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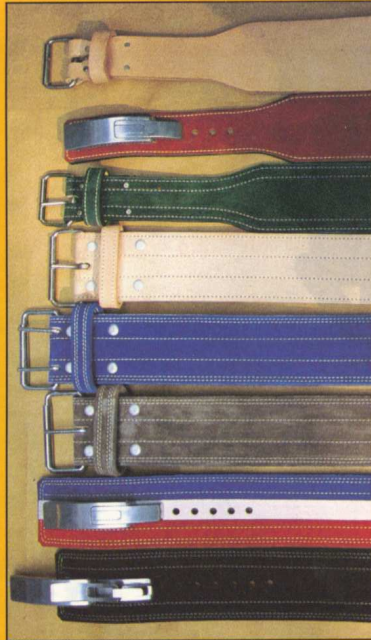
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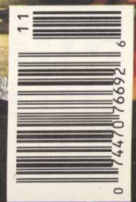
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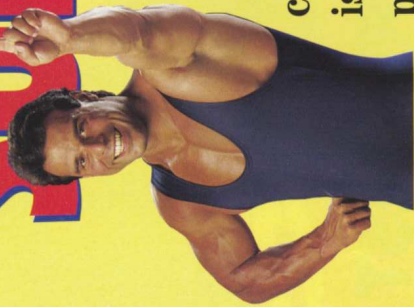


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Marathon SPORTS NUTRITION

Powerlifting USA

Post Office Box 467
Camarillo, CA 93011

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

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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
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ON THE COVER.... 5 All Time World Records - clockwise from upper left: Kenny Patterson's 716 at 275, Anthony Clark's 750, John Inzer's 780 deadlift, Jessie Kellum's 602 at 198, Greg Warr's 550 at 165. Center - Debbie Kruck. Inzer photo and inside photos of Ito and Tuita courtesy of CBA/John Inzer.

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GREATEST BENCH PRESS in America

as seen by Powerlifting USA Editor Mike Lambert



Anthony Clark with the all time record Superheavy, poundage - 750.

The "GREATEST BENCH PRESS IN AMERICA" competition was just what it said it was going to be. John Inzer's productions continue on their quest for the biggest and the best, and this one took place in his classiest venue yet - the Majestic Theatre, a site which has been entertaining people since the days of vaudeville in the 1920s, and just blocks away from the official meet accommodation, the renowned Harvey Hotel. This was more than a powerlifting meet, it was a fast-paced entertainment production. Between and between the 3 flights of tremendous bench pressing attempts, were such strength treats as a One Grand squat exhibition by Shane Hamman, a world record deadlift performance by John Inzer himself, world class entertainment in the form of two enjoyable jugglers and a stunning fitness/bodybuilding exhibition by the sensational Debbie Kruck. Heck, they even had a rap star doing his thing on the front of the stage, while the lifting went on behind him. This was a true theatrical presentation, with rapid scenery changes, spectacular lighting, and a hot sound system, pumping out a continuous beat. The top staff members, including announcer Chuck LaManita, were resplendent in their formal attire. The crowd was large and demonstratively appreciative of what was transpiring before their eyes. This was powerlifting like it ought to be: monstrous strength potentials placed square in the lap of the American public, so they can see for themselves what we are about. You can't get more mainstream than downtown Dallas, with all those build-down town you expect J.R. Ewing to pop out of at any moment. The event was professionally taped and we have heard there are plans for it to appear on a sports cable network in the future.

Credible USPF referees Mike Reed, Mike Martin, and Marvin Hall (all IPF accredited as well, if I'm not mistaken) undertook their procedural and judgmental duties, and there were no gifts given. Some of the major league media was on hand to cover the event - look for particularly good coverage in MUSCLE MAG INTERNATIONAL. Perhaps sweep up many liters opened too high and did not get a good lift on the scorecard. As for the lifting itself, Greg Ward opened well above his all time record in the 165s at 550, but the weight was not cooperative, even with Greg's build-up structure and super short benching stroke. Finally, he got it together for a lock out on his 3rd attempt, and then, he jumped up to a 3.5 times bodyweight attempt - just imagine that! - at 575, a weight which would turn the average person into a bloody splat on the pavement. Greg held up against the incredible load, but didn't move it too far. Rumor was that he was geared for 600 - Geeeez!!! Derek Ito of Hawaii crept up a weight class to challenge Greg, and after an ugly looking miss on his opener, he rocked up 470 and 490, before taking a flying leap at 555. Like Greg, it was a miracle to even see a man hold up against that much gravitational force, let alone bench press it. Larry Miller



Bob DeCourt establishing membership in the 500 lb. bench press club.

A Texan favorite son, Billy Whittaker from Garland, saw no favor from the judges, and the only entry in the 220s bombed out of the competition. At 242, there was another gang of good ones. Glen Chabot, officially a guest lifter, got 600, but fizzled out about halfway up on 2 tries with 635. Hawaiian Deputy Frank Wakakuwa faced triple disappointment with his unacceptable efforts, and the inspiring Kim Brownfield - who approaches the bench press apparatus on crutches each lift - also saw reds on his final attempts with 600. Mike Siegler was one of the most impressive benchers of the competition, easily dispatching all of his attempts, and likely leaving plenty of pounds for some other day.

Loate Simmons had some of his best Westside Barbell Club pupils on hand, and the teacher's pet, Ken Patterson, made it a day to remember. It was the same weights, same bench racks, same rules for everyone - but many of the competitors faltered, and only a few of them shined. Kenny was one of the latter. His lifts with 645 and 685 were smooth and clean. Even so, 712 for an all time mark in the 275 lb. class seemed like it would be a reach. Fortunately, when Kenny reacted, there was something there. Within himself he found the force of will to finally lock out the ponderous weight, even though it slowed dramatically prior to completion. Everybody seemed to think it was over, but Kenny would not quit and suddenly the weight was at arms length, fully locked out. Chuck LaManita called it an MVP ("Most Valuable Bench'er") performance, and it certainly was.

Big, tall J.M. Blakeley lifted in an earlier flight than Kenny, but damn near cracked the 700 barrier anyway - his 670 was mighty solid, to say the least. Another Westsider, George Halbert, who practically caulked his chin down to his nipples setting up for his attempt, will have something special to train for back in Columbus, now that Kenny has busted the 700 barrier. Tim Isaac had broken the all time world record in the bench at 275 with a 711 in Phoenix the weekend prior to the meet, had his face painted up, Ultra mate Warrior style, but his shirt blew tough time on the next try as well. Gil Thompson had one arm lag decidedly on his attempts at 575 and bombed. Todd Love, the Arizona hard as a rock, and proceeded to toss up 575 and 590, before an all barely missing the mark with an 11 time world record of 602. After Ronnie tussled with 601, Jessie took his 4th attempt at the same 602 again, and after psyching himself up into a fury, he forced a lock out with the magical poundage.

Interspersed between attempts of the bench pressers were the "sultide" squat attempts of Shane Hamman - nowadays he's just about

with his first attempt at 700 lbs. He later mentioned to John Inzer "I got butterflies real bad in my stomach because when I walked out on stage it was the most awesome thing I'd ever seen in my life". He actually did better with his two tries at 760, but they, too, seemed far from Lockout City. The day that Jamie got his 740 was a special one for him, and there may be such days in the future, but that this wasn't one. A load of the topflight SHW benchers met the same fate. Harold Collins, bigger than usual at 342 pounds, didn't get any of his lifts passed, nor did 700 bench'er Will Williams. Tom Skiver, out of Cadillac, Michigan, saw the bar roll out of his hands and onto his chest on his first try with 650, and he couldn't get his wheels back on the road after that. C.T. Fletcher, looking every bit the part of the professional wrestler he hopes to soon become, stalked the bar menacingly on his opening attempt at 600, but blew out his shirt at the critical jun-

cture, and he did not come out for his 2nd attempt. On his third, C.T. called for 705, taking on the weight shirt, but it was far from a go, even for his huge guns. Word was that this might have been his last powerlifting contest. Multiple AD-PPA/WDFPF champion Beau Moore decided to flex his pecs in this position, with a good try at a PR of 620. In 2nd was the very impressive Hawaiian Kiu Tuita, whose name was mispronounced all evening. Like Patterson, Tuita's lifts at 640 and 670 were very smooth, and it seemed obvious that he would join Kenny in the 700 Club after punching out the weight on his 3rd try, but it was turned down. 720 on a 4th attempt was a few pounds too much. Only doing PL for 4 years, some think that the fast rising islander will be one to challenge the 800 lb. barrier in the future.



Wakakuwa hands off to Derek Ito

Then came the Supers. Would the quest of 800 lbs. in the bench press end in 'Success? Would Harris back up his 'Bad Boy of Bench' talk or would Clark respond in his own fashion? That question got an early answer when Harris failed horribly given at a pre-meet briefing by Peter Thorne: "A. Pause on chest. B. Press to full arms extension. C. Wait for 'rack-it' signal ('Rack-it' signal will be fast but litter must wait for it). D. Must lock out arms. 1. Some uneven extension is OK as long as arms are locked out close to the same time. E. Butt must stay on the bench. F. Hands must be within the legal limit - finger has to be touching the ring on the bar. G. Will NOT be red-lighted for 1. Moving or lifting of the head. 2. Feet moving or not touching platform. 3. Uneven extension as long as arms are locked out at the same time. 4. Bar going back down as long as upward motion is recovered by the lifter." Regarding Stage Conduct "(these are ways to get disqualified from the show) A. Profanity. B. Threatening Referees. C. Destruction of Property." Regarding "Personal Care. A. Everything that is accepted in other contests is fine. B. Must wear a lifting singlet. C. Can wear wrist wraps. D. Can wear any kind of shirt, including multi-layer shirt, as long as it is only one shirt. E. CANNOT wear elbow wraps."

Regarding the judging, John Inzer reports that there were no complaints about refereeing from any of the competitors, to his knowledge. "Even those who bombed out said the judging was good, that the whole thing was great, and that they would be back next year." "What I heard from athletes, reporters, and observers was that the refereeing was consistent also. That type of refereeing is what you get when using competent referees that are confident with their skill level."



Shane Hamman squatted 1000!

as well as he is tall - who positively blitzed his opener with 900, and then came back to dunk down and rocket up with 1000 lbs. in surprisingly easy fashion. John Inzer also fit in his two deadlift attempts, with major scenery changes (including some stunning graphic images behind the lifting platform) behind the closed curtains, just playing with 700 and then moving up to an incredible, all-time record lift with 780 accompanied by a pyrotechnic blast as he locked out the weight, stunning the crowd into a roar of approval. It might well have been 800, because John would have made that weight as well.

Then came the Supers. Would the quest of 800 lbs. in the bench press end in 'Success? Would Harris back up his 'Bad Boy of Bench' talk or would Clark respond in his own fashion? That question got an early answer when Harris failed horribly



Mike Siegler had a fine 3 for 3 day on the platform

this event, and met some of the people involved with the very successful BAYWATCH television program. They've had Hulk Hogan on, and are talking about a role for A.C. in a future episode.

An additional aside from the MR. O show - Iron Game star guru Joe Roark grabbed Anthony as soon as he saw him so he could get some steel tape accurate measurements, and Anthony, stating he had nothing to hide, came out with a 23 3/4 inch bicep - odd, a clenched fist - straight arm forearm taping of 16 3/4 inches, and 8 7/8 inches around the wrist.

Questions were raised about the absence of Craig Tokarski and Chris Confessore from the competition. Craig had previously made other competitive plans, and Chris (accompanying plans, and Chris (accompanying plans) just recently of Iron Curtain Labs) just recently made a 770 lb. bench in training at it was easy. Tim Harris said that the battle between Bruner and Anthony was really won in the back room, when Anthony took his last warmup at 680 without a shirt, and the look in Jamie's eyes told the story. With Harris a fizzle, the focus for Anthony was on the Eight Zero Zero, and with the crowd murmuring in anticipation, he took the massive poundage down strongly, but very slowly. When he finally started up with the weight, it barely budged. Out of the groove! He shook his head in disbelief, and called for the weight again. This time, he rammed it hard, and it moved convincingly, but a bit short of full lock. It was reported that he had done the weight in training on two occasions, and Anthony himself expects to make the weight at the IPA Nationals in November, where he hopes to go 1000 800 800 2600 in the 3 lift event. Anthony was very concerned about big lifts being done in a valid fashion, and he was pleased to perform in the Greatest Bench Press in America format, with all the world to see what he can do, in head-on competition.

As an aside, Anthony put in an appearance at the MR. OLYMPIA contest, a couple of weeks prior to



Kiu Tuita... soon he'll pass 700lbs.

USPF President's Message... I enjoyed seeing lifters from all over the United States and lifters from many organizations competing in the spirit of unification, and going for the best in the format that John Inzer provided at the Greatest Bench Press in America. Lifters from the USPF, ADPA, ADPPA and APF competed and each lifter was treated as a star in his own right. Judging on the success of John Inzer's Greatest Bench Press in America, I wonder how great the IPF World Bench Press Championships in 1977 will be under John Inzer's direction.

As I stated in South Africa at the IPF Congress, two of my goals for 1995 would be to ensure the USPF drug testing was conducted with 100% credibility and to work toward unification of the sport of powerlifting in the United States.

I personally attended each national championship and I can say that for the first time in years that all drug testing was performed without challenges as to the credibility. At the recent Men's and Women's Nationals 25 percent of the lifters were drug tested. There have been positive drug tests from some National championships and suspensions have been made with no question of this result's credibility or propriety. I will continue to work on this issue and in the coming months there will be more information to meet directors and lifters regarding the USPF's drug testing policy.

Unification is important to the lifters and to the sport itself. While I realize this is a complex issue, John Inzer's Greatest Bench Press in America and the upcoming USPF/ADPPA championships are major steps toward this goal. We are currently working on other as-

pects of unification in the sport of powerlifting. Lines of communication have been opened with other organizations.

I will be going to the Masters' World Championships in Copenhagen, Denmark. I am looking forward to being with these great lifters.

I will provided all of you more information about the positive direction of the USPF next month in the President's Message. I especially appreciate those of you who call and offer your feedback. There is no reason for anyone to have to rely on unreliable sources for USPF and IPF information when you can call me or one of my assistants for direct, accurate and current information. As many of you know and as always, I am reachable by telephone, fax, or letter and make myself very accessible even when I travel.

Peter Thorne.

USPF National Headquarters Message. There were twenty-three lifters drug tested by urinalysis at the 1995 USPF Men's and Women's National Championships held in Baton Rouge, LA. There was one positive drug test. The following individuals' drug tests were negative: Bettina Altizer, Jonathan Arenberg, Gene Bell, Carrie Boudreau, Shelby Corson, Troy Culbertson, Michael Dantforth, Holly Foster, Shane Hamman, Phil Hille, Wade Hooper, Mary Jeffrey, Kirk Karowski, Ed Coan, Kelli Ann Leverett, Sandra Mobley, Rachel Moyer, Scott Smith, Victoria Steenrod, Beth Street, Timothy Taylor.

The following individuals set world records. We have submitted their records to the IPF Records Chair. Carrie Boudreau, Shane Hamman,

Greatest Bench Press in America - 16 Sep 95 - Dallas, Texas

	1st	2nd	3rd	4th
165	Bwt.			
Greg Warr	164	550	550	575
Derek Ito	161.75	443	470	490
Larry Miller	163.5	466	430	485
Tony Conyers	159.75	405	430	456
181				
Bob DeCourt	181	500	520	520
198				
Jessie Kellum	194	575	590	602
Lee Rorie	194	550	580	590
Ty Stapleton	192	505	540	565
J. McCoy	197.75	520	550	555
P. Lewis	197.25	500	530	530
Bob Steibold	198	575	575	594
Ritchie Creevy	197	405	405	
220				
Billy Whitaker	220	570	570	590
242				
Mike Siegler	242	575	600	630
Kim Brownfield	239	580	600	600
Frank Wakawawa	233	575	575	600
Glen Chabot-guest	241	600	635	635
275				
Ken Patterson	271	645	685	712!
J. M. Blakeley	273	615	670	700
George Halbert	265	620	650	675
Tim Isaac	275	743	743	
Gill Thompson	254.5	575	575	575
Todd Love	263	580	580	605
SHW				
Anthony Clark	345.75	750!	800	800
Kiu Tuila	331	640	670	700
Beau Moore	313	575	605	620
C. T. Fletcher	297.75	600	605	705
Boudreau, Shelby Corson,	308	650	650	650
Tom Skiver	331.25	630	650	650
Willie Williams	342	650	650	650
Harold Collins	375	700	760	760
Jamie Harris				
Deadlift				
165				
John Inzer	164.75	700	780!	
SHW				
Shane Hamman	900	1000		

! - designates a successful all time world record attempt

Kirk Karowski, Kelli, Ann Leverett, Victoria Steenrod. Congratulations to all of you on your fine performances at the USPF National Championships.

Please take a few minutes to let us know how the USPF National Headquarters is serving you by answering the following questions and sending your response to the USPF National Headquarters, P.O. Box 2170, Kilgore, TX 75663: Are USPF cards being sent out in a timely manner? Yes No. Are there ample USPF competitions in your area? Yes No. Do you find the President's Message and the National Headquarters informative? Yes No. What type of information would you like to see in future messages? Yes No. How could USPF members be better served by the National Headquarters office? Do you think the USPF's 800 phone number is an important service for members? Yes No.

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				Inmate
				Y N

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Tonya Meyers (National Power Lifting Champion)

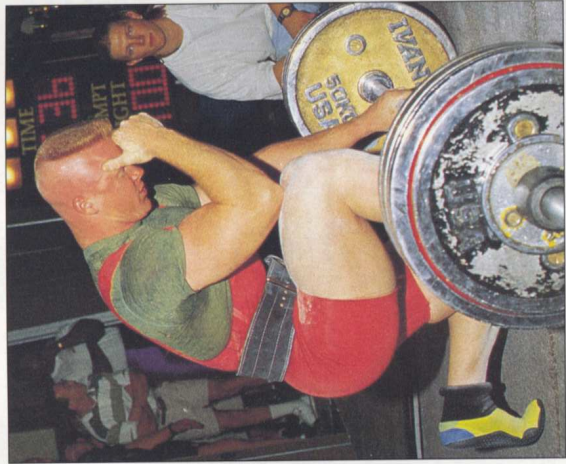
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INTERVIEW

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

BUBBA STOKES as interviewed for Powerlifting USA by Bob Gaynor



BG: Give us some personal information on yourself.
BS: My name is Michael "Bubba" Stokes. I am 25 years old. I am currently a 1st Lieutenant in the United States Army at Fort Lee, Virginia.

BG: How did you get started?
BS: As a descendant of Vikings, it was only natural to find a sport that could contain my warrior's rage. During my plebe summer at the United States Military Academy, I met a classmate with huge traps and the intensity of a wolverine - 1st Lieutenant Daniel "P" Pillittere. Through that tough summer we talked about joining the Army Powerlifting Team as soon as the academic year began. We found our way to the first Army Powerlifting Team meeting for the 1988-1989 season in August. We met Army's Kings of Meida, Scotty Hodsden and Johnny Hou, as well as the Father of Army Power, Lt. Commander Paul Christopher. Under their tutelage, we found out what being true Metal Warriors was all about, and that lifting tons of steel was only part of it. The most important part was the allegiance to your brothers, finding internal discipline, and setting no limits (not just in lifting, but in life).
BG: How long have you been lifting and competing?
BS: As well as running the gambit of typical high school sports (football, wrestling, etc.), I started lifting in high school. Florida has a mixture of powerlifting and Olympic lifting as a competitive high school sport. It combines the bench press and the clean and jerk. It built a good base for powerlifting. I got experience in competing in the strength arena, and also built explosive power from all the cleans. As far as competing in powerlifting, I entered a meet one month after the first Army Powerlifting Team meeting (September 1988). I've competed ever since.
BG: How did you get involved with the ADFPA?
BS: Well, I kind of lift in USPF, APF and ADFPA. The reason I've been lifting in the ADFPA recently is because of the strong military program it is building up. I entered the ADFPA Military Nationals this year and then went to Men's Nationals.

1LT Michael "Bubba" Stokes... at the 1995 Men's ADFPA Nationals.

BG: What are your views on drug usage and drug testing?
BS: I am sure you've heard this response before, but I feel it's each person's personal choice to use steroids. I lift in both arenas and have friends on both sides. I just hope those taking them try to be as smart as possible in their use. I hear rumors all the time that I am on them. I am flattered to think that people feel I am that strong. I wish my total reflected their use. However, it's just GOD, me and my natural mountain gorilla's worth of adrenaline. As far as drug testing, I don't know what works. I just hope that when I enter a drug tested meet, that everyone is honest and isn't on something. We are in a sport of Warriors and there has to be tested meet. I'm not going to get honest when I get blown away by

training program both in and out of season?

BS: I'm a model of what not to do. I lift heavy year round, I train through injuries, and I eat garbage. I don't train like a complete fool, but I do train like an utter mad man. The only thing that keeps me going is that I also stretch like a mad man. I am gradually starting to learn as I go.

BG: What do you see as the future of powerlifting?
BS: I don't really know about the future of powerlifting. So many organizations, so many "national champions", and so little public recognition. Something has to change. I have no answers, only more questions.

BG: What advice do you have for beginners?

BS: Team MENDOWAR has two rules for beginners. **RULE #1:** Show Up. **RULE #2:** SQUAT.
BG: What are some of the titles you have won and records you hold?
BS: USPF Collegiate National Champion 1990, 1992. USPF Collegiate National Runner-up 1991. APF Junior National Champion 1994. WPC Junior World Bronze Medalist 1994. ADFPA Armed Forces Champion 1995 (Squat, Deadlift, and Total Records). ADFPA Men's National Runner-up 1995

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

BS: Well, I would like to thank all those who have helped me in my quest for power. Of course I begin at the top by thanking GOD; through him all things are possible. Next, I would like to thank all my coaches: Lt. Commander Paul Christopher, Major Chuck Anderson, and Major (maybe LTC) Orley Johns. I would also like to thank all my Warrior Brothers of Team MENDOWAR (BBC), Daniel "P" Pillittere, Craig "Bakes" Baker, Heath "RO" Niemi, Derrick "Big D" McGill, the Mighty CROM Hamilton, and my current Brother of Meida, Todd "Weeds" Weidow. And to all Army Powerlifters waiting for the next Armed Forces National Championships (Pags, Grover, Scotty, and Johnny) - burn the bridge behind you; leave no retreat.

Mr. Gaynor and Mr. Lambert, I thank you for your time and for this opportunity.

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L-Glutamine
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YES	NO	NO
YES	NO	YES
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7000mg	?	?
50%	?	50%
694mg	4318mg	?
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300mg	?	?
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TRAINING

Triad Centered Training A NEW TRAINING SYSTEM FOR THE ELITE POWERLIFTER as told to Powerlifting USA by Rick Brunner

I'd like to introduce you to a revolutionary new system of drug-free training which is destined to become the standard in the development of elite drug-free powerlifters for years to come. Even if you're still a novice or intermediate level lifter, pay attention and you'll learn some valuable tips which will put you on the right path toward the elite level.

The new system of training is called "Triad Centered Training" and is based on three key scientific principles: neurohormonal response, translation amplification, and cortisol suppression. The three principles are founded on natural laws of biochemistry. While they cannot be changed, they can be leveraged to give you the greatest drug-free gains of your life. If what I have to say in this article inspires you, I urge you to follow up and learn more. You will be well ahead of 99% of your competition because this new info is not yet known to mainstream powerlifting.

So, what do the three principles have to do with powerlifting? The answer is - everything. As you will learn, if these three principles are optimally manipulated, you can expect the best drug-free gains in strength and power possible, cycle after cycle. In fact, once you understand how valuable these principles are you'll be empowered with the tools to perform at your best all the time. In contrast, if these scientific principles are not optimized, gains in strength and power will be far less than possible, or no adaptation at all.

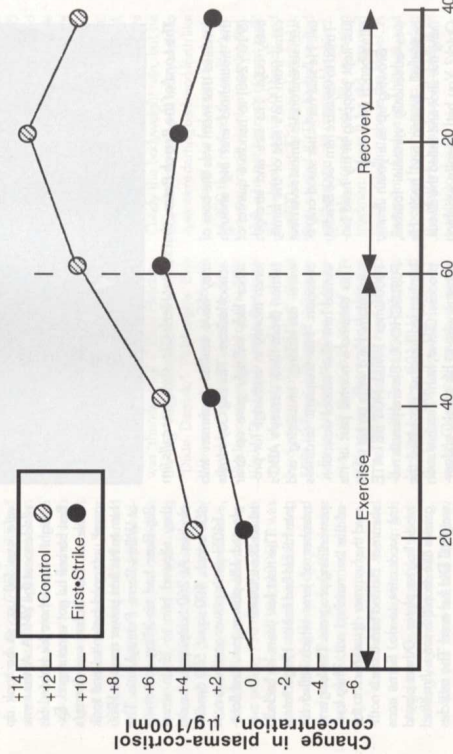
Triad Centered Training is not a quick-fix. It is a system of long-term training designed for the serious drug-free powerlifter who has the smarts to get on the path toward becoming a master of their sport. It is not for those who aspire to mediocrity. For the lifter who accepts being incredibly average, there are plenty of programs to help get them that far. Triad Centered Training is designed for the drug-free lifter who will settle for nothing but the best. Let's look at the three principles in greater detail.

NEUROHORMONAL RESPONSE

The first stage of Triad Centered Training is to manipulate the neurohormonal response to exercise. You stimulate your brain via

special training methods to send a signal to your endocrine glands to release more anabolic hormones (testosterone from the testes, and growth hormone from the anterior pituitary). Most lifters aren't taking advantage of this scientific fact, choosing to train at a level which never maximizes the neurohormonal response. They get just so far training drug-free and then they hit a wall. In the past, the choices have been to just train more and burn out, stand in route of drugs. Triad Centered Training gives the serious lifter a new option.

By increasing the neurohormonal response, the additional testosterone floating around in your blood is



Time course of mean changes in 12 well trained male strength athletes of plasma-cortisol concentration during high intensity exercise (>90% maximum) as control (no supplement) and using FirstStrike at a dosage of 3mL/30 minutes before training.

Unpublished laboratory research supplied by the author, August, 1995.

taken up by your muscle cells where it then travels to the cell nucleus and goes to work. In the cell nucleus, testosterone activates a growth-promoting process called transcription. During transcription the genetic code (blueprint) of how to build muscle from amino acids is "transcribed" from chromatin (deoxyribonucleic acid "DNA") to the messenger ribonucleic acid (mRNA). The mRNA then moves from the cell nucleus into the cell cytoplasm where it and other ribosomes combine to form the muscle building factory known as a polyribosome complex. This is the site where amino acids are brought together and assembled into muscle protein chains. By increasing the neurohormonal response via new training methods you'll stimulate a greater release of testosterone which increases transcription (the quantity of RNA). This is stage one of muscle protein biosynthesis and the first principle of Triad Centered Training.

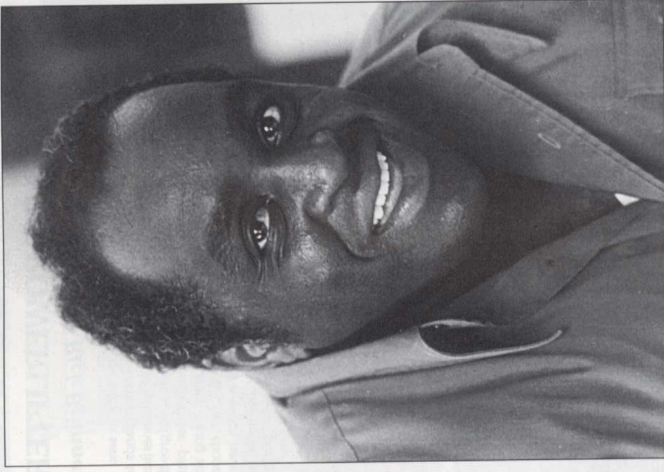
TRAINING FOR NEUROHORMONAL RESPONSE

In regard to the training methods necessary to elicit the maximum neurohormonal response, the key components are: training tension (intensity); training volume, and training velocity. As a powerlifter improves, his or her body adapts to higher and higher levels of stress. At the beginner level, the tension, volume and velocity of training need not be high because the body will adapt with lower levels of stress.

But, as the lifter improves, they gradually increase the volume of training and the average intensity of this volume to some point at which time their gains begin to slow. This is the point where Triad Centered Training shines. Advanced level drug-free training is different than that at the beginner level as well as the drug-user level. Drugs like anabolic/androgenic steroids and growth hormone often times make up for sloppy training methods. In the case of the experienced drug-free powerlifter, there is no room for trial and error or sloppy training. It is well accepted scientifically that high tension short-term training results in the greatest neurohormonal response and the subsequent release of testosterone and growth hormone. The well-trained powerlifter must keep this in mind when designing their training plan. As a person adapts to higher levels of fitness, the average tension (% maximum) must increase. As an example, if we have a well trained drug-free lifter who has already adapted to an average intensity of 82%, and the volume (ton-

Interview

JIM WILLIAMS as told to Powerlifting USA by Herb Glossbrenner



The Lord of the Bench Press... that's what Herb Glossbrenner calls Jim

Growing up black in a white man's world was especially difficult back in the 1940's. Civil rights were nonexistent. The proponents of such were scorned.

The philosopher Frank Boas once said: "The existence of any pure race with special endowments is a myth, as is the belief that there are races all of whose members are fore-doomed to eternal inferiority. The Bible tells us that all men are created equal. This is to say that we are all equally born. There is no difference, but the world contains much indifference."

This is a story of one man's trials and tribulations. He was colossal in size and monstrous in strength. He is a great powerlifting legend that is all but forgotten. He is unknown to today's new generation, and that is a tragedy; he never gained the respect or notoriety he deserved. Great were his exploits in the Powerlifting arena. His forte was the bench press. His feats in this lift bordered the supernatural. So awesome was that ability that even today those who witnessed his lifts speak of it with reverence and awe. He was indeed a mighty locomotive, building steam as he thundered forward, gaining power and momentum. Somewhere along the way, he got switched on the wrong tracks. Several times he was derailed but kept coming back. His greatest feat may have been the light he saw at the end of the tunnel - emerging in total commitment to Christianity and finding at last the conviction of his faith, the brotherhood of mankind and most importantly in himself. Learn now about the man with the immense bench - his omnipotence - Jim Williams.

I got my first glimpse of Big Jim in 1968. Junior Nationals in Scranton, Pennsylvania. I walked into the YMCA and found the competition area. There they stood real as life - plain as black-and-white - two humungous humans loitering by the bench press apparatus. Regarding the two monsters - the great buffalo proved to be Doug Ramsey (6'11"/315); the huge bear was Big Jim Williams (6'11"/320). To fully appreciate their gargantuan size you'd have had to see them in the flesh. A photo of the 5'5" 165-champ Ron Hale sandwiched between these two could have been captioned "David and the Goliaths."

Tracing Big Jim's roots we must return to Day One. Jimmy, the youngest of five brothers was delivered by Mama Williams on February 25, 1940. Scranton, a city in northeast Pennsylvania, is most famous for its plentiful supply of anthracite - a mineral-hard coal containing few volatile hydrocarbons and burning almost without flame. Many will argue that Big Jim was the community's greatest natural resource. Jim

iron. Jim bent the bars and then they thought he'd escaped. Later they found him grinding out benches in the work-out area. The guard who lifted weights himself was so impressed that he said nothing of the incident and even arranged for Jim to get more training time.

While incarcerated he got his squat and deadlift up to 600 and his bench up to 455. He returned to mainstream society in 1966. He met Joe Weinstein who was then the National 198 lb. champ. Weinstein's 465 bench made a big impression. Here was a man 100 lb. lighter who surpassed him. They bonded, and Joe invited him to join the famous Surfbreaker's WLC of Barnegat, New Jersey. Jim gained much training wisdom from his newfound friends. He absorbed every tidbit of knowledge, practiced it, and made good progress. Jim had now merged from the onramp and rolling down the powerlifting highway!

His first taste of the big time competition came on August 7, 1967 - the Junior Nationals at Patterson, New Jersey. He'd reached his full growth and was close to 300 lbs. He faced the 65" Olympic lifter who was an up and coming star from Sykesville, Maryland. Prickett almost as heavy as Jim. Williams out-distanced the giant after the first two events. "Ernie" bridged the 90 lb. gap by pulling a 705 deadlift and won the title as lighter man. Jim was taken by surprise, but was a good sportsman, as he was through his career - win or lose! Jim didn't feel he was ready for the Senior Nationals so he bided his time and trained hard. He improved his deadlift to 640 in a local meet, but seldom practiced it. His next major outing was the 1968 Juniors in his hometown, as I mentioned earlier. Our Central Indiana Club Superheavy, Howard Durio, pulled a major upset pulling 710 deadlift to beat Jim (1810 to 1805). It was his third place (1810 to 1805). It was another case of the deadlift being Jim's undoing. He was disappointed in his performance before a home crowd, but had performed admirably in very tough company.

Jim couldn't afford the travel cost to the far away Seniors in Los Angeles so he prepared for the following year and planned to win! The year went fast and Jim grew in strength and girth. The 1969 AAU Seniors were in nearby York, Pennsylvania, the muscle capital of the world and headquarters of the famous York Barbell Club and its founder Bob Hoffman, dubbed the

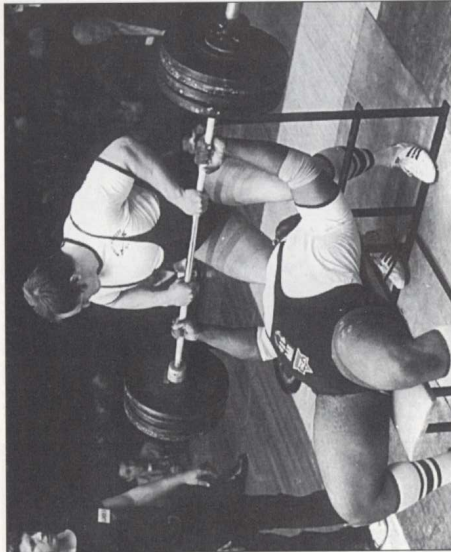
Again, he chalked and stalked, pacing the platform rear like a nervous tiger. He approached the bar and pulled...

Rader wrote in *Iron Man*: "He lifted it up, but seemed to get a quick down signal." Whitley transcribed in *Muscular Development* that it was a clean lift and he stood erect and straight with it, but after the signal he dropped the bar, a rule violation.

My remembrance of the lift is most vivid. History tells us that Cundy won the Sr. National title four times consecutively (1967-68-69-70). He was a great champ and took on all comers and came out on top. No other super-heavy won as many titles. His victory here was a farce. The lift was passed and it weighed 801.5. The unanimous decision was unquestionably biased. I say this because I watched with a clear, unobstructed view standing on the floor directly in front of the elevated stage. Four flagrant rule violations could not be an oversight by three qualified officials. (1) It was pulled above the legs and supported on the thighs (2) The bar stopped (3) It was nudged, hitched and walked to a final position (4) The bar was dropped from arm's length following the quick down signal. Big Jim saw the decision and reacted with utter disbelief. Bedlam erupted - everyone mobbed the stage to offer Don congratulations. Hoffman was the first to shake his hand. For that one instant in time, caught up in the frenzy of the moment, the rulebook had been thrown out the window. The audience, oblivious to the travesty which had just transpired, heard their approval.

Afterwards in the warmup area I held a sidebar with Jimmy, my appalled sidekick Marie Kelly, Rudy Sabo, and a prominent black official who is still active today. We all agreed that it was more than just a bad call. It has been 25 years and much water has spilled over the dam. I recently phoned Rudy to corroborate my reminiscence, but he has no memory of these events. If Merle were still alive, he'd concur. Big Jim got screwed. To this day no one other than me has written about this or supported his cause. He took his medicine, bitter though it was, without verbal protest. I even remember him shaking Cundy's hand. That shows real class in my book.

He harbored inside and channeled his frustration on the barbell. He trained with a vengeance. The day he'd long awaited came on February 14, 1970. At the Junior Middle



At the 1971 Worlds... Big Jim gets a handoff from John Kuc (courtesy F. Peifer)

them. Fletcher did 760, but was so far back in the bench he was no threat. Cundy, wild-eyed, watched like a hawk as Weaver missed 750 and a big jump to 805, both on depth. The announcer called the lift a "dipity-do". Weaver took his "dip or die" lift over. It was another dip into shallow water and arose to a chorus of gleaming whites - a new American record. This brought a 575 right before the big meet. As his self-confidence grew, he thought about it more often. Six-seventeen seemed such a long way off. The man from Bellowater - what power, he thought. Maybe it wasn't an impossible dream.

A quartet of prime beef engaged battle for the title. The two time defending champ; Minnesota's Paul Bunyan, a lumberjack with a wonder of a back. The new kid on the block was "thunder thighs" Russ Fletcher, the big Virginian; dubbed the new Weaver was enormous at 336 with shoulders as wide as a barn door. Big Jim came in biggest of all at 339. Wow! The bench came first back then. Weaver punched up a short-lived meet record 526, but missed 555. Williams lumbered up gracefully to his favorite piece of equipment, laid down and zapped up a 575 opener. Then came the big one - he demolished his next lift and became the 2nd man in history to pop from his grasp, splintering the biggest lift ever. His 620 - almost! Close only counts in horse-shoes and hand grenades. The hand-writing was as plain as graffiti on a Los Angeles overpass. For the Scranton giant the absolute record was only a matter of time. Williams squatted 730. Cundy stayed with

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IPF WORLD'S UPDATE



Lee Rorie took his IPF World Title to the Greatest Bench in America

Table of IPF World Bench Press (kg) results for 24-25 Jun 95. Columns include country, name, weight, and age. Countries listed include Czech Rep, Hungary, Romania, etc.

Table of IPF Jr. World Championships (kg) results for 25-28 Jul 95. Columns include country, name, weight, and age. Countries listed include India, USA, Romania, etc.

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WORKOUT of the Month

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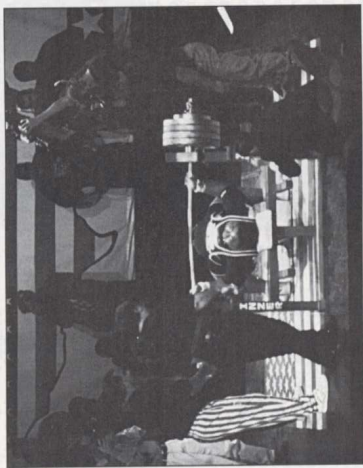
Superheavyweight Champion Lee Moran, in the August 1985 edition of POWERLIFTING USA, he detailed his training philosophy...

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750! Another new world record in the bench press. Another triumph for Anthony Clark. The big Texan popped his all-time best at John Inzer's Greatest Bench Press in America in Dallas



Above... Anthony Clark tries 800 lbs. at the Greatest Bench Press in America... below... Jamie Harris sets up for an attempt at 760 lbs.



on September 16th. Weighing in at 346 lbs., Anthony hit the 750 on his first attempt, and then came close on his attempts at 800. His main challenger, Pittsburgh's Jamie Harris, came in at a big 375 lbs, but had a bad day, and missed his attempts, at 700, 760, and 760.

Afterwards, Jamie said that "Anthony was the better man that day" and that he, Jamie, congratulates Anthony on his triumph. Still, Jamie hasn't given up on chasing down Anthony and the world bench record, and he's aiming at another Clark-Harris showdown at the IPA Championships in November. Mark and Ellen Challet will be hosting that meet in Maryland, the weekend of the 18th.

Anthony will be shooting for the magical 800 in the bench press

there, and says he's also going after another magical number: he'll be trying for a 2500 total. Those would be some awesome numbers!

As for his GBA performance, he was pleased but believes his best is yet to come. The big guy had a lot of people to thank, and he asked me to single out his girlfriend Kate Shea, John Inzer, and Peter Thome for putting on "the GBA, John Schaeffer, and buddies Jim, Gil, and Frank. Anthony also said how he appreciated Jamie Harris coming down to Texas to compete against him.

Another lifter who went down to Texas and showed the world what he can do is Kenny Paterson. At 271 lbs, he hoisted 712 on his third lift, and that made him the only other benchmarker that day to hit 700. Kenny hails from Louie Sim-

POWER SCENE

and go head to head. Follow-up on a few items from past columns: Last month I described a new strength contest put on out here by Kevin Meskew, The Iron Warrior Festival of Strength, a five event meet. Kevin's first try at putting this on was a success, with lots of competitors showing up, and our POWERLIFTER Video co-hostess Vicky Hembree, competing for the first time since she retired as a powerlifting world champion in the early 80's, won the women's division. Plans are already underway for next year's contest.

Several months ago I wrote about West Virginia's John Muncy, a big fan of Anthony Clark, and a relative newcomer to competitive powerlifting himself. Well, John is now squatting and deadlifting 400 lbs., and is closing in on the 300 lb. mark in the bench. Good progress, John. Keep it up.

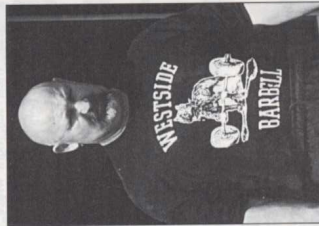
Another POWERLIFTER Video subscriber wrote about Mike Blake, who's upped his bench to 430 in contest action, and we expect even bigger numbers from him in the future.

Strength and conditioning coach Paul Chek, one of the country's leading experts, recently taped a short segment with us on the deadlift, addressing the problems of stiff-legged deadlifting, and why a little bend in the knees can be a big boost. Paul recently moved his facility to new space in La Jolla - that's part of San Diego - and is still traveling across the country giving seminars to strength coaches, trainers, and exercise physiologists. He's got a lot of great tips for all types of strength athletes, especially powerlifters, and you can reach his center at 1-800-552-8789.

Well, that's it for another month of some comings and goings in the wide world of powerlifting. See you on video. NED LOW



Vicky Hembree... back in action



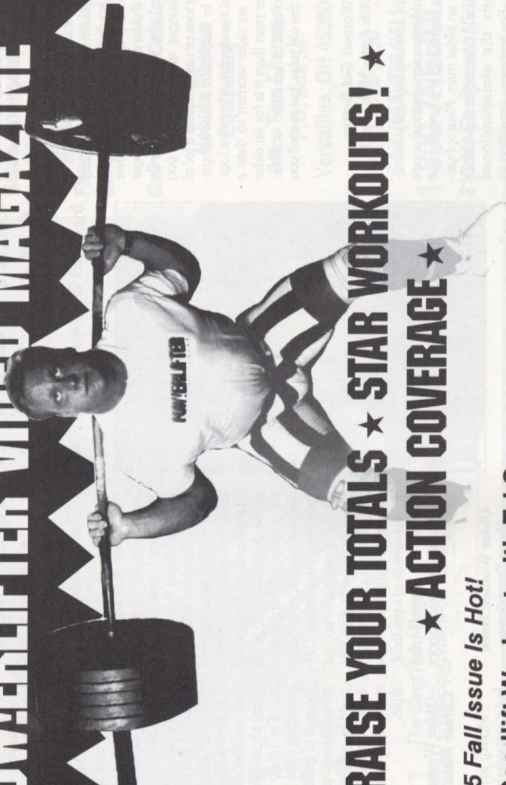
Louie Simmons, Trainer of Champions at Westside Barbell Club.

ment's Westside Barbell Club in Columbus, Ohio, and word has it that Louie has some more great young bench pressers coming up. We'll keep you posted.

It's great to get to see the top lifters competing head to head. Mano a mano. From all the comments I get as a writer and video producer, it sure seems that the fans - you lifters - want to see a lot more head to head competition, where the weights, the platforms, and the judges are the same for everyone. Let's see who can really put up the weight, and do it in front of an audience and in front of video cameras.

John Inzer did a great service to powerlifting in putting on the GBA, and let's hope it becomes a regular event. If it does, let's also hope that ALL the top benchmarkers come to it.

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Dr. JUDD

Older Women - Younger Men - A Male's Point of View

by Judd Biasiotto Ph.D., World Class Enterprises



Mike Bridges and his fans back in 1984.

SWF 40 years old seeks attractive, intelligent, well-built SM 25 to 30 years of age for sincere, loving relationship.

In case you haven't turned into Oprah, Phil or Geraldo lately, the "In" social topic is: Older women dating younger men. It's not a trend yet, but it's safe to say that a number of middle-age women are exploring the male youth market as an alternative to the traditional pattern of dating older men. Their primary theme is what's good for the goose is good for the gander. In other words, if older men can date younger women, why can't older women date younger men? Whether you like the idea or not, it makes a lot of sense. In fact, from a neurophysiological standpoint, it is more logical for an older woman to date a younger man than it is for an older man to date a younger woman. Forget the old rules. Let me tell you why.

Women Get Better with Age - Men Don't

From a strictly biological standpoint, older women are much more suitable for dating a younger man than is an older man. Neurophysiological and cross-cultural evidence supports the aforementioned theory. For instance, according to studies conducted by Johnson and Masters, the average male reaches his sexual peak by the age of 23. If a guy hasn't set a world record in the sack by then, it's unlikely that he ever will. Women, on the other hand, are just starting to warm up. Their sexual peak ranges from 33 to 35 depending on what study you read. No less significant is the fact that longevity studies indicate that women outlive men by more than eight years. Of course, the men die from having sex with women who are at their sexual peak. And here's the real kicker: When women who were 40 years of age or older were compared to men of the same age, it was discovered that women in general exhibited better health and fitness than their male counterparts. At the age of 40 most men look like a hunk of bean dip. Not only that, but after the age of 30, women are three times more likely to engage in a fitness program, and twenty times more likely to have cosmetic surgery than men of the same age. You know what that means - bigger breasts and firmer buttocks, and yes, shorter life expectancy for men over 40. Needless to say, fitness and cosmetic surgery are the ultimate anti-aging weapons. In fact, in many respects the fitness revolution has turned the concept of aging on its

ate, sincere, and loving. Also, one must consider the sexual experiences of an older woman. That doesn't necessarily mean the quantity of experiences, but more importantly, the impact of those experiences. Often, older women are without sexual hang-ups. This is especially true of older women who work out. They are often very comfortable, even proud of their bodies.

Glenn, a research engineer says: "Although I normally date younger women, one of the greatest relationships I've ever had was with a woman almost 15 years my senior. I was 25 when I dated her. She had already been bodybuilding for years and had the body of a centerfold. Not only was she sexually aware, but she handled herself with poise and confidence at all times. I was crazy about her."

For many men, this aura surrounding older women is captivating and is intensified by the power of well-developed physique. If the body is only a vehicle for experiences, as Buscaglia feels, then it certainly helps to ride around in style.

Older Women Have Greater Career Maturity and Security

Money isn't everything in life, but it certainly beats the alternative. I believe that's a quote from Robin Givens. With that in mind, here's something else to consider about older women - they have their own money and are willing to spend it. Isn't that great news. On the average, female college graduates over the age of 40 make \$10,000 more than women under 30 with the same education. Better yet, most older women believe in the concept of partnership. On other words, they believe in sharing all aspects of the relationship equally - including the financial aspects. It might be noted that younger women refer to this as BRAIN DAMAGE.

If power and status are aphrodisiacs, then many older women pack a bigger wallop than a truckload of oysters. Women are gaining unprecedented prominence in our society. They occupy powerful governmental and corporate positions. Women serve in the House of Representatives and the Senate. Justice Sandra Day O'Connor is serving as our first female justice on the Supreme Court. Texas Governor Ann Richards is a widely respected and spirited politician, and a significant percentage of the NASA Astronaut corps is comprised of some of the finest female scientists in the land. None of these women are below the age of 35. And don't forget Minnie Mouse. She's 94 years old

Older Women Have More Experience

Psychologists, sociologists, and anthropologists have told us for years that to a large extent, we are a product of our experiences. In fact, most researchers in these fields believe a linear relationship exists between an individual's experience and his or her intrinsic growth. Generally speaking, the more experiences an individual has, the more intelligent, compassionate, mature, sincere, and loving he/she becomes. It goes without saying that such qualities are the most essential part of a human being. Dr. Leo Buscaglia, in his award-winning book, *Living, Loving, and Learning* says: "The body is only a vehicle. It's a magnificent vehicle because it carries what is essential but in itself is not essential. What is essential is the mind and the experiences that are locked within it."

The longer you live, the more experiences you'll have. Consequently, older women have more experiences than younger women. Makes sense, right? Assuming that the quality of experiences is similar between younger and older women, then older women have an advantage over younger women because of the quantity of their experiences. Because experience enhances intrinsic qualities, older women should be more intelligent, compassionate,

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This all lends evidence to the fact that a relationship with an older woman can be less of a hindrance and more of an enjoyment. She is normally more established in her career path and secure with herself. An older woman can be viewed as confident and capable. These attractive attributes allow both parties to focus on the things that are really important in a relationship, rather than let trivial matters get in the way.

The Reality of It All

Considering everything, it seems only logical that younger men would prefer to date older women. Apparently though, men are illogical - a cheap trick used to avoid thinking. Numerous studies designed to investigate the social dynamics of courtship and marriage have revealed that in general, both older and younger men prefer younger women. Interestingly, these same studies indicate that older and younger women prefer older men. Why do women prefer older mates and men prefer younger ones? That's simple - social conditioning. Generally speaking, men have been conditioned to believe that a

woman's physical beauty is more important than her intrinsic qualities. Unlike Buscaglia, some men believe that the vehicle and/or body is essential, not the brain. Some men may admire an older woman's intrinsic qualities, but as numerous diverse studies have revealed, most men will avoid engaging in social or romantic relationships with them. Rather, they prefer to rob the cradle.

During the last few weeks, I have interviewed a number of males to find out how they felt about dating older women. Although this was not a scientific survey or representative sample of male opinion, the responses were revealing. The following comments seem to summarize how most respondents felt:

- 1) "I would probably date an older woman if she looked attractive, but I doubt that I'd marry her."
- 2) "Some older women are beautiful, but they are only going to get older."
- 3) "Exercise and cosmetic surgery can do wonders, but not miracles. I'll stick to younger women."
- 4) "I'd date any woman if she looked good."

Well, you probably get the idea by now. As you might guess, women in older women in better shape may curb today's trends. The fact of the

matter is that we could use a few good changes. Let's face it, something is dramatically wrong with the love game of America. The divorce rate is approaching 60%. The abortion rate is epidemic, and genital herpes is as common place as the head cold. Hell, even the computers used by dating services have viruses these days. It's scary.

Say! Have I quoted Dr. Ruth yet? No article on human relationships worth its weight in pulp would be complete without a quote from Dr. Ruth. Let's see, here's a good one. When Dr. Ruth was asked how old she was, she said, "In some ways I am not even born yet. And in other ways I'm an adolescent, and I'm a scape. I'm 190 years old. So how can you do me? What do you have to do with any age? You're never too old for anything! Because age is in your head, not your body. Now I know what you're thinking. Dr. Ruth didn't say that. I know she didn't, but I bet she wishes she had. The point is that chronological age should be far less important than what the individual has gained from those years. So if you're an older woman and you're thinking about younger men - go for it! After all, it makes sense. And let's face it, the world of romance could use all the help it can get.

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INTERVIEW

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

HERB BLAKE - Drug Free Champ as interviewed for Powerlifting USA by David Ricks

Herb Blake has achieved the rank of E-6 in the Navy, however, he is retiring in 1995 and starting a second career in law enforcement. I met Herb at the ADFPA Nationals in 1988. He set several national records in that meet. He had been a fixture on the Navy Powerlifting program for several years. At that time I was an average lifter who hadn't won anything at the national level. He convinced me a couple of years later to enter the 1990 Armed Forces meet. I was able to beat the mighty Ausby Alexander and meet some of the top lifters in the country. That Armed Forces meet was my launching pad to subsequent numerous national and four world titles.

I am extremely grateful to Herb in providing me guidance early in my powerlifting career. He is a person who doesn't ask for a lot of recognition. He leads by example by working hard and staying drug free...

DR: How old are you and what do you plan to do once you leave the Navy?

HB: I am 37 years old and after retiring from the Navy, I am entering the law enforcement career field. Since 1991 I have completed the South Carolina Reserve Officer Training Program. I



Now an Officer in Ridgeland, South Carolina, Herb intends to compete in the ADFPA Law Enforcement Nationals in October 1995. Above, he shows the award he won at the South Carolina Police Olympics. (courtesy/Herb)

ships all those years when it was probably the most competitive meet in the country. I still don't believe I have gotten over the 1990 Armed Forces Championships at Fort Indiantown Gap where I had the toughest class of all time at 123 (Dave Pattaway, Bobby Adams, and Tim Taylor). Dave Pattaway pulled the winning deadlift he needed to tie me and win on bodyweight with a 1288 total. If I had won that day I might be a 123er today (NOT!!). We were all heavy hitters.

At my age I continue to make gains. I hope to be competing for at least 10 years or more at some level and drug free. There are a lot of big names out there that have won lots of big meets, but I'm one that can look at myself in the mirror and know that everything I have accomplished in life and in powerlifting was done drug free. That most of all is what makes me feel good about myself, regardless of weight class, federation or contest - big or small.

And - like in powerlifting - I believe hard work, patience, and doing my homework will pay off for me in my new career of law enforcement.



Herb Blake up against some of the toughest competition in the world of Powerlifting, at the 1989 Interservice Championships in California

After 32 years of training with every conceivable method known, I can honestly say that learning to train by percents was the best thing I ever did for myself and my lifters at Westside Barbell. It is the safest and most productive way to train.

I started Olympic lifting at 14 years old and to this day have great admiration for the great Olympic lifters. In 1966 I competed in my first power meet, never to Olympic lift again. At that meet, in Dayton, Ohio, there were four great men with whom I was quite impressed: Larry Padillo, Vince Anello, George Crawford, and the late Milt McKinney. They all became world champions, but what I noticed even then was that they could compete, at most only twice a year, spending the rest of the time recuperating or trying to get back up to the same strength level. In contrast, the great USSR lifters were competing 4-6 times a year and breaking world records at almost every contest. How did they accomplish this?

The Soviet training system was very sophisticated and included many special exercises accompanying the competitive lifts. They used a mathematical formula based on a percentage of their max single. However, it was not until 1984, while recovering from a second lumbar fracture, that I invested in every book on this subject I could find. No longer was I in the dark. Now, I'd like to enlighten you on the merits of percent training.

First, I would like to say that we follow this system to the letter, with only a few exceptions. Of course, the bench press had to be experimented with. After eight years we discovered that training with 60% throughout the year is best. We use three different grips, so naturally, when using the closer grip, the percentage is greater than that of a contest max.

Refer to the table to find the total lifts and total reps per workout for each percentage used. For the bench press we do 80% of our volume with 60%. That leaves 20% over 60% (15% is up to 90% and 5% is over 90%). Weights over 90% are reserved for contests. We compete every eight weeks if possible, and for a tune-up; we set records at almost every outing.

To clarify, 20 bench presses out of 200 are above 60%. If you are a 2 times body weight benchler, or 30 lifts, at 60%, then in a 7 week period (210 lifts) you would do about 20 benches over your con-

Obradovic, with a 615 max, trains with 350, or 57%. George Halbert, with a 633 max, trains with 365, or 58%. Doris Simmons, with a 209 max, trains with 120, or 55%. Vanessa Schwenker, with a 245 max, trains with 145, or 60%. As you can see, men and women receive the same results.

By using training weight in this range, we have accomplished the first factor, velocity. This type of training is known as the dynamic effort. It teaches one to develop explosive strength.

Now you may ask, how can a lifter lift such huge weights by using only 55-60% of his or her contest max? Remember what I said about using 90% and above: after six weeks a negative training effect occurs. This is where the second factor of strength, max force, plays a great role. We use the conjugate method on our assistance bench day. On this day, we lift max weight without psyching up. The exercises we choose are mechanically similar to the bench press, for example, rack work, incline declines, floor press, and board press. When doing this type of work, we don't care how fast it goes up. After 3-4 weeks of doing up to 100%+ with one main exercise, we simply switch to another, again making out. We do this year round.

By putting these two training methods together - training by percents and conjugate training - we achieve both velocity and max force during a week's training.

When you decrease reps and increase weight, you almost always lose velocity. Yes, you have maintained max force, but without the required bar speed, you will fall to lift a max weight. With conventional training, one must drop assistance exercises close to a contest, but why would you drop these when their training effect is lost a few weeks or, for some, a few days after stopping them? By using percent training on a multi-year system, one can continue to utilize these very important exercises very close to a meet.

By using this system of training, we qualified 16 lifters for the 1995 APF Senior Nationals (out of 25 Members). Our main problem is not getting lifters to the Nationals but getting enough people to help at the meet. Wouldn't you like the same problem?

In Part 2, the squat and deadlift will be discussed.

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TRAINING

PERCENT TRAINING, What is it really? Part I

as told by Louie Simmons, Westside Barbell

Number of Reps for Percent Training		optimal range
percent	reps per set	total
55-65	3-6	24
70-75	3-6	18
80-85	2-4	15
over 90	1-2	7

and 80%.

There are two factors necessary for building absolute strength: velocity and max force. The bar must move as fast as possible to compensate for added body leverage. Dr. Fred Hatfield talked about this some years back, but his ideas were met with much opposition. Many said it was dangerous and counterproductive, but Fred was a man of science and had a strong background in exercise. They said that he was only one man, a freak, born to squat. Fred totaled Elite in five weight classes, breaking many world records along the way. I, too, totaled Elite in five weight classes, and although I'm not as strong as Fred, my lifters are some of the strongest in the world.

Let me explain the velocity force curve. The bar can move too fast, thus preventing you from applying maximum force. The bar can also move too slow, without velocity. To apply maximum force and velocity, you must use an optimal percentage in the bench press, which is 60%. We came up with this number through nine years of experimenting with 20 members who bench 500 or more in official meets. We discovered that 55-60% works best if you use a bench shirt at meets, 65-70%, if you don't use a shirt.

Let's look at the following example. Joe McCoy, with a 550 max, trains with 295, or 53%. Jerry

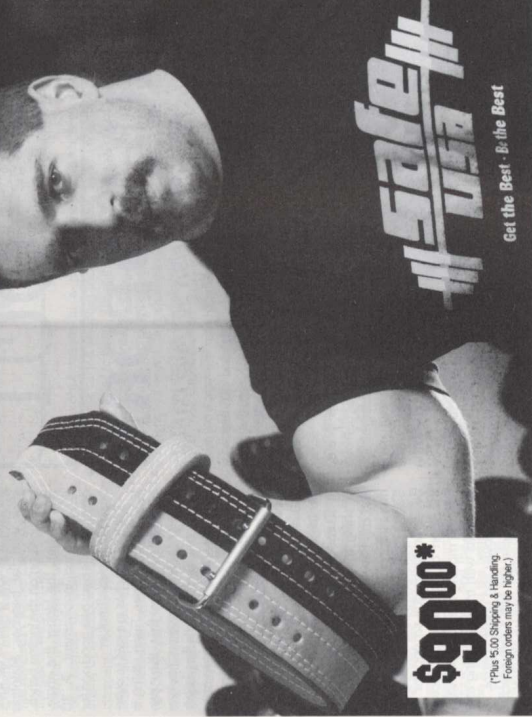
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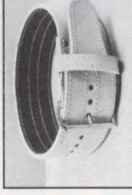


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STARTIN' OUT

A special section dedicated to the beginning lifter

TRUE TO FORM

as told to Powerlifting USA by Doug Daniels

Assistance exercises are very important to progress in powerlifting. They can help you overcome weaknesses and improve strengths in certain parts of the three lifts, while also providing much needed variety into our routines, but sometimes we lifters do not get the results we'd expect from our efforts. We may have properly identified lack of tricep strength as the main culprit in hindering our bench pressing goals, but all those pulley pushdowns just did not add up to a bigger bench. What is even more confusing is that the weight we use in the pulley pushdowns has increased 50% since the last cycle. What's going on?

Perhaps it's your exercise form. Most lifters start out with good intentions, properly performing assistance lifts with great attention to form, but in our quest to keep the poundages moving up, we tend to add other muscles outside of the targeted ones to our effort. Let's not forget decreasing the range of motion of the exercise. Many times both of these bug-a-boos come into play. What you end up with is an exercise perhaps not even vaguely resembling what you started with. You do, of course, end up with more weight being used.

What I've observed over the years is that many exercises have evolved standard cheating techniques shared coincidentally by lifters worldwide. Let's examine some of the most popular assistance exercises and the cheating techniques most commonly used while doing them. While you're reading, do a gut check to see if I'm describing your technique. (I'm not necessarily recommending the following exercises, unless noted).

The most popular assistance exercise is the good old curl. Earlier, I mentioned that reducing the range of motion is a very popular way of cheating, and this definitely holds true for the curl. Most lifters do not lower the bar to full extension with elbows locked straight. Some justify this by saying this keeps continual tension on the bicep for that Arnold peak. I say hogwash as in Arnold Ziffel of Green Acres fame. They can know exactly how much they can lower the weight and still get it back up again. Another curl cheat technique is adding a power clean up wrist to it, heaving the weight up using more lower back and traps



David Arterberry at the 1995 USPF Senior Nationals

than biceps, and even a little calf work in there as they rise on their tiptoes. Perform your curls with a full range of motion. Keep your back straight and curl with the biceps, not with the lower back.

Last pulley pulldowns behind the neck are another popular exercise. Many lifters lean forward to get the weight down to the shoulder area. This is really a "great abdominal exercise, equivalent to a weighted ab crunch. I thought we were working late here. Oh course, the range of motion can be compromised here also. Full extension, and full contraction with no leaning forward is what's recommended.

Bent over rowing is another lat exercise. This can resemble a bent over curl in the example above with a lot of swinging and power clear-

ened and less weight can be used than in the regular flat bench press. Ingenious lifters have overcome this predicament. As the weight is pressed, they raise their butts and lower back off the bench, moving towards a regular flat bench. Wait a minute, if you're going to do that, stick with flat benches. Maintain your position on the incline bench. Remember, the higher the angle, the less pec involvement. A 30 degree angle may be a good one for best upper pec stimulus.

Decline benches are said to overload the lower pec. Funny thing is some lifters claim that they can actually decline more than they can flat bench. The reason is they lower the bar below their chest, even onto their bellies to lessen the range of movement. Any physics major knows the less distance you need to move something, the easier it is. If you chose to do declines, lower the bar to your pec area.

Dumbbell laterals are great as a finishing movement for your delts and can develop the side delt for a more impressive bodybuilder look. Seems some lifters subscribe to the heave-ho technique so popular in the sport of fly balling. Concentrate on moving the dumbbell with your delts with minimal swing and lower slowly and under control.

These are just a few specific exercises. As I said earlier, just about every exercise has some standard technique of cheating. In most cases, what is required is to drop the weight being used and start over again, maintaining proper form. This can be hard for some lifters. Being seen lifting lower weights, even with immaculate form can be ego deflating. Time and time again, I have said the judges on the platform and NOT CARE how much you can curl or lat pulldown. I never even mentioned the increased safety factor. Cheating can increase your chance of injury incredibly. Lifting weights properly has enough risk to further increase the risk by using improper form and too much weight. Machines offer less opportunity to cheat than do free weights, but good form must be on your mind when using them also.

Also important is to keep continual tabs on your exercise form. Increase the weight and reps only when you can do it with proper form. Have someone knowledgeable watch your form. If you have some question on the best way to perform and exercise, ask someone qualified, perhaps a trainer at a gym or experienced lifter. So, if your assistance exercises are improving but your competitive lifts aren't, take a step back and examine your training practices. Be true to form.

Teo "Skinny Man" Meyers is perhaps one of the outstanding examples of how the fractionalization of the sport of powerlifting has denied someone his due accolades. My column in the August issue of PL USA voiced strongly the dilution of talent that the existence of so many organizations has resulted in. Rather than a battle of the giants, we often have a few lifters with giant talent lifting way out ahead of a number of relatively mediocre lifters, or small classes with little excitement. Teo Meyers is one of those lifters literally lost in the shuffle.

I have enjoyed the last few nights as Kathy and I reviewed his deadlift and squat videos. I like a man with self-deprecating humor and a lot of humor to go on top of that! Skinny Man has plenty of this and a lot of good advice. First, understand that there is very little that is wrong about Mr. Skinny Man. He is strong with functional muscle and as a drug free lifter, he can make the claim for being one of the strongest men in the sport, regardless of bodyweight class. His videos are admittedly homemade. Allow me to describe them as "extremely homemade", yet the picture and audio are always clear, there is tremendous excitement as one follows the Pythion Gym lifters through a typical workout, and the information is built around the basics.

Having the luxury of this monthly column since 1978, I have been able

to make observations in a public forum. One of the ongoing themes maintaining lots of well focused excitement for the sport. That he uses the same form as we do at the Iron Island, pausing each rep in the fully contracted position, demonstrating control as the resistance is returned to the starting position, was gratifying as this is rarely done by powerlifters. That he does everything with precision is motivating. The video is replete with contest footage of the Pythion Gym lifters and others. The Skinny Man makes his positive and negative points with good illustrative examples taken from these meets and, of course, the meet footage is uplifting, primarily because Meyers is a show by himself.

His psyching techniques are done in a way that, in my opinion, is self-deprecating with an emphasis on good natured fun and humor. That he is an extraordinarily confident lifter who continuously backs up his banter with perfectly executed lifts with

the top, as Mr. Meyers is nothing but dedicated to coaching his brood and under his tutelage. His squat and deadlift videos make a great gift or a video to review some good lifting information while having a very enjoyable night or two. While most lifting tapes, contests included, can eventually put me to sleep, I went around two times on the deadlift tape in the same night. That I enjoyed it. That Mr. Meyers is one of those unbecomingly able lifters (and this word is accurate once you see him handle such heavy weights with apparent ease) who is buried within an organization that prevents him from getting the type of national and international recognition his lifting so richly deserves. Teo yells out, "This is my world" and "I'm the man" when it's time to get down with the big weights. It makes me think, as the Godfather of Soul has sung so many times, that "It's a Man's World", and on the world of the lifting platform, Teo "Skinny Man" Meyers is the man. Get these videos!

Dr. Ken Leistner
Iron Island Gym

More From Ken Leistner

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POWER - RESEARCH

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The Foundation and Application of Periodized Training Part I by Dan Wagman, Ph.D., C.S.C.S., Body Intellect - Mindbody Performance Consultants

Every athlete's training needs to be based upon scientific principles. Too often, however, the athlete is exposed to training strategies endorsed by self-proclaimed "experts." These training strategies are most often based upon myth, conjecture, and personal philosophy. It is important to understand that when it comes to training for maximal performance there is no such thing as "philosophy." A person's body responds to training according to laws of physiology. These laws, in turn, dictate how an athlete needs to train in order to achieve maximal training gains. Unfortunately, as a result of myth, conjecture, and "philosophy" many athletes are misled and, more importantly, are unable to reach their peak. By attending to physiological principles, however, the athlete is given the most powerful tool to succeed, improve, attain his/her goals, and ultimately - WIN.

It is my intention to provide the readers of *Powerlifting USA* with information regarding periodized training that is based upon scientific inquiry, not opinion. By attending to what you are about to read, and if needed - obtaining some of the references, you are presented with an opportunity to maximize your potential and become the strongest man/woman you possibly can.

Bompa (1985) stated that "improvement of one's performance is a direct result of the amount and quality of work achieved in training" (p. 29). This concept is one that most coaches and athletes adhere to and is said to be the only road to success. Unfortunately, the process of continually striving to increase one's performance is not as simple

as the above quote may suggest. When an athlete trains he or she is placing a great amount of stress on his or her body. When this stress is applied properly it can greatly benefit the athlete. When improperly applied it can cause a tremendous decrease in performance and in some cases even injury. A training specific concept that attempts to maximize training stressors is that of periodization.

Periodization is based upon scientific investigations in the areas of stress, exercise induced physiological changes, and research on overtraining. Because these areas constitute the foundation of periodized training, this three part series will address each of these areas. Part I will discuss The General Adaptation Syndrome, Part II will provide information on overtraining, and

Part III will discuss the components of periodization and provide evidence that periodized training is superior to conventional methods of training.

THE GENERAL ADAPTATION SYNDROME

Hans Selye (1980), a predominant researcher on the bodily effects of stress stated: "Stress, like reliability, is a scientific concept which has suffered from the mixed blessing of being too well known and too little understood. We are exposed to stress every moment of our lives, and our response to it often determines the quality of our life and health" (p. 127). Selye explained further that stress is the nonspecific response of the body to any demand (Selye, 1982). Thus it is important for the reader to understand that weightlifting is such a demand and constitutes a form of stress. The groundwork for the conceptualization of the body's responses to various stressors, their long-term effects, and the General Adaptation Syndrome (GAS) was first realized when Selye learned that a variety of impure and toxic gland preparations produced a stereotyped syndrome in rats. These syndromes were characterized by enlargement and hyperactivity of the adrenal cortex, atrophy of the thymus gland and lymph nodes, and the appearance of gastrointestinal ulcers. Additional research demonstrated that these organ changes could also be induced by stressors such as heat, cold, infection, trauma, hemorrhage, nervous irritation, and other stimuli. A specific pattern of development was noticed by Selye when the rats "adapted" to these various stressors. Hence, the term General Adaptation Syndrome (Selye, 1980).

Selye noticed also that

when actually all that was accomplished was a transfer of information energy from a less accessible form to a more accessible one (Selye, 1980). As exertion continues the body eventually reaches a point of nonadaptability depicted by breakdown, otherwise known as overtraining.

Application of GAS to Sport

Bompa (1985) stated that high levels of athletic performance are dependent upon the organism's adaptation, psychological adjustment to the specifics of training and competition, and the development of skills and abilities. But how does GAS relate to sport and training? As already mentioned, the connection is that sport and training place an unaccustomed level of stress on the athlete's body. As an example, a new training load acts as a physiological stress to which the athlete's body must adapt. Since this type of stress is voluntary and an athlete trains in order to make gains, the loading must challenge the athlete's present training status and force the body to adapt. The long-term application of training stressors causes the body to react in a predictable adaptive manner as indicated by the stages of GAS. In other words, by progressively increasing the weight with which the athlete trains, he/she will become stronger.

Following a given workout, there is a period in which the athlete's body is attempting to re-establish homeostasis, that is, recuperate. The length of this recuperation period depends chiefly upon the degree to which homeostasis has been disrupted in training (how intense and/or long was the training session?) (Bompa, 1985). During this period adaptations to the stress of training occurs (Fry et al., 1992; Kuipers & Keizer, 1988). The key is that once homeostasis has been re-established (complete recuperation)

and another training session is executed, the homeostatic mechanisms will not be displaced to the same extent as before. This occurs because one has now, in reference to our sport, become stronger. This adaptation then, allows the organism to do more work (lift heavier weights) for an equivalent homeostatic displacement as before (Bompa, 1985). This is referred to as supercompensation.

If, after full recovery the training stimulus (in powerlifting the amount and volume of weight lifted) is not great enough, the degree of adaptation reverses and the training effect is lost (you get weaker) (Bompa, 1985). Conversely, if another training stimulus is applied before full restoration of the involved systems has occurred, homeostasis will be displaced to a greater degree than previously. This would place an even greater stress on the athlete's body than before. If this scenario continues and the athlete is repeatedly bombarded with fatigue-inducing stimuli without sufficient recovery, the capacity to adapt is placed under continuous strain and no gains, but rather a decrease in performance, will be observed (Fry et al., 1992; Selye, 1979). Now the state of overtraining has been reached.

As a consequence of overtraining a need for rest or for a change in the intensity (pounds) and volume (sets, reps) of exercise over the next several training periods becomes essential. This is important

in order to optimize the desired physiological adaptations incurred through training and to minimize the incidence of further overtraining (Kraemer, Deschenes, & Fleck, 1988).

Now that we have established an understanding of how the body responds to the stress of training, we must attend to the issue of overtraining. The various components of overtraining will be presented in next month's Part II.

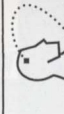
Dan Wagman has earned a Ph.D. in sport psychology and is certified by the National Strength and Conditioning Association. He has won several USPF national titles, represented the USA at IFF World Championships, and has held an IFF world record. His applied and educational experiences provide the foundation to Dan's Intellect.

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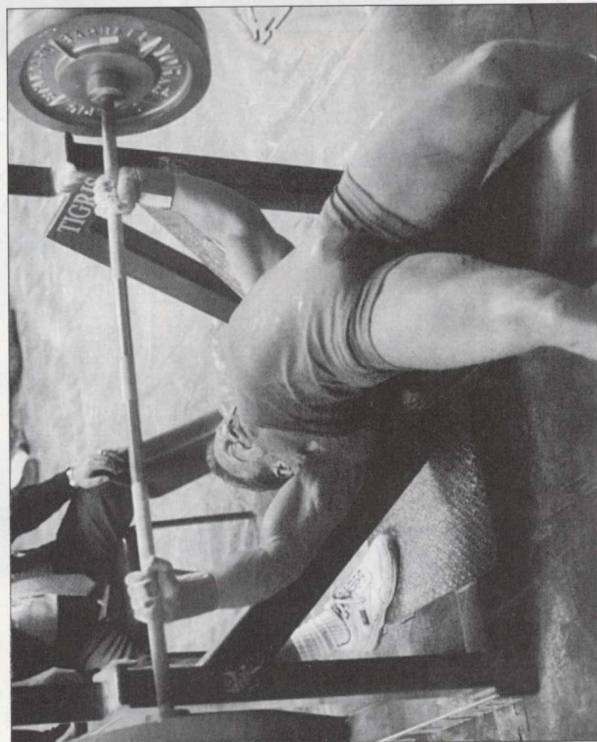
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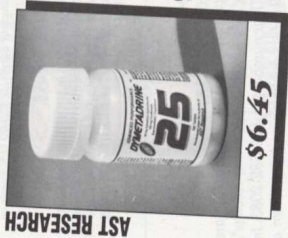
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Ask the Doctor

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DEAR MAURO: My questions don't have anything to do with anabolic steroids, but I was hoping you could help me anyway as they are regarding two areas in which you are knowledgeable - strength, rehabilitation and the proper use of supplements.

I am a 28 year old "would-be" powerlifter who eventually would like to compete. I stand 5'9" and weigh 225 pounds at about 15% body fat. My bench is currently 310, deadlift 525 without any specific training, and my squat as last I knew was 445. I have not squatted for the last eight months as I was diagnosed as having Chondromalacia Patellae in my left knee. I do leg extensions, partial leg presses, and ride the stationary bike to keep it strong, plus stretch the surrounding muscles daily and ice it after exercise. My doctor (a bone and joint specialist) didn't feel surgery was necessary as it was not that severe and would be better to work on the cause rather than the result.

For supplementation I take an "anabolic optimizer" type protein powder with breakfast and again before workouts. (I figure this boosts my protein intake while acting as a daily vitamin supplement.) I also take 8-10 grams of amino acids a day, usually after workouts and before bed. On top of my regular supplementation I am currently taking creatine monohydrate on a six day cycle (20g the first three days, 9g the fourth day, 6g the fifth, and 3g on the last day with eight days between cycles). I have been considering taking liquid vanadyl sulfate (with chromium picolinate), OKG, and/or a glutamine/taurine supplement to help increase strength and recovery. I am also curious about Pkafia Paniculata, ferulic acid, GABA, and methyl-testosterone (a natural plant steroid?).

What I want to know is:
1) What can I do for my knee that I am not already doing, and how should I get about getting back into squatting?
2) Which of the above-mentioned supplements would be of use to me? (What do they do, when is the best time to take them, how much should be taken, should they be cycled together?)

Also, can you think of any other supplements that might be beneficial? I would like to increase my strength, decrease my body fat, and

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

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maybe get a little bigger. Thank you, John C.

DEAR JOHN: Most of the questions that you ask in your letter are addressed in my new book "The Nutritional Supplement Review".

The book is available from OTS. Their number is 1-800-582-2083. In this book I discuss all the supplements available and give them a rating as to its usefulness for various aspects of training.

Briefly, most of the supplements you mentioned have no anabolic effects in man except for the creatine monohydrate and the various amino acids including glutamine and OKG. Vanadyl can even be counterproductive. Methyl-testosterone is not a natural plant steroid, but is instead a synthetic anabolic steroid.

I recently developed some chondromalacia in both my knees and am still able to squat without having had surgery. I eventually got back into squatting by using a combination of Smith Machine squats and the Sojety Squat Bar. In both cases I increased my weights using my hands to help myself through the painful parts of the movement.

As well, I did hamstring curls, quad extensions, inner and outer thigh movements, and calf raises. I am now able to squat close to 500 pounds with little pain while anything under 400 is pain free. All the best, Mauro Di Pasquale M.D.

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Off-season strength training is when you should be willing to risk volume overtraining. By this I mean you are going to attempt the greatest work volume with the heaviest personal record weights. All out, go nuts, heavy rep sets and heavy set multiples are to be accomplished in the off-season. You will not see your personal record single attempts in the powerlifts due to fatigue, but you should attempt to move more total pounds than you have ever lifted before. These off-season strength cycles condition your body to recover faster. They harden your body and, more importantly, your mind into the rigors of powertraining. You will never fear a meet or peaking cycle if you are intimately familiar with the all out training in an off-season strength cycle. If you don't at least feel like puking and don't hurt everywhere you did not train hard enough.

I will now outline a very difficult style of training the squat. This is not for the faint of heart. You will be asked to go under the bar with heavy weights when you are in oxygen debt and not even close to recovered from the preceding sets. DO NOT ATTEMPT THIS TRAINING WITHOUT SPOTTERS OR A VERY GOOD POWER RACK. YOU SHOULD NOT BE ABLE TO COMPLETE ALL THE REPS ATTEMPTED. Your heavy squat day is the only time you should actually squat during this cycle. Do not plan to do much accessory work after the squat as you should be too tired. I will outline all the work sets for this off season routine. You will warm up as needed to be able to perform the sets and reps shown for that day. Do not sandbag on this workout. You should not wait more than five minutes between working sets.

Knee wraps are optional but slow you down too much to really get the most out of the routine. As I said before, I do not believe that you should complete all the reps on every set outlined here unless you are sandbagging. If you

are completing this workout designed you should find yourself busting a gut at dead bottom in the squat near the end of a set, pushing like hell and not going anywhere. This is the signal that you are working appropriately. You will wait five minutes after this momentary failure, if it is the last set of a group, and begin the next set by taking every rep to the basement and coming out of the hole as if it was the last thing you will do on this earth. Good luck!

On Week #1 if you have a 400 lb. contest squat you will warm up with a belt only, although you will squat with knee wraps, and you will squat three sets of 1 rep at 320 lbs. with no more than 15 seconds rest between each set. You will shoulder 320 lbs. squat it, rack it, wait 15 seconds, and then you will shoulder the weight, squat it, rack it, and wait another 15 seconds, and then you will squat it one more time. After all

three singles in work group #1, you will rest five minutes and then perform all sets in work group #2 with 15 seconds rest in between. Finally, you will wait five more minutes and then perform all sets in group #3 with only 15 seconds rest in between. Even when you think you cannot do another rep you must try to perform the next set. On weeks when you see "1 rep + 2 reps + 1 rep @ 320 lbs." you will perform a single then wait 15 seconds then perform a double then wait 15 seconds then perform another single

	Group #1	Group #2	Group #3
Week #1	3 sets of 1 rep @ 320	3 sets of 2 reps @ 285	3 sets of 3 reps @ 255
Week #2	1 rep + 2 reps + 1 rep @ 320	2 reps + 3 reps @ 285	3 reps + 5 reps @ 255
Week #3	1 rep + 2 reps + 3 reps @ 320	2 reps + 4 reps @ 285	3 reps + 6 reps @ 255
Week #4	3 sets of 1 rep @ 330	3 sets of 2 reps @ 295	3 sets of 3 reps @ 275
Week #5	1 rep + 2 reps + 1 rep @ 330	2 reps + 3 reps @ 295	3 reps + 5 reps @ 275
Week #6	1 rep + 2 reps + 3 reps @ 330	2 reps + 4 reps @ 295	3 reps + 6 reps @ 275
Week #7	3 sets of 1 rep @ 340	3 sets of 2 reps @ 305	3 sets of 3 reps @ 275
Week #8	1 rep + 2 reps + 1 rep @ 340	2 reps + 3 reps @ 305	3 reps + 5 reps @ 275
Week #9	1 rep + 2 reps + 3 reps @ 340	2 reps + 4 reps @ 305	3 reps + 6 reps @ 275
Week #10	2 sets of 1 rep @ 355	2 sets of 2 reps @ 325	2 sets of 3 reps @ 295

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

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

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

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

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

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

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

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

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

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

buy. It's the first lifting suit utilizing our new special fabric, which is anatomically designed to deliver maximum strength to the body's "Axis of Power," throughout the entire range of the squat. What does this mean? It's very simple.

What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

Let us show you why. . . .

The First Fabric With "Memory"

Over the years, the lifting suit market has been plagued with polyester substitutes of varying degrees of quality. Those fabrics are not designed for the purpose of powerlifting. As a matter of fact, once they stretch they tend *not* to come back to their tight fitting shape. Therefore, their use is limited as is their wear potential—no matter how many seams these manufacturers put in their product.

However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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

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

An Unheard-Of TRIPLE GUARANTEE

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

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

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

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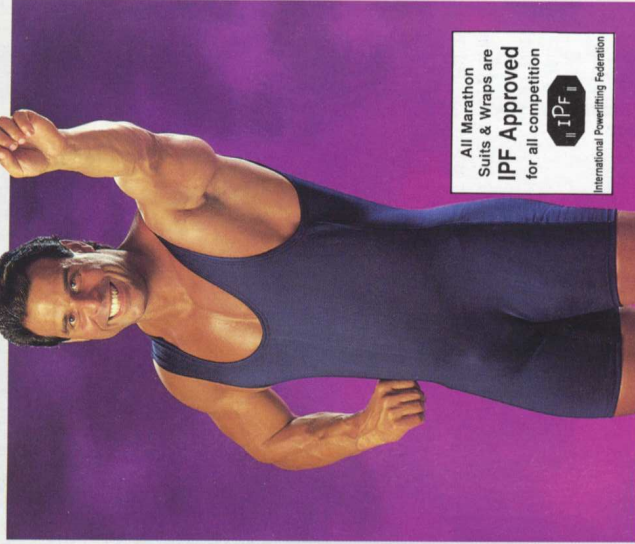
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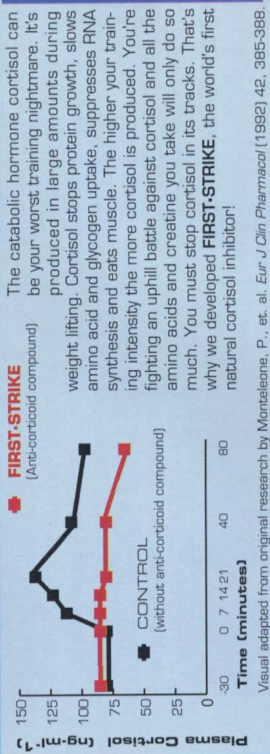
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Visual adapted from original research by Monteleone, P., et. al. *Eur J Clin Pharmacol* (1992) 42, 385-388.

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A.D.F.P.A. Corner

The ADFFA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. If you have suggestions for future articles or would like to send information, contact Stephanie Whitting, 4768 Barbara's Ln., Stevens Point, WI 54481.

Tribute to the Spotter/Loader

by Dennis Green, ADFFA Executive Committee

Many of us have worked various jobs at the ADFFA powerlifting meets ranging from meet director, spotter/loader, referee, lifter to scoring table official. In this brief article, I would like to pay tribute to the spotter/loaders who contribute to their time and energies to make your lifting a success.

As a lifter, you continually place your trust and personal safety with the spotters. There have been countless times that I, personally, have seen an alert spotter save a lifter from serious injury. We all know there is nothing more reassuring when you back out of the racks with maximum attempt than to have alert, competent spotters backing you up.

At the recent ADFFA Men's Nationals in Wilkes Barre, Pennsylvania after the squats finished, one of the spotters came up to me and introduced himself as Tom Giordani, the 1995 ADFFA Teen/Junior National meet director. You may ask why was someone of Tom's stature spotting squats? Simple, because it was the most important job out there! Ensuring the safety of the lifter.

I would ask you after your next meet to take a minute of your time and thank all of the men and women who spotted and loaded plates for you. They'll genuinely appreciate it. The next time you are asked if you would like to spot or load plates, remember, it is the most important job out there.

Low Fat Muscle Fuel

Here's an easy one dish meal that combines chicken, brown rice, and broccoli. Not a broccoli fan? Add or substitute other vegetables. For vegetarian eaters, you can substitute tofu for the chicken.

- Simply Delicious Chicken Dinner
- 3 cups cooked brown rice
- 2 cups lightly steamed broccoli
- 2 cups cooked chicken, cubed
- 1-10 oz. low fat cream of chicken soup
- 1 cup plain, non-fat yogurt
- 1 teaspoon curry powder
- 1 cup shredded low fat cheddar cheese

Pre-heat oven to 350 degrees. Layer rice, broccoli, then chicken in shallow, 2 quart casserole dish. Combine soup, yogurt, and curry and spread evenly over chicken. Top with cheese and bake 35 to 45 minutes, until casserole bubbles and cheese melts. Serves 6.

6770 Owners/Coaches: Joe & Steve Puchalla

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

Mathieu's Fitness Center,

4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207)465-7102, Coach: John Mathieu

Athlete's for Christ Power Team,

Western Illinois University, Powerlifting Club, Macomb, Illinois, WI53704, (608) 269-4227, Owner: Brian Briggs

Normal Powerlifting Team,

47 South Good Circle, Sparks, NV 89436, (702) 429-9544, Coach: Thomas Lowler

Pacific Power Outlaws,

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

Payne's Gym,

520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Conum

Powerbuilders Gym,

1963 Lansing Ave., Jackson, MI 49202, (517)782-6437, Jim and Susan Douglas.

Power Pit Gym,

1763 Arrow Ave. Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Mangantello & Eli Surn

Salisburg Fitness Center,

785 Poplar Way, Salisbury, PA 15681, (412)639-9863, Owner: Dennis Urban

Serious Members Gym, Inc.,

Exit 118 Rte. 17, Fair Oaks, NY 10940, (914)343-0412, Coach: Frank Dicks

Sheridan Recreation Center,

3325 Whiting Ave., Hamden, CT 06518, (203)287-1973, Owner: Cheryl Racco, CT State Chair.

Galt Fitness,

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

Iron Sport Gym, Inc.,

133-B Chester Pike, Norwood, PA 19074, (610)237-

The ADFFA Gym and Coaches Directory was created in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFFA. 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 ADFFA or money order to: Stephanie Whitting, 4768 Barbara's Ln., Stevens Point, WI 54481.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

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LAST NAME FIRST NAME INITIAL

STREET ADDRESS CITY STATE ZIP CODE

AREA TELEPHONE NO DATE OF BIRTH AGE SEX YES/NO YES/NO YES/NO

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

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Warrior Weight Room,

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

World Gym,

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ADFFA GYM AND COACHES DIRECTORY

All American Gym, 1185, Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Balz

American Eagle Gym,

12128 Firestone Blvd., Norwalk, CA 90650, (910)863-1308, Coach: Sherry Houston

6770 Owners/Coaches: Joe & Steve Puchalla

Jungle Gym & Fitness Center-

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

Mathieu's Fitness Center,

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29 Jun 95 - Macomb, IL (kg)

Men	123	SQ	BP	DL	Total
12	170	82.5	167.5	410	550
K. Keeran	115	62.5	97.5	275	550
148	122.5	75	117.5	315	550
165	152.5	92.5	155	400	550
E. Carabel	200	117.5	170	487.5	550
D. Dignino	200	145	205	550	550
M. Keruo	200	145	205	550	550
275	140	115	120	375	550
J. McCall	110	50	120	280	550
M. Parkins	80	47.5	92.5	220	550
A. Broadhart	105	42.5	117.5	265	550
176+	115	55	110	280	550
J. McCall	115	55	110	280	550

ADFFPA Macomb Teenage Classic
24 Jun 95 - Willow, MN

Women	Novice	123	SQ	BP	DL	Total
12	120	50	100	250	470	
148	120	50	100	250	470	
165	120	50	100	250	470	
181	120	50	100	250	470	
207	120	50	100	250	470	
233	120	50	100	250	470	
259	120	50	100	250	470	
285	120	50	100	250	470	
311	120	50	100	250	470	
337	120	50	100	250	470	
363	120	50	100	250	470	
389	120	50	100	250	470	
415	120	50	100	250	470	
441	120	50	100	250	470	
467	120	50	100	250	470	
493	120	50	100	250	470	
519	120	50	100	250	470	
545	120	50	100	250	470	
571	120	50	100	250	470	
597	120	50	100	250	470	
623	120	50	100	250	470	
649	120	50	100	250	470	
675	120	50	100	250	470	
701	120	50	100	250	470	
727	120	50	100	250	470	
753	120	50	100	250	470	
779	120	50	100	250	470	
805	120	50	100	250	470	
831	120	50	100	250	470	
857	120	50	100	250	470	
883	120	50	100	250	470	
909	120	50	100	250	470	
935	120	50	100	250	470	
961	120	50	100	250	470	
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1663	120	50	100	250	470	
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1715	120	50	100	250	470	
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1767	120	50	100	250	470	
1793	120	50	100	250	470	
1819	120	50	100	250	470	
1845	120	50	100	250	470	
1871	120	50	100	250	470	
1897	120	50	100	250	470	
1923	120	50	100	250	470	
1949	120	50	100	250	470	
1975	120	50	100	250	470	
2001	120	50	100	250	470	
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2053	120	50	100	250	470	
2079	120	50	100	250	470	
2105	120	50	100	250	470	
2131	120	50	100	250	470	
2157	120	50	100	250	470	
2183	120	50	100	250	470	
2209	120	50	100	250	470	
2235	120	50	100	250	470	
2261	120	50	100	250	470	
2287	120	50	100	250	470	
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2703	120	50	100	250	470	
2729	120	50	100	250	470	
2755	120	50	100	250	470	
2781	120	50	100	250	470	
2807	120	50	100	250	470	
2833	120	50	100	250	470	
2859	120	50	100	250	470	
2885	120	50	100	250	470	
2911	120	50	100	250	470	
2937	120	50	100	250	470	
2963	120	50	100	250	470	
2989	120	50	100	250	470	
3015	120	50	100	250	470	
3041	120	50	100	250	470	
3067	120	50	100	250	470	
3093	120	50	100	250	470	
3119	120	50	100	250	470	
3145	120	50	100	250	470	
3171	120	50	100	250	470	
3197	120	50	100	250	470	
3223	120	50	100	250	470	
3249	120	50	100	250	470	
3275	120	50	100	250	470	
3301	120	50	100	250	470	
3327	120	50	100	250	470	
3353	120	50	100	250	470	
3379	120	50	100	250	470	
3405	120	50	100	250	470	
3431	120	50	100	250	470	
3457	120	50	100	250	470	
3483	120	50	100	250	470	
3509	120	50	100	250	470	
3535	120	50	100	250	470	
3561	120	50	100	250	470	
3587	120	50	100	250	470	
3613	120	50	100	250	470	
3639	120	50	100	250	470	
3665	120	50	100	250	470	
3691	120	50	100	250	470	
3717	120	50	100	250	470	
3743	120	50	100	250	470	
3769	120	50	100	250	470	
3795	120	50	100	250	470	
3821	120	50	100	250	470	
3847	120	50	100	250	470	
3873	120	50	100	250	470	
3899	120	50	100	250	470	
3925	120	50	100	250	470	
3951	120	50	100	250	470	
3977	120	50	100	250	470	
4003	120	50	100	250	470	
4029	120	50	100	250	470	
4055	120	50	100	250	470	
4081	120	50	100	250	470	
4107	120	50	100	250	470	
4133	120	50	100	250	470	
4159	120	50	100	250	470	
4185	120	50	100	250	470	
4211	120	50	100	250	470	
4237	120	50	100	250	470	
4263	120	50				



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Table with columns for gender (Men, Women), event (Squat, Bench, etc.), and weight (kg, lbs).

NASA Virginia State (kg) 8,9 Jul 95 - Charlottesville, VA

Table with columns for gender (Men, Women), event (Squat, Bench, etc.), and weight (kg, lbs).

ADFFPA Masters... As you are most likely now aware, the ADFFPA has made the decision that all master women shall lift at the Women's Nationals.

As you are most likely now aware, the ADFFPA has made the decision that all master women shall lift at the Women's Nationals. While this is contrary to your wishes, the ADFFPA has again ignored what you, the lifter, desires. It is with regret that I must advise you that the ADFFPA informed me after the national meeting that I have been removed as your chairman (despite your electing me by a 4:1 vote). This is a direct result of my association with the AAU. I have endeavored to serve the masters well and wish to thank you for your confidence in twice electing me to the chairmanship position. For those of you who will compete in Denver, I wish you well. For those masters who will compete with their ladies in Reno, I hope to see you there and cheer you on in person. Sincerely, Joseph Pyra, Former Masters Chairman!

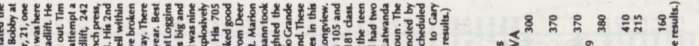
PL on the INTERNET... Mike Armstrong, President, Canadian Powerlifting Union, has established a "home page" on the Internet which features the full IFF Rulebook, IFF World Records in all categories, IFF approved equipment list, IFF Directory of Executives and countries, and "a host of stuff of a Canadian nature." The address is: http://www.igx.com/cpu/cpu.htm

Table with columns for lifter name, event, and weight.

Tennessee Junior State 24 Jun 95 - Murfreesboro, TN

Table with columns for gender (Men, Women), event (Squat, Bench, etc.), and weight (kg, lbs).

David Barino sets a new drug free state record in the squat at the APA S.C. Champs. (Taylor)



David Barino sets a new drug free state record in the squat at the APA S.C. Champs. (Taylor)

APA South Carolina Championships 5 Aug 95 - Florence, SC

Table with columns for gender (Men, Women), event (Squat, Bench, etc.), and weight (kg, lbs).

Mid-Atlantic Bench Press 24 Jun 95 - Stauntonville, VA

Table with columns for gender (Men, Women), event (Bench Press), and weight (kg, lbs).

USPF South Texas 24 Jun 95 - Seguin, TX (kg)

Table with columns for gender (Men, Women), event (Squat, Bench, etc.), and weight (kg, lbs).

Luke's Gym & Nutrition 260 WITTEN LANE NEW MARTINSVILLE, WV 26165

Table listing products and prices: Eclipsse 2000 Creatine Monohydrate 1000g... \$5.00, Next Nutrition Designer Whey Protein 2 lb. 27.95, Ultimate Orange 1 lb. 17.50, etc.

POWERLIFTING USA BACK ISSUES

Mar/92... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFFA TOP 20 SHW list. Jun/92... Baddest Bench in America, ADFFA Women's, Heisley Deadlifts 92s, DASH Hawaii Meet, Love by Dr. Judd, TOP 100 220s, ADFFA TOP 132s, Oct/92... Miss Confessors Profile, ADFFA National Deadlift, Paul Anderson, Lean Body Mass, Jiffy Effect Training, TOP 100 114s, ADFFA TOP 20 198s, Nov/92... IFF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Scialpi Deadlift Workout, TOP 100 123s, ADFFA TOP 20 220 list, Dec/92... WDFPF Worlds, Team USA/Spain, Vic Kennedy Workout, New WL Classes, Worlds's Strongest Man, OKG, TOP 100 132s, ADFFA TOP 20 242s, Mar/93... NANA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFA TOP 132s, Jul/93... ADFFA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 275s, ADFFA TOP 20 165s, Aug/93... USPF Seniors, USPF Masters, NASKA Masters, Legends of PFL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFFA TOP 20 181s, Sep/93... ADFFA Men's Nationals, NASKA Grand National, Female Confessions, O.K.C., Craig Tokarski Seminar, TOP 100 114s, ADFFA TOP 20 198s, Oct/93... APF Seniors, NASKA World Cup, Grant Pitts Profile, ADFFA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFFA TOP 20 220s, Nov/93... Ed Coan Interview, Anthony Clark Bench Press, Doug Ortiz Bench Workout, Reverse Grip Bench, TOP 100 132s, ADFFA TOP 20 242s, Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFFA TOP 20 275s, Jan/94... IFF Men/Women Worlds, IFF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFFA TOP 20 SHWs, Feb/94... Drug Testing Methods, ADFFA National Masters, Malibu Classic VI, Greg Warr-BP Workout, Hernia Surgery, TOP 100 181s, ADFFA TOP 20 114s, Mar/94... Women's Rainwater-Grimwood, TOP 100 198, ADFFA TOP 20 123s Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFFA TOP 20 123s Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psychology of Psyching Out, WMPF Worlds, TOP 100 220, ADFFA TOP 132s, May/94... USPF/ADFFA Collegiate, USPF Jr. Nats, IFF World Bench Press, Budweiser, Record Breakers, Fluids, TOP 100 242s, ADFFA TOP 20 148s, Jun/94... NASKA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFA TOP 165s, Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFFA TOP 20 181s Aug/94... APF SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFFA TOP 20 198s, Sep/94... ADFFA Men's USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Physiochemicals, TOP 100 123s, ADFFA TOP 20 220s, Oct/94... Paul Anderson Tribute, IFF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The ACEFACTOR, TOP 100 132s, ADFFA TOP 20 242s, Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFFA TOP 20 275s, Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s, Jan/95... WPC Worlds, IFF Worlds, IFF World Masters, Greatest All Tim Squatter, Karl Saiger of Austria, Meet Performance Review, TOP 100 181s, Feb/95... Worlds's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs, Mar/95... Women's TOP 20, Don Reinhout, Ethics of Ergogenics, Karvoski Squats, NASKA Rainwater-Grimwood Bench Routine, TOP 100 220s, Apr/95... NASKA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s, May/95... Mike Bridges, Jamie Harris 740 Bench, James Henderson, USPF Jr's, Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s, Jun/95... Antonio Krastev, USPF Collegiate/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Top Leslie BP Workout, TOP 100 SHW or Adaptation?, Greg Warr Interview, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Health, TOP 100 Flyweights, Aug/95... Confessor 741 BP at 236!, Pre-Peak Bench Press Routine, Louie Simmons DL Training, Grimwood Strength System Review, TOP 100 123s, Sep/95... TRIPLE SENIORS ISSUE, ADFFA/APP/USPF, How to Use Creatine, Chris Confessor Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s, LIST THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., P. O. BOX 3238, CAMARILLO, CALIFORNIA 93011.

ADFFA Mid America BP/DL

Table with columns for event name, weight class, and participants. Includes events like 24 Jun 95 - Lake St. Louis, MO (kg) and 17 Jun 95 - Falcon Heights, MN.

Bench Press on the Square

Table listing bench press records for various weight classes and locations, including 4 Jul 95 - Sigourney, IA and 17 Jun 95 - Falcon Heights, MN.

Notice to All AAU Powerlifting Meet Directors:

At the national meeting in August, Mike Janssen of the AAU National Office informed us of their capability and willingness to mail out an AAU-PC newsletter. Initially, this newsletter will provide information on the top twenty lifters in key categories, technical items such as rule changes, and listings of upcoming events. Sue Elwyn has graciously volunteered to compile this information for the AAU.

gold medal with Nathan Hydin...

gold medal with Nathan Hydin striking gold in the men's 220 lb. class. In the 220 lb. class, Jeff Leach was the youngest competitor at 16 years old and pulled a free 405 lb. for the gold medal. We were very proud to have a young man of this caliber.

Advertisement for Louie Simmons' Power Equipment. Features images of gym equipment and text: 'LOUIE SIMMONS' POWER EQUIPMENT', 'COMBO RACK', 'REGULAR POWER RACK', 'POWER BENCH RACK', 'BENCH SQUAT or DEADLIFT', 'Belt Squat and Platform', '475.00*', '645.00*', '495.00*', '545.00*'. Includes contact info: 'WESTSIDE BARBELL 1469 DEMOREST RD. COLUMBUS, OH 43228 (614) 276-0923'.

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Alferton	305	—	—	—	—
Masters II 198	190	120	190	400	—
Shaw	242	—	—	—	—
Skidford	242	—	—	—	—
Skidford	217.5	145	205	567.5	—
OK - outstanding lifter. (results courtesy of NAA)	—	—	—	—	—

NASA Grand Nationals

17/18 Jun 95 - Cincinnati, OH (kg)	109.5	92.5	177.5	282.5
Women	166.5	126.5	242.5	399.5
Men	205	152.5	317.5	517.5
Women	166.5	126.5	242.5	399.5
Men	205	152.5	317.5	517.5

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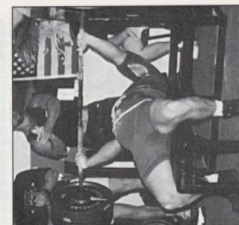
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lines. Dave Esau helped load and get wild and showed off his new deadlift form. He darn near pulled 500 on his third attempt. Shane Martin missed a 310 bench on his 3rd and 4th attempts. Black, Gak and everyone who helped I would like to thank Shawn Friday and Ann DeGroot for driving all the way just because they enjoy the sport. (Thanks to Darwin Jackson for the results).



Danny McMillan set drug free world records in the 220 lb. men's open and master 40-44 divisions with 530 lbs. and bench shirt blowing out at that! (Scott Taylor)

APA/WPA World Cup Bench Press 5 Aug 95 - Florence, SC

Drug Tested
 1st attempt 550
 2nd attempt 550
 3rd attempt 550
 4th attempt 550
 5th attempt 550
 6th attempt 550
 7th attempt 550
 8th attempt 550
 9th attempt 550
 10th attempt 550
 11th attempt 550
 12th attempt 550
 13th attempt 550
 14th attempt 550
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 87th attempt 550
 88th attempt 550
 89th attempt 550
 90th attempt 550
 91st attempt 550
 92nd attempt 550
 93rd attempt 550
 94th attempt 550
 95th attempt 550
 96th attempt 550
 97th attempt 550
 98th attempt 550
 99th attempt 550
 100th attempt 550

NASA North Carolina State

22/23 Apr 95 - Burlington, NC	182.5	132.5	277.5	492.5
Women	182.5	132.5	277.5	492.5
Men	242.5	182.5	425.0	647.5
Women	182.5	132.5	277.5	492.5
Men	242.5	182.5	425.0	647.5

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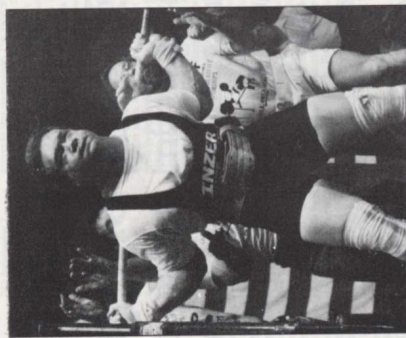
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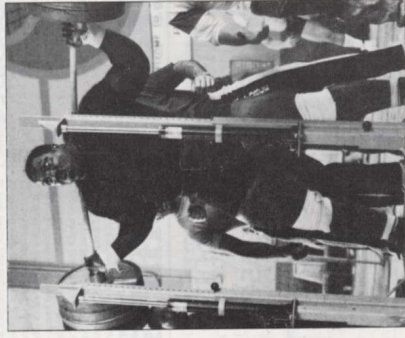


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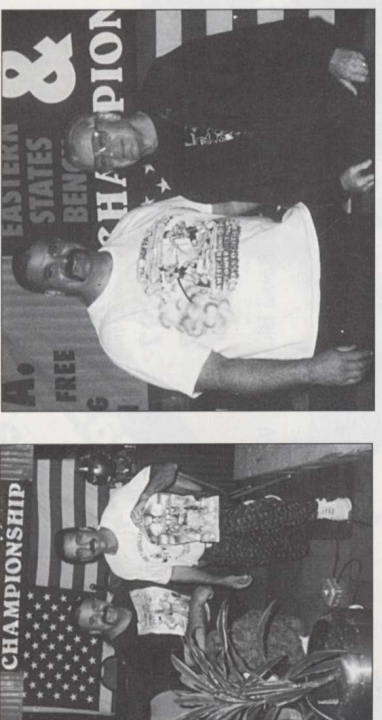
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Pete Gisondi poses with 148 lb. Mastiff (40-44) winner Rick Rasammy (left picture) and multiple 165 lb. winner Ardu Courmayeur (right) at the Eastern States Bench Press...

Table with columns for name, weight, and bench press results. Includes names like R. DeLuca, C. Lobbato, and D. Colanaro.

women all hailed from the state of New York. Donna Colanaro and Helen Sawyer both set records in their weight class. All of our 148 pounders lifted 275 lbs. or more...

Table with columns for name, weight, and bench press results. Includes names like R. Zueck, D. Colanaro, and D. Friedman.

Table with columns for name, weight, and bench press results. Includes names like A. Piccolo, M. V. Johnson, and H. Elk.

the event showed and was greatly appreciated by all. I would like to thank Lynn Allen and the staff for their help in making this a successful event...

Table with columns for name, weight, and bench press results. Includes names like R. DeLuca, C. Lobbato, and D. Colanaro.

AAU All Sports Clinic 25 Jun 95 - Quincy, MA. Total 10 times Consecutive National Champion. 7 times Consecutive World Champion. 2149 lbs. Best Total.

Advertisement for Andrew 'Bull' Stewart featuring a photo of him lifting a barbell. Text includes 'World's Strongest Drug Free Man' and '10 times Consecutive National Champion'.

Advertisement for 'Bull Power' T-shirt featuring a photo of a person lifting a barbell. Text includes 'Order your powerlifting training videos today and get your FREE "Bull Power" T-shirt!' and '\$69.99 plus shipping and handling'.

Table with columns for name, weight, and bench press results. Includes names like R. Zueck, D. Colanaro, and D. Friedman.

ADPFA Big Three 25 Jun 95 - White Plains, NY. Total 111 Lifetime. 116 Open. 122 Open. 129 Open.

Table with columns for name, weight, and bench press results. Includes names like R. Zueck, D. Colanaro, and D. Friedman.

Texas Police Games

Table with columns for names, scores, and dates. Includes sub-sections for 'Texas Police Games' and '13th ADPPA Villing Open'.

CRAN'S MUSCLE WORLD, LTD. POWERLIFTING PARAPHERNALIA

Advertisement for Cran's Muscle World, Ltd. featuring images of gym equipment like dumbbells, barbells, and a bench press, with a list of products and prices.

Advertisement for Personalized Training Routine by 3 Time World Champions, featuring images of a person lifting weights and a list of products like lifting gloves and straps.

Advertisement for Conway's Muscle Specialties, featuring images of a person lifting weights and a list of products like tri-back bombers and weight belts.

Table with columns for names, scores, and dates. Includes sub-sections for 'Texas Police Games' and 'MDSA Scoot to the Loot Games'.

Advertisement for T-Shirts and Tanks, featuring images of various t-shirts and tanks with slogans like 'USA POWERLIFTING' and 'MUSCLE SURVIVOR'.

Advertisement for ERANS MUSCLE WORLD LTD, featuring images of a person lifting weights and a list of products like tri-back bombers and weight belts.

Table with columns for names, scores, and dates. Includes sub-sections for 'Texas Police Games' and 'MDSA Scoot to the Loot Games'.

Go for Broke Meet 10 Jun 95 - State Farm, VA. Table with columns for names, scores, and dates.

Go for Broke Meet 10 Jun 95 - State Farm, VA. Table with columns for names, scores, and dates.

ADFA Tennessee State/Mid South Classic Powerlifting and Bench Press			
Class	3 Jun 95 - Memphis, TN	3 Jun 95 - Memphis, TN	3 Jun 95 - Memphis, TN
Bench Press Only	315	285	198
Women's Light	B. Andrade	315	198
W. Heavy	D. Andrade	285	185
Men's 111	145	165	220
M. 135	651	681	690
M. 165	775	825	835
M. 220	900	975	1000
M. 275	1100	1175	1200
M. 315	1300	1400	1425
M. 360	1500	1600	1625
M. 405	1800	1900	1925
M. 450	2100	2200	2225
M. 500	2500	2600	2625
M. 560	3000	3100	3125
M. 620	3500	3600	3625
M. 680	4000	4100	4125
M. 750	4500	4600	4625
M. 825	5000	5100	5125
M. 900	5500	5600	5625
M. 975	6000	6100	6125
M. 1050	6500	6600	6625
M. 1125	7000	7100	7125
M. 1200	7500	7600	7625
M. 1275	8000	8100	8125
M. 1350	8500	8600	8625
M. 1425	9000	9100	9125
M. 1500	9500	9600	9625
M. 1575	10000	10100	10125
M. 1650	10500	10600	10625
M. 1725	11000	11100	11125
M. 1800	11500	11600	11625
M. 1875	12000	12100	12125
M. 1950	12500	12600	12625
M. 2025	13000	13100	13125
M. 2100	13500	13600	13625
M. 2175	14000	14100	14125
M. 2250	14500	14600	14625
M. 2325	15000	15100	15125
M. 2400	15500	15600	15625
M. 2475	16000	16100	16125
M. 2550	16500	16600	16625
M. 2625	17000	17100	17125
M. 2700	17500	17600	17625
M. 2775	18000	18100	18125
M. 2850	18500	18600	18625
M. 2925	19000	19100	19125
M. 3000	19500	19600	19625
M. 3075	20000	20100	20125
M. 3150	20500	20600	20625
M. 3225	21000	21100	21125
M. 3300	21500	21600	21625
M. 3375	22000	22100	22125
M. 3450	22500	22600	22625
M. 3525	23000	23100	23125
M. 3600	23500	23600	23625
M. 3675	24000	24100	24125
M. 3750	24500	24600	24625
M. 3825	25000	25100	25125
M. 3900	25500	25600	25625
M. 3975	26000	26100	26125
M. 4050	26500	26600	26625
M. 4125	27000	27100	27125
M. 4200	27500	27600	27625
M. 4275	28000	28100	28125
M. 4350	28500	28600	28625
M. 4425	29000	29100	29125
M. 4500	29500	29600	29625
M. 4575	30000	30100	30125
M. 4650	30500	30600	30625
M. 4725	31000	31100	31125
M. 4800	31500	31600	31625
M. 4875	32000	32100	32125
M. 4950	32500	32600	32625
M. 5025	33000	33100	33125
M. 5100	33500	33600	33625
M. 5175	34000	34100	34125
M. 5250	34500	34600	34625
M. 5325	35000	35100	35125
M. 5400	35500	35600	35625
M. 5475	36000	36100	36125
M. 5550	36500	36600	36625
M. 5625	37000	37100	37125
M. 5700	37500	37600	37625
M. 5775	38000	38100	38125
M. 5850	38500	38600	38625
M. 5925	39000	39100	39125
M. 6000	39500	39600	39625
M. 6075	40000	40100	40125
M. 6150	40500	40600	40625
M. 6225	41000	41100	41125
M. 6300	41500	41600	41625
M. 6375	42000	42100	42125
M. 6450	42500	42600	42625
M. 6525	43000	43100	43125
M. 6600	43500	43600	43625
M. 6675	44000	44100	44125
M. 6750	44500	44600	44625
M. 6825	45000	45100	45125
M. 6900	45500	45600	45625
M. 6975	46000	46100	46125
M. 7050	46500	46600	46625
M. 7125	47000	47100	47125
M. 7200	47500	47600	47625
M. 7275	48000	48100	48125
M. 7350	48500	48600	48625
M. 7425	49000	49100	49125
M. 7500	49500	49600	49625
M. 7575	50000	50100	50125
M. 7650	50500	50600	50625
M. 7725	51000	51100	51125
M. 7800	51500	51600	51625
M. 7875	52000	52100	52125
M. 7950	52500	52600	52625
M. 8025	53000	53100	53125
M. 8100	53500	53600	53625
M. 8175	54000	54100	54125
M. 8250	54500	54600	54625
M. 8325	55000	55100	55125
M. 8400	55500	55600	55625
M. 8475	56000	56100	56125
M. 8550	56500	56600	56625
M. 8625	57000	57100	57125
M. 8700	57500	57600	57625
M. 8775	58000	58100	58125
M. 8850	58500	58600	58625
M. 8925	59000	59100	59125
M. 9000	59500	59600	59625
M. 9075	60000	60100	60125
M. 9150	60500	60600	60625
M. 9225	61000	61100	61125
M. 9300	61500	61600	61625
M. 9375	62000	62100	62125
M. 9450	62500	62600	62625
M. 9525	63000	63100	63125
M. 9600	63500	63600	63625
M. 9675	64000	64100	64125
M. 9750	64500	64600	64625
M. 9825	65000	65100	65125
M. 9900	65500	65600	65625
M. 9975	66000	66100	66125
M. 10050	66500	66600	66625
M. 10125	67000	67100	67125
M. 10200	67500	67600	67625
M. 10275	68000	68100	68125
M. 10350	68500	68600	68625
M. 10425	69000	69100	69125
M. 10500	69500	69600	69625
M. 10575	70000	70100	70125
M. 10650	70500	70600	70625
M. 10725	71000	71100	71125
M. 10800	71500	71600	71625
M. 10875	72000	72100	72125
M. 10950	72500	72600	72625
M. 11025	73000	73100	73125
M. 11100	73500	73600	73625
M. 11175	74000	74100	74125
M. 11250	74500	74600	74625
M. 11325	75000	75100	75125
M. 11400	75500	75600	75625
M. 11475	76000	76100	76125
M. 11550	76500	76600	76625
M. 11625	77000	77100	77125
M. 11700	77500	77600	77625
M. 11775	78000	78100	78125
M. 11850	78500	78600	78625
M. 11925	79000	79100	79125
M. 12000	79500	79600	79625
M. 12075	80000	80100	80125
M. 12150	80500	80600	80625
M. 12225	81000	81100	81125
M. 12300	81500	81600	81625
M. 12375	82000	82100	82125
M. 12450	82500	82600	82625
M. 12525	83000	83100	83125
M. 12600	83500	83600	83625
M. 12675	84000	84100	84125
M. 12750	84500	84600	84625
M. 12825	85000	85100	85125
M. 12900	85500	85600	85625
M. 12975	86000	86100	86125
M. 13050	86500	86600	86625
M. 13125	87000	87100	87125
M. 13200	87500	87600	87625
M. 13275	88000	88100	88125
M. 13350	88500	88600	88625
M. 13425	89000	89100	89125
M. 13500	89500	89600	89625
M. 13575	90000	90100	90125
M. 13650	90500	90600	90625
M. 13725	91000	91100	91125
M. 13800	91500	91600	91625
M. 13875	92000	92100	92125
M. 13950	92500	92600	92625
M. 14025	93000	93100	93125
M. 14100	93500	93600	93625
M. 14175	94000	94100	94125
M. 14250	94500	94600	94625
M. 14325	95000	95100	95125
M. 14400	95500	95600	95625
M. 14475	96000	96100	96125
M. 14550	96500	96600	96625
M. 14625	97000	97100	97125
M. 14700	97500	97600	97625
M. 14775	98000	98100	98125
M. 14850	98500	98600	98625
M. 14925	99000	99100	99125
M. 15000	99500	99600	99625
M. 15075	100000	100100	100125
M. 15150	100500	100600	100625
M. 15225	101000	101100	101125
M. 15300	101500	101600	101625
M. 15375	102000	102100	102125
M. 15450	102500	102600	102625
M. 15525	103000	103100	103125
M. 15600	103500	103600	103625
M. 15675	104000	104100	104125
M. 15750	104500	104600	104625
M. 15825	105000	105100	105125
M. 15900	105500	105600	105625
M. 15975	106000	106100	106125
M. 16050	106500	106600	106625
M. 16125	107000	107100	107125
M. 16200	107500	107600	107625
M. 16275	108000	108100	108125
M. 16350	108500	108600	108625
M. 16425	109000	109100	109125
M. 16500	109500	109600	109625
M. 16575	110000	110100	110125
M. 16650	110500	110600	110625
M. 16725	111000	111100	111125
M. 16800	111500	111600	111625
M. 16875	112000	112100	112125
M. 16950	112500	112600	112625
M. 17025	113000	113100	113125
M. 17100	113500	11360	

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievements. Commemorative Certificate or Award. Engraving of your name, class, lift, date, and achievement is \$6. We also offer a wood grain plaque with a clear cover ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the lift that your name appeared on. Send \$6 per certificate and \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax.)

PL USA TOP 100 Achievements

Correction: The Women's All Time Ranking list for the 114/123 lb. classes in the October 1995 issue of POWERLIFTING USA, Bernard Schwartz's 475 deadlift at 148 was left off the TOP 100 ranking for that class in the October 1995 edition of PL USA. Bernard is 61 years of age. We certainly do make errors in the production of this magazine, in our marketing lists as well as in meet results and articles that are published. We appreciate your notice of any mistakes we may have made. If you find any errors in the material published in PL USA, send corrections to "ERRORS" Box 467, Camarillo, California 93011.

DRUG NOTICES:

It is illegal to sell any product containing ephedrine, or ephedra extract, or ma huang in the state of Ohio. Also, word from the offices of Richard Herrick MD is that the substance ALLOPURINOL is now the list of banned substances, as far as drug testing is concerned.

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS - DON'T TRAIN WHEN HURTING - ALWAYS CONSULT YOUR DOCTOR

TOP 100 For 165 lb./75 kg. USA lifters competing in results received from September 1994 through August 1995.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 765 Peck, J., 11/20/94	534 Swarr, G., 3/18/95	688 Ricka, D., 11/18/94	1769 Borowski, A., 7/15/95
2 716 Crick, R., 11/4/94	475 Williams, T., 2/18/95	683 Callomon, R., 11/18/94	1769 Borowski, A., 7/15/95
3 710 Johnson, K., 11/15/95	470 Williams, T., 2/18/95	683 Callomon, R., 11/18/94	1769 Borowski, A., 7/15/95
4 672 Ricka, D., 11/18/94	465 Robinson, D., 9/17/94	672 Henderson, B., 11/18/94	1710 Austin, D., 3/11/95
5 672 Ricka, D., 11/18/94	458 Williams, T., 2/18/95	670 Henderson, B., 11/18/94	1699 Borowski, A., 7/15/95
6 670 Williams, T., 2/18/95	458 Williams, T., 2/18/95	669 French, J., 3/25/95	1699 Borowski, A., 7/15/95
7 650 Boone, J., 10/20/94	458 Williams, T., 2/18/95	667 Henderson, B., 11/18/94	1699 Borowski, A., 7/15/95
8 650 Boone, J., 10/20/94	458 Williams, T., 2/18/95	667 Henderson, B., 11/18/94	1699 Borowski, A., 7/15/95
9 650 Boone, J., 10/20/94	458 Williams, T., 2/18/95	667 Henderson, B., 11/18/94	1699 Borowski, A., 7/15/95
10 650 Boone, J., 10/20/94	458 Williams, T., 2/18/95	667 Henderson, B., 11/18/94	1699 Borowski, A., 7/15/95
11 622 Turner, C., 7/6/95	428 Coleman, J., 8/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
12 622 Turner, C., 7/6/95	418 Coleman, J., 8/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
13 622 Turner, C., 7/6/95	418 Coleman, J., 8/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
14 610 Wood, J., 9/25/94	410 Smith, R., 11/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
15 610 Wood, J., 9/25/94	410 Smith, R., 11/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
16 610 Wood, J., 9/25/94	410 Smith, R., 11/15/94	628 Turner, C., 7/6/95	1620 Jackson, T., 8/18/95
17 600 Williams, T., 2/18/95	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
18 600 Williams, T., 2/18/95	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
19 600 Williams, T., 2/18/95	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
20 584 Garcia, R., 10/15/94	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
21 584 Garcia, R., 10/15/94	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
22 584 Garcia, R., 10/15/94	402 Trancoso, D., 6/9/95	616 Sherfkins, J., 11/19/94	1560 Lofy, J., 3/11/95
23 580 Ryan, M., 10/29/94	400 Fajardo, R., 9/17/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
24 580 Ryan, M., 10/29/94	400 Fajardo, R., 9/17/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
25 580 Ryan, M., 10/29/94	400 Fajardo, R., 9/17/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
26 578 Gavala, R., 10/1/94	400 Quatro, P., 7/8/95	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
27 578 Gavala, R., 10/1/94	400 Quatro, P., 7/8/95	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
28 578 Gavala, R., 10/1/94	400 Quatro, P., 7/8/95	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
29 578 Arterberry, D., 7/22/95	391 Lakin, R., 9/10/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
30 578 Arterberry, D., 7/22/95	391 Lakin, R., 9/10/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
31 578 Arterberry, D., 7/22/95	391 Lakin, R., 9/10/94	606 Ratchak, J., 8/22/95	1531 Arterberry, D., 7/22/95
32 575 Hanger, B., 2/7/95	390 Austin, B., 2/25/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
33 575 Hanger, B., 2/7/95	390 Austin, B., 2/25/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
34 573 Johnson, T., 11/12/94	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
35 573 Johnson, T., 11/12/94	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
36 573 Johnson, T., 11/12/94	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
37 573 Johnson, T., 11/12/94	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
38 565 Hanger, B., 2/7/95	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
39 565 Hanger, B., 2/7/95	385 Archer, S., 3/19/95	600 Brett, B., 2/25/95	1499 Dai, C., 7/22/95
40 562 Smith, C., 6/9/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
41 562 Smith, C., 6/9/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
42 562 Smith, C., 6/9/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
43 560 Tate, J., 12/19/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
44 560 Tate, J., 12/19/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
45 560 Tate, J., 12/19/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
46 560 Tate, J., 12/19/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
47 556 Williams, T., 2/18/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
48 556 Williams, T., 2/18/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
49 556 Williams, T., 2/18/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
50 556 Williams, T., 2/18/95	380 Priddy, A., 10/19/94	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
51 555 Bickel, R., 3/18/95	380 Campbell, G., 7/29/95	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
52 555 Bickel, R., 3/18/95	380 Campbell, G., 7/29/95	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
53 555 Bickel, R., 3/18/95	380 Campbell, G., 7/29/95	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
54 555 Bickel, R., 3/18/95	380 Campbell, G., 7/29/95	598 Darns, D., 10/29/94	1448 Sells, W., 3/9/95
55 551 Sutton, L., 3/25/95	375 Pryor, B., 9/17/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
56 551 Sutton, L., 3/25/95	375 Pryor, B., 9/17/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
57 551 Sutton, L., 3/25/95	375 Pryor, B., 9/17/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
58 551 Sutton, L., 3/25/95	375 Pryor, B., 9/17/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
59 551 Sutton, L., 3/25/95	375 Pryor, B., 9/17/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
60 550 Williams, T., 2/18/95	375 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
61 550 Williams, T., 2/18/95	375 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
62 550 Williams, T., 2/18/95	375 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
63 550 Williams, T., 2/18/95	375 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
64 545 Houston, M., 11/19/94	374 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
65 545 Houston, M., 11/19/94	374 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
66 545 Houston, M., 11/19/94	374 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
67 545 Houston, M., 11/19/94	374 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
68 545 Houston, M., 11/19/94	374 Kline, T., 11/26/94	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
69 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
70 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
71 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
72 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
73 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
74 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
75 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
76 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
77 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
78 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
79 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
80 540 Steen, L., 9/17/94	374 Patton, W., 3/18/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
81 530 Handley, B., 6/1/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
82 530 Handley, B., 6/1/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
83 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
84 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
85 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
86 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
87 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
88 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
89 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
90 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
91 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
92 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
93 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
94 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
95 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
96 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
97 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
98 529 Dugan, T., 6/9/95	370 Maleson, K., 7/29/95	588 Connor, M., 9/26/95	1435 Mitchell, B., 6/9/95
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world meets but funding is a problem. Hats off to William Pure power Maxette 198 also did well. Maxette 198 is a member of the USA Powerlifting Club. Maxette 198 was followed by follow pure power Maxette 198. Maxette 198 was followed by follow pure power Maxette 198.

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World meets but funding is a problem. Hats off to William Pure power Maxette 198 also did well. Maxette 198 is a member of the USA Powerlifting Club. Maxette 198 was followed by follow pure power Maxette 198.

Goodneighbor Days Bench/Deadlift
22 Jul 95 - Washington, IL

Bench Press	Deadlift
1 460 J. Alford	198
2 440 J. Alford	188
3 440 J. Alford	188
4 440 J. Alford	188
5 440 J. Alford	188

Goodneighbor Days Bench/Deadlift
22 Jul 95 - Washington, IL

Bench Press	Deadlift
6 440 J. Alford	188
7 440 J. Alford	188
8 440 J. Alford	188
9 440 J. Alford	188
10 440 J. Alford	188

Goodneighbor Days Bench/Deadlift
22 Jul 95 - Washington, IL

Bench Press	Deadlift
11 440 J. Alford	188
12 440 J. Alford	188
13 440 J. Alford	188
14 440 J. Alford	188
15 440 J. Alford	188

Goodneighbor Days Bench/Deadlift
22 Jul 95 - Washington, IL

Bench Press	Deadlift
16 440 J. Alford	188
17 440 J. Alford	188
18 440 J. Alford	188
19 440 J. Alford	188
20 440 J. Alford	188

Goodneighbor Days Bench/Deadlift
22 Jul 95 - Washington, IL

Bench Press	Deadlift
21 440 J. Alford	188
22 440 J. Alford	188
23 440 J. Alford	188
24 440 J. Alford	1

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article continued from page 20

Iron Game History. If you train with the best it must certainly rub off. In a short span of time with Williams, Kuc's bench climbed from the mid four hundreds to 600 this day, even with Hoffman's long-clap. Rainboth, prompted by wife Cindy, muscled up 590 and was third overall with 2150. It was an omen of great things to come at a further date in time.

When it was announced that Williams would commence with 630 the crowd responded vociferously. Bob Hoffman awoke from his cat-nap to clap. It was way too long, but undaunted - Jim rammied a monstrous barbell like a little boy and it would have crushed anyone else. He called for 675, and the crowd really erupted. The clock ticked down. Jim made the platform with only 15 seconds remaining. The time factor was pressing. With only one minute left to complete the lift he eased his massive body onto the bench and took the handoff. Gears reversed and the mother of all massive "loads" slowly descended to his massive chest. In that instant time froze. Seconds ticked away slowly. Ascents lasted what seemed an eternity. The crowd was dead silent. The only sound was the hammering of adrenaline as it roared in my ears. I counted one in my head: two ... one thousand one ... one thousand two ... one thousand three, one thousand ... The signal flashed, the bar was launched skyward. Up and up. The massive bars contracted. The monstrous deltoids erupted with power. His mighty chest flexed, with those incredible pectorals boosing those stupendous arms as the bar inched upward, quivered, strained and finally locked out! It was a tough finish, but he'd made it. There was no time to savor the moment. Almost immediately he called for 700! It was through I was looking into a crystal ball, circumstances that seemed to be the future. I snapped back to reality. Pat Casey had smashed the 600 barrier and was years ahead of his time. Yet, now in the span of less than one and a half years Williams had surpassed Casey's 617 ceiling six times: 628-635-650-655-660-675 and was now attempting to bust through the 700 barrier!

With one and a half minutes total time left Jim appeared from the wings. He was on the platform; the crowd yelled encouragement. Jim took to the bench, they grew quiet. With power no man on earth had yet witnessed, he took the weight to the chest. The signal finally came. He blasted history's biggest payload of iron up three-quarters of the way. The impetuous slowed; he strained

Jimmy Jamming With 700 at the 1972 World Championships. It was close. (photo courtesy Frank Peiffer)

and then gravity took over control as the bar drifted back to his chest. The bar didn't rebound. The reasons for this deplorable impression he recorded were given as the following:

(1) Incongruity of the rules. Elbow wraps had been voted out and were not used in the 1973 meet. Kuc's wraps had been banned in USA, but allowed elsewhere in the world including this competition. Great Britain allowed more wrapping than in USA. In the interests of international camaraderie the USA went over backwards to be good sports. Was this a case of personal discrimination against Jim? He certainly believed that, especially since he'd heard Kuc's squat and deadlift called world records.

Let us examine the facts. What happened, and was it justified? I got the exact details from Bob Paeker, a powerlifting historian and long-time member of the IJF executive committee.

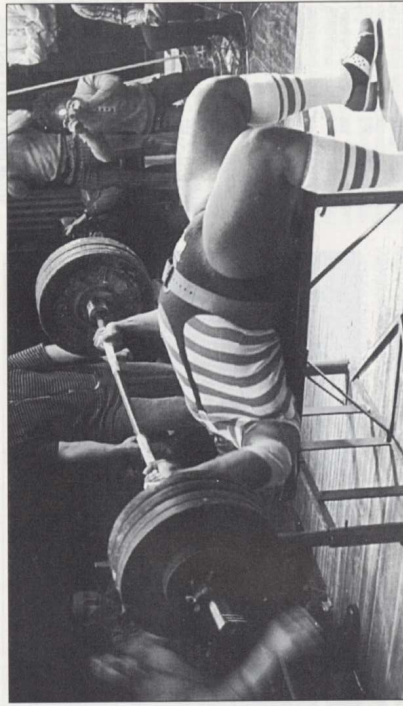
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It was close. (photo courtesy Frank Peiffer)

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"Chimes?"

JW: I picked it up during my boyhood. It stuck. You might say I thought it was a 'pealing'.

HG: In your brushes with the law, I understand you once printed your own money. I heard the bills were very realistic. How do you get caught?

JW: I might have printed a few ones with Booker T. Washington instead of George. No, seriously the ink color was not quite right. It didn't fool the experts. I got 11.5 months for that.

HG: I hear they served you with papers at the time of your arrest. What kind?

JW: ABENCH warrant, what else? **HG:** I've heard you was once the overseer of the world's oldest profession. True or false?

JW: Herb, I can unequivocally tell you I was never foreman of a carpenter's union.

HG: Jim, what made you finally realize that crime doesn't pay?

JW: Seven or eight years. I had a lot of time for thinking. I finally realized that one can only be a fool for so long. I blame nobody but myself. Now I follow the road to Calvary. I became a devout Christian. I am active in the African Methodist Episcopal church. I can't do the cook there. My wife does the cooking at home.

HG: Tell us about your wife and family.

JW: Patricia and I have been married since 1966. She's stuck with me through the good times and the bad. We have two sons and a daughter, all grown now. James, Jr., is 27 and married. I'm a grandpa now. Nathan is 24, and Georgianna, my daughter, is 22, also married.

HG: Did any of your sons try powerlifting?

JW: Yes, Nathan lifted in 1987 in a NASA high school meet at Lake George near Canada. His lifts I believe were: 600 363 584. He was one of two (both black) that were drug tested among all the participants of the competition. They refused to give him his trophy until the results of the tests came back.

HG: How did you react to that.

JW: I was furious and made them give him the trophy. I made it plain that if the results were positive he'd get it back.

HG: So what happened?

JW: Tests came up negative. I never heard any more concerning the matter. Nathan wasn't too motivated after that incident and did not continue to powerlift. **HG:** What other activities are you involved with besides church?

JW: I do community service work. I'm involved with the Veterans Association. I drive them to the hospital for doctor check-ups and

have done with one?

HG: You would have done 770 for sure. Many, including Ricky Crain and myself, think you'd have done 800.

JW: How times have changed. **HG:** You once did arm wrestling. Muscular Development made a big deal of you getting your arm pinned by Moie Baker. They even printed a picture of it.

JW: Herb, Moie was a world champ in arm wrestling. I was strong, sure, but there is technique involved. What they didn't bother to tell you is that I won one match; he told you is the other two.

HG: How is your health today? Do you still lift?

JW: I'm doing okay now. I'd developed blood pressure problems with severe repercussions. I dropped 60 pounds bodyweight and feel much better. No, I don't lift anymore. I have too much catching up to do with my life.

HG: What was your bench press "secret"?

JW: It's in my book. Lying shoulder shrugs with heavy dumbbells was the key for me. I did front lateral raises with 45 and 100 lb plates. Big lats are essential. The bigger the lats the bigger the bench. It is as simple as that. The lats and pecs get the weight 3/4 the way up. The triceps and delts finish it.

HG: Ebbinate on your low-rep sets.

JW: Low reps and heavy singles allowed me to go heavy every day. I built up the tolerance to do this and quickly recuperated. You don't get strong unless you lift heavy weights.

HG: What do you think of Anthony Clark?

JW: Cimon Herb. You know everyone wants a record. Why does he turn his wrists backwards? Is that bona fide? Is it to get through his sticking point easier or to make the officials? What can he do without the shirt?

HG: He claims without a shirt - 700; with a shirt and 600 without a shirt using the conventional style. Who among the current crop of 700 benchers impress you the most? **JW:** This Craig Tokarski is incredible! I know Confessore is a real powerlifter. I'd love to see what he could do without a bench shirt. This James Henderson has done 700 shirtless. Looks like he's my hero.

HG: Guinness Book of Records documents the feat of a nine man team of hodgers, who in 1987 embarked on a 24-hour marathon bench target. The final total accumulated was something over eight million lb. The weight used was insignificant that big Jim might have used it for a toothpick. This is a feat

of strength? What a joke. The McWhirter brothers had lied. Previously, Anderson's 6270 lb. backlift had been acclaimed as the greatest weight lifted by a human. Successors of this publication were convinced this lift had not been documented by Mr. Terry Todd and his cohorts. So this monumental lift was omitted altogether and replaced by this superfluous underaking of factual endurance. Myself, Jim, and countless others consider this transgression deplorable.

Lack of recognition cuts deeper than a sword and is the worst indignation. You won't find Williams in my book. Jim takes nothing away from today's bench, proportionately. He congratulates the man who broke his record while I honor the man who held it for so long. Let us look at some of the longest enduring records in all sports:

That of greatest longevity must be Pro-Basketball's Wilt Chamberlain. His 100 points scored in one game on March 2, 1962 has gone 33 years plus, and still counting. Jesse Owens long jumped 26'8" until the early sixties. Baseball's Babe Ruth career home run tally spanned 26 years. It was finally surpassed by Hank Aaron on April 8, 1974.

What are the oldest surviving records in the strength sports? Weightlifting: Isaac Berger set an American record at 132 lb. of 336 at the Tokyo Olympics. It lasted 27 years and was finally broken by Chris Leroux on December 6, 1951.

Let us now exalt the man whose record remained the longest on the powerlifting books: Williams' USPF American record 675 bench press stood like the rock of Gibraltar from November 9, 1972 until July 31, 1994 (21 years 8 months)! I believe he is the greatest bench presser of all time. He raised his pat lift to an astronomical level back in the days when real strength ruled.

As I conclude the reminiscences of James Talbot Williams, this - my tribute - is a small token of appreciation to the man who is unequivocally Lord of the Bench. May his trials and tribulations be an inspiration for us all. DIGNITY CONSISTS NOT IN POSSESSING HONORS BUT IN THE CONSCIOUSNESS THAT WE DESERVE THEM - ARISTOTLE

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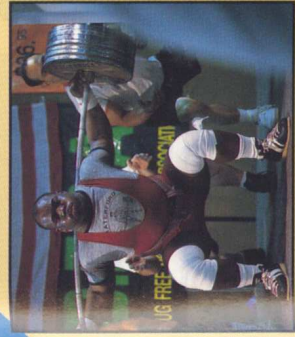
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lowering cortisol levels by 30% it even raises blood growth hormone and testosterone in the process. The gap between anabolism and catabolism is widened considerably. The result is significant increases in muscle mass, strength and power never before seen in drug-free lifters.

SUMMARY

The Triad Centered Training approach to training is a new system designed for the experienced drug-free strength athlete. The first step is to increase the body's natural output of testosterone and growth hormone by using special training methods and cycle schemes which elicit the maximum neurohormonal response. The second step is to introduce supplements containing special low molecular weight compounds (LMWC's) during recovery which amplify translation in muscle protein biosynthesis. The third step is to introduce First-Strike to suppress cortisol during and after training. In this way you can achieve the maximum anabolic shift, while further widening the gap between anabolism and catabolism by lowering high cortisol levels. Triad Centered Training is a foolproof system which gives the experienced drug-free powerlifter the edge they have been searching for. No matter what your age or level of ability, Triad Centered Training offers a winning combination of the three scientific principles most responsible for increases in muscle mass, strength and power. Train blindly without using them to full advantage and you'll short change your gains. Master them and you'll make the greatest gains possible.

The Triad Centered Training is further information about Triad Centered Training, give me a call at Aletika (1-800-621-2602). I'll send you a limited edition 16 page booklet to explain the Triad Centered Training process in more detail so you'll be able to apply this effective plan for maximum gains.

Rick Brunner

probably already familiar with it - often taken just before the workout and right after because it's in tablet form and requires some time to break down.

So far we've taken care of the anabolic or growth side of the training equation. We've increased the quantity of ribosomes in transcription by introducing training methods which create the tension necessary to cause the optimal neurohormonal response. Then we've improved the quality or efficiency of these ribosomes during the translation process to assemble more muscle proteins from free amino acids by stimulating them with LMWC's. When ever you use a sport supplement you should know full well how it works in translation. If the supplement manufacturer can't tell you (most don't know much about what they sell), walk the other way because the seller doesn't have the scientific foundation to guide you in the right direction. Supplements are expensive enough without having to rely on the old slogan/guesswork approach to their use. Now on to the third and final principle in Triad Centered Training.

CORTISOL SUPPRESSION

Even though you've done the very best you can at increasing the rise in anabolic potentials in recovery, there is still one thing to hold you back, and that's a catabolic hormone called cortisol. Cortisol is the "bad boy" of high intensity training. As you increase the intensity of your lifting you do increase testosterone and growth hormone, but the cortisol level is also raised. It's inefficient to train hard and get a great anabolic shift only to have it taken away by high cortisol levels. For this reason, researchers working with Aletika Sport International uncovered the first natural supplement which can lower cortisol levels during training and in recovery. It's called "First-Strike" and it is designed for the advanced level strength athlete. In fact, First-Strike is so effective at

fact, First-Strike is so effective at

(article continued from page 17)

don't know your volume. If all this sounds like it requires more work on your part, it does. You must think smart like a champion to become a champion. Wishing won't do it. The blind use of supplements won't do it. Now let's move onto principled number two in Triad Centered Training.

TRANSLATION AMPLIFICATION

Now that you're blessed with more ribosomes from stage one, the second stage is using these ribosomes to the best of their ability, to stimulate them into full action. We can turn up the heat in the anabolic kitchen by introducing specific low molecular weight compounds (LMWC's) in recovery. These compounds will be in the form of supplements, and they are designed to stimulate the ribosomes to become more energized so they will assemble more amino acids into muscle protein chains. This is the process of translation and it is usually a rate limiting step in muscle protein biosynthesis. In other words, even if you're doing your job by training correctly and taking advantage of the principle of neurohormonal response, if these extra ribosomes are not used to their potential, you've lost a great opportunity. This is where supplements will help. Supplements which amplify translation contain compounds like creatine monohydrate, glutamine, phytosterols, and amino acids, to name but a few. Rarely do they perform at the transcription level as do testosterone analog drugs like Norethol, Deca-Durabolin and many other steroids. They are safe to use as they never enter the cell nucleus.

The timing of the LMWC's is important, as is their dosage. In general, I introduce supplements like Ribosyn, Creatine Monohydrate, and Amino 3D immediately following a workout. They are easily absorbed and get into the muscle cell when translation is beginning to help stimulate the process. The physio-terol supplement Reitolb you are

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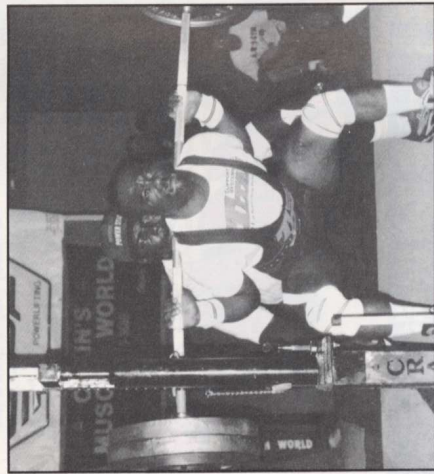
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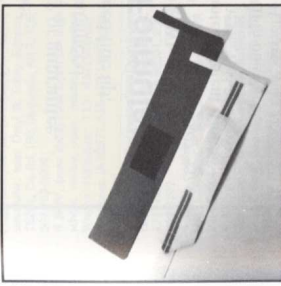
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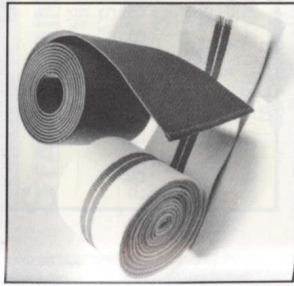
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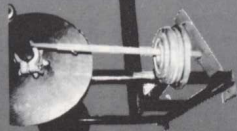
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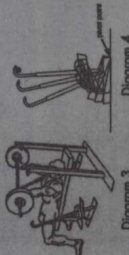
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18 NOV, APT Fitness Unique PL/BP (teen, open, submaster, master, men/women, BP all ages, w/ class), D. J. Gann, 545 W. Hwy 303, Grand Prairie, TX 75051, (214) 642-0785
18 NOV, Body America All Natural Thanksgiving Bench Wars, Howard Bitton, 1510 Westchester Ave., Yorkville, NY 13095, (315) 755-9300

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94014, 415-992-1114
11 NOV, AFA NFCAI Push/Pull (outside lifters welcome - 2 wks notice, men, jr., submaster, master, grandmaster) Freddy Laits, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048
11 NOV, Illinois Open BP/PL (teen, master, women, submaster, open), Mike Depina, 1835 S. 29th St., Oak Brook, IL 60110, (708) 571-4432/0702
11 NOV, 3rd ADFFA 300 LB/160 lb Bash and/or 11 NOV, USA vs Mexico BP (women, teen, novice, jr., submaster, master) Manual Villareal, 895 N. Bascom Rd., San Jose, CA 95112, 800-884-9879 ID code MEME

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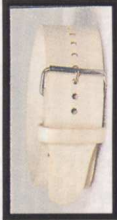
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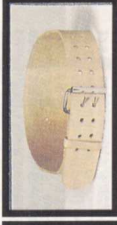
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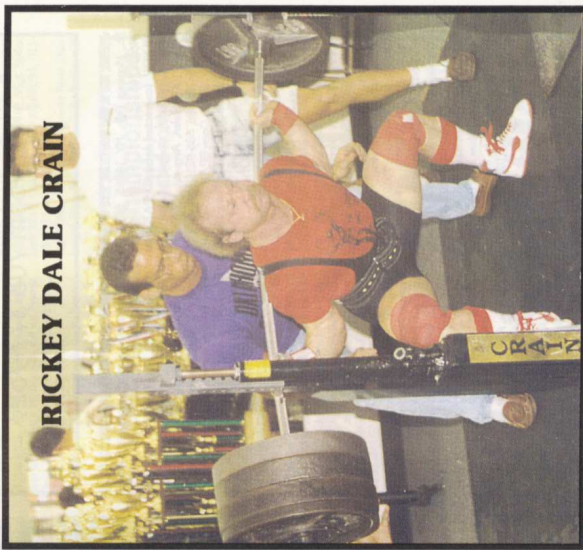
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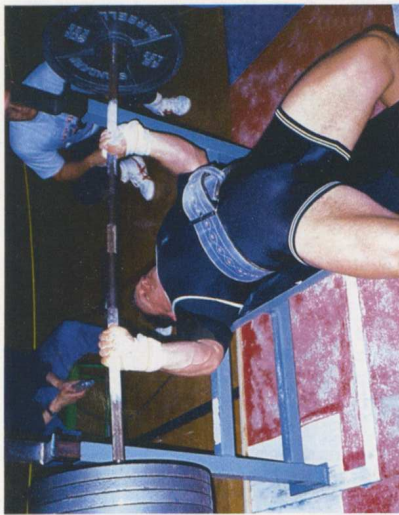


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To allow for more competitiveness during the meet, IPA lifters are permitted to change their attempts twice in the squat and bench press up until they are called "in the hole" and as long as the bar is not reduced to a poundage lower than what is on the bar. In the deadlift, attempts may be changed as often as desired by the lifter with the same provisions as the squat and bench press. A lifter may take a fourth attempt within 80 lb. of the current record. If a lifter is taking a fourth attempt and is among the last five lifters of the flight, the lifter will be granted a period of time by the head referee of no less than three and no more than eight minutes to initiate the attempt.

Lifters are allowed their own rear spotter during the squat as well as their own center spotter for the lift-off of the bench press. Most importantly, all of our referees are lifters with years of experience and hands-on knowledge of the rules and their application. Our emphasis is on performing the lifts correctly, without partiality or prejudice to any lifter. These are just a few of the general principles which make the IPA a lifter's organization. For IPA memberships, meet information, patches, or T-shirts, contact John Schaeffer, 102N. 3rd St., Womelsdorf, PA 19367. (610) 589-5213. Sincerely, Tamara Reinmutter-Grimwood, IPA Executive Board Member.

giving the squat command before the lifter is prepared and allows the lifter to begin without having to wait an extended amount of time for the signal. There is a formal rack command at the finish of the lift. The lifter's feet may move during the squat as long as he or she regains control without the intervention of the spotters.

The bench press has two significant rules which set it apart. First, the "press" signal is given immediately when the center of the bar is controlled and the feet may move in any direction and amount without penalty as long as they remain in contact with the platform surface. The bar must be lowered to arm's length without assistance and pressed to arm's length, at which time a "rack" command will be given. During the deadlift, the lifter must lift the bar upwards in one motion until the lifter is standing erect. The bar may stop during the movement, but may not go down until the "down" signal is given.

In reference to lifting equipment, elbow supports may be worn during the squat and deadlift. A one piece lifting suit must be worn, although it may be worn over one layer in thickness. A bench shirt of any type may be worn and may be of any thickness as long as it is constructed as a one piece shirt. Wrist wraps, knee wraps, and shin guards are also allowed.

This eliminates the referee mistakenly giving the squat command before the lifter is prepared and allows the lifter to begin without having to wait an extended amount of time for the signal. There is a formal rack command at the finish of the lift. The lifter's feet may move during the squat as long as he or she regains control without the intervention of the spotters.

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IPA Pro-Am U.S. Bench Press

- 16,17 Sep 95 - Womelsdorf, PA
- Open 123 165 Teen (18-19) 285
 - F. Keefer, Jr. 260
 - 148 198 Teen (18-19) 315
 - T. Shihaiti 265
 - P. Shaw 325
 - 153 123 Master (33-39) 315
 - D. Gentry 315
 - 165 165 Master (33-39) 305
 - 181 165 Master (40-44) 20
 - J. Gutierrez 305
 - J. Mitsopoulos 360
 - E. Wells 181
 - 181 181 Master (50-54) 305
 - R. Grimes 181
 - 198 198 Master (33-39) 360
 - R. Muthall, Jr. 280
 - W. Luciano 410
 - P. Mercante 380
 - 220 220 Master (33-39) 405
 - R. Moran 242
 - 242 242 Master (33-39) 370
 - W. Lilly 390
 - 390 K. Fasnach 325
 - 22 242 Master (40-44) 160
 - 22 242 Master (40-44) 160
 - M. Reynolds 455
 - 242 242 Master (45-49) 355
 - L. Frazer 355
 - 155 155 Master (40-44) 105
 - T. Boyer 195
 - 195 Open Pro 198 380
 - J. Rhoads 148
 - 150 220 242
 - S. Kurtz 110
 - 242 242
 - 242 415
 - 242 275
 - 340 D. Barro 525
 - 155 M. Teter 190
 - 155 S. O'Veilly (40-44) 450
 - S. O'Veilly 450

Best Lifters: Women Amateur-Jodi Rhoads, Men Amateur-Light-Brian Crow, Men Amateur-Heavenly-Scotty, Women Amateur-Heavenly-Mitsopoulos, Amateur Master-Heavenly-Todd Sharpe, Amateur Master-Wilson Luciano, Pro-Rich Boone Team: 1. Fine Industry 252.2, Grimwood USA Bench Press Championship on September 16, 1995, was a great success. Many of the lifters commented that it was one of the best meets they had ever attended. The IPA Executive Board Members, spotters, loaders, the Grimwood, announcer Tom Levering, record keeper DKH, Armstrong, Penn-

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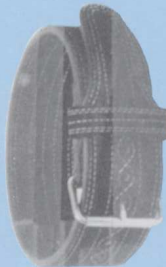
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