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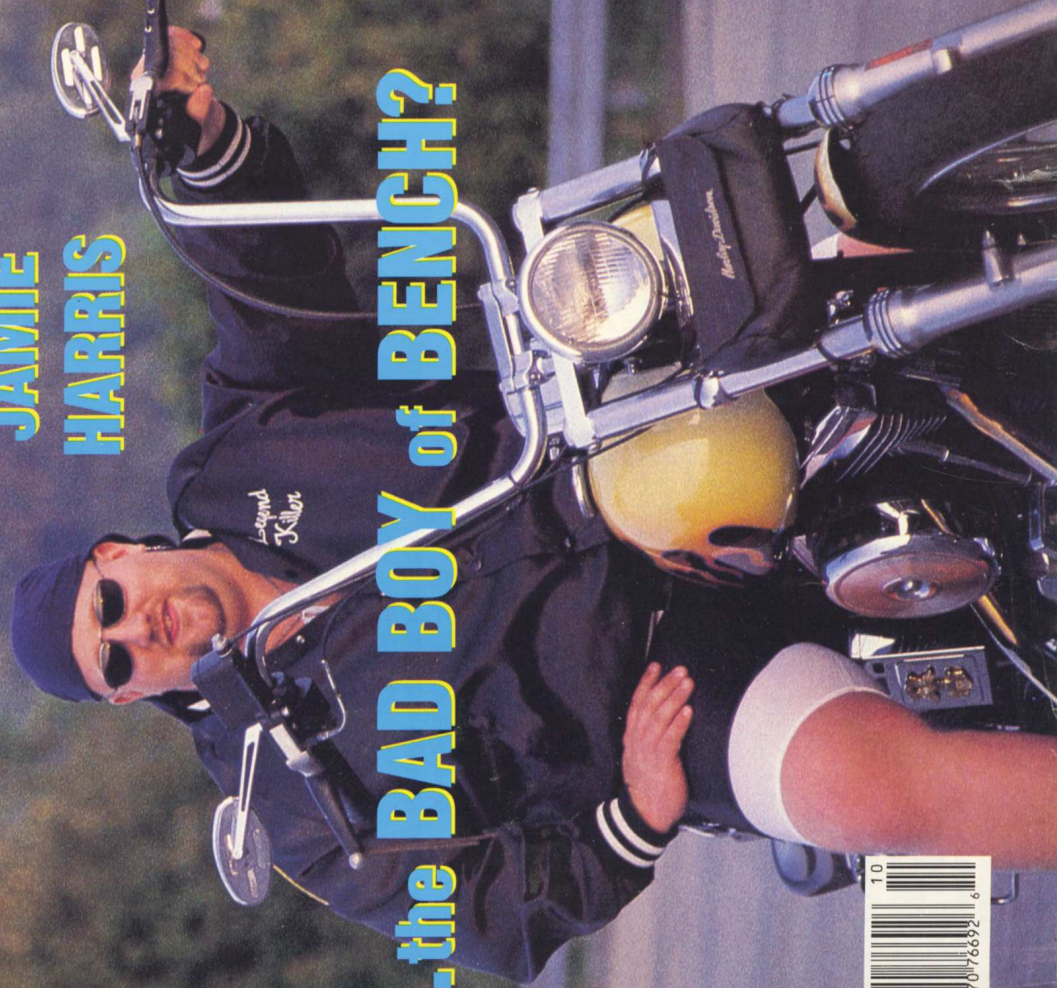
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POWERLIFTING USA

VOL.19 NO.3 OCT/95 \$3.50

JAMIE
HARRIS

...the BAD BOY of BENCH?



INTERVIEW

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

JAMIE HARRIS

as interviewed for Powerlifting USA by Chris Lydon

Jamie Harris: Age - 24, Competition Best - 740 pound Bench Press, March 25, 1995; Upper Arm Girth - 23 1/2", Chest Girth - 65".

CL: Jamie, give me some background information. Where are you from? What kind of work do you do?

JH: I'm from Pittsburgh, from a suburb called Charleoi, but I live in Elisabeth now. I work with juvenile delinquents at the Allegheny County Youth Authority.

CL: Tell me about your job.

JH: I work with murderers and rapists.

CL: Juvenile murderers and rapists?

JH: Yeah, gang members mostly. It's physically demanding. I always have to restrain kids. That's part of the reason they hired me - my size.

CL: What's that like?

JH: When you work with youth it's not like working with adults. I talk to kids 13 or 14 years old who have committed murder, and it's a very different situation. Adults, you tell them what to do. Kids, you want to explain to them why things are happening the way they are. You try to help them out. You want to think there's still hope for them. It took me a couple years just to get used to the idea of working with kids that had committed such serious offenses.

CL: How did you get interested in that field?

JH: I have a degree in psychology from California University. It's a small local college. Actually, I didn't really know for sure what I wanted to do when I first got out of school.

CL: You went straight from high school to college and then straight through college?

JH: No, I actually dropped out during my junior year of college to become a professional wrestler. I didn't like it too much. When I came back and got off the road a couple friends of mine who worked at the Youth Authority got me interested in my current job, and I've been here ever since.

CL: How long did you do the pro-wrestling?

JH: A couple years.

CL: What was your stage name?

JH: Big Boy Hanson. I did local

gains. It's only since then that I've been competing. I've put about 400 pounds on my bench in the last five years.

CL: 400 pounds in five years is tremendous! So, when did you go back and finish our degree?

JH: Since it's work-related, the Youth Authority paid for me to complete my psychology degree. I worked at night, and spent all day in class.

CL: That sounds like a tough schedule.

JH: It definitely affected my lifting, but I'm glad I did it. You can never be sure what the future holds, and I feel more secure knowing I've got the degree. I finished school last spring, and it's great to be able to devote more energy to my lifting.

CL: Do you plan to make a career as a professional athlete or do you want to pursue psychology?

JH: It's hard to say what I want to do right now. I'm sort of at a crossroad: I have to decide if I want to make a living as a professional powerlifter, and then I need to start concentrating and focusing on that goal. I know that there are no guarantees. My fiancée and I are planning to get married soon. I'm hesitant to risk everything and give up a job where I'm making good money, and I have great benefits.

CL: So, you're engaged?

JH: I'm engaged.

CL: Tell me about your fiancée.

JH: Her name is Michelle Lees. It will probably be Michelle Harris by the time you print this.

CL: When's the big day?

JH: We're planning to get married some time next month. We want to have a big wedding next spring, but we're going to have a small ceremony and actually tie the knot next month.

CL: I hope I'm the first to print the news! So, what does she do?

JH: She works in the billing department of a local hospital.

CL: What does she think of powerlifting? Does she come to your meets and cheer you on?

JH: Yeah, she's really supportive. When we first met I had just started at the youth authority, and I hadn't finished college yet. I wasn't making the money I am now, and no one was sponsoring me with equipment. Michelle really helped me out financially.



Now, she rubs me down, and watches my food intake. She also gets involved with the social aspects of the sport. She goes to the meets and mingles, and we'll all usually go out afterwards. She's always been totally supportive. I give her a lot of the credit for my success.

CL: Do you ever train with her?

JH: Well, not really. She likes aerobics and stuff like that.

CL: Do you have a training partner?

JH: Not currently. When I have a training partner, it's very important for me that they be someone I can depend on. Right now, there is no one single person. When I set the world record I was training with a couple of guys who were really consistent, but now the guys I train with tend to change every week. It's hard because everyone has a different work schedule.

CL: Do you think that hinders your progress?

JH: Yeah, it does to some extent. Like I said, it's hard to get people there consistently. You really can't blame anyone; everyone has things they have to do. It definitely makes a big difference though, especially if you're the only one training for a meet. Then it's almost impossible to get people to be consistent, but I'm lucky enough to have three or four big guys right now who are helping me out.

CL: Do you have a set routine or do you vary your workouts?

JH: I have a set routine with my training partners. They take care of my needs in terms of loading my bar and helping with my equipment.

CL: Tell me about your training routine on and off season.

JH: Well, during the off-season, I throw in different types of exercises that I generally don't do during the season. Instead of two exercises per body part, which I would do during the season, I might do four. I generally do between eight and nine sets per week. During the off-season, I'm not really going for strength. I'm letting my body recover.

CL: How long is your season?

JH: That depends on what meet I'm planning to compete in. I'd say about four and six months. There have been times that I've taken a year between competitions. I don't do that now because it makes it hard to get back in shape. You let yourself go for 8 or 10 months and your muscles tend to forget. I might go to 2-3 different meets during that cycle when I'm in season getting ready, but I won't take more than two 10 week on-season cycles out of the year.

CL: What kinds of exercises do you do?

JH: During the season I bench, I do inclines and I do close-grip tricep extensions. That's my big bench day. I work out one day a week. Monday. For the remainder of the week I'm resting, eating well, and getting ready for the next Monday. My workout is pretty basic, but very intense.

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population is functionally illiterate, and the average male in America reads less than 2 hours a week, and spends less than 5 hours a month in a direct effort to enhance his intellectual prowess. Believe me, I've seen guys who were totally amazed to find out that 7 X 8 equaled 56, and they would be absolutely "dumbfounded" to learn that 8 X 7 would give them the same answer. I've heard women say that men don't talk. The reason they don't talk is that they can't. They can't read either, otherwise I wouldn't be writing this article. What can men do? Women - lots of women.

Male Sexuality - According to an unofficial survey of women at Gold's Gym, all men are lecherous, chauvinistic, disgusting dogs who will go to bed with anything that has a heartbeat. I believe this sums up this section rather nicely. I suggest we move on quietly.

Male Morality - Hold on to your seat, because this is not going to be pretty. First of all, most males lie and cheat more than a politician running for office. For instance, according to the Janus Report, the first broad-scale scientific national survey on human sexuality since the Kinsey report, 77% of men married two years or more have cheated on their wife at least once. Worse yet, 43% of the aforementioned men cheat frequently on their wives. To add insult to injury, less than 10% of the men who committed adultery expressed feelings of guilt or regret. Believe it or not, single males are even more carnal. Get this! 81% of single males engage in promiscuity on a regular basis, and only 21% of single males in a steady relationship are monogamous. And listen to these statistics: 19% of the males surveyed reported they had full sexual relations by the age of 14. 22% had had at least one homosexual experience. 14% had some personal experience with sadomasochism and 6% had cross-dressed. Perhaps one woman I interviewed summed it up best for all the rest. When I asked her what she thought about male morality, she responded, "What's that?"

Reaching for the Stars - In all candor and with all kidding aside, most men need to take a long, hard look at themselves. Certainly, I am no exception. Philosophers and psychologists have told us for years, "You are all you have", and that's why it's important that you become all that you can be - the greatest, grandest, most wonderful loving person in the world. You have control of your destiny. You have the power. You can go into the stars. Wilkas Kazantzakis says, "You have the brush, you have your colors, you paint paradise, then in you go." Of course, you can also paint hell. Personally, I can't understand why people don't strive to grow - because it isn't the greatest opiate in the world - because it is the process of becoming. Every time we experience something new, we become something new, something greater and grander. In that respect, we have more to give. Leo Rastien has said, "Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable.... the purpose of life is to matter - to count, to stand for something - to show that we have lived our life totally." If Rastien is right, it follows that your responsibility to yourself is to make yourself this enormous human being, full of knowledge, full of love, full of understanding, full of experience, full of everything that is good. In so doing, you can become an awesome human being - a good man, if you will. Remember too, that God's gift to you is life - how you live it is your gift to God.

Male Fitness - For most men, physical fitness training entails sitting at the local sports bar, eating Doritos, drinking beer, and watching Virgil Carter's Fishing Hole on the tube. If they are real fitness fanatics, they'll watch Jane Fonda's aerobics or Soul Train. Not surprisingly, research conducted by the American Medical Association has revealed that 78 percent of the male population is overweight. 31 percent of the aforementioned butterballs had enough bodyfat to qualify for individual obesity, a classification that identifies a clinical to have at least 20 percent more bodyfat than normal. That's a not so easy feat to accomplish, and one that requires extensive inactivity and extreme gluttony. Believe me, America has a wealth of talent for this year's pudding belly Olympics. In fact, we're a virtual shoe-in for the award. Do you want to hear something really scary? According to a recent study conducted by the National Sporting Goods Association (NSGA), only 2 percent of the American male population is in excellent shape. Even more amazing, 87 percent of America's males are in poor to pitiful shape. And here's the real kicker. When women are compared to men of the same age, it was discovered that women in general exhibited better health and fitness than their male counterparts. Not only that, but after the age of 30, women are three times more likely to engage in a fitness program, and seven times more likely to be in better shape. Now, I know what you're thinking, "Blasphemy, according to scientific studies, men are significantly stronger than women. So, what's the story?" Well, so is a jackass. And speaking of male intelligence, let's investigate that subject.

Intelligence - THE MALE KIND - When it comes to male intelligence, there is no doubt that America has an excellent I.Q. reduction program. According to the latest statistics released by the National Education Association, the average SAT scores for American males have decreased over 100 points during the last three decades. Male performance on both the NTE and GRE has also decreased significantly over that same time span. Even more disheartening, it is the fact that approximately 23 percent of the

Dr. JUDD

WHERE HAVE ALL THE GOOD MEN GONE? by Judd Biasiotto Ph.D., World Class Enterprises

Snips and snails and puppy dog tails, that's what little boys are made of - and then they grow up and transform into Archie Bunker and Al Bundy, all wrapped into one. In short, they become a waste of protoplasm. Now don't get me wrong, I'm not talking about all men, just the percent of them. Let's be real. Where have all the good men gone? Studio 54, the Hard Rock Cafe, or the local juice bar - Not! Believe me, the Marines can't even find a few good men these days. Hell! If Mrs. Robinson was around today, she wouldn't be worried about finding Joe Dimaggio, she'd be happy just to find a good Joe. I hate to admit this - being a male and all - but most men these days are striving just to reach the third rung of the food chain. Consider the evidence.

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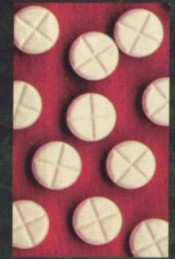
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1 Thanks to John Inzer and Analog to Digital Image Conversion Process for photographs from the 1992 Baddest Bench in America.



TRAINING

Successful Deadlifting Strategies as told to Powerlifting USA by John Inzer

Use your warmup to prepare yourself for the succeeding sets. The idea is to make your warmup a warmup rather than a workout. Many factors influence your decision whether to go for a max. These include how you have slept and rested recently, nutritional intake, mental and emotional state, and, of course, how light and easy your warmup feels. Remember, you are the one ultimately responsible to shape your environment to match your needs. The first warmup will be very light (around six to ten reps) followed by a second, slightly heavier set of three to four reps. Once the second set is completed, the next three or four warmup sets will consist only of singles. Once again, you can go for a max if you are extra strong that day. Once your warm-ups and max (if applicable) are completed, choose a weight with which you can complete three to ten reps in perfect form. Perform each of these explosively, always digging deep within yourself for another clean pull. Use perfect form on every rep of every set that you do in order to integrate that perfect form. Once perfect form becomes second nature, all you have to focus on at meet time is psyching up. Do two to five sets in this fashion, and the deadlifting portion of your workout is done. Light or warmup type workouts are also useful on some days. Use of assistance exercises is good and should be prioritized according to the good and should be prioritized according to the range of the pull that doesn't move as quickly and should be strengthened. Remember to read Power-



6 Warm up 1 set: 6 to 10 reps
Warm up 1 set: 3 to 4 reps
Warm up 3-4 sets: 1 rep
Max (if applicable)
Tough sets 2-5 sets: 3 to 10 reps



lifting USA for information on good assistance exercises. Finally, slightly different muscles are used when wearing power gear. If you are preparing for a contest, begin wearing your Z-Suit or Champion Suit, Erector Shirt, and Groove Briefs five to twelve weeks out to properly train and prepare yourself for the platform. Many powerlifters save their Groove Briefs until 2 to 3 weeks before the contest to give themselves a boost of hip power, and extra protection to the connective tissue between the top of the thigh, the buttocks, and the torso. Eliminate most or all assistance work about three weeks before the meet. On your last deadlift workout warm up, pull your opener, and you are now ready to rest and heal. On the last week pack your power gear, rest and prepare to post an awesome deadlift. ISNT POWERLIFTING GREAT!!!

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Oct. 28 - WPC World Womens Powerlifting Championship, 9:00 a.m. - 3:00 p.m.
WPC World Mens Powerlifting Championship 114lbs. - 165lbs., 3:00 p.m.
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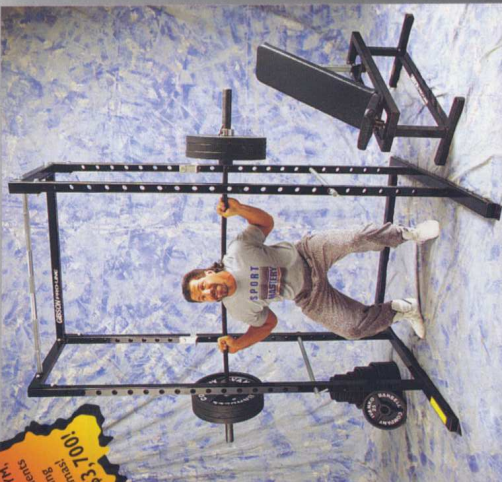
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1. To enter, correctly complete an official entry form and mail according to directions to Atletika Sweepstakes, 10 Evergreen Drive, Bozeman, MT 59715. You can also call toll free 1-800-621-2602 and you'll get your name entered twice (two chances to win).
2. ENTER TODAY! The "Hustore Gym" sweepstakes begins September 1, 1995. To be eligible, all entries must be received by 8:00 PM on Friday, December 8, 1995. No responsibility is assumed for lost, late, damaged, illegible, or postage-due mail.
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4. The Grand Prize consists of one Johnny Gibson Power Rack #270, an Ivankov Elite Training BAR, 1000 pounds of Black Inkako Olympic Plates, a Johnny Gibson Flat Barbell Combo #213 and a 6-month supply of Sport Mastery including One-on-One training. Retail value \$3,719 (plus shipping and handling charges). Grand Prize winner's name will be published in the monthly newsletter of Atletika Sport Mastery and will not be returned. Sweepstakes ends 12/31/95. Prizes are void where prohibited. Void where prohibited. Void where prohibited.
5. Other good in the U.S. and Canada except those states and provinces prohibited by law.
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The sport supplement industry has changed dramatically since the 1980's. Back in 1982 I can remember adding Unipro's Carboplex (the original glucose polymer/maltodextrin supplement) to my orange juice, and also downing a handful of their Amino 1000 tablets which were the first true amino acid supplements for athletes. At the time, a liter could still find the original protein powders and liver tabs that were popular in the 1970's, but they weren't as high-tech to those of us in search of the latest and the greatest. Now fast forward to 1995, and you'll see hundreds of supplements being advertised by dozens of sport supplement companies. Along with the high tech has come high confusion. Just what works and what is pure hyper is often a mystery to even the most educated powerlifter. If you really inspect the sport supplements offered today, you'll find most are useless. Even if they do have a purpose in advanced level training, rarely is there a plan for their proper use. There is a better way.

To this day I still get calls from lifters who have "discovered" supplements like dibencoside (coenzyme of vitamin B12) or boron. Hey guys, wake up! There are better supplements than these for building strength and power. You've got to be sharp in your selection of high level sport supplements or else you'll waste your time and your money. Perhaps the most valuable concern to any competitive powerlifter and you must get the most improvement from every workout.

Much of the early sport supplement developments were offshoots from hospital studies. Some scientists would give a bum patient glucose polymers and amino acids which would help switch them from a catabolic metabolism to an anabolic state. Scientifically, the sport supplement industry hasn't changed all that much, but real science has evolved to a point where a lifter no longer needs to take anabolic steroids to win over those that do. Likewise, the flavored carbohydrate and protein powder drinks, and all-in-one weight gainers popular among beginners offer little value to the

advanced drug-free powerlifter with a vision to become a champion. Training at the advanced level is not the time for a shotgun approach to using sport supplements, but rather a time for a focused and accurate use of very specialized supplements along with new training methods.

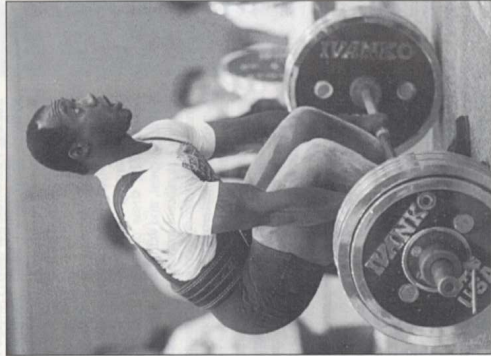
As I've written many times before, a supplement is only a tool which will allow you to raise your training intensity and/or volume. They are not miracle compounds that build muscle mass and strength effortlessly. In fact, as a drug-free lifter advances in ability, specialized supplements play a greater and greater role in speeding recovery and enhancing the anabolic shift of these high-intensity trained lifters.

Most supplements are given far more credit by supplement makers for increasing sport results such as strength and power than is justified. An effective supplement, while an important component of the training mix, is just one link in the chain of events leading up to maximum increases in strength and power. When an athlete evaluates the effectiveness of a supplement they need to consider the situation in which it is used, such as the training method, intensity and volume of work, training dosage, etc.

I recently spoke with a national level swimmer who told me he obtained little results from the supplements he has taken in the past. After asking beginners offer little value to the

ELITE LEVEL SPORT SUPPLEMENT PROGRAM DESIGN

as told to POWERLIFTING USA by Rick Brunner, Atletika



Winning Drug Free Lifters, like Greg Jones, almost always have a clear plan for natural supplementation.

some probing questions, it was clear to me that the creatine he was using as well as other powerful supplements I would recommend would be of little benefit to him. This is because his training plan was poorly designed. As is common with many US sport swimmers (100-200 meters), he was training using a good idea of high endurance type of workouts lasting longer than two hours. His volume of training was high, but the quality of the work was poor. In general, I suggested he get his training in order by making the workouts shorter (1 hour), more intense (sprint speed), and more frequent (multiple daily workouts). This he must do before he invests in any advanced level supplements. In this way the high intensity and high volume training will match the restorative supplement, and both will then work together. The same problems can be said of the training plans of many powerlifters who train using outdated methods and cycle schemes which yield only average results. Even a good supplement will be of little use if the training isn't right.

The specialized supplements available today can allow you to handle heavier weight of greater volume, provided you prepare properly and use the training program which will match the neurohormonal demands of your sport with your level of ability. Only in this way will you achieve the success you are capable of. Otherwise, you will be training to become just average, and you'll be limiting your potential.

I've listed some specific supplements that are my personal favorites and which have proven themselves in the training programs of elite powerlifters. Coach Jay Schroeder of Ultralift has been helpful in this analysis as he and many of the athletes he coaches have participated in our on-going research. This "real world" research using advanced level powerlifters has allowed us to refine many supplements and evaluate their effects under heavy loads an high dosage.

The new generation of supplements allows trainers and athletes to further refine their training

plans, making them upwards of 60% more productive than traditional powerlifting programs. In fact, in most cases we will observe an increase in strength of an intermediate level competitive powerlifter between 10 and 20% within the first 30 day microcycle.

These adaptations are permanent, and from this base we are then able to introduce even more advanced level training methodologies, increasing the intensity (tension) and volume (tonnage) of training along the way. The new methods of training are required to activate the neurohormonal mechanisms necessary for maximum increases in drug-free muscle protein synthesis, and the results in strength and power are dramatic. In regard to the supplements I've selected, keep in mind that they must be used within the optimal training plan. They work with training, not separate from it. This list is not exhaustive, as new compounds are constantly being developed, refined, and improved.

Retabol - Many drug-free powerlifters are already aware of Retabol and how useful it is as a primary anabolic. I first imported Retabol from Uzbekistan back in 1989 and since that time the supplement has undergone three different improvements to increase its anabolic action while making it safe. As a crude extract of three different plants, Retabol is standardized for various testosterone and androgens which enter muscle cells and amplify the anabolic process called translation which is when amino acids are assembled into muscle protein chains. Retabol is used in short cycles lasting 10 days on, 10 off, and 10 on. It is administered just before a workout, after the workout, and once more after the following day. The diet must be high (45-60%) in proteins and amino acids.

Creatine Monohydrate - Creatine was first recommended to me for use in a supplement back in 1989 by Russian sport biochemist Dr. Nikolai Volkov. I added it first to an amino acid supplement called Aminofit, and later as a pure powder supplement concentrate. Today creatine monohydrate is one of the most popular supplements in the USA due to its ability to enhance recovery and supply energy to important anabolic processes in the body. It can be linked to both direct adenosine triphosphate (ATP) re-synthesis, and indirect Polyamine Biosynthesis. From my experience the best way to use creatine is in a dosage of 5-7 grams immediately following a workout. The loading schemes recommended by various supplement companies is speculative, and we have found no significant long-term benefit to load with such large amounts.

Ribo-Syn - Ribo-Syn is a bioidentical formula in capsule form containing glutamine, bound to alpha-ketoglutarate, glutamine succinate, methionine, alpha-ketoglutarate and pyridoxine alpha-ketoglutarate. This supplement is designed for use right after each workout. If the athlete is training with multi-workouts a day the dosage is 3 capsules. If they train with one workout the dosage is 5 capsules. The supplement is very efficient at stimulating additional protein synthesis, and we've found that extra calories are required for this increased process or else the athlete will lose weight.



DRUG FREE SUPERSTAR Ray Benemerito

with testosterone's opponent whose name is cortisol. Cortisol is a catabolic steroid hormone that is designed to break down the body in times of stress. For example, in medicine, corticosteroids are often given to patients to slow the growth of tumors and scar tissues. While much sport research has been devoted to the study of testosterone, the research

on cortisol has been limited. Our goal has been to not only increase the body's own output of testosterone and GH, which allows for a very high testosterone to cortisol ratio, resulting in maximum gains in muscle protein synthesis. New research studies on well-trained athletes are now underway to determine the anabolic advantage of combining First-Strike with other low-molecular weight compounds and special training methods over the use of anabolic/androgenic steroids.

Micropeptide Amino Acids - Amino acids from both proteins and amino acid supplements are necessary to create the best environment for growth. Muscle proteins are made up of amino acids, so we must get a good quantity of them from our diet via foods and supplements. The type of advanced level training we teach demands a high protein diet of from 45-60% of calories from proteins. This is often more than most athletes are used to but necessary to maintain high amino acid levels in muscle and blood. All the training and supplements in the world would be ineffective without amino acids, so they easily make my list.

Many sport supplement companies sell proteins and amino acids, but I can count on one hand the ones I would recommend. Many of the proteins sold today are not

output during and after training by upwards of 40%. This is a significant reduction in catabolic hormones which allows for a very high testosterone to cortisol ratio, resulting in maximum gains in muscle protein synthesis. New research studies on well-trained athletes are now underway to determine the anabolic advantage of combining First-Strike with other low-molecular weight compounds and special training methods over the use of anabolic/androgenic steroids.

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pure. They contain flavors, sugars, and other non-essential compounds. Most amino acid supplements are not true amino acids, but large chain hydrolyzates. The amino acid profile I prefer is one containing 90% plus free form and micropeptide (dipeptide and tripeptide) amino acids. This form taken orally offers the most immediate absorption into the bloodstream provided it is consumed as a powder or capsule. I used to recommend amino acid tablets, but I don't any more. If you think about it, an amino acid tablet, even if it is in micropeptide form, is not much more active than a piece of chicken. It's going to sit in your gut for at least 30 minutes while it's broken down. This is too slow.

I recommend powder or encapsulated amino acid supplements only after a workout. It is this period when they will be used the most. During the rest of the day, proteins from your diet, or pure whey protein supplements, perform well.

Programming - Each supplement must be introduced into the training program at the right time. The supplements I have listed are principally taken during the recovery phase immediately following each high



Walter Thomas .. champ over 3 decades

recovery. In this way we achieve a high testosterone to cortisol ratio resulting in the greatest increase in muscle protein synthesis possible.

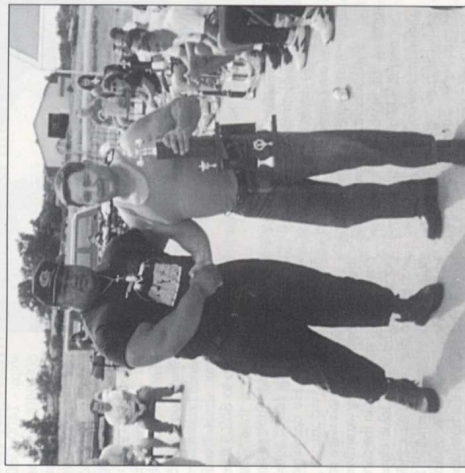
Training Exercises and Methodics - All these great supplements will be useless unless you can stimulate the neurohormonal process to help your body release extra testosterone and growth hormone. You will raise the level of these two hormones by maintaining optimal tension on muscle and the necessary volume. Many experienced powerlifters are training with outdated methods which will only take them just so far drug-free. They eventually end up taking two steps forward and two back.

By introducing new methodologies into the training plan, plus the supplements to allow us to do this level of dramatic improvement in gains from drug-free training. No longer is there any sensible reason to go the drug route, with all these new tools within our grasp. Is it easy training? No. Can we be sloppy with our training plan, diet or supplement use? No, again. Will we achieve winning results and then some? Yes, and they will be permanent and stable

Suggested Readings
1) Vinu, A., Adaptation in Sports Training, CRC Press, 1995
2) Hakkinen, K., Relationships Between Training Volume, Physical Performance Capacity, and Serum Hormone Concentrations During Prolonged Training in Elite Weight Lifters, Int. J. Sports Med., Vol. 8, pp. 61-65 Suppl., 1987.
3) Monteleone, P., Blunting Chronic Phosphorylase Activation of the Stress-Induced Activation of Hypothalamic-Pituitary-Adrenal axis in Healthy Men, Eur. J. Clin. Pharmacol., Vol. 41, pp. 385-388, 1992.
4) Rogozan, V., The Role of Low Molecular Weight Compounds in the Regulation of Skeletal Muscle Genome Activity During Exercise, Med. Sci. Sports, Vol. 8, No. 1, pp. 1-4, 1976.

POWER PROFILE

RONHALE - Hoosier Bruiser as told to Powerlifting USA by Herb Glossbrenner



Two Bench Pressing Generations.....Anthony Clark with Ron Hale

In Indiana, the Iron Game is a minor sport, being far overshadowed by the Hoosier hoopla for basketball, but we have had several standouts over the years. In overhead lifting you had Bobby Higgins in the late Forties. Then there was Winston Binney, the first teenager in the world to total a thousand on the three overhead lifts in the early Sixties. In the Seventies Don, a local boy, beat the guy who three years later lifted a silver medal at the Olympics. Then one day I opened Pandora's box and out jumped Jim McCarty. He totaled Elite in both weightlifting and powerlifting. He boldly went where no Hoosier lifter has gone before. Good as all these athletes were they shared one thing in common. None of them ever won a Senior National title in either weightlifting or powerlifting.

Only one Indiana Iron Man has done that. A name that may be unfamiliar to today's powermen is Ron Hale, the best powerlifter to ever come from Indiana. He won the Senior National Powerlifting Championships and was kicking butt back in the days when powerlifting was just a gleam in Daddy Hoffman's eyes. When he won the AAU Championships in 1969 there were no light lifting suits and legal-sized supportive paraphernalia. He even refused to wear Ace bandages, which were legal at the time. He thought it was cheating. He got me started in lifting and was my training partner for 20 years. From the first time he lifted in a National Championships in 1967, and he went head to head with the best, he was never beaten in his speciality - the bench press. He established the Senior National meet record for that lift and broke it for four consecutive years. He came ever so close to realizing his dream of becoming the first 165'er to bench press 400. He performed his lifts to the letter of the rule and accepted nothing less than perfection. To impress him you had to execute a lift which conformed to his standards of quality. If you didn't he'd be all over you like a dirty shirt. Strength was his only religion and cheating on the lifts was sacrilege. I had Hale on my mind when I wrote my Powerlifting USA article "Has Powerlifting Become a Mockery of Strength?" Yeah, ole Ron inspired and pushed me to become the best I could be and helped redefine my own values

do. Uncle Sam and Ron didn't hit it off too well. After thisiasco, Hale returned to New Castle and got a job at a local foundry - Perfect Circle Piston Rings. Ronnie started as an inspector and then graduated to the Melting Dept. Later, he became an iron pourer. He continued to hoist weights. Word of his strength reached big John, a 260 pounder in nearby Rushville. He came, hunted down Ronnie and recruited him for his weightlifting team. He began training on the overhead lifts. In his

first competition he made a good showing. At age 18 and 148 lbs. He finished 4th with 165 press, 165 snatch and 230 clean and jerk - total 560. He remembers the date vividly - April 17, 1960. Six months later he won his first meet in Louisville - 575 (185, 160, 230). After two years in August of 1962 he'd improved to 620 (190, 190, 240) still at 148. I first met Hale in December. I'd taken up a membership at a newly opened health studio in town. It quickly folded, and Hale convinced me to train with him and start competing. We made the half hour trip to Rushville three times a week for the next couple of years. I was a 123'er and it was a tough class then. I didn't win my first meet for a couple of years. His 148 division was even tougher. Once we lifted in Louisville where we had to lift in the next highest category because our weight divisions were omitted. It was a big disadvantage. At another meet he couldn't make 148 and lifted in the next class. A state champ thought Ron was dodging him so went up to compete against him. It was a big mistake as Ron beat him easily. After the Rushville Club folded we converted his dad's two car garage into our training quarters. We built a platform and wooden power rack and did our training there. Two guys don't make a team so we did some recruiting. The local high school seemed a good place to find a few rebellious misfits, and we did. Some of the boys on the wrestling team we wooed away. Jack soon got married and dropped out. One lad snatched his lifting career when he recruited built at a contest. Another recruit turned an oversized part of his anatomy on Hale's garage space

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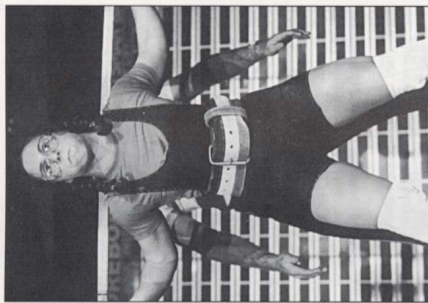
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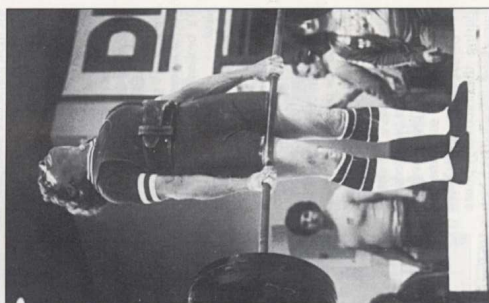
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100, and her latest figure moves her to 5th among the best of the men. It is only a matter of time before she makes that 501 deadlift and perhaps even surpasses the 1200 barrier. Co Carrie Col! Seven surpassed the 1000 lb. barrier and Julie Thomas was the first. Ann Blakely, a virtuoso of bench dynamics, could be the next to bust the thousand barrier - unless Kelli and Webber beat her to it. Diane Frantz is 15th with her 937 in March 1981. She boosted Gayla Crain's 887 of February that year to a new level. Karin Reagan's 782 at 114 was two years too late to make the top 50 and Fridram and McKinney's 854 likewise at 123. Next month, Manah Brock Loggett, you just got to dig it! Herb Glossbrenner



Relative Power... Julie Thomas (above), when she was married to Walter, made up a husband and wife duo of World Champs, as did Diane (below) and Ernie Frantz. Gayla Crain (below left) is the 1981 World Champion sister of multiple World Champ Ricky Crain.



ALL TIME COMMENTARY ... 114 - If you have any shadow of a doubt that women's powerlifting has come of age then you better look at the top numbers in this month's listings. Diana Rowell made history when she became the first woman to lift against her male counterparts in a men's nationals. Previously, qualifying totals kept the ladies in their own domain. The 1984 USPF Nationals was the dawning of Aquarius. She earned a 3rd place at 114 in the 1984 USPF Men's Championships in Dayton. Her 959 total was a pinnacle seemingly out of sight. Two years later a new star burst forth on the scene - Mary Ryan Jeffrey. Her 975 total in November 1986 was amazing. She went on to win the 1987 IPF Women's Worlds in Perth at the end of May. In less than two months she rewrote the 123 record book with an utterly incredible number - 500 kg. (1102.3 lb.) Four months later she reduced back to 114. There at APF Worlds she created the highest total ever 1052. It would have been 1069 except for a narrow miss with an epochal bench of 253. This mark still stands unscathed. It seems beyond the reach of the current champion Carmie Boudreau. Seven have surpassed 900 and all but the last 8 places went over 800. The most ancient enduring mark is that of keowpie-doll Gayla Crain whose 821 ground breaking total came way back in the summer of 1980. Voldi Steernrod just missed the top 10 but used this category as a stepping stone to dominance as she rises through the ranks in forthcoming categories.

123 - Mary Jeffrey seemed to have a stranglehold on this class as well until the emergence of Carmie-Graffam Boudreau. Just how good is Carmie? She was the only USA lady to win the IPF Women's Worlds this past May in Japan. Russia dominated. Carrie's 1140 total stood out like a sore thumb. She blew away her Russian challenger runner-up Orehkova by 200 lb. and passed her rest with flying colors. Her total was a world record - of course! Her list leading 1151 came at the end of July at the USPF Seniors in Baton Rouge. She was ranked 6th in the latest (Aug. 1995) Powerlifting USA among the TOP



USA All Time TOP 100 Deadlifters-SHW compiled by HERB GLOSSBRENNER

| | | | | | |
|---------------|---------------|-----|-----|---------|----------|
| 114 lb. class | | | | | |
| 100 | Jeffery, M | 407 | 237 | 407 | 21Nov87 |
| 959 | Rowell, D | 358 | 165 | 435 | 07Jul84 |
| 942 | Griffin, C | 358 | 189 | 396 | 26Jul89 |
| 944 | Frantz, M | 358 | 187 | 396 | 26Jul89 |
| 903 | Fisher, L.S. | 336 | 187 | 380 | 23Nov91 |
| 903 | Chang, Y.C. | 352 | 181 | 369 | 07Nov94 |
| 887 | Stankovic, D | 341 | 209 | 336 | 20Jul80 |
| 881 | Stankovic, D | 341 | 159 | 402 | 11May87 |
| 881 | Burns, S | 329 | 165 | 391 | 13Dec89 |
| 859 | Steenrod, V | 319 | 187 | 352 | 11Dec82 |
| 859 | Street, E | 316 | 176 | 341 | 31Jul82 |
| 854 | Garz, M | 308 | 165 | 359 | 20May97 |
| 844 | Depp, L.C. | 308 | 165 | 359 | 20May97 |
| 844 | Dunlop, L | 374 | 165 | 358 | 14Dec91 |
| 840 | Chung, P | 320 | 175 | 345 | 07Jul86 |
| 835 | Price, M | 320 | 180 | 325 | 29Jan81 |
| 832 | Johnson, F | 319 | 182 | 330 | 29Jan83 |
| 826 | Lemaitre, L | 336 | 187 | 303 | 07Apr84 |
| 826 | Dhaoui, T | 300 | 176 | 319 | 21Jun86 |
| 826 | Moretton, C | 297 | 165 | 363 | 23Jul89 |
| 826 | Shepherd, J | 286 | 137 | 402 | 26Sep93 |
| 821 | Crain, G | 319 | 137 | 363 | 14Jun80 |
| 821 | Dreckel, C | 314 | 165 | 341 | 26Jan85 |
| 821 | Borwick, S | 308 | 171 | 325 | 23Jan86 |
| 821 | Bellows, N | 295 | 155 | 370 | 14Dec85 |
| 815 | Shedow, L | 303 | 187 | 325 | 29Jan83 |
| 815 | Ervin, M | 292 | 204 | 313 | 10Nov84 |
| 815 | Mims, T | — | 402 | 22Apr87 | |
| 815 | Impregiabile | 314 | 171 | 330 | 15May93 |
| 810 | Bons, D | 341 | 143 | 325 | 26Jan85 |
| 810 | Thomson, L | 330 | 171 | 308 | 01Mar86 |
| 810 | Barnitz, B.G. | 303 | 176 | 330 | 16Apr83 |
| 810 | Janikowski, J | 310 | 160 | 335 | 16Apr83 |
| 804 | Moore, K | 286 | 187 | 330 | 07Apr80 |
| 804 | McCoy, J | 305 | 165 | 330 | 14Dec85 |
| 795 | Jones, C | 315 | 165 | 315 | 21Oct84 |
| 795 | Droffler, B | 322 | 155 | 315 | 05Mar92 |
| 790 | Mathison, G | 300 | 155 | 335 | 30Mar91 |
| 790 | Oshali, C | 325 | — | — | 20Apr84 |
| 788 | Trator, T | 275 | 187 | 325 | 20Jul80 |
| 782 | Ward, S | 314 | 159 | 308 | 0x83 |
| 123 lb. class | | | | | |
| 1102 | Boudreau, C | 418 | 242 | 490 | 21Jul85 |
| 1102 | Jeffery, M | 441 | 275 | 413 | 16Jul88 |
| 1064 | Stankovic, D | 426 | 236 | 464 | 26Jul84 |
| 1064 | Rowell, D | 380 | 193 | 468 | 01Jul85 |
| 1019 | Thomas, J | 389 | 237 | 413 | 29Jan83 |
| 996 | Waltz, E | 363 | 231 | 407 | 26Jan85 |
| 996 | Blakely, A | 366 | 259 | 341 | 09Jul84 |
| 992 | Chung, P | 386 | 193 | 391 | 21Nov87 |
| 960 | Alf, F | 395 | — | — | 22Apr88 |
| 953 | Kell, M | 363 | 214 | 374 | 22Apr94 |
| 946 | Stankovic, A | 380 | 175 | 370 | 03Nov94 |
| 937 | Frantz, D | 352 | 171 | 413 | 20Mar81 |
| 921 | Devolz, T | 314 | 216 | 391 | 19Aug84 |
| 920 | Fisher, C | 380 | 210 | 330 | 25Jul85 |
| 915 | Myers, T | 365 | 165 | 365 | 26Mar94 |
| 914 | Ward, S | 363 | 187 | 363 | 01Nov86 |
| 910 | Dellinger, L | 350 | 175 | 385 | 15Feb87 |
| 909 | Caldwell, M | 347 | 193 | 369 | 01May88 |
| 909 | Brocton, W | 363 | 187 | 358 | 20Jul80 |
| 903 | Canadario, D | 352 | 187 | 363 | 29Jan83 |
| 903 | Fisher, E | 352 | 187 | 363 | 29Jan83 |
| 890 | Keller, R | 330 | 165 | 405 | 29Jan81 |
| 887 | Crain, G | 336 | 154 | 396 | 07Feb81 |
| 887 | Bowles, S | 336 | 187 | 363 | 20Jul80 |
| 887 | Dyer, P | 341 | 181 | 363 | 08Dec90 |
| 881 | Kumar, P | 330 | 187 | 363 | 01Feb92 |
| 881 | Roads, G | 330 | 187 | 380 | 19Jun92 |
| 876 | Davis, J | 325 | 176 | 374 | 14Apr94 |
| 875 | Hunter, J | 315 | 180 | 380 | 29Apr89 |
| 870 | Nease, N | 352 | 154 | 363 | 23Jun86 |
| 870 | Donnon, L | 341 | 176 | 352 | 05Mar92 |
| 860 | Arbuck, J | 315 | 190 | 355 | 21May82 |
| 859 | Sundt, P | 381 | 220 | 358 | 07Apr91 |
| 859 | Brown, S | 352 | — | — | 07May94 |
| 855 | Kalle, S | 340 | 155 | 360 | 26Oct85 |
| 854 | Sherrill, P | 303 | 137 | 413 | 13Nov83 |
| 854 | Champion, L | 341 | 176 | 336 | 01Dec84 |
| 854 | Gaughey, N | 330 | 165 | 353 | 19Jul87 |
| 854 | Mims, T | 330 | 171 | 407 | 16Jul88 |
| 854 | Napok, A | 325 | 165 | 363 | 100Nov88 |

heater. He got teased and later teased Hale. He crossed the line, and Ron had enough of his foolishness and thereby applied a bone crushing bear hug. Hale squeezed him so hard that he never came back. One boy had a brain the size of a flashlight battery. There were three teenage brothers that were so short that Hale called them THE MOLE PEOPLE. They weren't short enough to qualify as dwarfs, but close. They never improved and one day Ron came to the conclusion that they were hopeless so he put them through a killer workout and they never came back. Finally we organized the Central Indiana Weightlifting Club composed of the top lifters around the area. The CWC was the Senior National Team Championships in powerlifting in 1970 and 1971. We increased our membership and grew in leaps and bounds. At its peak we had 143 members, consisting of weightlifters, powerlifters and, yes, even bodybuilders. Every meet we entered we team honors. We still kept on the lookout for local talent, and later found some.

In the beginning we entered every meet within a 100 mile radius. Powerlifting was just getting organized. Ron's first full-fledged powerlifting meet was in May 1965 in Cincinnati. He lifted well at 152 lbs and finished second to a national contender with 1085 (300, 350, 435) in those days the bench press came first. At that meet Folk Nicholson pulled an American record 658.75 deadlift at 198. Six months later Hale won a formula bench press event in Louisville doing 310 at 154 bodyweight. I convinced him if he'd enter the state meet at 148 he would win. He disciplined himself this one last time and got down. Win he did, with 1135 (310, 375, 450). His total was a state record and ranked among the top 10 in the nation for 1965. His bench press weighed 316, second nationally behind Homer Brannum's national record 330. That lift stayed on the Indiana record books almost 10 years. With his first major win under his belt he moved up to 165 and improved to: 330 410 480 1220 and won the Midwest Open. The 1966 State meet planned for December was postponed to February 1967 due to bad weather. He won that as well and by spring scored 1285 (335 450 500)

battery. On the first weekend in June he leaped into the national limelight. Conditions were perfect, and he tied the American record bench press at 165 with 371.5 then 495 squat and 350 deadlift - 1415! A month later he captured his second regional championships - 1400 (360 500 540). Surf was up, and he was ready to make some real waves. He did just that, winning the Junior Nationals in Scranton, Pennsylvania. Bob Crampton's 347.5 bench press record was short lived. He bumped it up to 352.5 then completed 365 on a third. The judges said he moved a foot, so the lift was nullified. His 502.5 squat was also a record. He deadlifted 540 to get 1400 and victory.

The Senior Nationals were on the West Coast. The day we arrived in Los Angeles, smog was in the danger zone. The brown toxic cloud seeped into our plane's air conditioning system and we smelled it long before we landed. We disembarked, checked into the hotel and found a coffee shop nearby. We met a braoding superheavy who claimed the 2100 banner would fall and Cundy would get the surprise of his life. We never got to see this awesome potential. Big benches went up, unfortunately they were one arm at a time, so that was that. Hale and Smith lifted wrapless while Ingro and Kindred were well bundled. Ron took the lead and set a new meet record bench press - 370 (368) and just missed an American record 375. Trying to be too strict, he sat way too low in the squat. Thus 495 was a gut-buster and 505 too much. He should have been way ahead at this point but the plentiful wraps of the California duo left him tied with Ingro who dunked with 535 (540), a meet and American record. Ingro took the title with 1435 and Kindred was runner-up with 1420. Hale pulled 545 for third and almost got 560 but muddled it and got reds. He thought he would have won with the others unwrapped and the sweet taste of victory wine became sour grapes. He returned home fuming and bitching and vowed to win the following year.

Hale was lifting fine in Sixty-Nine. He won his fifth state and third regional powerlifting titles. It

was on to York, Pennsylvania for the Senior Nationals. After the previous year's bundling fiasco in Los Angeles tighter rules prevailed. Excessive wrapping and other subtleties were out and strict new rules were enforced. Totals dropped significantly - this was satisfying for Hale and others who liked lifting by the power of their muscles minus extraneous aids. The California connection saw the handwriting on the wall. Ingro retired and Willie didn't show. Doc Rhodes stayed home. Hale looked like the favorite to win. Gerald Smith drove in from Texas to give the man from New Castle a hassle. With his wild, frizzy hair he whistled and yelled up a meet record 621.5 deadlift for 1395. It wasn't enough to catch Hale, who boosted his own meet record bench to 371.5 with a close miss at 380. Then followed a low 500 squat (no knee wraps) and three deadlifts (no final 555 all in equally good style. He had 1425 and had won the big title - the Senior National Championship! Behind Smith in third was Surfbreaker Bill Burts whose low bench press kept him out of the hunt. Hale topped off the year at George Turner's big meet in St. Louis. It was a big win - 375 510 555 1440, topping the U.S. 165 rankings for 1969.

He reached peak strength in 1970 and might have repeated as national champ had it not been for a chain of disrupting events. He started out in February with 1445 in Detroit - another win which included a personal record 380 bench press. At the annual Cincinnati show in April he won that meet for the fourth consecutive year and obliterated all his own meet records - 1460 (375 520 565). The squat deadlift and total were personal records and won him the outstanding lifter award. This placed him in strong contention with the rapidly improving Joseph Rhodes. They were destined to meet on Doc's home turf that September in New Orleans.

Marital difficulties had been brewing for Ron for some time. Infidelity didn't set well with the Hoosier Bruiser. Immatures became substantiated. Ron lost what little composure he had and doberbered her real good. His estranged wife sought refuge with a girlfriend. An altercation ensued when the 250 lb husband jumped on Ronnie. In no time Hale had the guy in the ditch choking him out. It was quite ugly when he got thumped in the head from behind with a blackjack. What ever happened to fair play? All this transpired at the worst possible time. Three weeks before the Senior Nationals his wife of five years

(article continued on page 81)

Dear Powerlifter,
Yes, the above is true. The Grimwood Strength System™ is directly responsible for creating the world's strongest male and strongest female powerlifters. On May 29, 1994, my wife Tamara became the first female to bench press over 400 lbs. The reason? The Grimwood Strength System™. On March 25, 1995, Jamie Harris became the first human being to bench press 740 lbs(6) in competition. The reason? You guessed it, The Grimwood Strength System™.

My name is Terry Grimwood and I am the developer of The Grimwood Strength System™. The Grimwood Strength System™ is a revolutionary method that has taken years to create. This method, if followed correctly, guarantees to turn any powerlifter into a superhuman powerlifter.

World Champion Results

Let me tell you about the results achieved by a few of the powerlifters who have used my system:

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- World Champion Tamara Grimwood added over 275 lbs to her bench in a few short years to become the first and only woman to ever bench press over 400 lbs!
- National champion Tonya Meyers increased her bench press 55 lbs in less than 90 days!
- Powerlifter Scott Lewis increased his bench

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I believe that within five years, most if not all, champion powerlifters will be trained on The Grimwood Strength System™. If your goal is to become a national champion, or if your goal is to become a national champion, or if your goal is to win a local meet, The Grimwood Strength System™ will help you achieve it. I have been approached by thousands of powerlifters who have asked me to train them. I receive calls daily from coaches asking for my advice. Now, for the first time, because of the demand, I am making my program available to the public.

My Personal 100% Guaranteed!

How can I be so positive of your success? Because I have never had a powerlifter not become

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press 100 lbs (to over 500 lbs) in less than 90 days and doubled his squat in 6 months!

- World Lightweight Champion Franklin Keeter added 215 lbs to his total in 90 days!
- World's biggest bench presser increased his bench press 200 lbs in 24 months (to 740 lbs)!
- and the list goes on and on...

How much strength can you expect to gain by using my methods? ALOT! Imagine bench pressing 50-100 lbs more, squatting 100-200 lbs more and deadlifting 100-200 lbs more, all within 90 days! You will be a **monster powerlifter** when you're done with my program.

So here is what you need to do now. Call my office at 1-800-Grimwood (1-800-474-6966) and tell them you would like a copy of The Grimwood Strength System™. Your copy will be mailed **immediately**. I look forward to hearing about your success in the near future!

Sincerely,
Terry Grimwood
Terry Grimwood

PS: Order your copy today and for a limited time only I will include **free**, my confidential new report *The Grimwood Bench-Breaker. Adding 25 lbs to Your Bench in Minimal Time™*. Keep this bonus report even if you decide to return the course.

Please rush me Terry Grimwood's "The Grimwood Strength System" plus my **FREE** report. I have enclosed \$39.95 as payment in full. Please include \$3 for postage and handling. CA residents add \$3.30 tax. For faster service, call 1-800-GRIMWOOD.

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Here's what just a few of the athletes I've trained have to say about The Grimwood Strength System™

"Terry Grimwood's strength system principles were instrumental in helping me bench more than any other human being!"
Jamie Harris (World Bench Press Record Holder- 740 lbs)
"As a result of the Grimwood Strength System™ my squat is 1000 lbs, my bench is more than 700 lbs and my deadlift is 825 lbs!"
Grant Pits (National Super Heavyweight Powerlifting Champion)
"Terry and Tamara Grimwood provided me with a program that added 55 lbs to my bench in less than 3 months...I can now bench press nearly double my body weight!"
Tonya Meyers (National Power Lifting Champion)
"Terry Grimwood's strength program is the very best that I have seen in over twenty five years of competition!"
Charlie Evans (Olympic Weightlifter-1980 U.S.A. Olympic Team Member (alt))

POWER

Summer's over, and kids are back in school, but the powerlifting season never ends. Which means there's no end of season time to look back at powerlifting and ask questions, so this is as good a time as any.

What will it take to grow powerlifting? Some people say we need more television coverage. That should certainly help. Some people say it should be in the Olympics.

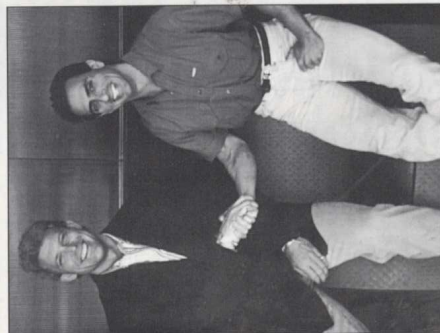
Well, weightlifting is in the Olympics, and it's a much smaller sport in the U.S. than powerlifting is. Some people say it needs to resolve the issue of illegal drugs. Well, that's going to be tough given the cost of drug testing and the inability of drug testing to always catch drug use.

Why aren't there more women in this sport, especially in the higher weight classes? Perhaps it's an image problem. Perhaps they don't get enough encouragement. Perhaps they don't want to tell people that they powerlift.

Why can't people in this sport get along better? Why are there so many petty feuds? Does powerlifting need the equivalent of a Joe Weider to take it to a higher level? Well, I just get to ask questions. That's the easy part. All of you out there get to supply the answers. This sport should address these issues.

Ok, onto the action of who's doing what.

One man getting more television exposure for powerlifting is John Abdo. John produces and hosts Training and Nutrition 2000 (TN 2000), a cable television series that features many top powerlifters. Such stars as Craig Tokarski, Ed Coon, Anthony Clark and Ted Arzuff have been profiled in "The



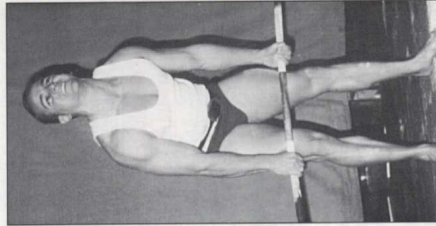
Mr. Jeff Everson and Mr. John Abdo of TN2000



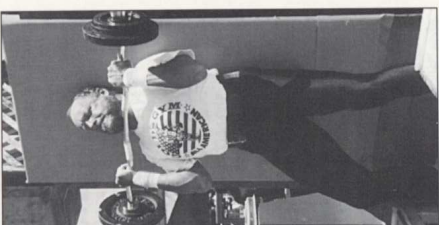
Ms. Tonia Mitchell going heavy.

has been lifting in the gym for less than two months, and at 125 lbs., is squatting 205 and deadlifting 225. Tonia is an actress and dancer, and is doing the lifting and strength training to improve her dancing abilities.

A couple of months back I wrote about Wayne Gallasch of Australia's GMV Productions, which produces and distributes powerlifting, bodybuilding, and other related videos. But I forgot to mention that Wayne himself was a pretty fair powerlifter, winning the Australian National Championships three times in the late 1960's. Here he's deadlifting 600 lbs. at a bodyweight of 180. He also won the 1968 Mr. South Australia title. Wayne's been in the muscle game for many years.



Wayne Gallasch in his lifting days.



Jack Armstrong demonstrating the strict curl. (pix courtesy Ned)

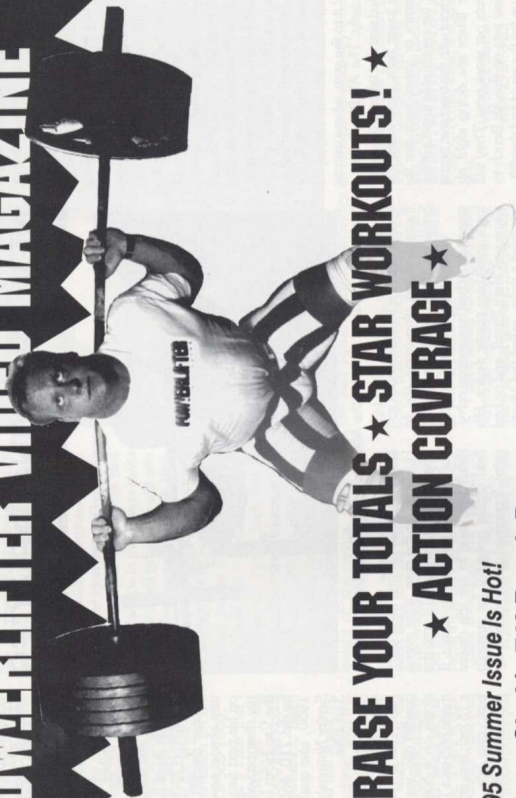
Another man who's been in it for a while is California's Kevin Meskew, who founded the U.S. Strict Curl Association some years ago, and who just keeps creating more types of strength contests. While I was snapping pictures at the most recent strict curl at Muscle Beach, I was hearing about Kevin's next contest at Muscle Beach, the Iron Warrior Festival of Strength. It sounds like a pentathlon, with the five events all strength related. A 50-meter sled pull, the shot put, a strict curl, bench pressing for reps, and a farmer's walk, where you carry dumbbells in each hand. The men carry 100 lb. dumbbells, the women 65 lb. dumbbells.



Kevin Meskew at the microphone

Our POWERLIFTER Video hostess Vicky Hembree says she's going to give it a try, and I imagine a lot of other lifters out there will too. Well, that's it 'til next time. Stay strong. NED LOW

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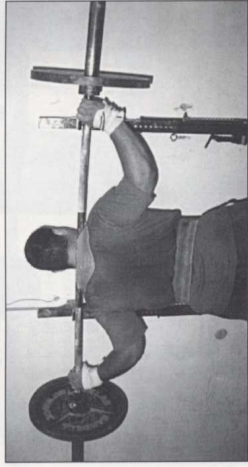
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TRAINING

NEW TRAINING DEVICES as told by Louie Simmons, Westside Barbell



Mark Borda warms up with the *Manta Ray*.....(photo by Simmons)

benefit both the fitness-minded and those needing ultrastrong abs to break squat and deadlift records.

While at the Arnold Classic, I was approached by someone carrying a small blue plastic device. His name was Mark Pfitroff, and he had invented a yoke, called the *Manta Ray*, that snaps onto a squat bar. He said he would like me to try it out on squat day. The *Manta Ray* was designed to take the stress off the neck vertebrae and to keep the bar from rolling while squatting. My first thought was I wouldn't be caught dead using the thing. My boys would

like crazy even with light weight. The next training day I told the guys they would have to experiment with it. I will give the data on two lifters who started using the *Manta Ray* in March 1995.

In October 1994, Don Dameron's total was 1810 at 275 (700, 480, 630). In April he did 735, 480, and 660 (1875 total). In early June he made 775, 520, and 680 (1975) to qualify for the APF Senior Nationals and became our 30th Elite member.

In October, Cory Milan did 575, 335, and 665. His best total was 1650, and his best pull was 700 at 242. In April he made 650, 450, and 670 (1770) at 260. He set his opener deadlift on his toe, which was almost severed, so he passed on his next two attempts (much to my disapproval). In early June, at the Van Horn Invitational, at 262 he did 710, 460, and 780 to total 1950, also qualifying for the APF Senior Nationals and becoming our 31st Elite.

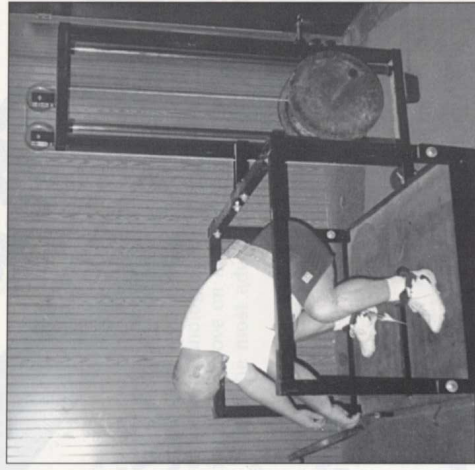
It's been a good year at Westside thanks, in part, to the *Manta Ray*. This is how we used it: On deadlift day, we work up to a max single on a box. Joe McCoy has made 865 on a 17 inch box, 825 on a 15 inch box, and 725 on a 13 inch box, one box height per week. Incidentally, Joe breaks parallel on

an 11 inch box. On squat day after regular box squats, we sometimes do 2 sets of 10 reps on a box 2 inches above parallel. The reps will build static strength in the erectors. On deadlift day, the heavy singles will overload and isolate the back like never before.

With the *Manta Ray* the bottom of the bar rests 2 fingers above the top of the delts. This makes the back lever longer, reducing leverage and increasing muscle work. Because of the upright position it places you in, the legs are heavily forced into play. The benefit it extends to the deadlift is the extra work it provides the back and hip extensors as well as the knee flexors. For more information on the *Manta Ray*, call 513-563-1000.

I want to make it clear that I don't receive anything for these endorsements. My only intention is to help lifters everywhere to reach their potentials.

Lastly, I want to talk about my new *Belt Squat Machine*. With this cable device, you hook the cable to your belt. Your partner then releases the weight stack, and the weight immediately pulls you downward. It works much like a lat machine, but in reverse. There is constant tension, and unlike most machines, you are not restricted to a certain pattern of movement: you



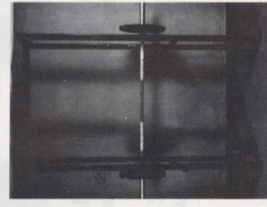
The *Belt Squat machine* provides an intense lower body workout.

cable and standing on a variety of boxes, you can do isometric work at many different positions. There are as many ways to use this machine as you can think of.

I have talked about only three beneficial devices, although we use many special bars and machines at

Westside Barbell
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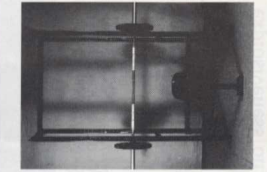
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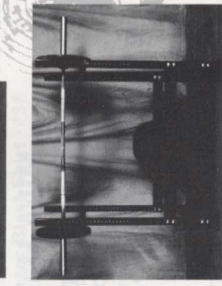
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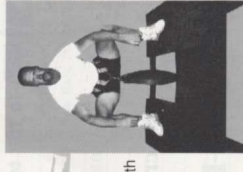
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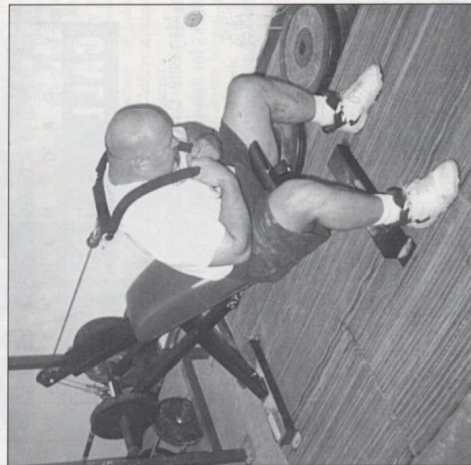
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Back view of dog appears on back of shirt

Competition is tough in powerlifting, and Westside Barbell is always looking for an edge over our opponents. We realize that to excel, we must find ways to increase the strength of the abs, spinal erectors, hips, and legs.

The abs play a large role in excelling in the squat and deadlift. We do all kinds of leg raises (hanging with bent or straight legs, with or without weight) and sit-ups (inclined, flat, cable), but we were looking for some advantage, something a step ahead. Dave Williams, the strength coach at Liberty University in Virginia, came to visit us and brought some literature on the Ab Bench. I heard that Doc Krets of Colorado State University was testing this machine. I called Doc, and he said the Ab Bench worked quite well. Last March I had the opportunity to use the Ab Bench at the Arnold Classic and Fitness Expo. Dr. Fred Koch, who writes for *Ironman*, had one on display. I hauled it to the gym, where we use it regularly. The Ab Bench has a patented seat that takes all the stress off the lower back. Now when the hip flexors or lower back are fatigued, we are still able to get a great ab workout with this machine. Some of our lifters are doing eight ab workouts per week now. They will do a few sets on the Ab Bench to warm up for the squat and deadlift. At the end of the workout, they do heavy weighted abs and finish with a few sets on the Ab Bench. This has done wonders for our squat and deadlift. I highly advise anyone interested in improving his or her performance to call Fred Koch at 1-800-942-1550. The Ab Bench will



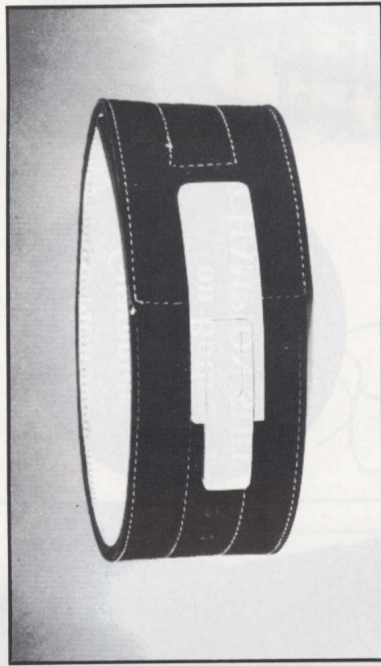
Louie works his abs on the *Ab Bench*....(photo by Louie Simmons)

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Take that just washed pair of jeans out of the dryer and slip them on. They're most likely very tight. It's really hard to squat down with them on at first, but notice how easy it is to rise upward. That's the theory behind the modern squat suit. I'm not recommending that we squat in jeans, but early powerlifters caught on to this and some did wear cut-off jeans during meets, hoping they would give them just the boost they needed to get that tough squat in.

Innovative manufacturers recognized the need for some type of power gear that would give superior results over jeans and the competition for our business has never slowed down. The dilemma for the competitive powerlifter is how to use the squat suit to get the best results on contest day.

When I received my first squat suit in the mail, I was shocked by the size. It looked like it was made to fit on a Little League, maybe even a T-baller at best. Frankly, I called Jim Vrabel and asked him if there was some mistake about the size of my squat suit, as I couldn't get it passed by knee. Jim recommended I bring it to the gym where he could help me out. Well, this naive wanna-be powerlifter soon found out about squat suits and lifting gear in general. A squat suit had to be tight if it was to work correctly. It would generally take 3-5 minutes to get a well sized squat on and you would be comfortable only when the suit came off after squatting.

Before I start to give my thoughts on using a squat suit, let me say that there are many different opinions on how to use them, when to use them and how often to use them. Take many different ideas under consideration and see which "suits" your needs best.

First, I don't recommend using a squat suit at all during the off season and not even in contest training until about 5-6 weeks prior to a contest. Any time prior to this is for building strength. Using a squat suit before this will deprive you of building this strength because the suit actually does some of the lifting for you. In addition to when to start using a squat suit, I suggest slowly introducing it to your training using the following plan. On the sixth week prior to the meet, start using your suit, but leave the straps down.

STARTIN' OUT

A special section dedicated to the beginning lifter

THE SQUAT SUIT

as told to Powerlifting USA by Doug Daniels

ducting knee wraps and the lifting belt in conjunction with the squat suit. As each piece of gear is added during the workout and over time, an extra kick is added that increases your confidence and improves your form—using full gear on contest day. Let's look at a 6 week cycle for a 500 pound squatter on meet day.

Week 1: 135 x 12 (no gear), 225 x 5 (no gear), 315 x 3 (loose belt), 375 x 2 (add knee wraps), 425 x max (add suit straps down) for 2 sets

Week 2: same as week 3 but 435 x max for 2 sets

Week 3: same as week 2 for first 4 sets, 425 x 1 (strap down), 450 x max (straps up), 415 x max (straps down)

Week 4: same as week 3 for first 5 sets, 460 x max (straps up), 425 x max (straps up)

Week 5: same as week 4 for first 5 sets, 465 x 1 (straps up), 490 x 1 x 2 (straps up), 405 x max (straps down)

Week 6: same as week 5 for first 6 sets 500 x 1 x 2 (straps up), 415 max (straps down)

The weights above are just samples, but I hope you can follow the flow and logic of adding squat gear over time. I think this method of using squat gear gives you the best of all worlds. It allows the lifter to build strength and confidence as well as to develop good form. Adding each piece of gear, including lifting, the lifting or the gear. However as long as they are allowed by the rules, it makes sense to use the best gear in the best way possible, since your competitors are doing the same.

ing gear is a great way to insure the best results, safety included. Another trick is to tighten the knee wraps as the weights increase up to your heaviest set.

Getting a suit on can be a real chore. As I said earlier, it may take 3-5 minutes to get a properly sized one on. If the suit gets stuck at your knee, practice patience and pull the suit up a little at a time alternating sides. Pull the suit out a bit for a better grip then pull up. The key is to get a good fit in the crotch. If you don't, the suit will not work effectively and may even blow out during an attempt. Have your helper get behind you and upright row you from the waist. This will get a good fit in the crotch area. If the straps are tight, try ducking into them as your helper pulls up. If you can get the straps on yourself, the suit is way too loose. Applying baby powder can help decrease the friction caused by body hair and sweat. Between attempts remove your belt and knee wraps and take the straps off. Every time I see someone able to sit down with their straps up between attempts, I wonder how much poundage they're giving up to their competitors due to an ineffective squat suit. Your suit should not be on so long as to cause problems regarding the blood supply to your legs. If you do feel numbness, take it off and re-evaluate the size suit you're wearing. Also, don't worry too much about those little bruises on your legs from the suit. They should go away after the meet. My 6 week plan minimizes the time you'll have to deal with them.

I can't conclude without sharing some habits on squat suits. First, never ever go to a meet without at least one backup suit. They can blow during a warm-up or on the platform. Wash them before you go to the meet. Not only will they be fresh and user friendly, but they will have some of that just washed jeans tightness. Get a new suit at least once a year. Use the old ones for backups. Be open to trying different brands of suits. There are big differences in them. Don't settle on one brand just because some world champ uses it.

Getting the most out of your squat suit can really make a difference on contest day. Give some of my suggestions a try. They've worked for many lifters I've dealt with. I'm not really a supporter of all this supportive gear used in powerlifting today. It's hard to tell what's doing the lifting, the lifting or the gear. However as long as they are allowed by the rules, it makes sense to use the best gear in the best way possible, since your competitors are doing the same.

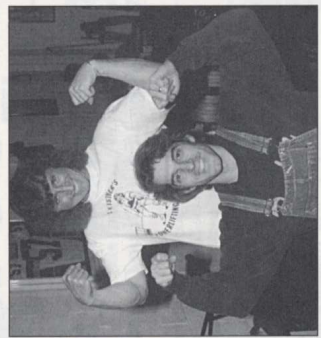


Bull Stewart puts his tight fitting squat suit to good use.

This will give some of the benefits of the suit, but saves the full effect for later. This will enable you to get accustomed to wearing a suit and also leave some of its potential for later, which will build more confidence up to the meet. Continue not pulling the straps up for week five only use the suit, even with the straps down on the top two sets.

On week 4 prior to the meet, you can use the suit with straps up on your top set, straps down on the other. Again we're building up to using it for maximum contest poundages. The last three weeks prior to the meet, use the straps up on 2-3 of your top sets, again doing the set or two prior to these with straps down. I also recommend slowly introducing your suit, but leave the straps down.

More From Ken Leistner



Iron Island Gym Pose-down: Laura Dodd & Dr. Ken..... (photograph courtesy of Ann Tuttle)

There are enough individuals involved in powerlifting to make us a "market." In the sports early days, or at least in the "mid-years" circa 1970's, George Zangas was the first to truly understand this. George was a lifter, trained and trained with many other lifters, and understood lifters. To his credit, he convinced the company he represented, Thompson Vitamins, to sponsor, and then develop a line of supplements that were geared for the needs of the powerlifter. This may not seem too earth shattering now, but it was a major step forward twenty years ago. George, for those who don't know it, originated the Super Suit, the first of the tight supportive suits. He continues to market a very good, highly respected suit and has recently continued his innovative approach with a deadlift suit that is getting excellent response from the lifting community.

While I don't personally take much in the way of nutritional supplements, most lifters believe strongly in their use. There are men like George Zangas who do an awful lot to support powerlifting. For many years, he was one of the few who paid for lifters' uniforms and other needs when it was time to put a world championship team together. His attitude was, and remains, that he is serving the lifting community, he provides quality products that earn him a living, and he continues to give back to that community, meaning us. George, unlike some others, provides a quality product. While I may not always agree that the typical lifter needs to take a certain new supplement product, I can at least state unequivocally that the products George sells are top quality. Not every manufacturer or distributor can say this. There are others who advertise in PL USA who I am sure also have excellent quality nutritional and lifting attire products and they should be patronized. In fact, I will repeat what I have said in this column through the past seventeen years;

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been in more gyms than most anyone else. If Kathy and I are out of town, we always go to the local gym to inspect equipment, procedures, or to visit those we know. In so many of these places, men and women will be lifting very heavy weights on a terrible bar.

There are only a few good bars on the market. "Good" means that the bar is stiff enough to squat and bench with, and passable to deadlift with. The knurling is deep and cut so that it will not shred the hands while providing a solid grip. Remember that if the bar is flexible enough to really aid the deadlift, it will not be suitable to squat or bench with. Many mistakenly believe that they want a "bouncy" bar to bench with, but this is disastrous for ninety percent of the lifters, especially when you have to pause in competition. In the Olympic lifts, a "live" bar is preferred. If you have ever seen top level Olympic-style lifters "catch the bounce" at the bottom of the clean and come to the erect position, it is a sight to behold when done correctly. For a powerlifter, any advantage in "catching the bounce" with a live bar will be more than negated by the whip of the bar when he or she tries to stand, walk out, set up and begin the descent. Even with the ultimate use of the Morolift, an oscillating bar with eight hundred pounds on it, or more, can throw the lifter out of the groove and make the squat almost impossible.

The development of the Passanella bar by Jim Sutherland was an attempt to rectify this problem. This bar was developed specifically for, and eventually named after the late Dave Passanella. He was lifting with 1000 in the squat and needed more stability to set up and control the weight in the descent. Jim developed a bar that was thicker and made of a much denser, stiffer steel than a standard or even ultra-standard bar. The bar was also longer from inside collar to inside collar so that big men like Dave

could more comfortably fit inside the dimensions of the inside collars. The outside shaft of the bar was longer to provide additional loading space for the huge squats. I coached/handled Lee Moran the day he made his big 1003 squat at Larry's Seniors in 1984. Jim was there too as he being highlighted by Larry on the stock platform. We were among the shocked audience and coaches who scurried for cover when the pressure of the 1003 pounds caused one of the collars to literally pop out the end of the bar, creating flying plates and bodies. To insure that this type of thing never again occurred, Jim topped off the Passanella bar with a special locking collar that cannot blow off. This bar was immediately approved and used by lifters who loved it. That it was handmade by Jim created an expensive product and only a few were made.

Enter the Sutherland bar. This innovative advance in bars utilized the same qualities of the Passanella bar with the key being the type of lifting pattern was utilized to maximize "hold" onto one's shirt or back and provide a lot of grip for the bench press. The KEY DIFFERENCE IN THE SUTHERLAND BAR RELATIVE TO THE PASSANELLA BAR IS THE FACT THAT IT HAS THE SAME DIMENSIONS FROM INSIDE COLLAR TO INSIDE COLLAR AS A REGULAR POWER BAR. The loading area is longer with the same unique collar system. This makes the bar ideal for a "regular sized" lifter and it is being used in the APF, IPA, and AAU at present. Unfortunately, when something ahead of its time is developed, others copy. Like George Zangas and his Super Suit, imitations are now popping up on the Sutherland Bar. While all of the lifting suits have improved, the first copies of George's suit to put it mildly, were "not so hot". Those copying the Sutherland bar do not have the experience and educational background in metal design that Jim has and thus, while the products may improve, they will not in my opinion, be nearly as good, at least for a while.

George Zangas and Jim Sutherland are two good examples of guys who lifted and competed for a long time, used their particular experience and expertise and applied it to the sport for the good of other lifters (both George and Jim have given away more product than most others sell in a year), and have benefited all of us. These are the types of business that help to support PL USA and the sport. Support PL USA and the sport. Support them.

Dr. Ken Leistner

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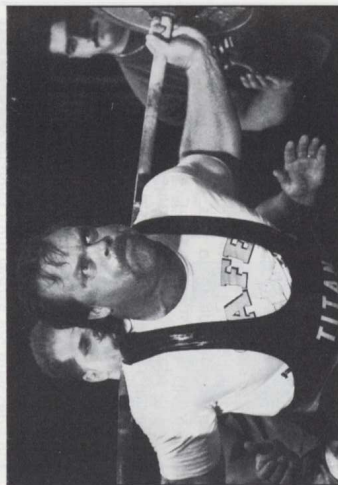


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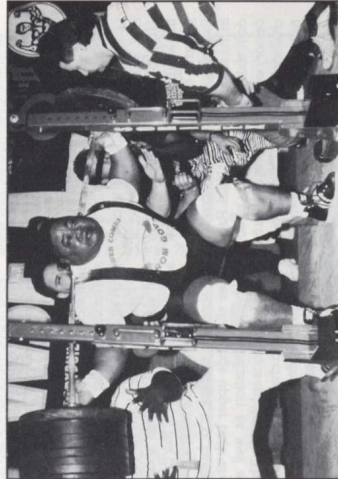
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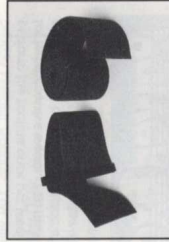
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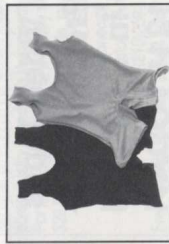
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TRAINING

This routine parallels a previous routine I outlined for you. It is the ultimate in variety. You will get the opportunity to push the envelope with different exercises for your deadlift each and every week. The off-season is the time for variety and overall strength and conditioning. Adventurous athletes will love this routine because it offers a smorgasbord of hard work, NO BOREDOM. If you welcome a challenge, this version of the random deadlift routine will give you the opportunity to go for a personal best each week. The primary claim to fame of the "Random" Deadlift Routine is the fact that it has no pattern. Lacking a definite observable pattern this routine hits muscles from different directions and combinations each week. Overtraining is unlikely, strength increases are definite.

A normal off-season routine involves a sequence of increasingly difficult weekly routines. A pattern of exercises, primary and accessory are chosen, and the athlete must try to increase the weight in key exercises over the course of the routine. A good routine usually results in a personal best in at least one exercise. This PR may be a best set of 10, 8, 5, 3, 1 or all of the above. In this way the athlete will see a logical pattern of increasing strength through successful weekly increases in the amount of weight lifted. Random routines take a variety of accessory exercises to form a series of challenging routines. There are two rules for the "Random" Off-Season Deadlift Routine: Rule #1. Increase the weight lifted in each successive set so that the final set of each exercise is as heavy as you can lift. Rule #2. NEVER MISS A REP!!! I will now describe this variation of the 10 week "Random" Off-Season Deadlift Routine. You will perform the routine once per week for ten successive weeks. You must provide your best effort in each of the exercises listed for the routine of

an organized series of routines included in each log book. There will be books for novice, intermediate, advanced, as well as teen, masters, and women. We will set each log to have a specific selection of routines that will work together to build strength and break plateaus. We expect the books to be ready December '95. If you are interested in these log books give us a call and let us know what you like in the way of training routines. We will keep you informed as the log books develop. Call us today! Good luck and good training.

Random Deadlift Routine Version II as told to PL USA by Greg Reshel of POWER EXCEL

At POWER EXCEL, we are preparing a series of training logs with

The Random Off-Season Deadlift Routine

Week 1: Heavy Bent Over Rows - 5 sets of 8 reps; Chins - 5 sets of 10 reps or limit whichever comes first; Heavy Lateral Raises - 6 sets of 12 reps; Upright Rows - 5 sets of 10 reps; Single Arm Dumbbell Rows - 4 sets of 12 reps
Week 2: Rack Deadlift from Above the Kneecap - 6 sets of 9 reps; High Pulley Rows (seated on floor with feet up on bench) - 5 sets of 7 reps; Heavy Curls - 5 sets of 6 reps; Barbell Front Shoulder Presses - 5 sets of 10 reps; Back Hyperextensions - 4 sets of 7 reps
Week 3: Stiff Leg Deadlift - 4 sets of 8 reps increasing weight each set; Good Mornings - 4 sets of 7 reps; 45 Degree Leg Presses - 6 sets of 14 reps Leg Curls light - 4 sets of 12 reps; Shrugs - 4 sets of 10 reps
Week 4: T-Bar Rows - 5 sets of 9 reps; Bent Elbow EZ Barbell Pullovers - 5 sets of 8 reps; Seated Bent Forward Lateral Raises - 5 sets of 12 reps; Front Plate Raises - 4 sets of 7 reps; Bench Dips - 5 sets of 8 reps
Week 5: Reverse Hyperextensions - 5 sets of 10 reps; High Pulls - 5 sets of 6 reps; Forward Incline Double Dumbbell Row - 4 sets of 10 reps; Press Behind Neck - 5 sets of 7 reps increasing weight; Weighted Situps - 4 sets of 10 reps
Week 6: Cambered "McDonald Bar" Deadlifts - 5 sets of 8 reps; Close Parallel Grip Lat Pulldowns - 5 sets of 9 reps; Wide Grip Barbell Front Raises - 4 sets of 5 7 reps; Head Supported Double Dumbbell Row - 5 sets of 8 reps; Hack Squats - 4 sets of 10 reps
Week 7: Behind the Back Deadlift - 6 sets of 6 reps increasing weight; Wide Grip Lat Pulldowns to the Chin - 5 sets of 7 reps; Cheat Curls - 5 sets of 8 reps; Dumbbell Shrugs - 4 sets of 9 reps; Hanging Leg Lifts - 5 sets of 10 reps
Week 8: Narrow Sumo Deadlift - 5 sets of 5 reps increasing weight; Reverse Grip Front Shoulder Presses - 5 sets of 7 reps; Seated V-Grip Low Pulley Rows - 5 sets of 11 reps; Half Squat Good Mornings - 4 sets of 7 reps; Seated Bent Knee Leg Raises - 3 sets of 15 reps
Week 9: Chest Supported Rows - 4 sets of 9 reps; Cambered Bar Shrugs - 4 sets of 10 reps; Underhand Grip Lat Pulldowns to Chest - 4 sets of 9 reps; Seated Dumbbell Presses - 4 sets of 9 reps; Dumbbell Pullovers - 4 sets of 7 reps
Week 10: Deadlift with Bar on 100 lb Plates - 5 sets of 7 reps; Decline Bent Elbow Barbell Pullovers - 5 sets of 8 reps; Forward Incline Dumbbell Row - 5 sets of 7 reps; Parallel Grip High Pulley Row to Chest - 4 sets of 9 reps

the week. You must be very aggressive in the final set of each exercise to challenge an existing personal record. Your strength will increase profoundly over the course of the routine. You will be able to see the strength increase in the routine that you follow immediately after completing the Random routine. One more thing, you will probably be sore each and every week of the Random routine because you will never be able to adapt to the work. You must allow rest by not overtraining in your other routines and you will have to eat! Remember you must increase weight with each set and never miss a rep. Start light and finish all out!

Always use strict form for your own safety. Some of these accessory exercises might look like they belong in a bench press routine, but the shoulder presses and lateral raises all change upper back and mid-back stabilization as well as abdominal oblique stabilization. The beep curls also challenge back and abdominal stabilization. Try not to arch your back to cheat the lifts as this will lead to destructive back pain rather than positive muscle soreness from fatigue and exertion. I realize that this is a lengthy list of accessory exercises and you may not know all of them. Feel free to contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI. 53207 - (414) 769-1211. We welcome your questions and observations.

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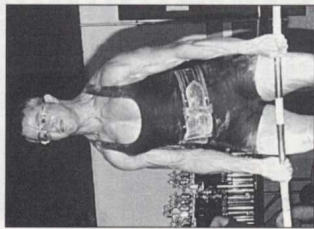
WORKOUT of the Month

NICK THEODOROU Deadlift Routine

Over the years, many solid programs have been presented on ways to increase one's competition deadlift. Most, however, usually involve great ballistic load on the fast twitch muscle fibers forcing them to respond positively. Since this program is self-paced, ALWAYS strive to increase the high end poundage!

The second exercise is high pulls: 240/5 255/5 270/5 ...

TIPS: It is okay to use straps during this movement. Be sure to duplicate the exact same body positions employed during the power cleans! It final pull and lockout are weak, concentrate on this movement and perform a total of five sets.



Nick Theodorou, 43, drives 551 pounds to lockout. (photo courtesy of William Schaffer, 1994)

and conventional deadlifting with an emphasis on high intensity loading of Type II fast-twitch muscle fibers.

Since the routine is very demanding and quite vigorous, ensure that all the joints and muscles are thoroughly warmed. Pay particular attention to the joints, wrists, elbows, shoulders, hips, knees and ankles. Allow about ninety minutes for the workout.

Note that the program is self-paced. Work up as heavy as possible while still maintaining proper form! (Based on 550 lb. max)

The first exercise is power cleans: 45/5 65/5 85/5 105/5 125/5 145/5 165/5 180/5 195/5 210/5 225/5 240/1-3 ...

TIPS: Begin with the empty bar to reinforce the fairly complex motor pattern involved in a power clean. Move through the sets rapidly noting the rather strong cardio-

respiratory involvement (this usually is quite surprising to the uninitiated). Five reps impose the greatest ballistic load on the fast twitch muscle fibers forcing them to respond positively. Since this program is self-paced, ALWAYS strive to increase the high end poundage!

The second exercise is high pulls: 240/5 255/5 270/5 ...

TIPS: It is okay to use straps during this movement. Be sure to duplicate the exact same body positions employed during the power cleans! It final pull and lockout are weak, concentrate on this movement and perform a total of five sets.

The third exercise is clean position deadlifts: 280/5 305/5 330/5 355/5 380/5 405/5 ...

TIPS: Use an overhand grip and go as high as possible without using straps. This will greatly strengthen the grip! Again, duplicate the exact same positions as in the previous two movements. Concentrate on easing the bar off the floor by recruiting muscle fibers in the powerful primary movers: hip flexors, quadriceps and glutes. As we used to say in the "bad ol' days of Olympic lifting, "push the floor away." This exercise is being performed correctly when the plates do not make any noise when lifted. Do not bounce between reps; rather, start from a dead stop to force muscle recruitment on each rep. Also, lower the bar slowly to take advantage of the eccentric phase; in other words, get the negative.

The fourth and final exercise is deadlifting: 430/5 455/5 480/5 500/3 ...

TIPS: Switch to a competition grip and lift the toes on these. Visualize the lift in the "mind's eye" by seeing the "little man" performing a perfect competition deadlift. This will reinforce the mind-muscle connection and the recruitment of the appropriate muscle fibers. Perform a minimal number of sets, usually only three to five. GENERAL TIPS: Always set the shoulders in a slightly flexed-back position. This sets the lats and places the bar on the proper path: upwards and close to the body nearest

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be successful due to the newly acquired strength of the prime mover muscles coupled with new-found muscular endurance. Of course, maximum competition lifts can only be performed when the lifter has the proper internal biochemical environment in place. This can only be accomplished with the use of supplements. Basically, carbohydrate, creatine and magnesium must be at optimum (maximum) levels. We feel 3 in 1 PLUS Formula stacked with NUT Rx will easily meet these needs. Further details on this ultimate competition stack and a current catalog can be obtained by sending \$5.00 to NUTRITIONAL TECHNOLOGIES 5 Stonecroft Drive, Easton, PA 18045 or by calling (610) 258-1894.

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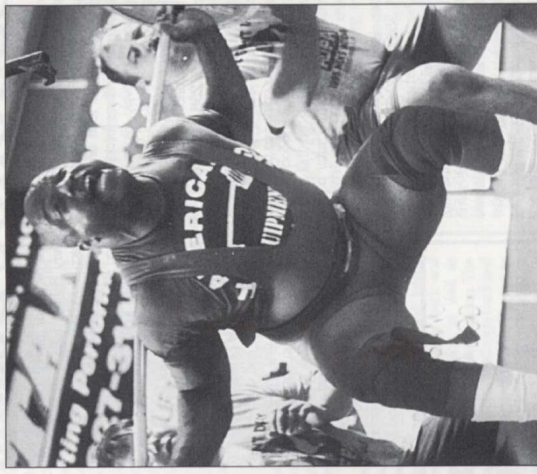
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INTERVIEW

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

MOSES BATTLES

as interviewed for Powerlifting USA by Bob Gaynor



BG: Give us some personal information about yourself.
MB: I was born in Lake Wales, Florida, and now live in Kissimmee, Florida. I am 45 years of age and 6 feet, 285 pounds.

BG: How did you get started in powerlifting?
MB: I got started lifting at 12 or 13 years of age, doing lifting at May Day Programs. The first weight I ever lifted was a 200 lb. clean and jerk at 13 years old. I weighed 200 myself. I was born at 14 pounds, 6 ounces.

BG: How long have you been lifting and competing?
MB: I've been lifting for 10 years in competition.

BG: How did you get involved with the ADFFPA?

MB: I wanted to lift for an organization so I got in touch with Tom and Ellen Trewhartha, who explained the ADFFPA to me, and I liked what they had to say. Also, Louis Baltz of All American Gym said this was the right choice.

BG: What are your views on drug usage and drug testing?

MB: My thoughts on drug and drug use are this: I love the ADFFPA, but our drug program and testing needs changing. I think we should test two to three months out before a contest.

BG: When you test the day of the contest, if you want to catch anyone, there's so much stuff to clean and hide and beat the test.

Every class winner, woman or man, should be tested twice a year in and out of contest, at their expense. Being drug free, a lifter should be glad to be tested. All someone has to do is look at a

MB: By being a gym owner and trainer, I eat carefully, but mostly what I want. I use an Excel supplement for energy together with two Up Your Gas tablets. That's it.

BG: What are your best lifts in competition and in training?

MB: My best lifts are squat 875, bench 501, deadlift 710 (competition). In training, squat 930, bench 530, deadlift 735.

BG: What are some of the titles you have won and records you hold?

MB: Some of my titles include both national and world titles (master). Also, Florida titles (master) SHW/275. I hold records in the world and national, also state, plus regional. I am on the world team (master) for this year's England meet.

BG: Give us a breakdown of your training program both in and out of season.

MB: My training program: squats - set of 10, work up to 525, off 405; bench - 8 sets of 3 up to 405; all back deadlifts. In season, 10-12 week cycle, going up 20-25 pounds per week in the squat, 20 pounds in the bench, and deadlift heavy rack work.

BG: What are your future goals in powerlifting?
MB: My future plan in this sport is to hang around as long as I am competitive, then do work for an organization to improve the quality.

BG: What do you see in the future of powerlifting?

MB: About the future, it could be very good if we earn the respect for what we do, and clean our act up. There are two to four sports channels, and we can't break into any of them. If you can't show your product, you die.

BG: What advice do you have for beginners?

MB: My advice to beginners is get a trainer, someone with knowledge of powerlifting, and most of all, don't use drugs. Hard work makes the taste in your mouth sweeter.

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

MB: I can say this: the people we have as leaders need to do the job to move the organization or step down. Show our product, it's a good one.

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I am a college football player and am looking to gain lean body mass while reducing body fat. I've never really had a problem putting on weight, but the bodyfat always increases as well. I have tried the modern low fat, moderate protein, high carbohydrate diet, and have had not success with it. This diet's reduced calories causes my strength to decrease dramatically. After about three weeks of this diet I weigh less, am weaker, and am flabbier than ever. I was at the point of giving up when I began to look through my back issues of Powerlifting USA. I came upon the May 1994 issue and spotted your suggestion of a high fat diet to lose body fat in the "Ask the Doctor" section. At first I was skeptical about this concept but after looking back at my own training experiences it began to make sense. I realized my greatest strength and muscle mass gains took place when I was on a higher fat diet which consisted of foods like red meat, milk, and eggs. I really don't know what your high fat diet is like, but I am very interested in finding out. I would greatly appreciate it if you sent me a copy of your high fat diet and any other particulars about the diet. Thank you very much for your time and expertise. Sincerely, **Michael**

DEAR MICHAEL: Enclosed is information on the high fat diet copied from issues of my newsletter "Drugs in Sports". The aim of the diet is to maximize muscle mass and minimize bodyfat through a special diet and a handful of targeted supplements. My new book detailing the high fat diet (called the Anabolic Diet) along with a video are available from Optimum Training Systems (OTS). The book is not only comprehensive but easy to read and understand. The video covers the highlights with series of questions and answers taken from a small seminar I gave. If you want more information on the book and video and how to order them (I believe there is a special offer that includes both) call OTS at 1-800-582-2083. **Mauro DiPasquale M.D.**

DEAR MAURO: This question may be a little unusual but I think that you can answer it based on your experience and education. I work as deputy in a sheriff's department located in Michigan. A few years ago I started lifting weights to reduce stress and simply get in shape. This soon grew into powerlifting, and I have made steady gains ever since. A few weeks ago I

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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 and research. This is the only newsletter of its kind that will give you information that will help you to make through the maze of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

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was offered a promotion to a higher rank (shift supervisor). I was forced to turn it down based on the regular work schedule for that position. The position requires that you work all three shifts within a five day work week. In other words, I would have had to work day shift 8-4pm on Thursday and Friday, third shift 12-8am on Saturday (resulting in eight hours of between shifts) and then work second shift on Sunday and Monday 4-12pm. I tried to explain to them that the schedule contained too many changes in such a short time period, and they have always refused to consider changing it. It is my belief that a schedule of working three different shifts per work week is harmful to health and well-being. In your expert opinion, do you believe that this sort of work schedule is detrimental to the general health of employees? How important is a regular schedule of work, sleep, exercise to the athlete, or to anyone for that matter? Would it be possible for someone to be effective as a competitive athlete in that situation? Is it possible to remain healthy on this type of schedule (three shifts per week)? It was simply a choice of preserving my powerlifting and general health. Thank you very much, **BUI**

DEAR BILL: You're right to be concerned about such an extreme work schedule. Rapid and frequent shift changes can lead to significant physiological problems, including sleep disturbances and alterations in the body's hormonal secretions. I've included three citations and abstracts that you might find useful. Sincerely, **Mauro DiPasquale M.D.**

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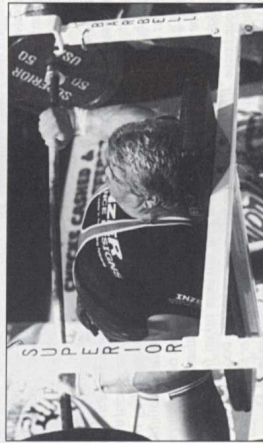
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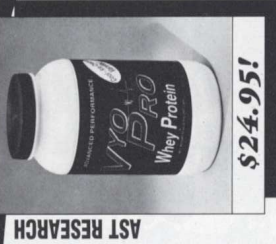
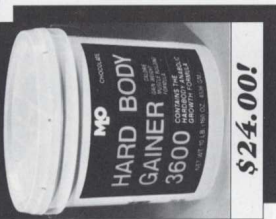
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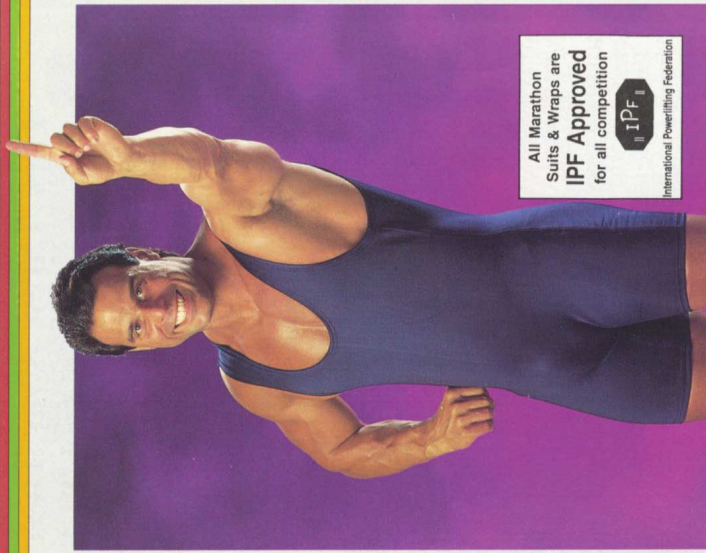
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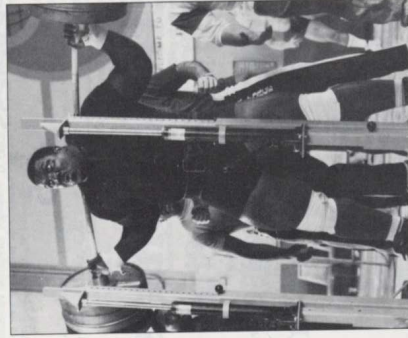


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A.D.F.P.A. Corner

The ADFFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to help 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.

International Elite Secrets by Bettina Altizer. Waaaaahhh!!! Don't cry because you lack energy during a meet. Don't cry because you are now on the competition platform ready to open with a 600 lb. squat, feeling full and sluggish and having just consumed four pancakes, three eggs, four strips of bacon, and a bowl of oatmeal (because you want to be healthy)! Don't cry because you are ready to hurt your cookies on the head referee. To dry up those tears and to feel good with lots of energy, try eating baby food during the meet. That's right, you heard what I said - baby food!

During a meet, the last thing you want to do to your system is burden it with a lot of food that will sit in your stomach and be digested a long time after the trophies are handed out. You want all the blood to go to your muscles, not your stomach, during your competition. Moreover, it takes surprising amount of energy to digest food. If the lifter consumes a large quantity of food before and/or during a competition, that energy devoted to digestion is wasted. It may sound crazy, but check out baby food for your next meet time meal. Gerber's fruit and oatmeal that is quite tasty. The great benefit to baby food is that it is liquefied, so once you consume it, your body can immediately assimilate it and not waste that precious energy on digestion. Now that additional can be used for lifting. Additionally, there are baby foods now on the market that consist of foods which are organically grown, meaning that the food is not sprayed with pesticides and has no preservatives. Another benefit of baby food is that it is low in calories and in fat. So if you are watching your fat or just wanting to keep your fat consumption to a minimum, baby food is the way to go. Baby food is also cheap and easily transportable. Baby food, contained in sealed jars, can go anywhere you go. So, at your next meet, give baby food a try. Who knows, it could be the next power food. Joe Weider might even start his own line of baby food for strength athletes. So, stop being a baby and stop crying - power up with baby food! (Note:

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

| Men's Contests | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|-----------------------|------------------------------|-----|------|------|------|------|------|------|------|------|------|
| National's | 845 | 955 | 1070 | 1275 | 1400 | 1500 | 1575 | 1625 | 1665 | 1700 | 1760 |
| Lifetime's | 760 | 860 | 965 | 1145 | 1260 | 1350 | 1420 | 1460 | 1500 | 1530 | 1585 |
| Collegiate's | 655 | 760 | 885 | 1025 | 1075 | 1145 | 1250 | 1275 | 1290 | 1305 | 1325 |
| 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 | 365 | 385 | 410 | 420 | 435 | 455 | 485 | 520 | 575 | 640 | |
| 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 | | | | | | | | | | |

Bettina Altizer totals 8 1/2 times her bodyweight!

Sports Medicine Questions by Dr. Michael Hartle.
Dear Dr. Hartle: I have been experiencing wrist pain in both wrists that started about a month ago. The pains usually occur after a heavy bench or squat workout but can also occur from push-ups, driving long distances with either hand doing the driving, etc. Basically, any activity that requires having the wrist/hand bent backwards for a period of time. I also occasionally experience some tingling in my hands during or after the activity. This occurs sporadically, and I cannot tell when it will happen. I do not need to have surgery, and I do not think I can do to help relieve this pain and tingling. G.K., South Dakota.

Dear G.K.: There could be several reasons why this is happening. First, you must consider bar placement within the palm while lifting. This is in reference to both the squat and the bench. I see many benchers have the bar placed too far down the hand. This causes excessive extension of the wrist and actually places the lifter at a biomechanical disadvantage when pushing the bar up. The excessive extension also compresses various structures in the wrist, such as the infamous carpal tunnel, through which the median nerve passes through. Second, a lot of wrist pain is caused by very light and sore wrist extensor muscles, those

found on the outside and back to the forearm. These muscles originate near the elbow and insert on various wrist bones. When we squat or bench, these muscles are used extensively to help keep the wrist back. The tingling is usually a sign that a nerve from a muscle/soft tissue that is very tight and places pressure on the nerve as it passes through or around the muscle/soft tissue (called the peripheral nerve entrapment) or from a bony structure that the nerve passes by. To help alleviate and possibly fix the above problems, you need to evaluate your hand placement in the squat or bench. Correct what you need to be doing. Great wrist wraps seem to help a great deal. I am enclosing some exercises to help with your recovery. If you find these suggestions do not help, please call me and we can discuss further options. Good luck!

Please send your questions for the Sports Medicine Committee to Dr. Michael Hartle, 126 South Main Street, Seymour, WI, 54165. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. I also welcome your comments on this committee/column. You can contact me at (414)833-7844 / fax (414)833-7463

From the Drug Education Committee by Judi Regan, Chair. The purpose of drug education is to inform facts, NOT the fictional information a dealer or seller of drugs tries to lay on his client or rather,

A.D.F.P.A. Corner

A.D.F.P.A. Corner

to keep the energy plateau up. It is very tempting to run out to the local natural food store and grab those bottles of supplements on the shelf. The truth of the matter comes when you call your local nutritionist and say, "I'm taking this, this, and this. I'm finding I can bench more, my energy levels are higher, and I'm eating less." Chances are, that reputable, licensed, degree, knowledgeable person will be looked at as a know nothing when he/she says, "You may think you are getting results from the stuff you are taking, but most of what you are using could be obtained through a good, healthy diet, and the money you are using could be better spent on that diet." Words we, of course, don't want to hear if we are really willing to give the credit to the pill bottle. Using steroids or other strength aids, of course, is a matter of personal preference, and there is proof they work both as a muscle builder and a body destroyer. Just a little aside for those thinking about using steroids. They are illegal, there is a first offense repercussion of up to a year in jail and a \$10,000 fine for the use of; up to five years and a \$250,000 fine for trafficking (possession or even personal use not validly described by a doctor is a federal crime). A second offense will net the possibility of a ten-year jail term and a \$500,000 fine. If you are prepared to play the game, then also be prepared to pay the Piper.

Low Fat Muscle Fuel

Cooler weather means a good time for hearty, nourishing soup. And we all know that beans and rice combined make high quality protein without the added fat of meat. Here's an easy, all-in-one-pot, throw everything together, it tastes delicious, soup.
Lentil and Brown Rice Soup
5 cups of chicken or beef broth
3 cups of water
1-1/2 cups lentils
1 cup brown rice
35 oz. can tomatoes, chopped
3 carrots, chopped
1 onion, chopped
3 cloves garlic, chopped
1 stalk celery, chopped
1 teaspoon basil
1 teaspoon oregano
In large pan, combine everything, including juice from tomatoes. Bring to a boil, reduce heat, cover pan, and simmer, stirring occasionally for an hour. Add salt and pepper to taste. 8-10 servings.

ADFFPA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801,

Jungle Gym & Fitness Center- Kent, 122 Railroad Ave. S., Kent, WA 98032, (206)852-2442 FAX (206)413-1252, Tyler Malejko/LMT/Meet Promoter.

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

World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)933-9988, FAX (510)945-8495, Marco Y. Mangiotta, ADFFPA Contra Costa Representative

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

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

This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also help if you're traveling and need a place to train. To get your gym in the directory, send a check for \$3.00 made out to the ADFFPA or money order to: Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481.

A.D.F.P.A. Corner

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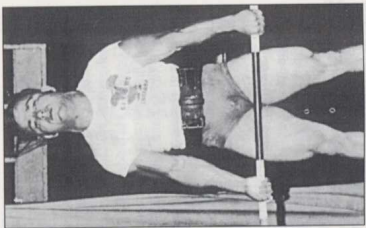
was coached by physique star - Oliva. My adversary made an obviously bad deadlift which the officials intimidated the officials, who reversed the decision. This cost me a win. I expected Hale to argue in my behalf, but he didn't, and I was very upset. "Why didn't you back me up?" I asked. "Are you kidding? His arms are almost twenty-two" came his answer. Hale steered me on to my first car in 1964. It was a '56 Chevy in perfect condition. I paid \$5000 cash for it and it'd be worth 25 grand today.

In 1972 Hale could have won his second senior national title. Interclub squabbling over the distribution of travel funds upset him, so he stayed home. You can imagine his chagrin when Joe Spack won the 165's with a mere 1365 total. He turned as green as the swim trunks that he wore in his competitions. Instead, he entered the 2nd World Championships that year in Harrisburg. He came in fourth, five pounds behind Lettieri, who edged him out 1420 to 1415 for third. He still had the biggest bench, 370, more than eventual winner Ron Collins (GBR) made.

Ron made his sixth appearance at the Senior Nationals in 1973. It was the year wraps were outlawed. He got down to 168, but couldn't make his class. He was going for 7 with no misses, but didn't place at 181. After that he went up to a full 181 - won some and lost some. In October 1978 at age 37 he set personal records in squat, deadlift, and total with 560, 580, and 1530 winning an open contest in Muncie, Indiana. He finally got his 400 bench press officially at the 1979 State meet and squatted a personal record 589 in June 1980. That was his last meet at 181, and he moved up another division. He would have won the 1981 National Masters in Illinois but didn't go. He tried them in 1982 and squatted a personal record 606. He finished runner-up to Nate Foster watching a 28 lb. lead evaporate after the deadlifts.

The master's competition was tough at Syracuse, New York in 1983. Hale finished out of medal contention despite benching 397. He won the Freedom Festival and Levings Open in 1984 and topped his squat best to 610 at the latter. Ron did his best ever total at the Indiana State meet in 1985 and made personal records of 405 bench press and 1575 total at 198.

Ronnie took an early retirement from his job at the foundry in 1988 after 30 years of service. He was experiencing a numbness in the arms and hands. It was a condition known as Carpal Tunnel Syndrome, the result of using a back hammer.



Hale with a 565 deadlift at 165.

He had both wrists operated on and after recovery jumped back in the competition arena.

In 1992 he'd have won either the USPF or NASA National Masters, but lifted in the APF Master Nationals in Columbus, Ohio, due to their proximity. I returned to town for a visit and saw him win his first national title 23 years after winning the Big One. He weighed 203.2 (a personal record) and capped the 50-54 age group with 505, 360, 505 and could have done more. Just this past year he did his first and set all lifts and total national meet and American record at the NASA Grand Nationals. Rich Peters told him if he'd get rid of his clothes he'd win. He was a 1969 Senior with them, he'd deadlift more. Big mistake. This set him off. Ronnie fired back a rebuttal, because I guess you can't teach an old dog new tricks - especially if the old dog is still winning with his old proven methods.

That brings us to the present. As I look back over the years more times than not, Hale could best be described as the North portion of the Southbound Mule. He lacked patience and was bull-headed. On the other hand, he was resilient, tenacious, honest, and was second to none when it came to punctuality. Ronnie was predictable and would never take no for an answer.

Hale may be the only senior national powerlifting champ who can legitimately claim a high circumference twice that of his calves. He became the best in his time working, at times, 12-14 hours a day on a job that would wear down the toughest of men. Somehow he found the time to train and made sure that you were there to train and spot his heavy lifts. Sickness was an unacceptable excuse and so were family obligations. In the early days our young recruits balked at the 5

bucks a month expected to defray the garage fuel bill. Indiana winters were tough, and it could get mighty cold without heat. He provided a flexible alternative. Our local yokels got to shovel his driveway or come early and get the coal stove started. Hale was to his training partners what Raid was to roaches. You cold run but you couldn't hide because he'd find you. Ronnie was very opinionated, and it usually was right opposite from what was generally accepted as the norm.

He was a great training partner. I seriously doubt if I'd ever accomplished my best without him around. His own lifting accomplishments proved to be an inspiration. He was great on the powerlifts and good on the Olympic lifts as well. He hated stretching, never did it, and became provoked if he saw others doing it. It was hard to argue with his philosophy because luckily he remained injury free. He disliked coaches and thought of them as those accepting credit for an athlete's achievements with the rounds system, that he wishes he had one. Competitively he was the smartest lifter I've ever known. Nearly every meet he entered, he'd make all his attempts with no misses. He made few mistakes and rarely took chances. He was not afraid of hard work whether it was making a living or dominating the barbell. He was a great powerlifting official and earned a national referee's card which covered both strength sports. He was an impartial judge and gave no gifts to any one, including his teammates. If Ronnie approved your lift you knew without a shadow of a doubt that it was good.

One fellow came along and broke Hale's squat record with the dollar bill from his wallet and told him if he'd take off the suit and wraps and out-squat him, the cash was his. That was the end of that. Both his daughters are grown, married, and have infant daughters. He sent them both through college, and he's now a grandfather. The only other lady in his life now is the barbell. It has remained true to him over the year - through good times and bad.

HG: Ron, how does powerlifting differ today from your lifting heyday?

RH: Cheating on strength is now legalized. All the supportive equipment has enabled some lifts today that I never dreamed of. HG: What are some of the changes you dislike the most?

RH: The rounds system takes the strategy out of competition. I prefer the good old days when a

meet lasted all day. I didn't mind a late night finish, at least I knew what I had to do to win.

RH: Too many organizations now. Anyone can be a champion if you pick the right meet and organization. Noulce - Fireman - Teen - Grandfather, Pure, 1-2-3 years clean. It is totally ridiculous - age groups, gloves and straps allowed. I've even heard about a stainless steel shirt. Everyone is bound so tight it makes Overholzer look like Mr. Clean in comparison.

HG: What do you think of the Monolith?

RH: Good grief. Today's lifters are so wimpy they can't pick up the weight and step back?

HG: Who is the strongest man of all time?

RH: I don't think we'll ever see a man as strong as Anderson was. All the wraps and drugs, and nobody has come without them.

HG: What of them?

RH: I took them and never had any physical problems. Too many went overboard and paid the price. I remember guys once puffed up like a toad and are now shriveled up like a prune.

HG: Do you take them up. Too expensive, too hard to get, and most of all they're illegal.

HG: Who do you admire most in powerlifting?

RH: Doc Rhodes earned my admiration and respect. He was a great athlete. It was no dishonor to have been beaten by him. He was the greatest performer I know. Buddy Duke is a real powerhouse. Coan is incredible. I saw his 900

HG: Here in Indiana?

RH: Ron Everett earns my respect for one of the last legitimate strongmen still going strong.

HG: Thanks for the interview, Ron, and continued success.

RH: When are you coming back to Indiana?

HG: When gravity takes a holiday. A lot of lifters today have lifted a whole lot more weight than Ron did. His nearly unblemished track record and achievements now seem insignificant to him compared to what today's powerlifters are doing. To put things in proper perspective to those who grow loudly of their accomplishments, it is now time to eat a bit of humble pie. Remember Ron Hale - Hoosierland's first and foremost powerlifter. The Indiana Iron Man is still around. If he can't beat you, he can beat you up. Kudos to you, old friend, stand tall and walk proud - 'cause you won the Big One - they didn't!

I Just Broke The WORLD'S RECORD 727.5 lbs! -Craig Tokarski

JUNE 4, 1995, Craig Tokarski, multiple world record holder in the bench press, broke Ted Arcidit's 10-year-old world record of 725 lbs. in the 308 lb. weight division with a phenomenal lift of 727.5 lbs. Craig weighed only 295 lbs. while Ted's record was accomplished at a weight of 308 lbs.

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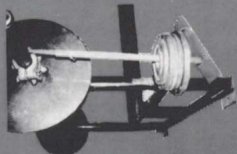
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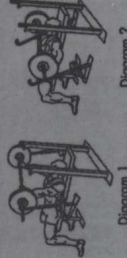


Diagram 1

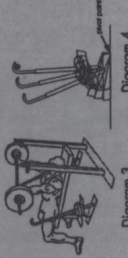
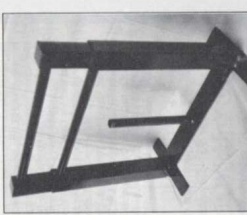


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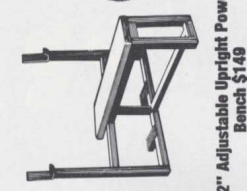
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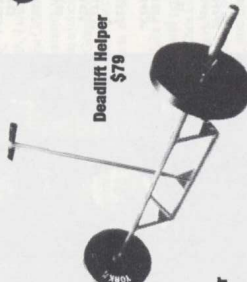
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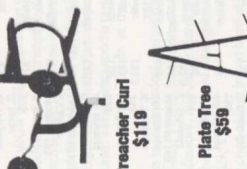
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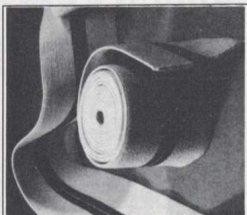


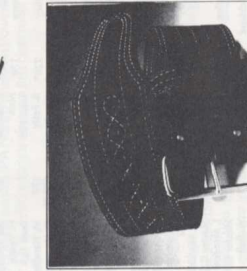
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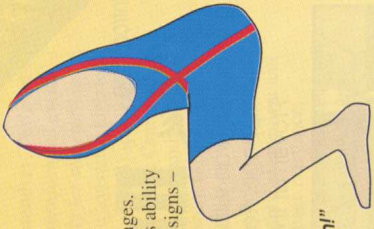
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| Spring Break Bench/Deadlift Classic | S. Schumpkin | 264* | 148* | 292* | 705* | 154 Master 50-54 | 181* | 83* | 203* | 468* | 154 | C. Tronper | 358 | 214 | 435 | 1008 |
|-------------------------------------|--------------|------|------|------|------|--------------------|------|------|------|-------|-----|-------------|-----|-----|-----|------|
| 122 | L. Walker | 319* | 154* | 286* | 760* | K. Lum | 424* | 181* | 429* | 1036* | 154 | A. Sorrell | 347 | 225 | 418 | 992 |
| 122 | L. Walker | 319* | 154* | 286* | 760* | 176 Master 55-59 | 137* | 115* | 211* | 485* | 176 | M. Mackay | 347 | 225 | 418 | 992 |
| 350 | S. Henry | 330* | 154* | 325* | 810* | 176 Master 60-64 | 286* | 192* | 418* | 898* | 176 | P. Wadding | 341 | 159 | 319 | 821 |
| 500 | M. Smith | 242* | 110* | 270* | 446* | Open 57 | 331 | 137 | 270 | 650 | 176 | P. Lindler | 341 | 159 | 319 | 821 |
| 425 | J. James | 242* | 110* | 270* | 446* | Open 57 | 331 | 137 | 270 | 650 | 176 | E. Diller | 303 | 148 | 336 | 788 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 50-54 | 319* | 198* | 270 | 788 | 176 | C. Stee | 303 | 148 | 336 | 788 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 55-59 | 319* | 198* | 270 | 788 | 176 | A. Heen | 451 | 342 | 407 | 1102 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 60-64 | 286* | 192* | 418* | 898* | 176 | L. Beeson | 418 | 231 | 435 | 1085 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 65-69 | 286* | 192* | 418* | 898* | 176 | E. Eberberg | 385 | 16 | 407 | 970 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 70-74 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 75-79 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 80-84 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 85-89 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 90-94 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 95-99 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 100-104 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 105-109 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 110-114 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 115-119 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 120-124 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 125-129 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 130-134 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 135-139 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 140-144 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 145-149 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 150-154 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 155-159 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 160-164 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 165-169 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 170-174 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 175-179 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 180-184 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 185-189 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 190-194 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 195-199 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 200-204 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 205-209 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 210-214 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 215-219 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 220-224 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 225-229 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 230-234 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 235-239 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 240-244 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 245-249 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 250-254 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 255-259 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 260-264 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 265-269 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 270-274 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 275-279 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 280-284 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 285-289 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 290-294 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 295-299 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 300-304 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 305-309 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 310-314 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 315-319 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 320-324 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 325-329 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | 242* | 110* | 270* | 446* | 176 Master 330-334 | 286* | 192* | 418* | 898* | 176 | C. Steele | 341 | 203 | 391 | 936 |
| 111 Teen 16-19 | C. Lindberg | | | | | | | | | | | | | | | |

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SST Pro Series - The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing (any size, width or heel height); (2) Wedge arch support; (3) Totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (4) Full grain leather construction with Cambrelle lining; (5) Hi-density molded sockliner; (6) Fiberglass heel counter to prevent "roll over"; and (7) Velcro lateral strap for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4-6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World!
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Clubs for letting us put on this meet in his gym. Also to Gary Mitchell, Mark Kerkabian and Amanda Mitchell from GMA for sponsoring the meet. Also thanks to the judges: John Hoppers, "Rocky" Hanson, Mike Schidman. Helpers: Steve Elgin, Kirk Karwinski, Susan Harveth, Anthony Brynton, Michael Brown. Correspondence: GMA, 10000 E. 1st Ave., Suite 100, Denver, CO 80231. (Thanks to GMA Products for the results)

Elite 8 Deadlift
8 Jun 95 - Bellevue, WA

| | | | | |
|-----|-----------|-----|-----------|-----|
| 114 | Capell | 330 | Strand | 415 |
| 115 | Labralith | 385 | Labralith | 385 |
| 116 | Wolcott | 325 | Wolcott | 325 |
| 132 | Wolcott | 198 | Wolcott | 405 |
| 133 | Wolcott | 240 | Wolcott | 405 |
| 134 | Wolcott | 340 | Wolcott | 405 |
| 135 | Wolcott | 315 | Wolcott | 385 |
| 165 | Wolcott | 450 | Wolcott | 385 |
| 166 | Wolcott | 405 | Wolcott | 315 |
| 167 | Wolcott | 365 | Wolcott | 242 |
| 168 | Wolcott | 315 | Wolcott | 420 |
| 169 | Wolcott | 315 | Wolcott | 450 |
| 170 | Wolcott | 520 | Wolcott | 265 |
| 171 | Wolcott | 165 | Wolcott | 265 |
| 172 | Wolcott | 455 | Wolcott | 265 |

Greg "Beetle" Lowe - 275 lb. National Champion, American & All Time Drug Free record holder, 944 lb. squat, 800 lb. deadlift, 2160 lb. total!

Colors: Black, Royal Blue and Red. Combination colors available (legal in all organizations).

Centurion \$60.00, 2 for \$105.00

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Lloyd Loyer, Charles Ramsey, Tommy Beshear, and Joe Ramey at the Lake Barkley Bench Press. (photo courtesy of Charles Ramey)

Lake Barkley Bench Press
12 May 95 - Cadiz, KY

| | | | | |
|-----|---------------|-----|---------------|-----|
| 114 | D. Cow | 115 | D. Cow | 350 |
| 115 | L. Mathis | 100 | L. Mathis | 350 |
| 116 | Z. Hines | 135 | Z. Hines | 475 |
| 117 | L. Heim | 75 | L. Heim | 280 |
| 118 | J. Holly | 175 | J. Holly | 450 |
| 119 | S. Tisdal | 240 | S. Tisdal | 390 |
| 120 | S. Tisdal | 275 | S. Tisdal | 375 |
| 121 | J. Decker | 260 | J. Decker | 375 |
| 122 | L. Miller | 255 | L. Miller | 345 |
| 123 | M. Stephenson | 240 | M. Stephenson | 345 |
| 124 | Master (40+) | 240 | Master (40+) | 390 |
| 125 | C. Ramey | 225 | C. Ramey | 280 |
| 126 | L. Bredt | 185 | L. Bredt | 185 |
| 127 | R. Watson | 250 | R. Watson | 370 |
| 128 | K. Edwards | 370 | K. Edwards | 370 |
| 129 | M. Fraiser | 220 | M. Fraiser | 485 |
| 130 | M. Fraiser | 220 | M. Fraiser | 485 |
| 131 | M. Fraiser | 220 | M. Fraiser | 485 |
| 132 | M. Fraiser | 220 | M. Fraiser | 485 |
| 133 | M. Fraiser | 220 | M. Fraiser | 485 |
| 134 | M. Fraiser | 220 | M. Fraiser | 485 |
| 135 | M. Fraiser | 220 | M. Fraiser | 485 |
| 136 | M. Fraiser | 220 | M. Fraiser | 485 |
| 137 | M. Fraiser | 220 | M. Fraiser | 485 |
| 138 | M. Fraiser | 220 | M. Fraiser | 485 |
| 139 | M. Fraiser | 220 | M. Fraiser | 485 |
| 140 | M. Fraiser | 220 | M. Fraiser | 485 |

Upper Bucks YMCA USA Bench Press
20 May 95 - Quakertown, PA

| | | | | |
|-----|-------------|-----|-------------|-----|
| 141 | K. Kozard | 260 | K. Kozard | 300 |
| 142 | L. DiRonzio | 275 | L. DiRonzio | 300 |
| 143 | M. Haines | 120 | M. Haines | 260 |
| 144 | B. Hart | 370 | B. Hart | 370 |
| 145 | S. Burger | 395 | S. Burger | 370 |
| 146 | L. Kellers | 42 | L. Kellers | 360 |
| 147 | C. Peters | 276 | C. Peters | 360 |
| 148 | D. Pasco | 278 | D. Pasco | 360 |
| 149 | K. Wigg | 225 | K. Wigg | 360 |
| 150 | M. Stein | 100 | M. Stein | 145 |
| 151 | R. Sarnick | 475 | R. Sarnick | 370 |
| 152 | K. Edwards | 370 | K. Edwards | 370 |
| 153 | M. Fraiser | 220 | M. Fraiser | 485 |
| 154 | M. Fraiser | 220 | M. Fraiser | 485 |
| 155 | M. Fraiser | 220 | M. Fraiser | 485 |
| 156 | M. Fraiser | 220 | M. Fraiser | 485 |
| 157 | M. Fraiser | 220 | M. Fraiser | 485 |
| 158 | M. Fraiser | 220 | M. Fraiser | 485 |
| 159 | M. Fraiser | 220 | M. Fraiser | 485 |
| 160 | M. Fraiser | 220 | M. Fraiser | 485 |

USPF GMA Power Strap Invitational
11 Jun 95 - Beltsville, MD

| | | | | |
|-----|---------------|-----|---------------|-----|
| 161 | SQ | 280 | SQ | 355 |
| 162 | BP | 280 | BP | 355 |
| 163 | DK | 280 | DK | 355 |
| 164 | TOTAL | 280 | TOTAL | 355 |
| 165 | R. Cole | 455 | R. Cole | 835 |
| 166 | S. Hines | 455 | S. Hines | 835 |
| 167 | M. Humpberger | 455 | M. Humpberger | 835 |
| 168 | M. Humpberger | 455 | M. Humpberger | 835 |
| 169 | M. Humpberger | 455 | M. Humpberger | 835 |
| 170 | M. Humpberger | 455 | M. Humpberger | 835 |
| 171 | M. Humpberger | 455 | M. Humpberger | 835 |
| 172 | M. Humpberger | 455 | M. Humpberger | 835 |
| 173 | M. Humpberger | 455 | M. Humpberger | 835 |
| 174 | M. Humpberger | 455 | M. Humpberger | 835 |
| 175 | M. Humpberger | 455 | M. Humpberger | 835 |
| 176 | M. Humpberger | 455 | M. Humpberger | 835 |
| 177 | M. Humpberger | 455 | M. Humpberger | 835 |
| 178 | M. Humpberger | 455 | M. Humpberger | 835 |
| 179 | M. Humpberger | 455 | M. Humpberger | 835 |
| 180 | M. Humpberger | 455 | M. Humpberger | 835 |

Incirlik AFB Turkey Bench
27 May 95 - Incirlik AFB, Turkey

| | | | | |
|-----|------------|-----|------------|-----|
| 181 | L. Warren | 150 | L. Warren | 375 |
| 182 | L. Darcy | 110 | L. Darcy | 235 |
| 183 | K. Edwards | 300 | K. Edwards | 375 |
| 184 | R. Rogers | 330 | R. Rogers | 375 |
| 185 | R. Rogers | 330 | R. Rogers | 375 |
| 186 | R. Rogers | 330 | R. Rogers | 375 |
| 187 | R. Rogers | 330 | R. Rogers | 375 |
| 188 | R. Rogers | 330 | R. Rogers | 375 |
| 189 | R. Rogers | 330 | R. Rogers | 375 |
| 190 | R. Rogers | 330 | R. Rogers | 375 |
| 191 | R. Rogers | 330 | R. Rogers | 375 |
| 192 | R. Rogers | 330 | R. Rogers | 375 |
| 193 | R. Rogers | 330 | R. Rogers | 375 |
| 194 | R. Rogers | 330 | R. Rogers | 375 |
| 195 | R. Rogers | 330 | R. Rogers | 375 |
| 196 | R. Rogers | 330 | R. Rogers | 375 |
| 197 | R. Rogers | 330 | R. Rogers | 375 |
| 198 | R. Rogers | 330 | R. Rogers | 375 |
| 199 | R. Rogers | 330 | R. Rogers | 375 |
| 200 | R. Rogers | 330 | R. Rogers | 375 |

Sunbelt Bench Press Classic
22 Apr 95 - Moultrie, GA

| | | | | |
|-----|------------|-----|------------|-----|
| 201 | W. Men | 165 | W. Men | 370 |
| 202 | C. Moore | 125 | C. Moore | 375 |
| 203 | A. Wayne | 70 | A. Wayne | 380 |
| 204 | T. McNeven | 198 | T. McNeven | 400 |
| 205 | N. Roberts | 340 | N. Roberts | 400 |
| 206 | P. Cooksey | 300 | P. Cooksey | 400 |
| 207 | C. Griffin | 330 | C. Griffin | 400 |
| 208 | L. Balkcom | 280 | L. Balkcom | 400 |
| 209 | C. Ingram | 155 | C. Ingram | 400 |
| 210 | C. Griffin | 202 | C. Griffin | 400 |
| 211 | C. Griffin | 275 | C. Griffin | 400 |
| 212 | C. Griffin | 275 | C. Griffin | 400 |
| 213 | C. Griffin | 275 | C. Griffin | 400 |
| 214 | C. Griffin | 275 | C. Griffin | 400 |
| 215 | C. Griffin | 275 | C. Griffin | 400 |
| 216 | C. Griffin | 275 | C. Griffin | 400 |
| 217 | C. Griffin | 275 | C. Griffin | 400 |
| 218 | C. Griffin | 275 | C. Griffin | 400 |
| 219 | C. Griffin | 275 | C. Griffin | 400 |
| 220 | C. Griffin | 275 | C. Griffin | 400 |

formulas to determine a winner. We are looking forward to our next competition in October and to the participation of all our members. Thanks to Henry M. Ellis for providing these contest results.

Because of lack of competitors we broke it down into three weight classes and used the appropriate

NEW A.P.F./A.M.P.F. Membership Application
AMERICAN POWERLIFTING FEDERATION
AMERICAN MASTER POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

| | | |
|--|----------------------------|---|
| LAST NAME | FIRST NAME | INITIAL |
| STREET ADDRESS | | |
| CITY | | |
| AREA CODE | TELEPHONE NO | STATE |
| REGISTRATION FEE: 25.00 | DATE OF BIRTH (MM/DD/YY) | AGE |
| MASTERS YES <input type="checkbox"/> NO <input type="checkbox"/> | DATE OF JOINING (MM/DD/YY) | SEX |
| YES <input type="checkbox"/> NO <input type="checkbox"/> | NAME OF CLUB YOU REPRESENT | U.S. CITIZEN YES <input type="checkbox"/> NO <input type="checkbox"/> |
| ZIP CODE MUST BE PRESENT | | |
| DATE OF APPL | | |
| ZIP CODE | | |

ATHLETES, fill out card completely and mail with fee to: A.P.F./A.M.P.F. MEMBER APPLICATION

MAKE CHECK PAYABLE TO: A.P.F./A.M.P.F.
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IPF Approved

All Titan suits now feature our new H.P. leg design to prevent leg slippage. Results... You'll squat more in a Titan Suit! Proven at the Worlds!



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Colors: Black, Royal Blue & Red

Sizes: Even sizes 20 - 56. Fill out tailoring information, if unsure of size.

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Quantities: 2 for \$40.50 each, 2 for \$73.00 each, 2 for \$42.50 each, 2 for \$77.00 each

High or Low Cut

High or Low Cut

High or Low Cut

High or Low Cut

High or Low Cut

High or Low Cut

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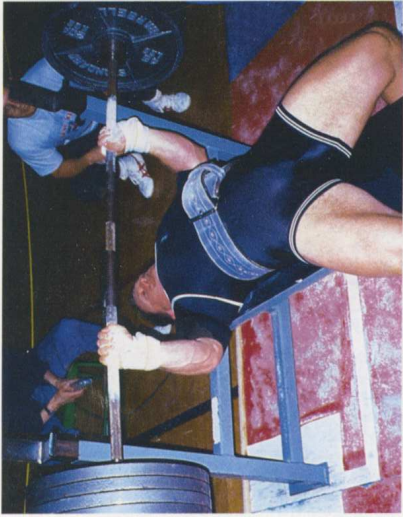


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McCullister. Also a newcomer to the sport this year, the Missouri native posted an Ethan confidence to improve with each meet, well exemplifying the spirit of the LNPS. The submaster division was represented by two Indiana natives, Jeff Miller at 181 and Darrell Latch at 181. Miller, like the late Bill Schweitzer and Phil Treer, would also like to thank the big guy who came with Dante Fortin (sorry I forgot your name!) who jumped in and helped ease me through the meet. See you all next year. (Thanks to Dr. Darrell Latch for these meet results.)

4th Annual Winterville Open

| | |
|---------------|-------------------|
| Bench Press | 1. Cunningham 455 |
| 1. Cunningham | 455 |
| 2. Fryberger | 450 |
| 3. Fryberger | 360 |
| 4. Fryberger | 360 |
| 5. Fryberger | 360 |
| 6. Fryberger | 360 |
| 7. Fryberger | 360 |
| 8. Fryberger | 360 |
| 9. Fryberger | 360 |
| 10. Fryberger | 360 |
| 11. Fryberger | 360 |
| 12. Fryberger | 360 |
| 13. Fryberger | 360 |
| 14. Fryberger | 360 |
| 15. Fryberger | 360 |
| 16. Fryberger | 360 |
| 17. Fryberger | 360 |
| 18. Fryberger | 360 |
| 19. Fryberger | 360 |
| 20. Fryberger | 360 |

like to thank all who have supported the Lifetime National Championships since 1988. The last two years and to all the lifters and friends who helped out with this contest. A special thanks to my wife Susie, son D.C., Dr. Robert Middleton and his wife Bill Schweitzer and Phil Treer. I would also like to thank the big guy who came with Dante Fortin (sorry I forgot your name!) who jumped in and helped ease me through the meet. See you all next year. (Thanks to Dr. Darrell Latch for these meet results.)

11 Jun 95 - Winterville, OH

| | |
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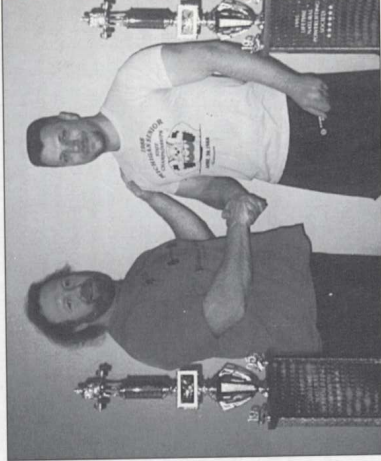
11 Jun 95 - Winterville, OH

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| Bench Press | 1. Cunningham 455 |
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1995 LNPS National Best Lifter Heavy Dante Fortin. (Darrell Latch)

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Kathy Turner pulls a 275 lb. Alabama drug free record at the APA Tri-State BP. (Scott Taylor)

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- Made to legal thicknesses
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- The ultimate fit because holes are grouped closer together
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- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

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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

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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

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John Inzer
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