ellis 520 P. Grossman 145
 S. O'Brien 450 190
 45-49 242
 181 M. Lopushonsky 125 E. Davis 310
 242 60-64
 275 D. Stevenson 465 J. Twest 300
 G. Krueger 410 65-69
 165
 T. Noplas 260 198
 T. Roberge 255 D. Weissman 200
 165 330 270 385 985
 M. Hasler 390 80
 M. Hestler 305 181

6th IJCI Winterfest Postal Power Meet

25 Feb 95 - Boise, ID
 Novice 165 SQ BP DL Total
 S. Roud 330 270 385 985
 M. Goodson 285 215 340 840
 H. Paez 315 275 400 935
 R. Connel 300 205 430 935

DONT TRAIN ALONE - ALWAYS USE SPOTTERS - DONT TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

(Thanks to Lent Collet for writing our omission of these results and our apologies to those in these lifts)



144 Lb. Mike Cincinelli with his 250 bench press at the Willow Creek/Rosemont SAAS Bench Press (Collet)

1165
 M. Chippolla 375 340 460 1175
 E. Fullerton 400 380 425 1105
 K. Agular 400 360 470 1135
 SHW 330 225 400 955
 B. Dacey 430 260 460 1150
 Open 148 330 245 395 970
 165
 F. Perez 365 240 425 1030
 M. Goodson 285 215 340 840
 R. Ramirez 415 280 440 840
 181
 J. Vaughn 475 275 510 1560
 J. Schmitz 325 225 310 860
 L. Bear 305 200 400 905
 198
 D. Aulin 355 290 335 1180
 P. Hayes 400 260 455 1115
 J. Hanna 400 275 440 1115
 R. Delgado 280 250 325 855
 242
 S. Nelson 375 340 460 1175
 R. Agular 435 300 540 1275
 S. Scott 310 225 400 995
 275
 D. Broncho 350 265 425 1040
 R. Addison 300 245 410 955
 SHW 430 260 460 1150
 M. Brandt 275 275 315 865
 J. Cleverloug 210 275 390 875
 The 6th Annual Winterfest Power Meet was held on Feb 25, 1995 at the Boise, Idaho. The meet was sponsored by the Idaho State Bar Association. Two different institutions participated. The judges, spotters, and announcer did an excellent job of making this meet run smoothly. All the competitors showed up for the meet. The winners, Open, and Masters). The novice division was comprised of first time lifters and lifters who scored below the minimum weight requirement for the age of forty. The open division was open to all competitors regardless of their status. In the 165 lb. division, Mike Collet won with a total of 985, winning the weight class hands down and added him in the winning the Outstanding Lifter (SHW) did an outstanding job. All four of the men will be welcomed additions to the open division. In the open junior category, the new king of the lift, Mike Collet, won with a total of 1175. Outstanding Lifter and also the Most Improved

ADPPA Illinois State

12 Mar 95 - Chicago, IL (kg)	SQ	BP	DL	Total
J. Red-M	120	65	122.5	307.5
S. Hallen	150	92.5	137.5	380
B. Tenor-M	70*	40*	115*	225*
123	142.5	100	150	392.5
M. Fungagall-T	107.5	45	115	267.5
148	190	110	182.5	482.5
P. Kubica	147.5	82.5	152.5	382.5
165	227.5	142.5	215	585
S. Samson	200	142.5	210	552.5
T. Phillip	200	142.5	210	552.5

Women
 J. Red-M 154
 S. Hallen 150
 B. Tenor-M 123
 M. Fungagall-T 148
 P. Kubica 165
 S. Samson 165
 T. Phillip 165

ADPPA Illinois State
 12 Mar 95 - Chicago, IL (kg)
 J. Red-M 154
 S. Hallen 150
 B. Tenor-M 123
 M. Fungagall-T 148
 P. Kubica 165
 S. Samson 165
 T. Phillip 165

BULLETIN BOARD... this is the place to look for organizational news and notes — the 1995 USPF Men's and Women's Lifter National Powerlifting Championships will be open to any lifter achieving the required qualifying total, sanctioned by any organization: July, 1994 - July, 1995. This is a drug tested meet and the qualifier for TEAM USA to the IPF World Championships. The meet will take place at the Hilton Hotel, 5500 Hilton Avenue, Baton Rouge, LA (\$55 per night/max of 4 per room - must state you are with the 866677) Lifting Schedule: Friday, July 21, 1995 - Women 97-148, Men 114-148; Saturday, July 22, 1995 - Women 165-SHW, Men 165-198; Sunday, July 23, 1995 - Men 220-SHW. Admission is \$5/day. For further details and entry forms to the contest contact meet director Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 504-753-8586.

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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.

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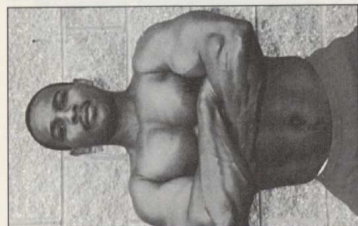
"H-E-L-P!! Someone...please... HELP!!

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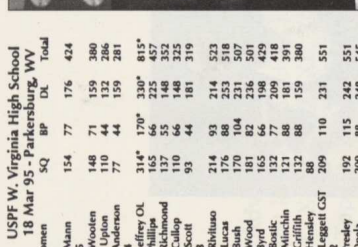
Billy Cook... the very outstanding lifter at the Jesup Fall Powerlifting Meet (courtesy Roesch)

Table with columns: Name, SQ, BP, DL, Total. Lists names like J. Glaze, M. Wilbour, A. Slaughter, etc.

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Kristal McClellan set a new American Junior Total Record with his 440 deadlift at the WV High School Championships (photograph taken by C. J. Parker)

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Justin Gilbert has been training for years, but decided to step up to the platform for his first competition at the ADFFA Shenandoah Open, where he went 9 for 9, placing 3rd in the open and 2nd in the novice 275 class with a 1465 total. (photograph courtesy of Anita Tallarico)

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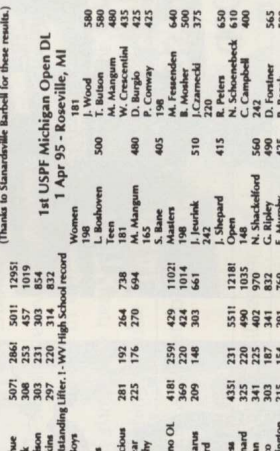
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John Wood with a 3rd attempt 580 deadlift at the USPF Michigan Open. Deadlift: Champion (ships) Photo provided by Dan Defelice

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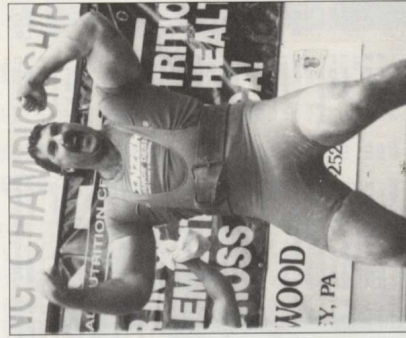


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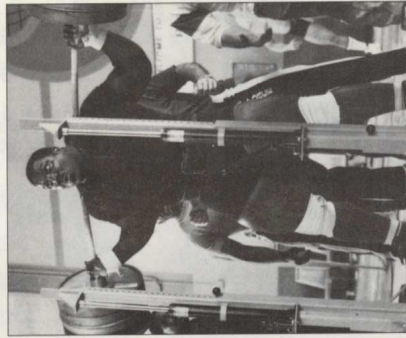


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A.D.F.P.A. Corner

The ADFPA 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, 4768 Barbara's Ln., Stevens Point, WI 54481.

STATE HIGH SCHOOL MEET PREPARATION Last month Bruce Sullivan, master lifter and Wisconsin state chair, detailed how to organize a state high school powerlifting system. His advice for preparing for a state high school championships can make the project a lot less intimidating.

Where to find helpers: Recruit spotters and loaders from the students who are most familiar with spotting techniques — the football, track, soccer and other sports team members who train in the weight room. Student help can also be utilized on the day of the meet with wall charts, expediting, admissions, concessions, clean-up, etc.

Enlist the parents of lifters as help: If they are not available on the day of the meet, parents can help with the many tasks that need to be done in the weeks prior to the meet (wall charts, meet program, sponsorship for concessions, signage). If there is a parents booster club that supports the team sports, approach them for help. If there isn't a parents booster club, it may be time to help form one! They can work the concessions table and help with meet site setup. To expedite the set-up, give them a plan on paper ... where the tables, platforms, bleachers, PA system, warm-up area are to be located.

Concessions: This is a responsibility that can be given to the parents booster club. They can approach area grocers for donations or reduced prices (buy in bulk!) with the merchants being listed as sponsors in the program booklet. Bruce gives each meet worker two food tickets which they may exchange for whatever they like at the food table. He also supplies the meet workers with sodas. Because you will need a large quantity of beverages, Bruce

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	1375	1385	
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFPA Master's	A Total in a Sanctioned Meet										
ADFFPA High School	A Total in a Sanctioned Meet										
ADFFPA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	415	445	465	485	505	525	560	610	675	755	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A Total in a Sanctioned Meet										

suggests that in the months previous to the meet, you buy cases of beverages at stores which feature a sale price as a "loss leader."

Expediting the card registration process: To register 100-150 high school lifters at a meet, Bruce estimates that you would need 1000 pencils and a couple extra hours! On top of all that, he guarantees a large percentage of the registration forms would be illegible. To simplify the process, when the student sends in the entry form, require that both the entry fee and ADFPA card fee be sent in with it. Before the meet, use the entry forms to fill in the ADFPA card and expediting card. Then all the student has to do on meet day is sign the ADFPA card and fill in first attempts on the expediting card. It is to your advantage not to allow late entries; you can then have a reasonable idea how the weight classes will be filled.

T-shirt sales: Don't set this up as a pre-sale, because there is too much work involved. On meet day people change their minds about sizes and quantities or forget what they ordered and the last ones to pick up their shirts are stuck with only small or triple X's. Set up the shirt sales at the meet.

Lifters photos: Sue Rasor Sullivan took charge of this project by employing the high school photography club to take photos and

run negatives to the one hour photo shop. The club set up tripods and checked lighting in front of all three platforms. Photos were taken of each of the lifters' squat attempts — these three photos were sold as a package for \$4. Sue would suggest charging \$5 (no need for dollar bills for change). Contact the photo shop ahead of time to prepare them for the bulk developing and see if they will quote you a set flat fee. In the weeks prior to the meet, you can order discount film ahead of time. Other meet directors have put lifters' photos on the award plaques (under protective plexiglass). This makes a very nice personalized award.

WOMEN'S NATIONALS - FIRST CLASS - The ADFPA Women's Nationals was hosted by Dr. Mike Cissell in St. Louis on May 6 & 7. He and his team produced a meet that was first class in every way. Every detail was thought of and well coordinated. They were hosts in the true sense of the word, making the lifters feel welcome and pampered. The 72 women, ranging in age from early teens to late fifties, owe Mike a big thank you.

PUBLICIZING MEETS - Watch for new sport publications in your state — they are an excellent resource for publicizing your AD-

FPA meets. In Wisconsin "Sport Life", dedicated to sports, fitness and healthy lifestyles, is published bi-monthly and distributed through a free rack distribution of 14,000 copies. The distribution locations are health and fitness centers, sporting equipment dealers, dance schools, hospitals and sports rehab centers, recreation departments and YMCA's. The Calendar of Events listings are free to non-profit organizations.

FUELING MUSCLE, LOSING FAT - Last month we started publishing low fat, low sodium ways to fuel your training. Does this mean you have to give up French fries? Not really; here's a method for making "fries" without the fat. Skinny French Fries - 4 medium potatoes, cut in strips 1/2" thick; 1 tablespoon of oil; paprika; salt. Pre-heat oven to 450 degrees. While cutting potatoes, keep strips in bowl of ice water. Drain and pat dry on paper towels. Return to dry bowl and sprinkle with oil. Mix to distribute oil evenly over potatoes. Bake on a flat pan until golden brown and tender, about 30-40 minutes, turning frequently. Sprinkle generously with paprika and spartingly with salt. 4 servings, each 135 calories, 3.7 grams of fat.

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

A.D.F.P.A. Corner

A.D.F.P.A. Corner

ADFFPA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Louis Balz, Owner.
Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309) 837-4824 (M-F 3-5pm, Sat 10-12pm)
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner - Stacy Green
Brown's Gym, 6111 S. State St., Clarks Summit, PA 18411, (717) 586-3481, Owner - James D. Brown
Bulldog 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, Westchester 29405, (803) 863-6143, 744-6216, Coach: Ernie Surell
Coastal Fitness, 5140 Sellers Rd., Shallotte, 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 Racchio, Owner, CT State Chair.
Galt Fitness, 1067 C Street, Suite 117, Galt, CA 95632, (209) 745-0695, Coach - Fred Kendall
Joe's Gym, 4468 W. 26th St. Erie, PA 16506 (814) 833-3727
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA 98032, (206) 852-2442, FAX (206) 413-1252, Tyler Malejko LMT/ Meet Promoter.
Mathieu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207) 465-7102, Coach: John Mathieu
Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Brian Briggs
Nomad Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach

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Power Pitt Gym, 1763 Arrow Ave. Bronx, NY 10469 - 3326 (718) 379-9823, Coach: Felicia Frestan & Eli Stern
Serious Members Gym, Inc., Exit 118 Rte. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach - Frank Dias
Sheridan Recreation Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canozza, (303) 761-2241
Strength and Set Up Productions, Competition Set Up - Platforms - Seminars - Audio - Antennas, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMantia
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ADFFPA South Dakota State
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 C. Quisenberry 175 75 200 420
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 B. Pfeiffer w 2606 1454 3304 7354
 I. Abo 390 3054 380 1075
 K. Boyd 325 200 330 855
 L. Abo 390 3054 380 1075
 M. K. 225 165 330 725
 T. Higgler 225 165 330 725
 L. Counts 225 165 330 725
 R. Beaming 585 3854 5854 15554
 R. Reiner 475 255 500 1230
 K. Auer 185 145 320 700
 L. Auer 185 145 320 700
 S. Muehlenbaun 6954 3154 5954 15154
 T. Schaefer 310 350 520 1380
 R. Weffelnach 6406 335 590 18954
 L. Johnson 5555 325 550 14300
 E. Evans 615 300 405 1320
 E. Earing 435 315 495 1245
 L. Hubbard 650 5006 600 17406
 D. Hinkel 585 430 6754 16900
 R. Hinkel 560 325 505 13900
 T. Howard 560m 340m 460m 1360m
 C. Wagner 7306 4506 600 17806
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 S. Hughes 6651 380 5751 16201
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A.D.F.P.A. Corner

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

COMPLETE ALL ENTRIES

PLEASE PRINT

LAST NAME FIRST NAME INITIAL

STREET ADDRESS

CITY STATE ZIP CODE

AREA TELEPHONE NO DATE OF BIRTH AGE SEX US OTHER YES NO

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

APPLICANTS, fill out card completely and mail with fee to:
 ADFPA
 4768 Barbara's Ln.
 Stevens Point, WI 54481

World Team DONATION CLUB REPRESENTED

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 21, HAVE PARENT INITIAL SIGNATURE DATE

USPF West Virginia

8 Apr 95 - S. Charleston, WV (kg)

132	137.5	140	335
165	130	65	137.5
180	65	60	105
205	105	105	230
240	200	190	210
275	205	135	255
310	245	172.5	277.5
345	275	185	237.5
380	275	185	237.5
415	275	185	237.5
450	275	185	237.5
485	275	185	237.5
520	275	185	237.5
555	275	185	237.5
590	275	185	237.5
625	275	185	237.5
660	275	185	237.5
695	275	185	237.5
730	275	185	237.5
765	275	185	237.5
800	275	185	237.5
835	275	185	237.5
870	275	185	237.5
905	275	185	237.5
940	275	185	237.5
975	275	185	237.5
1010	275	185	237.5
1045	275	185	237.5
1080	275	185	237.5
1115	275	185	237.5
1150	275	185	237.5
1185	275	185	237.5
1220	275	185	237.5
1255	275	185	237.5
1290	275	185	237.5
1325	275	185	237.5
1360	275	185	237.5
1395	275	185	237.5
1430	275	185	237.5
1465	275	185	237.5
1500	275	185	237.5
1535	275	185	237.5
1570	275	185	237.5
1605	275	185	237.5
1640	275	185	237.5
1675	275	185	237.5
1710	275	185	237.5
1745	275	185	237.5
1780	275	185	237.5
1815	275	185	237.5
1850	275	185	237.5
1885	275	185	237.5
1920	275	185	237.5
1955	275	185	237.5
1990	275	185	237.5
2025	275	185	237.5
2060	275	185	237.5
2095	275	185	237.5
2130	275	185	237.5
2165	275	185	237.5
2200	275	185	237.5
2235	275	185	237.5
2270	275	185	237.5
2305	275	185	237.5
2340	275	185	237.5
2375	275	185	237.5
2410	275	185	237.5
2445	275	185	237.5
2480	275	185	237.5
2515	275	185	237.5
2550	275	185	237.5
2585	275	185	237.5
2620	275	185	237.5
2655	275	185	237.5
2690	275	185	237.5
2725	275	185	237.5
2760	275	185	237.5
2795	275	185	237.5
2830	275	185	237.5
2865	275	185	237.5
2900	275	185	237.5
2935	275	185	237.5
2970	275	185	237.5
3005	275	185	237.5
3040	275	185	237.5
3075	275	185	237.5
3110	275	185	237.5
3145	275	185	237.5
3180	275	185	237.5
3215	275	185	237.5
3250	275	185	237.5
3285	275	185	237.5
3320	275	185	237.5
3355	275	185	237.5
3390	275	185	237.5
3425	275	185	237.5
3460	275	185	237.5
3495	275	185	237.5
3530	275	185	237.5
3565	275	185	237.5
3600	275	185	237.5
3635	275	185	237.5
3670	275	185	237.5
3705	275	185	237.5
3740	275	185	237.5
3775	275	185	237.5
3810	275	185	237.5
3845	275	185	237.5
3880	275	185	237.5
3915	275	185	237.5
3950	275	185	237.5
3985	275	185	237.5
4020	275	185	237.5
4055	275	185	237.5
4090	275	185	237.5
4125	275	185	237.5
4160	275	185	237.5
4195	275	185	237.5
4230	275	185	237.5
4265	275	185	237.5
4300	275	185	237.5
4335	275	185	237.5
4370	275	185	237.5
4405	275	185	237.5
4440	275	185	237.5
4475	275	185	237.5
4510	275	185	237.5
4545	275	185	237.5
4580	275	185	237.5
4615	275	185	237.5
4650	275	185	237.5
4685	275	185	237.5
4720	275	185	237.5
4755	275	185	237.5
4790	275	185	237.5
4825	275	185	237.5
4860	275	185	237.5
4895	275	185	237.5
4930	275	185	237.5
4965	275	185	237.5
5000	275	185	237.5
5035	275	185	237.5
5070	275	185	237.5
5105	275	185	237.5
5140	275	185	237.5
5175	275	185	237.5
5210	275	185	237.5
5245	275	185	237.5
5280	275	185	237.5
5315	275	185	237.5
5350	275	185	237.5
5385	275	185	237.5
5420	275	185	237.5
5455	275	185	237.5
5490	275	185	237.5
5525	275	185	237.5
5560	275	185	237.5
5595	275	185	237.5
5630	275	185	237.5
5665	275	185	237.5
5700	275	185	237.5
5735	275	185	237.5
5770	275	185	237.5
5805	275	185	237.5
5840	275	185	237.5
5875	275	185	237.5
5910	275	185	237.5
5945	275	185	237.5
5980	275	185	237.5
6015	275	185	237.5
6050	275	185	237.5
6085	275	185	237.5
6120	275	185	237.5
6155	275	185	237.5
6190	275	185	237.5
6225	275	185	237.5
6260	275	185	237.5
6295	275	185	237.5
6330	275	185	237.5
6365	275	185	237.5
6400	275	185	237.5
6435	275	185	237.5
6470	275	185	237.5
6505	275	185	237.5
6540	275	185	237.5
6575	275	185	237.5
6610	275	185	237.5
6645	275	185	237.5
6680	275	185	237.5
6715	275	185	237.5
6750	275	185	237.5
6785	275	185	237.5
6820	275	185	237.5
6855	275	185	237.5
6890	275	185	237.5
6925	275	185	237.5
6960	275	185	237.5
6995	275	185	237.5
7030	275	185	237.5
7065	275	185	237.5
7100	275	185	237.5
7135	275	185	237.5
7170	275	185	237.5
7205	275	185	237.5
7240	275	185	237.5
7275	275	185	237.5
7310	275	185	237.5
7345	275	185	237.5
7380	275	185	237.5
7415	275	185	237.5
7450	275	185	237.5
7485	275	185	237.5
7520	275	185	237.5
7555	275	185	237.5
7590	275	185	237.5
7625	275	185	237.5
7660	275	185	237.5
7695	275	185	237.5
7730	275	185	237.5
7765	275	185	237.5
7800	275	185	237.5
7835	275	185	237.5
7870	275	185	237.5
7905	275	185	237.5
7940	275	185	237.5
7975	275	185	237.5
8010	275	185	237.5
8045	275	185	237.5
8080	275	185	237.5
8115	275	185	237.5
8150	275	185	237.5
8185	275	185	237.5
8220	275	185	237.5
8255	275	185	237.5
8290	275	185	237.5
8325	275	185	237.5
8360	275	185	237.5
8395	275	185	237.5
8430	275	185	237.5
8465	275	185	237.5
8500	275	185	237.5
8535	275	185	237.5
8570	275	185	237.5
8605	275	185	237.5
8640	275	185	237.5
8675	275	185	237.5
8710	275	185	237.5
8745	275	185	237.5
8780	275	185	237.5
8815	275	185	237.5
8850	275	185	237.5
8885	275	185	237.5
8920	275	185	237.5
8955	275	185	237.5
8990	275	185	237.5
9025	275	185	237.5
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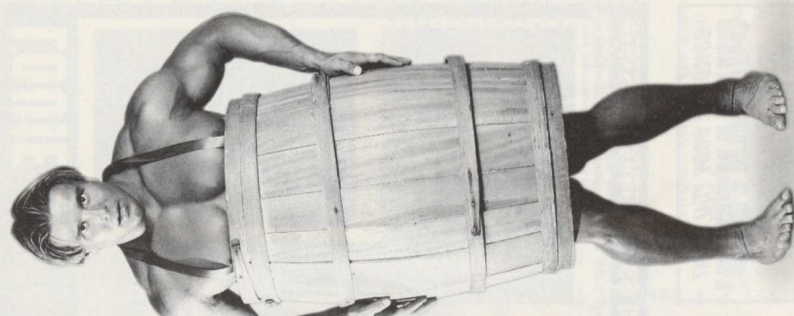
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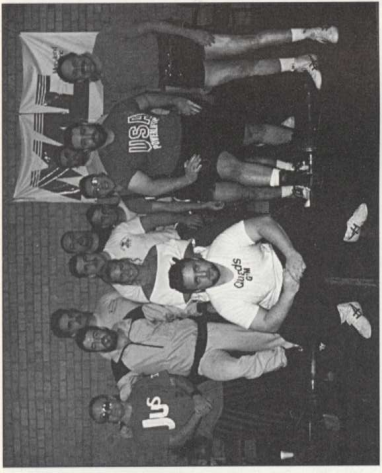
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Pech had the lead after the squat and bench, but he was overtaken by the 181 and broke three records. He was also battling with Uplshaw for the overall lift title, but was edged by 14 points. Uplshaw broke three records, two being All Time. Uplshaw won Best Heavyweight, Overall Best Lifter, and Highest Total. Uplshaw and Leblanc were in a close race for the overall lift title. Uplshaw was the only lifter to break a record in the bench. Leblanc started with a conservative 578 opener, while Uplshaw opened with 603. Leblanc's second attempt was 626, then Uplshaw took the lead with 631. Uplshaw broke the All Time record with a 651. Then it was Uplshaw's turn and he went for a 661. He broke Leblanc's record, but just missed it. Leblanc opened with a 371, and Uplshaw started with 366. Hale and Uplshaw made their second attempt with 388. Hale made his third attempt of 388. Leblanc missed his third attempt at 388 to take the lead. Leblanc had a good day breaking the All Time squat record and receiving Most Improved Lifter for the year. Uplshaw broke the 600 barrier on the deadlift. Our 275 Lifter Curran is a beginner powerlifter but he broke the record with a 646 All Time record. We thank Superintendent Paul Murphy, Deputy Sharp, program director Laine, for letting us to compete take place. We also would like to thank the staff for their hard work and dedication. Meet. Thanks to all the sponsors, judges and score keeper. (Thanks to Greg Leblanc and William Hale for the results.)

USPF Inside the Walls			
26 Mar 95 - MSP Dear Lodge, MT	SQ	BP	DL
A. Williams	150	155	205
123	208	205	385
123	225	195	375
132	230	170	315
C. Sturgin	230	170	315
132	400	230	440
R. Desjardis	350	225	350
J. Schico	375	200	375
S. Ramsey	215	205	350
C. Roberts	230	200	340
165	425	325	450
S. Park	385	230	430
D. Carter	250	240	420
181	450	325	500
J. Morrison	455	240	510
R. Koutan	400	250	470
R. Fedelbacher	570	350	600
198	425	310	525
K. Miller	400	310	510
A. Scott	520	315	600
220	450	250	600
M. DeMers	450	250	600
K. Smith	510	320	400
J. Willard	470	230	450
J. Adams	215	215	215
D. Hudja	500	310	620
S. Miller	625	370	550
275	475	370	505
T. Williams	500	350	475
T. Myers	325	320	450
SHW	520	315	600
L. Nay	500	350	475
D. Wilson	520	315	600
J. Adams	215	205	350
M. DeMaar	215	215	215
C. Roberts	215	215	215
Crestmaster	575	370	550
Bench Exhibition	475	370	505
T. Griffin	520	315	600
213	500	350	475
570	325	320	450
1695	520	315	600
1435	215	205	350
1770	215	215	215
645	575	370	550

Best Lifter: Lights Share Park; Heavy: Kenny Miller. The MSPFB Club held its first powerlifting championships sanctioned by the USPF. A special salute to the MSPFB Club members: Jim Berman, Salome (radio), and Willy Weaver and Jim Berman from Great Falls, Montana for coming in to help us out with the meet. Our thanks also to everyone that came in to participate in the morning session (181 and 198) and the afternoon session (213 and 220). The pleasure of witnessing Jack and Tabia Griffin breaking state and world records in the bench. We would also like to thank all of those who helped the meet and the staff. (Thanks to Wayne Skonieczki, Linda Terry Williamson, (Thanks to Wayne Skonieczki, Linda Terry Williamson, MSP Deer Lodge, for results.)



Group Photo from the MAC Invitational... left to right, Iain Burgess - side judge, Tony Brayton - 165 lb. John Mogavero - head judge, Pat Anderson - 242 lb, Susie Hartwig - expeditor, Kir Karowski - side judge, Jeff Lewis - spotter/loader, Bruce Cole - 148 lb, Nate Park - 132 lb, Bob Myers - spotter/loader, Mike Anderson - 275 lb, Dennis Reamy, 181 lb. (Photograph provided courtesy of the Maryland Athletic Club)

attempt, although it was the 330 third which gave Kurt Richardson came back with a great 315 to win that class. Darrell Latch took the 242s with a line while Ronnie Spurgeon took the 242s with a line 181 lbs. H. Pech 463 271 486 1230 H. Pech 466 276 476 1218 198

In the deadlift competition four people from the Son Light gym took firsts, three with new personal records. Beginning with the women's division, 47 W. Hale 588 386* 603* 1577* D. Uplshaw BL 631* 391 646** 1668** who is the aerobic instructor at this gym lifted for R. Browder 406 316 441 1158 242

three with perfect form and lots of potential. 242 Submaster John Mazzette 530 who takes any day 476 351 601 1428 275

division along with first in the 181 class. In the 275 F. Curran 406 366* 459 1231 third attempt over Ron Summers 500. The 148 W. most improved. (Old Colony Divisional record. Scorekeeper: T. Swenor, Judges: R. Hamm, M. 181 Arnold, T. Kendrick. We also thank the spotters, C. Billups, B. Taylor, and the others who helped. The 181 division was won by Darrell Latch. The competition was overseen by Recreation Officer Pires. We had a small number of lifters due to the many transfer and injuries of lifters with eight records being broken and three of them being All Time records. There was a really good battle in the 181 between Pech and Finn.

MAC Invitational			
4 Feb 95 - Belleville, MD	Total	SQ	BP
N. Park	340	195	350
B. Cole	270	185	370
T. Brayton	450	320	425
181	330	185	365
R. Reamy	690	405	635
275	715	460	675
M. Anderson	340	195	350
148	270	185	370
B. Cole	450	320	425
T. Brayton	330	185	365
R. Reamy	690	405	635
275	715	460	675

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From the Son Light Classic we have Dr. Darrell Latch, Linda Middleton, Tim Adkins, and Mike Daniel.



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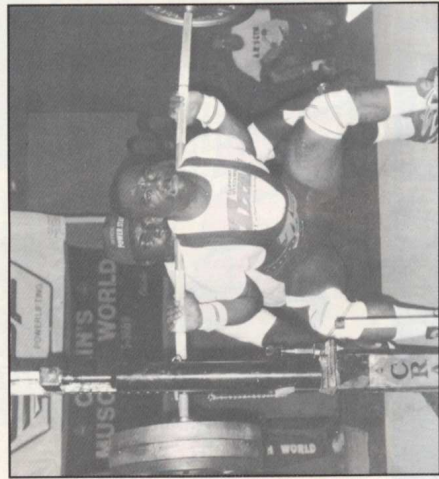
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(this article is continued from page 13)

We use three different stances while training the squat, mostly wider than our competitive stance, which builds the hips. We always squat below parallel, as noted previously.

After squatting, most at Westside do arched-back good mornings. These really build the erectors, especially where they tie into the hips and glutes. They also serve a very important purpose in that no matter how much weight is on the bar, it doesn't feel heavy. That's why Joe McCoy and Arnold Coleman can go from 505 to 710 at a meet with no ill effects.

When one is an accomplished squatter, nothing should move but the hip joint, the back should be arched at all times, and the shins should be perpendicular to the floor. Two common flaws in form are not pushing the glutes rearward as much as possible and not forcing the knees out to the sides on the way down and on the way up. The arched-back good morning will teach you to do just that.

Many of our lifters will do high-rep deadlifts, normally 2 sets of 20 reps. They are done with an arched back, shins straight up and down, pushing the glutes rearward. This again duplicates the motion of squatting, but most importantly, it is a great builder of the glutes and hamstrings. The stronger these muscle groups are, the better form you will have.

An exercise that works similarly is the pull-through. It is done with the aid of a low-pulley machine. Face away from the machine, bend over and grab a strap attachment, and walk away from the machine a few steps. Now squat down (your hands will be pulled between your legs) and come up. This exercise builds the glutes and hamstrings if you bend your legs and build your lower back if the legs are kept straight. Chuck Vogelpohl does pull-throughs twice a week, but for some reason he did not do them before the 1994 WPC Worlds and feels that this cost him the title.

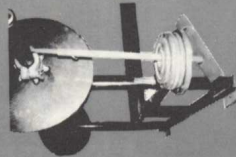
Abs are done four times a week. They play a valuable role in squatting. There are a variety of exercises that target the abs. Rotate the exercises when boredom sets in.

I believe that your mind is the only body part that tires out as long as you learn to rotate exercises when they need to be rotated. There is no such thing as the best exercise for any particular lift. You must always trade one for another. At Westside we rely strongly on special exercises such as the ones I discussed. Your squat never stalls but rather a particular muscle group. When you get mentally tired of something, it will cease to benefit you.

Reverse Hypers are our most important exercise for squatting. They are done four times a week; twice super heavy and twice moderately heavy. There are several ways of doing Reverse Hypers, but one must always keep the legs straight. It is important to allow the feet to swing under the machine (using control) as far as possible on the descent. This will allow fluid re-enters between the disks. We never rotate Reverse Hypers; it is an exercise that is so important that we do it throughout the year without getting stale. Reverse Hypers are a big advantage for us. I hope at least one of these tips will improve your squat. After all, that's why we train - to lift bigger weight.

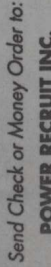
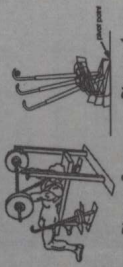
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark.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



None of the blown suits were Inzer suits. Apparently, the owner of another company that supplies powerlifting equipment, who claims to have the best blowout guarantee, had been busy on the phone talking some competitors into wearing his suit. Several of these lifters came to the Inzer booth afterwards to again fit themselves into a real squat suit. Shane Hamman was wearing a very tight fitting Inzer Z-Suit, but would his suit hold up on a world record attempt of 986 with

his radical 'dive bomb' squat technique? Yes! Of course his Inzer Z-Suit held up, and Hamman was successful in breaking a 12 year old IPF World Record with a super easy

lift of 986 and he was good for over 1,000 pounds. Anthony Clark, outfitted with all Inzer Power Gear, went on to win the SHW class, coming from behind with a huge IPF bench press World Record. The message of this historical account is: while there are other brands of suits that may be good and could be used for a practice suit, Inzer Z-Suits and Champion Suits have proven again to be the #1 suits for performance and safety in the world. And remember, the #1 ranked powerlifter and consistently consistent Ed Coan does not get confused and fooled into wearing other than the best, but always wears exclusively Inzer Power Gear!



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



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MEET DIRECTORS ... a listing here is a FREE service to publish your contact info to the membership. For more details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

- 1 JUL, BCFA (BP/IF/IL/IL) Beaches Open, Camarillo, CA, 800-665-2445
- 1 JUL, Biggest Bench on the Greenbelt, John Martin Memorial Bench Press (Adkinson, WV) Paul Sulphin, Box 523, Bluefish, WV 24701
- 1 JUL, (new date) AAU Pennsylvania State/Out of State, Joe Omega, 4608 W. 26th St., Erie, PA 16596, 814-833-3727
- 1 JUL, Slaughterhouse Open Bench Press Tri-State, 124 Seneca Ln., W. Milfin, PA 15122, 412-469-2095
- 4 JUL, Bench Press on the Square (teen, open, submaster, master, women) Wayne Hammes, 205 Peasley Ave., Okaloosa, IA 52577, 515-673-5240 (even), 673-3496 (day)
- 8 JUL, ADPPA BP/DL Iron Man/iron woman, 2000 N. 10th St., Box 23, Sloatsburg, NY 12886, Tim Hauptreich 518-587-7007 ext 10, 885-3404 (h)
- 8 JUL, 5th USFF Best of the East, Mid-Del/MaVA YMCA, Box 3296 Schumaker Dr., Salisbury, MD 21802, 410-749-0101 (Gary Howard)
- 8 JUL, MDSA Biggest Bench on the Beach Spicer, MN - men, teen, submaster, master) 52001, Jackson, Box 1031, Wilmar, MN 56201
- 8 JUL, AAU Drug Tested Iron Angels PL Classic and Open BP (open, submaster, teen, master, women, law & fire) Bob Guid, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745
- 8 JUL, APA Tri-State BP/Southeastern Cup DL (Ironman, NJ) Jeff Sherman, 255-831-3395, 813-697-7962/95, Englewood, FL 32995
- 8 JUL, APF Big Iron on the River PL/BP (open, class II, master, teen, women), Larry Browning, 1525 Chestnut Dr., Ironton, OH 45638, 614-632-4003
- 8 JUL, ADPPA Men's Teenage & Jr. Nationals (World Qualifier) Tom Gordano, 12342, 342, Way, Sharon, PA 16143
- 8 JUL, NASSA Virginia State PL/BP (Charlottesville, VA) Rich Peters, Box 735, Noble, OK 73068
- 8 JUL, USFF Bar Biting Bad Bench Press (Institute, WV - proceeds to WVRG Main Yeakum, Rt. 2 Box 250, St. Albans, WV 25177, 304-727-5245 (6-9pm), 558-3530 (8-4pm M-F)
- 22 JUL, ADPPA California Bench Press, Manual Villanuel, 955 N. Bayshore W., San Mateo, CA 95112, 800-464-9879 ID code MEXE
- 22 JUL, 1st APF Freedom Hill Outdoor BP and/or DL Classic (open, women, teen, master, submaster) Dan DeFélice, 19641 Voland,

Coming Events

- Memorial BP, Mike Wenzels, 100 E. West 2773 Ave., Coos Bay, OR 97338, 602-932-1511
- 15 JUL, East Coast Bench Press Wars "C101 City Showdown" Ayres Christophers, 4109 Wake Forest Rd., Raleigh, NC 27699
- 15 JUL, AAU "Top of the Ohio" Push/Pull Drug Tested (teen, open, master, women) Ouhong Power Shop, 04281A County Rd. 15D, Bryan, OH 43306, Ernie Fleischer 419-636-9699/444-4444
- 15 JUL, Independence Bench Press Classic, John Shillert, Box 303, Quince, VA 22965, 804-985-3932 before 9pm
- 15 JUL, Walker's Gym Deadlift (F), Lee, VA 22942
- 15 JUL, ADPPA Alabama State/Payette Red Butler, Fayetteville, AL 35555, 932-3365/5536
- 15 JUL, AAU 6th Annual Caron Bench Press (open, master, open-all div, men/women - no formula) Dave Kuzin, 475 W. 8th St., Caron City, NY 89073, 702-887-1984
- 15 JUL, USFF Drug Tested Maryland State Deadlift (MD/DC residents, sr., master, jr., open, women, law & fire) Bob Guid, Adelphi Rd., Hyattsville, MD 20782, Ship Comley, 301-864-1612
- 15 JUL, APF Men/Women Sr. Nationals (Dallas) James "Rader" Capahart, 1700 Coral Rock St., Irving, TX 75060, 214-253-8575
- 15 JUL, ADPPA Men's Nationals "Judgement Day" Gert Gayner, 19 Sun-Down, 10000, VA 18707, 717-823-6994 or 474-6111
- 16 JUL, AAU New England BP/DL, Larry Larsen, 10 Thomas St., Quincy, MA 02169, 617-479-7761
- 16 JUL, USFF CA State Notice Open/ National (ling tested) Bob Packer, 4487 N. Thorne, Fresno, CA 93704, 209-226-8622
- 20-23 JUL, USFF Men's Women's 62/24 Swedish Bakers Rouge, LA 70817, 504-753-8586
- 22 JUL, USFF Bar Biting Bad Bench Press (Institute, WV - proceeds to WVRG Main Yeakum, Rt. 2 Box 250, St. Albans, WV 25177, 304-727-5245 (6-9pm), 558-3530 (8-4pm M-F)
- 22 JUL, ADPPA California Bench Press, Manual Villanuel, 955 N. Bayshore W., San Mateo, CA 95112, 800-464-9879 ID code MEXE
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- Merse Rd., Buffalo, NY 14215, 716-694-8583
- 29 JUL, NASSA Tri State Regional PL/BP (NASSA classes BP & DL for special olympians) Smithy, 508 E. 5th St., Para, IL 62839, 618-662-8473
- 29 JUL, Columbus PAL Bench Press (open, women, teen, submaster, master) Rick Omega, 5714 64th Ave NE, F 3, Edmonds, WA 98149, 206-791-3319
- 29 JUL, AAU Illinois Drug Free BP/DL Challenge (separate contests - 1st 60 lb/80 lb) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
- 29 JUL, APF Bench Press Meet, Rick Falla, 6801 SW 147th Ave #1 F, Miami, FL 33193, 305-385-2181
- 29 JUL, NASSA New Mexico Regional PL/BP (open, women, teen, submaster, master) (Cordón) Cordero, 1000 Rich Peters, Box 735, Noble, OK 73068
- 29 JUL, 2nd South Lake Natl Bench BP, Shawn Rowton, 3684 New South St., Hobart, IN 46342, 219-962-4628
- 29 JUL, AAU Jr. Olympics/Tenage Nationals, Bob Uter, 2555 Hill Ave., Des Moines, IA 50317, 515-247-5494
- 30 JUL, USFF West Virginia State Deadlift, W 2815 S, 304-455-1384
- 30 JUL, WNFPE NJ State (Eliken, NJ) Park, GA 30349, 404-996-5008 12-5pm
- 30 JUL, WNFPE Police/Fire/Military Natl. (Virginia) WNFPE, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
- 30 JUL, American Teacher Olympics, Don 9207A, 619-748-3489
- 30 JUL, APA South Carolina Drug Free PL (Florence, SC) David Barino, 803-661-1042 34295, 813-697-7962
- 5 AUG, IPA Best on the Beach BP/DL and Bikini Contest (separate contests, men, women, master) Carl S. 727-2444
- 5 AUG, AAU California State Bench Press, Fred Kendall, 209-745-0695
- 5 AUG, 8th ADPPA Callan Bay Open, Jon Krause/Ron Woodcock, 1830 Eagle Crest Way, Callan Bay, WA 98326, 206-963-2000 ext 3139, 2012
- 5 AUG, MDSA Steve Kokales Benefit BP (Ironton, OH) 419-520
- 5 AUG, 2nd ADPPA Ed Johnson Memorial Bench Press (femic under the tent) Frank Das 914-343-0412
- 5 AUG, USFF Muscle Beach Bench Press, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
- 5 AUG, AAU Drug Tested Masters/Submasters Power Day, Spiero Thonibidde, 16529 Joppa Ave., Port Charlotte, FL 33948, 813-944-8680
- 5 AUG, (new date) APA/ANPA World Cup BP (Florence, SC) (ling tested / non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 32925, 813-697-7962

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5.6 AUG. NASSA JR. National Nationals
 PL/BP (Burlington, NC) Rich Peters, Box 735, Noble, OK 73068
 6 AUG. APA North Carolina State (drug free, non-tested - master, teen, police/fire) World Cup/Dreadlift (Charlotte, NC) APA, Box 1393, Englewood, FL 34295, 813-697-7962
 7-9 AUG. NASSA World Cup PL/BP (Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068
 12 AUG. ADFFA Summer Classic: BP & DL (Waco, TX) Iron Man Bench Press, Lyle Hanson, 2150 Mehin Hill Rd., Phelps, NY 14532, 315-548-5859/4579
 12 AUG. ADFFA Summer Classic: BP & DL (Culbertson, MT) Bruce Smith, 112182, 404-395-9332 before 5pm
 12 AUG. Virginia State Bench Press, John Staffast, Box 303, Quince, VA 22965, 800-985-3932 before 5pm
 12.13 AUG. ADFFA Deadlift Nationals (open, lifetime, Jr., teen, master, sub-master, women) Mike Casella, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225
 13 AUG. APF New York Squat Championship, Dave Leon, Powerhouse Gym, 1400 Albion Ave., Schenectady, NY 12303, 518-355-0233
 13.13 AUG. ADFFA Deadlift Nationals (open, women, below class I, master), Paul Brown, Construction Zone Fitness, 2701 Robinson Blvd., Pittsburgh, PA 15235, 412-371-8920
 13.13 AUG. Power Sport Bench Press, Laurie Gozagar, YVCA, 62 Main St., Torrington, VT 05851, 414-538-8877
 26 AUG. WPC (Canada/CFA International Bench Press (York, PA - drug tested/ non-tested, full wt. classes, all age groups) APA, Box 1393, Englewood, FL 34295, 813-697-7962
 28 AUG. (new date) ADFFA Maryland State (open, lifetime, Jr., teen, master, sub-master, women) Benji Lee, East Coast Proffing/Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-8050
 28 AUG. Power Excal/Animal House Fall Bench Press, Power Excal, 2807 S Superior St., Milwaukee, WI 53207, 414-769-1211
 28.27 AUG. ADFFA Florida State (men, women, master, teen) Tom Tironozzi, 411 Westmont Dr., Palatka, FL 32117, 904-328-4894
 26.27 AUG. AAU Men's Nationals, Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
 19 AUG. WPA/WPA/CFA Can-Am Bench Press (New Haven, CT) (drug tested/non-tested men, women; teen; master) Scott Taylor, Box 3993, Englewood, FL 34295, 813-697-7962
 19 AUG. (new date) ADFFA Maryland State (open, lifetime, Jr., teen, master, sub-master, women) Benji Lee, East Coast Proffing/Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-8050
 26 AUG. NASSA Wisconsin State PL/BP (Marshall, WI) Rich Peters, Box 735, Noble, OK 73068
 26.27 AUG. ADFFA Florida State (men, women, master, teen) Tom Tironozzi, 411 Westmont Dr., Palatka, FL 32117, 904-328-4894
 10 SEP. ADFFA Fall Classic: Ward's Gym, Chillcock, BC, 604-792-8014
 10 SEP. USPF California Classic BP, Advanced Strength & Fitness, 1144 N. Anna Blvd. Lake, IN 07828, 201-691-0824
 16 SEP. Greatest Bench Press in America (1964-1966) (new date) ADFFA Maryland State (open, lifetime, Jr., teen, master, sub-master, women, beginner, law enforcement) Jeff Beard, 3004 SW 12th St., Deer Meadow, IA 50315, 515-280-8275
 2 SEP. Michigan Bench Press Challenge, Les-Haskell, 13564 Temp Dr., Ulca, MI 48315, 810-645-3244
 2 SEP. NASSA Tennessee Regional PL/BP (Jackson, TN) Rich Peters, Box 735, Noble, OK 73068
 2 SEP. (new date) AAU Needs State (men, women, below class I, master) residents only - spec. olympics, non formula) open - all div. - men/women, non formula) Dave Kuzman, 475 W. 8th St., Canon City, CO 80703, 703-887-1984
 9 SEP. 2nd Union County YVCA Bench Press, Ellen Riegel, UYVCA, 515-644-4901
 9 SEP. ADFFA Pennsylvania Masters/PL/BP (Oquirrh, UT) Mike Casella, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225

9 SEP. 3rd Princeton City Deadlift Classic (drug tested, open teen, master, women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-8050
 9 SEP. Iron Angels AAU Drug Tested PL Classic/Bench Press (open, master, sub-master, teen, women, law/fire) Bob Gudd, Iron Angels Gym, 232 W. Main St., Monticore Falls, NY 14865, 607-535-7463/2745
 9 SEP. Son Light Open BP/DL Classic (open, lifetime, Jr., teen, master, sub-master) Dorell Latch, 126 W. Sals, Tuscola, IL 61953, 217-253-5429
 10.20 AUG. WDFPF World Teenage, Smith FAX 011-44-7347-757-996
 19.20 AUG. ADFFA Deadlift Nationals, Larry Larsen, 10 Thomas, Quincy, MA 02169, 617-479-7761
 9.17 SEP. NASSA Ohio Regional PL/BP (Cincinnati, OH) Rich Peters, Box 735, Noble, OK 73068
 10 SEP. Power Sport Bench Press, Laurie Gozagar, YVCA, 62 Main St., Torrington, VT 05851, 414-538-8877
 26 AUG. WPC (Canada/CFA International Bench Press (York, PA - drug tested/ non-tested, full wt. classes, all age groups) APA, Box 1393, Englewood, FL 34295, 813-697-7962
 28 AUG. (new date) ADFFA Maryland State (open, lifetime, Jr., teen, master, sub-master, women) Benji Lee, East Coast Proffing/Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-8050
 26 AUG. NASSA Wisconsin State PL/BP (Marshall, WI) Rich Peters, Box 735, Noble, OK 73068
 26.27 AUG. ADFFA Florida State (men, women, master, teen) Tom Tironozzi, 411 Westmont Dr., Palatka, FL 32117, 904-328-4894
 10 SEP. ADFFA Fall Classic: Ward's Gym, Chillcock, BC, 604-792-8014
 10 SEP. USPF California Classic BP, Advanced Strength & Fitness, 1144 N. Anna Blvd. Lake, IN 07828, 201-691-0824
 16 SEP. Greatest Bench Press in America (1964-1966) (new date) ADFFA Maryland State (open, lifetime, Jr., teen, master, sub-master, women, beginner, law enforcement) Jeff Beard, 3004 SW 12th St., Deer Meadow, IA 50315, 515-280-8275
 2 SEP. Michigan Bench Press Challenge, Les-Haskell, 13564 Temp Dr., Ulca, MI 48315, 810-645-3244
 2 SEP. NASSA Tennessee Regional PL/BP (Jackson, TN) Rich Peters, Box 735, Noble, OK 73068
 2 SEP. (new date) AAU Needs State (men, women, below class I, master) residents only - spec. olympics, non formula) open - all div. - men/women, non formula) Dave Kuzman, 475 W. 8th St., Canon City, CO 80703, 703-887-1984
 9 SEP. 2nd Union County YVCA Bench Press, Ellen Riegel, UYVCA, 515-644-4901
 9 SEP. ADFFA Pennsylvania Masters/PL/BP (Oquirrh, UT) Mike Casella, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225

9 SEP. 3rd Princeton City Deadlift Classic (drug tested, open teen, master, women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-8050
 9 SEP. Iron Angels AAU Drug Tested PL Classic/Bench Press (open, master, sub-master, teen, women, law/fire) Bob Gudd, Iron Angels Gym, 232 W. Main St., Monticore Falls, NY 14865, 607-535-7463/2745
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OK 73069, 405-366-0199
 19 AUG. AAU Illinois Poles/Fire/Drug Free Bench Press (1st/2nd/3rd) Rich Peters, Box 735, Noble, OK 73068
 19 AUG. (new date) USPF CA Santa Ana Lift Open/Natural (drug tested) (Santa Ana) Vit Elliot, 7942B Glencoe Ave., Huntington Beach, CA 92647 714-841-3055
 19 AUG. NASSA Kansas Grand PL/BP (Great Plains) Rich Peters, Box 735, Noble, OK 73068
 19.20 AUG. WDFPF World Teenage, Smith FAX 011-44-7347-757-996
 19.20 AUG. ADFFA Deadlift Nationals, Larry Larsen, 10 Thomas, Quincy, MA 02169, 617-479-7761
 9.17 SEP. NASSA Ohio Regional PL/BP (Cincinnati, OH) Rich Peters, Box 735, Noble, OK 73068
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 9 SEP. 2nd Union County YVCA Bench Press, Ellen Riegel, UYVCA, 515-644-4901
 9 SEP. ADFFA Pennsylvania Masters/PL/BP (Oquirrh, UT) Mike Casella, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225

16 SEP. ADFFA Florida State Bench Press Meet, Rick Falls, 6801 SW 197th Ave # J, Miami, FL 33153, 305-552-5252
 30 SEP. 1 OCT. (new date) AAU Drug Tested New Jersey Open & BP/DL (men, women, submasters law & fire, teen, women, novice, out of state) Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
 30 SEP. 1 OCT. NASSA Louisiana Regional (open, lifetime, Jr., teen, master, sub-master, women) Jim Thomas, Wilkes Barre, YVCA, Franklin

NOTICE: If you feel you deserve an invitation as one of the top benchers in America to perform in the Greatest Bench Press in America and did not receive one, send your credentials right away to G.B.A., P.O. Box 2981, Longview, TX 75606 or call 800-848-1746

PL/BP (Alexandria, LA) Rich Peters, Box 735, Noble, OK 73068
 16 SEP. ADFFA Florida State Bench Press Meet, Rick Falls, 6801 SW 197th Ave # J, Miami, FL 33153, 305-552-5252
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217-253-5429
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 14.10.15 OCT. ADFFA Central USA PL/BP (Marshall, MN; non-teen, submaster, non-teen) Dan Jacobson, Box 1031, Willmar, MN 56201
 21 OCT. APA Southern States BP (Columbus, SC) All South DL, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962
 21.22 OCT. APF Coonion Classic PL/BP (teen, Jr., women, novice, submaster) 7914 1/2th, 3465 Lawson Blvd., Oceanville, NY 11570, 80 West, Ft. Worth, TX 76116, 817-244-9696
 21.22 OCT. NASSA Arizona Regional PL/BP (Phoenix, AZ) Rich Peters, Box 735, Noble, OK 73068
 21.22 OCT. WDFPF World Bench Press (open, Jr., teen, women, submaster, women, below class I, master) Mike Casella, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225
 22 OCT. Power Excal/Animal House All Halowe Bench Press, Power Excal, 2807 S Superior St., Milwaukee, WI 53207, 414-769-1211
 22.22 OCT. (NEW DATE) Huntsman World Senior Games Powerlifting (50 years plus age) (women) Powerlifting (50 years plus age), Murray, UT 84157, 801-265-3228
 27.29 OCT. WPC Worlds, Gerry Bedford, World Gym, 7694 Savonnil Rd., Dublin, OH 43017, 614-766-9400
 28 OCT. West Virginia Open/Closed State Squat Meet, Luke Jans, 260 Witten Lane, New Martinsville, WV 26155, 304-455-4384
 Press Club (teen, open, women, submaster, women, below class I, master) 23113, 804-379-7556
 28 OCT. (new date), APF Ohio State, Dave Ogan, 298 N. High St., Chillicothe, OH 45001, 614-772-5446
 28 OCT. AAU Illinois Drug Free Deadlift (1st/2nd/3rd) Rich Peters, Box 735, Noble, OK 73068
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Sept 10 - ADFFA Keystone Classic Bench Press (open, lifetime, teen, junior, submaster, master, law/fire, women)
 Nov 18 - ADFFA Squat Nationals. First 100 entries
 Nov 19 - ADFFA All American Bench Press. Sculptured awards 10 Top in each division
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VICTORY MEGA MASS 2000

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

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

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

Joe Weider
Trainer of Champions
Since 1936



Preferred Stock!



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

The Custom Series

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

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

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

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

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

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

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

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

The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice



Style B \$65.00

Style A \$65.00

Style E \$65.00

Mark I \$55.00

- Silver
- Black
- Pearl White
- Gray
- Kelly Green
- Forest Green
- Brown
- Rust
- Sand
- Gold
- Pink
- Red
- Orange
- Maroon
- Purple
- Navy
- Light Blue
- Royal Blue

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The most all time world record attempts ever

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Come see the top American bench pressers who have the courage to lift their best with the best in the nation in front of the

TV cameras and a sellout audience

Be part of the action and experience the explosion of power

The historic Majestic Theatre - Dallas, Texas

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				TOTAL	

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