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#### A. ELITE LEVER ACTION BELT

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

- 100% Guaranteed against normal wear and tear for the life of the belt
- Six rows of heavy duty stitching
- Can be tightened lighter than conventional belts
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- Features seamless roller buckle
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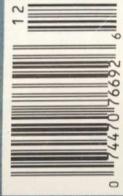
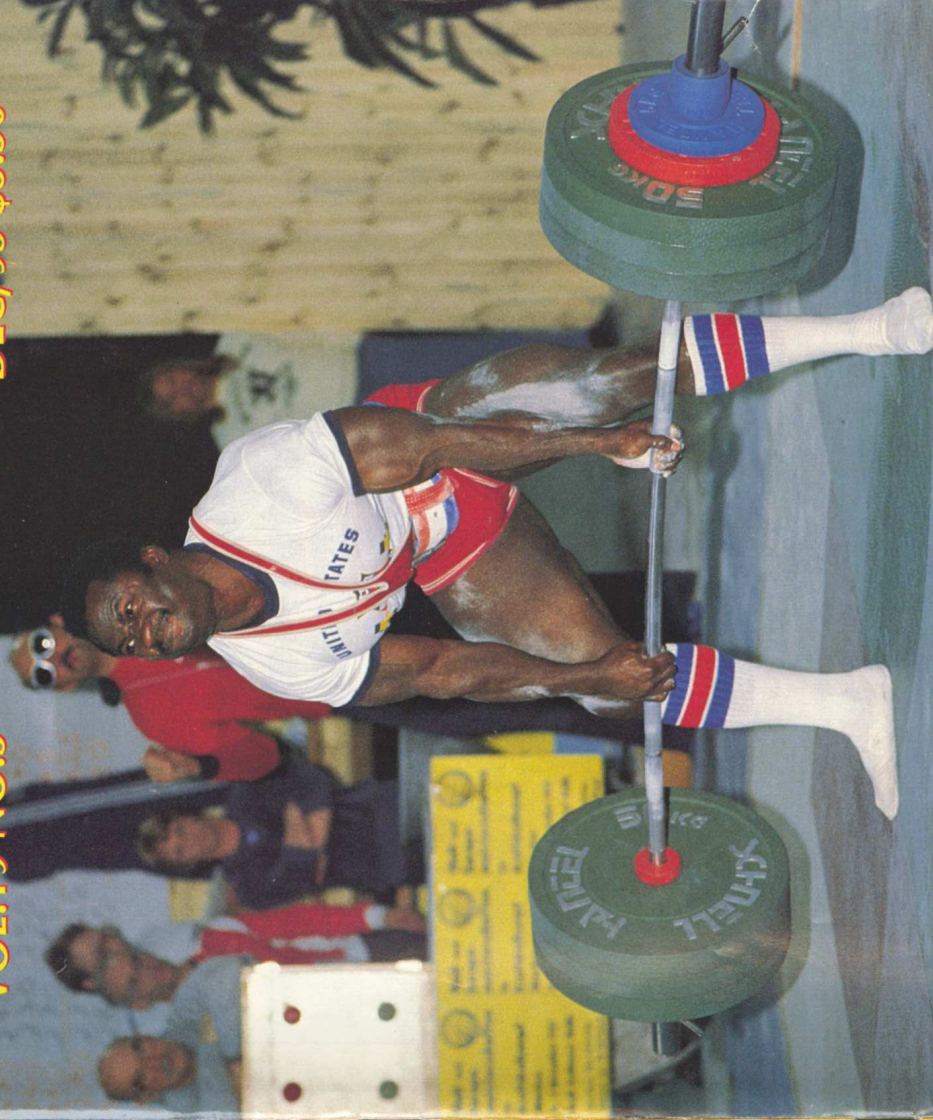
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# POWERLIFTING USA

VOL.19 NO.5

DEC/95 \$3.50



# WALTER THOMAS



The Most Important Development in Powerlifting Apparel Since the Introduction of the "Squat Suit"

# The DEADLIFT™ SUPERLIFT®

By Marathon Power Apparel

... "The first suit, exclusively designed and specifically made for increasing the amount of weight you can Deadlift. Without question this is the most significant development in powerlifting apparel in over 20 years!"



It's been said that the "meet doesn't start until the weight is on the floor" — well, maybe that's not quite true, but as every lifter knows that because the Deadlift is the last lift of the meet, it is the deciding factor in most competitions - So you must give yourself every legal advantage you can in increasing your deadlift.

**The key to greater deadlift poundages is increased vertical lift and the Deadlift SUPERLIFT does just that.**

This suit was specifically designed and engineered for the purpose of deadlifting. When you start to pull on the bar, get ready to hang on, because the bars gonna move! Countless lifters from champions to novices, male or female, conventional style, or Sumo style deadlifters have all significantly increased their deadlift poundages when using Marathon's Deadlift SUPERLIFT.

Conventional Style Deadlifters will experience the greatest vertical lift-off ever! The power at the start of your deadlift and through the entire range of the lift will increase dramatically and so will the poundages that you'll be handling. Sumo Style Deadlifters will also experience greater vertical lift-off and increased power from the start of the lift. They will be able to keep their backs more erect and their legs in the lift longer for increased deadlift poundages.

The key to the Deadlift SUPERLIFT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power.

The Deadlift SUPERLIFT is constructed of the strongest material ever developed for powerlifting — Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it and it's only available from Marathon Power Apparel. This suit is legal for all competitions.

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YOU'VE GOT ONE LIFE TO LIFT - MAKE THE MOST OF IT WITH MARATHON!

The 10% Solution! - Don't just take our word for it, look at the results these powerlifters have achieved.



David Ricks  
CURRENT WORLD CHAMPION and many times National Champion, since using the Deadlift SUPERLIFT has exceeded his own record deadlift a number of times over the past year.

This includes a personal high at the most recent IPP World Championships of 675 lbs. at middle-weight.

David states . . . "The Deadlift SUPERLIFT is one of the most important advances in powerlifting apparel ever, and by its proper use, you can increase your deadlift poundages significantly."



Tamara Rainwater-Grimwood  
THE WORLD'S STRONGEST WOMAN raves about the Deadlift SUPERLIFT. Make no mistake about it, Tamara was tremendously strong and a champion

before lifting in the Deadlift SUPERLIFT, but in her own words . . . "The Deadlift SUPERLIFT has added at least 10% to my dead-lift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."



James Drake  
TEENAGE POWERLIFTING CHAMPION and record holder. At age 15, James used the Deadlift SUPERLIFT for the first time and in his first training session increased his best at 315 lbs. from 9 reps to 15 reps! But it didn't stop

there. In his first contest using the Deadlift SUPERLIFT, and weighing 135 lbs., James increased his deadlift from 401 lbs. to 441 lbs. A huge 10% increase. Since that competition James has exceeded his record a number of times. In his own words . . . "The Deadlift SUPERLIFT is one of my greatest assets in my young lifting career."

**These are just the few of the testimonials** from the many lifters that have used the Deadlift Superlift over the past year during its final development. Now it's here and we guarantee that whatever you're deadlifting now - whether you're a world champion, a novice lifter or even a record-holder - that you will increase your deadlift poundages, or you'll get your money back, including shipping.

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The Original Deadlift SUPERLIFT!



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If you wish to mail your order in, use our convenient order form and receive the same 2nd Day Air delivery at NO EXTRA CHARGE!

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COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE INCLUDE HEIGHT, WEIGHT AND THIGH MEASUREMENTS SO WE CAN FIT YOU PROPERLY. IF YOU'RE CERTAIN OF YOUR SIZE INDICATE IN APPROPRIATE COLUMN OF ORDER FORM. SIZES AVAILABLE ARE FROM 24-32 IN EVEN SIZES. SIZE TO INSURE PROPER FIT PLEASE INCLUDE MEASUREMENT ON ALL ORDERS.

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			TOTAL	

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# Marathon® Sports Nutrition Brings You The Number 1

## Nutrient for Getting Stronger!

**The Ultimate Muscle Fuel**

### Creatine Monohydrate

**The number one nutrient for getting stronger and bigger...**

Clinical research has proven that Creatine Monohydrate increases your ability to restore your muscles' primary bioenergetic source, adenosine triphosphate (ATP), much more rapidly. The result is a constant supply of muscle energy. Marathon gives you Creatine Monohydrate in its most effective form: 100% pure USP pharmaceutical grade.

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.
- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.

#### Marathon's Creatine Supreme™ Powder...

- Delivers results fast - within two weeks.
- Each serving contains 5 grams (ideal dosage) of 100% pure USP pharmaceutical grade Creatine Monohydrate.

- Easy mixing tasteless powder just stir and drink
- Has purity and potency guaranteed by laboratory analysis.

Marathon Nutrition offers you the broadest selection of Creatine Monohydrate products on the market. Our broad selection of Creatine Supreme is a real convenience for the serious powerlifter and strength athlete. In addition, you can realize greater savings on our larger sizes.

#### Creatine Supreme Powder

100% pure USP pharmaceutical guaranteed by laboratory analysis.

- 100 Gram Bottle - REG. \$29.95 - **Now \$19.00**
- 300 Gram Bottle - REG. \$89.95 - **Now \$44.00**
- 600 Gram Bottle - REG. \$179.95 - **Now \$79.00**
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Case Pricing Available

**The Ultimate Muscle Fuel In Its Most Convenient Form**

### Creatine Monohydrate Supercaps™

**The number one nutrient for getting stronger and bigger - Now in High Potency Capsules**

- Now easier than ever to use.
- No need to mix with water or other liquids.
- Four capsules equals one heaping teaspoon - 5000 mg of Powder!

Clinical research has proven that Creatine Monohydrate increases your ability to restore your muscles' primary bioenergetic source, adenosine triphosphate (ATP), much more rapidly. The result is a constant supply of muscle energy. Marathon gives you Creatine Monohydrate in its most effective form: 100% pure USP pharmaceutical grade.

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.

- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.

- Marathon's Creatine Monohydrate Supercaps delivers results fast: within two weeks.

- Each capsule contains 1250 mg. 100% pure USP pharmaceutical grade Creatine Monohydrate.

- Purity and potency guaranteed by laboratory analysis.

#### 100 caps - REGULAR \$39.95 - **Now \$24.00**

(Total 125 grams Creatine Monohydrate per bottle)

#### 250 caps - REGULAR \$89.95 - **Now \$54.00**

(Total 312.5 grams Creatine Monohydrate per bottle)

#### 500 caps - REGULAR \$179.95 - **Now \$99.00**

(Total 625 grams Creatine Monohydrate per bottle)

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## New Advanced Generation Supplements Maximize Muscle Growth and Increased Strength by Retaining Glutamine

**GRF™** Advanced Generation  
Glutamine Retention Formula  
with Alpha-Ketoglutaric Acid

### Glutamine Retention Formula

To optimize your muscle growth and repair, your body must have an ample supply of three very critical nutrients. They are Glutamine and Taurine - the two most abundant acids found in muscle cells and Alpha-Ketoglutaric Acid (AKG)

Without an ample supply of these very critical amino acids and Alpha-Ketoglutaric Acid (AKG) you won't be able to maximize your muscle building or strength gaining efforts. GRF (Glutamine Retention Formula) is formulated to overcome the problem of Glutamine and Taurine losses plus provides the right amount of AKG.

#### Here's How it Works

- Enables muscle glutamine synthesis and retention by molecularly bonding AKG with pure form glutamine.
- Provides pure form L-Glutamine for ongoing intestinal demands.
- Provides Alpha-Ketoglutaric Acid (AKG) which helps preserve muscle glutamine levels and is a precursor of Glutamine.
- AKG is also nitrogen sparing - which helps you stay in positive nitrogen balance.
- Provides the essential co-factor chelated manganese for the synthesis of glutamine.
- Delivers RNA to add to muscle glutamine retention.
- Supports cell volumization by providing the free-form amino acid Taurine. A must during periods of intense metabolic stress.

#### Formula

Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

L-GLUTAMINE	.....275 MG
A-KETOGLUTARIC ACID	.....25 MG
TAURINE	.....150 MG
CALCIUM A-KETOGLUTARATE	.....63 MG
MANGANESE	.....400 MCGS

#### Compare to other brands formulas and save.

**GRF (Glutamine Retention Formula)**  
120 capsules Regular - \$29.95  
1 Bottle (120 capsules) - **Now \$25.00**  
2 Bottle (240 capsules) - **Now \$46.00**  
4 Bottle (480 capsules) - **Now \$81.00**  
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**NEW**  
Glutamine Retention Formula with Alpha-Ketoglutaric Acid

## New Advanced Generation Supplements Powerlifters and Bodybuilders consider Vanadyl Sulfate one of the best supplements they have ever used.

**New Advanced Generation Vanadyl Sulfate Formula**

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**Now nutritional science has advanced this fantastic supplement to the next generation - Here's The Difference**

V-3 contains the powerful supplement Vanadyl Sulfate plus two key nutrients that mimic Vanadyl - the amino acid Taurine plus Sodium Selenate an essential trace mineral. The latest research has shown that the effects of Vanadyl Sulfate can be greatly increased by adding these two key nutrients as co-factors.

That's why using the three-way approach of Vanadyl Sulfate in combination with just the right amounts of Taurine and Sodium Selenate increases Vanadyl's effects by as much as 300% for increased muscle mass and strength gains.

#### Formula

Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

VANADYL	.....7.5 MG
SELENIUM	.....33 MCGS
TAURINE	.....800 MG



**NEW**  
Vanadyl Sulfate Formula With Essential Co-Factors

Marathon Nutrition offers you V-3 the Advanced Generation Vanadyl Supplement at unheard of savings.

#### Compare to other brands formulas and save.

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## Marathon® SPORTS NUTRITION







# INTERVIEW

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

**ML:** Walter, you have a special perspective on our sport, competing and winning at the highest level, the IPF Men's World Championships, over a period of three decades. From your first title to the same most recent one, what is the same about the Worlds, what is better, and what—if anything—is worse?

**WT:** The IPF Worlds still provides the highest level of competition worldwide and the availability of drug testing procedures which levels the playing field for all competitors at world meets. I noticed that many new countries are now competing in the IPF, which makes it better for our sport. I look forward to the day when the IPF World Meet is hosted again on U.S. soil.

**ML:** Please review for us the techniques you utilized to rehabilitate your back injury, which kept you off the platform for years, until you came back to win several recent national and world championship victories. That degree of injury seems like it would have permanently retarded most lifters.

**WT:** Mike, there are several techniques that I used:

1. Traction for lower lumbar back, administered by my good Physical Therapist friend Todd Munson.

2. Staff Leg Deadlifts, suggested by my training partner Clark Chestland.

3. Decrease in training, dictated by my age (smile).

4. Feldene (Anti-Inflammatory Medication) prescribed by my doctor for my back.

5. Subtotal. I believe a lifter should take a one year break from major competition every 3 years, but I don't stop training. I just scale it down.

**ML:** How has the sport dealt with the issue of drug usage during your long tenure? Is drug use down these days, in your opinion. Are we better off than we used to be?

**WT:** I believe the IPF, WDFPF, ADFPA, and the USPF have addressed the eradication of this disease in our sport (which has plagued many) by providing highly sophisticated drug testing procedures which discourages drug usage at the national and international levels. However, I suspect drug usage at the state and local levels are still running rampant due to the high expense the

against the younger generation, it keeps me motivated - win or lose. (Smile).

**ML:** When you are training in the gym, or lifting in competition, do you still hear the advice of Dick Burke, your mentor, in the back of your mind? Please share with us your thoughts about Dick.

**WT:** Yes! Dick Burke was very much more than a coach to me, he was my best friend, my brother-in-Christ, he was like a father to me in many ways. On many occasions, about three weeks before major competition, he would subtly prepare me mentally for the upcoming event. He would talk about priorities, like win the meet first, achieve personal records second, go for world and national records third, etc. I have been accused of being a conservative lifter in major meets, well, you can blame Dick for that, because he always suggested win first, then save any extra energy for the next major competition. Now that I look back on that brilliant suggestion, that's probably the reason I have lasted this long (smile). Many times when I am in the gym training, I can subconsciously hear the echoes of Dick's voice giving me sound advice on how to train. Many times in heated battle on the platform going for a limit lift, I try to subconsciously think back to advice that Dick communicated to me in our training sessions. Dick Burke was truly an asset to our great sport of Powerlifting and the greatest coach that I had a pleasure and honor of knowing.

**ML:** I know that you are recently retired from your careers in Civil Service and the U.S. Military. What were your accomplishments in those areas?

**WT:** Mike, I have been connected with the U.S. Government since age 17. The U.S. Government has provided me with a livelihood and opportunity that I probably would not have acquired as a civilian. I was a high school dropout and juvenile delinquent, before enlisting in the Army in 1963. The following are the things I accomplished over a 32 year period in government service: 1. Retired 32 years Civil Service; 2. Retired 22 years U.S. Army Reserve; 3. Served 3 years active duty U.S. Army, rank PFC; 4. Acquired



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# h a v e

Using Promax helped them fine-tune their bodies — increasing muscle and definition. The factors that mean the difference between success and so-what. Dave Fisher, IFBB pro and North American Overall Champion, says, "Promax is the best protein supplement you can buy. It tastes great. It's pharmaceutical-grade. It's formulated right. That's why it's an integral part of my training regime."

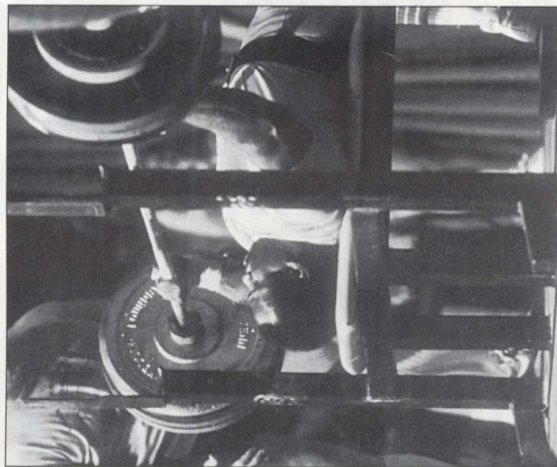
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## Walter Thomas interviewed for Powerlifting USA by Mike Lambert

**Balance...** Walter is a triple threat man - good in all three disciplines.

As you know Mike, I didn't have access to this type of a Training Program as a lifter in the early 70's, but I did have the greatest coach ever, the late Dick Burke. As a result of his expert advice, I was able to become a World Class Athlete in a very short time. Twenty-Five years of experience and devoted, hard, tedious work have gone into developing these Training Courses. I know that anyone purchasing this program will not regret their investment in this lifetime. All of the information in my Training Program is the

**Truth!!**  
**ML:** You're 50 years of age now. Will you be competing in World IPF World Masters Championships in the future.

**WT:** Yes, also in the USPF and ADFPA Seniors, and the ADFPA Masters. I still like to compete

by using my Training Program.

seven major World and National Championships that I have won over a 25 year period of time. The lifter will be able to avoid trial and error methods which consumes a lot of valuable time, by using my Training Program.



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# Give Me 90 Days and You Will Achieve Your Best Lifts Ever-Guaranteed!

The Grimwood Strength System™ created the world's strongest and greatest powerlifters and will teach you the secrets to becoming a world class lifter.



- Dear Powerlifter,
- Yes, the above is true. The Grimwood Strength System™ is directly responsible for creating the world's strongest male and strongest female powerlifters. On May 29, 1994, my wife Tamara became the first female to bench press over 400 lbs. The reason? The Grimwood Strength System™. On March 25, 1995, Jamie Harris became the first human being to bench press 740 lbs(0) in competition. The reason? You guessed it, The Grimwood Strength System™.
- World's strongest male and strongest female powerlifters. On May 29, 1994, my wife Tamara became the first female to bench press over 400 lbs. The reason? The Grimwood Strength System™. On March 25, 1995, Jamie Harris became the first human being to bench press 740 lbs(0) in competition. The reason? You guessed it, The Grimwood Strength System™.
  - My name is Terry Grimwood and I am the developer of The Grimwood Strength System™. The Grimwood Strength System™ is a revolutionary method that has taken years to create. This method, if followed correctly, guarantees to turn any powerlifter into a **superhuman** powerlifter.

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

Sincerely,  
 Terry Grimwood

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

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

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World Champion **Franklin Keefer** added 215 lbs to his total in 90 days!

World's biggest bench presser **Jamie Harris** increased his bench press 200 lbs in less than 24 months (to 740 lbs)!

and the list goes on and on...

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

### Creating the Superhuman Powerlifter of the 21st Century

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

### My Personal 100% Guaranteed

- How can I be so positive of your success? Because I have never had a powerlifter not become:
- National champion **Tonya Meyers** increased her bench press 55 lbs in less than 90 days!
  - Powerlifter **Scott Lewis** increased his bench press over 400 lbs!
  - National champion **Tamara Grimwood** added over 275 lbs to her bench in a few short years to become the first and only woman to ever bench press over 400 lbs!
  - National Powerlifting Super-Heavyweight Champion **Grant Pitts** increased his squat from 820 lbs to 1000 lbs in 10 months, increased his deadlift from 750 lbs to 825 lbs in 6 months, and increased his bench from 625 lbs to 700 lbs in 90 days!

### World Champion Results

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

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

"Terry Grimwood's strength system principles were instrumental in helping me bench more than any other human being!"  
**Jamie Harris (World Bench Press Record Holder- 740 lbs)**

"As a result of the Grimwood Strength System, I have improved my squat to 1000 lbs, my bench to more than 700 lbs and my deadlift to 825 lbs!"  
**Grant Pitts (National Super Heavyweight Powerlifting Champion)**

"Terry and Tamara Grimwood provided me with a program that added 55 lbs to my bench in less than 3 months...I can now bench press nearly double my body weight!"  
**Tonya Meyers (National Power Lifting Champion)**

"Terry Grimwood's strength program is the very best that I have seen in over twenty five years of competition!"  
**Charlie Evans (Olympic Weightlifter-1980 U.S.A. Olympic Team Member(alt))**



Roger Estep was a very muscular 198 in the mid 1970s, but his lifts were just average. His total was in the mid 1600s. Some time had passed during which I had not seen Roger at the local meets. Looking at some recent results, I noticed Roger had totaled around 1800. When I did see him, I asked him how he got his total up so much. He smiled and told me that he went to California to train at the Culver City Westside Barbell Club. He went on to tell me how George Frenn and Peanut West had showed him things he had never dreamed about. Those things were responsible for his new success. In fact, he set the 198 squat and total record, breaking the legendary Larry Pacifico's reign. Larry even sent Tony Finton to watch Roger's lifts; they were clean. I was present at the equipment check and saw nothing illegal.

I was envious of Roger, but I could not make such a trip because of work. Everything I had learned was from Westside Barbell's articles in the old *Muscle and Power Builder* magazine. I learned a valuable lesson: Training has the most influence on a muscle cell, not supplements, legal or otherwise. Little did I know that 16 world and 23 national champions later people would be making similar trips to Columbus's Westside Barbell to learn the newest and most proven methods of powerlifting.

Visitors are ever-present at Westside. In fact, the number of people was getting out of hand to the point that some of my boys were threatening my life. Having had enough health problems, I decided to schedule these visits, which kept training on schedule.

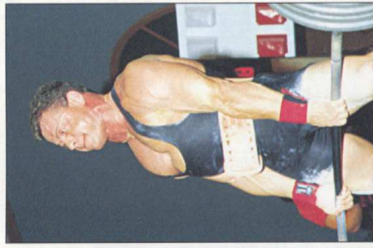
One lifter that came to visit, and was glad he did, was John Wardell, a very successful personal trainer at Body Chemistry, in New Jersey. He devotes his time to helping others, but he needed some help of his own. He and his friend Tom Rutigliano came for a workout and 418 bench for over 8 years. After his first trip to Westside, he realized that his triceps needed work. He had somewhat of a bodybuilding background, doing a lot of push-downs for triceps. He also trained the bench press too heavy.

John first reduced his training weight to 275 for 8 sets of 3 reps, using maximum speed and acceleration. He brought his grip in from maximum width to inside the power rings on the bar, working in to the smooth part of the bar with his index fingers. His two favorite exercises became the Paul Dick's press and two-arm dumbbell extensions with short rest periods.

The result of these changes was

## TRAINING

### THE TRIP ... by Louie Simmons



Angelo... a frequent Westside visitor

a 100 pound increase in 5 months. To prove it really worked, he lifted the 1995 APF Seniors and hit an easy 501. He also made 512, but was turned down for a slight bar tilt. His squat also jumped 44 pounds to an 804 at 220. His squat form changed completely after training on the Reverse Hyper machine and doing belt squats. As for most lifters, his legs were way ahead of his hip strength, but learning to box squat made the difference.

So, what did John attain from his visit: a third place finish at the 1995 APF Senior Nationals. I'm sure this is just the beginning for John.

Billy Masters, a junior lifter and current junior world champion, came to visit us 2 years ago. He exchanged training ideas with Jerry Ohradovic and George Halbert. Billy's squat, at the time, was only 633 at around 315; not too respectable. He wanted to learn how to box squat, so we spent some time showing Billy the finer points of how to use a box. We first taught him to sit back, not down, on the box and to force his knees out before starting back in the squat.

He found that if he sat back until his shins were past vertical, all the pressure is placed on the hips, glutes, hamstrings, abs, and lower back. The result of Billy's new training was a 755 squat at the 1994 WPC

eccentric/concentric chain. You are in a natural position. Then by reflexing the hip flexors, you return to the top. This break in the eccentric and concentric portions of the movement makes box squatting more demanding than, and thus, superior to conventional squatting.

Finally, I want to relate a success story of epic proportions. Angelo Berardinelli was stuck at 600-644 in the squat for 3 years. I told him his form was fair but his major muscle groups were weak. His form was close to ours, but he knew nothing of the specialized exercises we do. He was doing our bench press training, and as a result, his bench jumped from 363 to 418, which he did at the 1994 WPC Worlds. A low 600 squat, 418 bench, and 573 deadlift was keeping him a bridesmaid, never a bride. He made a deal with me, and we both paid up at the 1995 APF Seniors in Dallas.

First, Angelo came down for a week to learn box squatting, some special bench press work, and deadlift technique. After 6 weeks of box squatting with no more than 405, he hit a 705 squat and a 605 deadlift at the IPA Record Breakers.

Angelo was convinced. He returned to the box, working up to no more than 435, followed by arched-back good mornings. For the bench press, two-arm dumbbell extensions, close-grip rack work, and floor press were used. He made a close-grip floor press with 390. I said that he should be able to bench 440. His main deadlift work was performed by doing squats on an 8 inch box. For a sumo deadlift, this really builds the hips and lower back.

So what does all this add up to for Angelo? A 716 squat, 440 bench, and 611 deadlift, a 1769 total, and a victory over the venerable Ricky Dale Chain.

When visitors come to Westside, they are shocked by the size of the gym: 20 by 40 feet. As far as equipment, if it doesn't increase strength, we don't own it. If an exercise doesn't help to raise totals we don't do it. The only reason someone trains with us is to become a national or world champion or world record holder.

There are only two photographs hanging on our walls: Matt Dimel, a national champ and world record holder in the squat, and a picture given to me by Dr. Ken Leistner of none other than Bill "Peanut" West. So in a way, Peanut still overlooks everything that goes on here in Columbus, and somehow I sense that he couldn't be in a happier place than Westside Barbell.

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# TRAINING

## TRAINERS OF TODAY AND TOMORROW Climb Aboard and Join the Future by Rick Brunner



Do Top Lifters, like Rick Crain have a future as personal trainers?

Several of the trainers I work with have persuaded me to write this article. Some of you may be thinking of becoming a trainer, and what I have to say will be important in building your business and helping as many athletes as possible. There is a huge need for competent trainers, not only in the training of powerlifters, but in many other sports as well. As we move into 1996, it's time we combine our forces, share information and create something no less than coaching synergy. All powerlifters, all athletes for that matter, will be better off.

As President of Atletika Sport International, I have helped to educate thousands of athletes. My position in the company has allowed me to travel to many foreign countries and meet with hundreds of sport scientists, coaches and elite athletes. I have advised athletes in three Olympic Games and have helped many others reach elite athlete status. While my access to athletes is limited due to my many corporate duties, I am constantly bombarded with inquiries from athletes in search of a better way of training and the use of sport supplements. These athletes need your help and you need their business.

Earlier this year I commissioned a study to determine the status of trainers in the USA. The results of this study will have far reaching importance to the serious trainer who wants to make training their life long career. Here's a short summary of our findings of how trainers are faring today:

1) Very few (7%) of all trainers are ultra successful. These coaches have learned how to leverage their work and network with others to build their "training empire." They have gotten over the hill to greener pastures and can now pick and choose the types of athletes clients they work with. They are financially secure and are building a significant nest egg which gives them the power to do as they please.

2) Most (89%) trainers are struggling out a bare existence as a personal trainer. They live day to day on the one-on-one contact with others. They are trading time for dollars. These trainers must work to be paid, and this work includes coaching and recruitment of new clients. It's difficult for most trainers to keep up with the latest training and supplement technology because they just don't have the time. Plus, a lot of training and supplement information out there is either outdated or pure hype. Their ability to find more clients so they can stay in business is also limited. The statistics show us that the outlook for a

pers by way of phone, fax, newsletter, E-mail and Internet Web sites. Their knowledge of new training methods and sport supplements will be unmatched. They will have so many clients they will have to hire and train new trainers to carry the load. As a leader in their profession, they will place themselves on the road to success by being proactive.

The choice is clear. In the future, the trainer who trains as they have before will be passed up by the trainer who learns to master the new technologies available. The successful trainer will keep current on the latest training, diet and supplement information and they will impart this knowledge to their athlete clients. These clients will make great gains and they will become more motivated to excel. They will stay as a client and they will tell others what a great trainer they have.

I've got some ideas that may help you. Most of the athletes Atletika Sport International helps are serious drug-free strength trainers. While they are typically not beginners, they still don't have a clear idea of how to break free of beginnerhood. The many articles about training and supplement use I have written about have allowed athletes to become better lifters, and some of these lifters have broken regional, national and world records in the process. However, many more athletes are out there and they are searching for guidance. Help should come from a personal trainer who can coach them one-on-one. I would like to help you via the "Atletika Trainer Network."

To become an authorized Atletika trainer requires only a small investment in time on your part. But the benefits to you are great. Here's how we can help you build your business and help as many athletes as possible:

1) As a true network, you will increase your exposure among others in your profession. If you've got something that works for your athletes, share this method with others. They will be sharing their success with you.

A bimonthly newsletter titled "The Training Edge" covers the latest breakthroughs in training, diet and sport nutrition. Many of your questions will be answered in this newsletter. We also have E-mail and our own Internet web site that you can access for help and information. This will keep you current on the newest technologies in your profession.

2) As a training and supplement company, Atletika principally markets its products and services through direct sales to athletes. Many

They help us "spread the word." As trainers, we have a choice: 1) We can learn and grow in our profession, casting aside outdated traditions when it becomes clear that new methods work better. We can communicate with others in our profession, sharing our experiences, both good and bad. We can "connect" with other coaching professionals and create a synergistic support group to help us along our training journey; or 2) We can stand on the corner as sport science passes us up. We can lose out on the rewards of networking, of being a leader in our profession.

In the future most trainers will continue to struggle. They will have little security and will be unable to keep up on modern methods of training. They will continue to have a tough time getting enough clients. They will stay on the road to failure by being at the least inactive and at the most reactive. In contrast, the progressive trainer who leads us into the twenty first century will be empowered with a system of working his or her business using new technologies. They will communicate with ex-

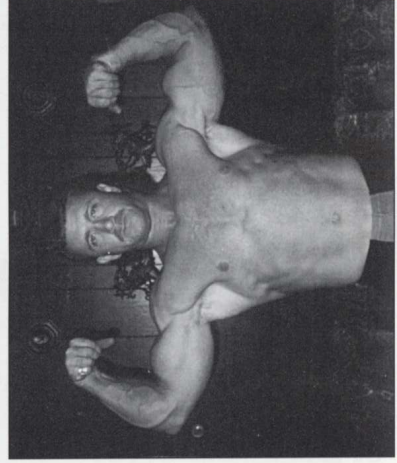


# POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

## LARRY McWHORTER

as told to POWERLIFTING USA by Herb Glossbrenner



From Power Sport to Power Force... Larry McWhorter is a champion

According to Roman Catholic theology there is a place where the souls of those who have died pending stay in a state of temporary banishment, punishment and suffering. It is called purgatory, a labyrinth of cold stone corridors with two exits to contemplate. One leads to the sulfurous brimstone pit called Hell, where are heard the agonizing cries of those who endure eternal torment and suffering. The other is a golden staircase which ascends to Heaven, a euphoria of happiness and unending tranquility. The problem is finding the right pathway. There are those who believe our conscious existence on Earth can be our own private purgatory. Our course of life is not always of our own choosing, but how we deal with life's adversities will determine our destiny.

"What's the prognosis Doc?" Larry inquired anxiously.

The answer fit like a bombshell: "The infection in your hand from lack of blood circulation has caused rotting of the tissue. Gangrene has set in. We may have to amputate."

Larry protested vehemently: "No, I don't want my hand. No way do you cut off my hand. No way do something! I can't lift without a hand."

Lifting was the only thing positive left in his life, a life that was crumbling around him. It was a shocking revelation. Stored memories burst the floodgates. In the split second of the mind's eye, a kaleidoscope of quickly changing scenes came in rapid succession. In chronological order the panorama of his life flashed by.

Larry McWhorter was born December 14, 1955 and grew up in my hometown of New Castle, Indiana. He had four sisters and a brother. His mother is small of stature and his father is one of 12 siblings. He quit school in the third grade to work in the fields, sharing the burden of supporting a big family. Larry inherited his tenacity from dad who went on to become a successful contractor. Growing up, Larry was gun-ho for all sports, especially the physical contact endeavors. As a senior in high school at 5-9, 135 lbs. he was not exactly linebacker material. He lacked strength and size and yearned to change that.

One day he found the thrill and

exhilaration he was looking for. Wayne Marlow, the first youngster that followed Ron Hale and myself down the path of lifting fanaticism, really fired him up and spurred him to a workout. The barbell bug bit deep and drew first blood. It quickly grew into an obsession. The very first time he grasped a barbell, Larry pulled a 315 DL. Enthusiasm came back for another piece of iron like an old mother hen Wayne took Larry under his wing and taught him the mainly art of bandying barbells. McWhorter listened and learned. Marlow taught him the overhead lifts. After two months Larry got his first baptism in chalk dust.

The Westwood Elementary school was across the road from Hale's two car garage, which had been converted into training quarters. We ran a Junior Olympic meet there on July 14, 1974. It was Larry's first competition. At age 18 and 155 lbs, he snatched 120 and C&J 190 for 8th place in his bracket. Such a result would have caused a lesser lad to give it up but not Larry. He got his first taste of powerlifting three months later at our CIWC Open. He finished 5th @ 165-305 200 385 890. When the Lexington Open Power meet rolled around in January 1975 Larry was the only one of our CIWC squad who didn't

win. In fact, he did not even place. Our club won the Team Trophy, and we presented it to Larry. It achieved the desired purpose. This really fired him up and spurred him on to higher achievements.

McWhorter accompanied me to the Buckeye Open late in April. It was a wild card powerlifting meet (I hated them). I chose to lift as an extra just to get all nine attempts. As it turned out I could have placed 2nd and beat an up and coming superstar - Jack Wilson. I got my nine attempts and qualified for the 1975 AAU Senior Nationals in New York, which was satisfying enough. "Just my luck," Larry recalls. "I had to lift against the likes of 'King Louie' Simmons. Larry finished 8th that day. Later in August, Larry along with another teen hopeful traveled to the Marine Training Center in Quantico, Virginia. It was called the first official AAU Teenage National Powerlifting Championships. Les Cramer had actually won the inaugural championships the prior year in Erie, PA. The competition was more than we'd bargained for. Larry finished 10th at 181 with a 1095 total, but turned more than a few heads with the third top deadlift in his class - 500. The power seed was planted and Larry was ready to bloom. In October 1975 Larry was the only one of our CIWC squad who didn't

one of our CIWC squad who didn't

be the only way, but I think it's a good start. The Atletika Training Network will expose your business to dozens of potential athletes from your area. You will also be educated on the latest sport information, to do with as you wish. You will be given an opportunity to further your business and become one of the training elite I outlined previously. With technology changing as fast as it is, it will become more and more important for you to network with others who are like you. Atletika can be your link in the development of your network. If you are interested in expanding your business I urge you to contact me personally at Atletika. I can be reached at 1-800-621-2602. I've prepared some valuable information for you and hope to add your name to the list of "authorized Atletika trainers." The decision is yours. You can climb aboard and join the future, or refuse to change and become a part of the past.

Rick Brunner is President of Atletika Sport International. He is an author, inventor and consultant to elite athletes and coaches worldwide. For more information call Atletika at 1-800-621-2602, or Internet at <http://www.atletika.com>

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Magnetic Performance which markets magnetic products for health and wellness. I wrote favorably about these new magnetic devices in an earlier issue of Powerlifting USA. The feedback from many athletes now using these magnetic product is very positive. If you haven't checked out these magnets yet, you should because you're missing a great opportunity to help your athletes. The company is expanding with new distributors, including trainers and coaches, nationwide. As a personal trainer I urge you to connect with others in your profession. The way! I propose may not be the best of our ability. There is nothing like hands on coaching and motivation and this you can provide.

3) As an authorized Atletika trainer you will have the ability to purchase Atletika supplements at a substantial discount under retail. You can use these supplements for yourself as well as provide them to your clients as a total package or sell them at retail. You can show them how to properly use supplements for maximum leverage.

4) In addition to Atletika's main support, we have also networked with an exciting new company called

athletes who contact Atletika are in need of not only a good supplement, but of a good trainer too. This trainer can be you! It has always been my belief that a supplement is only as good as the training plan it is used in. For this reason Atletika has always focused on what a supplement will do to elevate the training effect.

There are a lot of athletes out there that need good training advice. At Atletika, we get upwards of 100 calls each day from athletes wanting to better themselves. These athletes include powerlifters, bodybuilders, football players, track and field athletes, and many others. They are hungry for training advice and many of them would be better off working with a personal trainer in their area.

As a member in the Atletika Trainer Network you will benefit from our extensive customer base. When an athlete calls in we ask them if they would be interested in working with a personal trainer in their area. If they are positive about this idea we recommend one or more trainers in our network to work with them. They would then contact the trainer to set an appointment. This helps you the trainer by providing you with dozens, if not hundreds, of potential new clients. It helps Atletika by serving our ath-

letes to the best of our ability. There is nothing like hands on coaching and motivation and this you can provide.

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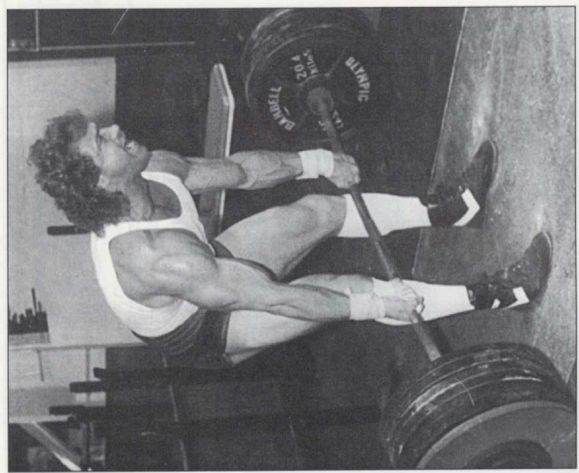
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**Deadlifting 700 x 3 in training at 194 lbs. of bodyweight, 10 days before pulling 711 in competition. (photos courtesy of McWhorter)**

that day. The squat and total were national teenage records. 220 - Wayne Haddon and SHW (just before the 275 class was introduced) was Gary Logston, Jamie's late great big brother. Larry McWhorter had a terrific battle with Mike Huddleston winning by 10 lbs. with his 560 deadlift. It was his biggest win to date and put him in a state of great joy. Unknown to him - in just a few months events would transpire to change his life forever.

Impulsive Larry, became love-stricken and got married soon after he started lifting. He leaped before he looked. His father-in-law (to be) disapproved of the relationship and impending marriage. Their incompatibility was evident. Disagreements escalated to the point where Larry almost backed out at the altar. Despite strong reservations he was blinded by Cupid's spell. He took Larry an impending altercation would prove to be the worst! His first son Jeremy was born in 1976. Next came another boy, Michael, two years later. His marriage was short-lived. Inter-family conflicts caused a separation and soon led to a divorce. Martial disputes came to a head on October 27, 1979. McWhorter went to his in-law's house to see his kids. His wife was gone, but his father-in-law met him at the door (shotgun in hand) and told him to leave. Larry was determined. An altercation occurred. Larry took a shotgun blast to his left hand and arm. The buckshot did extensive damage and knocked him to the ground. He sought help at a neighbor's house then passed out. A life-saving tourniquet was applied to stop the bleeding. Following the incident he was rushed by ambulance to St. Vincent's Hospital in Indianapolis - 55 miles away.

A voice interrupted his thoughts, and he snapped back to reality. "We'll do what we can to save your hand." The words offered little consolation to Larry.

The prognosis was not encouraging. Dr. William Klemman saved Larry's hand. Four operations followed to repair tendons and relieve buckshot. It required a year of therapy just to regain limited mobility and flexibility. Ten months following the initial trauma, "gung-ho" Larry was ready to get back to his lifting. It was now August 1980. He'd resumed his life and had a newly acquired girlfriend. They quarreled and he left in his car to "cool off". He drove too fast and recklessly lost control of his vehicle. Larry smashed head-on into a telephone pole. His car was totaled. Somehow he managed to drag him-

were an ultimate challenge. His dilapidated muscles refused to respond to the lightest of resistance. Never had the iron felt so heavy. His teammates encouraged and praised him for what Larry considered slow, discouraging progress. Gradually his weak, atrophied body began to respond. His muscles, at first stiff and painful, soon adapted and became revitalized. Workouts became less burdensome. It took a year to get strong again. His perseverance paid off. He'd finally surpassed his own powerlifting personal bests and was heading full steam towards a higher level.

The first test came in August 1982. It was exactly two years after his auto accident. Our team's training quarters was the local New Life Spa, one of a chain managed by Larry Padlico. As a means to encourage powerlifting, Padlico held a closed meet for all spa members in Lima, Ohio. It was here Larry McWhorter topped all his previous bests at 198 - 570 295 650 1515. These results gave him a 2nd place. From wreck to records - he was on cloud nine.

Enthusiasm prompted him to higher achievements. He placed second in early 1983 at the Indiana State meet - 550 315 675 1540. He had lost his state record after his four year absence. (now times were 688.9 by Robert Craft). On a 4th attempt he came 690 strongly without any trace of a hitch and he reclaimed what had been his. In late March at a meet he tried to up it to 694. Twice the weight stalled at knee height. One week later in Bloomington he increased his PR to 1577. This time he hoisted 694 on his opener to better his own mark. Twice 705 stopped at the knees. During the hot summer and hard workouts his bodyweight diminished. One day he stepped on the scales - 188! He decided to go down to 181 and did so at a meet that October. His sons were old enough to see Dad lift, and he took them. It was the last time he was to see them for 12 years. His estranged wife, despite court orders, moved out of state and took them away. He hasn't seen or heard from them since. It was the straw that broke Larry's back. He was distraught and discouraged and took a break from powerlifting. AAU boxing allowed him to vent his frustrations. He did well and won a regional championship. After a year of getting pent-up anger out of his system he resumed lifting.

His first contest back was in early 1985. He hit 1520 which included a PR in the weakest link of his powerlifting chain - a 330 bench press. His own state deadlift mark

(article continued on page 86)

This year's IPF World Bench Press Championships was held in Ostrava, Czech Republic, one of Europe's newest and the western portion of what was once called Czechoslovakia. This nation featured marvelous medieval architectural treasures that rival those found anywhere on the continent. It's one of the few Eastern European nations to have avoided destruction during both World Wars. The lands that became the Czech Republic were once important parts of the Holy Roman Empire (9th century), the Holy Roman empire and the Austro-Hungarian Empire. The Czech Republic is internally divided into two ethnic areas called Bohemia and Moravia. Both are relatively prosperous - Bohemia is characterized by low rolling hills and farmland, and in Moravia, the hills lead to low mountains.

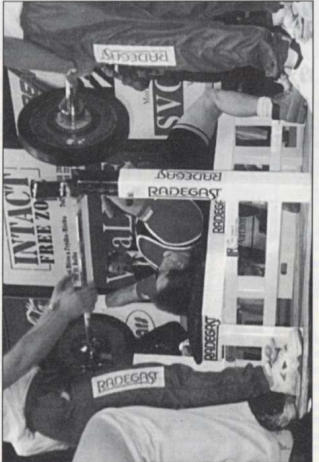
This made Ostrava a particularly beautiful setting for this year's World Championship. These sights attracted some 188 lifters from over 30 nations. Vladimir Malt, the competition director, did an absolutely superb job in presenting the competition. The facility provided for the spectators and lifters was first rate. There was plenty of seating and reliable warm up equipment. Coupled with the service provided by his support staff, this enabled the contest to run smoothly without any problems whatsoever. ADJ played the latest in techno-European dance music between lifts which kept the crowd "pumped" throughout the entire competition, something I have never seen at an IPF World Championship and I have been to 15 of them. Believe it or not, the IPF is changing with the times. This year's US National Team featured some new faces and some brilliant performances. This was the unquestionably the finest performance ever put on by any of our US Bench Press teams. They hauled in impressive total of seven medals. Four of them Gold!!, two best lifter awards and they established six new World records.

I will start off by saying that the competition was fierce in all weight categories and a number of positions were determined by bodyweight or the lot number took place first, on Saturday, and started right on time. In the 97 lb class, Lai-Hsu Chang of Chinese Taipei made all 3 attempts easily and ended up with 181 lbs. to take 1st place convincingly over the veteran Janot of France. Nabile



**Stanaszek couldn't wait to lift.**

# IPF World Bench Press as told to PL USA by USA Team Coach Robert Keller



**Jan Lentz was an inspiration to her fellow USA team members (Keller)**

also went 3 for 3, ending with a tough 176 lbs. Yasuko Dabashi of Japan, made a personal best of 165 lbs. on a second attempt before falling with 176 on a third. In the 105 lb. class, IPF World Sr. & Jr. Powerlifting Champion, Irina Knykova of Russia, dominated from the outset and benched a huge World Record 220 lbs. on a 3rd attempt. Tsuko Watanabe of Japan also gave a World Record 220 lbs. a ride, but to no avail. Marie Charboneau of France, 52 years young, had a solid 3 for 3 performance and finished a debut 3rd with a 171 lb. 3rd attempt. Considerable achievement. Debbie Armstrong, a school teacher from Vancouver, BC, Canada finished off the pace in 4th. Debbie was the bronze medalist at the 1992 IPF World Bench Press Championships in Taiwan. We had the pleasure of having Debbie and her husband accompany our delegation for the trip over. Upon our arrival, they discovered the airlines had lost their luggage in New York. They recovered their bags a few days into the trip, after Debbie's persistent communication with Czechoslovakian Airlines. Way to go, Debbie!

In the 114 lb. class, Sylvia Mingot of France, hit 3 perfect attempts, ending with a strong 214 lb. Chinese Taipei attempt. Li-Min Lin of Chinese Taipei was right on her heels and almost came away with the win with a last ditch World Record attempt of 220 lbs, which came about one inch from lockout. Ya-Lin Chen, also of Chinese Taipei, lost to her teammate by 3 kilos of bodyweight after she tied on her second attempt. She inexplicably passed on her 3rd attempt. The Chinese Taipei team, coached by Lin-Say Chang, was beginning the competition strong and was racking up some serious points after just three weight classes.

In the 123 lb. class, Valentina Nalubova of Russia picked her attempts wisely and won the Gold Medal of a World Record 3rd attempt of 236 lbs, which tied Lubova Belova's (White Russia) second attempt. This, nevertheless, put the win in the hands of Bekava, who could not lock the weight out on her pressure-packed 3rd

attempt. Kumi Kobayashi of Japan made the required three attempts to securely and happily finish with the Bronze medal over the Norwegian lifter Brokke. This was not only the largest women's class of the competition, but the tightest. It could have gone to any of the first eight finishers. The first four lifters surpassed the 100 kg/220 lb. barrier. Ingaborg Marx of Belgium a former IJ World P/L Champ, finished a debut 8th. Wow!

In the 132 lb. class, Eriko Himeeno of Japan backed up her victory at this year's Senior Women's World Championships with a Gold medal here. She went on to a World Record of 248 lbs. on a 3rd attempt, but could not lock it out. I had the pleasure of speaking with Eriko at the banquet. She was quite elated with her victory, and she is a fine ambassador for her team and country, and women's powerlifting altogether. Larissa Ivanova of Ukraine battled hard and settled for the Silver on her 2nd attempt to secure the win. Many were a solid 3rd with a 259 lb. 2nd attempt. She went on to try 270 lbs. for the Silver, but failed just short of lockout.

**Who's The Best? Karl Saliger of Austria and James Henderson of the U.S.A. point to one another.**

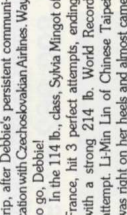
try an overtake the Ukrainian, but was unsuccessful.

In the 148 lb. class, the class turned into a two lifter battle between Violet Keddell of Germany and Clara Kasbaran of France. Keddell had the advantage of being both the higher lift number and being lighter in bodyweight. Rudy Kuster, the legendary German coach, took advantage of this position and matched Kuster on every attempt. Both lifters had World Records of 297 lbs. on their third attempts. Kasbaran finished in 2nd and Keddell won her first world title on just .66 lbs. of bodyweight. I'm sure they will meet again next year and it could easily go the other way.

In the 165 lb. class, Jan Lentz of the USA was primed after last year's disappointing 82.5 kg. class silver medal performance. She went 3 for 3, with two World Records, via attempts of 270, 275, and 281 lbs. Jan was an inspiration to the entire team. She had endured a great deal during the past year, undergoing several knee operations, which confined her to a wheelchair. This kept her out of work a major part of the year and on workman's compensation/disability. Furthermore, it kept her from being able to travel and qualify at this year's US National Bench Press Championships in Parkersburg, WV. Nonetheless, she was determined to make this year's team and to give the rest of the team a good example. At the meet, her training partners had to literally pick her up and carry her to the paid off and she was rewarded this year with the Gold medal. Jan's performance proved instrumental in setting the tone for the rest of the team during the remainder of the contest. Our congratulations and best wishes go out to Jan for a speedy recovery. Kristylna Vass of Hungary, proved that she was going to be a worthy opponent for Jan, but she missed her strong on her 2nd attempt to secure the win. Many were a solid 3rd with a 259 lb. 2nd attempt. She went on to try 270 lbs. for the Silver, but failed just short of lockout.

In the 181 lb. class, Doris Schumacher of Germany went 3 for 3, and hit a personal best 281 lbs. to win the Gold over the likes of Ir. lifter Naluba Pylyosova of Russia and Marian Vados of Hungary. Both lifters had the winning lift of 286 lbs. in their grasp, however, both attempts stalled before lockout.

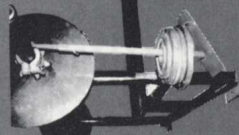
In the 198+ lb. class, IPF Jr. & Sr. Women's World P/L Champ, Chen Yeh Chao from Chinese Taipei, added a World Bench Press title to her already impressive list of credentials via a 308 lb. World Record opening attempt. She came close with 325 lbs. on both her 2nd and 3rd



(article continued on page 58)

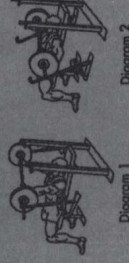


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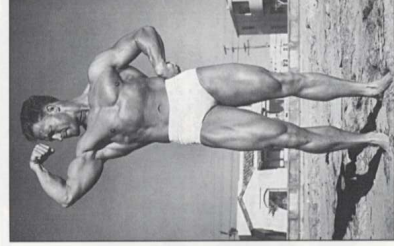
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# INTERVIEW

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

## LEO STERN - PL Pioneer as interviewed for Powerlifting USA by Myers Badura



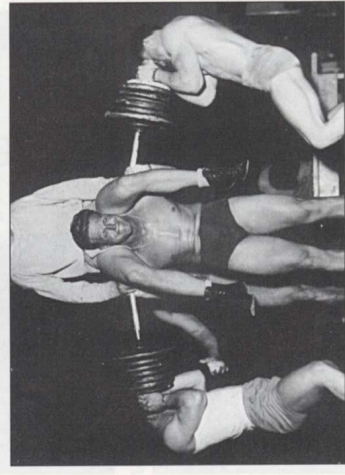
Leo Stern finished 3rd in the 1946 Mr. AMERICA contest. In addition to his own success, his name and renowned photographic expertise will forever be indelibly linked with the remarkable bodybuilding career of Bill Pearl and, likewise, with that of the first man to bench press 600 pounds in competition, Pat Casey.

MB: How did you start in lifting?  
LS: When we started the Hillcrest Barbell Club, all we had was an exercise bar and a flat bench. We followed the York plan on Olympic lifting, our main interest, with bodybuilding second. At that time (1939) the powerlifters were not mixed at all. People working out used to have done bench presses and squats and deadlifts, but there was no competition. We did our bodybuilding exercises, such as curls and lateral raises, after we did our lifting. The equipment was primarily barbells and dumbbells, along with the leg press machine, the squat rack and the flat bench.

MB: What was your first gym like?  
LS: I started my first gym at a 15' x 50' location in East San Diego. In those days, weight training was not looked upon as a suitable thing for people to do. They looked at us like we were a little weird. We used the words "health club" instead of gym. We had barbells from 20 up to 180, and dumbbells from 5 up to 100, a lat machine, and a leg press machine. I stayed in this first location a year and half and then moved to where the gym has been since 1948. It was purchased from me by the Mauricio family in 1989, and they've done a very good job of maintaining the gym as it had been all these years.

MB: How did your gym evolve into one of America's finest?  
LS: We started out in North Park with a second floor location in a 50' x 100' building. Through the years, we added equipment such as the pec machine and the treadmill. Bob Clark and I worked together and he developed a company which became Polaris. Bob was an outstanding engineer. I think he was the first one to come up with an offset cam on a curling machine. He developed the Pec Dec and so forth.

MB: What about some of the contests you promoted?  
LS: We always made an effort to push the idea of weight training, giving exhibitions in schools or taking weights to the beach on weekends, trying to get people interested. We staged Olympic lifting contests along with physique contests. In April 1947 we staged the first of a series of variety shows. We had variety acts because in the early years, weight training was not popular, and you had to come up with some entertainment. We had outstanding lifters, John Davis came and gave an exhibition. In 1948 we started powerlifting. We didn't call them powerlifting contests, we called them "odd lift" contests. We started them in the gym shortly after we moved in and we started out with the two hand barbell curl, the bench press, squat, and deadlift, three attempts for each.



Leo with a support lift of nearly 800 lbs., back in 1943 (Stern photos)

back in the late 1960's, who came up with a single post "Astro Bar". I told them it was impractical, they'd make it more like a power rack so you could have a more rigid setup for your electrical resistance. The machine was very good. I got the very first one in my gym, and I was very happy with it and then Bill got one for his Pasadena Health Club. As usual, I was either 20 years too soon or 20 years too late when it came to such things, but we developed quite a few machines through the years that Bob Clark built. The beauty of working with Bob was that you would tell him what you had in mind and he'd sit down and draw the thing up and come up with a better idea than what you had.

MB: What is your opinion of the Muscle Beach scene in its heyday.  
LS: Santa Monica was the "Mecca" of weights in the early years. Anytime John Davis or any of the top lifters came to the coast, people flocked to see them lift and work out. I think that Muscle Beach had a tremendous effect on weight training and bodybuilding in America.

MB: What were your impressions of Perry and Mabel Rader, who produced IRON MAN Magazine?  
LS: They published lots of different viewpoints on weight training. They accepted powerlifting, and made a big effort to develop interest in Olympic lifting as well as powerlifting. Their "Lifting News" did a fantastic job for weights and the sport owes them a great deal of gratitude.

MB: What were your impressions of the great Pat Casey?

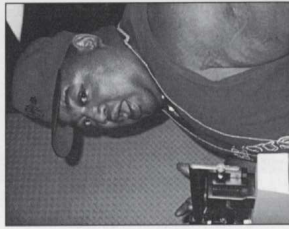
LS: Pat Casey is the one who really brought attention to powerlifting. He was very suitable for it - a very modest individual with a great deal of strength. I remember going up and shooting some pictures of him at Pearl's Gym in Los Angeles. He was taking 210 pound dumbbells out of the rack, unassisted, laying back and doing live reps on the incline press, and then placing them back in the rack. I don't know how many sets he did that day, but it was quite impressive. He was a source of amusement to me every time I saw him lift. He was fantastic.



John Schaeffer and Anthony Clark were out here in L.A. recently, and we got together for lunch, along with John's wife, Lynn. Anthony's been training with John since late September, getting ready for his attempt at an 800 bench at the IPA Nationals. John says Anthony's doubled 775 in the gym, and he's sending me the video to prove it. When we get it, I'll go in to the next POWERLIFTER Video.

While Anthony's got the record at 750, and he's happy with 775, what he really wants is that 800. Just as many people know Ted Arcidi as the first man to bench 700, no matter who benches more, Ted will always be known for that, and Anthony wants that to be him with 800.

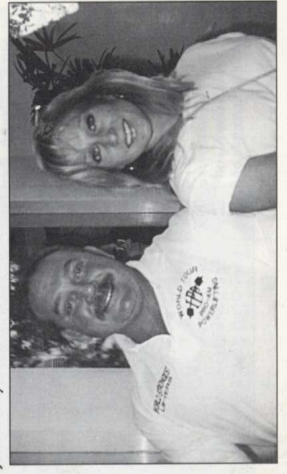
You'd think that might be enough for a powerlifter to achieve, but that's not all Anthony wants. He's also aiming for a world record squat, something over 1030. And if he has a good day on the squat and then on the bench, he won't need that big a deadlift to break his own record for the three lift total, 2460. He set that at a John Schaeffer meet a couple of



**Anthony weighing in at 355 lbs.**

years ago. Out here in sunny Southern California, Anthony went down to San Diego and spoke at six schools and three night rallies, addressing over 10,000 kids, and received substantial radio and TV coverage for his speeches, which were organized by

**John and Lynn Schaeffer in L.A.**



## POWER SCENE



**Kurt Elder ... is back in the gym**

The ambulance came, the fire engine came, the paramedics came. Kurt refused to go to the hospital, but did let them do an EKG and an examination on him. Diagnosis: an increase in cranial pressure cut off the blood supply to his brain.

How long would you take of after that? Well, Kurt was back at Gold's the following week, and aiming for next year's meets.

Kurt's training partner, Jon Arenberg, won the USPF Senior Nationals in the 123 lb. class, and he was there at Gold's training, too. Jon is off to Finland in a few weeks for the IPT World's, and he says that in

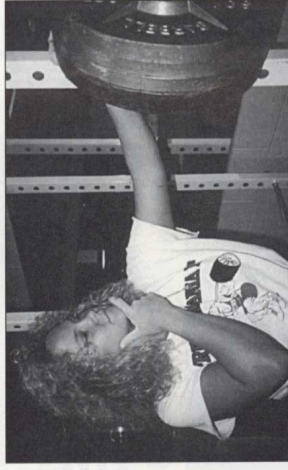


**Jon Arenberg (Ned Low photos)**

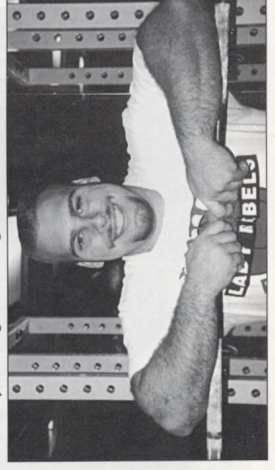
his 10 years of powerlifting he's always been injury-free. Stay that way, Jon, and good luck and good lifting in Finland.

A few days ago I flew out to Las Vegas to videotape a star workout for POWERLIFTER Video with ADEPA champion Nikki Avey. Nikki's also about to leave the country to represent the U.S. in international competition, at the WDPFF Worlds in England. Her weight's down in the 180's, which is pretty light for a 198 lb. competitor, but her squat's up, and she's only 25 and she's got lots of potential.

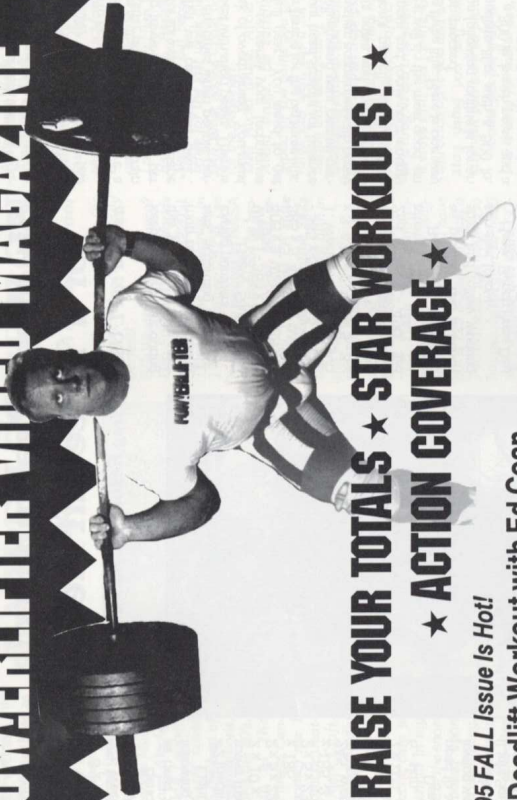
Her boyfriend, John Binkowski, is an assistant strength coach at UNLV and a pretty fair powerlifter himself, so she's also got some solid coaching help. Good luck in England, Nikki, and to all the rest of you, stay strong and see you on vid.50. NED LOW



**Nikki Avey is aiming for some big lifts with UNLV's John Binkowski**



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# TRAINING

You say that you need to get ready for a meet in a hurry. Maybe you just saw an advertisement for a meet that you are interested in and it is less than two months away. Maybe some friends talked you into going with them to a meet. You think there is not enough time. Ask yourself if you are fit, are you in shape, have you been training regularly, if you have been training regularly, but have not been training specifically for a peak, may we have the answer. It only takes a few weeks to get a strength peak, if you are in decent shape. You are a powerlifter and now you will train the big three lifts three times per week for six weeks to get into shape for what we call a "short peak". There are times when people perform best with short peaks. There is less risk of overtraining. You must simply release your techniques with full gear. You need to get proper tuning for the big three lifts. Get your head straight for balance and delivery and your central nervous system acquainted with heavy weights again and you're good to go. Don't panic! Simply get to work now and focus your energy where it will do the most good, on the big three lifts. Here is one way you can proceed.

## Six Week Peaking Cycle for a Three Lift Meet

as told to PL USA by Greg Reshel, POWER EXCEL

The following routine is for an intermediate lifter with a 500 lb. squat, a 300 lb. bench press, and a 500 lb. deadlift. Adjust the numbers in the charts according to your own level of performance. You will wear full contest gear on all the heavy workouts. While performing the light routines, gear is optional according to your own needs and habits. Follow the order of performance as it is displayed here and try not to waste time. Even the heavy routines should have no more than five minutes rest. Here is the routine. Good Luck!

Heavy Day - Squat and Bench Press are heavy - Deadlift is light. Squat - first perform narrow (above parallel) squats 135 lbs. for 3 sets of 6 reps to warmup and stretch hips.

Light Deadlift Day (Heavy Squat Day) Deadlift - 3 sets of 2 reps with 285, Week 2 - 3 x 2 x 315, Week 3 - 3 x 2 x 315, Week 4 - 3 x 2 x 335, Week 5 - 3 x 285, Meet - 1st attempt - 445, 2nd attempt - 495, 3rd attempt - 525.

Day Squat - warmup as needed to accomplish the following working sets -

Light Squat Day #1 Week 1 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 2 - 3 x 285, 3 x 335, 2 x 2 x 385, Week 3 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 4 - 3 x 285, 3 x 335, 2 x 2 x 385, Week 5 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 6 - 3 x 285, 3 x 335, 2 x 2 x 385.

Bench Press - warmup as needed to accomplish working sets in chart -

Light Bench Press Day #1 (close grip scissors motion vertically over upper chest) Week 1 - 4 x 8 x 135, Week 2 - 4 x 8 x 145, Week 3 - 4 x 6 x 165, Week 4 - 4 x 8 x 175, Week 5 - 4 x 3 x 195, Week 6 - 4 x 205.

Deadlift - warmup as needed to accomplish working sets as listed below.

Day Deadlift Day (Heavy Squat Day) Deadlift - 3 sets of 2 reps with 285, Week 2 - 3 x 2 x 315, Week 3 - 3 x 2 x 315, Week 4 - 3 x 2 x 335, Week 5 - 3 x 285, Meet - 1st attempt - 445, 2nd attempt - 495, 3rd attempt - 525.

Day Squat - warmup as needed to accomplish the following working sets -

Light Squat Day #1 Week 1 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 2 - 3 x 285, 3 x 335, 2 x 2 x 385, Week 3 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 4 - 3 x 285, 3 x 335, 2 x 2 x 385, Week 5 - 3 x 285, 3 x 315, 2 x 2 x 365, Week 6 - 3 x 285, 3 x 335, 2 x 2 x 385.

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accomplish the following working sets - Heavy Deadlift Day (Light Squat Day) Week 1 - 1 x 415, 3 x 365, 4 x 275, Week 2 - 1 x 365, 3 x 315, 2 x 275, Week 3 - 4 x 45 x 1, 3 x 315, 2 x 275, Week 4 - 3 x 315, 2 x 275, Week 5 - 1 x 365, 3 x 275, Week 6 - 1 x 235, 1 x 235, 1 x 235 x 1.

Light Day #2 - Squat - warmup as needed to accomplish the following working sets -

Light Squat Day #2 Week 1 - 3 x 1 x 315, Week 2 - 3 x 1 x 315, Week 3 - 3 x 1 x 315, Week 4 - 3 x 1 x 275, Week 5 - 1 x 275, 1 x 315, 1 x 355, Week 6 - 1 x 275.

Bench Press - warmup as needed to accomplish the following working sets -

Light Bench Press Day #2 (declines - 2 fingers narrower than bench) Week 1 - 2 x 10 x 185, 2 x 7 x 205, 2 x 5 x 225, Week 2 - 2 x 10 x 185, 2 x 7 x 215, 2 x 5 x 235, Week 3 - 2 x 10 x 185, 2 x 7 x 225, 2 x 5 x 245, Week 4 - 2 x 10 x 185, 2 x 7 x 235, 2 x 5 x 265, Week 5 - 2 x 10 x 185, 2 x 7 x 205, 2 x 5 x 225, Week 6 - 2 x 10 x 185, 2 x 7 x 215, 2 x 5 x 235.

Deadlift - warmup as needed to accomplish the following working sets -

Light Deadlift Day #2 (Light Squat Day) Week 1 - 3 x 3 x 245, Week 2 - 3 x 3 x 245, Week 3 - 3 x 3 x 245, Week 4 - 3 x 3 x 245, Week 5 - 3 x 3 x 245, Week 6 - 3 x 3 x 245.

When you feel the weights are a little light focus your attention on timing and speed of execution. Add a rep or two to a set that is light before thinking of increasing the weight. You should stay healthy, get strong, and have a good contest. Feel free to contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI 53207 (414)769-1211. We welcome your questions and observations.

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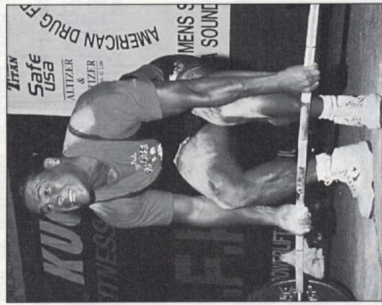
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# INTERVIEW

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

## DARREN ROBINSON as interviewed for Powerlifting USA by Bob Gaynor



BG: Give us some personal information about yourself.  
DR: I'm 28 years old, 5'11", 235 lbs. I work at Manito Day Treatment Program in Chambersburg, Pennsylvania dealing with high-risk youths. My department is Physical Education/Recreation. My co-worker (a Drug and Alcohol counselor), Arnold E. Lasher, is a pure lifter. He could bench press with the best of them, in many organizations, during the 70's and the 80's.

I train at the Chambersburg Fitness Center, they also sponsor me. I receive my chiropractic treatments from Dr. Mark Craft, whose care has undoubtedly benefited my gains, my lack of injuries, and complete health. Chiropractic care is an absolute essential in my program, because of the enormous stress imposed upon our body by powerlifting.

My little brother, who is in his second year of schooling at Life Chiropractic College, in Atlanta, Georgia, has taught me this advantage.

I feel that the combination of being half Hawaiian and half Scottish/Viking has attributed to my natural strength. My upbringing of good food, no medication, no indulgence in junk foods, a strong encouragement for physical activity and support in athletics has been a big plus also. My mother instilled upon our family the importance of health and being drug free, including medications.

I have aspirations of returning to Hawaii and progressing in Fitness/Powerlifting.  
BG: How did you get started?  
DR: At 16 years old, I had too much energy, even with sports. I needed to find constructive areas for this energy, and weightlifting helped. I only trained my upper body until I was 20. Before that, my coaches always said that heavy lifting with my legs would slow me down. At the time, I was a very respectable sprinter. Playing football and soccer, I went to the state championships all four years of high school and the first three years of college for the 100 and 200 meter dashes. I also helped hold my college's record in the 400 meter relay. My competitors use to think I was supposed to be shuttling instead of sprinting.

At 220 lbs. I was out of the ordinary on the track.  
BG: How did you get involved with the A.D.F.P.A.?  
DR: First, I would like to say that I think over the past eight years the A.D.F.P.A. is consistently the best organization for many reasons: 1. All meets, from largest to their smallest, are run in the same professional manner. 2. Competitors and staff are friendly and helpful. 3. A.D.F.P.A. is consistently and strict with their drug free policies. 4. Their members are honor bound, whether tested or not, and they maintain a drug-free existence, for the most part. 5. The A.D.F.P.A. keeps their members, with little turnover.

Two weeks after my 20th birthday, I started competing with the A.D.F.P.A. at the Wendy-Pepsi Eastern U.S. championships. I started training the squat and deadlift; nine months solely for meet's squat record receiving two new lights at 625 lbs., got the meet's bench record with 465 and the total record with 1645 at 220. I was ecstatic. A few weeks later, I competed in the A.D.F.P.A. Pure Nationals in Alabama which was held for first with Mike Foggia in the 220's weighting more and

the 220's weighting more and

Assistance Work. Back - Tuesday - 6 weeks: Extremely light weight, very high reps, perfect form. Next 6 weeks: Steady Progression in weight - Steady Decline in Reps. Last 4 weeks: Very High Weight, Reps 1-3 range. Assistance is stacked at first, but becomes intense for the last week duration.  
BG: What advice would you have for the beginner?  
DR: Avoid drugs. Avoid drugs. Avoid drugs. Be satisfied and proud of the gains you get naturally. Eat well, eat a lot and be happy with everything, especially with being natural. Remember you got that lift or that trophy because of what you did and how hard you trained, not because of a chemical or drug. It is a true strength and it stays with you for life. Steroids will catch up to you and when you stop using you will lose that strength you were so proud of!

Some people may note that this is easy for me to say, as I've been benching 400 lbs. since I was 17 years old. However, my personal beliefs are real and do not disregard me because I am gifted. No one needs to squat 700 lbs. I only progressed because it came naturally. If I could not do this I hobby or sport. Whatever you do, be proud of yourself.

I am only competitive with myself. It works for me. If I see a goal I wish to attain, you better believe I will go for it. If I cannot reach it, I congratulate myself on having the courage to try. I never say, "I tried and failed - give me new, I can do it." Not me, never. I can do it.  
BG: What are your thoughts when it comes to drug testing?  
DR: Testing is not foolproof and no organization is 100 percent clean. I feel that "Drug-Free" organizations do the best they can until a definitive test is developed. Until then I feel there is a hidden Drug Test, and that is the Honor System among clean lifters. Especially in the A.D.F.P.A., the honor system has to mean something and it definitely does to me.

Thanks to Mike Lambert and Bob Gaynor for giving me a chance to express my views and feelings about the sport of Powerlifting. I hope my colleagues appreciate and share my views. Thank You.

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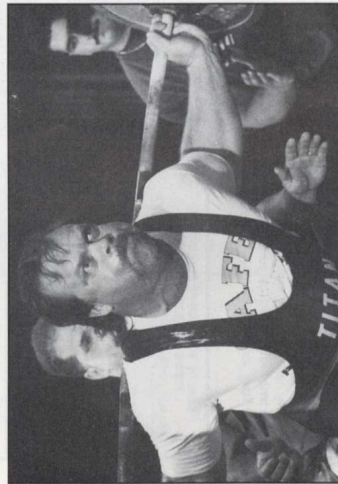
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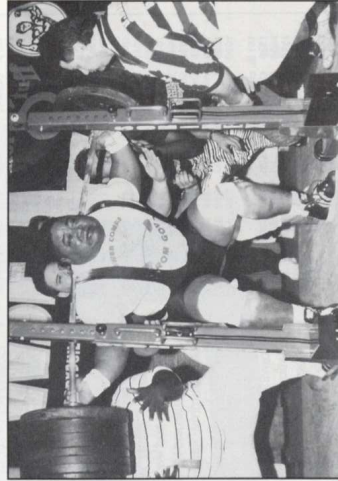
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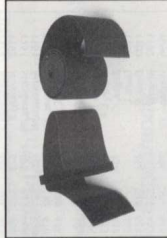
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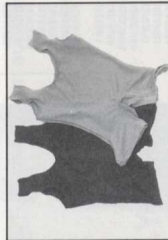
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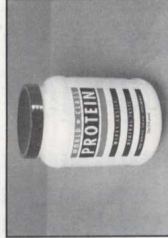
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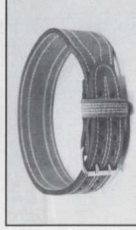
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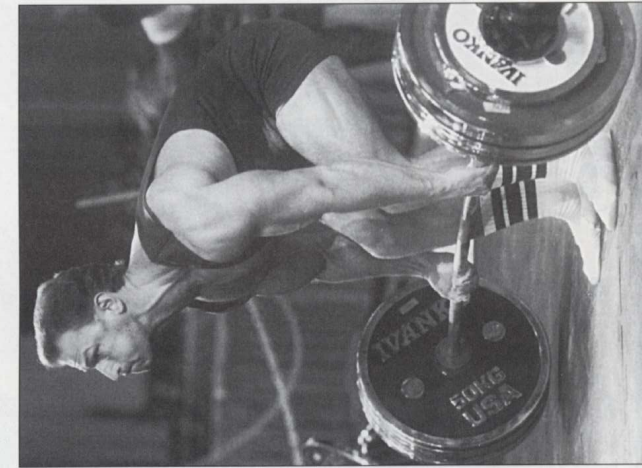
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## The Foundation and Application of Periodized Training Part II by Dan Wagman, Ph.D., C.S.C.S., Body Intellect - Mindbody Performance Consultants



In an attempt to provide a foundation for periodized training, Part I discussed the General Adaptation Syndrome (GAS) and how the body responds to training stressors. Part II will explain what occurs when the body is not given an opportunity to fully recuperate.

Dr. Edmund Burke, a technical director of the coaching staff of the US Cycling Federation in Colorado Springs, differentiated between overtraining and staleness. He stated that overtraining is a short-term phenomenon of overworking the athlete. He stated further that it is the incomplete recovery from a training session that causes a decline in work capacity. On the other hand, he described staleness as a chronic condition associated with overwork that may last several weeks (Burke, 1983). Staleness, however, can also be experienced due to the combined stresses from training, environmental, professional, and private circumstances that exceed the individual's capacity to adapt (Kuijpers & Keizer, 1988; Selye, 1980).

Due to performance mediators termed overreaching, staleness, and overtraining, with overlap between all (Falsetti, 1983). Kuijpers and Keizer (1988) offered the following more detailed definitions:

- 1. Overtraining and physical overstrain** - A general term for any short-term or long-term condition in which there is an imbalance between exercise and recovery resulting in severe and prolonged fatigue.
- 2. Muscular overstrain** - Exercise that exceeds the muscular stress tolerance resulting in transient local fatigue and muscle soreness.
- 3. Overtraining syndrome or staleness** - Chronic overtraining resulting in the occurrence of behavioral, emotional, and physical symptoms.
- 4. Overreaching** - Short-term overtraining sometimes resulting in a mild form of staleness.

### How Training Can Contribute to Overtraining

The concept of progressive resistance training stipulates that for

to too much too soon. It is the athlete's and coach's urge to do more the old 'more is better' or 'no pain, no gain' standards that in essence often exceeds the athlete's ability to adapt (Frederick, 1983). This would be in agreement with Selye's adaptation theory (GAS) that stipulates a certain capacity to adapt and once one exceeds that capacity it triggers the symptoms of overtraining. Interestingly, these symptoms may very well be a protective physiological response to too much stress. In such an instance, almost every aspect of performance is inhibited and the body seems to shut down for a certain period of time in an attempt to protect itself from further stress and the possibility of injury (Frederick, 1983).

Each sport seems to have its own peculiarities that may contribute to overtraining. As an example, monotony of training has been an overtraining symptom often associated with distance runners who run the same type of training regimens over the same type of course (Burke, 1983). In swimming it may be that the swimmers train at high levels the whole season (from October to March) for the conference, then the NCAA's. In powerlifting contributing factors to overtraining, championships and are performing the same routine, with the same kind of increments, in the same order of exercises, on the same day of each week.

### Overtraining Symptoms And Effects

After a period of maximized training without proper recovery the athlete demonstrates numerous symptoms such as lack of enthusiasm/motivation, anger, and lethargy (Johnson & These, 1992; Newton, 1993). Additional psychological manifestations include anxiety, depression, irritability, lack of self-confidence, fatigue, inability to concentrate, and phlegmatic behavior (Stone et al., 1991).

Physiological symptoms have also been identified and may include increases in resting heart rate, weight loss, insomnia, anorexia,

Most often overtraining is due to too much too soon. It is the athlete's and coach's urge to do more the old 'more is better' or 'no pain, no gain' standards that in essence often exceeds the athlete's ability to adapt (Frederick, 1983). This would be in agreement with Selye's adaptation theory (GAS) that stipulates a certain capacity to adapt and once one exceeds that capacity it triggers the symptoms of overtraining. Interestingly, these symptoms may very well be a protective physiological response to too much stress. In such an instance, almost every aspect of performance is inhibited and the body seems to shut down for a certain period of time in an attempt to protect itself from further stress and the possibility of injury (Frederick, 1983).

### Dan Wagman deadlifting at the 1989 USPF Senior Nationals.

Studies have shown that physiological responses to training tend to cycle in a general pattern coordinated to intensity, frequency, and duration of training (Van Handel, et al. 1988). Yet, if a training program does not allow for adequate rest, the athlete may enter an overtrained or overreached state characterized by fatigue and non-recovery from training (Fry et al., 1992a; 1992b). With incomplete recovery the motor units (the nerves and the muscle fibers they innervate) normally recruited and involved in a particular type and intensity of exercise may be prematurely fatigued (Kuijpers & Keizer, 1988). Hence the inability to complete a workout as "easily" as before.

chological consequences (Smith, 1992).

Quite clearly, DOMS should be an overtraining variable to consider in an athlete's training regimen. The following recommendations in regard to DOMS reduction should be observed: 1) sufficient time must be allowed for recovery of sore muscles; 2) when initiating a program or increasing training intensity one needs to be cognizant of the amount of unaccustomed eccentric (negative) muscle action involved in the various movements; and 3) minimize DOMS during a competitive season by regular repeated bouts of eccentricities that are specific to the activities; this will offer some protection from the DOMS symptoms (Smith, 1992).

An obvious concern is that of when one could expect overtraining to occur. Costill, et al. (1988) demonstrated that 10 successive days of doubled training volume (amount of work completed) may not be enough to induce overtraining. This finding indicated that several training sessions in sequence can create a valley of fatigue which is necessary to induce a training adaptation. However, there is difficulty in defining how many sessions may represent an advanced stage of overtraining with exhaustion of the appropriate regeneration period may be (Fry et al., 1992b). In addition, it is not known what effects may have been found if the doubled training sessions would have been continued for several more days.

In another attempt to induce overtraining Fry et al. (1994) stressed their subjects for three consecutive weeks with a high intensity training protocol. This training protocol employed the Tru-Squat resis-

injuries, disturbed digestion, quick exhaustion during a training bout, and loss of appetite (Burke, 1983; Falsetti, 1983; Frederick, 1983; Stone et al., 1991). Slow returns of the heart rate to normal after exercise has been also identified as a distinct characteristic of overtraining. Ryan (1983) and Johnson and These (1992) reported that sometimes it may take up to an hour and a half to two hours for the heart rate to recover in an overtrained athlete. This may even occur after a short bout of exercise.

Kuijpers and Keizer (1988) distinguished the above listed symptoms of overtraining via two categories. One is termed the sympathetic type of overtraining syndrome and includes such symptoms as weight loss, disturbed sleep, and decreased maximal power output. This type of overtraining is most often found in explosive, non-endurance type sports, such as powerlifting. In this sense, it may be a manifestation of stage two of GAS (see Part I). The second category is termed parasympathetic staleness and is often diagnosed after a considerable time period of actual overtraining and is most often found in endurance athletes. Parasympathetic staleness may represent an advanced stage of overtraining with exhaustion of the neuro-endocrine system similar to the third stage of GAS (see Part I). Here, variables such as low resting pulse rate and hypoglycemia are noted.

Overtraining due to sharp increases in intensity and/or volume may result in delayed onset muscle soreness (DOMS). This type of soreness peaks at about 48 hours, followed by a subsequent decrease over the next few days. Essentially DOMS is a micro-injury to the muscle. Surprisingly, the extent of this type of injury will increase over the first 48 hours even without further training (Newman, McPhail, Mills, & Edwards, 1983). After 72 hours signs of healing are apparent and healing appears to be complete within a few days to a few weeks. Besides a significant reduction in strength/power parameters other performance debilitating effects have been associated with DOMS, such as decrease in exercise economy, glycogen depletion, loss of biomechanical advantages, increased risk of injury, and possible psy-

can show the exact point at which overtraining will occur (Fry et al., 1992b). Due to the interrelationships between the variables discussed thus far, there probably will never be one definite symptom that is diagnostic to the overtrained state (Stone et al., 1991). The exception is, of course, a sharp decrease in strength, power, and performance. By the time this is realized, however, it is too late. Nevertheless, an integrated set of variables could be developed to closely monitor for overtraining symptoms. In an attempt to isolate those variables of most concern to a given sport an athlete and coach should consider keeping a record that includes measures on body weight, diet, resting heart rate, blood pressure at rest and post exercise, subjective feelings of general health and quality of sleep, and ratings of how difficult training felt (you could rate your training on a scale from 1 to 7) (Johnson & These, 1992; Stone et al., 1991).

This monitoring of training variables must then be incorporated within the periodized training program for it to yield desired performance increments. A properly formed and individualized periodization program may very well be able to prevent overtraining (O'Bryen, 1993; Stone et al., 1991). It does so by monitoring training balance levels and regeneration periods in proportions that optimize training improvements (Kuijpers & Keizer, 1988). This blueprint of training also emphasizes the times when performance should be optimal and fatigue absent (Fry et al., 1991; 1992a). As Frederick (1983) stated: "If you increase the resistance by about 5% a week, and no more than that, then generally you don't get into trouble with overtraining" (p. 104).

In an attempt to prevent overtraining one must also implement objective testing into the training program itself. These testing procedures must be incorporated in such a way that the normal fatigue of training is not confused with the fatigue of overtraining (Fry et al., 1992b). As an example, you could pick an assistance exercise you like to perform and test your

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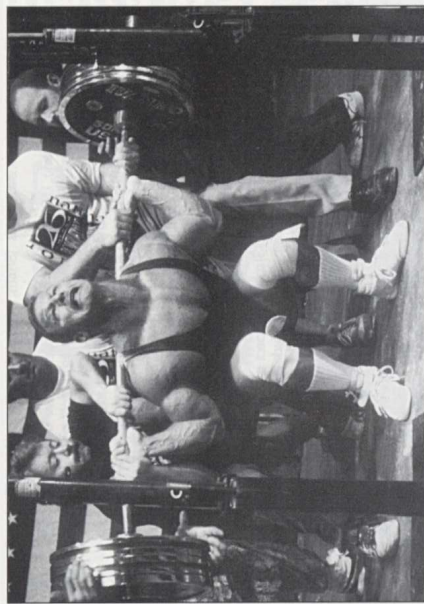
ability against your personal record in that exercise. If you can perform the exercise within the parameters of your current strength levels (e.g., 85%), then you are good to go. If you cannot perform up to that level you may have entered an overreached state.

#### Training Specific Implications

Whatever the argument in terms of training and coaching may entail, one must be cognizant of the implications that empirical research has provided. It is certain that training is a stressful activity for the athlete. This stressor manifests itself by displacing homeostasis in almost all of the body's systems. Although this displacement is required for the athlete to adapt to and perform at the next higher level, this may not be achieved if the involved systems are not allowed to recuperate. In the absence of sufficient recovery an athlete becomes overtrained. The most notable and undesired effect of overtraining is a loss of performance. This is the exact opposite of what training and preparation are intended to achieve.

Coaches, trainers, and athletes need to be aware of how an athlete's body will respond to stress and what systems are involved. In essence, knowledge of GAS and physiological responses to exercise must be implemented for a training regimen to produce optimal increases in performance. A training regimen that incorporates the knowledge obtained from empirical research on the bodies' responses to stress and exercise is periodization.

The Soviet researcher Matveyev is credited with coining the phrase "periodization" (Stone & O'Bryen, 1987). The Soviet National Research Institute of Physical Culture in Moscow is (or was) a laboratory where the best Soviet minders were challenged to explore peak performance (Raiport, 1988). It is interesting to note, however, that in studying peak performance the Soviets employed a great deal of Western scientific knowledge and applied these findings into their training systems for athletes (Osness, 1993). This is my observation that the Russians never had any "secrets." Their eminence in sport was derived from the application of scientific research. Conversely, in the U.S., more emphasis is placed upon coaching and training "philo-



Dan Wagman squatting at the 1990 USPF Senior National Championships.

osophy" advanced by known coaches and athletes. Unfortunately, these "philosophies" often lack in scientific merit. In my assessment then, this is the primary reason for many athletes not attaining elite levels of performance.

Because periodization is based on sound research, recognizes physiological responses to exercise in its conceptualization, and consists of quantifiable components, it was determined to be not only the most effective way to train but also the best and most objective measure of athletic preparation. This system of training will be discussed next month in Part III.

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## Ask the Doctor

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

**DEAR MAURO:** We would appreciate any information you have on drug testing, including the use of masking agents. We are setting up a drug testing program and need your material to help us. If you have the time could you also tell us how long will substances such as Sustanon 250 and Dianabol produce positive test results through Enzyme Multiple Immunoassay Testing after the use of these substances is discontinued? **Ed T.**

**DEAR SIR:** Immunoassay testing, unless backed up by GC/MS, is not state of the art for the detection of anabolic steroids, and a positive test would be difficult to uphold in a court of law. Various sections in my book and updates will give you more specific information on immunoassay and GC/MS. Sustanon 250 contains both long acting and short acting testosterone esters and can be detectable in urine using the testosterone/epitestosterone ratio for up to four weeks after last injected, depending, of course, on the dosage used. Of course, the hormonal profile can be altered for much longer periods of time. Oral generic Dianabol (methandrostenolone) is no longer produced under the trade name Dianabol) is detectable up to a maximum of three weeks after it is last used. If used in small dosages the retro-spectivity of oral anabolic steroids is the reason why random drug testing is so important for effective doping control. The topic of masking agents is covered in the material enclosed, and will be covered in more detail in upcoming issues of my new Anabolic Research Review (not enclosed). Many so called masking agents (such as DeJend) and tricks used by athletes simply dilute the urine and are no better than drinking a few liters of water. **Mauro**

**DEAR MAURO:** I am writing back to you in response of your letter dated May 13, 1993 about a quadiceps tendon tear that I received while squatting 750 lbs. on January 25, 1993. The correctional facility sent me out to the hospital a month after I sustained the injury. Because I was sent out so late to the hospital I was told by the doctor that it was too late to

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have surgery performed, so I was put on Indocin 25 mg. to reduce the swelling and was told to do leg extensions for therapy along with light squats, but I still have a problem walking up or down the stairs. I can't run without limping because I don't have good balance with my right leg, and numbness in the right big toe. There also is very bad lateral control with my leg since I sustained the injury. Dr. Li Pasquale, I am sending you a copy of my MRI Report that was taken at Albany Medical Center. What is the proper medical procedure that should of been performed? It's been over two years now, and the muscles still haven't healed. Should I be put on some type of steroid to try and help the healing process? If so, what type of steroid would you recommend? When you write back could you please explain the findings in my MRI Report. **Ken**

**DEAR KEN:** You need more than just my opinion and explanation, Ken. You need to see a competent orthopedic surgeon. Back in 1993 I wrote and said that if the tear is significant it should be repaired. I believe that something more should have been done at that time. You certainly should have been followed up and any problems dealt with. At this point you need to be examined and another MRI done to determine just what has gone on and what needs to be done. **Mauro Di Pasquale, M.D.**

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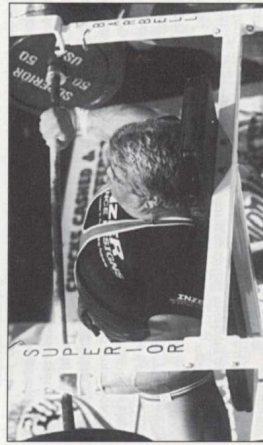
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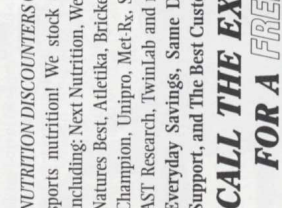
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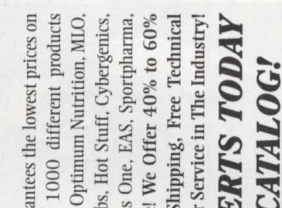
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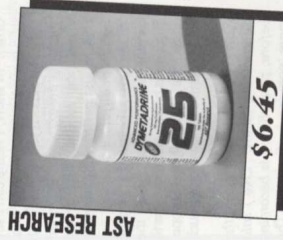
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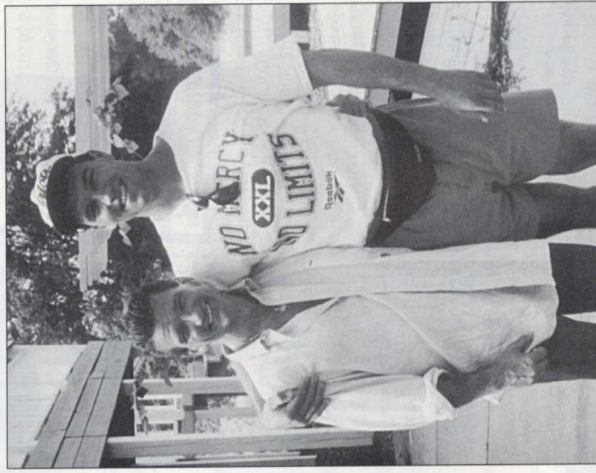
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# Dr. JUDD

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Stephan Korte with Dr. Judd in Albany, GA. (courtesy Stephan Korte)

Stephan Korte was in the United States recently on vacation. It was exactly six months since I had seen him last, when I interviewed him in Amberg, Germany for Powerlifting USA. He looks great. He's gained a lot of quality muscle mass since I last saw him and he lost most of the bodyfat he had gained due to his long lay off from Powerlifting, a good indication that he has his cancer well in check. Although competing in bobsledding, he still has dreams of returning to powerlifting in the future. As least that's where his heart still lies. Whether or not he could make such a comeback is only speculation. As I've indicated before Stephan is a real joy. He's intelligent, kind and positive almost to a fault.

**WCP:** In recent years the European countries have made quantum leaps in the sport of powerlifting. In fact, I believe it's safe to say that America is not the dominating force in the sport anymore. Why do you think the Europeans are getting so much better?

**Korte:** First of all powerlifting has become more popular in the last half of the decade. After the fall of the Berlin Wall the Eastern European countries have become more involved in the sport, especially the Russians. In fact, Olympic lifting is dying in the Eastern Bloc Countries.

In Olympic lifting good conditioning is essential. It is a very technical sport. Since the government isn't subsidizing the athletes anymore, they can't afford to get good coaching. That's why a lot of Olympic lifters are graduating to powerlifting. Powerlifting is not that technical. Techniquewise, it's much easier to become a world class powerlifter than it is to become a world class Olympic lifter. Also, the freedom to travel to compete in powerlifting has increased the motivation of many Eastern Bloc lifters to get involved in the sport. Remember, it wasn't long ago that the powerlifters in these countries were not allowed to compete in international competitions. Only the Olympic lifters were allowed to compete internationally.

The increased availability of good supplements is another reason why the European athletes are getting better. The United States still has greater access to supplements with the big U.S. companies marketing them here, but now they're starting to market more in Europe. The same is true with powerlifting equipment. The Europeans are getting equipment today that they couldn't get

with the world champions I know in the United States, the Europeans are definitely taking more anabolic steroids. As I said before, in Germany it's much easier to get steroids, because it's not illegal to possess these drugs. In the United States you can get into serious problems with the law if you have steroids. You can even go to prison. If I'm not mistaken, the distribution of steroids in America is a felony. It's on the same order as distributing cocaine. In Germany, even if you distribute steroids, it's only a misdemeanor unless you have extremely large quantities.

**WCP:** Do you believe that the European athletes are more informed about anabolic steroids and how to use them?

**Korte:** Actually, the American athletes have much greater access to information about steroids. There are more bodybuilding magazines available in the states that give them information about steroids. There are also books like the "Underground Steroid Handbook" that gives you detailed information about the steroids that are available and how to use them. In Germany, we don't have this type of information available. We have very few publications that actually address steroid use. However, as I mentioned before the Europeans are very open about this issue. Consequently, the athletes get their information by talking to each other. In short, I really can't say who is more informed about anabolic steroids. It seems that both countries are extremely informed about how to use these drugs; they're just getting the information from different sources.

**WCP:** Do you believe that with the current drug situation - with the Europeans having greater access to drugs - that eventually the Europeans will dominate powerlifting much like they have Olympic lifting?

**Korte:** I don't think drugs are the determining factor. Like I said before, powerlifting is becoming more popular in Europe. The different European countries mainly compete in one federation which is the I.P.F. Therefore, only the strongest athletes from these countries will compete at the Worlds. The Americans lift in so many powerlifting federations that they probably don't send their best lifters to the IPF Worlds. I'm not sure if the European men will ever dominate, but if you look at last year's I.P.F. women's world champions, the Europeans and Asians totally dominated. This may be indication of what the future holds.

**WCP:** Let's put the drug issue aside and let's talk nationalism. In your opinion, who are the greatest powerlifters in the world today?

**Korte:** I haven't really followed the lightweight that closely, but it's safe to say that Stamaszek is the best at 114 pounds. It's probably a good guess to say that Gant is still competing, he's obviously the best at 123. I'd take Stokovon of Russia, Jarmo Virtanen of Finland is the best at 165 and 181 pounds. I doubt if anyone could beat him at either of these weight classes. At 198 it's either Gene Bell or Frank Schramm of Germany. Every year these guys battle it out right to the end. They're both great lifters. At 220 there is no doubt - Ed Coan. In my opinion, he is the greatest powerlifter of all time. Kirk Karnowski would be my choice at 242. I think he will be unbeatable in the future. Certainly no one will be able to handle him at this weight in the squat. Russia's Victor Nalekin is the best at 275, but if Captain Kirk decides to move up to 275 and stays there he'll dominate. In the super-heavy division, I'd have to say Karl Salinger from Austria - definitely, but I've heard that he's

only bench pressing now. In that case, Shane Hamman would be my choice. Honestly believe he'll be the next dominating force in the supers.

**WCP:** Are there any closing comments you'd like to make?

**Korte:** I would like to thank the following individuals who have had an impact on my lifting career and who have been an inspiration to me. Karl-Heinz Otto, who introduced me to the sport of powerlifting. Mieczyslaw Szafranski, my coach and one of my best friends. My good friends Werner Selig and Olaf Nimmerfroh. When I was in the hospital with cancer, Werner and Olaf were there for me. Bernd, my training partner. He took me to the gym right after I got out of the hospital. Actually, Bernd motivated me to get back into lifting. Klaus Arndt, who is not only my boss at Novagetics, but a very close friend. I also want to thank my good friend in the states, Robert Wagner, for helping me with my lifting. Finally, I want to thank my best friends Albert and Frank. They have both been great to me. Last but certainly not least my parents. They have given me love and support in everything that I've done.

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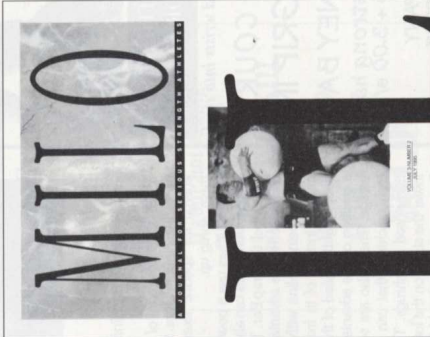
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I've done numerous articles on the best assistance exercises for powerlifting, how to work them into your cycle and how to perform them for best results. One such exercise is the shoulder shrug. The main targeted muscles are the fan shaped trapezius located in the upper back, behind the neck. The trapezius are key muscles in all three powerlifts. They help the lockout of the deadlift (my choice as best exercise for lockout power), provide stability for the bench, and aid in cushioning and supporting the bar while on your back during the squat. In addition to this, a well developed set of traps finish off that look of power in a strength athlete.

Many lifters perform shrugs, but fail to derive maximum benefits from them. This is mainly due to poor technique. Luckily, this is easily corrected if the lifter is willing to make the necessary adjustments.

I've noticed many lifters shrugging mightily while bending the arms, attempting to upright row the weight up. This lets the biceps do some of the pulling, relieving the traps of the full load. Secondly, if you can bend your arms with your shrug weight, you're using sissy weights. Ask any top lifter shrugging well over a quarter ton if they can bend their arms. The lesson is, use the arms as connectors or hooks. Pull upwards with the traps, while relaxing the arms. The weights you will be using will soon exceed your

# STARTIN' OUT

A special section dedicated to the beginning lifter

## SHOULDER SHRUGS

as told to Powerlifting USA by Doug Daniels

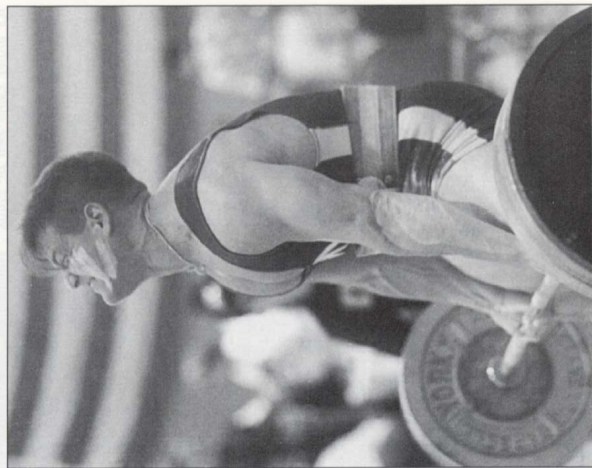
old upright row shrug, must me. Just as many lifters are simply not shrugging through much of a range of motion. This is especially true with the upright rowers. Since the bar seems to be moving upwards, the lifter thinks the traps are being worked through a wide range of movement. The truth is much of the movement is the bar being upright rowed. The lifter is barely shrugging, hence little, if any, trap work is accomplished. Ah, no wonder you can't lock out that big deadlift? Concentrate on pulling through a full range of motion with just trap power. Pull your shoulders up to your ears and lower the weight to a stretch position.

Pulling your shoulders back at the top is not necessary. This extra movement doesn't really work the

the traps in a slightly different manner and can be done for a variety of purposes. I prefer lifting straps while doing shrugs. You don't want your grip giving out before your traps do. Your grip strength can be developed in other ways.

Shrugs are easily worked in to your schedule. Once a week for 3-5 sets should do it. These may be best performed on deadlift or back day. Drop shrugs 2-3 weeks prior a contest to avoid overtraining. Reps are up to you.

Before I finish, I'd like to throw a few tips in. I don't think there's anything wrong with a little leg kick



Trap Power... is the "finisher" muscle group for a max deadlift attempt

to get a heavy weight moving. Just remember to shrug through a full range of motion and not pull with the biceps. On your last rep, hold the weight at the top for a count of two and without relaxing, try to pull it even higher for another count of 2. This is a great finisher for the traps. Paul Kelso has a wonderful book on the "Kelso Shrug" that is full of variations, not only for the shoulder shrug but for lat and chest work, to name a few. Try it.

If your lack of results from shrugs has you shrugging shoulders in wonder, try some of my suggestions. You may have to lower the weights you use temporarily, but over the long run, you will benefit greatly. You can't shrug that off.

Olympic lifters perform wide grip or snatch shrugs. These stress



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# POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

## RALPH RAIOLA as told to PL USA by Dr. Ken Leistner



Ralph Raiola squatting "a long time ago." (photo by Dr. Ken Leistner)

Of all the individuals in powerlifting, no one will be more embarrassed by seeing his name in print than Ralph Raiola. Although almost every lifter in the New York Metropolitan area is familiar with him, he is not a lifting star; he has set few records; he has never been a national officer in any organization; he does not seek the spotlight. Yet, he is the epitome of powerlifting and what everyone in the sport should strive to be. With more like him, there would be no administrative hassles, no backbiting, no organizational fragmentation, no B.S. Ralph Raiola represents what powerlifting should be to both the elite level lifter and the average man or woman banging away week after week in their garage or basement gym.

Ralph and I have been together an awfully long time. My mother comes to the gym a few times a week and always remarks that "you two guys are worse than a married couple." In truth, Ralph and I have been friends since we were twelve years old. That computes to thirty six years together! Other than my mother and brother, I don't know anyone longer. Like close friends that have been together so long, we know how to get things done, and we know how to fight productively. Powerlifting is always one of those topics that brings out the best and worst in us, always to the benefit of our lifters. As a very bright man, Ralph's experience has benefited every athlete in the Iron Island Gym.

When I transferred from one school to another, I noted that the level of tension and violence was a bit higher in the new environment. Yet, there was one guy who seemed to stand above the day-to-day difficulties. Ralph was more interested in singing. While the younger lifters won't understand, nor will those from rural areas, lots of social points could be scored at lunch time in the late 1950s and early 1960s if one could sing. Our school had quite a few good *cappella* voices and different groups would square off in the hallways to sing their versions of the day's hits. Many of the area groups eventually began this way and ended up with record contracts and radio airplay. What is now known as "doo-wop" music was the staple of the times, and few were as good as Ralph. On the Rockaway

boardwalk, at dance halls in Queens and Long Island, other well known singers would come to hear him. No one was better. Ralph sang with the local all Black Baptist Church, studied with the Jewish cantor, and developed his voice to the point where he was the lead for many local groups. This culminated in his opening for approximately two and a half years for Sly And The Family Stone and Joe Cocker.

When we were in our junior year, we were told that the athletic department wanted to start a wrestling club that would eventually compete with other high schools. There was no guarantee that this would occur prior to our graduation, but Ralph took the bait. We had started to train when we were thirteen, sometimes in my basement, sometimes in his. Our neighborhood had a lot of bodybuilders and lifters so the atmosphere was conducive to train, a rarity in those days. Tony Pandolfo, Bob Meyers, Bob Van Dina, Dennis Tinerino, and so many

others were day-to-day inspirations that we saw regularly. Like other things that interested him, Ralph gave wrestling his all and became extremely proficient. He eventually became the wrestling coach at the junior high school years later. After watching him dump me on my head, an activity he revels in on an intermittent yet regular basis when he thinks it will "serve as a wake up call," one of our lifters remarked "Ralph moves like Jackie Gleason. Super fast feet for a big man." Few are faster for the first few steps.

Unlike most others, Ralph wasn't interested in physique, not even at the beginning. He wanted strength, and this is what we trained for. He became a very good lifter and got a lot larger. People are surprised to hear that Ralph only weighed about one hundred and sixty pounds in high school, but afterwards, he put some real effort into getting big and it paid off. After attending Nassau Community College and a stint on

Our schedule still leaves time for little training, but Ralph enjoys the competition and knows that it inspires our lifters to do better. He competes well too, despite, at times, having had two workouts in eight weeks, and no training for months prior to that. All of this years under the bar has built lasting strength. Most importantly he loves the sport and his insights are fair and honest. Ralph knows more about what a lifter needs to have a good meet and a good training sessions, relative to so many of the so called experts on the pages of PL USA. He has taught so many of our men and women what it takes, that we have three full platform crews and each is excellent. Under Ralph's direction, we have served as the crew for national meets presented by the ADPPA, AAU, APF, and IPA. Whenever we are complimented, full credit is directed to Ralph. It has been his meticulous teaching that has made our crews so good, and they are good. Ralph, of course, downplays his role in everything, but as a meet director, platform manager, coach, and as a force that continues to drive lifters to do their best, there is no one like him. Ralph Raiola may be my friend and business partner, but in this sport, he is what it is all about.

Dr. Ken Leistner

phasia to the lifter. He built the platforms and helped me to modify much of our equipment. No one can work harder physically, something he learned assisting his father who was a skilled mason. We worked and, then, Ralph wanted to run meets! What was this man doing? As most lifters in this area know, we have been running these meets since our opening. Needless to say, what was a dormant area has become very vibrant. Ralph was the APF State Chairman of the Year in 1994 as he increased organization membership so greatly. He is now doing the same for the IPA. Because he is recognized for his honesty and common sense, I can vouch that individuals from most of the organizations call him constantly to help iron out problems behind the scenes. While I write the programs for our lifters, Ralph is the one on the platform coaching, correcting, and making everyone improve. He has helped some of the attire manufacturers improve their products with his insight and commentary. The other day, he showed me a "quick drawing" of what appeared to be a very unique wrap roller. He called up Jim Sutherland, and a prototype should be in "his hands shortly. As he told me, "This could help our lifters." His refrain never changes.

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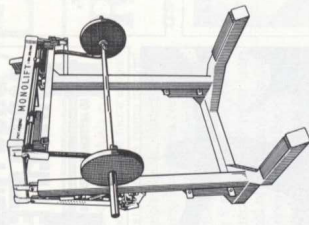
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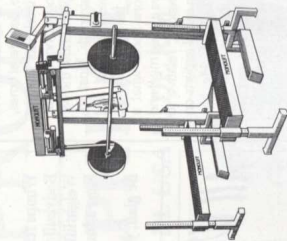


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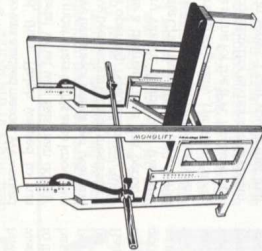
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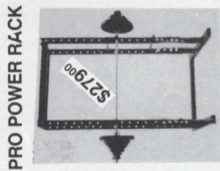
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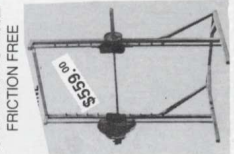
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# INTERVIEW

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

## CHRIS CONFESSORE as interviewed for Powerlifting USA by Doug Daniels

On June 17, 1995, in Phoenix, Arizona, Chris benched an amazing world record 741 pounds. There have been several 700 pound-plus benches lately, but what makes this so spectacular is that he is not a 300 pound-plus super-heavyweight, but a mere 236 pounds. Confessore is no flash in the pan or gym lifter. Chris has been setting world records in the bench since 1988. His resume includes about 16 world records and the most triple bodyweight benches in history with a dozen. Not just a bench, Chris has also distinguished himself as a top 3-lift competitor with YMCA and Junior National titles, registering an 804 squat and 2044 total in the 220 class. 1962 at 198 and 1878 at 181. His first meet showed there was some potential there with a 305 bench at 148 pounds in the mid-1980s. Chris managed to leave his mark on each weight class from 148 to 242 with a best of 350 at 148, 460 at 165, 562 at 181, 589 at 198, 662 at 220, and of course, a 741 at 242. The 741 is the highest rated bench by the Schwartz formula, the first to surpass 400 pounds. This dominance and longevity in the sport makes Chris the greatest bench presser of all time and he's not done yet.

**DOUG:** I've known you for about 10 years and have always been amazed by your power, but the last year has seen your bench go out of sight. To what do you attribute this?

**CHRIS:** I think my body is just now getting to where it wants to be. This is my optimum weight class. I'm relatively injury-free, and the heavy weights don't bother me much at this weight. Also, my mentors at Iron Curtain Labs developed an incredible bench cycle routine to maximize my explosive power. I don't want to reveal how it works at the present because I intend to use this system to shatter the 800 pound barrier by next spring.

**DOUG:** Is your training any different than it was in the past?

**CHRIS:** Not really. I'm just hitting heavier weights now more often at this weight. After getting the 662 in 1993, it seemed to wake my body up. I've made steady progress since then and I realized that 700 was a real pos-

reps, close grip bench 525x6. I've hard started working my biceps hard lately. My brother Neil said my arms have gotten bigger since I've been doing them. The increased bicep strength has helped me stabilize the bar during the bench.

**DOUG:** PL USA can't have an interview with a big bench without getting some hints for us mere mortals.

**CHRIS:** I've found that the average bench trainee does a week of benching once a week with a heavy close grip bench workout on the second day once every other week. Tricep work like pushdowns are also good for assistance. A reader from Muscle Mag wrote me for advice, and I basically suggested a routine similar to this. He wrote back a while later and made fantastic progress. Train hard with high intensity but do not live in the gym.

**DOUG:** Do you see yourself getting back into 3-lift meets again?

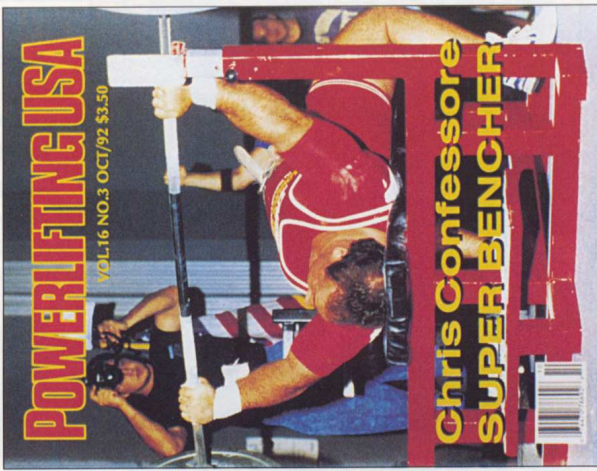
**CHRIS:** That's a possibility, but right now it's not a priority. I'm having fun upping the bench record and pushing the big guys.

**DOUG:** What are your near term goals?

**CHRIS:** I feel I can bench 800 by next spring. I've just moved up to the 242 class and my body has not fully grown into it yet. My strength will follow my weight over time. I may move up to the 275 class, say at about 243 or so, to set the record there too. The supers are out of the question.

**DOUG:** Thanks for the interview and good luck.

**CHRIS:** You're welcome and I'd like to thank Mike Lambert and all my great training partners throughout the years. A special thanks goes to all the great people at Iron Curtain Labs for all their help and supervision throughout my career. Without all of these great people helping me, I can honestly say I would not have come this far. So who says powerlifting is not a team sport? And, of course, thank you Doug.



Chris Confessore  
SUPER BENCHER

Chris appeared on the October 1992 cover of POWERLIFTING USA.

ability. When I started, 600 was not in my mind, let alone 700. **DOUG:** I've always wondered how record setters handle mental blocks. Your PRs are world records.

**CHRIS:** I compete against myself. My last block was 600, 700 didn't phase me, I don't know why. To set records for as long as myself you must be totally fear-less of heavy weights and, in my case, if I come home without a record, people look at it as a failure, so that feeds my motivation and develops a strong mind as well.

**DOUG:** Of all your records, which one do you savor the most?

**CHRIS:** The 741 because it's fresh. It's the heaviest triple bodyweight bench of all time and it's up there with what the big boys are doing, at a much lighter weight. Just before the meet I

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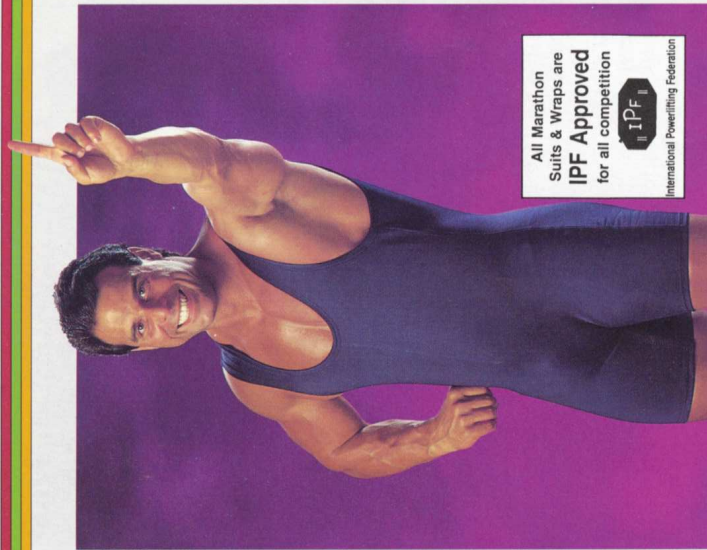
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(article continued from page 21)



Robert Allen... veteran of 3 USA World Bench Press teams. (Allen)

opener. We repeated the same on his second attempt... he missed, and we turned in 473 lbs. Sneaking up was Yasuhiro Takai of Japan, with a last-ditch 473 lb. 3rd attempt, which was nearly locked out. The changed card to 479 lbs. for Robert was tipped up. Nevertheless, we went in 507 lbs. for our third and Kusouza turned in 501 lbs. Kusouza missed, and the change was made to 501 lbs. James made it for the Silver medal. James made it on pure heart, a down right gut-busting final lift. A shot at 507 lbs. would have been close. Congratulations to Jim for job well done!

In the 242 lb. class, Piet Faber of the Netherlands, went 3 for 3 and never looked back. He was definitely capable of more after hitting a 545 lb. World Record third attempt which locked him into first place. Ahti Kokkonen of Finland lifted and secured the Silver Medal after 496, 518, and 534 lbs. Yury Khuzhiev of Russia could have easily finished in second with a 5.5 lb. jump, which would have tied Ahti on bodyweight, however, he decided to go for a 22 lb. jump instead, and took 55 lbs. for the win on his 2nd attempt. Yury, nonetheless, came up champion back back stack down 1991. Just World Powerlifting Championship Silver Medalist Joe Baynor of the United States. After opening with a conservative 540 lb. and personal World Champion Yvon Renaud, he started inescapably blew on his

after Solomon. Solomon turned in 468 lbs. for his 3rd attempt, which he missed, and we turned in 473 lbs. Sneaking up was Yasuhiro Takai of Japan, with a last-ditch 473 lb. 3rd attempt, which was nearly locked out. The changed card to 479 lbs. for Robert was tipped up. Nevertheless, we went in 507 lbs. for our third and Kusouza turned in 501 lbs. Kusouza missed, and the change was made to 501 lbs. James made it for the Silver medal. James made it on pure heart, a down right gut-busting final lift. A shot at 507 lbs. would have been close. Congratulations to Jim for job well done!

In the 165 lb. class, Susumu Ohtani of Japan, 1994 Silver medalist, opened strong with 440 lbs., but missed a big jump to 462 lbs. on his second and third attempts. Vladimir Chadkov and Mikhail Snimov of Russia, both went three for three and secured 2nd and 3rd places with attempts of 407, 424, 435 lbs. and 402, 418, 429 lbs. respectively. Chadkov was heavier in bodyweight and did not want to set a jump to 446 to defeat Ohtani and settled for the Silver medal. Excellent strategy was displayed by Vladimir Bogachev, the Russian coach. Michael Nikolayev of Germany was not far of the pace and should be a contender next year, with his solid 3 for 3 performance. Greg Watt, two-time IPF World Bench Press Champion and record holder, sat this one out, wanting to prepare for the Greatest Bench Press in America instead. 1995 USPF National Bench Press Champion, Donald Robbins, decided to stay home as next year, nursing an injury. Whoever comes next year will have a tough opponent in Ohtani. I see him only getting better.

The 181 lb. class was the largest of the competition. Considering the many so-called world organizations and world championships held each year, where can you go and find 21 lifters in your weight class at a world meet and say you beat them all? The only place is the IPF Robert Decourt of the United States was ready to finally take the Gold, especially after two consecutive Bronze medals at the championships in 1994 and 1995. Robert never makes it easy on the coaching staff and he had a technical miscue on his opener at 462 lbs. 3 time World Champ, Aurthur Firmer of Germany, bailed out and hit the showers early after suffering a severe shoulder separation on his opener at 457 lbs. Michael Solomon of the Ukraine, seizing the moment, jumped 16 lbs. from his first attempt and made 462 lbs. on his second. Robert came out and repeated 462 and 540 lbs. with room to spare and it was apparent that he was not going to be made it for three white lights. We were fortunate and had the higher lot number, but were heavier in bodyweight and went



Robert Decourt toughed out a win in the Lighthreaths

moved down to the 275 lb. class this year his second attempt of 496 lbs. on a technicality. We were pushed down to 4th after James Kusouza of Finland made his 2nd attempt of 485 lbs. to pass Jim on bodyweight. Maximov then made 490 lbs. on his 3rd attempt to take over 2nd. We turned in 507 lbs. for our third and Kusouza turned in 501 lbs. Kusouza missed, and the change was made to 501 lbs. James made it for the Silver medal. James made it on pure heart, a down right gut-busting final lift. A shot at 507 lbs. would have been close. Congratulations to Jim for job well done!

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second attempt while the weight was nearing lockout. With just seven lifters in the class, time was on our enemy and we were unable to get him into another shirt. Joseph was then forced to take his 3rd attempt without a bench shirt. It was unable to negotiate the lift and bombed out. I'm not one to make excuses, but Joe was activated on extremely short notice after original team member Chuckie Horne required financing for the trip. Earlier this year, Joe hit a 615 at a North Carolina meet and expectations are high for his coming year. Look for Joe at next year's US National Bench Press Championships in Oregon. He will be tough to beat. Watch, wait and see!

In the SHWs, James Henderson of the United States electrified the audience as he did last year. James was main attraction for the entire week of the competition. The good natured person he is, James signed hundreds of autographs and had hundreds of pictures taken, for both the media and fans, from the time we stepped off the aircraft until the local Czech newspaper wrote a story concerning the 700 lb. bench press that he did earlier this year in Florida. He was quite the center of attention and enjoyed his stay in the Czech Republic and a great deal. His performance was outstanding and opened with an easy 601 lbs. This attempt was pushed up easily and well under control. Prior to his opener, his last warm-up entailed him crossing his legs and repping 501 lbs. for a double in the warmup room with about 300 people around him. His second attempt of 628 lbs., for a new IPF Single-Lift World Record, was rannned up just as easy as his 1st attempt. The venue roared with applause after each of his lifts. James final attempt at 644 lbs. was turned down 2.1 due to an uneven lockout. He finished the competition with his second consecutive Gold Medal and World Record. Even more remarkable is that James completes all of his lifts without the aid of a bench press shirt, wrist wraps or lifting belt. That's simply a tremendous accomplishment, especially in an age when the sport is full of technically-enhanced supportive equipment. Congratulations to James!

Troy Michler, also from the United States, was well in the hunt and came close to winning a medal his first time out to the Worlds. His last two attempts of 529 and 540 lbs. were strong personal bests. His final attempt at 562 lbs., for the Bronze medal, fell just inches short of lockout. Troy will not doubt break 600+ this year and will return to next year's Nationals well prepared to garner a spot on the national team. The Russian and German team finished tied for first place, each with 57 points; however, after careful review, the Russian team finished first due to having more third place finishers than the German Team. The United States Team finished a strong third with 45 points and should challenge for the team title next year. Proceeding the final team tabulations, a bikini fashion show along with a bodybuilding demonstration was presented to all of the spectators and commentators. His forte was even available to

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jump in and give the audience a few double-bloop poses. The final day of the competition was well attended, with some 3000+ spirited fans packing the venue. EuroSport (European version of America's ESPN) was on hand and taped the lifting. Later that evening at the hotel, the entire SHW division was seen on local and European-wide television. EuroSport used three camera angles, an overhead shot, a view from the side, and one directly behind the head referee. During the television program, they showed every lift from all the angles described. They even included a slow motion instant replay of each and every attempt along with color commentary analyzing the technique of the lifter. Amazing!

In conclusion, I would like to first thank John Iizer of Inzer Advanced Design for sponsoring and permitting the team with the new High Performance Heavy Duty (HPHD) Blast Shirts. They unquestionably made the difference for all of our team members this year. Secondly, I would like to thank both Sharon Dixon, Secretary at the USPF Headquarters office and Peter Thome, USPF President, who showed tremendous support and direction for the team leading up to the championships. Their leadership helped overcome many bureaucratic obstacles along the way, which enabled the team to perform at their peak. This was the most successful team to date and next year's team will be even better. Until Good Night! Robert H. Keller, Head Coach, 1995 USPF National Bench Press Team.

EDITOR'S NOTE: results of this competition were published on page 22 of the November, 1995 edition of POWERLIFTING USA



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**AAU Powerlifting Update...** At the September AAU annual conference held in Arizona, the AAU was presented a position paper by Mike Wonyette, Arizona State Chairman, representing the Powerlifting Committee. The AAU accepted several items in that paper, granting administrative concessions to the Powerlifting Committee. The AAU also voted the powerlifting committee to full sports membership after only nine months. In doing so the AAU recognized the extremely successful program that the Powerlifting Committee has put together and the vast potential of our sport. We thank the AAU for its recognition of powerlifting. This was the culmination of the fine efforts of many people within the AAUPC. We especially wish to thank our AAU liaison, Mike Janssen for his help and support.

The AAU also made a major change in membership terms. It recognized that many sporting events, including powerlifting had several important meets in the late fall of each year, and those athletes that purchased their cards from September to November were penalized with a short membership. To remedy that situation, starting in September, 1996, ALL AAU memberships will run from September first to August 30th of the following year. This will allow powerlifters to enjoy fall competition without the need to buy another card come the new year. The new cards will be available from June 1st so the card will be good for up to 14 months, depending on when it was purchased. Again the AAU is being responsive to the needs of the Athlete.

One of the more important rules passed at this years national meeting by the AAUPC was that, if available by the meet director, 24 hour weigh ins would be allowed for ALL lifters at ALL meets. This means that if the meet director can arrange for the early weigh in, then ALL competitors at that meet will be allowed 24 hour weigh in. THIS INCLUDES ALL NATIONAL CHAMPIONSHIPS AND INCLUDES THOSE ATTEMPTING AMERICAN AND NATIONAL RECORDS. This is especially important for master lifters who may have medical problems to contend with and for whom waiting for a morning weigh in at a national meet or because they may be setting a national or American record, constitutes a medical risk. It also levels the playing field for any lifter who may be attempting an American record, who otherwise must starve himself for a morning weigh in while a close competitor who will not be attempting any record, takes

advantage of the night before weigh in. The meet director may take advantage of this rule by setting up an hour and half weigh in 24 hours prior to the start of a particular class and another weigh in session 12 or 18 hours prior to that same class to allow later arrivals to weigh in. The standard morning weigh in remains in effect. The lifter may attend all weigh ins to make weight. Again the AAUPC is working in the lifters best interest.

The date for the 1996 Junior Olympics has been fixed. It will be held August 4, 5, and 6th at the SUPER DOME in New Orleans. It will be held in conjunction with the AAUPC TEENAGE NATIONAL CHAMPIONSHIPS. Provisions will be made for any foreign teenage lifter who wish to compete in the Junior Olympics. This will be a fantastic opportunity for our young lifters. The teenage division runs from 12-19. The Junior Olympics allow lifters under the age of 12. Again we are responding to lifter requests. Anyone seeking information on these meets should contact Joe Pyla, 25 Louis Drive, Budd Lake, N.J. 07828. 201691-0824. Anyone seeking entry forms should contact Mike Janssen at 317-872-2900.

A few questions have arisen concerning lifting in shorts. The rule states "At all meets EXCEPT full national power meets, non supportive shorts in good repair may be worn instead of a one piece lifting suit. Cut off jeans, etc. are not allowed. Legs must be clearly above the knees and/or knee wraps. If legs touch, knee wraps the lift is not allowed." To further define this rule it should be stated that at national bench or deadlift meets (we don't have national squat meets - yet!), shorts may be worn. Loose fitting/baggy shorts are not allowed. Undergarments same as for one piece suits must be worn. The key word is non supportive. Spandex type bike shorts are however, the "non supportive shorts" may be longer if they do not cover the knee or knee wraps. Shorts should be 8" long rather than tight. Shorts made of tight fitting canvas, cut off/altered power suits, etc. are not allowed. It is up to the referees to decide if shorts are supportive or not, this judgement will be made on the platform. The only belt allowed with the shorts is the "lifting belt" as defined in the rules. It is my understanding that a major equipment manufacturer is developing lifting shorts to supply a uniform product to the market. Anyone wishing to obtain a rule book should contact Mike Janssen at 317-872-2900. (Submitted by Jumpin Jersey Joe Pyla, Assistant National Chairman AAUPC)

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**The Iron Island Gym Powerlifting Team**, winners of the IPA North America Championships, would like to publicly thank Flex Equipment, Titan Support Systems, and Safe USA for their continuing support of our efforts. **Ralph Leistner, Ralph's Assistant.**

**WHC Championships**  
12 Aug 95 - Waipahu, HI

Female 123	SQ	BP	DL	TOTAL
H. Blittnerhausen	115	45	115	315
C. Machida	90	60	165	315
S. Knight	100	45	275*	410
C. Rocco	135	225	135	495
F. Corpuz	515*	370*	445	1330*
P. O'Brien	355	200	310	865
W. Deuz	435	285	405	1130
R. Caro	435	285	405	1130
S. Yagin	365	225	450	1040

**NASA Minnesota State**  
3 Sep 95 - Albert Lea, MN (kg)

Bench Press	148	Submaster I	165	167.5
Men Natural	198	Adams	198	167.5
220	198	Submaster I	165	167.5
242	198	Submaster I	165	167.5
275	198	Submaster I	165	167.5
300	198	Submaster I	165	167.5
325	198	Submaster I	165	167.5
350	198	Submaster I	165	167.5
375	198	Submaster I	165	167.5
400	198	Submaster I	165	167.5
425	198	Submaster I	165	167.5
450	198	Submaster I	165	167.5
475	198	Submaster I	165	167.5
500	198	Submaster I	165	167.5
525	198	Submaster I	165	167.5
550	198	Submaster I	165	167.5
575	198	Submaster I	165	167.5
600	198	Submaster I	165	167.5
625	198	Submaster I	165	167.5
650	198	Submaster I	165	167.5
675	198	Submaster I	165	167.5
700	198	Submaster I	165	167.5
725	198	Submaster I	165	167.5
750	198	Submaster I	165	167.5
775	198	Submaster I	165	167.5
800	198	Submaster I	165	167.5
825	198	Submaster I	165	167.5
850	198	Submaster I	165	167.5
875	198	Submaster I	165	167.5
900	198	Submaster I	165	167.5
925	198	Submaster I	165	167.5
950	198	Submaster I	165	167.5
975	198	Submaster I	165	167.5
1000	198	Submaster I	165	167.5

**NASA Iowa State**  
2 Sep 95 - Des Moines, IA (kg)

Bench Press	148	Submaster I	165	130
Men Natural	181	Adams	181	130
220	181	Submaster I	165	130
242	181	Submaster I	165	130
275	181	Submaster I	165	130
300	181	Submaster I	165	130
325	181	Submaster I	165	130
350	181	Submaster I	165	130
375	181	Submaster I	165	130
400	181	Submaster I	165	130
425	181	Submaster I	165	130
450	181	Submaster I	165	130
475	181	Submaster I	165	130
500	181	Submaster I	165	130
525	181	Submaster I	165	130
550	181	Submaster I	165	130
575	181	Submaster I	165	130
600	181	Submaster I	165	130
625	181	Submaster I	165	130
650	181	Submaster I	165	130
675	181	Submaster I	165	130
700	181	Submaster I	165	130
725	181	Submaster I	165	130
750	181	Submaster I	165	130
775	181	Submaster I	165	130
800	181	Submaster I	165	130
825	181	Submaster I	165	130
850	181	Submaster I	165	130
875	181	Submaster I	165	130
900	181	Submaster I	165	130
925	181	Submaster I	165	130
950	181	Submaster I	165	130
975	181	Submaster I	165	130
1000	181	Submaster I	165	130

**ADPGA Big Three Championships**  
in White Plains, NY. The 19 year old, 6'1", 288 pounder totaled 1487 lbs., with lifts of 573 413 501. (courtesy of Marisa Stumpf)

**NASA Minnesota State**  
3 Sep 95 - Albert Lea, MN (kg)

Bench Press	148	Submaster I	165	167.5
Men Natural	198	Adams	198	167.5
220	198	Submaster I	165	167.5
242	198	Submaster I	165	167.5
275	198	Submaster I	165	167.5
300	198	Submaster I	165	167.5
325	198	Submaster I	165	167.5
350	198	Submaster I	165	167.5
375	198	Submaster I	165	167.5
400	198	Submaster I	165	167.5
425	198	Submaster I	165	167.5
450	198	Submaster I	165	167.5
475	198	Submaster I	165	167.5
500	198	Submaster I	165	167.5
525	198	Submaster I	165	167.5
550	198	Submaster I	165	167.5
575	198	Submaster I	165	167.5
600	198	Submaster I	165	167.5
625	198	Submaster I	165	167.5
650	198	Submaster I	165	167.5
675	198	Submaster I	165	167.5
700	198	Submaster I	165	167.5
725	198	Submaster I	165	167.5
750	198	Submaster I	165	167.5
775	198	Submaster I	165	167.5
800	198	Submaster I	165	167.5
825	198	Submaster I	165	167.5
850	198	Submaster I	165	167.5
875	198	Submaster I	165	167.5
900	198	Submaster I	165	167.5
925	198	Submaster I	165	167.5
950	198	Submaster I	165	167.5
975	198	Submaster I	165	167.5
1000	198	Submaster I	165	167.5

**NASA Iowa State**  
2 Sep 95 - Des Moines, IA (kg)

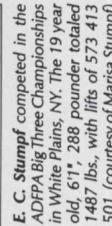
Bench Press	148	Submaster I	165	130
Men Natural	181	Adams	181	130
220	181	Submaster I	165	130
242	181	Submaster I	165	130
275	181	Submaster I	165	130
300	181	Submaster I	165	130
325	181	Submaster I	165	130
350	181	Submaster I	165	130
375	181	Submaster I	165	130
400	181	Submaster I	165	130
425	181	Submaster I	165	130
450	181	Submaster I	165	130
475	181	Submaster I	165	130
500	181	Submaster I	165	130
525	181	Submaster I	165	130
550	181	Submaster I	165	130
575	181	Submaster I	165	130
600	181	Submaster I	165	130
625	181	Submaster I	165	130
650	181	Submaster I	165	130
675	181	Submaster I	165	130
700	181	Submaster I	165	130
725	181	Submaster I	165	130
750	181	Submaster I	165	130
775	181	Submaster I	165	130
800	181	Submaster I	165	130
825	181	Submaster I	165	130
850	181	Submaster I	165	130
875	181	Submaster I	165	130
900	181	Submaster I	165	130
925	181	Submaster I	165	130
950	181	Submaster I	165	130
975	181	Submaster I	165	130
1000	181	Submaster I	165	130

**NASA Tennessee Regional**  
2 Sep 95 - Jackson, TN (kg)

Bench Press	195	Submaster I	165	117.5
Men Natural	181	Adams	181	110
220	181	Submaster I	165	110
242	181	Submaster I	165	110
275	181	Submaster I	165	110
300	181	Submaster I	165	110
325	181	Submaster I	165	110
350	181	Submaster I	165	110
375	181	Submaster I	165	110
400	181	Submaster I	165	110
425	181	Submaster I	165	110
450	181	Submaster I	165	110
475	181	Submaster I	165	110
500	181	Submaster I	165	110
525	181	Submaster I	165	110
550	181	Submaster I	165	110
575	181	Submaster I	165	110
600	181	Submaster I	165	110
625	181	Submaster I	165	110
650	181	Submaster I	165	110
675	181	Submaster I	165	110
700	181	Submaster I	165	110
725	181	Submaster I	165	110
750	181	Submaster I	165	110
775	181	Submaster I	165	110
800	181	Submaster I	165	110
825	181	Submaster I	165	110
850	181	Submaster I	165	110
875	181	Submaster I	165	110
900	181	Submaster I	165	110
925	181	Submaster I	165	110
950	181	Submaster I	165	110
975	181	Submaster I	165	110
1000	181	Submaster I	165	110

**NASA Tennessee Regional**  
2 Sep 95 - Jackson, TN (kg)

Bench Press	195	Submaster I	165	117.5
Men Natural	181	Adams	181	110
220	181	Submaster I	165	110
242	181	Submaster I	165	110
275	181	Submaster I	165	110
300	181	Submaster I	165	110
325	181	Submaster I	165	110
350	181	Submaster I	165	110
375	181	Submaster I	165	110
400	181	Submaster I	165	110
425	181	Submaster I	165	110
450	181	Submaster I	165	110
475	181	Submaster I	165	110
500	181	Submaster I	165	110
525	181	Submaster I	165	110
550	181	Submaster I	165	110
575	181	Submaster I	165	110
600	181	Submaster I	165	110
625	181	Submaster I	165	110
650	181	Submaster I	165	110
675	181	Submaster I	165	110
700	181	Submaster I	165	110
725	181	Submaster I	165	110
750	181	Submaster I	165	110
775	181	Submaster I	165	110
800	181	Submaster I	165	110
825	181	Submaster I	165	110
850	181	Submaster I	165	110
875	181	Submaster I	165	110
900	181	Submaster I	165	110
925	181	Submaster I	165	110
950	181	Submaster I	165	110
975	181	Submaster I	165	110
1000	181	Submaster I	165	110



**E. C. Stumpf** competed in the ADPGA Big Three Championships in White Plains, NY. The 19 year old, 6'1", 288 pounder totaled 1487 lbs., with lifts of 573 413 501. (courtesy of













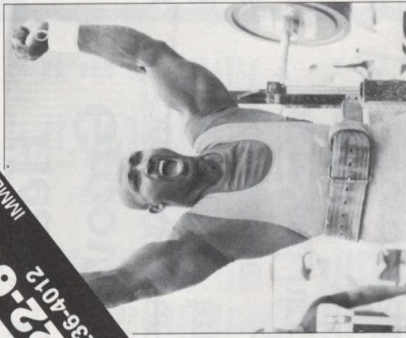


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 9/12/54 - 10/29/91*

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10 cm x 13 mm • 6 rows of stitching ..... ~~\$74.00~~, **\$64.00**  
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- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
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**APA/WPA/CFA Can-Am Bench Press**

20 Aug 95 - Hamden, CT

Women Team 13-15	Drug Tested 181	290
J. Taylor	Drug Tested 220	290
Women 123	Drug Tested 275	400
132	Drug Tested 275	400
148	Drug Tested 275	400
180	Drug Tested 275	400
190	Drug Tested 275	400
210	Drug Tested 275	400
220	Drug Tested 275	400
230	Drug Tested 275	400
240	Drug Tested 275	400
250	Drug Tested 275	400
260	Drug Tested 275	400
275	Drug Tested 275	400
285	Drug Tested 275	400
300	Drug Tested 275	400
310	Drug Tested 275	400
320	Drug Tested 275	400
330	Drug Tested 275	400
340	Drug Tested 275	400
350	Drug Tested 275	400
360	Drug Tested 275	400
375	Drug Tested 275	400
385	Drug Tested 275	400
400	Drug Tested 275	400
410	Drug Tested 275	400
420	Drug Tested 275	400
430	Drug Tested 275	400
440	Drug Tested 275	400
450	Drug Tested 275	400
460	Drug Tested 275	400
470	Drug Tested 275	400
480	Drug Tested 275	400
490	Drug Tested 275	400
500	Drug Tested 275	400
510	Drug Tested 275	400
520	Drug Tested 275	400
530	Drug Tested 275	400
540	Drug Tested 275	400
550	Drug Tested 275	400
560	Drug Tested 275	400
575	Drug Tested 275	400
585	Drug Tested 275	400
600	Drug Tested 275	400
610	Drug Tested 275	400
620	Drug Tested 275	400
630	Drug Tested 275	400
640	Drug Tested 275	400
650	Drug Tested 275	400
660	Drug Tested 275	400
670	Drug Tested 275	400
680	Drug Tested 275	400
690	Drug Tested 275	400
700	Drug Tested 275	400
710	Drug Tested 275	400
720	Drug Tested 275	400
730	Drug Tested 275	400
740	Drug Tested 275	400
750	Drug Tested 275	400
760	Drug Tested 275	400
775	Drug Tested 275	400
785	Drug Tested 275	400
800	Drug Tested 275	400
810	Drug Tested 275	400
820	Drug Tested 275	400
830	Drug Tested 275	400
840	Drug Tested 275	400
850	Drug Tested 275	400
860	Drug Tested 275	400
870	Drug Tested 275	400
880	Drug Tested 275	400
890	Drug Tested 275	400
900	Drug Tested 275	400
910	Drug Tested 275	400
920	Drug Tested 275	400
930	Drug Tested 275	400
940	Drug Tested 275	400
950	Drug Tested 275	400
960	Drug Tested 275	400
975	Drug Tested 275	400
985	Drug Tested 275	400
1000	Drug Tested 275	400

**International team winners at the APA/WPA/CFA Can-Am International Bench Press: Team Canada. Front row L to R: CPA President Marcel St. Laurent, Denise Quillet, Daniel Royer, Andy Theriault, Claude Dallaire; Rear row L to R: Paul Henri, Louis Levesque...**

By next year we will have a main office in Springfield, Massachusetts and other offices throughout the US. This will give expedite records and arrival time for paperwork and other things. We will be able to handle all the things that are currently being handled by the Canadian and American officials being only a few hours apart. I can assure you that this is a very important event to us and we will have a very memorable event. (Results by Scott Taylor).

**ADPFA Alabama State**  
16 Jul 95 - Fayetteville, AL

Men 116	SQ	DL	Total
C. Anderson	225	110	285*
129	240*	115	245
130	240*	115	245
131	240*	115	245
132	240*	115	245
133	240*	115	245
134	240*	115	245
135	240*	115	245
136	240*	115	245
137	240*	115	245
138	240*	115	245
139	240*	115	245
140	240*	115	245
141	240*	115	245
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# APF Bench Press/Deadlift Extravaganza



January 21, 1996  
Multiple Divisions

Sculptured Trophies 1st-5th place  
Hotel meet site  
Have some fun! Lift APF.  
Call Terry and Nancy Dangerfield  
9am-5pm 708-377-7527

3 FEB, APA Granite State Open Bench Press (men, women, open, sub, teen, master) in, 1003, 603-352-8500  
3 FEB, NASSA Florida State PL/BP/Champion, 1003, 603-352-8500  
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17 FEB, AAU 8th Drug Tested East Coast PL/BP or DL Classic & Powerlifting Open (men, women, open, sub, teen, master) in, 1003, 603-352-8500  
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## Iron Island Meets: Feb. 10, 1996 - IPA NY State and Open Powerlift Using Sutherland Bar, Deadlift Bar, & the Monolift May 25, 1996 - Iron Island Bench Blast June 15, 1996 - Deadlift Classic Aug. 24, 1996 - Powerlifting Classic and Northeast Challenge Cup (Serves as IPA National Qualifier)

Call Ralph at 516-594-9014 for information on these IPA sanctioned meets.

Below Class II, women, teen, master) Coach Van Compton, UALR, Dept. 2801 Univer- sity, Little Rock, AR 72204, 501-569-3167  
91 MAR, MDSA Minnesota State/Open, Dar- win/Jacobson, Box 1031, Willmar, MN 56201  
6 APR, MDSA Minnesota State/Open, Dar- win/Jacobson, Box 1031, Willmar, MN 56201  
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## ADFPA Illinois States & Midwest Open Powerlifting Championships

January 20, 1996  
At Holiday Inn Express, Elmhurst  
Massive Sculptured Trophies  
1st-5th place  
Call Sid Bhojwani 10am-6pm  
708-279-0700

20 JAN, ADFPA Illinois State/Midwest Bench Press, Sgt. Nathan Andrews, 1003, 603-352-8500  
20 JAN, ADFPA Illinois State/Midwest Bench Press, Sgt. Nathan Andrews, 1003, 603-352-8500  
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20 JAN, ADFPA Illinois State/Midwest Bench Press, Sgt. Nathan Andrews, 1003, 603-352-8500

16830, 814-745-3214  
20 APR, MDSA Go for the Gold Nationals (Willmar, MN), Darwin/Jacobson, Box 1031, Willmar, MN 56201  
20 APR, MDSA Minnesota State/Open, Dar- win/Jacobson, Box 1031, Willmar, MN 56201  
20 APR, MDSA Minnesota State/Open, Dar- win/Jacobson, Box 1031, Willmar, MN 56201

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(article continued from page 20)

had endured, and he gave 695 a might tug to surpass it. The barrel cooperated only half-way. Hoosterland became extinct. Other organizations came in and took over. The APF State Meet was March 15, 1986, at White's institute - a correctional facility for bad boys in Wabash. The officiating was rather horrendous. Larry cleanly lifted 610 300 685 and 1595 at 198. This was good enough only for 5th place in this anything goes flasco. In his absence he'd once again lost his precious deadlift record and tried an uncooperative 710.

This infuriated Larry to train harder. His workouts were going great. He was never one to shy away from the limelight. For some publicity, he agreed to a picture for the local newspaper. At a training session at the spa, Larry, all psyched up, got a bit carried away. It was August 20, and he kept piling on more and more weight as the deadlift. When he got to 700 he bodily instructed: "Shoot this!" He ripped it right up - bare hands - no sweat. His deadlift had never felt so easy, so he did a second rep, and then a third.

He was hoping for some big stuff at the meet in Indianapolis, August 30th. It was a Rich Peters show and the first NASA meet held in Indiana. Larry at 194, beat his best 611, 303 and pulled a lifetime best 711 for 1st place and a 1625 total. Larry figured if he had not been such a show-off 10 days prior he would have pulled at least 730! He resumed training with even greater zeal. It was March 1987 and the APF State. He was primed for life records. He wanted to lift 198 but weighed 201 for team purposes. He hit 670 300 700 for 1670. He gave kingpin Ron Everett the 220 champ some anxious moments. Larry went for the bodyweight win. Up came 730 until it stalled at the knees.

After that McWhorter took yet another respite from powerlifting. From March 1987 until October 1988 he participated in some sanctioned toughman contests. It was like a streetfight (right up Larry's alley) and attracted bouncers, bikers and bar room brawlers. Larry won the Indiana Tough Man Contest and earned cash. There were several big events, and Larry took home 5 grand in one sanctioned altercation altogether, and he knocked out 15 guys.

Larry decided he needed to further enhance his fighting abilities so, he learned the martial-arts from a talented local instructor, Dicky Hawn, who had a black belt in karate as well as judo and Jujitsu. Hawn, an all round "nice guy", exemplified the old adage "If you have it there is no need to flaunt it." He was respected equally by rough-necks and community leaders alike. Hawn could take you apart like a clock, but preferred to teach his pupils patience and control of aggression. As he developed his skills Larry learned control and discipline and - most of all - what made his own clock tick.



Larry McWhorter with his U.W. M.A.S. World Championship belt

and was more than willing to give it his best. If you've never attended a kickboxing match you've missed an exciting show. There is much hoopla. The opponent makes his way to the ring after a dramatic introduction by the announcer amidst blaring rock music, and the crowd cheering fans. From the opening bell Larry was the aggressive. He let his guard down at the beginning and caught a roundhouse kick to the face. It knocked him down onto the ropes. That infuriated McWhorter, and he came on like gangbusters with a flurry of punches. He pummeled the champ good. They stopped the fight before the beginning of the third round. Much to the crowd's dismay Eckles was declared the winner as Larry had been disqualified for not delivering the mandatory five kicks per round. The decision was an unpopular one.

After scrutinizing the tape replay of the fight, the review board agreed that McWhorter was worthy of a return match. Eckles wanted no part of this. Rather than take another drubbing from old Sledgehammer Larry, he reduced to the next lowest category. This left the title vacant.

On November 13, 1993 the UWMAS World cruiserweight title was on the line. It was a Saturday night at the Cowboys' lounge in Indianapolis. Since Eckles had refused to meet Larry again, he fought Keith "the Curse" Wagner of Louisville, Kentucky for the vacant title. Wagner brought with him a record of 23-2 which included 20 knockouts. Larry was promoted as the "World's strongest kickboxer" a claim which Larry could back up. From the opening bell our revered renegade was all over Wagner like a

dirty shirt. McWhorter had trained with his arms immobilized for assurance he wouldn't come up short on kicks. Ever get kicked by a mule? Larry with 600 plus squats behind his thrusts connected with 14 bone crunching kicks in less than two minutes. A left footed he opposed. After Keith wobbled to his feet, then came a left handed roundhouse. Again he hit the canvas. Then came the knockout punch, and it was lights out. At least 100 hometown fans were there cheering for Larry. The fight was stopped, and Larry's head was raised and there was badman as he was proclaimed UWMAS WORLD KICKBOXING CRUISERWEIGHT CHAMPION. Larry successfully defended his world title September 10, 1994. He won a unanimous decision over Brian Colley at the Peppermint Twist Lounge in Indy. McWhorter dominated both rounds after his opponent took two standing eight counts. Unbeknownst to anyone Larry was fighting with broken ribs sustained a week before the fight while sparring with his training partner, 350 lb. Jeff Hines. Larry kept it a secret because he was afraid they wouldn't have allowed him to participate had the facts been known.

Does this conclude the story of our tenacious athlete? Not quite. Larry had shown his superiority in many tough fights, but felt he was not receiving the respect he deserved. The Professional Karate Commission (P.K.C.) did not recognize the UWMAS as legitimate champions. There was internal strife among the decision makers, and politics caused the organization to get bogged down in squabbling. Larry was a fighting champion and was impatient. The long intervals between title defenses were frustrating. Criticism from the other organization prompted a bold move.

McWhorter decided to make a believer of his critics. He enlisted in the PKC, competing in the amateur cruiserweight division. As it was another organization, he was required to start at the bottom. His reputation preceded him. First came the state PKC championship belt. No one at this level had enough courage to face him, so he earned the title uncontested. Next came an exhibition bout with the regional and national champ - Dugan Hoffman. The fight was scheduled for May 14, 1995, in Muncie, but did not take place. The PKC champ drove down from Ft. Wayne and got dressed. He waited until Larry got in the ring and suddenly developed an illness. He, for whatever reason, wouldn't face Larry. Rather than lose face he drove back home. Larry issued a challenge for a title

shot. It was face him or forfeit. The match was arranged for September. It was good publicity for Larry. On June 10th he was interviewed on a two hour program on WLBC, a Muncie FM radio station. McWhorter took phone calls and answered questions. Commercial offers started coming in. He appeared on local TV and did some appearances on cable stations USA and TNT. He was a paid sponsor for Roto Rooter, in a spot using a speed bag. He received a thousand bucks for this piece.

His training was going well and things were right on track. McWhorter was driving his car when another vehicle ran a red light and struck his vehicle from behind. The impact of being rear-ended at 30 MPH caused a whiplash injury to his neck. Deja vu! The unexpected strikes without warning. In this case it caused severe trauma to the neck vertebrae. It took nearly two months of physical therapy to regain neck mobility. During this time his training came to a screeching halt. His title fight was postponed. Unfortunately for Larry he wouldn't get another title shot until after the first of the year (1996). December 14th will mark another milestone for Larry - his 40th birthday. It will be a time for soul searching and to put his life and priorities in perspective. For Larry his life's challenges prompted his will for living. He had nothing to prove to anyone except himself. Overcoming all the tragedies he'd experienced in his lifetime, the barrel was his closest companion. Lifting kept him focused. To strive and excel was an effective escape valve to vent loneliness and frustration. I talked with Larry at length regarding these matters.

HG: Larry, how would you describe you? Your triumphs over heart-ache and trauma are a heart-warming story. LM: Life has been a bed of roses for me, complete with a plentiful supply of thorns. No contact with my wife and sons for more than a decade has left me empty and unfulfilled. My sons are young men now, and I would have traded all my achievements in sport to have been able to watch them growing up and been there as a father for them. Jeremy is now 19, Andy 17, and Michael 15. Things may be looking more positive. I recently made contact with my oldest son. He is in the service, stationed in Chicago. It will take time to mend broken bridges. I hope eventually we can develop an understanding relationship. HG: You explained the circumstances. LM: Time heals all wounds. LM: I truly hope so. This hope

workout lasts 2-3 hours. It includes stretching, speedbag, heavy bag, focus pads for target practice and sparring partners. HG: Do you have trouble finding sparring partners? LM: My sparring partner is the 350 lb. UWMAS superheavyweight champ Jeff Hines. He is big strong, fast and flexible enough to do the Chinese splits. None of my opponents could ever dream to hit as hard as him. He broke my ribs when I was training for my title fight. He has a kick of you it would be over. If the kickboxer or boxer delivers a full force punch or kick on target before the opponent could get his hands on you - then he's done. You might as well stick a fork in him. The grapplers seem to dominate in those Ultimate Fighting Championships that have become so popular. HG: What of Dave Beneteau, the Ultimate Fighting Championship finalist that Warty Callagher wrote of in the July 1995 issue of Powerlifting USA. LM: Great! He's big strong tough and skilled. He is a powerlifter and that says it all. I look for him to be a winner because of it. Truly a man after my own heart. Why will he be overwhelping? Because of his POWER FORCE of course! HG: What are your future plans? LM: To be remembered as champion. I have nothing else to prove to myself or anyone else? HG: Does that mean you are retiring from the ring? LM: No, let us just say I am undecided. I recall that two of my heroes were the great Olympic weightlifters Rigert and Alexeev. Their careers were unparalleled. They both made the same mistake. Neither knew when to retire with their records unblemished. Sometimes the desire to continue overrides the reality that Father Time shows no mercy. I'll be sorry by the time this article hits the magazine. Kicking back against obstacles that face you in life is one thing. Taking time to reflect and enjoy life and just plain "kick back" is something I'd like to do. HG: Does your return to the lifting platform beckon? LM: It is more than just a strong possibility. The thought of setting masters deadlift records is most enticing. Whatever Larry decides, I wish him the best. For McWhorter, his powerlifting kept him facing life's challenges head-on. It saved his life and gave him a new one. It seemed ever so obvious that he is destined to return to his roots where it all began - powerlifting. After all isn't that the way it should be?

LM: I've never been knocked to the canvas - ever! HG: How does kickboxing compare with some of the other martial arts? LM: A karate man would not stand a chance against a full contact kickboxer. It would be like slicing a poodle with P.M.S. on a pitiful. HG: What about all those awesome moves you see those kung-fu guys on TV? I saw Bruce Lee jump 20 feet backwards into a tree. One guy caught a bullet in his teeth and spit it out. LM: (laughs) All those fancy kicks are dramatized TV hype. All that kung-fu/mokey is hokey, choreographed parlor tricks. HG: What about wrestlers or judo men? LM: Just plain, flat tough. A

like on a temporary obstacle, perhaps a stumbling block with a divine purpose. Maybe its time to put my priorities in their proper perspective. HG: Unquestionably. I see your family has been first and foremost in heart all this time. LM: Everything else has been secondary. I owe my life to powerlifting. It not only saved my life, but gave me the inner strength to keep going. It helped fill an empty void and gave my existence substance and meaning. HG: Why did you make the transition from powerlifting competitor to kickboxing? LM: Lifting will always be my first love. I enjoyed Olympic lifting immensely. The injury to my hand made it impossible to continue doing the overhead lifts. Powerlifting was another story. My best lift is the deadlift and when I discovered that I had no problem holding onto the bar, the door opened, and I was given a second chance. From then on it was full steam ahead, but eventually I felt I'd reached my limits in powerlifting. It was time to try something else. LM: To what do you attribute your overwhelming success in your newly chosen sport? LM: No question about it - I owe all my success to the strength I got from powerlifting. I dominate because I'm not only quicker, but for stronger than anyone else. I reconditioned my fast twitch muscle fibers which I used in my Olympic lifting days. My blous and kicks are delivered with POWER FORCE. HG: To the best of my knowledge you are the first powerlifter to become a world champion in kickboxing. LM: That I am. HG: Tell us of your training program for kickboxing. LM: I train twice a day 7 days a week - at 7 AM, and 5 PM. Each

skilled amateur wrestler like Olympic Champ Baumgartner would dispose of any pro-wrestler you see on TV. But don't kid yourself. Show or no show, guys like Mike Rotundo or Rick Steiner with their amateur background could take a cocky contender to school in the main event of grappling. Comparing the grappling sports to kickboxing is like trying to compare Olympic lifting and powerlifting. You can't. If a good wrestler or judo man gets a hold of you it would be over. If the kickboxer or boxer delivers a full force punch or kick on target before the opponent could get his hands on you - then he's done. You might as well stick a fork in him. The grapplers seem to dominate in those Ultimate Fighting Championships that have become so popular. HG: What of Dave Beneteau, the Ultimate Fighting Championship finalist that Warty Callagher wrote of in the July 1995 issue of Powerlifting USA. LM: Great! He's big strong tough and skilled. He is a powerlifter and that says it all. I look for him to be a winner because of it. Truly a man after my own heart. Why will he be overwhelping? Because of his POWER FORCE of course! HG: What are your future plans? LM: To be remembered as champion. I have nothing else to prove to myself or anyone else? HG: Does that mean you are retiring from the ring? LM: No, let us just say I am undecided. I recall that two of my heroes were the great Olympic weightlifters Rigert and Alexeev. Their careers were unparalleled. They both made the same mistake. Neither knew when to retire with their records unblemished. Sometimes the desire to continue overrides the reality that Father Time shows no mercy. I'll be sorry by the time this article hits the magazine. Kicking back against obstacles that face you in life is one thing. Taking time to reflect and enjoy life and just plain "kick back" is something I'd like to do. HG: Does your return to the lifting platform beckon? LM: It is more than just a strong possibility. The thought of setting masters deadlift records is most enticing. Whatever Larry decides, I wish him the best. For McWhorter, his powerlifting kept him facing life's challenges head-on. It saved his life and gave him a new one. It seemed ever so obvious that he is destined to return to his roots where it all began - powerlifting. After all isn't that the way it should be?

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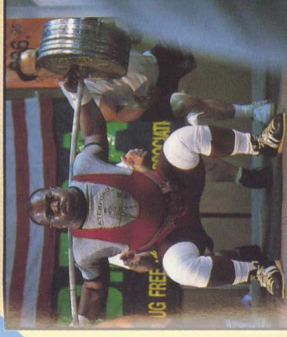
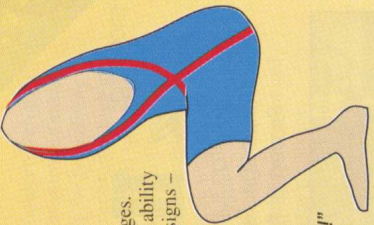
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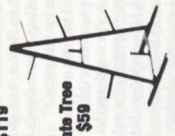
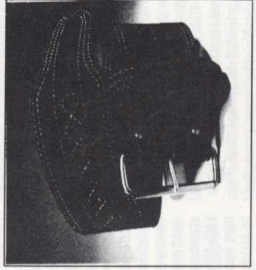


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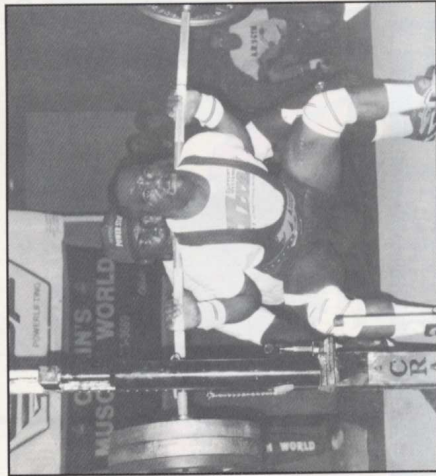
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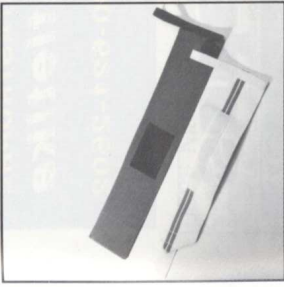


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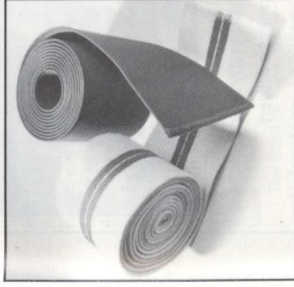
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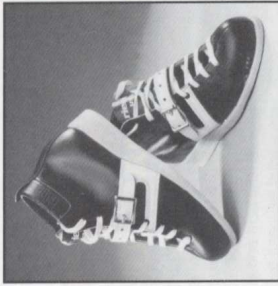
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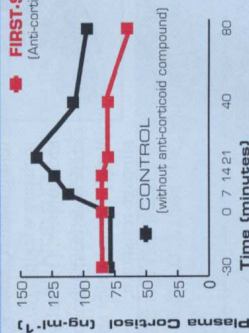
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**USPF President's Message...** by Peter Thorne ...  
The 1995 Masters' World Championships were held in Copenhagen, Denmark. The camaraderie of the Masters Team was evident. Alex Galant, acting team coach, was assisted by virtually all the other lifters. I received many comments from other nations on how well the Americans helped one another. Referees were Bob Jackson who came from Germany and Ben Brent who was there to lift and referee. In short, it was a real team effort and I was proud of the entire group.

When I became president of the USPF I found that the drug testing program of the USPF had suffered from a lack of credibility in its administration. My top priority was to assure the USPF of a drug testing program of the highest integrity. In Johannesburg, South Africa, at the IPF Congress I told the assembly that I would personally oversee and take full responsibility for the drug testing at all USPF national championships. As we wrap up 1995, I can say that the USPF drug testing exceeded all the guidelines previously set. The final national championship this year was the Men's and Women's Nationals where 25% of the competitors were drug tested. We would unfortunately have positives in 1995, but those lifters who tested positive were suspended without challenges. This is a testimony to the credibility of the testing. Lifters by now should know that a USPF lifter is subject to be tested at any USPF meet. All American records have to be accompanied by a negative drug tested before they will be recognized.

In the more complex arena of unification there is some progress. I have been talking with heads of many associations and I think by-in-large we are all in agreement that the fragmentation of the sport of powerlifting hampers its growth. I look forward to discovering some answers to the many challenges of unification in our sport. I am encouraged that so many of the sport's leaders from other organizations agree that we need to work together and I take this as a positive step for our sport.

### USPF National Headquarters Message...

On April 11, 1994, a lifter who was in the warm up room at a competition preparing for the bench press filed a suit against the USPF. Unfortunately, he was not using a spotter and the bar fell on his head. Though the USPF felt that it could not be held liable in this matter an attorney had to be retained to represent our interests. The USPF was very fortunate to have had excellent legal representation. The attorneys filed for summary judgment which the trial court granted on November 15, 1994, the court ruled in favor of the USPF. The lifter then filed an appeal. This appeal was denied and the attorneys believe that this will close this case.

The USPF would like to take this opportunity to remind all lifters that powerlifting can be dangerous if the proper safety measures are not observed. Spotters are essential to the safety of the lifter and one should never attempt the bench press or the squat without competent spotters. As a participant in a sport the lifter must realize that serious injury could result from attempting a lift without the proper assistance.

The State of California recently elected a new USPF State Chairman. The new chairman is

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Victor Elliott. Mr. Elliott has been very active in the USPF and was appointed as the State Records Registrar by the previous chairman.

The State of Maine also has had a recent change in State Chairmen. Russell Barlow has assumed the leadership in that state.

The USPF would also like to take this opportunity to thank several people who worked hard to make sure the 1995 Masters' World Team's trip to Copenhagen was a success. Vince Moser had made the arrangements for the team and was the team coach. Last minute obligations at

was contacted and he agreed to take the role of head coach. Vince's parents did as team manager. Dave Jeffrey was to have been the USPF referee for this event and did not make the trip to Copenhagen. Ben Brent was contacted and even though he was lifting he filled the referee's chair for the meet. Bob Jackson also worked diligently as a referee for the USPF. Special thanks also go to Mark Fotu and Freddie Higgins for giving so much time and energy to the Master lifters. Dr. Mark Webber's contributions to the team were invaluable. Others stood ready to help and as each lifter's turn came to compete team members rallied to make sure they were supported. Congratulations and thank you to all of you.



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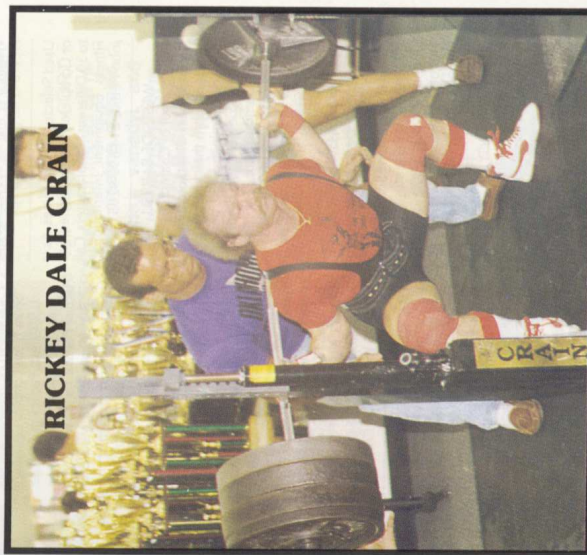
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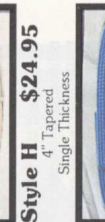
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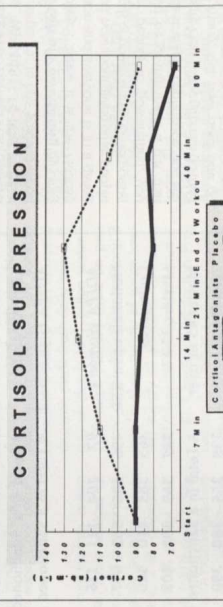
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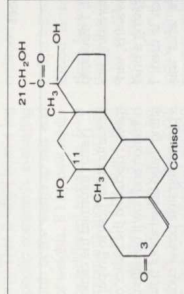
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## A.D.F.P.A. Corner

The ADFFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFFPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481.

**The Gift of Powerlifting** by Greg Howley... Since it is the Holiday Season and everyone is in a giving mood, how about giving other people the gift of powerlifting? By exposing other people to powerlifting, you would be giving them a gift that builds strength, confidence, and self-esteem. How many gifts can do this? Not many, but how does one go about this? The easiest way to reach the most people is in a brief amount of time to introduce the sport through a beginner-level powerlifting clinic. In this article, I want to share with you how I go about conducting seminars and presentations.

In June of 1995, I conducted a powerlifting clinic for the coaches and athletes participating in the Wisconsin Special Olympics. Like the audience that would attend an introduction to powerlifting seminar or clinic, the coaches and special athletes who attended this clinic had rudimentary weightlifting knowledge at best and some had no athletic background at all. With my target audience in mind, I decided to accomplish the following objectives with this seminar: 1. Develop a general understanding of powerlifting. 2. Express the positive personal aspects of the sport. 3. Show that everybody can participate. 4. Inform what equipment is needed. 5. Demonstrate the three lifts. 6. Educate how to prepare for a meet. 7. Describe how a powerlifting meet works.

I then used the objectives as a guideline to develop the clinic's presentation and the accompanying handbook. In the introduction, I presented the first three objectives. To develop a general understanding of powerlifting, I stated that powerlifting is a weightlifting sport where the participants compete in their respective weight classes in the squat, bench and deadlift using strict form guidelines. I know this sounds rudimentary, however, numerous people think of powerlifting as either bodybuilding or Olympic-style weightlifting. I then expressed to the audience that the objective of powerlifting is not just to achieve the highest three

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFPA Masters	A Total in a Sanctioned Meet										
ADFFPA High School	A Total in a Sanctioned Meet										
ADFFPA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	365	385	410	420	435	455	485	520	575	640	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A total in a Sanctioned Meet										

lift total in your weight class to win a meet, but to consistently improve yourself by increasing your own personal records.

I feel that this is the most important issue to express to people who are entertaining the idea of powerlifting. To stress winning may intimidate newcomers from entering the sport. However, by stressing in the beginner-level clinic that the goal of powerlifting is to achieve personal records and thereby enhancing not only physical strength but mental and spiritual strength as well, the acceptance of your presentation will be much greater.

Next, using my training partners and powerlifting friends as examples, I tried to show the audience that anybody can compete in powerlifting by showing male and female powerlifters of different body types. This will alleviate the misconception that all powerlifters need to be built "fireplug" fashion, as Stephanie Whiting likes to call the prototypical powerlifting physique. I also informed the audience about the various weight and age categories that lifters could compete in. For those in the audience who preferred to specialize in a single lift, I also stated that there were lift-specific competitions, such as bench press competitions. By showing the audience that they can compete in powerlifting no matter what their body type, weight, age, or lift preference is - four common excuses for not starting powerlifting have been eliminated.

From here, I then switched to more practical information. I started

off with the equipment. I displayed the powerlifting suits, wrestling singlets, belts, bench press shirts, various shoes, and wraps giving a brief description of how each is used. I informed the audience what was mandatory and the audience what was optional equipment.

Using my training partners different lifting styles, I then showed how the squat, bench and deadlift are performed in competition and how to spot each lift. When I showed the lifters some of the common ways lifters are red lighted at meets and the more common form flaws, next I had the members of the audience try each of the lifts using the different styles demonstrated. I feel that it is very important to expose beginning lifters to all of the various ways to squat, bench and deadlift so they can feel what is comfortable to them.

Even if a lifter's physique favors a different style than the one they first adopt, let them lift in the style they choose as long as they exhibit proper form for that style. This sport should be fun, not complicated. They can adopt the better lifting style when they are more confident in their abilities.

In the powerlifting clinic, I did not demonstrate any assistance exercises due to time constraints. However, I told the audience about complementary and supplementary assistance work and how they can improve their performance in each of the three powerlifts. I had placed examples of assistance exercises in the handbook and asked the clinic's participants to refer to it later.

Next, I informed the clinic's participants about how to prepare for a meet. I discussed the basics of periodization and talked about how to do lifting. I also talked about how to do a pyramidizing style power cycle. Due to this being an introductory seminar, I did not go into great detail on these subjects but made sure that my audience had a general knowledge of how these concepts worked. Once again, I referred them to their clinic handbook where these concepts were presented more in depth and with examples.

In order for the audience to get a good idea of what a powerlifting meet is like, I then presented the itinerary of a typical meet day. Weigh in, equipment check, event order, lifting flights, attempt submission, and trophy presentations were discussed as well as the tradition of the post meet pizza party.

Prior to the summary and in each individual section of the seminar, I asked if there were any questions. After answering the final questions, I then closed by restating the intrinsic values that powerlifting has to offer. I reinforced how powerlifting builds the mind, spirit and body and how the powerlifting lessons of persistence, perseverance, sportsmanship, and determination affect not only your sporting life but also your personal and professional life. To close a presentation, it is always best to challenge the audience to take action. Encourage them to contact you

## A.D.F.P.A. Corner

## A.D.F.P.A. Corner

or other powerlifters to get them started in this great sport!

Accordingly, I am challenging you to introduce the sport of powerlifting to other people. Make it a New Year's Resolution to have you and your powerlifting buddies put on a powerlifting clinic in your area. After seeing the positive results this action can have on the life of another person, you will agree with me that it is the best gift you can give another person and yourself.

### NEW YEAR RESOLVE

By Stephanie Whiting, ADFFPA Executive Committee. Do you document your meet lifts? Do you have a list of the meets you've competed in? Can you remember these stats without consulting a log? In the past fourteen years I've competed in almost 50 meets. There is no way I would remember any of my attempts or any of the warm-up weight progressions. That is why I keep a log with specific comments evaluating the worth of the warm-up sets and attempt weights. If I try new equipment or a different technique, I will write comments about what worked and what didn't. The annotations also include what ate (or didn't eat) and how successful pre-wedding activities were, e.g. sauna (how long) and/or even the dreaded walking "Undoubtedly, I would be doomed to repeat the past, if I did not have a log to consult. Consider using one to mark your progress. If you use a handbook, it's even easier to keep a meet results page that you can update. This way you can have a history of your competitions, their location, your bodyweight, even your memory to keep a powerlifting "file." Track your meet results and you'll have valuable information for planning your next competition.

**WDFFP NEWS** By Judy Gedney, WDFFP Secretary General. The WDFFP records are now updated from the WDFFP World Bench meet and the WDFFP Open World Championships. For records in one weight class, send a self-addressed stamped envelope, indicating which weight division you are competing in, to: Western Illinois University, Macomb, IL 61455. For the whole world record package, send \$1.50 worth of stamps to cover postage and printing costs.

**LOW FAT MUSCLE FUEL** It's the holiday season, could we just take a break from this low fat business? You could, but those holiday breaks usually lead to five or ten pounds of extra January (and February?) aero-

bic workouts. Here are some modified holiday recipes for you to enjoy, while keeping you on a nutritious, low fat, muscle fueled intake.

### The Easiest Low Fat Brownie mix

You'll Ever Make Brownie mix (not Lite or microwave), 1/2 cup plain non-fat yogurt, amount of water (if desired). Preheat oven to 350 degrees. Grease bottom of 13"x9" pan. Combine brownie mix, yogurt, water and chocolate packet in bowl. Mix well. Spread in pan. Bake 30 minutes or until brownie begins to pull away from edge. Cool before cutting.

**Crab Dip** 1 cup fat-free cream cheese, softened, 1 cup reduced-fat mayo, 1 cup chopped green onions, 1/2 teaspoon garlic powder, 1 teaspoon hot sauce, 1 lb. crabmeat, drained. Combine all except crab meat. Blend well; fold in crab. Cover and chill. Serve with fresh vegetables and crackers. Can use imitation crabmeat.

The following deals with the new **Blood Borne Pathogen/Infectious Material Handling Procedures** that the ADFFPA NGB passed at the annual meeting in July. These procedures are now official ADFFPA regulations. Compliance is up to the individual meet director, but it highly recommended that each meet director follow these procedures to ensure safe competition to each lifter. If any ADFFPA lifter/meet director has any questions about the following procedures, please contact me at the address/number below.

1. Purpose: This procedure documents the steps to be taken when blood is detected on the bar or platform from lifters tearing their skin during any of the lifts (squat, bench press or deadlift). Adherence to this procedure will provide a reasonable level of safety from the spreading of blood-borne pathogens to other competitors and the platform staff.

II. Materials needed per Platform (available on the lifting platform): 4 pair minimum of disposable latex gloves; 4-6 biohazard bags for proper disposal of gloves, towels, etc.; that come in contact with the blood/infectious materials; 1 pint solution of mixture of bleach/water in a spray cup of bleach to 1 gallon water - 1:10 ratio. Mixture must be prepared on the day of competition; 2 wire brushes; supply of paper towels; supply of adhesive bandages; HIV/Hepatitis Spray disinfectant

III. Cleaning/Disinfection Procedure: 3.1: When a referee or platform staff detects blood on the bar or platform, the lifting shall be temporarily stopped by the head referee until the bar or platform has been properly cleaned and disinfected. 3.2: The affected area shall be first cleaned with disinfectant and wire brushed. Next, the area shall be sprayed down with the bleach solution, allowed to dry for one minute, and wiped dry with paper towels. People performing this cleaning must wear disposable latex gloves. 3.3: Only after the bar or platform has been properly cleaned, will the head referee permit the lifting to continue. 3.4: Gloves and paper towels must be disposed of immediately after use in a leak-proof plastic bag or con-

tainer (preferably biohazard bag or container) IV. Lifters with torn skin, cuts, if the head referee notices a lifter preparing to take an attempt with ruptured skin on their head, hands, upper back, or stims, the lifter must stop any bleeding and apply adhesive covering to the area before being permitted to lift.

Please send your questions to the Sports Medicine Committee to Dr. Michael Hartle, 126 S. Main St., Sarmou, WI 54165. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. You can contact me at (414) 833-7844, FAX (414) 833-7463.

### ADFFPA GYM AND COACHES DIRECTORY

**All American Gym**, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268; **Owner:** Louis Baliz  
**American Eagle Gym**, 12128 Firestone Blvd., Norwalk, CA 90650, (310) 863-1308, **Coach:** Sherry Houston

**Athlete's for Christ Power Team**, Western Illinois University, Powerlifting Club, Macomb/Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309) 837-4824 [M-F 3-5pm, Sat 10-12pm]

**Bosco's Gym**, 12 Broadways, Ardmore, OK 73401, (405) 226-5438, **Owner:** Stacy Green

**Brown's Gym**, 611 S. State St., Clarks Summit, PA 18411, (717) 586-3481, **Owner:** James D. Brown

**Buildup Power & Fitness Club**, 1350 Home Ave., Suite L, Akron,

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**Coastal Fitness**, 5140 Sellers Rd., Shalotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones  
**Cutting Edge Sports Sciences**, 189 Old London Rd., Latham, NY 12110, (518)785-8096, Coach: Dyke Naughton  
**Cyborg Power Shop**, 04281A Country Rd., 15 D., Bryan, OH 43506, (419)636-4585, Coach: Ernie Fleischer  
**Elite Power and Fitness**, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973, Owner: Gerry Raccio, 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)237-6770, Owners/Coaches: Joe & Steve Pulcinella  
**Jungle Gym & Fitness Center**, Kent, 122 Railroad Ave. S., Kent, WA 98032, (206)852-2442 FAX (206)413-1252, Tyler Malajko LMT/ Joe Promoter  
**Jeetle Gym Fitness**, 206 S. Walnut, Ridgeville, IN 47380, (317)857-2505, outside Indiana, 1-800-655-

FITT, in Indiana. Owner - Joe Goodhue  
**Kennedy's Gym**, Clock Tower Plaza, Morgantown, PA 19543, (610)286-7698, Owner - Pat Kennedy  
**Mathieu's Fitness Center**, 4260 Fairfield P.O. Box 325, Oakland, ME 04963 (207)465-7102, Coach: John Mathieu  
**Muscles and Fitness**, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Brian Briggs  
**Naomd Powerlifting Team**, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lowder  
**The Strength Training Center**, c/o Nutritional Technologies, 5 Stoneroff Drive, Easton, PA 18045, (610)258-1894, Coach - Nick Theodorou  
**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 Corum  
**Powerbuilders Gym**, 1953 Lanter 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 Stern

**Pro Fitness Powerlifting**, 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201)627-9156, Owner - Joe Morreale, Coach - Ray Benemerito.  
**Salisburg Fitness Center**, 785 Poplar Way, Salisburg, 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 Dias  
**Sheridan Recreation Center**, 3325 W. Oxford Ave., Denver, CO 80236, Coach: Eddie Canozo, (303) 761-2241  
**Sportplex**, 72 Rt. 9W, New Windsor, NY 12553 (Orange County) (914)565-7600. Coaches - Jacqueline Davis & John Gengo  
**Strength and Power Productions**, Competition Set-Up - Platforms - Seminars - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714)994-5198, Charles LaManita  
**The Power Gym, Inc.**, 405 Main St., Taylor, PA 18517, Coaches - Joe Moseyounas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP  
**Warrior Weight Room**, Coyle Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508)823-6164 Ext 580, Coach: Howard Waldron

**World Gym**, 2150 N. Broadway,

Walnut Creek, CA 94596, (510)933-9988, FAX (510)945-8495, Marco Y. Margiotta, ADPPA Contra Costa Representative

The ADPPA 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 ADPPA. 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 you gym in the directory, send a check for \$3.00 made out to the ADPPA or money order to: Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481.

**A.D.F.P.A. Corner**

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DOUBLE PLY \$59.95

KB...CHALLENGER SHIRTS (CONVENTIONAL DESIGN)

SINGLE PLY \$32.95  
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SHOULDERS \_\_\_\_\_  
ARMS \_\_\_\_\_

INTRODUCING THE NEW KB...POWER "X" SQUAT SUIT

NEW POWER "X" DESIGN TO HELP YOU EXPLODE OUT OF THE HOLE WITH THAT RECORD SQUAT OR PERSONAL BEST !!!

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# EVERYTHING ELSE IS SMALL FRY

## VICTORY MEGA MASS 2000

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

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

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

*Joe Weider*  
Trainer of Champions  
Since 1936





# Preferred Stock!



Style B \$65.00

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

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

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

### The Custom Series

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

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

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

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

Style D. Single thickness, heavy leather. Double prong recommended. \$99.00

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

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

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

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

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

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

Style C. Double thickness smooth leather, inside and outside. Available in single or double prong. \$55.00

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

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00



## Order Today!

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
				Shipping	\$5.00
				Add Calif. Sales Tax, if applicable	
				TOTAL	

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Signature \_\_\_\_\_

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Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add \$10.00 shipping and handling. In California, add 7% sales tax, L.A. County 8%. Add \$5.00 Shipping and Handling

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Sincerely,

John Inzer  
Owner

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