

# ELITE

Elite Sales Inc.  
Box 345  
Accord, Ma 02018  
Shipping \$5.00 for  
Continental US. COD or-  
ders \$5.00 extra. Give  
waist size when ordering



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

#### A. ELITE LEVER ACTION BELT

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

**\$64.50**

#### B. ELITE COMPETITION BELT

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

**\$64.50**

#### C. ELITE TRAINING BELT

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

**\$49.00**

#### D. ELITE DELUXE BODYBUILDING BELT

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

**\$45.00**

#### E. ELITE BODYBUILDING BELT

- Single thickness natural leather finish belt. Great for training

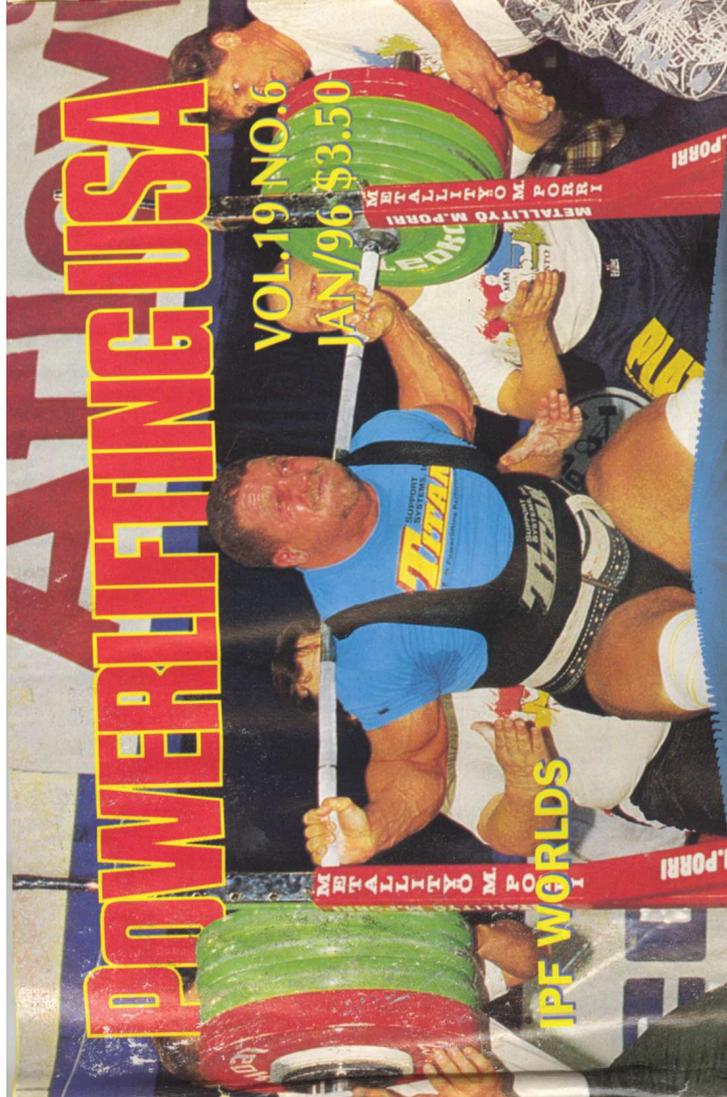
**\$19.00**



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

Call Toll Free 1-800-433-0324

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



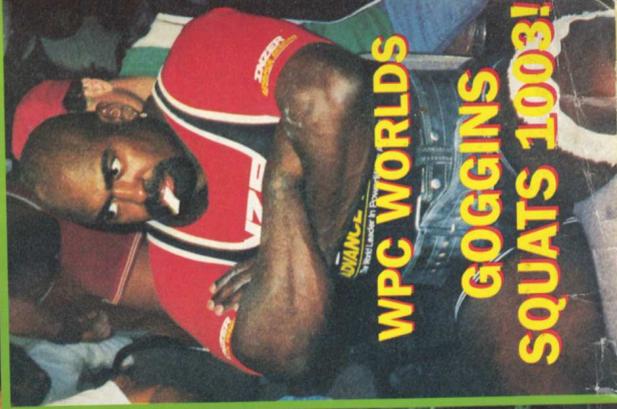
# POWERLIFTING USA

VOL. 19 NO. 6  
JAN/96 \$3.50

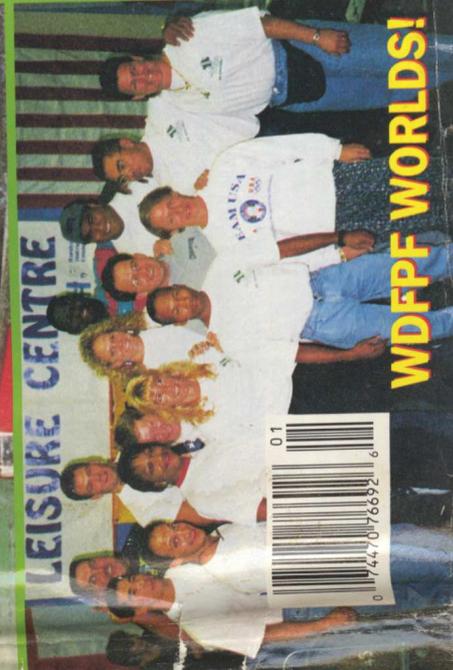
IPF WORLDS

## World Championships EXTRA!

## Our Biggest Issue EVER!



WPC WORLDS  
GOGGINS  
SQUATS 1003!



WDPF WORLDS!



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

# The DEADLIFT™ SUPERSUIT®

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 SUPERSUIT 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 SUPERSUIT.

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

**Marathon®**  
DISTRIBUTING COMPANY

**MARATHON®**

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 SUPERSUIT has exceeded his own record deadlift a number of times over the past year.

This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight. David states... "The Deadlift SUPERSUIT 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 SUPERSUIT. Make no mistake about it, Tamara was tremendously strong and a champion

before lifting in the Deadlift SUPERSUIT, but in her own words... "The Deadlift SUPERSUIT has added at least 10% to my deadlift! 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 SUPERSUIT 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 SUPERSUIT, 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 SUPERSUIT 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 Supersuit 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.

Look for this label to guarantee that you have The Original Deadlift SUPERSUIT!



Just call us at our convenient toll-free number **1-800-321-5064** (Local Number 310-519-7111) And we'll rush you your Deadlift SUPERSUIT by 2nd Day Air Delivery at NO EXTRA CHARGE!

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!

Marathon Distributing Company  
1229 VIA LANUETA, PALOS VERDES ESTATES, CA 90274

**PLEASE RUSH ME THE FOLLOWING:**

Marathon's Deadlift SUPERSUIT \$44.95

The New Standard of Lifting Excellence!

BLACK  NAVY BLUE  ROYAL BLUE  SCARLET RED  
 COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE PRINT CLEARLY IN INK. IF YOU HAVE ANY SPECIAL REQUESTS, PLEASE CONTACT US AT 1-800-321-5064. A \$6.00 SHIPPING AND HANDLING FEE WILL BE ADDED TO ALL ORDERS. CALIFORNIA RESIDENTS ADD 7.1% SALES TAX. L.A. COUNTY RESIDENTS ADD 8.1% SALES TAX. CDD'S AVAILABLE UPON REQUEST. ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

ITEM	SIZE	QTY.	PRICE	TOTAL

California Sales Tax (if applicable)  
 OVERSEAS ORDERS ADD \$16.00 FOR SHIPPING FREIGHT ON 4IN. FOR AIR FREIGHT. CALIFORNIA RESIDENTS ADD 7.1% SALES TAX. L.A. COUNTY RESIDENTS ADD 8.1% SALES TAX. CDD'S AVAILABLE UPON REQUEST. ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 CHECK  MONEY ORDER  AMERICAN EXPRESS  
 VISA  MASTER CARD  DISCOVER

ACCOUNT # \_\_\_\_\_ EXP. DATE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_ PHONE \_\_\_\_\_

©COPYRIGHT, JUNE, 1992 MARATHON DIST. CO. REPRODUCTION OR UTILIZATION OF THIS AD OR ITS CONTENTS WITHOUT THE WRITTEN CONSENT OF MARATHON POWER APPAREL IS PROHIBITED.

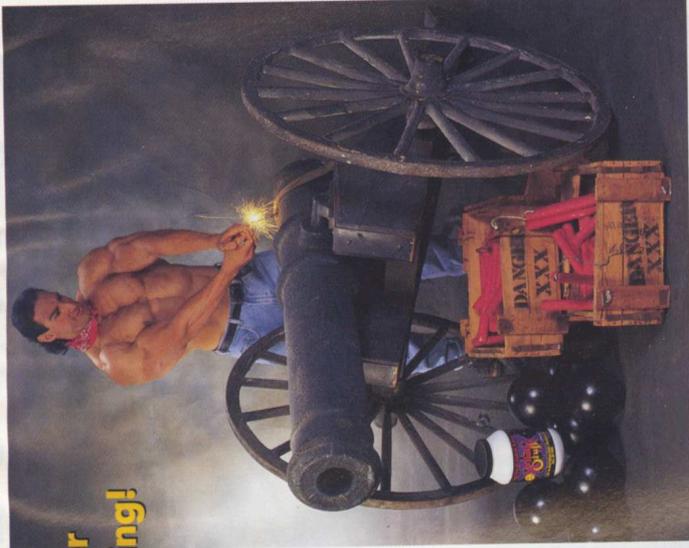






# How To Get More 'Bang' For Your Buck!

## A Sure-Fire Way To Boost The Efficiency Of Whatever Supplements You Are Taking!



Walk into your local GNC and you're going to see a vast array of sports nutrition products: weight gainers, meal replacers, protein powders, diet shakes, etc., etc. Chances are, you've probably even got your own pet product that you're quite content with right now.

Well, rest easy because we're not going to try and switch you to another brand. Quite the contrary! We're going to show you how you can make the product you're currently using work even better. We're going to let you in on a little secret that's guaranteed to give you lots more bang for your supplements buck. We'd like to suggest that by adding a few tablespoons of Hot Stuff XX to whatever product you are presently using, you will double its efficiency... vastly improve its effectiveness... boost its octane rating. Hot Stuff is so potent that just a few spoonfuls can make a tremendous difference.

How can this be, you ask? It's really quite simple. Hot Stuff is so loaded with powerful sports supplements (over 50) that it makes the perfect complement to other powders on the market. Take meal replacers like MET-RX<sup>®</sup>, for instance. These are great products filling a definite need. However, they do not contain the various anabolic growth factors like yohimbe, dibenzocoid, Mexican yam, saw palmetto, etc. Hot Stuff does! They don't contain energy enhancers like guarana, ginseng and gota kola. Hot Stuff does! They don't contain electrolytes. Hot Stuff does! They don't contain lipotropic fat fighters like chromium picolinate. Hot Stuff does!

And so, Hot Stuff makes the perfect addition to these types of products. Just blend in a few tablespoons with these meal replacers and now you've turned a good concept into a fantastic concept. More bang for your buck!!

And what about all of those gain weight powders? Many of them are simply high calorie, high sugar products. But some are very valid and have very good ingredients. But none contain everything that Hot Stuff does. Thus, when you spike your gain weight drinks with Hot Stuff you now have integrated anabolic growth agents in Hot Stuff will make your weight building support. That means that all of those fantastic muscle gain powder work better. More bang for your buck!!

And how about the diet powders? Lots of good ones... lots of bad ones. But no matter which one you are using, you can make it work better by adding a few spoons of Hot Stuff. Here's why.

For reasons still unexplained, Hot Stuff has the ability to act as a fat regulator in the body. Apparently, through some type of thermostatic feedback system, Hot Stuff helps the body balance the amount of fat it is carrying. If there is too much, Hot

Stuff seems to alter the metabolism and encourage the body to burn stored fat as the fuel of choice. So when you add a little Hot Stuff to your diet product, you've more than doubled its value. More bang for your buck!!

Are you one of the fans of the new whey proteins that have come out over the last year or so? Some of these like Designer Protein<sup>®</sup> are great products and have really brought protein supplementation to a new level. Yet, they are all basically just protein. So, here again you can dramatically upgrade their value by adding a few spoons of Hot Stuff. This will assure you that your protein drink now contains just about every bodybuilding supplement under the sun. More bang for your buck!!

Hot Stuff's ability to do all of these wonderful things is not based on idle speculation or wishful thinking. Our proven track record comes from over seven years of successfully marketing this product to over two million athletes all over the world. Hot Stuff is definitely not the new kid on the block.

So no matter what product you are now taking, you can make it better by adding Hot Stuff. Pick up a can today. It's sold at GNC, gyms and health stores everywhere. Or you can order directly from us at 1-800-537-7671.

© 1995 National Health Products

getting into his element and put his massive upper body musculature to work in busting the 500 lb. barrier and winning the gold medal for that event. The man Coach Sean Scully and Mike Golden were watching was Jarmo Toivanen, a Finn who resides in Canada (speaks perfect English, even says "Eh?" to finish his sentences), whose apparent effort with 727 and a modest (strategic) increase to 738 did not indicate that a winning burden of 771 lbs. would be likely. Gene was finished and could do nothing, so the stage was set for the Finn to take his shot. Lean and tanned, he is well structured for the deadlift and slowly it centered his way up to complete the lift. The white lights went on and the crowd burst forth with a sudden roar in unison that may not have been matched at any previous world championship. The crowd literally ran up on the stage - someone presented him with flowers. Emotion flowed like the tears that fell down Jarmo's cheeks as the Finnish national anthem was played. In Jarmo's case, some of the crowd reaction was orchestrated, but for Jarmo it was totally spontaneous, and Finland had 22 winners in a row.

Norwegian contingent for his lifting, but any lifter who showed they would fight the good fight, regardless of the poundage or eventual placing, got the rhythmic clapping before lifting and the tribute of applause afterwards, red lights or white. The Finns truly appreciate strength and they demonstrated such, especially for their other man in this class, Markku Vientko, who took shots at higher placing, while Jarmo World Champ Sergey Romanenko and his Van Dyke beard managed 6th place. Gernit Hansewyck of Belgium was so seriously ill prior to the meet that he was going to drop out, but IPF Medical Officer Dr. Richard Herrick got him on some more potent antibiotics and he came through nicely, though he did not know how well he had recovered until he tried his openers and then went far beyond. Mike Danforth continued the bad luck of the Americans in the squat with 5 lifts so far and only 4 good squats on the board. New IPF member Turkmenistan was represented by Andray Buentko for the first time in World Championship competition. It wasn't long ago that they FAXed a request to the offices of Joe Weider asking for information on how to get involved in international powerlifting, and now here they are on the platform.

The 1988 was the most exciting class for the largely Finn audience as one of their own made an incredible come from behind deadlift for the win. Gene Bell didn't get his 727 squats passed though he came up with them strongly, and after a big miss at 490 in the bench, he came back to nail it in the deadlifts, he seemed to get better as the weights increased, and surged up 694 on his final with quite a spurt of power. Vladimir Uchach looked like he would be Gene's closest competitor, or maybe Dekhanov's Russian, who came up with a 744 squat easily, but Alexander faded in the bench. There Vlad was just

(article continued on page 105)

board arrangement, which allows setup of the next group (or weight class) on the reverse side of the board on display for the audience. Mikhail Smirnov's coach showed a unique alternative to ammonia caps - he pulled his lifter up by the EARS before each attempt - a guaranteed attention getter. Troy Culberson's attempts would have put him over the 1600 lb. mark, but with opening weights alone, he finished back in the pack of the B group.

You may recall the press that Cal Ripken received last baseball season in the States as he approached and exceeded the consecutive game streak of the legend, Lou Gehrig - he was a genuine American hero. Well, Finland has its own hero of that sort - Jarmo Virtanen the Powerlifter. On his behalf, there were more people, making more noise, and carrying more banners than at any other point in the meet. Additionally, a massive media blitz took place for his division, including a multi-camera television crew with a giant temporary broadcasting antenna, and so much additional lighting that supplementary electrical supplies had to be arranged. Can you imagine NBC Sports, CBS Sports, and ABC Sports all covering a powerlifting event in the USA? To add that LVE major station radio coverage, multiple major newspaper coverage (excellent), large color photos were published, and you get the idea. This couldn't have been scripted better. All of Jarmo's successful lifting relatives were on hand as well as numerous former greats of Finnish powerlifting. Jarmo added the dramatic element, by dumping and then missing his opening 694 lb. squat, before making it nicely on a 3rd attempt. Jarmo didn't allow anyone within striking distance, and the crowd ate it up. During the awards ceremony, he was virtually surrounded by fans - young children came up singing songs, dozens of autographs were signed, the young daughter - whose birth kept him from last year's World Championships in South Africa, was brought to his arms by his wife and held aloft, and he was kept busy with the television interviews long after the crowd had finally headed off for home. It was a big day for Finland, which was shown that night on television.

Tough looking Roman Szymbkowski earned another medal for Poland, using a near limit 738 pull to edge, but not mar, the perfect 9/9 lifting day that Petr Theasser had in earning the bronze for Czechoslovakia. Kijas received excellent support from the sizable

(article continued on page 105)

very pleased Alessandro Favotto of Italy and the Finn, Sakari Selkainaho, who got some PRs in the meet, but not that final deadlift he wanted. Jozef Trnka of Slovakia tried to sneak past him on his last pull, which was likewise too much. Chiu of Taipei was very strong on the outside lifts, but his low bench kept him back. Ari Oksanen's 4 attempts put him into 7th, and in 8th was World Championship first timer Koushi Miki of Japan, 38 years old. The first Australian competitor of the meet, Scott Fletcher, showed lots of spirit, particularly in the 3 lift in the deadlift. In the Middleweights, Strajoudin Bazayev, of the last rising Ukrainian team, ran away with the title, using big and balanced lifting in each category to do so. The real battle was for the silver, where Per Berglund barely managed to insert himself after near disaster in the squat, where he was positively pinned with his opener and then took two tries to make 639 a reality (Heinz Vierthaler declared him lucky!). His bench was hardly better, but in the deadlift he got two attempts in, and forced the other Ukrainian, Soloviev, who looks a little bit like Ed Coan, into the bronze. Fierce looking Jarmo Laine had trouble with each opener, 3 mistakes which cost him a medal, and the new bigger, and improved version of Belgium's Jan Theys worked his way into 5th over birthday boy (35) Signe Valentinsson of Norway. This class was large enough to be divided, and boy wonder Sahroni of Indonesia emerged as the champ of the B group on only 4 attempts.

The incredible arch that he uses in the bench press underscores the flexibility and power he uses to deadlift those amazing poundages. 744 flew up twice, only to snap out of his grip at the top, and the latter time the world record tore some skin off his hand, to his anguish and astonishment. This division took full advantage of the rotating score

board. The 1988 was the most exciting class for the largely Finn audience as one of their own made an incredible come from behind deadlift for the win. Gene Bell didn't get his 727 squats passed though he came up with them strongly, and after a big miss at 490 in the bench, he came back to nail it in the deadlifts, he seemed to get better as the weights increased, and surged up 694 on his final with quite a spurt of power. Vladimir Uchach looked like he would be Gene's closest competitor, or maybe Dekhanov's Russian, who came up with a 744 squat easily, but Alexander faded in the bench. There Vlad was just

(article continued on page 105)

board arrangement, which allows setup of the next group (or weight class) on the reverse side of the board on display for the audience. Mikhail Smirnov's coach showed a unique alternative to ammonia caps - he pulled his lifter up by the EARS before each attempt - a guaranteed attention getter. Troy Culberson's attempts would have put him over the 1600 lb. mark, but with opening weights alone, he finished back in the pack of the B group.

You may recall the press that Cal Ripken received last baseball season in the States as he approached and exceeded the consecutive game streak of the legend, Lou Gehrig - he was a genuine American hero. Well, Finland has its own hero of that sort - Jarmo Virtanen the Powerlifter. On his behalf, there were more people, making more noise, and carrying more banners than at any other point in the meet. Additionally, a massive media blitz took place for his division, including a multi-camera television crew with a giant temporary broadcasting antenna, and so much additional lighting that supplementary electrical supplies had to be arranged. Can you imagine NBC Sports, CBS Sports, and ABC Sports all covering a powerlifting event in the USA? To add that LVE major station radio coverage, multiple major newspaper coverage (excellent), large color photos were published, and you get the idea. This couldn't have been scripted better. All of Jarmo's successful lifting relatives were on hand as well as numerous former greats of Finnish powerlifting. Jarmo added the dramatic element, by dumping and then missing his opening 694 lb. squat, before making it nicely on a 3rd attempt. Jarmo didn't allow anyone within striking distance, and the crowd ate it up. During the awards ceremony, he was virtually surrounded by fans - young children came up singing songs, dozens of autographs were signed, the young daughter - whose birth kept him from last year's World Championships in South Africa, was brought to his arms by his wife and held aloft, and he was kept busy with the television interviews long after the crowd had finally headed off for home. It was a big day for Finland, which was shown that night on television.

Tough looking Roman Szymbkowski earned another medal for Poland, using a near limit 738 pull to edge, but not mar, the perfect 9/9 lifting day that Petr Theasser had in earning the bronze for Czechoslovakia. Kijas received excellent support from the sizable

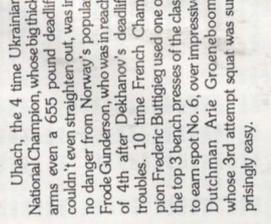
(article continued on page 105)

board arrangement, which allows setup of the next group (or weight class) on the reverse side of the board on display for the audience. Mikhail Smirnov's coach showed a unique alternative to ammonia caps - he pulled his lifter up by the EARS before each attempt - a guaranteed attention getter. Troy Culberson's attempts would have put him over the 1600 lb. mark, but with opening weights alone, he finished back in the pack of the B group.

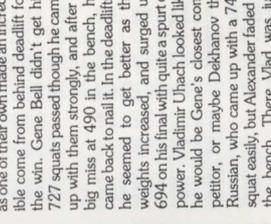
You may recall the press that Cal Ripken received last baseball season in the States as he approached and exceeded the consecutive game streak of the legend, Lou Gehrig - he was a genuine American hero. Well, Finland has its own hero of that sort - Jarmo Virtanen the Powerlifter. On his behalf, there were more people, making more noise, and carrying more banners than at any other point in the meet. Additionally, a massive media blitz took place for his division, including a multi-camera television crew with a giant temporary broadcasting antenna, and so much additional lighting that supplementary electrical supplies had to be arranged. Can you imagine NBC Sports, CBS Sports, and ABC Sports all covering a powerlifting event in the USA? To add that LVE major station radio coverage, multiple major newspaper coverage (excellent), large color photos were published, and you get the idea. This couldn't have been scripted better. All of Jarmo's successful lifting relatives were on hand as well as numerous former greats of Finnish powerlifting. Jarmo added the dramatic element, by dumping and then missing his opening 694 lb. squat, before making it nicely on a 3rd attempt. Jarmo didn't allow anyone within striking distance, and the crowd ate it up. During the awards ceremony, he was virtually surrounded by fans - young children came up singing songs, dozens of autographs were signed, the young daughter - whose birth kept him from last year's World Championships in South Africa, was brought to his arms by his wife and held aloft, and he was kept busy with the television interviews long after the crowd had finally headed off for home. It was a big day for Finland, which was shown that night on television.

Tough looking Roman Szymbkowski earned another medal for Poland, using a near limit 738 pull to edge, but not mar, the perfect 9/9 lifting day that Petr Theasser had in earning the bronze for Czechoslovakia. Kijas received excellent support from the sizable

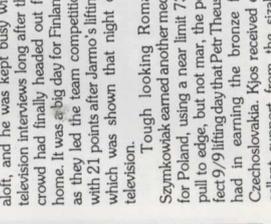
(article continued on page 105)



The Incredible 771 deadlift of Finland's Jarmo Toivanen



Bazayev was Balanced at 165



Bazayev was Balanced at 165

# Get Your Own!



**MUSCLE MASTERS**  
 "THE FINEST IN LEATHER WEIGHT BELTS"  
 CALL ANYTIME!

**1-800-882-4624**

114 W. RHAPSODY DR. SAN ANTONIO, TX 78216  
 FAX: 210-344-9694

GERARD DENTE  
 SEMINAR/GUEST APPEARANCE CONTACT:  
 THE MICHAEL SCOTT ADV. CO. 614-548-6882

## ANTHONY CLARK TOTALS 2600!!! - 1100 770 730!!!!

At the first IPA Senior National Powerlifting Championships, sponsored by Chaillet's Gym on November 18th and 19th, at the Ramada Inn in Oxon Hill, Maryland, Superheavyweight ANTHONY CLARK shattered the all time world record in the total for Powerlifting with two all time record squats of 1031 and 1100 lbs., a new all time world record bench press of 770 lbs., and a deadlift of 730 lbs. for the first 2600 lb. total in history. He reportedly missed a bench press attempt at 800 lbs., and a deadlift at 800. He apparently had difficulty getting his opening bench press attempt down to his chest, but the 770 was a fine lift, legal in any federation, according to Head Judge, Dr. Ken Leistner. On the 1100 lb. squat, the lift was passed by a two to one decision, with whites by Lynn Schaeffer and Dr. Ken Leistner, and a red light by Tamara Rainwater-Grimwood. The meet was very well run and Dr. Ken would like to state the following: "The Iron Island Gym Powerlifting Team, Co-Champion of the IPA Senior National Championship would like to express their thanks to: Flex Equipment Co. and Sutherland's Custom Weight Rooms for the great equipment; Pete at Titan and Scott at Safe's for the great attire and belts; and the Chaillet's for a great meet". More on this story next month.

## POUND 4 POUND POWER GEAR!

Designed for lifters by lifters. These T-shirts, Sweatshirts, Thermals and Hats are constructed of the finest and heaviest 100% cotton materials available. Available in M, L, XL and XXL (no XXL Thermal) sizes.

Sweatshirts and Tees are printed with true-to-spirit powerlifting graphics and sayings. Also available are Tees, Sweatshirts, Thermals and Hats with high quality stitching front and back featuring the Pound 4-Pound logo (front) and Power Gear trademark (back, except hat). Order now!



Highest quality materials with the cut and shape powerlifters crave. Powerlifter graphics available on both Tees and Sweatshirts.

- A. Printed Sweatshirt . . . . . \$22.00 (teal, brick, mocha, smoke)
- Logo-printed Sweatshirt . . . . . \$22.00 (mocha only)
- B. Long-sleeve Henley shirt . . . . . \$36.00 (ash, teal)
- C. Short-sleeve Thermal shirt . . . . . \$20.00 (mocha, rose, plum, navy)
- D. Stitched Sweatshirt . . . . . \$37.00 (teal, brick, mocha, smoke, blue)
- E. Logo-printed T-shirt . . . . . \$13.99 (black only)
- F. Printed T-shirts . . . . . \$14.99 (natural, ash, red, blue)
- G. Hats (cloth hat & knee chaps) . . . . . \$13.99 (mocha, navy, stone/navy)

### TO ORDER

Call 1-800-224-6535 and have your MasterCard/Visa/Discover ready. Or send your order in along with your name, address, and payment (check/ money order) to:

**Pound-4-Pound, 2920 N. Palo Verde #4, Tucson, AZ 85716**  
 Arizona residents add 7% sales tax. Please include \$3.00 shipping/handling on all orders. Call for shipping/handling charges and discount rates for orders of more than 5 items. Allow 4-6 weeks for delivery.

# WORKOUT of the Month

This is a twelve week training cycle meant to increase your bench press by thirty to forty pounds assuming you have a maximum bench press of 300 pounds (with no bench shirt). Your routine should be planned to incur a ten to fifteen pound increase each week, while decreasing the repetitions of each set by one per week, for twelve weeks.

Working backwards from 300 pounds, your starting weight should be approximately 180 pounds on the bench for three sets of twelve reps. Each set should be separated by approximately three to five minutes of rest. All reps should be done in strict fashion without any bouncing or foot movement. Your last two reps on your third set should include pauses for three seconds each.

Assistance:  
Incline Bench: similar to the bench routine, however, the weights will be less. Most people have varying degrees of strength on the incline thus the weights you use should be adjusted accordingly. A good starting point might be approximately fifty pounds below your bench press workout weight. Again, begin your training cycle with three sets of twelve strict reps with three to five minutes between each set, again, pausing your last two reps of your third set.

Dumbbell Press: Same technique as above with five pound increases each week for twelve weeks. Be certain to lock out every rep and bring weight down as deep as possible. This will increase your explosiveness when pushing the bar off your chest while benching.  
Negative Repetitions: This is a unique exercise that assisted in increasing my bench press over the years. Begin by working with a weight that is light, for the example of a 300 pound max, approximately 115 pounds. When bringing the weight toward your chest, bring it down slowly for a count of eight seconds. Pause the weight on your chest for one second and press the

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

## Dennis Cieri Bench Routine



Dennis Cieri just broke the 500 lb. bench barrier at 198

- 3x4; incline 235 - 3x4; db press 90 - 3x4; negatives 155 - 3x4; Thursday - seated db press 80 - 3x4; lying tricep ext. 85 - 3x4; standing cable pushdowns 80 - 3x4;  
**Week Ten:** Monday - Bench 300 - 3x3; incline 250 - 3x4; db press 95 - 3x4; negatives 160 - 3x4. Thursday - seated db press 85 - 3x4; lying tricep ext. 90 - 3x4; standing cable pushdowns 85 - 3x4.

**Week Eleven:** Monday - Bench 315 - 3x2; incline 265 - 3x4; db press 100 - 3x4; negatives 165 - 3x4.  
**Week Twelve:** Monday - Bench - single max 330-340. Coal Accumplished!

Back, biceps, abdominals and legs should be worked during off days once a week.  
Note that it is important in a twelve week program for the target weights to be mapped out beforehand. The weights may seem light during the first few weeks of training, but be patient because they will get heavier, so do not alter the routine unless the weights are excessively light. Also, it is imperative that all reps be done in strict fashion only no cheating, because you will only be cheating yourself. In the last few weeks of this training cycle when the weights get heavy, you will have problems if you have not built a proper foundation.  
Try to keep your bodyweight constant during the program. Any reduction in bodyweight could result in strength loss. Additionally, the day of and prior to your heavy benching should be used for rest. Avoid strenuous and heavy activity on those days.  
I would like to thank my friends, family and Powerhouse Gym in Palisades Park, New Jersey for all their support over the years. If there are any questions or comments regarding this routine, I can be reached at 1301 7th street, North Bergen, N.J. 07047 At: Dennis Cieri (please include your telephone number if you want a quick response)  
If you want something bad enough, you will achieve it. Remember THE WOLF ON TOP OF THE MOUNTAIN IS NOT AS HUNGRY AS THE WOLF CLIMBING THE MOUNTAIN! Train Smart, Train Hard and Train Drug Free!!! DENNIS CIERI

**Week One:** Monday - Bench 165 - 3x12 (10-15 lbs. per week increases) and one rep decrease; Incline Bench 115 - 3x12 (15 lb. per week increases) and one rep decrease; Dumbbell Press 50 - 3x12 (5 lb. per week increases and one rep per week decrease); Negatives 115 - 3x12

**Week Two:** Monday - Bench 180 - 3x11; Incline 130 - 3x11; Negatives 120 - 3x11. Thursday - Seated DB Press 45 - 3x11; Lying Tricep Extensions 55 - 3x11; Standing cable pushdowns 45 - 3x11.

**Week Three:** Monday - Bench 195 - 3x10; incline 145 - 3x10; db press 60 - 3x10; negatives 125 - 3x10. Thursday - Seated db press 50 - 3x10; lying tricep ext 3x10; standing cable pushdowns 50 - 3x10.

**Week Four:** Monday - Bench 210 - 3x9; Incline 160 - 3x9; db press 65 - 3x9; negatives 130 - 3x9. Thursday - seated db press 55 - 3x9; lying ext 60 - 3x9; standing cable pushdowns 55 - 3x9.  
**Week Five:** Monday - Bench 225 - 3x8; Incline 175 - 3x8; db press 70 - 3x8; negatives 135 - 3x8. Thursday - seated db press 60 - 3x8; lying tri. ext. 65 - 3x8; standing cable pushdowns 60 - 3x8.

**Week Six:** Monday - Bench 230 - 3x7; Incline 190 - 3x7; db press 75 - 3x7; negatives 140 - 3x7. Thursday - seated db press 65 - 3x7; lying tricep ext. 70 - 3x7; standing cable pushdowns 65 - 3x7.  
**Week Seven:** Monday - Bench 255 - 3x6; Incline 205 - 3x6; db press 80 - 3x6; negatives 145 - 3x6. Thursday - seated db press 70 - 3x6; lying tricep ext. 75 - 3x6; standing cable pushdowns 70 - 3x6.

**Week Eight:** Monday - Bench 270 - 3x5; Incline 220 - 3x5; db press 85 - 3x5; negatives 150 - 3x5. Thursday - seated db press 75 - 3x5; lying tricep ext. 80 - 3x5; standing cable pushdowns 75 - 3x5.  
**Week Nine:** Monday - Bench 285

# Buy From The Source! Custom Manufacturing/Private Labeling

**COMPARE.** Ingredient for ingredient, NVE Pharmaceuticals and Hops Sports Nutrition manufacture and distribute products that are consistently one better than the competition!

Why not allow us to custom manufacture and/or private label and package your products? We can satisfy almost any request, whether in tablet, capsule, powder, or liquid form.

We are a licensed, FDA and DEA approved, small pharmaceutical company which must comply with the strictest quality control in the industry. This means dealing with us enables you to feel confident that you are buying only the highest quality products available.

If you are a distributor searching for quality, efficiency, and value, look no further! NVE Pharmaceuticals and Hops Sports Nutrition guarantee our products will satisfy both our customers and yours.

### G.T.K.

alpha-ketoglutaric acid.....	275 mg.
L-Glutamine.....	275 mg.
Taurine.....	175 mg.
Calcium.....	63 mg.
Potassium.....	25 mg.
Magnesium.....	25 mg.
RNA.....	9.5 mg.
Manganese.....	400 mcg.

### V.T.S. "10"

Vanadyl Sulfate.....	10 mg.
Taurine.....	800 mg.
Selenium.....	33 mcg.

### Predator Protein

Per Serving: 50 g of protein with less than 1 gram of fat.

### Predator Weight Gain

Per Serving: 39.45 g of protein with 73.43 g of carbohydrate and less than 1 gram of fat.

### A Sample of Some of the Other Products We Offer:

- Creatine Monohydrate
- Ornithine alpha-Ketoglutarate (O.K.G.)
- Arginine alpha-Ketoglutarate (A.K.G.)
- Kalosocapocate (K.I.C.)
- Chromium Picolinate
- Ephedrine with Guafenesin
- Ephedrine HCl
- Caffeine (anhydrous)
- Herbal Products • Stimulants
- Diet Aids • Sleep Aids



For custom manufacturing, private labeling and distributor orders, contact NVE Pharmaceuticals.

**NVE Pharmaceuticals**  
33-08 Newton-Sparta Road  
Newton, NJ 07860  
tel: 201 • 383 • 5444  
fax: 201 • 383 • 8379

For retail and wholesale orders, contact the manufacturer's outlet, Hop's Sports Nutrition, a company that refuses to sell run-of-the-mill products, offering only the most unique and effective supplements available today!

**Hop's Sports Nutrition**  
800 Broadway  
Haverhill, MA 01832  
**800 • 446 • HOPS**  
Retail and wholesale orders shipped the same day!

Most orders will be shipped within 48 hours with your custom or private label on them!



# "IT'S WAR!"

**And Failure Is Not An Option...**  
If you're ready to declare WAR against zero-results training — then we've got just the right ammo you need. Just check out this first-class arsenal of weapons from **HOT STUFF SPORTS SUPPLEMENTS**. Exercise your second amendment rights today. Stock up on this great arsenal today!



**HERE ARE YOUR WEAPONS**



## UP YOUR GAS

How would you like a megaton blast of energy every time you step into the gym? We guarantee UP YOUR GAS to be the most powerful energy blitzing formula you've ever used or your money back. Take two before a workout and then run for cover. (No gas masks needed with this product.)  
30 for \$9.95, 60 for \$14.95

## SMILAX-YOHIMBE

Various herbs are claimed to be able to boost the body's natural hormone production. Two of the very best are smilax from the sarsaparilla plant and yohimbe. We've blended these powerful herbs together into a liquid sublingual that'll knock your Army boots off. Try one bottle and you're hooked.  
1 fl. oz. for \$15.95

## CUT TO RIBBONS

Isn't there really a cream you can rub on that improves definition? You bet! It's called CUT TO RIBBONS, and it's so effective that it's used by competitive bodybuilders around the world. CUT TO RIBBONS helps remove excess fluid from under the skin while acting as a skin-tightening agent. The results may be temporary but they're sure great while they last.  
6.5 ozs. for \$19.95

## RAZOR CUTS

If you've built some good muscle size and shape but just can't seem to get that hard look, here's the product for you. Nothing works better for bringing out the sharp definition around your muscles than RAZOR CUTS. We've been selling this product for over ten years and it still continues to fly out of our warehouse. It's the definition pill of choice among both amateur and professional bodybuilders. Try it for six weeks and you'll know why. Stop hiding your hard earned muscles under a layer of fat. Get on RAZOR CUTS today.  
90 for \$16.95.

## KISS YOUR FAT GOODBYE!

Here's one of our very latest products. If you're overweight, you can lift weights forever and show very little change. What you need is to lose all excess fat first. KISS YOUR FAT GOODBYE! creams over 20 fat fighters into each capsule: things like carnitine, HCA, chromium picolinate, thermogenics and a whole lot more. We promise you this is the fat loss product you've been waiting for.  
Two weeks supply: \$16.95

## HOT STUFF SPORTS SUPPLEMENTS

731 Kirkman Road • Orlando, FL 32811 • 1-800-537-7671

It was a gathering of the Monarchs of Might. The strongest men from far and distant lands were invited and they came. The assemblage of super athletes numbered nearly two hundred. Their automatic nervous systems were razor sharp. At a moment's notice they would bring forth their best in a spectacle of strength. It would be a bona fide test of mind over human strength, locked in mortal combat, to determine the strongest of the strong. They all turned out the best weekend of October and converged in Columbus, OH (USA). The WPC World Powerlifting Championships was the biggest event of the year. Everyone wanted to see the big boys. The AFF is their playground. It is where the big lifts and totals are found - all year round. Many choose this organization, because it is there that strength has no limits or bounds. There are no restraints, no waxes, no laboratories, no drug testing, no politics. It's big lifts - and fun. Everyone knows everyone else. It is a fraternity, a brotherhood of sharing. Everyone is supportive of each other. There is platform rivalry, yet mutual admiration. It is respect and friendship, warm and genuine. There are men and women working with each other - not divided in a war of the sexes. It is an appreciative, respectful, straight forward group united in a common cause: to persevere, perpetuate and grow. There is no backbiting, squabbling or politics. There are no suspicions or antagonisms. This sets the AFF apart from other groups. Acquaintances are soon forgotten, but friendships last forever.

## EXSTEROL™

This extra powerful anabolic formula remains one of our most popular products year after year. It's loaded with just about everything you need to build muscles: steroids, glandulars, amino acids, herbals, lipotropics. EXSTEROL is great for athletes who do not wish to use drugs.  
90 for \$18.95

## HOT STUFF XX NUTRITION BAR

Here's your bodybuilding nutrition you can carry with you. Each bar is loaded with muscle building ingredients like yohimbe, saw palmetto, smilax, ginseng, amino acids, creatine, whey protein (12 grams per bar), dibenzozide, vanadyl sulfate and on and on. And the best part is they are actually good too! Carry them with you to the gym, to work, to play.  
2.3 oz bar for \$2.25

So there you have it soldiers. The kind of weaponry you really need for your training. These wonderful products are available at GNC and most gyms and health food stores. If not available in your area, call or write us at the address below and we'll be happy to accommodate you. **MOVE OUT!**

## W. P. C. WORLDS

as reported for PL USA by Herb Glosbrenner



A Masterful Master ... Bill West

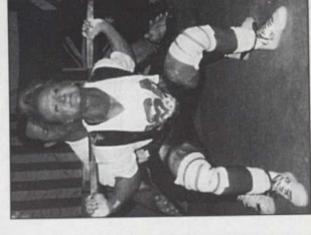
seen the first human to lift 500 lbs. overseas. Vasily Alexeev began his six year dominance as strongest olympic lifter in the planet. It was only one year after this that Powerlifting made its auspicious debut in the world limelight of strength sport was born. It prospered and spread to all four corners of the globe. Its popularity - unbridled - brought hundreds of thousands. It meant to the lives of those who had taken their rightful position as heroes in the world of strength.

And so it was in the beginning. A librarian from Belgium came to test the mighty Alexeev. He was of Andersonian proportions, agile and quick and with a strength few mortals have known. Only his lack of self confidence kept him from the years many had seen his 400 kg. (881.9 lbs.) high-bar squats, going so low. He practiced the powerlifts to gain a shutout. Cristiano DiCocco, ITA, put the "boot" to GBR's Paul Morgan. Paul's gamble on a 363 BP didn't pan out. Miller, CAN, captured the 1985 notch- ing his 661, 2nd DL. Dean Warren, GBR, ended up in 2nd finally earning that honor with his 600.7 DL, stopping the dogged persistence of Gary Lewis, SFR, who stayed with him to the end. Good gave SFR their 2nd winner; over- hauling Arminni, another spunky Italian. The Americans finally joined the hunt and made their presence known with three of her biggest and strongest sweeping the final three classes. Ricardo Trevizo, 4th at the AFF Nats, added 77 lbs. to his total here and registered major improvement in all his lifts - 865 501 677 2044. He was the only among the Juniors who had no misses. To have such a performance is what all athletes train for. To do it at the Worlds and win it all must have been an exhilarating experience. To say Ricardo was in "seventh heaven" may be an understatement. Runner-up at 242 Mark Rowland had a great day himself. He yanked up a 683 DL and tried 716, still 11 short of what he needed to win, being heavier

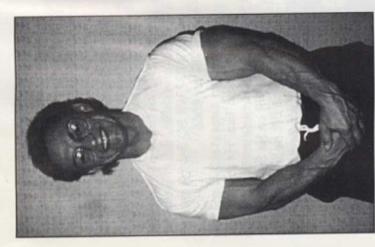
man. Trevizo was unbeatable on this day. Andy Raines, GBR, got his tapism in fire. He 1951 earned 3rd in what was said to be only his 5th competition. Next year in SFR he may be the big surprise. He missed clutch lifts here of 771 SQ and two goes at a 749 DL. He may not be a 242 there - after all he is still a chasing boy. Jon Grove, USA, won the 275's in a landslide. 4th in Dallas he pulled a 832 WR SQ 3rd this day and only new Irishman, Mattie Sfeidan, 29, a Category I lifter from Belgium came for the competition. He informs me that even today, Sfeidan is the man from Buenos Aires who remains as a legend. He was the first man in history to have snatched 400 lbs. overhead. Ah, what a powerlifter. Reading would have made me. He could have held his own with anyone. Today, the time of competition had arrived.

The male teenagers took center stage for those who want it. Bob Rigert tried an 804 SQ winning the 220's, and turned the best overall performance with his 1868 aggregate. Goldman, USA, had the highest BP - 490 and biggest total - 1890, as he won the 242's. Bailey's 793 SQ at 275 was the heaviest of all. He won, of course. I must note Tim O'Brien, GBR, who led a foreign trio in the 1984. He lifted perfectly - 9 for 9 with a 661 SQ & DL and 374 BP for 1675. Buhl, the Austrian, broke a near deadlock with Bianchi, ITA, and breezed into 2nd with three wicked DL's.

The Masters was a huge contingent (60 lifters) and would have made a most just by themselves. The USA had 43 men with 27 out of a possible 38 wins. GBR had 8 athletes. They won 3, had two 2nds and 3 third places. There were no frowns for the Browns! Roydon topped the 50-54, 181 World title and popped a WR 611.8 SQ. Mike Brown came in at 244 to win the 275's in that group. He chose to do this (wise move) rather than be overshadowed by the legendary Bill West @ 242. Speaking of Bill, the British legend is now 47. It was way back in 1976 at the 6th IFF Worlds that British invasion caught the complacent Americans off guard. England beat the USA, 95 to 92, to capture the team championship. Pongelly, Collins and Jordan all won their respective categories (132 - 181 - 220), but West was the real surprise. He was a 600.8, and a 2nd attempt pull with 600.8 seemed to be the limit. Tony Carpio (USA) had the title in the bag (or so it seemed). The bar was loaded to 628. The bodyweight win was



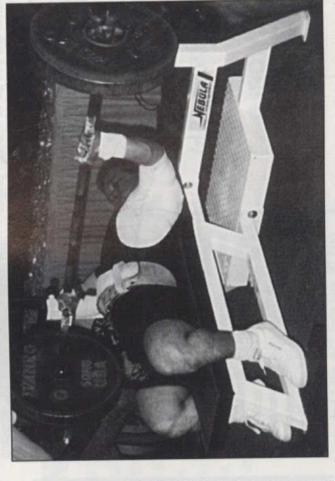
Mary Ellen Warman... big squats!



**Spectacular.** is the only way to describe the physical development and lifting prowess of Debbie Emery. Photos by Herb.

ments my own. What I like the most about Dave is that he doesn't nitpick words! He kept our water at dinner in a heightened state of anxiety with our complaints. Dave made his point more fully. What - pray tell - is this? He inquired, looking a greasy gloom on his plate and surrounding disengaged. "It is fat, sir, the water thinner?" Dave returned. Yes, I too was shocked that our honored guest would have to endure such a discovery. Three representatives, Fuhrman and Claude, upon their respective age group classes, Maurice Lambert and I, were seated at the table with Debbie Emery (dearly missed). He got 54, 220s, all US, CAN, SFR, ITA, PUR and EGY all sent one member. They all won top honors. Samolov was the coach and old dog of the Russian squad. He set an example for his troops with a win in the 55-59 - 148s. Busco, ITA, 98/771 SQ and 1984 total in the 40-44 - 275s. He was strongest among the group from "the Boot". SFR's Wim Brown was impressive in his 45-49, 148 lbs. of Maple Leaf Fed; he squatted with 837.7, pulled 804 and tied a WR 826. Meryl Mustals, once an O/Ler, brought his 340.5 lbs. from the Land of the Pyramids. I told him my best friends have been my "Cameles" for the past 38 years. That revelation got him to thinking. Another beefy "super taco" was PUR's 351 lb. Muniz-Zacca, who came, saw, and conquered.

Now, a review of the USA masters. Mike Cross, 48, from Oatleah, TN, was in the very first USA Srs. 30 years ago. His 549 lb. DL as a 123 was untouchable until Lamar Gant came along and stretched it beyond the reach of anyone. He bears the scars today of a tragic accident that nearly killed him. His return to the spotlight is a remarkable story of courage and will be told in an upcoming issue of *PL USA*. Mike flew out with his buddy Rick Posey. It was a whirlwind trip. He'd come and gone. We missed each other by just hours. Speaking of Posey, his battle with CA's Gordon Santee was a real classic. Gordon, 48, had a flawless day and fought back from a big deficit. The DL is not a game of "ring around the rosin" - Gordon picked up 556 for the win - 1405 - and had himself "a pocket full of Posey".



**David Butterbaugh...** is closing in on the 400 lb. barrier in the bench.

trickers. There was no mysterious, unweighed barbell that disappeared into a pedicled box afterward. It was the real deal! The only outward sign of effort was a tiny, red trickle that burst from his left nostril. Whiffers came on and the crowd was vociferous. His 1802 total surpassed anything all others in the 220 class did. I describe it? Amazing, surreal, unnatural? That's not a few adjectives that come to mind. Ernie is, indeed, one of a kind and he has never claimed to be a natural sort of guy. Special is the best way to classify him. The British team presented him with a statue replica of Hercules. Yep, Hercules - that's Ernie alright!

Ernie Anderson, 62, is a Karl Norberg wannabe. He is well on his way to becoming just that. He blasted up a 446 BP and even gave a 468 gq. McCandless hit a nice 1862 in the 40-44, 275s. He was all "lit" up for this meet, but got burned 100 lbs. by Bhusco muscle. Brian Meek had a good day. The Monolith was Meek and thereby so was his SQ - 804. He and I got an invitation to visit Louie's Westside BBC. That is an honor in itself! An added treat was witnessing a Kenny Patterson BP workout. He's only the greatest 275 bancher of all-time, you know! Kenny manhandled a 545 without a shirt (don't train w/ them) with the greatest of ease. We tried the reverse hyper and became instant believers. Stephanie Van De Weghe was playing "Spacey Stacey" while she reminded her brother, her too far down her back, to help him but it was too late. Paul Broder, a 948 squat, 9 years ago, struck by him for 2nd. Shame, Stephanie! Next up were the women. Joellen Gilt fulfilled the dream for Dean. She won the ladies Masters 40-44, 196s in a cakewalk. She dominated an amazing WR 319 and was seen limping the next day, no doubt to gain my sympathy. She called me a caustic man; I see them as being lovingly sarcastic. I use them both, but the truth be known, I love them dearly. The women took the stage with opening act for the Ladies Open on Sunday. The star of all women in Friday's lifting was Diara Emery. She is a 41 year old bodybuilder from Philly. She should have been in the Open competition. This would have given Stephanie a wake-up call that would have strapped her out of her dazed complacency. Weighing a mere 159, nobody expected to see such amazing lifting. Her 1311 total was splendid. She squatted 485 and pulled herself up to a 1311 total in a JODL. The shocker was that she won the WPC nothing short of a miracle. The WPC WR/R came: 365.8 then 363 and then the shocker. Her 518 squat left by a female. She dared next to invade the realm of Tamara Rahnaw. Grimwood (who'd made her surpassing the 400 lb. barrier) did at 407.9 didn't go, but something pinch me - I must be dreaming. She's done a 310 pause without a shirt too! The acclamation of accolades that she received is only the beginning. A dormant childhood strength has been released and world of P/L has much to look forward to. Glory never comes too

late, cuz we're looking at a 1400 total and 600 plus BP at 165 - very soon to come. The Open competition was held Sat. and Sun., Oct. 28-29. The women took center stage that and posted some impressive numbers. Many loyals weren't in the mood for a 200 lb. Women's 50 best at 97. She popped out of the woodwork there and posted up a nifty 300 kg. (661.3) total and 20 at the meet. Most impressive was Doris Shimura. She had's best lifting high. She posted a 105 class all time high. She posted a 114 in Columbus. She broke the 900 lb. barrier (903.9) for the first time and rebounded with a good 363.8 SQ in do-ings. Amy Weisberger scored 986 here, improving all her best lifts, especially the BP. She won after British favorite Vanessa Gibson submitted a seemingly infirm commission. SQed 396 and then jumped to a big 446. Determined to the task, fate struck in a blinding instant. She raised the weight, trembling and vibrating. She could not stand her feet. Her too far down her back. Her right forearm snapped with a loud, audible crack. She collapsed instantly. Helpless and unable to assist the spotters as the weight crashed to the mat, crying hysterically with pain and fright, she was rescued from becoming a pancake. Her comforters and the medical team swarmed around her. She endured trauma as bravely as possible and was rushed to a Columbus hospital. Stephanie Van De Weghe topped her SQ best to 518 and blasted a 314 BP. She took first, and lifted well. She needs someone to push her. She has a burning key should kick, stronger than ever, reinforced by a metal plate in her arm. He predicts she'll be lifting again in six months. Her only future problem may be the metal detectors at airports. Great news, huh? During the interlude, it was a bit tense and some of the contestants were now gun-shy, anxious, and apprehensive. The show had to go on. The star among the women was Mary Ellen Warman. Her return to the platform was eagerly awaited. She took 7 workouts to get ready for this meet. Her 1174 total aggregate is amazing considering such short preparation. Her performance tied Mariah Liggett's all-time women's best at 132. Mary's missed attempt could have given her 1218 and was not unreasonable. Her 518 squat at last year's Worlds actually superseded the same lift by Doug Hughes, who was credited with top spot in PL USA's recent 132 top 100. She so actually gets that top honor - #11 going head on with all the male counterparts and outdoing them. It is a feat that may never again be duplicated - unless Mary herself does it under. Even with a 550 practice squat under her belt, she couldn't get set up with her amazing 534 lb. bar was carried too low. She couldn't find the groove on her 3rd and



**Crazy Like a Fox.**...Doug Heath had things his way last time he stepped on the platform.

last time he stepped on the platform. Always a chrysalis, he emerged on this day as a butterfly. He is an exception rather than the rule. He has an enormous, untapped potential and has always been his own worst enemy. It seems as though all his restraints have been broken. Sooner or later everything had to finally come together. For the ordinary super athlete it is a euphoric perfect. An example is the perfect con- ditions when USA long jumper BBO

Beamom leaped his way in the 68 Olympic to a record that endured for almost a quarter of a century. Heath is not an ordinary sort and has always defied all reason and logic. On this day he was one of the three outstanding performers at this competition, which defied all laws of nature and science. I cannot explain it, but it happened. Not only was Doug's biorhythm life cycle on a triple low, but he was trapped on a triple mini-cross-over, or critical day, on his physical and emotional cycles. His third factor, the intellectual, was critical. On such a day intelligence, reason, and logic can spell disaster and injury potential becomes terified.

Doug knew none of this until after the fact, nor did I when I punched his profile for that day on my biorhythm calculator. He jumped the gun on his first SQ, a tentative 435. A bad shallow and the reds blinked. Undaunted, he repeated and jumped auspiciously to a big 523. "Get it down there!" I shouted. He did! Whites blinked and he rushed to head ref, Jim Rouse. He eyes bugged out and he asked - in utter disbelief "Good? Oh, Jim was it really?" He was dead serious. A mischievous smile appeared on Rouse's face. I imagined the reaction had he replied "No Doug, it really wasn't. I was only fooling." He didn't do this and nodded affirmatively. Enthusiasm exploded and Heath rushed to each official, handshaking and hugging. The announcer encouraging a display of oculociliary affection. Thank goodness, there was no mouth to mouth. His 341 BP opener, that exploded to kick out, beat the signal. He disposed his head in totality. He hallucinatedly predicted his case. "Through you capped me - I really did." The report was reported, and emanated from the platform. The bar went to WR 407.9. He came for it would light that his training threatened to snap. In a blinding instant it was over - 11 lbs. more than he had lifted! Again he went ballistic - heled and roared. He had just been unanimously approved his effort. The DL was cautious. First was 402 for the



**Still Hitting PRs.**... after all these years, Rickey has his best day ever!

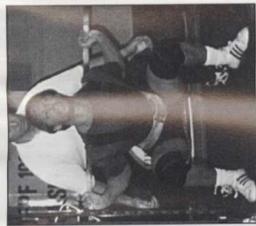
It was raining. Halloween and my warped mind concocted a weird fantasy concerning the two adventures going for the WPC - bantamweight crumb. Dave Butterbaugh was cast as the infamous outdoor - best, yet mischievous midge - "Dr. Mortality" in the 60's TV series "Wild, Wild West". He was just against the "The Man" scenario. "Skeleton", who also hit Ernesto Miliani Butterbaugh engaged his "super" leg with a 540 lb. short stroke to pop his 3rd SQ (540 lb. lift of May 5, 1984). His 365 and 369

couldn't find the groove on her 3rd and



# W.D.F.F.F. WORLDS

## as told to PL USA by WDFPF World Champ Dave Weiss



**Brad Olson had his world record.** The World's, with both she and Chuck wearing the Powerbody warmups she had ordered from teammates Dave Weiss and Ray Benvenuto.

The 176 class had the sole English woman's win of the meet. A strong Helen Williams put up a European World Record 440 squat to heat a 1090 EWR total. She put the bench by bench, pressing-machine her Walsh, but Basisto struggled with her own benches, getting only her opener. She went for the win with a 479 deadlift that was out of reach that day. Nikki Avey took her second World's with a World Record 435 squat. Coached by Jaime Moller, but a strong 418 deadlift for her 1003 total. The final woman's class was the contested 176+, with a seasoned Cindy Regan beating Tajikistan's Khokhlova. Regan didn't have the day she had hoped for, but gave a Masters World Record deadlift of 446 a strong try.

Most of the women's team did their own thing after the competition was over, with some doing some sightseeing or other traveling. The Troopers took their opportunity to see Amsterdam before returning to the States. Nikki Avey wasn't scared to hang with the boys, with she and Jaime staying with the Men's team lifters that remained through Thursday.

The men were broken up into two flights for Saturday's lifting. 114'er William "Action" Jackson, under Johnny Graham's coaching, put together a 7 for 9 day for his first World title. Jackson, who will be leaving for duty in Korea shortly, included an impressive 435 deadlift in his 925 total.

The first contested class was the 123's, with US lifter Dave "Slize" Weiss going for his third World title. A tough day on the squats and bench left his subtotal behind where he wanted to be, but a 496 deadlift produced an 1113 total. An at-

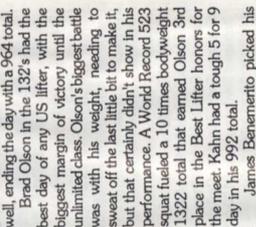
tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.



**James Benvenuto picked his attempts carefully in his assault on his first World title.** He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.



**Joe McAuliffe with a no shirt World Record Bench of 457 lbs.** The 196's showcased first timer Joe McAuliffe's bench pressing skills.

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.



**Jim Morton won in the 220 class** the 220 class and never looked back. He was 4 for 6 going into his specialty, the deadlift. Once on the floor, the anticipation was in the air for Morton to pull 800. Unfortunately, 788 was the final number. Two strong attempts at 821 show that another World Record is ready to fall. His 1934 total earned second place in the Best Lifter standings. Morton celebrated his second World's with gusto, all the way back to New-Air airport. Master's lifter Les Pilling ("Tazzy Great"), put up an impressive 1716 Masters World Record total, and nearly got the deadlift as well, with two close tries at 705.

The 242's was the second non-US lifter class, with Eric Arnold state-side awaiting the birth of his new child. This opened up the field for five lifters to do battle, with Beechy of Wales ending up firmly on top. His 8 for 9 day left him a comfortable margin of victory, making the lift in the end they were separated by a mere 7.5 kilos, a tight race. Waitles, Popp, Deikok, and Tucker rounded out the class.

Tony Leiato and his wife Leah traveled all the way from Hawaii to lift in the 275's, arriving almost a week early due to flight restrictions. He was rewarded with an assertive win and a World Record in the bench press. Disappointing squats kept his total down, from where Leiato wanted to be, but it was still the second highest in the meet at 2000. Tony later shared a new Seaman dance, "The Silverback", with the team back at the hotel pub.

Beau "Big Nasty" Moore had the 319's all to himself, but is doubtful anyone could have given him much of a challenge. After a tough time with the squats, Moore hit his favorite, the bench press, and came home with a World Record 551 lift. Moore kept the team laughing the rest of the trip, although the local cab drivers were probably happy to see him leave. "Beau Moore does The Jerky Store" should be at your local record store soon, look for it.

The final weight class may have been one of the most anticipated, with Olympic weightlifter Mark Henry putting up some phenomenal numbers. A whippy bar hurt Henry on his second squat, but he adjusted and nailed a World Record 953 on his third attempt. This lift is especially impressive when considering that it was done in a loose suit! He pulled the mark to 865, and nearly moving the mark to 865, and nearly pulling the most ever moved by a human being, 925. He plans to come back and lift at next year's Nationals and Worlds.

After the meet, the celebrating began at the meet site and continued through until Thursday for those who could stay over. The sights and excitement of London; London Tower, the Crown Jewels, the Hard Rock Cafe, London Dungeon, the changing of the guard at Buckingham Palace and an eventful trip to

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

# WDFPF World Championships/Sussex, England/28-29 October 1995

Women	SQ1	SQ2	SQ3	BPI	BPI2	BPI3	Total
Crater USA	343	349	242	99	110	115	358
Michael US	220	237	340	110	145	115	352
South USA	226	242	359	137	143	440	385
Dev USA	298	308	319	159	165	140	451
Canada USA	275	303	344	143	140	148	451
Dennise BEL	308	330	330	143	154	146	462
70 kg	284	295	376	124	149	149	396
Troper USA	347	399	394	171	192	269	540
Lynch ENG	286	308	395	148	159	165	493
Williams GB	407	429	440	187	198	269	639
Baldie USA	385	418	424	192	209	269	617
90 kg	409	402	435	165	194	149	460
Regan USA	407	464	464	237	253	290	661
Khojkenquim TAI	330	369	363	165	181	192	536
220 kg	286	314	330	159	176	147	490
Jackson USA	508	500	500	237	248	248	690
Weiss ENG	363	360	360	192	203	203	567
60 kg	451	507	523	286	308	308	832
Olson USA	330	374	446	165	169	169	540
Alan CYP	518	544	534	308	319	330	859
Benvenuto USA	318	348	496	231	248	253	749
Swallow ENG	473	496	496	242	259	264	699
Troullis CYP	418	440	464	242	259	264	699
Tonge ENG	473	485	496	275	286	292	734
Lykov RUS	451	499	473	231	242	240	664
Chilidalap ENG	451	473	496	231	242	240	664
82.5 kg	499	561	569	330	348	348	826
Benvenuto USA	644	661	666	358	409	409	1019
Contini ENG	507	536	534	308	330	341	841
Waltz WAL	539	556	556	320	333	333	846
100 kg	563	574	580	330	330	330	866
Waltz WAL	563	574	580	330	330	330	866
Morton USA	649	688	722	407	424	469	1106
Williams WAL	507	518	569	242	253	264	771
Beechy WAL	385	402	507	1025	571	639	1631
Pilling ENG	509	535	606	309	320	320	949
Deikok CAN	315	352	394	190	203	203	596
Tucker ENG	440	448	548	330	363	374	816
Leiato USA	777	846	846	607	607	648	1262
Sutton WAL	595	639	706	396	418	440	1084
145 kg	946	705	797	512	551	648	1256
Moore USA	881	969	953	468	496	518	1471
Henry USA	949	979	973	649	648	648	1945
Kelly WAL	499	493	473	320	320	338	832

Brighton highlighted the trip. Plans were made for the next few meets and training ideas were tossed back and forth.

The members of the 1995 USA World Team would like to thank their sponsors and those who helped; Coach Jerry Daily, Johnny Graham, Terry Todd, Ron Walsh, Chuck Troper, and Jaime Moller, team cameragirl Paige Stillman, ADFFA officials Ned Cramer, Mike Overier, and Dr. Mike Hartle, George Zangas and Marathion Distributing, SportPharma USA, Pete Alaniz and Titan, Mike's Olympic Gym, ProFitness, The Jerky Boys, Q-The Sports Club and it's members, Mohawk Industries, Arcade Floors-Carpet One, White Zings, The Carpet Tower, the Crown Jewels, the Hard Rock Cafe, London Dungeon, the changing of the guard at Buckingham Palace and an eventful trip to

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.



**Wm. "Action" Jackson - 435 pull** over the record books after the lift. It was done at the 1995 WDFPF World Championships in Sussex, England October 28 and 29. A total of 23 World Records were set, with more than one being broken and reset moments later. Although several countries were absent for a variety of reasons, notably France and Poland, this was a true World competition, with lifters from Belgium, Canada, Cyprus, England, Ireland, Russia, Tajikistan, USA, and Wales putting it on the line for the title of World Champion.

The meet was held at the Broadbridge Heath Leisure Center, a large facility that caters to a variety of sports, as well as providing a restaurant and pub for post-competition endeavors. Once again, coordination of the meet was Ken Smith, WDFPF President. This will probably be Ken's last Worlds, as he has decided to resign his position with the WDFPF.

As always, many new friends were forged at the World. US Coach Johnny Graham showed the true meaning of friendly competition, giving up his hotel room to the Russians, who arrived in England with no hotel reservations. The evening before, they had stayed in Ken Smith's trailer in his backyard.

The US lifters arrived in a few ships were forged at the World. US Coach Johnny Graham showed the true meaning of friendly competition, giving up his hotel room to the Russians, who arrived in England with no hotel reservations. The evening before, they had stayed in Ken Smith's trailer in his backyard.

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

The 165's saw the unexpected absence of a US lifter, with Bob Bridges being a no show. This opened up the field for a four-way battle that left England's Tonge the new World Champion. His 9 for 9 day outlasted Russia's Lykov, who did a European Record deadlift, and fellow Englishman Ottolrangli.

Missed attempts kept Ray Benvenuto from getting close to his 1906 total from the Nationals, but he still ended with a strong 1763 total. Along the way to his sixth World title, (spanning three weight classes) Benvenuto set a World

tempted World Record 514 deadlift wasn't going to happen that day, but will fall soon. Graham. Price of England had disappointing squats as well, ending the day with a 964 total. Brad Olson in the 132's had the biggest margin of victory until the unlimited class. Olson's biggest battle was with his weight, needing to sweat off the last little bit to make it, but that certainly didn't show in his performance. A World Record 523 squat fueled a 10 times bodyweight 1322 total that earned Olson 3rd place in the Best Lifter honors for the meet. Kahn had a tough 5 for 9 day in his 992 total.

James Benvenuto picked his attempts carefully in his assault on his first World title. He was well within his abilities, leaving weight on the platform in his both squats and deads. He missed a 611 deadlift that would have led to a record in the deadlift and total, but Benvenuto felt it was a form mistake that cost him the lift. Both Benvenuto and Weiss plan to improve their performance at the North Americans this January. England's Swallow and Cypnus's Troullis filled out the class, with Swallow earning a European Record in the deadlift.

What are YOU aiming for in '96? Power Scene talked to many of the country's leading powerlifting figures to see what THEY are looking forward to next year. Big Jamie Harris is still stalk-

# POWER SCENE



After a massive 1100 770 730 = 2600, Anthony wants MORE in '96

for pro athletes. And James's granddad, who's 70 years old, just competed in his first powerlifting meet. You're never too old to start.

Southern California's Bob Seibold is taking a break from lifting for six months or so, but plans a big return in mid '96. Bob's still chasing that 600 bench at 198, and now that Lesse Kellum did at the Greatest Bench Press in America, Bob's looking to go even higher. As for boxing, he's given that up, so he could stay injury-free this coming year.

Anthony Clark just set some amazing records, with a 770 bench, an 1100 squat and a 2600 total - congratulations, Anthony - but even he's got his next goal picked out, and that's the big 800 bench. Anthony says that "the best is yet to come" from him, so let's see what '96 brings.

Iron Island Gym's Ralph Raiola is "happy to be back after a layoff" of three years - that's right, Ralph is returning to the lifting platform as a competitor, and his '96 individual goal is to win the IPA Master's Nationals. His gym's goal is to win all the meets in which it competes as a team. I'm sure some other gyms will have something to say about that.

Georgia's Tee Mevers is back in front of the camera. After coming out with *The Skinny Man's Deadlift Video*, he's returned with the next installment, *The Skinny Man Squat Video*. Tee's video is probably ad-

goals for 1996.

As for Terry, come January he'll be working with the Green Bay Packer organization on strength training, and he's thinking about a comeback to lifting competition, in the bench press. Terry's got two torn biceps, so he's not trying any deadlifting or squatting.

ADFFA and WDFPF 198 lb. women's champion Nikki Avey is aiming for a 500 lb. squat, a 200 lb. bench, and a 435 deadlift and to Her teammate Beisy Ojanen, a "three-peat" as a World Champion. Her many time champion, is looking forward to "staying healthy and being happy" in '96.

Teenage lifting phenom James Drake, who turned 17 in October, is aiming at a 633 lb. squat at 148 - now that's a specific target. Plus he's thinking about some natural bodybuilding shows. His dad, Martin, is planning a mega-meet here in Southern California in April, including divisions for high-schoolers and

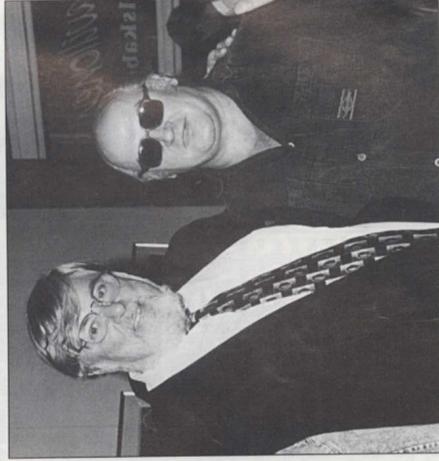


"Skinny Man" has a new video

vertised elsewhere in this magazine, but here's the info on it anyway: \$20, and you can get it by calling Tee at 1-706-790-3806, or by writing 2250 Lumpkin Rd., Augusta, GA 30906. Remember, in addition to being a great powerlifter, Tee's a natural born entertainer.

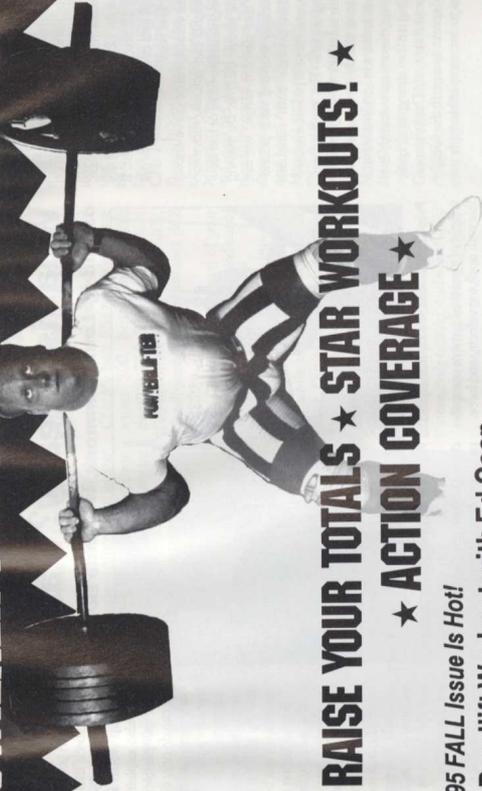
From globe-trotting Peter Thorne, USPF President and world class raconteur, comes this shot of Peter with Yuri Kalashnikoff, a General in the Ukraine Army and the champion in the 125 kg. class at the recent IPF World Master's Championships. The Kalashnikoff is one of the world's most popular military weapons, and it was named after Yuri's father.

Well, that's about it for 1995. I wish all you lifters out there a wonderful New Year's and a happy, healthy and strong 1996. See you on video. Ned Low



USPF President Peter Thorne & Yuri Kalashnikoff at the World Masters

# LIFT THIS INTO YOUR VCR!! POWERLIFTER VIDEO MAGAZINE



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

- ★ Our '95 FALL Issue Is Hot!
  - ★ Star Deadlift Workout with Ed Coan
  - ★ Star Squat Workout with Kirk Karwoski
  - ★ Star Bench Workout with Greg Warr
  - ★ APF Sr. Nationals
  - ★ USPF Sr. Nationals
  - ★ Coach's Corner
- and much more!

Available Now! Subscribe Today!

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

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

\*Canadian residents add \$3.50 per issue

# POWERLIFTER

V I D E O M A G A Z I N E

CALL 1-800-BARBELL

# INTERVIEW

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

## CHAD HOLMES

as interviewed for Powerlifting USA by Bob Gaynor

**BG:** Give us some personal information about yourself.  
**CH:** I'm 24 years old and live in Skisport, Missouri. I'm divorced and have two children - Chad II - age 5, and Victoria - age 1.  
**BG:** How did you get started?  
**CH:** Weightlifting class in high school.  
**BG:** How long have you been lifting

tested randomly throughout the year, to prevent lifters from juicing for a while and then having time to get drugs out of their system by competition and training?  
**CH:** My best lifts in the gym are squat: 700, bench press: 420, deadlift: 750x3. In competition, I've squatted 677, benched 402, deadlifted 799, and totaled 862 at 220.

**BG:** Give us a breakdown of your training program, both in and out of season.  
**CH:** In season, I start training at 10 repetitions and work down to 3s, while varying my assistance work. Out of season, I train more for size using higher reps, pyramid sets, supersets, less time between sets, and I try new routines.

**BG:** What do you see as the future of Powerlifting?  
**CH:** I would like to see unification, more drug testing, and eventually see powerlifting in the Olympics.

**BG:** Are there any other comments you would like to make?  
**CH:** Yes, I would like to thank Ken Moore - my training partner Mark Madigan for starting me out - for keeping me motivated, Bob Gaynor for this interview, the ADFPA, and anyone else who has ever supported or encouraged me.

**BG:** What advice would you have for beginners?  
**CH:** Try to find an experienced training partner. Don't get discouraged when gains start coming slower. Always try new workouts, and - most of all - don't use steroids.

**BG:** What are some of the titles you have won and records you hold?  
**CH:** I recently won the ADFPA Deadlift Nationals in the 220 lb. class, and I have been overall Missouri State Champion in '91, '94, and '95. I hold the American deadlift record, which is 799, the American teenage deadlift record and total records at 198, and 10 Missouri state records.

**BG:** Give us a breakdown of your training program, both in and out of season.  
**CH:** In season, I start training at 10 repetitions and work down to 3s, while varying my assistance work. Out of season, I train more for size using higher reps, pyramid sets, supersets, less time between sets, and I try new routines.

**BG:** What do you see as the future of Powerlifting?  
**CH:** I would like to see unification, more drug testing, and eventually see powerlifting in the Olympics.



Chad Holmes is one of the finest drug free deadlifters in the world.

the lifts are reduced to 6-8 singles. If you do this type of training, jump about 5% a week. I recommend that only lifters built to deadlift do this cycle. You must be very explosive on each lift.

For example, if you pull a max 700 pounds and you are using 70%, or 490, you must exert 700 pounds or more of force when pulling the weight. Yes, with submaximal weight you can exert more force than is actually on the bar. This is not possible when you do a max triple of 670 when your max is 700. If there was a force meter on the bar with 670, it may surprise you that not one rep would equal 700 pounds. This also explains why a particular lifter can perform 2 reps with 800, but can only 800 at a contest. His body can maintain 800 pounds of force for a period that allows 2 reps. But because of the slow bar movement, there is a lack of adequate velocity to lift the additional 30-40 pounds on the bar at the meet.

Box squatting on squat day works as the velocity day for the deadlift. On deadlift day, we do a combination of max singles and max reps on a variety of exercises, such as four types of good mornings, five types of squats, five methods of pulls, and an array of exercises for the low back and abs. We may also do static work and isokinetic work. Special exercises with special devices allow maximum speed at the beginning of the lift and maximum overload at the top portion.

Let us review. When using percent training, one can control volume, keeping it constant throughout the yearly cycle. Speed work and maximum weight can be incorporated into the workout, unlike the progressive overload method, where one is sacrificed for the other. A very important aspect is that special exercises can be maintained throughout the yearly cycle, as well as during the time leading up to the contest. Percent training is far less demanding psychologically, reducing anxiety and stress and keeping blood pressure from rising too high. By constantly breaking gym records in special exercises, confidence is built and a sense of well-being is maintained leading up to the contest. A book entitled *Science and Practice of Strength Training* by Vladimir Zatsiorsky may help clarify many of the points discussed here (1-800-747-4457).

We qualified 10 lifters for the WPC Worlds by training with these world champions to move to the Columbus area and train with the interested and qualified lifters should send their resumes to Westside Barbell.

**BG:** Do you use any special supplement program or follow any special diet?  
**CH:** I take creatine, a multi-vitamin, bone meal tablets, and a protein drink after working out. As far as my diet, I just try to eat healthy and keep the fat intake low.

**BG:** What are your future goals in powerlifting?  
**CH:** My goals are to win the ADFPA Men's Nationals in 1996 in St. Louis at 220, then at 242 in 1997, deadlifting 850 at 220, and 900 at 242.

**BG:** What are your best lifts in every weight class should be

**BG:** How did you get involved with the ADFPA?  
**CH:** Mark Madigan introduced me to powerlifting and the ADFPA in 1988.

**BG:** What are your views on drug usage and drug testing?  
**CH:** I'm opposed to steroid usage. It gives powerlifting a bad rap. If lifters have to turn to drugs to win, then they have no business competing. I think the top 5 lifters in every weight class should be

**BG:** How long have you been lifting competitively from 1988-91, quit from 1991-94, and started back in 94.  
**BG:** How did you get involved with the ADFPA?  
**CH:** Mark Madigan introduced me to powerlifting and the ADFPA in 1988.

**BG:** What are your views on drug usage and drug testing?  
**CH:** I'm opposed to steroid usage. It gives powerlifting a bad rap. If lifters have to turn to drugs to win, then they have no business competing. I think the top 5 lifters in every weight class should be

**BG:** How long have you been lifting competitively from 1988-91, quit from 1991-94, and started back in 94.  
**BG:** How did you get involved with the ADFPA?  
**CH:** Mark Madigan introduced me to powerlifting and the ADFPA in 1988.

**BG:** What are your views on drug usage and drug testing?  
**CH:** I'm opposed to steroid usage. It gives powerlifting a bad rap. If lifters have to turn to drugs to win, then they have no business competing. I think the top 5 lifters in every weight class should be

**BG:** How long have you been lifting competitively from 1988-91, quit from 1991-94, and started back in 94.  
**BG:** How did you get involved with the ADFPA?  
**CH:** Mark Madigan introduced me to powerlifting and the ADFPA in 1988.

**BG:** What are your views on drug usage and drug testing?  
**CH:** I'm opposed to steroid usage. It gives powerlifting a bad rap. If lifters have to turn to drugs to win, then they have no business competing. I think the top 5 lifters in every weight class should be

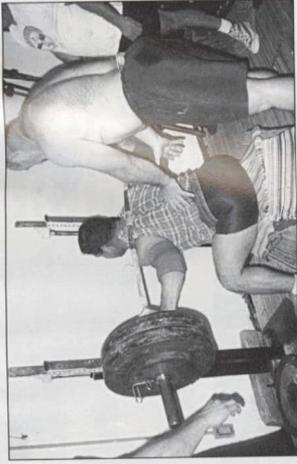
**BG:** How long have you been lifting competitively from 1988-91, quit from 1991-94, and started back in 94.  
**BG:** How did you get involved with the ADFPA?  
**CH:** Mark Madigan introduced me to powerlifting and the ADFPA in 1988.

**BG:** What are your views on drug usage and drug testing?  
**CH:** I'm opposed to steroid usage. It gives powerlifting a bad rap. If lifters have to turn to drugs to win, then they have no business competing. I think the top 5 lifters in every weight class should be

# TRAINING

## PERCENT TRAINING What is it really? Part II

as told by Louie Simmons, Westside Barbell



Providing Guidance on Box Squats at Westside Barbell is Louie Simmons

weight of a baseball is more compatible with applying velocity and force. It's true that muscle hypertrophy is accomplished during this phase, but we are trying to achieve muscle strength, not size.

As the weeks continue in the progressive overload system, the weights reach the 65-82.5% range. For a while you are achieving maximum velocity, providing that you are trying to do so. But as the weights grow heavier, the force factor comes into play. Slowly but surely you lose that all-important factor - velocity.

So as you can see, with the progressive overload system, it is impossible to maintain max force and velocity simultaneously. An additional negative effect occurs with progressive overload; you have lowered your volume to the point that it can no longer support the work needed to produce positive results at meet time. You may be your strongest 2-3 weeks before the meet and fall on your face more times than not when it counts.

One must train at 90% and above for maximum muscle recruitment, but this can only be done for a 6 week period before training efficiency decreases dramatically. However, by training the squat with submaximal weight, with maximum velocity, and by rotating exercises that closely resemble the squat on a second day, you can stay within the boundaries of the velocity-force curve.

When you rotate special exercises, such as good mornings, rack pulls, or Manta Ray squats, which accompany when trying heavy training weights close to a contest, are eliminated. For most, training with heavy weights in the squat can be so stressful that one's adrenaline level drops drastically.

Another negative aspect of progressive overload is that you must always drop assistance work at the end of the cycle, even though these are the exercises that made you strong in the first place. When you stop doing special exercises, their effect is lost in a few weeks, sometimes a few days. So, for the most part, they must be maintained as close to contest time as possible. Large muscle groups recover in roughly 72 hours; small muscles, in 24 hours. We do our heavy squat and deadlift work on Monday. It never has a negative effect on our Friday squat workout. Therefore, there is no reason to reduce the work done on Monday when the contest is, in fact, a day or two later than our regular squat day.

As far as deadlifting goes, we seldom do it. But when we do, we do multiple singles with very short rest periods (30 seconds). We start with 60% for 15 singles. During the minute the number of lifts decreases as the percentage increases. Use only one weight per workout. The top percent is roughly 85% and

When you rotate special exercises, such as good mornings, rack pulls, or Manta Ray squats, which accompany when trying heavy training weights close to a contest, are eliminated. For most, training with heavy weights in the squat can be so stressful that one's adrenaline level drops drastically.

Another negative aspect of progressive overload is that you must always drop assistance work at the end of the cycle, even though these are the exercises that made you strong in the first place. When you stop doing special exercises, their effect is lost in a few weeks, sometimes a few days. So, for the most part, they must be maintained as close to contest time as possible. Large muscle groups recover in roughly 72 hours; small muscles, in 24 hours. We do our heavy squat and deadlift work on Monday. It never has a negative effect on our Friday squat workout. Therefore, there is no reason to reduce the work done on Monday when the contest is, in fact, a day or two later than our regular squat day.

As far as deadlifting goes, we seldom do it. But when we do, we do multiple singles with very short rest periods (30 seconds). We start with 60% for 15 singles. During the minute the number of lifts decreases as the percentage increases. Use only one weight per workout. The top percent is roughly 85% and

In the squat, what is too heavy and too light to train with? In Russia, much research revealed that 65-82.5% of a 1 rep max is best to build strength in the squat. They suggest 2-6 reps per set.

At Westside Barbell, we do sets of 2 for two important reasons. One, more than 2 reps tends to cause bicipital tendinitis and shoulder discomfort. This pain is commonly felt while benching, but - in fact - comes from squatting. The bar shifts to some degree, causing damage. Having your hands spaced too close on the bar may also be the culprit. Two, in a power meet, we don't do reps, we get 12 sets of 2 reps, we are getting 12 first reps per workout. If you do 4 sets of 6 reps, then you get only 4 first reps.

The velocity-force curve shows that weights can actually move too fast (weights below 65%) or too slow (weights above 82.5%). By staying within this percent range, we are continuously working with poundages that provide both adequate velocity and force to produce record-breaking squats. The multiset system with submaximal weights is referred to as the dynamic method. It produces maximum explosive force as well as maximum velocity. It is one thing to be strong and quite another to display it. This is important to sports teams if the weight room is to be compatible with the sport.

Let me clarify one important aspect of our training. On our squat/deadlift special exercise day we train with a revolving system of exercises that we switch every 2-4 weeks. We will work up to a top single (100%) in a particular lift for example, the box squat 3 inches above parallel with the Safety Squat Bar. After breaking a record or two, we switch to rack pulls, again breaking records for a 2-4 week mini-cycle. We then switch again. By continually revolving special exercises and training at 100%, we apply max force throughout the cycle.

So as you can see, we have a velocity day and a max force day in the same week. This max day is referred to as the maximum effort day. This enables us to maintain both maximum velocity and maximum force at the same time. We are able to train heavier longer than with any other system. The volume of weights per cent will make you stronger throughout the year.

What's wrong with the progressive overload system, commonly used in the United States? Recall what I said about the velocity-force curve. In the early stages of the progressive overload system, the weights are too light, too light even for velocity work. This can be illustrated by throwing a whiffle ball. As hard as you try to throw it, it just doesn't go very far, as compared to, say, a baseball. The

Let me clarify one important aspect of our training. On our squat/deadlift special exercise day we train with a revolving system of exercises that we switch every 2-4 weeks. We will work up to a top single (100%) in a particular lift for example, the box squat 3 inches above parallel with the Safety Squat Bar. After breaking a record or two, we switch to rack pulls, again breaking records for a 2-4 week mini-cycle. We then switch again. By continually revolving special exercises and training at 100%, we apply max force throughout the cycle.

So as you can see, we have a velocity day and a max force day in the same week. This max day is referred to as the maximum effort day. This enables us to maintain both maximum velocity and maximum force at the same time. We are able to train heavier longer than with any other system. The volume of weights per cent will make you stronger throughout the year.

What's wrong with the progressive overload system, commonly used in the United States? Recall what I said about the velocity-force curve. In the early stages of the progressive overload system, the weights are too light, too light even for velocity work. This can be illustrated by throwing a whiffle ball. As hard as you try to throw it, it just doesn't go very far, as compared to, say, a baseball. The

Let me clarify one important aspect of our training. On our squat/deadlift special exercise day we train with a revolving system of exercises that we switch every 2-4 weeks. We will work up to a top single (100%) in a particular lift for example, the box squat 3 inches above parallel with the Safety Squat Bar. After breaking a record or two, we switch to rack pulls, again breaking records for a 2-4 week mini-cycle. We then switch again. By continually revolving special exercises and training at 100%, we apply max force throughout the cycle.

So as you can see, we have a velocity day and a max force day in the same week. This max day is referred to as the maximum effort day. This enables us to maintain both maximum velocity and maximum force at the same time. We are able to train heavier longer than with any other system. The volume of weights per cent will make you stronger throughout the year.

What's wrong with the progressive overload system, commonly used in the United States? Recall what I said about the velocity-force curve. In the early stages of the progressive overload system, the weights are too light, too light even for velocity work. This can be illustrated by throwing a whiffle ball. As hard as you try to throw it, it just doesn't go very far, as compared to, say, a baseball. The

Let me clarify one important aspect of our training. On our squat/deadlift special exercise day we train with a revolving system of exercises that we switch every 2-4 weeks. We will work up to a top single (100%) in a particular lift for example, the box squat 3 inches above parallel with the Safety Squat Bar. After breaking a record or two, we switch to rack pulls, again breaking records for a 2-4 week mini-cycle. We then switch again. By continually revolving special exercises and training at 100%, we apply max force throughout the cycle.

So as you can see, we have a velocity day and a max force day in the same week. This max day is referred to as the maximum effort day. This enables us to maintain both maximum velocity and maximum force at the same time. We are able to train heavier longer than with any other system. The volume of weights per cent will make you stronger throughout the year.

What's wrong with the progressive overload system, commonly used in the United States? Recall what I said about the velocity-force curve. In the early stages of the progressive overload system, the weights are too light, too light even for velocity work. This can be illustrated by throwing a whiffle ball. As hard as you try to throw it, it just doesn't go very far, as compared to, say, a baseball. The

Let me clarify one important aspect of our training. On our squat/deadlift special exercise day we train with a revolving system of exercises that we switch every 2-4 weeks. We will work up to a top single (100%) in a particular lift for example, the box squat 3 inches above parallel with the Safety Squat Bar. After breaking a record or two, we switch to rack pulls, again breaking records for a 2-4 week mini-cycle. We then switch again. By continually revolving special exercises and training at 100%, we apply max force throughout the cycle.

So as you can see, we have a velocity day and a max force day in the same week. This max day is referred to as the maximum effort day. This enables us to maintain both maximum velocity and maximum force at the same time. We are able to train heavier longer than with any other system. The volume of weights per cent will make you stronger throughout the year.

What's wrong with the progressive overload system, commonly used in the United States? Recall what I said about the velocity-force curve. In the early stages of the progressive overload system, the weights are too light, too light even for velocity work. This can be illustrated by throwing a whiffle ball. As hard as you try to throw it, it just doesn't go very far, as compared to, say, a baseball. The





**TENZER**  
**ADVANCE DESIGNS**  
 We Make Power Gear A Science

1-800-222-6897

303-236-4012  
 IMMEDIATE SHIPPING

## The LEVER BELT

patent #4541152

MC USA, COB  
 903-236-4012



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

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

The Highest Quality Buckle Belts Also Available

Performance peaking cycles are not the determinants of Powerlifting limits. Peaking cycles are the icing on the cake. The cake is the series of strength an foundation cycles strung together to produce gains in strength, speed, endurance, and recovery. These cycles develop the capacity for higher limits in the performance of your powerlifting. The peaking then releases the techniques required to allow balance, timing, and delivery necessary in displaying all of your power. Peaking without the requisite strength and recovery work will not create new personal bests.

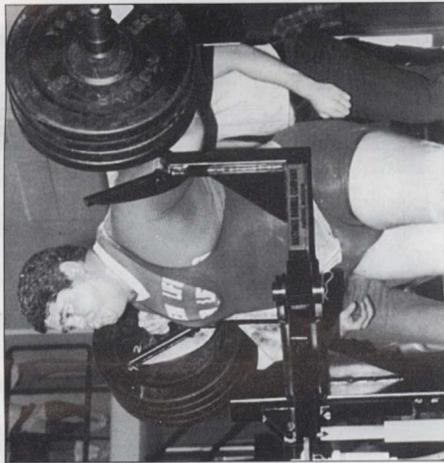
Conditioning cycles should rotate the emphasis between primary areas of assistance. In the case of the bench press that is back, shoulder, triceps, biceps, trap, and secondary chest work. We usually would pick two areas per conditioning cycle and work each hard one time per week while working the bench press twice per week. For the purpose of this routine we will focus on shoulders and biceps as the primary focus of our conditioning for the bench press. The shoulders, shoulder rotator muscles, and the biceps attach very close to one another and must coordinate effectively to produce a solid bench press. I will now outline a two day per week off-season conditioning routine for the bench press emphasizing shoulders and biceps. This routine will last eight weeks. We will assume that

# TRAINING

## Strength and Conditioning Routines, Version 1 - The Bench Press as told to PL USA by Greg Reshel, POWER EXCEL

the athlete can bench press 300 lbs. You need to be aware of the fact that every athlete has different leverages and you may need to adjust the weights up or down to accommodate your particular leverages.

- Day 1 - Heavy Day:
  - Dumbbell Shrugs - (heavy) - perform 5 sets of 12 reps with increasing weights.
  - Bent Forward Lateral Raises - (heavy) - 5 sets of 6 reps with smooth tempo.
  - Seated Reverse Grip Overhead Front Presses from Chin - (light) - 4 sets of 12 reps.
  - Sleep Incline Dumbbell Presses - 6 sets of 8 reps increasing weight.
  - Bench Press - grip bar two fingers narrower on each side than your competition grip and carry the bar lower on your chest - Slow, TIGHT - warm-up as necessary and then alternate using one of the two following routines each week:



To Make A Big Lift... you need a pre-peaking foundation to build on.

- followed by 2 sets of 20 reps with 145 lbs.
- Cable Crossovers - 2 sets of 12 reps - light to stretch.
- Always use spotters for your own safety. If you have questions or observations, we welcome them at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI. 53207 - (414) 769-1211.
- Day 2 - Light Day:
  - Seated Alternate Dumbbell Curls

## Power Excel Club

- Custom Routines
  - Instructional Video Tapes
  - Nutritional Products featuring OKG, 3 in 1, GT Fuel
- Call 414-769-1211 TODAY!



**HANDSTRAPS™**  
 Never drop another pull

**THE BEST HAND STRENGTHENING METHOD IN THE WORLD**  
 Turn your fingers, thumbs, hands, and wrists into steel.

**THE HANDSTRAPS COURSE WILL TRIPLE YOUR GRIP IN A MONTH OR YOUR MONEY BACK!**  
 YES. As a powerlifter, I need strong hands. Send your name, address, 16:95 + 3.00 s/h to:

HANDSTRAPS COMPANY  
 DEPT. PL, P.O. BOX 32547  
 CLEVELAND, OHIO 44132

Used by powerlifters worldwide

# NEW!

## SST PRO-SERIES

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

**\$139.95**



MADE IN U.S.A.



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



**1-800-344-4071**

(Please add \$5.00 Shipping & Handling)

Also available: **Contender Series . . . \$99.95**

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



**JOHN WARE, C.S.C.S.**

1,000 Lb. Squat.  
Strength Coach N.E. Missouri State



**ANTHONY CLARK**

1,025 Lb. Squat.  
700 Lb. + Bench



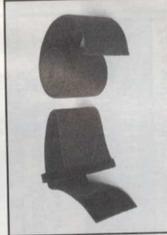
**4" Training Belt:**  
\$21.00



**Tapered Training Belt:**  
\$18.50



**Leather Lat Straps:**  
\$9.95



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



**Chalk:**  
\$8.00/Box



**Victors: \$36.00**  
**Centurions: \$60.00**



**World Class Protein:**  
\$29.95

"This SAFE USA Ultra Belt™ is the best belt in the powerlifting world. It's the belt I use."

- Kirk Kawasaki

- 1,000 Lb. IPF World Record Squat
- 2,301 Lb. IPF World Record Total
- IPF World Champion

- 100% American Steerhide.
- Two full layers of leather.
- Real suede leather covering - many colors available.
- 3/16" zinc plated steel rivets.
- American made stainless steel seamless roller buckle.

ABSOLUTE MAXIMUM LEGAL THICKNESS!  
HANDCRAFTED IN OUR SHOP TO YOUR SPECS!

# ULTRA LIFTER ULTRA BELT™



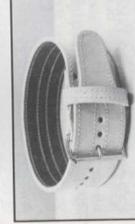
**\$900\***  
(\*Plus \$10.00 Shipping & handling. Foreign orders may be higher.)

# SAFE USA

Get the Best - Be the Best



**COMPETITION BELT**  
(Seamless Roller)  
**\$65.00**



**ECONOMY BELT**  
(Suede Inside)  
**\$49.00**



**TAPERED BELT**  
(Great for training)  
**\$45.00**



**LEVER BELT**  
(Pat. #4541152)  
**\$65.00**

The Best Powerlifting Belts Made. Let Us Make One For YOU!

Also Available from Safe's:

- Titan Centurian Suits ..... \$60.00
- Titan Victor Suits ..... IPF Legal \$36.00
- Titan Power Stretch Suits ..... IPF Legal \$25.00
- NEW Safe USA Caps & T-Shirts ..... \$10.00
- Training Straps ..... Cloth: \$4.95 ..... Leather: \$9.95
- Deadlift Shippers ..... \$9.95
- Chalk ..... Box \$8.00



Ultra Belt™ Lifting  
4,200 lb. Concrete Pipe



Adidas Dead Lift Shoes:  
**\$44.95**



**RED DEVIL:**  
Wrist Wraps: \$12.50  
Knee Wraps: \$19.95



32074 65th Avenue Way,  
Cannon Falls, MN. 55009  
507-263-4177  
(FAX): 507-263-4172

"Get the Best - Be the Best"

**1-800-344-4071**

Embroidered Belt:  
Add \$25.00

# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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



Dan Wagman bench presses at the 1989 USPF Senior Nationals.

This far we discussed how a person's body responds to training stressors as conceptualized by the General Adaptation Syndrome (GAS). We also learned about overtraining, precursors to overtraining, overtraining symptoms and effects, how to prevent overtraining, and training specific information. Last month's installment concluded with a brief statement about Russian application of science to improve their athletes' levels of performance. A training system coined periodization is a product of these developments. In recognizing the scientific foundation of periodized training, many Western scientists continued to systematically analyze and further develop this method of training.

Bompa (1991) considers higher levels of athletic performance as being largely the result of increased sophistication in training methodology, particularly of more effective planning. Periodization of training is a systematic and long-term planning schedule of an athlete's career. This plan establishes a framework for prescribing and monitoring the stress, recovery, and adaptation associated with the training process (Fry et al., 1992b). Principles of periodization recognize that the development of athletic abilities are attained through progressive gains in neuromuscular, cardiorespiratory, anatomical, physiological, and psychological functions (Bompa, 1985). When applied properly, periodization eliminates the guesswork of preparation because it isolates the variables necessary to prepare the athlete for optimum performance (Gambetta, 1989).

Periodization enhances long-term program adherence, successful achievement of goals, and prevents physical fatigue (Fleck & Kraemer, 1988). Without periodization, physical and psychological adaptation will eventually lead to boredom, overtraining, and decreased performance (Drougth, 1992). Bompa (1985) explained: "The principle of gradual increase of load in training is the basis for all planning of athletic training, from microcycle

ments (Charniga, 1993).

### Macrocycle

This is a year round program that allows for various peaks in performance. It starts after a period of active rest and ends with a major contest and the largest peak (personal records) (Palimieri, 1993). The macrocycle also defines the optimal sequence for emphasis on various task aspects (e.g., speed, sticking points) at different points in the training year.

The division of the training year takes into account the progression of training. Further divisions into meso-cycles and microcycles take the progressive increases to training stressors (while incorporating appropriately timed and quantified periods of reduced training to allow for regeneration) into account (Fry et al., 1992a). In this system then, blocks of training units make up microcycles, blocks of microcycles make up mesocycles, and blocks of mesocycles constitute a macrocycle. These cycles present a structure for inducing adaptation through the systematic incorporation of stress and regeneration in the training program.

### Mesocycle

This is simply a collection of three to four microcycles. The length will depend upon the specific goal or objective and sport but may last to approximately 12 weeks (Gambetta, 1993). This phase typically culminates with a peak. Volume is high in the beginning and low in the end of this period; whereas the intensity is low in the beginning and increases towards the end of the cycle (Palimieri, 1993).

The mesocycle often contains regeneration microcycles. These cycles are characterized by a weak training period and an expanded restoration period. The total volume and intensity is lowered and the number of days of rest is increased. This lowers the physiological and psychological demands, thus

work capacity throughout the cycle must be implemented (e.g., weight, heart rate). Third, theoretical and practical knowledge of how to correctly select the composition of training volume and intensity is essential (Verkhoshansky, Mironenko, Antonova, & Hachlarian, 1992).

### Training Phases and Cycles

Phases within training cycles consist of the preparatory and competition phases for the training season. The three aims of the preparatory phase are: 1) to establish a base level of conditioning; 2) to create a sufficiently large work capacity as a base to develop competition form; and 3) to distribute the training intensity to spend more time on weak points like technique, speed, sticking points, etc. The goal of the competition phase is to attain optimal competition form so that the highest results possible are realized at precisely the times dictated by the competition calendar. The training emphasis is on specificity; the record, an objective instrument to measure and assess the athlete's

conform to competition requirements. While addressing all of these components, certain stipulations for determining an effective periodization scheme are necessary. First, an objective basis for determining the degree of increases of performance during a training cycle must be established (e.g., your personal record or last performance). Second, an objective instrument to measure and assess the athlete's

posed to a series of stimuli per unit of time is termed density. In other words, it is an expression of the relation between working and recovery phases of training. The rest interval planned between two training stimuli (e.g., sets) depends directly on the intensity and duration of each stimulus. Stimuli of high intensity (>= 80%) require longer rest intervals in order to facilitate recovery prior to the next stimulus; whereas stimuli of lower intensity (< 80%) require less time for recovery (Bompa, 1985).

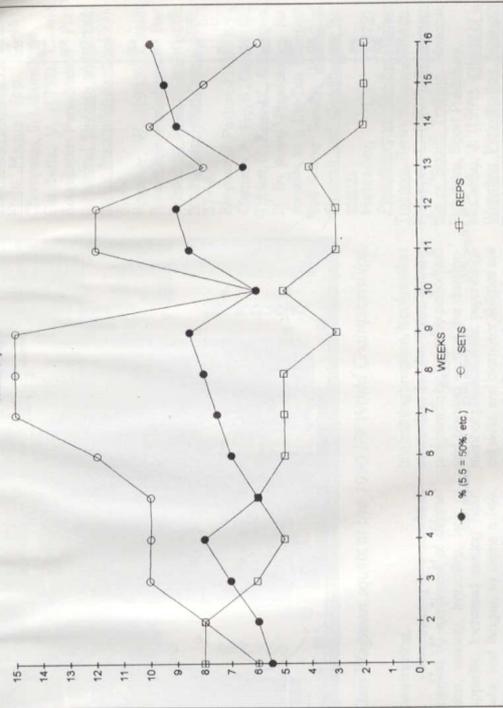
### Considerations for Implementing Periodization

Variation is another key in an attempt to prevent overtraining. As an example of the need for variation, high volume work with intensity around 30% - 50% of max will not result in training adaptations. Conversely, miscalculating the optimal levels of intensity and volume will cause the process of adaptation to abate, leading to performance stagnation or even regression (Bompa, 1985). In addition, the need to vary the training components (volume, intensity, etc.) are based in physiology since the development and perfection of neuromuscular, muscular, and cardiorespiratory functions, to name a few, are achieved progressively (Bompa, 1985).

In implementing a periodization scheme the duration and intensity of the event in competition must dictate the degree of volume and intensity that should be observed during competition preparation (Bompa, 1985). As an example, the powerlifter may spend about three hours on training of competition (warm-ups and actual lifting). The training phases should also follow a specific sequence (Bompa, 1991): Aerobic endurance (higher reps, i.e., 8) first, anaerobic endurance (multiple sets of lower reps, i.e., 5) next, followed by development of the foundations of speed, strength, and technique (singles, doubles).

Rest periods between sets are also important as they determine to what extent the anaerobic energy sources will be involved in the next set. The ATP-PC anaerobic energy system is used primarily in weight training. If the goal is to achieve maximum strength or power, then heavy loads (80%-90%) and two to three minutes rest periods are necessary. If the goal is to perform high intensity exercise for several minutes, then intensities between 70% and 80% of one rep max and rest periods of one minute should be used (Fleck & Kraemer, 1988). This latter type of training, however, is

Figure 1: Periodized Training Regimen  
A Macrocycle



contra-indicated to powerlifting and should only be performed in the earlier phases of training.

Additional concerns are those of specificity and reversibility. The law of specificity holds that each type of exercise has its own specific training effect. This results in specific adaptation to imposed demands. In other words, to improve your squat you need to squat, or at the very least ptk exercises that enhance the components of this exercise (e.g., step-ups, half squats, etc.). The law of reversibility dictates that should no or limited load occur, the athlete's performance state returns to a level consistent with the demands of his/her life style. As an example, if your PR is 500 lbs and you only train with 400 pounds, your strength levels will decrease to the level needed to accommodate a lift of 400 pounds.

### Applied Periodization

Empirical research has found periodization to be superior to other types of training. As an example, Stone, O'Bjant, and Garhammer (1981) found that the group of elite weightlifters who followed periodization principles in their training made significantly greater strength gains than those following traditional training principles (3 sets of 6 reps). They also experienced greater power and hypertrophy (muscle growth) and greater loss of body fat. This trend continued through

three separate competitions. These same players were also found with football players over a 12 week training cycle. In reference to the weight training program that would include periodization was found to be superior in eliciting upper and lower body strength gains than programs with partially equated volumes that remained constant throughout the training cycle (Willoughby, 1993).

A research project that was conducted on squat and vertical jump performance observed the training effects of three different regimens over a 14 week period. The first group performed one set to failure. The second group executed three sets of 10 repetitions, and a third group executed a multiple set program that used a varied set and repetition scheme. The mean intensities of each group were 78%, 70%, and 91% respectively. The most significant gains were observed in the group that followed a periodized training scheme (Kraemer, et al., in press).

A study conducted by McCarthy (1991) investigated the effectiveness of a periodization strength program for wrestlers versus a traditional strength training program and a control group. The results indicated that the periodization group showed the greatest improvements (131.7% over the traditional group (86.9%) and the control group (14.0%). Hence, a periodized training sys-

tem was concluded to be a more effective way to strengthen wrestlers.

### Periodized Training for Powerlifting

In periodization of strength training the phases reflect the type of strength a sport, event, or individual athlete requires so that optimal performance may be enhanced (Bompa, 1985; Matveyev, 1972; 1977). In powerlifting the phases should be characterized by a build-up phase, conversion to power/optimal technique phase, maximum strength phase, and competition phase.

Figures I and II illustrate how periodization may be implemented in powerlifting. Figure I indicates the percentage, number of sets, and number of reps to be performed during a 16 week training cycle. This 16 week training cycle would be considered the macrocycle. This macrocycle is divided into three mesocycles. Mesocycle A spans weeks 1-5, mesocycle B weeks 6-10, and mesocycle C weeks 11-16. Each mesocycle is committed towards different aspects of training. Mesocycle A constitutes general conditioning where only a limited number of exercises is performed per body part (one or two). Mesocycle B concentrates on higher volume and more exercises per body part (three to five). Mesocycle C

components of volume, intensity, density, and frequency of the training stimulus. These components are easily measured and may yield physical and psychological reactions from the athlete that can be used as internal indicators of fatigue (Bompa, 1985) (see overtraining symptoms, Part II).

### Volume

Volume is the amount of training performed in a training session. Volume is quantified as total pounds lifted or sprint training, kilometers in running, the number of foot contacts in jump training, or just the total number of hours and minutes trained (Gambetta, 1993).

### Intensity

This is defined as the strength of the training stimulus or the concentration of work per unit of time. Volume and intensity are closely related and cannot be separated; one is dependent upon the other at all times. Intensity may be quantified as follows: Endurance or speed is expressed in percent of VO<sub>2</sub> max or percent of maximum heart rate, meters per second, or frequency of movement (stride rate); strength exercises are expressed as a percentage of one repetition maximum; and jumping or throwing in height or distance. The highest level of intensity is expressed as 100% and constitutes the athlete's personal record (Gambetta, 1993).

### Frequency

This refers simply to how often a training session is executed. A component of frequency is the duration of the training session itself. The duration is dependent on the intensity of the activity; thus lower intensity work should be conducted over a longer period of time and higher intensity work over a shorter period of time (American College of Sports Medicine, 1992).

### Density

The frequency at which an athlete is ex-

focuses upon specificity of the contested lifts. In other words, if the exercise does not provide specific benefits to a weak area of your lift, don't do it. Note how each mesocycle is concluded with a microcycle of low intensity. Note also that as the intensity (percent) increases the volume (sets, reps) decreases over time for the entire macrocycle.

Figure 11 addresses the increments in terms of pounds for each of the contested lifts. These increments roughly follow the percentages of Figure 1, but are more fine-tuned to the athlete's specific needs in terms of recuperation and adaptability. Hence, in week 10, as the intensity for the squat and deadlift are decreased because the lifter has learned that the bench responds best by a six week increment in intensity before less work will be incorporated for recuperation purposes. Week 17 shows the work to be completed during each week. This is an extremely important training week as preparation of neurological factors for competition day are addressed via very low volume (reps, sets) and high intensity (90%) work.

### CONCLUSION

This review presented the fundamental concepts of periodization. This information allows for several deductions. The concept of periodization should have a long application in the methodology of developing the primary skills required for a given sport (Bompa, 1985). An important concern is that of stress control in periodization. Stressors are biological, psychological, and social in nature. According to GAS, a person's body adapts to stress by essentially improving its capabilities to withstand stress. Once, however, the body's capacity to adapt has been exhausted the body essentially shuts down and progress ceases. In sport this is referred to as



Dan Wagman squats at the 1990 IPF World Championships.

overtraining. Overtraining is a condition marked by symptoms of depression, anxiety, irritability, lack of appetite, increased resting heart rate, and fatigue, to name a few. The one symptom most clearly associated with overtraining is decreased performance. Once this symptom is noticed the only remedy is additional recuperation time. By developing a training regimen according to the principles of periodization the athlete's presented with a system of training that will maximize the gains while minimizing the probabilities of overtraining. Essentially, this is accomplished by developing training phases throughout the cycle that focus on differing skill components. Also, by installing easy training segments in the cycle, the athlete is provided with the opportunity to recuperate sufficiently (Bompa, 1985). In light of only 15-25% of weightlifters in which the top performance coincided with the major competition of the year (Bompa, 1985), it becomes imperative that athletes follow a sci-

formance training: The Application of Periodization to the Amateur System. In V. Gambetta (Ed.), *The Athletic Congress's Track and Field Manual* (pp. 37-49). Champaign, IL: Leisure Press.

Gambetta, V. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Kraemer, W. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Kraemer, J., Paxton, J., Lynch, J., Clemson, A., Fry, S., Gordon, N., Triplett, N., Keatts, L., & Kettison, H. (In press). Physiological Responses to a Big-Ten Competitive Soccer Season. *Journal of Strength and Conditioning Research*.

Matveyev, L. (1972). *Periodisierung des Sportlichen Trainings*. Berlin: Delesand Wernitz.

Matveyev, L. (1977). *Fundamentals of Sports Training*. Moscow: Fizkultura, Sport Publishers.

McCarthy, J. (1991). Effects of a Wrestling Periodization Strength Program on Muscular Strength, Absolute Endurance, and Relative Endurance. Unpublished Masters thesis, California State University, Fullerton, CA.

Palmeri, J. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Pedemonte, F. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Plaff, J. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Stone, M. (1993). *Classic Roundtable: Periodization - Part I. National Strength and Conditioning Association Journal*, 15(1), 57-68.

Stone, M., O'Bryen, & Garhammer, J. (1981). A Hypothetical Model for Strength Training. *Journal of Sports Medicine and Physical Fitness*, 21, 342-351.

Verkhoshansky, Y., Mironenko, I., Antonova, T., & Hachatarian, O. (1992). Some Principles of Constructing the Yearly Training Cycle in Speed-Strength Sports. *Fitness and Sports Review International*, 27(1), 26-28.

Willoughby, D. S. (1993). The Effects of Mesocycle-Length Weight Training Programs Involving Periodization and Partially Equated Volumes on Upper and Lower Body Strength. *Journal of Strength and Conditioning Research*, 7(1):2-8.

entific training program. It only makes sense then for the entire training program to be properly periodized and planned so that the development of physical skills, psychological skills, and biomotor abilities are maximized, allowing for peak performance on competition day.

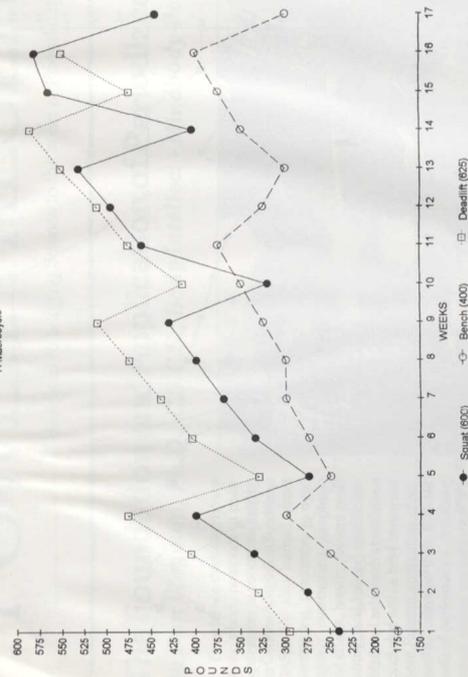
overtraining. Overtraining is a condition marked by symptoms of depression, anxiety, irritability, lack of appetite, increased resting heart rate, and fatigue, to name a few. The one symptom most clearly associated with overtraining is decreased performance. Once this symptom is noticed the only remedy is additional recuperation time. By developing a training regimen according to the principles of periodization the athlete's presented with a system of training that will maximize the gains while minimizing the probabilities of overtraining. Essentially, this is accomplished by developing training phases throughout the cycle that focus on differing skill components. Also, by installing easy training segments in the cycle, the athlete is provided with the opportunity to recuperate sufficiently (Bompa, 1985). In light of only 15-25% of weightlifters in which the top performance coincided with the major competition of the year (Bompa, 1985), it becomes imperative that athletes follow a sci-

## "THE SECRETS OF THE CHAMPS"

1. HOW TO INCREASE YOUR BENCH PRESS 50 LBS. IN ONE MONTH.....\$3.00
2. HOW TO ADD UP TO 20 LBS. TO YOUR ARMS IN ONE MONTH.....\$3.00
3. HOW TO ADD UP TO 50 LBS. TO YOUR SQUAT IN ONE MONTH.....\$3.00
4. HOW TO LOSE 6" OFF YOUR WAIST AND HIPS IN 6 WEEKS.....\$3.00
5. HOW TO GAIN 20 LBS OF MUSCLE IN ONE MONTH.....\$3.00
6. HOW TO DEVELOPE PRIZE WINNING ABDOMINALS.....\$3.00
7. HOW TO ADD UP TO 75 LBS TO YOUR DEADLIFT IN ONE MONTH.....\$3.00
8. THE SECRET TO WIDE SHOULDERS.....\$5.00
9. DEVELOPING THE ULTRA WIDE BACK.....\$3.00
10. FAT BURNING FOODS FOR ULTRA-CUTS.....\$5.00
11. THE 20 LBS. IN 20 DAYS.....\$5.00
12. THE SECRET TO PRIZE WINNING CALVES.....\$3.00

STANFORD PUBLICATIONS  
ORDER 4 OR MORE  
P.O. BOX 495 Dept. 7  
TAKE A 20% DISCOUNT  
ST. JOSEPH, MICHIGAN 49085

Figure 11: Periodization by Lift  
A Macrocycle



enhancing regeneration in an attempt to eliminate all fatigue symptoms that had accumulated following a stressful period of training (Bompa, 1985; Fry et al., 1992a).

### Microcycle

The importance of this period is related to the objective of keeping the exercise stimulus effective (Kraemer, 1993). This phase may last anywhere from one to four weeks. It concerns the weekly and daily variations in volume, intensity, loading, and exercise selection (Fry et al., 1992a; Stone, 1993). It is also designed to refine the principles presented in the mesocycle and alternate cumulative work phases with rehabilitation or recovery sessions (Plaff, 1993).

### Transition Phase

The transition phase is the off-season period of training. The goals are to recuperate from intense training and competition and to preserve general conditioning (Bompa, 1985; Charniga, 1993; Gambetta, 1993).

### Peaking

**GET THE WINNING ADVANTAGE**

*Let IPF world record holder, the world champ (IPF 4PF), 5x national strength and conditioning specialist, and sport psychology consultant Dan Wagman help you get on the athletic track to the level of athletic competitiveness and fitness you desire.*

**BODY INTELLECT**

MINDBODY PERFORMANCE CONSULTATIONS  
DAN WAGMAN, PH.D., C.S.C.S.  
10015 E. Lawrence, KS 66044  
(913) 842-5200

**SPORT PSYCHOLOGY**

- ▷ MOTIVATION
- ▷ PSYCHING
- ▷ PSYCHING
- ▷ CONCENTRATION
- ▷ GOAL ATTAINMENT STRATEGIES
- ▷ TRAINING STRATEGIES
- ▷ VISUALIZATION & IMAGERY
- ▷ REALIZATION SKILLS
- ▷ ANXIETY REDUCTION

**STRENGTH & CONDITIONING**

- ▷ PROGRAM DESIGN/EVALUATION
- ▷ STRENGTH SIZE GAINS
- ▷ TRAINING TECHNIQUE
- ▷ SPEED & ENDURANCE DEVELOPMENT
- ▷ GENERAL CONDITIONING
- ▷ PERFORMANCE ASSESSMENT
- ▷ DIET ANALYSIS

**SEMINARS WORKSHOPS INDIVIDUAL PERFORMANCE COACHING**

BODY INTELLECT is committed to providing quality, research based education and instruction in the physical and mental requirements for growth in the area of physical fitness, general health, and competitive sport.

From the Originator of the Bench Shirt

**INZER**  
ADVANCE DESIGNS

presents:

## The Inzer HEAVY DUTY Series Blast Shirts

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

### Improved Heavy Duty

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

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

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

HPHD & EHPHD, the secret experimental technology that assisted:



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



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

Top Secret and Experimental until now! Now Available to YOU

Name \_\_\_\_\_

Address \_\_\_\_\_

phone \_\_\_\_\_

Qty. \_\_\_\_\_

Color \_\_\_\_\_

\_\_\_\_\_ Heavy Duty Blast Shirt \$58

\_\_\_\_\_ High Performance Heavy Duty \$77

\_\_\_\_\_ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders \_\_\_\_\_

chest \_\_\_\_\_ arm \_\_\_\_\_

colors - Black, Red, Navy Blue, Royal Blue

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

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

# 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! in competition. The reason? You guessed it. The Grimwood Strength System™.

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

### World Champion Results

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

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

**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!"*

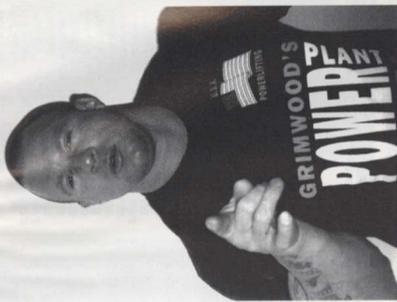
**Grant Pitts (National Super Heavyweight Powerlifting Champion)**

*"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))**



massively stronger using my methods. I am so positive you will achieve incredible results in 90 days that I will give you a lifetime 100% money-back guarantee if you do not achieve your best lifts ever.

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

Sincerely,

*Terry Grimwood*

Terry Grimwood

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

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

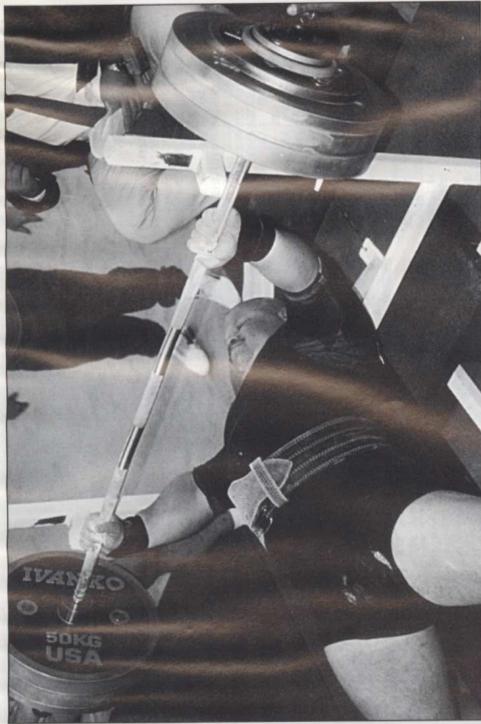
Check  Mastercard  Visa

Grimwood Strength System  
3554 Lincoln Blvd., #108, Marina Del Rey, CA 90291



# BENCH PRESS MANIA

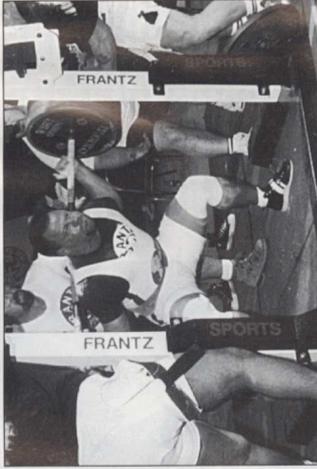
Below... Kenny Patterson continues a dramatic surge upward with a 728 bench press in the 275s.



APF/WPC Bench Press Mania  
11 Nov 95 - Chicago, IL

Women		374
K. Heidrich		303
J. Lamboly		237
Men		385
S. Van De Weyhe	314	314
J. Feg 37		307
198 lb	44	507
220	274	374
Mierhaugh		374
242	507	364
W. Wozniak		300
275	600	440
K. Patterson	728	341
J. Blakely		275
T. Monor-maker		440
M. Goldman		485
M. Sweeney		429
S. Zaccarelli		418
J. Malihak		385
M. Collet		336
C. Pollovich		215
R. Nichols		523
J. Stale		402
308		501
M. O'Brien		457
E. Bayless 47		451
C. Glanville		429
D. Carin		215
I. Mendosa		369

The first APF/WPC Bench Press Mania was held November 11 at Chicago's newly renovated Navy Pier as a benefit for Cystic Fibrosis. The daytime contest was nicely filled out with open, teenage, life & police, women, body-builder, and powerlifting categories. The event was a great success and the meet started with the singing of the Star Spangled Banner by Mick Duckler. World records were set by Steve Vesely, and Kenny Patterson. Vesely's 41 squat & deadlift for World Records. Mike Goldman did some outstanding World Record submissions lifting 1100 lb. deadlift and 1234 lb. But ever and always the perennial champion was Ernie Frantz with an 820 squat at age 61. The 198 lb. bench press was set by Tom Richardson, a young bodybuilder who has made a name for himself in the powerlifting world. Dave Butterbaugh broke the 123 lb. bench press record with 278 lb. Frantz's 820 squat was made on Monday World Records. However, the real show again came from the "Big Boys". Ken Patterson, weighing in at 275, equaled the world records with a 728 bench, setting the bar for the 275s. Frantz, who has made a name for himself in the powerlifting world, did his best to get the crowd going as usual. Thanks to Sports Illustrated and the many other magazines, the event was a success. The man who did all the photography and Larry McIntyre and loaded and did a lot of extra work. Thanks to Tom Richardson for outstanding work. Any proceeds all records, handles all orders and keeps all our countries informed on all APF and WPC makes the APF successful with his lifters and himself, who is dedicated to powerlifting and the APF. (results provided courtesy of Ernie Frantz)



Willie Wessels squats 1004 at 242 in one of Ernie Frantz's new squat suits. Michael Soong indicates that this lift now joins Stanaszek in exceeding Ed Coan's best squat on a formula basis. (photos by Thoms)



Ernie Frantz keeps punching out record squats while in his 60s!!



Craig Tokarski validated his 700 Club membership again with 733



Erney did a 391 bench press, at age 41, and bodyweight of 160.5. According to Michael Soong, this is the greatest women's bench press of all time, by pound for pound, Malone, and Reshel formula basis.

Nutrition  
**DISCOUNTERS**

If you're last order wasn't with

# YOU PAID TOO MUCH!



NUTRITION DISCOUNTERS Guarantees the lowest prices on sports nutrition! We stock over 1000 different products including: Next Nutrition, Weider, Optimum Nutrition, Dash, Natures Best, Atletika, Bricker Labs, National Health Products, Champion, Unipro, Icopro, Sports One, EAS, Sportpharma, AST Research, TwinLab and more! We offer 40% to 60% Everyday Savings, Same Day Shipping, Free Technical Support, and The Best Customer Service In The Industry!

CALL THE EXPERTS TODAY FOR A FREE CATALOG!

# 1-800-362-3306

Nutrition  
**DISCOUNTERS** Inc.

“America's Leader in Sports Nutrition”

Ordering available 24 hours a day • 7 days a week  
VISA, Mastercard & Money Orders accepted.

INTERNATIONAL INQUIRIES CALL (708) 271-0290 ■ FAX ORDER LINE (708) 271-0296

# INTERVIEW

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

## HANK HILL

as interviewed for Powerlifting USA by Chris Lydon



The following is an interview conducted by Chris Lydon M.D. with Superheavyweight powerlifting Champion Hank Hill, prior to his winning performance at the WPC World Championships where he posted lifts of 942 in the squat, 518 in the bench press, and 804 in the deadlift for a 2265 total. His previous bests - from the 1995 APF Sr. Nationals were 910, 520, 830, 2260. Hank is 29 years of age, 6'2" tall, and weighs around 322 lbs.

**CL:** Tell me where you're from, Hank.

**HH:** I'm originally from Chicago, but I moved to a town called Robinson in Southern Illinois when I was in third or fourth grade. I lived in Southern Illinois until I graduated from high school.

**CL:** Were you athletic in high school?

**HH:** Yeah, I was on both the football and track team all through high school. I was All-State two years in a row for football. During my senior year I set the state discus record and then came in second place at the national level.

**CL:** Did you think about going out for the Olympics?

**HH:** I did, but at the time football was a bigger part of my life than track.

**CL:** Did you continue with athletics in college?

**HH:** After high school I won both football and track scholarships to attend Eastern Illinois University.

Being on a double scholarship wasn't easy. I always got the sense that I was owned by the people who were paying my way, and I didn't like that feeling. I wasn't real mature, and I dropped out of school.

**CL:** I have to be honest with you. I was a pretty wild athlete. I don't mean to sound lazy, but I basically dialed a lot, drank a lot of beer and the administration didn't care whether I actually finished or not. I went back to finish my degree in physical education.

**CL:** Did you ever teach?

**HH:** No, after I graduated I got a job at a health club working as an exercise counselor and personal trainer. That's when a friend of mine who worked for the Department of Justice convinced me to look into working as a federal correction officer. It

seemed like a lucrative career. I got a job with the Federal Bureau of Prisons, which is a good place to start. They figure if you can work at Leavenworth you can handle anything, so I went straight from Illinois to Texas. I lived and worked there for a year and a half with the ultimate goal of transferring to MCCLA, the Medical Correctional Center for Los Angeles. I thought MCCLA would be the perfect situation. I could have a good career. I could pursue powerlifting and do a little bit of business in the capital of the fitness industry, Los Angeles.

**CL:** So what happened? You didn't like working at Leavenworth?

**HH:** It wasn't that I didn't like it so much as it was going to take at least two more years before I would be eligible to transfer to California. I wanted to come out here (to California) to make a

name for myself in powerlifting, and I felt that they were two years that I couldn't waste.

**CL:** What was it like coming to California?

**HH:** I came out here with nothing. It was time for a career change. I was tired of working at a job which didn't leave me with the means to dedicate myself to powerlifting. I knew this was the place to be. Thank God for my sister!

**CL:** She lives out here?

**HH:** Yeah, she helped me get a lot in the beginning. She gave me a place to stay. She lives in Victorville, in San Bernardino County. Although it wasn't L.A., it was still California. Tom Howard of the WPCW, Tom also encouraged me to move to California and check out the Wrestling School in San Bernardino. In fact, a lot of

(article continued on page 67)

### USA All Time TOP 50 Women 198/58/SHW compiled by HERB GLOSSBRENNER

198 lb. class	633	327	604	15MAR85
1564 Sharon, D	530	325	605	30JUL84
1370 Boshoven, L	520	327	606	21JUL84
1284 Conroy, S	540	287	446	09MAR86
1262 Manney, S	474	270	518	09MAR86
1190 Cook, L	479	248	475	25FEB85
1184 Trullio, M	501	242	441	18JAN87
1179 Turbine, A	452	259	468	27AUG80
1162 Tarter, K	463	258	474	20APR85
1160 Naveda, L	400	305	475	20OCT88
1151 Bobach, A	452	237	463	28SEP83
1147 Decker, J	435	198	397	30MAY82
1140 Rogan, C	441	232	463	25FEB90
1140 Rogan, C	468	270	402	30JUN90
1136 Griffin, L	380	304	452	21FEB82
1125 Buils, L	391	187	446	07APR85
1019 Noble, L	429	220	386	05NOV83
1014 Fields, A	396	198	418	21JUL93
1003 Waters, C	391	209	402	09MAR86
1000 Walk, P	418	220	358	09JUN80
990 Helm, M	380	200	410	12MAY90
981 Hillis, S	429	187	363	06MAY84
981 McKinzie, T	380	187	413	20OCT84
975 Dwaney, L	352	204	363	24FEB90
974 Walker, J	400	225	350	10JUL84
970 Clark, P	402	204	363	JUL80
964 Alexander, M	380	148	435	30OCT83
960 Alexander, M	385	210	365	15FEB92
953 McKinzie, S	457	121	375	01FEB82
953 Overstreet, M	352	204	396	03NOV84
940 Frederick, D	380	205	365	APR89
940 McAdams, D	374	187	386	07APR84
929	628	314	479	22NOV87
1421 Trullio, J	611	314	485	31JUL84
1410 Trullio, J	523	286	567	01DEC89
1377 Rabold, D	474	314	540	28JUL90
1328 Nawrocki, L	490	300	400	15MAY88
1300 Lott, C	490	275	534	26OCT85
1273 Cannon, W	452	286	441	24APR83
1262 Sternberg, M	523	270	468	09NOV85
1256 Lewis, M	501	214	540	19MAR88
1229 Todd, J	545	204	479	31JAN81
1206 Perry, V	463	242	501	04MAR83
1201 McElroy, A	507	231	463	01FEB86
1190 Butler, T	490	300	400	06JUL91
1190 Regan, C	468	319	402	06APR81
1190 Cunn, P	477	232	454	31JAN88
1179 Schiller, J	485	292	402	08MAY84
1168 Tarter, K	501	214	452	31MAY86
1146 U'Clay, D	407	253	386	31JAN88
1135 Bobach, A	402	264	468	07NOV82
1124 Wilks, S	475	220	430	17JUN85
1124 Wilks, S	441	242	441	07APR80
1096 Crocker, B	424	237	435	08MAY86
1080 Caplan, K	472	298	396	27AUG88
1070 Clark, P	420	250	400	10NOV90
1055 Mathis, B	460	190	405	31MAR80
1052 McChellan, K	441	182	429	18MAR85
1047 Clifton, C	463	204	380	24APR88
1030 Doring, J	405	190	415	23OCT93
1030 Overstreet, M	405	225	400	20MAR83
1025 Andra, R	407	220	396	06JUL91
1025 Edmondson, S	424	246	350	04OCT92
1025 Edmondson, S	442	246	350	28FEB87
1024 Helms, M	452	190	350	01FEB86
1014 Berkley, V	445	182	380	17JUN89
1014 Jewell, K	452	182	380	30APR85
1003 Wynn, J	435	190	395	30APR85
1000 Degroot, A	380	200	420	14MAY84
992 Kanagiri, J	380	231	380	27MAY95
986 Alexander, M	406	199	400	12FEB84
985 Hs, C	375	200	410	14DEC85

## World's Strongest Man Held at Atlantis, Paradise Island, Bahamas. Report by Dave Webster

(Finland), 6'9" in height, carried the 506 lbs. 217" in 33.63 secs.!!

Tossing the caber for height had the men throwing a 16' tree trunk over a bar into the sea. Their task was made more difficult by having to throw from shallow water against the incoming tide. In spite of this difficulty the winners threw the log 17'10" high.

A platform with school children was used for squats. Bearing in mind the fixed path of movement and other restrictions of such a contraption, Magnusson's 962 lbs. was meritorious.

The final event was a leading race using sacks of wet sand, treasure chests, and anchors - all around 200 lbs. plus barrels and a massive chain estimated at close to 900 lbs. These had to be loaded on plinths of various sizes. The big Finn, Varalhti, won again, but it was not enough to pass the leads already established by Badenhorst (Zuid) and Magnusson, who won again, for the third time. Fourth was Heinz Ollesch of Germany.

The Americans, Phil (Stoneherge) Martin, an athletic 6'5" and 358 lbs. and superbly built Curtis Luffler of Hawaii, did very well considering it was their first appearance in this major event. The organizers are eager to consider Americans who have won such contests or with good strength records. Powerlifters do well, but must have all around strength ability with explosive power, muscular endurance, and cardio-vascular strength to cope with pulling and pushing vehicles and sustained effort throughout the competitions. Write to Dave Webster, 43 West Rd., Irvine, SCOTLAND, U.K.



Joe Onosi, well known USA powerlifting champion, represented Western Samoa in the competition, and muscled up 451 lbs. from behind the neck with the Finstone Barbell, but it wasn't enough to win. (photo-graph taken and provided by Dave Webster)

# STARTIN' OUT

A special section dedicated to the beginning lifter

Getting those requisite white lights on your first squat attempt is one of the greatest feelings in life. Unfortunately, it doesn't happen all the time. More bombouts occur during the squat than the other 2 lifts combined. There are several infractions that can earn those dreaded reds. Among them are failure to rise with the weight, racking the bar too soon, holding the bar too low on the back, and the most common, failure to reach necessary depth. In this article, I'll give some observations and pointers to reduce the chance of the bomb dropping on you due to lack of depth. Before I do so, I must define proper depth; the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Now that the technical part of this article is complete, let's proceed.

The most common sense way to insure good squat depth is to practice it every training session on almost every set and rep you do to make it matter-of-fact and natural. Basketball great and fellow Hoosier, Larry Bird, practiced taking shots until they became natural, which greatly contributed to his strooting percentage. The same holds true for powerlifting; practice makes perfect. There is a definite feeling at the below parallel point of the squat. You should memorize that feeling and know by experience when it has been reached. Too many lifters seem to search for that low position while on the platform. This type of quandary usually spells R.E.D.

I see the high squatting phenomenon almost every time I go to the gym. Most lifters start squatting to good depth on those light 135 sets, but as the 45's get added on, the depth gets subtracted off. Soon, squats degrade into curisies. The first few reps can be a little high as you stretch and warm-up, but after that all sets and reps should be national judge perfect. If you can't do it in the gym, how do you expect to do it at a meet? Of course, it's important to have a knowledgeable and impartial training partner to judge your depth. You don't want either a powerlifting novice or a "yes-man" judging your squats. Follow this approach and your squatting "white light" percentage will increase markedly.

All that attention while training is just one part of getting a good squat in. What you do at the actual contest is also important. Your warm-ups prior to your meet attempts are keys to success. My suggestion

on your opener. This will not only help you get into the groove for the meet, but will prevent any surprises from occurring.

Let's say you have missed your first two squat attempts; one more bad lift and you're done for the day. In some cases, this may be due to too much weight being tried, other times, the weight is really within your limits but things just aren't clicking. In this latter case, try hard not to panic, stay focused and channel your energies toward your final attempt. If Troy Altkman let that last pass incomplections bother him, he wouldn't have won 2 Superbowl rings. He gets less than one minute to get off his next play. The previous play is over and out of his control. We have to be like Troy and look toward what we can control, our next attempt.

Technique can also contribute to not getting proper depth. In an effort to get low, some lifters lean forward excessively, thinking this gets them down deeper. What it really does is raise their hips and butt, resulting in just the opposite of what they want; a high squat. Sink back into the squat and keep the back as upright as possible. I know about this one because I used to be guilty of this particular technique flaw myself.

A final tip is to not change any part of your squat gear at the meet. Don't let anyone convince you to switch to another set of knee wraps or squat suit, because "they're what so-so uses". Changing anything can greatly effect your perspective of good squat depth. As I mentioned previously there is a certain feel to the squat when it's below parallel. Training and warming-up in your contest gear will accustom you to that depth and feel. Go with what you've got and evaluate any new products during your next training cycle. If you find it works better than what you have used before, continue with it; if not, either try something else or stick with what you had before.

Be flexible, not gullible. Successful squats often mean the other two lifts will follow suit. If you have a hard time getting those squats passed, your confidence will really take a hit. Failing to get any passed leads to an early return home. Set a good tone for the meet by evaluating some of my suggestions. Even if you usually don't have trouble with depth, it can be worthwhile to review the ideas in this article to help to augment and continue your success.

Doug Daniels

## SQUAT LOWDOWN

as told to Powerlifting USA by Doug Daniels



Getting Deep... is what Nick Lavitola does with around 800 lbs. in the squat

your last warm-up, can help an unsure lifter overcome anxiety. Any more than that can be counterproductive, as that third attempt will feel more like a fourth attempt. The key is to perform that last warm-up area at a meet can often provide an unbiased judge to give his or her opinion on your lifting. Be sure to perform your last 1-2 warmup sets just so they know they can get it. This is a huge waste of strength and energy. Sometimes taking a lift within 5-10% of your opener as

# VITAMIN DISCOUNTERS

NAME BRAND PRODUCTS AT NO NAME PRICES!!!  
1-800-548-1556  
PO BOX 21802 CHATTANOOGA, TN. 37424

**MET-Rx**  
Engineered Foods  
"The Most Perfect Food  
The World Has Ever  
Seen!"

**Our Prices:**  
**12 Bars-\$23.99**  
**60 Packs-\$110\***  
**120 Packs-**  
**\$215\*\***

\*\$2 Bulk Shipping Charge  
\*\*\$3 Bulk Shipping Charge

SportPharma USA  
**CREATINE**  
**300 Grams**

This is the most powerful, strength enhancement product ever available! If you're not taking **CREATINE...** You're still **WEAK!!!**

Regularly \$56.99  
**OUR PRICE:**  
**\$31.00**

Regular shipping is \$4.50 per order.

Some products are limited by availability. Prices are subject to change without notice!

SportPharma USA  
**THERMADRENE**  
60 caps  
Regularly \$14.99  
**SALE PRICE:**  
**\$9.99**

Next Nutrition  
**ULTIMATE ORANGE**  
Regularly \$26.99  
**SALE PRICE:**  
**\$18.99**

Champion Nutrition  
**METABOLOL II**  
2.2lb Size  
Regularly \$32.99  
**SALE PRICE:**  
**\$17.99**

A.S.T. Research  
**GL3: 100gm Glutamine Powder**  
Regularly \$32.99  
**SALE PRICE:**  
**\$20.00**

A.S.T. Research  
**VYO PRO 2lb.**  
**Whey Protein**  
Chocolate or Vanilla  
Regularly \$40.99  
**SALE PRICE:**  
**\$23.99**

**TESTATROPINOL**  
6 Week Cycle  
Regularly \$75.00  
**SALE PRICE:**  
**\$49.99**

SportPharma USA  
**VANADYL ph**  
**180 tabs**  
Regularly \$36.99  
**SALE PRICE:**  
**\$17.99**

Next Nutrition  
**DESIGNER PROTEIN**  
Regularly \$41.99  
**SALE PRICE:**  
**\$27.99**

# Dr. JUDD

## THINGS I'VE LEARNED

by **Judd Biasiotto Ph.D., World Class Enterprises**

you're on the backslide - never be satisfied.

I've learned that the past is important only because it got us where we are today.

I've learned that athletes who wear dirty socks over and over again for good luck have stinky feet.

I've learned ice cream tastes better than yogurt, yogurt tastes better than tuna fish, tuna fish tastes better than bran, and bran doesn't taste better than anything.

I've learned that you can tell more about an athlete by how he handles defeat than you can by how he handles victory.

I've learned that on some days you're the hammer and on other days you're the nail.

I've learned that almost any athlete can perform well when things are going well, but that



Dr. Judd offers up some sage advice

only be achieved when we push our heart and soul to the farthest reaches of capacity.

I've learned that we can achieve most anything if we are willing to struggle a little, sacrifice a little, and work a little.

I've learned that you can only find compassion and tenderness from the strong. People who are weak are generally cruel.

I've learned that the most important thing in life is just being a good person.

I've learned that some athletes are great despite their stupidity. Remember that the next time you're tempted to buy something that an athlete is endorsing.

I've learned that there is a linear relationship between hard work and success. Generally, the harder you work, the more successful you're going to be.

I've learned that if you whittle yourself down to please everyone you'll eventually become no one.

I've learned that in order to do great things in life you have to take chances. Only when you're willing to risk and experiment with your life can you ever discover how great you can really be.

I've learned that no matter how bad you are, your mother will still love you. There is no love like a mother's love.

I've learned that it's never too late to do something. Think about this, George Foreman won the heavyweight championship of the world when he was 47. Fred Hatfield squatted 1000+ at the age of 44. Nolan Ryan pitched his seventh no-hitter when he was 45. Galileo wrote his last book when he was 74. Grandma Moses didn't even do her first painting until she was 71, and my grandmother was 96 when she kicked my butt last. Don't let age defeat you. You're never too old for anything, because age is in your head, nowhere else. Believe me, I've learned that winning is important, but not as important as the experience of participating.

I've learned that a good heart is more powerful than a brain, more powerful than a muscle.

I've learned that life is a banquet and most damn fools are starving to death.

I've learned that everyone can be beaten.

I've learned that many athletes have an inflated estimate of their worth. Can someone please tell me the significance of doing a big deadlift in comparison to contemporary affairs.

I've learned that anything worth having is worth waiting for, and nothing worth having comes easy.

I've learned that there is a lot more to learn.

Much has been made of the recent bench press contest held by John Inzer. Understand that I am of the belief that anything that breathes some vitality into powerlifting can be beneficial. The Greatest Bench Press in America, according to all reports, certainly lived up to its billing. Huge bench presses were tried, and many were made successfully. Many weren't, some due to poor judgment by the lifters and some because their equipment failed them.

I'm a purist. After eighteen years of columns in *Powerlifting USA*, most long time readers know that I favor lifting in a garage, loft, or basement to a fancy gym. They know that I like to supplement "regular training" with beams, bars with chunks of iron welded to the ends, and other odd items. If it's very hot or very cold in the training area, I don't usually notice nor do I care. It's always a privilege to be able to train. I think about my father working seven days and numerous nights each week throughout his life and his never understanding why I would "waste my time" lifting weights when I could lift and get paid to work it.

I could lift and get paid to work it. I could lift boxes or steel, work in a warehouse. If you're gonna kill yourself, get paid for the labor." No, he was never understood, but he was a

smart guy who taught us the basics about everything.

Powerlifting, despite its technicalities, is primitive and that's what always attracted me. No matter how good your technique is, you've still got to be strong to move four hundred, five hundred, or more pounds. I will suffer the wrath of many, but I really dislike hearing the hard rock and heavy metal music between lifts to those who like strength. I won't fall on about the suits and shirts because so many others have made that point before, including me. However, is there anyone out there who would like to promote a "Great-est" bench meet that truly demonstrates one's bench pressing strength? Does anyone want to take a risk and hold that meet WITH-OUT ALLOWING ANY BENCH SHIRTS? Do any lifters, especially those with the big reputations, want to go forth and battle it out in their weight class with others who don't wear all the equipment? That would

be interesting. That would truly be a greatest bench press meet! Let's see who can train hard, lay on the nothing but a t-shirt or no shirt, and shove the bar to arms' length in accordance with the rules.

We have said it so many times, and I certainly believe it to be true. The guys who are great are the Bridges, Coans, Casays, and the like, are great. Whether they use drugs or not, wear supportive attire or not, the greats and perennial winners would be the same perennial winners if they competed on "even ground" with everyone else. For those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

# More From Ken Leistner

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

**EDITORS NOTE: The AAU will be holding a Drug Tested "Raw" Nationals Aug. 24, 25th, 1996. Meet Director Joe Pyra feels that a couple years of training without equipment ("Raw") is vital for lifters coming into the sport, to reduce their initial expenses and early injuries)**

and relatives will be there through the long hours, not that general public.

If one wants to make their meets run faster and more efficiently, that could bring the public in, but jacking up a seven hour spectacle still makes those believing themselves to be the best, how about a national level meet, cash and/or equipment prizes, unbiased nationally known experienced referees, ignoring federation affiliation. Let's get the best guys around and all the guys and gals who think they're the best and see who is the best, not who has the best shirt or other equipment. Any interest? Let Mike know.

# MET-RX! MET-RX!

MET-Rx (Lowest Prices!)

20/\$38.00

60/\$104.95

120/\$203.95

36 bars/\$64.95

BioZone Personalized Diet - \$49.95

Pay for the product not the name!

Creatine Monohydrate

250g - \$22.95

500g - \$44.95

VTS-10 (Vitaminyl Sulfate, Taurine & Selenium)

180 capsules - \$24.00

G.T.K (Alpha-Ketoglutaric acid, Taurine & Selenium)

120 capsules - \$18.95

NVE

Predator Protein

255 cal, 50g prot, 9.4g carb, < 1g fat. 2lbs powder, 14 servings. \$21.00 (choc or van)

Predator Weight Gain

467 cal, 39.5 g prot, 73.5 g carb, < 1 g fat. 3 lbs powder, 14 servings. \$21.00 (choc/van)

Weight Equipment: Lowest Prices

Power Racks from \$195

Multiangle benches - \$155

Lat Machines, Rowing Machines,

Hack Squat, Leg Press, Olympic

Bars and Weights, Dumbbells,

Rubber flooring, Please ask for

Weight Equipment Catalog.

TO ORDER CALL (800) 326-3811 (24hrs)

Visa, Mastercard & money orders. Shipped UPS 4-7 days delivery

The Athlete's Nutrition Center

144 Nebraska Ave., Ste. 8 Mercerville, NJ 08619 (800) 326-3811

## WARNING! DON'T BUY ANOTHER SUPPLEMENT BEFORE YOU READ THIS!

The supplement industry is full of scams and ripoffs! Do you know which aggressively advertised supplement is totally worthless at building muscle? Which natural supplement can actually increase estrogen levels and interfere with your efforts to get bigger and stronger? Which readily available natural supplement is so effective at building strength that it was been given to NCAA teams? All this and much more is revealed in THE ANABOLIC RESEARCH REPORT, the only consumer protection report in the iron game! To get your FREE copy of this valuable report, just send your name and address along with \$5.00 to cover postage and handling, payable to Contico Corp., and send it to:

THE ADVANCED ATHLETICS RESEARCH CENTER, P.O. Box 433, Old Westbury, NY, USA 11568-0433

# Ask the Doctor

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

**DEAR MAURO:** I'm a 20 year old male, who competed in powerlifting during my teenage years but, I haven't lifted seriously for about two years. I have recently gotten into a regular lifting and aerobics routine. While I competed I supplemented with amino acids and clenbuterol. I had good results, even though it was a small dosage (20 mcg). I used it only while I trained for a meet (10 weeks). Now I have seen a lot about creatine monohydrate for anabolic effects and using whey protein to meet protein needs. One of my concerns is getting an adequate amount of protein, along with increased anabolic results. I have been told I should get about 1 gram of protein per lb. of bodyweight. Is this accurate? Also, concerning the anabolic results, would you suggest creatine over clenbuterol? I'm only slightly concerned about the side effects that clenbuterol may have, since I use a small dosage, but I believe it is banned by the IOC, so that raises my concern. In short, my questions are: (1) How could I approximate my protein needs? (2) What would be the best means of meeting those protein needs (e.g., whey protein or a simple weight gain)? (3) How dangerous is clenbuterol (I take approx. 60 mcg. per day)? (4) Are there any dangers to taking creatine? **Tony**

**DEAR TONY:** For athletes, a gram of protein per pound bodyweight is about right. Protein needs can be met with any high quality source, such as meat, fish, eggs, and dairy products. Using protein from egg, milk, and whey sources is a good way to supplement your intake. I would keep away from soy protein since it contains phytoestrogens that can be counterproductive for building muscle mass. While I realize that the new protein hydrolysates and whey protein concentrates are in vogue, and they are more soluble and easier to mix than the more traditional protein powders, they don't offer enough of an advantage to warrant the price. If price is not object there are some theoretical health advantages (not as yet proven in humans) to using whey protein concentrate (WPC) as a source of supplemental protein. WPC has been shown to raise tissue levels of glutathione, an important endogenous antioxidant. It is felt that it is through

## SAFETY POWER SQUAT BAR

NO BACK PAIN NO SHOULDER PAIN NO STRESS ON THE SPINAL COLUMN!  
LET 90-250 LB MORE ON YOUR BEST LIFT... IN ONE LIFT!

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



FOR INFORMATION WRITE TO: "POWER AEROBIC APPROACH"  
By Mauro C. Di Pasquale, M.D., Ph.D. ON POWERLIFTING USE OF THE  
THE BARBELLS BY LARRY SIMMONS IN 1988 (100 lbs. gain)

1504 Highway commercial 945 - 7084 (mpg 130) - 1000 Standard \$445 - 500 Standard \$395 - 1350 1350  
CALL/TAX 408-637-0797  
CREPINSKEX 130 BARWELSER ROAD, HOLLISTER, CA 95023 USA

Free rack handle set!  
EXTENDED 15% DISCOUNT = 150# bar for \$361.25 including UPS delivery!

## Three New Publications for 1995

by Mauro C. Di Pasquale, B.Sc., M.D., MRO, MFS

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

**THE NUTRITIONAL SUPPLEMENT GUIDE** - This comprehensive review was written to give you an objective, unbiased analysis of nutritional supplements. It will discuss what works, what doesn't and what supplements or substances look promising for the future. To order the book and video call 1-800-582-2083.

**THE ANABOLIC RESEARCH REVIEW** - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so you don't have to be careful about stepping on someone's toes. Nor do we have any agenda to sell anything. We are here to give you the best information possible on all aspects of nutrition supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

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

**BEYOND ANABOLIC STEROIDS** - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplementing with anabolic steroids. Includes information on how to detect (by both methods) since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

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

**Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 Issues of DRUGS IN SPORTS - last issue March 1995** - My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 U.S. funds or \$52.50 Can. plus \$3.50 P&H. The Book, Drug Use and Detection in Amateur Sports is \$15.00 U.S. funds or 20.00 Can. plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 U.S. plus \$1.00 P&H.

**SPECIAL OFFERS:** Buy all nine issues of DRUGS IN SPORTS for \$65.00 U.S. funds or \$90.00 Can. plus \$5.00 P&H... OR buy the three books and five updates for \$50.00 U.S. funds or \$70.00 Can. plus \$5.00 P&H... OR buy all the above publications (three books, five updates and 9 nine newsletters) for \$99.00 U.S. Funds or \$140.00 Can. plus \$10.00 P&H.

glutathione elevation (and perhaps other mechanisms) that when protein exerts its anti-cancer, immune system, and life extension effects. Increasing your intake of protein rich foods is the best way to meet your daily protein needs. If you can't then certainly protein supplements can be used and some are better than others. Using amino acids simply to increase your protein intake is expensive and usually not as efficacious as using di- and tripeptides found in some of the hydrolysates. Amino acids are best used in certain combinations and dosages to give a pharmacological effect. It would, however, take too long to tell you how the individual amino acids are best used. Information on creatine appeared in a previous issue of PL USA. I cover the amino acids as well as the weight gain and protein supplements and the handful of other anabolic supplements (including creatine monohydrate) in my new book The Nutritional Supplement Guide. I'm also formulating a my own line of supplements - 5 anabolic anti-catabolic and energy enhancing high tech formulas that will be more effective than any other supplement now on the market. For more information call 1-800-582-2083 or 1-209-732-5317. As far as clenbuterol is concerned I am not impressed by its anabolic effects. It's more of a fat burner and stimulant in humans. It is banned by the IOC and the IFF. **Mauro Di Pasquale, M.D.**

SPECIAL OFFER! 700# OLYMPIC BAR NOW ONLY \$277 plus freight. WHILE SUPPLY LASTS! CALL 408-637-0797

ANABOLIC HIGHS

# BUILD ANABOLISM ANABOLIC POWER

ARE YOU REACHING YOUR ANABOLIC HIGHS? NOW YOU CAN TEST YOURSELF AND SEE!

CATABOLIC LOWS

The First and Only Anabolic Testing System with U.S. Patent Approval!

cycles occur daily. Second, these cycles are different for every athlete. We give you the power to measure and control these cycles!

For the first time, you can respond to your individual anabolic/catabolic status by customizing your supplement program, diet, rest schedule, and training. You'll avoid catabolic lows and boost anabolic highs.

Here's how the ULTIMATE ANABOLIC KIT program works for YOU! Before and after you train, you promote positive nitrogen balance and set up recovery with NITRO FIRE protein optimizer. Before and during your workout, you get into high gear with PreFlex HYPERDRIVE, a unique formula of energy fuels and metabolites. Then, during the potentially catabolic sleep phase, you're covered by PostFlex P.M., a special complex of pro-anabolic nutrients. All along, the kit's patented urine area test strips give you a window into your body chemistry to evaluate your current anabolic status. You can respond immediately by customizing your dietary intake, supplement program, and other essential training elements. The kit's guidebook tells you how in complete detail. No other kit gives you this kind of feedback. No other kit gives you this kind of control!

Don't trust your performance and progress to kits that take a shotgun approach. Get the one that zeros in and puts YOUR finger on the anabolic trigger. Joe Weider's ULTIMATE ANABOLIC KIT™.



30-DAY SUPPLY IN EACH KIT

With Our EXCLUSIVE PATENTED NITROGEN TEST STRIPS SYSTEM... You Don't Have to Do the Urine Test! You Can Prove It To YOURSELF In Just 100 Seconds!

As with all supplements, use of this product will not promote faster or greater muscular gains. This product is, however, a nutritious low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

# 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, 741 at 242. The 741 is the highest rated bench by the Schwartz formula, the first to surpass 400 points. 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 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 benchner without getting some hints for us mere mortals.

**CHRIS:** I've found that the average benchner trains too much. I suggest benching once a week with a heavy close grip bench workout on the second day once every other week. Three 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?

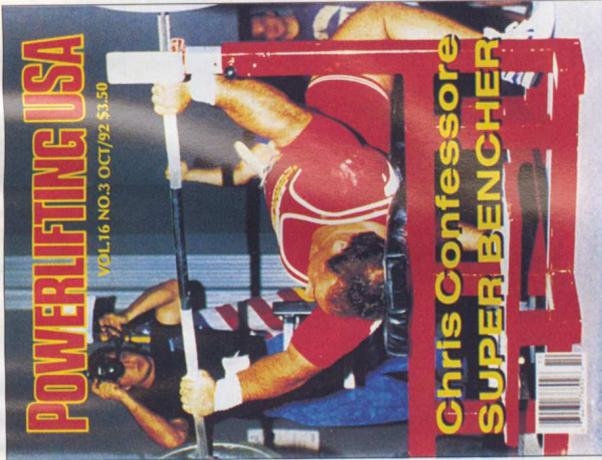
**CHRIS:** That's possible, but right now it's not a priority. I'm having fun upping the bench record and pushing the big guys.

**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 PL USA for the opportunity. And of course, all of my records would not be possible without all the great people behind me, my wife Diane, Neil, my whole family 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.



**POWERLIFTING USA**  
VOL. 16 NO. 3 OCT/92 \$3.50

**Chris Confessore SUPER BENCHER**

Chris appeared on the October 1992 cover of POWERLIFTING USA.

doubled 705 and followed that with an easy 730, so I was ready for a big lift.

**DOUG:** You've got a lot going on right, how about the scoop?

**CHRIS:** I'm writing a monthly column for Muscle Mag called the "Power Page." It gives powerlifting some good exposure. I answer questions from readers. My bench press book has been selling well and I'm working on a bench press video. I'm also the spokesman for Iron Curtain Labs, a supplement distributor. I've gotten good results from all of their products, especially GH-1000. I highly recommend this special product.

**DOUG:** We know what you can bench, but what type of weight do you use in other exercises?

**CHRIS:** I can overhead dumbbells press a pair of 150s for 15

# MY SECRET TO BREAKING ANTHONY CLARK'S 738 LB. BENCH PRESS RECORD.

This is the latest in an astounding string of records set by Chris in his 11 year career. He is now the only man to ever hold world records in five different weight classes, and the title holder of the greatest bench press to date!

## How does he do it?

**Steroids? No!**  
**Growth Hormone? No!**  
**Genetics? Not even plausible.**  
At a height of just 5'4", combined with a small bone structure, Chris' feats of strength have defied the laws of physics.

## The secret is GH1000™ Period!

**What is GH1000?**  
GH1000 is a revolutionary system that includes a powerful, yet legal, anabolic compound in tablet form, plus an explosive, clinically proven, weight training program which requires only one



On June 17, 1995, Chris Confessore astonished the world by surpassing super heavyweight champ Anthony Clark's bench press record by blasting up 741 lbs.

Unlike Clark, who weighed 350 lbs. when he set the 738 lb. record, Chris easily shattered it at a mere body weight of 236 lbs.!

"My coach told me I didn't have the speed, strength, and necessary genetics to qualify for the United States Olympic Team. If it wasn't for GH1000, he would have been right. Thanks Iron Curtain Labs, without your products I would have never been able to secure my position on the U.S. Olympic Team much less win the U.S. National Tae Kwon Do Championships!"

**Doyen Wilson, U.S. National Champion**

"I gained over 100 lbs on my bench, and 225 lbs on my squat in just 3 months. In all of my years of intense training, nothing has even come close to producing the incredible strength gains and body fat depletion that GH1000 has!"

**Juan Moreno, Two-time Olympic Silver Medalist**

Yes I need GH1000 NOW! I understand that if I am not completely satisfied, I may return the unused portion at any time for a 100% money back refund. Please rush my GH1000 order checked below:

- 2 bottles regularly \$239.95 Now only \$179.95 (you save \$60.00)
- 2 bottles regularly \$239.95 Now only \$179.95 (you save \$60.00)
- 2 bottles regularly \$239.95 Now only \$179.95 (you save \$60.00)
- 1 bottle regularly \$49.95 Now only \$46.95 (you save \$3.00)
- I've enclosed a U.S. check. Money order.  credit card order for \$\_\_\_\_\_ (U.S. currency only) Note: Add only \$5.00 for shipping and handling.

Make check payable to **IRON CURTAIN LABS, INC.**

FOR CREDIT CARD ORDERS:  VISA  MASTERCARD  AMEX  DISCOVER  
CARD NO. \_\_\_\_\_ Expiration Date \_\_\_\_\_

SIGNATURE \_\_\_\_\_

For faster service call 24 hours a day, 7 days a week, and have your credit card handy

**1-800-286-8501** or **1-904-374-1895**

Send to: **IRON CURTAIN LABS, INC.**

P.O. Box 140847 - Dept 625,

Gainesville, FLA 32614-0847

workout, three days a week. Chris states: "I believe my gains clearly demonstrate that GH1000 is the most powerful strength and muscle building system ever! GH1000 is so potent, its effects will blow away any anabolic substance on or off the market!"

**Now for the first time ever, world class size and strength gains can be yours!**

GH1000 is not for average gains! In fact, it's not even for above average gains! GH1000 is designed to help generate gains in super-human strength and mass the way Chris did. We guarantee it! But don't look for GH1000 in your local health food store or gym. It's only available exclusively from Iron Curtain Labs.

**Order Now And Get Huge!**  
**1-800-286-8501**  
**EXT 625**



**IRON CURTAIN LABS**

Where champions are made, not born!™

Iron Curtain Labs products are available internationally



©Copyright 1995 Iron Curtain Labs, Inc. All rights reserved.

# ELITE

**The All-American Wraps** - Go with the red-white & blue. Our wraps are guaranteed to be the thickest, heaviest, wraps on the market today. If you do not agree, return them within 21 days and we will refund the purchase price of your wraps.

**1pair** ..... \$17.95  
**Bench & Deadlift Suits** - Reversible, 2 suits in 1 (red with white trim & blue with white trim) - Give height and weight

**small-xlarge** ..... \$24.00  
**Nike High Cut Lifting Shoes** - Shoe feature steel shank support, non-slip rubber outsole, hook & loop closure, stability straps, 5/8" heel, foam & ankle cushioning and much, much more.

**sizes 10-13 only** ..... \$79.00  
**Deadlift Shoes** - As pictured both models have padded ankle & tongue for increased support and comfort. Non-skid sole especially designed for increased traction, flexibility, and feel. The adidas model has a unique split level design that allows maximum flexibility and support. Both models are available in black & white as pictured.

**Nike - sizes 5-15** ..... \$39.50  
**adidas - sizes 6-13** ..... \$44.50

**Texas Power Bar** - This is the Texas Power Bar that has been used at most National Championship meets since 1980. The other company claims to have the original. Yes, they used to sell the original, now they just make their own cheap imitation. The shaft is pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. This bar has held up to 1000 pound squats on at least six occasions without bending.

**Elite Deadlift Bar** ..... \$195.00  
**Elite Squat Bar** ..... \$245.00

**Sorry no C.O.D.'s or credit card accepted on bar orders. Shipped via UPS - call for charges.**

**Inzer Blast Shields** - Designed to aid and support your bench press throughout the entire range of motion. Guaranteed against blow-outs for 5 weeks. When ordering give size of relaxed chest, shoulders (around chest and shoulders), and biceps.

**US Patent #4473908** ..... \$38.00  
**Chalk - 1 pound (8 x 2 ounce blocks)** ..... \$12.00

**Ammonia Capsules** - 10 in a box ..... \$5.00  
**adidas** - low cut lifting shoes sized 4 & 7 only ..... \$119.00  
**adidas gym bag** - 21" x 11" x 12" (pockets on both ends, shoulder strap & handle) ..... \$29.00

**adidas stormline performance eye protection** - polycarbonate lens with shatterproof rejectile fiber, 100% UV shielding with brilliant optics, impact resistant SPX frames with high elastic strength & scratch resistance, removable brow bar, adjustable nose bridge, available with interchangeable lenses. Black frames with choice of amber, grey, blue mirror, or silver mirror lenses suggested retail \$100.00 our price ..... \$75.00

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City/State/Zip:** \_\_\_\_\_  
**MC or Visa Card No.:** \_\_\_\_\_  
**Expiration Date:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_  
**Signature:** \_\_\_\_\_

**Elite Sales Inc.**  
 Box 345  
 Accord, MA 02018

**Shipping & Handling**  
 COD orders \$5.00 extra  
 Total \$5.00

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

**Call Toll Free 1-800-433-0324**

(article continued from page 20)

242. It makes him equal to 2nd all time - being George Hechter on total Goggles' unbelievable squat would be a mighty test for even the immortal One - Ed Coan - to surpass, should he decide to test the category. As for Steve, he seems to be headed full steam towards the impregnable barrier on the edge of the P/L galaxy - 2400!

Britain's John Nighbor tested Scott Worman at the 94 Worlds with 926 573 749 2298. John bodaciously pleaded for someone to stop him. Scott pulled 852 to do just that and hit 2298. It is difficult to improve when you have no one to seriously challenge you. Ed Coan has been faced with this quandary and so have others who have dominated a category with total supremacy. The only one who gave Scott a taste at 275 is Curtis Kirkman at airlines and respects (respectably). A confrontation and epic match-up would require crossing organizational boundaries (something neither has aspirations to do).

Warman decided to invade the SHW division. It would be intriguing and challenging. He forced his way to 2900 preparing for the move. A box of food poisoning was a major setback. Training time was lost and increased strength disappeared. I will say for a fact that many's "road-kill" meal had bad things to do with it! Scott was a weakened T-Rex and came in at 264. His lifting was impressive as always (948 512 804 2265) but uninspired. Going for 2309 848 would take no cooperate.

The 308 was a rematch of sorts. From Lubbock, TX, big Paul Springer resumed his platform rivalry with hometown hero Tom Waddle. Once again Springer scored the winning "finger". He upstaged Waddle, who could not engage his throttle. Tom thought a certain manufacturer's highly acclaimed under-

garment would give him an extra boost. He hoped to "spring" himself into an insurmountable lead over Springer. Instead, the result was that it was so tight that he cut off his circulation. The blood drained down to his huge calves and stayed there. His lower extremities went totally numb and stayed that way even when it came to DL time. Tom told me later he was "beginning to see" what I meant by the supportive gear becoming a "bit too far fetched". A lesson well learned. There will always be a next time, old buddy. Despite it all, Tom reached 2171. He pulled 782 and never even felt it. A big jump to 926 from his 870 SQ was dead (and I do mean dead). Springer is as wide as the proverbial focus barn door and after hitting a PR of 826 SQ, amazed everyone with a narrow grip. 606. BP that had head critical Dave Carter waggling his head in disbelief. That was really something because Dave has seen it all. The super-Pacifist, red-haired crowd at school had seen the World title under his might. He is a legend of USA. Parth, 3rd, behind the one 302 USA Parth, Vladimir Mikheev, appearance and actually looked like a big blooded tool, very uncomfortable at the new, heavier body weight. His 771 SQ was a gut buster opener and missed. Was feeling the might bomb out but he came back with great gusto and straddled it up. His BP opener, 551, went but he held down in Iowa, as an honored guest there (he was 16 years old). His overhead book grip 793 DF/Croco ITA was a real feat of strength but far less than the 840 held done officially. Still 2116 is great lifting, especially without the use of supportive wear. Vladimir pulled John Smoker's leg in a P/L USA interview claiming O/L of 374 snatch and 463 C&L. According to the others on the team, he's never done them. I



Daily Potassium Ration for the lean lifting machine, Scott Warman

**WPC Worlds - 26-29 Oct 95 - Columbus, OH**

Men Teenage	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
114	286	308	323	137	454	464	462	336	338	369	821
18-19											
13-15	242	264	281	154	107	209	490	286	314	336	826
Doorn BEL											
146											
18-19	407	424	449	226	242	253	627	407	424	449	1102
Kovacsiz USA											
146	308	363	409	171	304	324	578	314	386	446	933
Cesbaradz USA											
18-19	374	429	444	176	304	304	606	396	446	463	1069
165											
18-19	363	402	484	181	209	226	628	363	402	424	1032
Fitzgerald USA											
146	451	454	505	347	362	362	898	457	501	514	1311
Bulcher GBR											
181	352	374	386	242	340	340	817	383	380	386	997
13-15											
18-19	391	407	484	204	214	226	633	407	418	484	1052
16-17											
18-19	485	507	548	319	341	366	848	518	545	564	1413
Jones GBR											
16-17	507	540	540	297	319	341	881	496	548	578	1389
Combs USA											
18-19	451	501	518	253	254	269	782	479	509	599	1382
18-19	464	451	485	248	290	270	755	451	485	507	1262
Nappe FRA											
18-19	469	468	509	248	278	288	738	418	451	454	1190
Brown USA											
154	407	498	498	562	154	...	562	154	...	...	716
18-19											
18-19	551	606	633	330	338	374	1008	562	606	648	1614
Black USA											
16-17											
13-15	396	457	468	204	234	231	699	402	441	462	1140
Hammond USA											
16-17	468	468	505	275	305	305	744	374	402	494	1146
18-19											
18-19	507	529	551	341	352	369	903	441	463	494	1366
Robinson USA											
275											
18-19	523	578	601	369	408	402	1003	441	512	540	1543
Zepher USA											
Men Junior (20-23)											
132											
16-17	374	407	424	237	248	264	688	424	451	496	1140
165											
18-19	507	551	...	330	346	342	881	507	556	...	1388
Cunningham SFR											
18-19	441	448	496	247	248	263	744	458	529	564	1273
Castano FRA											
18-19	396	495	504	253	303	304	699	358	468	485	1185
18-19	485	529	562	308	330	362	892	441	485	485	1337
DF/Croco ITA											
18-19	451	474	496	344	341	363	837	474	496	512	1377
Morgan CAN											
165	617	664	677	352	374	394	1006	641	663	...	1069
Malone BEL											
18-19	573	617	664	391	413	448	1030	536	571	601	1714
Miller CAN											
18-19	562	606	648	363	407	409	1014	551	589	606	1603
Warrn GBR											
18-19	396	418	441	330	341	352	793	386	407	429	1223
AUS											
18-19	396	428	444	396	428	449	1025	595	628	644	1670
Coad SFR											
18-19	341	359	361	341	359	352	1014	395	422	444	1637
18-19	562	584	617	361	351	409	1008	571	641	669	1637
18-19	562	584	617	361	351	409	1008	571	641	669	1637
Jordan USA											
18-19	507	551	584	330	330	394	914	507	551	584	1499
Vahdon FRA											
242											
18-19	807	848	865	451	479	496	1311	733	752	752	2066
18-19	755	790	815	507	509	507	1245	705	740	740	2054
18-19	694	738	794	463	496	507	1245	705	740	740	2054
18-19	573	596	596	308	363	394	937	485	507	509	1444
18-19	749	810	832	451	479	496	1311	733	752	752	2066
18-19	573	596	596	308	363	394	937	485	507	509	1444
18-19	529	573	604	325	338	366	931	512	556	579	1488
18-19	810	865	865	699	699	699	1388	656	672	706	2061
18-19	534	567	644	281	292	303	870	507	551	601	1422
18-19	595	639	661	330	352	374	1036	551	639	664	1675
18-19	529	562	584	374	396	...	981	573	589	606	1587
18-19	599	529	584	352	374	402	986	496	529	551	1515
18-19	705	766	804	418	463	485	1229	626	639	656	1868
18-19	584	639	666	352	386	409	1052	617	663	683	1736
18-19	699	727	738	441	479	490	1239	661	692	692	1890
18-19	650	688	705	137	...	...	843	237	...	...	1080
18-19	755	799	793	369	394	394	987	616	622	644	1785
18-19	501	599	595	352	374	386	887	661	649	649	1548
18-19	248	275	305	154	171	184	446	270	325	325	799
18-19	264	275	305	198	209	244	484	319	336	347	832
18-19	395	418	...	242	253	259	672	441	474	485	1157
18-19	309	303									



606 the Hard Way... extreme close grip benching by Paul Springer.

Bluefield Barracuda - that tough puffed muffin - Paul Stupin drove in from WV with a 700 SQ once again under his belt as a Master. They say the legend himself made an appearance. Larry Pacifico re-introduced himself to a select few who hardly recognized him and disappeared like a spectre in the wind. Jim Cash, another legend, who now makes his home near Dayton popped by to observe. Jim is now making waves as a Master lifter. Les Cramer came up from FL with his lovely wife Bill Ramond was going to lift, but took a flu shot right before he came, got sick, and couldn't. Not satisfied, he passed his bug on to me and I was sick as dog for 11 days after returning home. Thanks a lot, Bill! There was no barquet, but there should have been. The chocolate chip cookie eating challenge didn't transpire. The APF record of 1233 big ones in 46 mins, 12 sec, without re-vegetation remains the unchallenged mark established Feb. 13, 1989 by the immortal Dean Gitt. Gary Baum, Bedford's right hand man and technical coordinator, was ready to give it a go and so was Brodsky. Dean may just have dodged the bullet. Until next year... One request, Garry - beg, borrow, steal or buy a computer next time, for tabular results. I beg you - please?

At last come the "Supers". The 308 plus gang had Hank Hill, the Nalls' champ, along with a new, improved, revamped version of Steven Brodsky, Hill had an easy win in the absence of 340 lb. British kringpin - Peter Treghnan, Pete, the defending champ (2/29/92), had ruptured a quad in training two weeks before this competition. It was repaired surgically, but he stayed home. You can be sure he will be back in action next year in South Africa. He sent a telegram which was read to all gathered that "he'd be back". We wish a speedy recovery, big fellow. Hank Hill just has to be the best built superheavyweight to ever mount a platform in either P/L or W/L. His deloid development and width are so amazing. Those monstrous shapely thighs boosted his SQ best to 942. His 804 DL was king for his victory cake - 2265. A jump to 843 going for 2303 staged. This is a situation in the near future which he will remedy in the near future - perhaps even his next outing. Brodsky took runner-up honors with an outstanding performance. He'd looked awful at the Ste, and told me here that he was sick there with the flu. His eyes were now bright and shining. A former chrome digne, he now sported a lovely head of curly ringlets. He came in weighing a mammoth 417! Despite a surplus front porch of 50 lbs (which he doesn't need), he displays an amazing amount of muscularity for a man so big. You could see the shapely muscles even beneath all that beef. He had a marvelous time celebrating with each successful lift. Except for an 881 SQ, he made no misses. He was jubilant and having fun again. He was glad, and so am I. Now, get down to 350 - Big Guy - that's an order.

So, this thrill packed event became history for the local TV crews that were alerted and chose not to come, they missed an action filled event. A special personal pit taker and a photographer for a suburban Chicago newspaper. She won the Women's Masters 198 plus 40-44 class, could load my camera in the twinkling of an eye, and was a great inspiration to me with her shutter-bug expertise. One fine body!

Stars popped in to observe. The



Garry Benford... great promoter

Table with 2 columns: Country/Region and Weight. Lists various countries like Saitre USA, Iowa USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

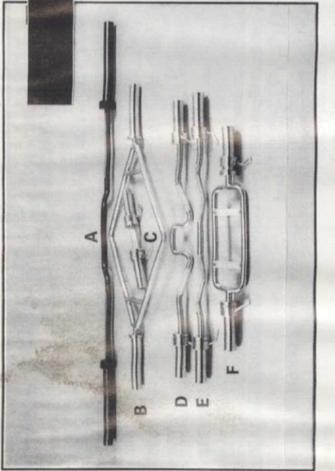
Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.



OLYMPIC STRAIGHT BARS

JESUP GYM EQUIPMENT, INC. P.O. Box 562, Jesup, Ia 50648 ph 800-858-0843

A. 7' bar - 1,500 lb. test.....\$90.00 B. 7' bar - 1,000 lb. test.....\$60.00 C. 5' bar - 700 lb. test.....\$48.00

\* volume prices on weights - rubber floor mats - much, more more. \* call for complete catalog

"FACTORY DIRECT PRICES" A. cambered bench press bar.....\$90.00 B. trap bar.....\$90.00 C. dumbbell bar & collars.....\$20.00 ea. D. super curl bar & collars.....\$30.00 E. curl bar & collars.....\$28.00 F. tricep bar & collars.....\$30.00

Visa-Mastercard - No C.O.D. orders

OLYMPIC SPECIALTY BARS

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

Table with 2 columns: Country/Region and Weight. Lists various countries like Canada, USA, etc., and their corresponding weights.

## 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. We think all who have supported the ADFFPA and drug free powerlifting. If you work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whitting, 4768 Barbara's Ln., Stevens Point, WI 54481.

**1996: NEW YEAR NUTRITION**  
You train diligently, spend hours in the gym moving lots of weight in specific biomechanical patterns. Your hope is to become a stronger, more proficient powerlifter. Doesn't it make sense to pay attention to how your fuel your self? What if you found out about a very concentrated protein source (70-90%) that is extremely low in fat, inexpensive and easy to prepare. Wouldn't you want to share the information with others? Well, here, just for you, are three letters that can deliver low cost, low fat, high quality protein: **TVP** - textured vegetable protein.

**TVP** is a granular, by-product of soybeans and we know from recent research that the nutritive value of soy products. TVP granules are easily reconstituted by soaking in hot water or broth. 1 cup TVP soaked in 7/8 cup boiling water makes 2 cups of ready-to-use TVP. Reconstituted TVP can be used as a substitute for meat in dishes such as chili, spaghetti sauce, taco salad and barbecue. You can find TVP in most large grocery stores or natural foods stores. Try the following recipe

for lunch or dinner.  
Barbecue: 2 tablespoons Worcestershire sauce; 2 tablespoons vinegar; 2 tablespoons mustard; 1 tablespoon horseradish; 1 cup chopped celery; 1 cup chopped green pepper 1 cup chopped onion 1 cup reconstituted TVP; 1/8 oz. bottled chili sauce.  
Combine all ingredients in a casserole. Bake at 300 degrees for 90 minutes or until vegetables are tender. Six servings. 137 calories, 15.7 gr. protein, 1 gr. fat per serving.

**MEET PREP: ARE YOU SURE YOU REMEMBERED?** As a national and international referee, I participate in more equipment checks than I can remember. Chronic extreme, there are lifters who empty the equivalent of a wardrobe on the table. It is not unusual to check eight to ten suits for one lifter, not to mention as many pairs of wraps, bench shirts, a couple bells and miscellaneous types of wrist wraps. On the other extreme are lifters with one suit, one belt, one pair of wraps and one shoes on their feet. What all lifters have in common, though, is the regrettable situation of having forgotten a piece of equipment.

I have seen lifters forget to pack their lifting suit, their bench shirt or their belt. Or sometimes it's the baby powder or shirt. Some equipment is easily replaced by borrowing a belt or powder, but some equipment is size specific: to the lifter. Besides, in the flurry of pre-meet activities, you may find a lifter (make that competition) who is willing to lend you a suit.

To prevent the potential waste of a training cycle, consider using a meet equipment checklist that includes everything (plus back-ups) you would need for competition. When you compile your list, think of each lift. Ask yourself what equipment you use. For instance, do you use certain shoes or squats, others for benching and still others for deadlifting? Do you need to be accustomed to socks, then find your self not having a pair or not having the higher knee socks that you're used to wearing for deadlifting. Some people use a looser suit for warm-ups, then switch to their tight competition suit for the platform. Think through your warm-up routine and each lifting event, while making your checklist, then use that checklist as you pack your bag.

**ADFFPA GYM AND COACHES DIRECTORY**  
All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Owner: Louis Balz  
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310) 863-1308, Coach: Sherry Houston  
Athlete's for Christ Power Team, 6437, Jim and Susan Douglas.

Make checks payable to the ADFFPA. Applicants, fill out form completely and mail with fee to:  
ADFFPA SEC. V. TREASURER  
29 S. ORCHARD DRIVE  
AMHERST, MA 01002  
(413) 256-8177

World Team DONATION CLUB REPRESENTED

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

Make checks payable to the ADFFPA. Applicants, fill out form completely and mail with fee to:  
ADFFPA SEC. V. TREASURER  
29 S. ORCHARD DRIVE  
AMHERST, MA 01002  
(413) 256-8177

ALL ADFFPA MEMBERSHIPS EXPIRE 12/31

PLEASE PRINT  
LAST NAME FIRST NAME  
STREET ADDRESS  
CITY STATE ZIP CODE  
TELEPHONE NO. AREA DATE OF BIRTH AGE SEX U.S. OR CAN. YES/NO U.S. OR CAN. YES/NO  
SIGNATURE INITIAL DATE

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

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

I have seen lifters forget to pack their lifting suit, their bench shirt or their belt. Or sometimes it's the baby powder or shirt. Some equipment is easily replaced by borrowing a belt or powder, but some equipment is size specific: to the lifter. Besides, in the flurry of pre-meet activities, you may find a lifter (make that competition) who is willing to lend you a suit.

To prevent the potential waste of a training cycle, consider using a meet equipment checklist that includes everything (plus back-ups) you would need for competition. When you compile your list, think of each lift. Ask yourself what equipment you use. For instance, do you use certain shoes or squats, others for benching and still others for deadlifting? Do you need to be accustomed to socks, then find your self not having a pair or not having the higher knee socks that you're used to wearing for deadlifting. Some people use a looser suit for warm-ups, then switch to their tight competition suit for the platform. Think through your warm-up routine and each lifting event, while making your checklist, then use that checklist as you pack your bag.

**ADFFPA GYM AND COACHES DIRECTORY**  
All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Owner: Louis Balz  
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310) 863-1308, Coach: Sherry Houston  
Athlete's for Christ Power Team, 6437, Jim and Susan Douglas.

I have seen lifters forget to pack their lifting suit, their bench shirt or their belt. Or sometimes it's the baby powder or shirt. Some equipment is easily replaced by borrowing a belt or powder, but some equipment is size specific: to the lifter. Besides, in the flurry of pre-meet activities, you may find a lifter (make that competition) who is willing to lend you a suit.

To prevent the potential waste of a training cycle, consider using a meet equipment checklist that includes everything (plus back-ups) you would need for competition. When you compile your list, think of each lift. Ask yourself what equipment you use. For instance, do you use certain shoes or squats, others for benching and still others for deadlifting? Do you need to be accustomed to socks, then find your self not having a pair or not having the higher knee socks that you're used to wearing for deadlifting. Some people use a looser suit for warm-ups, then switch to their tight competition suit for the platform. Think through your warm-up routine and each lifting event, while making your checklist, then use that checklist as you pack your bag.

**ADFFPA GYM AND COACHES DIRECTORY**  
All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Owner: Louis Balz  
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310) 863-1308, Coach: Sherry Houston  
Athlete's for Christ Power Team, 6437, Jim and Susan Douglas.

Make checks payable to the ADFFPA. Applicants, fill out form completely and mail with fee to:  
ADFFPA SEC. V. TREASURER  
29 S. ORCHARD DRIVE  
AMHERST, MA 01002  
(413) 256-8177

World Team DONATION CLUB REPRESENTED

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

Make checks payable to the ADFFPA. Applicants, fill out form completely and mail with fee to:  
ADFFPA SEC. V. TREASURER  
29 S. ORCHARD DRIVE  
AMHERST, MA 01002  
(413) 256-8177

ALL ADFFPA MEMBERSHIPS EXPIRE 12/31

PLEASE PRINT  
LAST NAME FIRST NAME  
STREET ADDRESS  
CITY STATE ZIP CODE  
TELEPHONE NO. AREA DATE OF BIRTH AGE SEX U.S. OR CAN. YES/NO U.S. OR CAN. YES/NO  
SIGNATURE INITIAL DATE

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lower.  
The Strength Training Center c/o Nutritional Technologies, 5 Stonecroft 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 Conum  
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

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

Western Illinois University, Powerlifting Club, Macomb, Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (809) 837-4824 (M-F 3-5pm, Sat 10-12pm)  
Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green  
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717) 86-3481, Owner: James D. Brown  
Bulldog Power & Fitness Club, 1360H Commerce Ave., Suiet L, Akron, OH 44310, (216) 630-2766, FAX (216) 630-3651, Owner: Bruce Dowling  
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28159 (910) 754-2772, Owner/Manager: William Mark Jones  
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518) 785-8096, Coach: Dyke Naughton  
Cyberg Power Shop, 04281A County Rd. 15 D, Bryan, OH 43506, (614) 963-4585, Coach: Ernie Fleischer  
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Owner: Gerny Babco, CT State Chair.  
Gulf Fitness, 1067 C Street, Suite 117, Gall, 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 Pucella  
Jungle Gym & Fitness Center, 122 Railroad Ave. S., Kent, WA (206) 852-2442, FAX (206) 852-1252, Tyler Malejko/LMT/Moe Promoter.  
Ridgely Fitness, 206 S. Walnut, Jungle Gym, IN 47380, (317) 857-2500, Owner: Brian Briggs  
Ridgely Fitness, 1-800-655-FITT, in outside Indiana.  
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy  
Mashitt'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  
North Powerlifting Team, 47 South Good Circle, Sparks, NV 89436, (702) 4240



4th Fall Festival of Power  
7 Oct 95 - Hamlet, NC (kg)

Bench Press	155
Barbell Curl	142.5
Deadlift	275
Front Squat	197.5
Lat Pull Down	182.5
Rowing	197.5
Shrug	187.5
Trunk Flexion	227.5
Wrestling	137.5*
Women Master	75
Women Master	50
Women Master	35
Women Master	20
Women Master	10
Women Open	148



**Father-Son Duo...** with 2 weeks, Bill Miller and son Trey set both USPF and ADFFA North Carolina State Bench Press records at the ADFFA All-South Championships and the Fall Festival of Power. Bill made a 341 lb bench for a new 50 and 54 mark in the 181 lb class, and Trey established his 9th career win in the junior division with a bench of 280. (photograph courtesy Rorie)

ALL TIME RECORD BENCH PRESS BY LEE RORIE!

100*	50*	102.5*	232.5*
130	87.5	170	387.5
148	108	200	450
165	127.5	222.5*	507.5
182.5	142.5	242.5	575
200	160	262.5	642.5
217.5	177.5	282.5	710
235	195	302.5	777.5
252.5	212.5	322.5	845
270	230	342.5	912.5
287.5	247.5	362.5	980
305	265	382.5	1047.5
322.5	282.5	402.5	1115
340	300	422.5	1182.5
357.5	317.5	442.5	1250
375	335	462.5	1317.5
392.5	352.5	482.5	1385
410	370	502.5	1452.5
427.5	387.5	522.5	1520
445	405	542.5	1587.5
462.5	422.5	562.5	1655
480	440	582.5	1722.5
497.5	457.5	602.5	1790
515	475	622.5	1857.5
532.5	492.5	642.5	1925
550	510	662.5	1992.5
567.5	527.5	682.5	2060
585	545	702.5	2127.5
602.5	562.5	722.5	2195
620	580	742.5	2262.5
637.5	597.5	762.5	2330
655	615	782.5	2397.5
672.5	632.5	802.5	2465
690	650	822.5	2532.5
707.5	667.5	842.5	2600
725	685	862.5	2667.5
742.5	702.5	882.5	2735
760	720	902.5	2802.5
777.5	737.5	922.5	2870
795	755	942.5	2937.5
812.5	772.5	962.5	3005
830	790	982.5	3072.5
847.5	807.5	1002.5	3140
865	825	1022.5	3207.5
882.5	842.5	1042.5	3275
900	860	1062.5	3342.5
917.5	877.5	1082.5	3410
935	895	1102.5	3477.5
952.5	912.5	1122.5	3545
970	930	1142.5	3612.5
987.5	947.5	1162.5	3680
1005	965	1182.5	3747.5
1022.5	982.5	1202.5	3815
1040	1000	1222.5	3882.5
1057.5	1017.5	1242.5	3950
1075	1035	1262.5	4017.5
1092.5	1052.5	1282.5	4085
1110	1070	1302.5	4152.5
1127.5	1087.5	1322.5	4220
1145	1105	1342.5	4287.5
1162.5	1122.5	1362.5	4355
1180	1140	1382.5	4422.5
1197.5	1157.5	1402.5	4490
1215	1175	1422.5	4557.5
1232.5	1192.5	1442.5	4625
1250	1210	1462.5	4692.5
1267.5	1227.5	1482.5	4760
1285	1245	1502.5	4827.5
1302.5	1262.5	1522.5	4895
1320	1280	1542.5	4962.5
1337.5	1297.5	1562.5	5030
1355	1315	1582.5	5097.5
1372.5	1332.5	1602.5	5165
1390	1350	1622.5	5232.5
1407.5	1367.5	1642.5	5300
1425	1385	1662.5	5367.5
1442.5	1402.5	1682.5	5435
1460	1420	1702.5	5502.5
1477.5	1437.5	1722.5	5570
1495	1455	1742.5	5637.5
1512.5	1472.5	1762.5	5705
1530	1490	1782.5	5772.5
1547.5	1507.5	1802.5	5840
1565	1525	1822.5	5907.5
1582.5	1542.5	1842.5	5975
1600	1560	1862.5	6042.5
1617.5	1577.5	1882.5	6110
1635	1595	1902.5	6177.5
1652.5	1612.5	1922.5	6245
1670	1630	1942.5	6312.5
1687.5	1647.5	1962.5	6380
1705	1665	1982.5	6447.5
1722.5	1682.5	2002.5	6515
1740	1700	2022.5	6582.5
1757.5	1717.5	2042.5	6650
1775	1735	2062.5	6717.5
1792.5	1752.5	2082.5	6785
1810	1770	2102.5	6852.5
1827.5	1787.5	2122.5	6920
1845	1805	2142.5	6987.5
1862.5	1822.5	2162.5	7055
1880	1840	2182.5	7122.5
1897.5	1857.5	2202.5	7190
1915	1875	2222.5	7257.5
1932.5	1892.5	2242.5	7325
1950	1910	2262.5	7392.5
1967.5	1927.5	2282.5	7460
1985	1945	2302.5	7527.5
2002.5	1962.5	2322.5	7595
2020	1980	2342.5	7662.5
2037.5	1997.5	2362.5	7730
2055	2015	2382.5	7797.5
2072.5	2032.5	2402.5	7865
2090	2050	2422.5	7932.5
2107.5	2067.5	2442.5	8000
2125	2085	2462.5	8067.5
2142.5	2102.5	2482.5	8135
2160	2120	2502.5	8202.5
2177.5	2137.5	2522.5	8270
2195	2155	2542.5	8337.5
2212.5	2172.5	2562.5	8405
2230	2190	2582.5	8472.5
2247.5	2207.5	2602.5	8540
2265	2225	2622.5	8607.5
2282.5	2242.5	2642.5	8675
2300	2260	2662.5	8742.5
2317.5	2277.5	2682.5	8810
2335	2295	2702.5	8877.5
2352.5	2312.5	2722.5	8945
2370	2330	2742.5	9012.5
2387.5	2347.5	2762.5	9080
2405	2365	2782.5	9147.5
2422.5	2382.5	2802.5	9215
2440	2400	2822.5	9282.5
2457.5	2417.5	2842.5	9350
2475	2435	2862.5	9417.5
2492.5	2452.5	2882.5	9485
2510	2470	2902.5	9552.5
2527.5	2487.5	2922.5	9620
2545	2505	2942.5	9687.5
2562.5	2522.5	2962.5	9755
2580	2540	2982.5	9822.5
2597.5	2557.5	3002.5	9890
2615	2575	3022.5	9957.5
2632.5	2592.5	3042.5	10025
2650	2610	3062.5	10092.5
2667.5	2627.5	3082.5	10160
2685	2645	3102.5	10227.5
2702.5	2662.5	3122.5	10295
2720	2680	3142.5	10362.5
2737.5	2697.5	3162.5	10430
2755	2715	3182.5	10497.5
2772.5	2732.5	3202.5	10565
2790	2750	3222.5	10632.5
2807.5	2767.5	3242.5	10700
2825	2785	3262.5	10767.5
2842.5	2802.5	3282.5	10835
2860	2820	3302.5	10902.5
2877.5	2837.5	3322.5	10970
2895	2855	3342.5	11037.5
2912.5	2872.5	3362.5	11105
2930	2890	3382.5	11172.5
2947.5	2907.5	3402.5	11240
2965	2925	3422.5	11307.5
2982.5	2942.5	3442.5	11375
3000	2960	3462.5	11442.5
3017.5	2977.5	3482.5	11510
3035	2995	3502.5	11577.5
3052.5	3012.5	3522.5	11645
3070	3030	3542.5	11712.5
3087.5	3047.5	3562.5	11780
3105	3065	3582.5	11847.5
3122.5	3082.5	3602.5	11915
3140	3100	3622.5	11982.5
3157.5	3117.5	3642.5	12050
3175	3135	3662.5	12117.5
3192.5	3152.5	3682.5	12185
3210	3170	3702.5	12252.5
3227.5	3187.5	3722.5	12320
3245	3205	3742.5	12387.5
3262.5	3222.5	3762.5	12455
3280	3240	3782.5	12522.5
3297.5	3257.5	3802.5	12590
3315	3275	3822.5	12657.5
3332.5	3292.5	3842.5	12725
3350	3310	3862.5	12792.5
3367.5	3327.5	3882.5	12860
3385	3345	3902.5	12927.5
3402.5	3362.5	3922.5	13000
3420	3380	3942.5	13067.5
3437.5	3397.5	3962.5	13135
3455	3415	3982.5	13202.5
3472.5	3432.5	4002.5	13270
3490	3450	4022.5	13337.5
3507.5	3467.5	4042.5	13405
3525	3485	4062.5	13472.5
3542.5	3502.5	4082.5	13540
3560	3520	4102.5	13607.5
3577.5	3537.5	4122.5	13675
3595	3555	4142.5	13742.5
3612.5	3572.5	4162.5	13810
3630	3590	4182.5	13877.5
3647.5	3607.5	4202.5	13945
3665	3625	4222.5	14012.5
3682.5	3642.5	4242.5	14080
3700	3660	4262.5	14147.5
3717.5	3677.5	4282.5	14215
3735	3695	4302.5	14282.5
3752.5	3712.5	4322.5	14350
3770	3730	4342.5	14417.5
3787.5	3747.5	4362.5	14485
3805	3765	4382.5	14552.5
3822.5	3782.5	4402.5	14620
3840	3800	4422.5	14687.5
3857.5	3817.5	4442.5	14755
3875	3835	4462.5	14822.5
3892.5	3852.5	4482.5	14890
3910	3870	4502.5	14957.5
3927.5	3887.5	4522.5	15025
3945	3905	4542.5	15092.5
3962.5	3922.5	4562.5	15160
3980	3940	4582.5	15227.5
3997.5	3957.5	4602.5	15295
4015	3975	4622.5	15362.5
4032.5	3992.5	4642.5	15430
4050	4010	4662.5	15497.5
4067.5	4027.5	4682.5	15565
4085	4045	4702.5	15632.5
4102.5	4062.5	4722.5	15700
4120	4080	4742.5	15767.5
4137.5	4097.5	4762.5	15835
4155	4115	4782.5	15902.5
4172.5	4132.5	4802.5	15970
4190	4150	4822.5	16037.5
4207.5	4167.5	4842.5	16105
4225	4185	4862.5	16172.5
4242.5	4202.5	4882.5	16240
4260	4220	4902.5	16307.5
4277.5	4237.5	4922.5	16375
4295	4255	4942.5	16442.5
4312.5	4272.5	4962.5	16510
4330	4290	4982.5	16577.5
4347.5	4307.5	5002.5	16645
4365	4325	5022.5	16712.5
4382.5	4342.5	5042.5	16780
4400	4360	5062.5	16847.5
4417.5	4377.5	5082.5	16915
4435	4395	5102.5	16982.5
4452.5	4412.5	5122.5	17050
4470	4430	5142.5	17117.5
4487.5	4447.5	5162.5	17185
4505	4465	5182.5	17252.5
4522.5	4482.5	5202.5	17320
4540	4500	5222.5	17387.5
4557.5	4517.5	5242.5	17455
4575	4535		



**NEW PRODUCT**

**RESEARCH INSTITUTION**

**JOINT-EZ KIT**

FOR **BODYBUILDERS & ATHLETES**

**JOINT-EZ KIT**, was developed by Ron Kosloff of Research Nutrition to help the body respond to the overtraining that many in the Iron Game are subject to, and the poor dietary practices that many weight trainers follow. Understanding that certain nutrients can be especially nourishing to ligaments, tendons & connective tissue, Ron came up with a unique formula of products that include a mineral complex, manganese complex, cod liver oil, etc. and tried it on himself and others. Now, he is certain he has the "right stuff". For information, contact Research Nutrition at 313-372-1807.

**MDSA Steve Kokales Benefit II**

21 Oct 95 - Williams, MD

Class	Wt	SQ	DL	TOTAL
Gals	125	55	115	290
Men 181	235	240	445	920
Men 240	325	240	445	1010
Men 275	450	450	450	1350

**Japanese Women's Nationals**

7, 8 Oct 95 - Ebehusu (kg)

Wt	SQ	DL	TOTAL
M. Kimura	122.5	85	137.5
M. Miyama	125	90	142.5
K. Miyama	95	45	112.5
M. Kimuro	80	45	112.5
T. Takei	30	22.5	52.5
Y. Sekine	45	22.5	67.5
K. Mizuno	115	—	—
M. Hata	132.5	85	132.5
G. Suzuki	125	90	142.5
T. Watanabe	125	90	142.5
M. Miyama	105	52.5	112.5
M. Miyama	105	52.5	112.5
R. Okashi	30	22.5	52.5
R. Okashi	30	22.5	52.5
M. Kaneko	165	90	157.5
M. Takahashi	135	72.5	130
H. Kikuchi	127.5	65	130
S. Kono	90	47.5	112.5
M. Takahashi	50	30	82.5
K. Ozawa	50	30	82.5
A. Ino	42.5	25	65
M. Kaneko	150	82.5	170
M. Yamaguchi	140	82.5	162.5
K. Kobayashi	142.5	92.5	145
M. Miyama	105	40	112.5
M. Hata	95	40	112.5

**Oh no, just what we need, another association, right?** But this one truly is different, because it doesn't require the purchase of yet another card, nor is there a fee for a meet sanction. The Central Bench Press League is a loose affiliation of independent promoters who banded together because they got fed up with all the associations and the politics involved and got tired of hearing comes from having to buy yet another card. The concept of a league comes from the fact that a team championship is awarded at the end of every year. We currently have promoters in Illinois, Indiana, Michigan and Ohio. The advantages of promoting under the auspices of the CBPL are 1) an official sanction without the burden of additional expenses; 2) official records to stand for; and 3) scheduling your meet through a central office to avoid conflicts with other independent promoters in your region. Anyone interested should contact Jon Smoker at 1-800-760-3257. First time promoters are more than welcome. We can take you step by step through the promotion of a meet and can guarantee you'll get in the black if your meet draws a minimum of 10 lifters.

**JON SMOKER**

**Strength Tech, Inc.** has created and dedicated an internet web site to the issue of weight lifting in prisons. This new internet web site contains a huge variety of information about the various issues concerning weight lifting in prisons, including state and federal laws, media clippings and other items on the subject. It also contains some administrative information for strength and conditioning coaches. Links to additional weight lifting, prison, and legislative web sites are provided. The information on all sides of the issue is available to legislators, correctional administrators, and correctional administrators that make policy decisions in this area. Additionally, the site can be used by the general public and college classes to become more informed on the issues concerning weight lifting in prisons. The internet address is [www.strengthtech.com](http://www.strengthtech.com)

**MDSA Tri-State Cherokee, IA**

7 Oct 95 - Cherokee, IA

Class	Wt	SQ	DL	TOTAL
Submaster 220	560	360	580	1500
Tri State Open	405	275	405	1085
Men 181	485	—	—	—
Men 240	425	—	—	—
Men 275	375	250	550	1175
Men 315	350	—	—	—
Men 355	440	—	—	—
Men 405	420	345	420	1085
Men 450	485	—	—	—

**For Review**..... consider your grip... consider being without it. Without it you wouldn't be able to secure the bar on your back to perform a squat; without it you couldn't establish a connection between the bar and the movers of your arms in order to accomplish a bench press; in the deadlift there is no lift possible without the strength to grip the bar. Grip is an imperative for powerlifting... and the better your grip, the better your powerlifting performance. A new book that addresses the issue of grip power called "Mastery of Hand Strength" by John Brookfield has been published by Randall J. Strossen Ph.D. of IronMind Enterprises. John Brookfield is a grip specialist, who has steadfastly undertaken some of the great grip challenges on earth and brought himself true distinction - he is, for example, able to close the legendary IronMind Gripper No. 4, while steadying the gripper with a finger from his free hand, something no other man on earth has been able to do. He has risen to this level of achievement and has virtually assured even greater accomplishments in the future, through a determined program involving literally dozens of specific exercises. These exercises work, and if you are a powerlifter with a grip problem, you are bound to learn some great pointers that will lead to lots of pounds on your total. If you are just a grip freak, this book is heaven-sent, and even if you're not currently a grip aficionado, you might just become one. For ordering information, see the IronMind Enterprise advertisements in this issue of POWERLIFTING USA, or contact them at P.O. Box 1228, Nevada City, CA 95959 or call 916-265-6725.

**NASA Louisiana Regional**

23 Sep 95 - Alexandria, LA (kg)

Class	Wt	SQ	DL	TOTAL
Bench Press Only	140	87.5	165	370
Men 181	137.5	85	162.5	365
Men 240	107.5	60	122.5	290
Men 275	95	50	105	250
Men 315	85	80	105	270
Men 355	115	75	135	325
Men 405	155	105	175	435
Men 450	175	125	200	500
Men 500	215	145	215	575
Men 550	215	145	215	575
Men 600	215	145	215	575
Men 675	215	145	215	575
Men 750	215	145	215	575
Men 825	215	145	215	575
Men 900	215	145	215	575
Men 975	215	145	215	575
Men 1050	215	145	215	575
Men 1125	215	145	215	575
Men 1200	215	145	215	575
Men 1275	215	145	215	575
Men 1350	215	145	215	575
Men 1425	215	145	215	575
Men 1500	215	145	215	575
Men 1575	215	145	215	575
Men 1650	215	145	215	575
Men 1725	215	145	215	575
Men 1800	215	145	215	575
Men 1875	215	145	215	575
Men 1950	215	145	215	575
Men 2025	215	145	215	575
Men 2100	215	145	215	575
Men 2175	215	145	215	575
Men 2250	215	145	215	575
Men 2325	215	145	215	575
Men 2400	215	145	215	575
Men 2475	215	145	215	575
Men 2550	215	145	215	575
Men 2625	215	145	215	575
Men 2700	215	145	215	575
Men 2775	215	145	215	575
Men 2850	215	145	215	575
Men 2925	215	145	215	575
Men 3000	215	145	215	575
Men 3075	215	145	215	575
Men 3150	215	145	215	575
Men 3225	215	145	215	575
Men 3300	215	145	215	575
Men 3375	215	145	215	575
Men 3450	215	145	215	575
Men 3525	215	145	215	575
Men 3600	215	145	215	575
Men 3675	215	145	215	575
Men 3750	215	145	215	575
Men 3825	215	145	215	575
Men 3900	215	145	215	575
Men 3975	215	145	215	575
Men 4050	215	145	215	575
Men 4125	215	145	215	575
Men 4200	215	145	215	575
Men 4275	215	145	215	575
Men 4350	215	145	215	575
Men 4425	215	145	215	575
Men 4500	215	145	215	575
Men 4575	215	145	215	575
Men 4650	215	145	215	575
Men 4725	215	145	215	575
Men 4800	215	145	215	575
Men 4875	215	145	215	575
Men 4950	215	145	215	575
Men 5025	215	145	215	575
Men 5100	215	145	215	575
Men 5175	215	145	215	575
Men 5250	215	145	215	575
Men 5325	215	145	215	575
Men 5400	215	145	215	575
Men 5475	215	145	215	575
Men 5550	215	145	215	575
Men 5625	215	145	215	575
Men 5700	215	145	215	575
Men 5775	215	145	215	575
Men 5850	215	145	215	575
Men 5925	215	145	215	575
Men 6000	215	145	215	575
Men 6075	215	145	215	575
Men 6150	215	145	215	575
Men 6225	215	145	215	575
Men 6300	215	145	215	575
Men 6375	215	145	215	575
Men 6450	215	145	215	575
Men 6525	215	145	215	575
Men 6600	215	145	215	575
Men 6675	215	145	215	575
Men 6750	215	145	215	575
Men 6825	215	145	215	575
Men 6900	215	145	215	575
Men 6975	215	145	215	575
Men 7050	215	145	215	575
Men 7125	215	145	215	575
Men 7200	215	145	215	575
Men 7275	215	145	215	575
Men 7350	215	145	215	575
Men 7425	215	145	215	575
Men 7500	215	145	215	575
Men 7575	215	145	215	575
Men 7650	215	145	215	575
Men 7725	215	145	215	575
Men 7800	215	145	215	575
Men 7875	215	145	215	575
Men 7950	215	145	215	575
Men 8025	215	145	215	575
Men 8100	215	145	215	575
Men 8175	215	145	215	575
Men 8250	215	145	215	575
Men 8325	215	145	215	575
Men 8400	215	145	215	575
Men 8475	215	145	215	575
Men 8550	215	145	215	575
Men 8625	215	145	215	575
Men 8700	215	145	215	575
Men 8775	215	145	215	575
Men 8850	215	145	215	575
Men 8925	215	145	215	575
Men 9000	215	145	215	575
Men 9075	215	145	215	575
Men 9150	215	145	215	575
Men 9225	215	145	215	575
Men 9300	215	145	215	575
Men 9375	215	145	215	575
Men 9450	215	145	215	575
Men 9525	215	145	215	575
Men 9600	215	145	215	575
Men 9675	215	145	215	575
Men 9750	215	145	215	575
Men 9825	215	145	215	575
Men 9900	215	145	215	575
Men 9975	215	145	215	575
Men 10050	215	145	215	575
Men 10125	215	145	215	575
Men 10200	215	145	215	575
Men 10275	215	145	215	575
Men 10350	215	145	215	575
Men 10425	215	145	215	575
Men 10500	215	145	215	575
Men 10575	215	145	215	575
Men 10650	215	145	215	575
Men 10725	215	145	215	575
Men 10800	215	145	215	575
Men 10875	215	145	215	575
Men 10950	215	145	215	575
Men 11025	215	145	215	575
Men 11100	215	145	215	575
Men 11175	215	145	215	575
Men 11250	215	145	215	575
Men 11325	215	145	215	575
Men 11400	215	145	215	575
Men 11475	215	145	215	575
Men 11550	215	145	215	575
Men 11625	215	145	215	575
Men 11700	215	145	215	575
Men 11775	215	145	215	575
Men 11850	215	145	215	575
Men 11925				

### The Raw Approach

...It is sincerely hoped that those who read this article do not construe it to mean that either Joe Pyra or the AAU PC are against powerlifting. That would be far from the truth, as I personally believe that powerlifting has the same right to take advantage of technology to enhance athletic performance as any sport in the Olympics or with Olympic potential. However, I also believe that there is a proper venue for supportive gear and justification for lifting RAW. I have lifted both ways during my career and if I were not over, I would continue to compete both ways using full body armor to reach my ultimate potential as well as to lift RAW for the satisfaction of determining what my body can lift.

In the old days, when Olympic style lifting was King, before most of the current powerlifters were born, coaches believed that potential lifters should train for two years with light and then medium resistance to learn - above all else - the proper form and technique as well as to develop intestinal/internal fortitude, that is, strengthen the joints, ligaments, tendons, as well as the skeletal muscle tissues before attempting maximum poundages in training or competition. This method has sadly fallen by the wayside and while many will disagree with it, there is evidence that it is a sound practice. During the late 60's and early 70's many young lifters found out how easy it was to master the then current styles of powerlifting. These bright young stars (meteorites) blazed across the powerlifting heavens for one, two, maybe even three years before fading into darkness. Why? For the most part, they suffered injuries brought on by lifting heavier weights than their whole body could adjust to. I will always remember a day back in 1982 at the Whipperry Gym, when a young 148 pounder who could barely handle 400 put on full body armor and attempted a 500 squat. Under normal conditions he would not even be able to get the weight off the rack. By some miracle, shaking, stumbling and vibrating all to hell, he got the weight out and set up for the squat. At the signal, he went down, and down, and further down. His dupa was saved by four experienced spotter-lifters who knew what would happen.

The events are often repeated today by young lifters who barely know the names of the lifts and next to nothing about technique/form, but who are determined to lift the most to win. Their careers are often ended before they are begun due to injury. It would be far better if the more experienced lifters encouraged the new lifters to take a year or two to develop technique and form and allow the body to develop slowly, keeping an eye out for any inherent defects the lifter might have.

At Joe's Gym, we are training several young lifters in RAW techniques before they consider using supportive gear. They will develop basic strength while learning all important technique. This includes a 114 lb. lifter that can bench 200 raw. Their careers will be long and rewarding as they develop themselves prior to doing overbards with supportive gear.

Overloads? Yes, that is what supportive gear/full body armor allows you to do - lift more than your body is normally capable of. If anyone says they use supportive gear for any other reason, they are full of BS. However, if you are healthy, then go for it. Trouble is, there are lot of unhealthy lifters who wear supportive gear, "because it protects them" - BULL. If you have an injury, depending on the degree of injury, you should not be competing, let

know more about AAU powerlifting or who wish to help promote the AAU PC.

Again, meet directors are requested to send meing National to PI, USA and to AI Siegel, AIs our record keeper, besides being National Chairman, and he will register newly made and properly submitted American Records prior to sending the results to Sue Elwyn. Sue has graciously agreed to put together a top 20 list for our newsletter that will be sent out by the AAU. A reminder to meet directors, please send notice of your upcoming meet to Mike Janssen so that they will be included in this newsletter. At the same time, please request from Mike a "Meet Directors" packet. This will include information on drug testing procedures and a copy of our American/National Record form. Since the AAU PC is new, there are many records being set at every meet. To help the paper flow, at my meets, I staple a copy of the American record form to the lifter's weigh in card and have them fill it out completely and collect them. That way, should they set an American/National record, all I have to do is have the referees sign them and send them off to AI. It sure beats running around like a mad man (I do that anyway) trying to get forms filled out after the meet!

Anyone interested in holding an AAU PC meet, general information, or information concerning state chairmen should contact AI Siegel, 814-768-9400. For information on rules, technical items, or on becoming a referee, contact Joe Pyra, 201-691-0824. For general AAU information, contact Mike Janssen, 317-872-2900.

We have extended the grandfathering of referees from the USFP, ADFFA, IPA and APF through 1996. We currently have nearly 150 referees with more resumes on their way in. Grandfathering is on a case by case basis and you should have your state chairman's recommendation for grandfathering. Those taking the test in 1995 should read the 1995 rule book. Those planning to take the test in 1996 should obtain a copy of the 1996 rule book, which will be available in 1995. Anyone wishing a rules update insert/addendum for the 1995 book should send a SASE to Joe Pyra. Rule books may be obtained from Mike Janssen. AAU PC referees must purchase an AAU card in 1996 to comply with our rules and insurance requirements.

Submitted by Assistant National Chairman, Jumpin' Jersey Joe Pyra.

**AAU Powerlifting Update**... Entry forms are available for the 1996 AAU PC RAW National Championships to be held August 24 and 25th, 1996. They may be obtained by calling Joe Pyra at 201-691-0824 or by mailing a SASE to: Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828. To qualify, a lifter must lift RAW (4 inch wide leather belt only), in a RAW meet, in a RAW division in a powermeet or by posting RAW total while lifting in a powermeet and having the meet director verify that the lifter lifted RAW. The AAU PC will accept totals for all its 1995 national championships provided that the totals were made in a bonafide drug tested meet such as AAU, ADFFA, or USFP. This practice will be discontinued in 1997.

Much interest has been expressed in the 1996 Junior Olympics in New Orleans. We expect that entry forms will be available from Mike Janssen, 317-872-2900, in January. Lifters 11 and under will be allowed, and no qualifying total will be required. For lifters 12-19, boys and girls, totals will be required by age group and weight class. The age groups for both boys and girls will be 12-13, 14-15, 16-17, and 18-19. The lifter may not be older than 19 on the day of competition. This meet will also be the AAU PC Teenage National Championships for those lifters 12-19. Five team trophies will be awarded to the top five properly registered AAU PC lifters. To accommodate those lifters who wish to qualify for either the Junior Olympics of the RAW Nationals, a powerlifting contest has been added to the February 17th Bench/Deadlift East Coast Classic and to the May 4th New Jersey Bench/Deadlift Championships. Both meets held by Joe Pyra. Larry Larson will also hold a Raw Power meet in March in Massachusetts.

All national meet directors are requested to send a draft of their entry forms to either AI Siegel or Bill De Porter for review prior to their being sent to Mike Janssen, ASAP. Mike will mail these to AAU PC lifters at no cost to the meet director. Take advantage of this and send your entry forms in pronto.

The AAU will be publishing a sports pamphlet on powerlifting for January distribution. This is a service that provides for all AAU sports on a per sport basis. This pamphlet will describe our sport and explain our goals and how to participate in AAU PC. It will be available upon request to state chairmen, meet directors and other interested parties who wish to

# LOUIE SIMMONS' POWER EQUIPMENT

**REGULAR POWER RACK**

Hole spacing every 2 inches  
Will hold any size man

**475.00\***

**COMBO RACK**

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

**645.00\***

**POWER BENCH RACK**

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

**495.00\***

**BELT SQUAT AND PLATFORM**

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

**545.00\***

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

**FOR INFORMATION IN YOUR AREA CALL 1-800-44U-USA**

RETURN WITH FEES TO:  
Amateur Athletic Union  
3400 W. 86th Street  
P.O. Box 682071  
Indianapolis, IN 46268  
Attention: Mike Janssen

Are you presently covered by health & accident insurance?  
 Yes  No AAU activities I participate in hazardous and are cause bodily injury or death. I clearly understand that my participation in AAU sports activities, I assume all risk for any injury resulting therefrom.

I know that my participation in AAU activities I participate in hazardous and are cause bodily injury or death. I clearly understand that my participation in AAU sports activities, I assume all risk for any injury resulting therefrom.

Youth Fee \$10.00     Adult Fee \$25.00     Coach Fee \$12.00

Accepted By: \_\_\_\_\_ Date: \_\_\_\_\_

APPLICANT'S SIGNATURE \_\_\_\_\_  
 PARENT/GUARDIAN SIGNATURE \_\_\_\_\_  
 Telephone: \_\_\_\_\_

\*Payment only accepted through check or money order

DATE OF APPLICATION \_\_\_\_\_

MEMBERSHIP CATEGORY:  Athlete  Youth Program  Adult Program  Volunteer

CLUB # \_\_\_\_\_ CLUB NAME \_\_\_\_\_

PIO # \_\_\_\_\_

FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

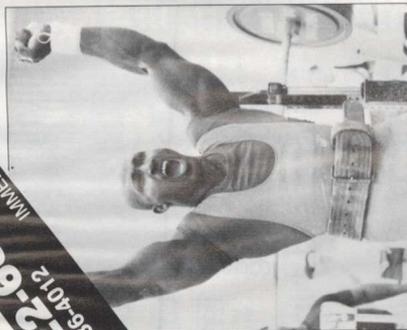


**INZER**  
**ADVANCE DESIGNS**  
 We Make Power Gear A Science

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

IMMEDIATE SHIPPING

M.C. USA, C.O.D.



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

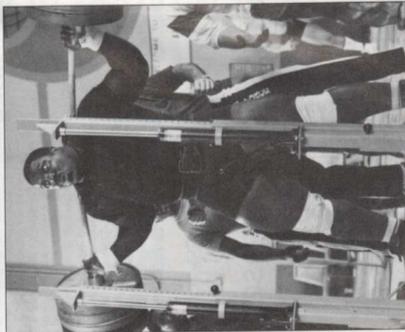


**"I've tried other suits. Inzer Suits are the best I've ever worn." - ED COAN**

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



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



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

**- O.D. Wilson**

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

More Items Available from

**INZER**  
**ADVANCE DESIGNS**  
 The World Leader in Powerlifting Apparel

**800-222-6897**

**903-236-4012**

**Inzer Advance Designs T-shirts** — 2 color logo

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

**Tank Tops** — 2 color logo ..... \$8.00

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

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

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

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

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

**COMPETITION BELTS**

**Lever Belts**

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

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

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

**Buckle Belts**

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

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

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality ..... \$29.00

**Chalk** — imported from Italy. The very best for grip — 1 lb. box of 8 - 2 oz. blocks ..... \$10.00

1 - 2 oz. block ..... \$2.00

**Suit Slippers** — makes putting on tight suits easier. M, L ..... \$19.95

**Ammonia Caps** - Box of 12 ..... \$5.00

**T-SHIRTS**

(limited availability)

**Inzer Intensity** - multi-color deadlift design ..... \$10.00

**OFFICIAL MEET T-SHIRTS**

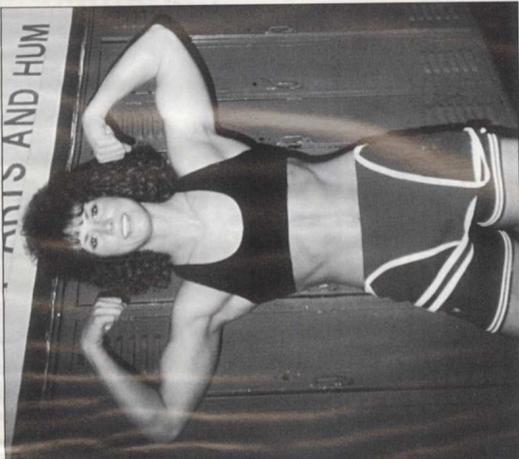
**Baddest Bench in America** - multi-color design ..... \$10.00

**Hawaii World Record Breakers** - years of 85, 86, 87, 88, 89, 90 multi-color designs ..... \$10.00

**VIDEOS**

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00





**Biggest Bench in the Greenbrier IV**  
John Martin Memorial  
1 Jul 95 - Alderson, WV

Women 114	150	W. Camell	310
123	150	J. Smith	265
124	150	J. Smith	265
125	150	J. Smith	265
126	150	J. Smith	265
127	150	J. Smith	265
128	150	J. Smith	265
129	150	J. Smith	265
130	150	J. Smith	265
131	150	J. Smith	265
132	150	J. Smith	265
133	150	J. Smith	265
134	150	J. Smith	265
135	150	J. Smith	265
136	150	J. Smith	265
137	150	J. Smith	265
138	150	J. Smith	265
139	150	J. Smith	265
140	150	J. Smith	265
141	150	J. Smith	265
142	150	J. Smith	265
143	150	J. Smith	265
144	150	J. Smith	265
145	150	J. Smith	265
146	150	J. Smith	265
147	150	J. Smith	265
148	150	J. Smith	265
149	150	J. Smith	265
150	150	J. Smith	265

**Outstanding Lifter at the Biggest Bench on the Greenbrier IV was Tina Mondlak, who benched 215 at 165.** (courtesy of Paul Sutphin)

Women who entered a West Virginia bench press meet on the Greenbrier IV were... (text continues with names and details of the event)

**AAU Allegheny Valley YMCA BP**  
24 Sep 95 - Lower Burrell, PA

Teen 148	90	D. Henderson	330
149	90	D. Henderson	330
150	90	D. Henderson	330
151	90	D. Henderson	330
152	90	D. Henderson	330
153	90	D. Henderson	330
154	90	D. Henderson	330
155	90	D. Henderson	330
156	90	D. Henderson	330
157	90	D. Henderson	330
158	90	D. Henderson	330
159	90	D. Henderson	330
160	90	D. Henderson	330
161	90	D. Henderson	330
162	90	D. Henderson	330
163	90	D. Henderson	330
164	90	D. Henderson	330
165	90	D. Henderson	330

**NASA Florida Regional (kg)**  
16 Sep 95 - Jacksonville, FL

Bench Press Only	220	215
166	220	215
167	220	215
168	220	215
169	220	215
170	220	215
171	220	215
172	220	215
173	220	215
174	220	215
175	220	215
176	220	215
177	220	215
178	220	215
179	220	215
180	220	215

**Powerlifting USA Back Issues**  
Mar/92... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFFA TOP 20 SHW lift, Jun/92... Baddest Bench in America, ADFFA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, Love by Dr. Judd, TOP 100 220s, ADFFA TOP 20 132s, Oct/92... Chris Confessor Profile, ADFFA National Deadlift, Paul Anderson, Lean Body Mass, Residual Effect Training, TOP 100 114s, ADFFA TOP 20 198s, Nov/92... IPF World J/Masters, Stretch & Release, Negative Thinking, P.L., Steve Scapelli Deadlift Workout, TOP 100 123s, ADFFA TOP 20 220 lift, Dec/92... NASA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFA TOP 20 132s, Jan/93... ADFFA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 275s, ADFFA TOP 20 165s, Aug/93... USF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFFA TOP 20 181s, Sep/93... ADFFA Men's Nationals, NASA Grand Nationals, Female Confessions, O.C.C., Craig Tokarski Seminar, TOP 100 114s, ADFFA TOP 20 198s, Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFFA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFFA TOP 20 220s, Nov/93... Ed Coan Interview, Anthony Clark Benches 735, Doug Ortiz Bench Workout, Reverse Grip Benches, TOP 100 132s, ADFFA TOP 20 242s, Dec/93... WDFP Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hyppers, How Often to Bench, TOP 100 148s, ADFFA TOP 20 275s, Jan/94... IPF Men/Women Worlds, IPF J/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFFA TOP 20 SHWs, Feb/94... Drug Testing Methods, ADFFA National Masters, Malibu Classic VI, Greg Watt BP Workout, Hernia Surgery, TOP 100 181s, ADFFA TOP 20 114s, Mar/94... Tamara Rainwater-Grimwood, TOP 100 118, ADFFA TOP 20 123s Training, Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teon Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psychology Up or Psyching Out, WNPFF Worlds, TOP 100 220, ADFFA TOP 20 132s, May/94... USF/ADFFA Collegiate, USF J/Natls, IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFFA TOP 20 148s, Jun/94... NASA Natural Nationals, WPA World, DASH Record Breakers, 165s Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFA TOP 20 181s, Jul/94... ADFFA National Masters, Ricky Crain Profile, Lower Back Training, Mike McDonald Bench Legacy, TOP 100 SHWs, ADFFA TOP 20 181s, Aug/94... APF SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFFA TOP 20 198s, Sep/94... ADFFA Men's Worlds, USF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Physiochemicals, TOP 100 123s, ADFFA TOP 20 220s, Oct/94... Paul Anderson Tribute, IPF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The ACE FACTOR, TOP 100 132s, ADFFA TOP 20 242s, Nov/94... WDFP Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFFA TOP 20 275s, Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USF Bench Nationals, European J/Women's, United We Stand, TOP 100 165s, Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Salinger of Austria, Meet Performance Review, TOP 100 181s, Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs, Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 123s, Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s, May/95... Mike Briggs, Jamie Harris' 740 Bench, James Henderson, USPF Jr., Changing Weight Classes, Joe McCalliff Squat Workout, TOP 100 275s, Jun/95... Antonio Krastev, USPF Collegiate/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW, Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Train Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights, Aug/95... Confessor 741 BP at 236!, Pre-Peak Bench Press Routine, Louie Simmons DLT Training, Grimwood Strength System Review, TOP 100 123s, Sep/95... TRIPLE SENIORS ISSUE ADFFA/USPF, How to Use Creatine, Chris Confessor Interview, Women & the Success Syndrome, TOP 100 132s, Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s, Nov/95... Greatest Bench Press in America, Jim Williams Profile, 1000 LB Squatter Anthology, AAU Nationals, NASA World Cup, TOP 100 165s, Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s, LIST THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, 81 DEPT., P. O. BOX 3238, CAMARILLO, CALIFORNIA 93011.

**LOUIE SIMMONS PRESENTS**  
**Training Secrets of Westside Barbell Club**  
**NOW ON VIDEO!**

Bench Press Workout NEW 3 hours .. \$49.95  
The Bench Press Video ..... \$29.95  
The Squat Video ..... \$29.95  
The Dead Lift Video ..... \$29.95  
T-Shirts (M, L, XL, 2XL, 3XL), ..... \$14.95  
Shipping/handling.....\$3.00

Send check or money order to:  
Westside Barbell Club  
1469 Demorest  
Columbus, OH 43228

**The Kelso Shrug System**  
by PL USA author Paul Kelso

The long-awaited shrug variations methods for lifters, body-builders, and strength athletes

**Book free with Trap Bar Purchase! \$150.00**  
(includes delivery anywhere in lower 48 states - plus free book)

\*...you've taken the shrug (leather than anyone in the game)\*. -Dr. Ken Leistner

Should be a part of every trainee's program!  
Fully illustrated. Extra sections for bone structure, bulk, and the Gerard Trap Bar.

**Order Now! Book only:**  
Only \$9.95 (US) plus \$2.00 S+H  
Check or M.O. Foreign orders add 10%  
Alaska, Hawaii, Foreign & orders for 1" bars - write for information first!

Peary Reider  
Middle Coast Publishing  
P.O. Box 2522 Dept. KP  
Iowa City, IA 52244

**The Kelso Shrug System**  
by PL USA author Paul Kelso

The long-awaited shrug variations methods for lifters, body-builders, and strength athletes

**Book free with Trap Bar Purchase! \$150.00**  
(includes delivery anywhere in lower 48 states - plus free book)

\*...you've taken the shrug (leather than anyone in the game)\*. -Dr. Ken Leistner

Should be a part of every trainee's program!  
Fully illustrated. Extra sections for bone structure, bulk, and the Gerard Trap Bar.

**Order Now! Book only:**  
Only \$9.95 (US) plus \$2.00 S+H  
Check or M.O. Foreign orders add 10%  
Alaska, Hawaii, Foreign & orders for 1" bars - write for information first!

Peary Reider  
Middle Coast Publishing  
P.O. Box 2522 Dept. KP  
Iowa City, IA 52244

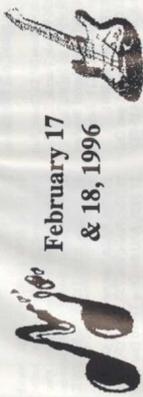






# ROCK N' ROLL IN CLEVELAND FOR THE

## 1996 ADFPA MEN'S AND WOMEN'S LIFETIME NATIONALS



February 17 & 18, 1996

Meet Directors: Ed and Frank King  
24748 Aurora Rd., Bedford Hts., OH  
44146 216-439-5464

### GREAT AWARDS (1st-5th) AND MEET ACCOMMODATIONS

ships (residents only, 14-15, 16-17, 18-19)  
Jim Burdman, Box 423, 116 Walnut St.,  
Greenville, PA 18054, 215-234-6685  
24 FEB, Valentine's Open Bench Press (open,  
master, submaster, women) Brent Miller, 1203  
762-0718 St., Burlington, IA 52601, 313-  
255-2555  
24 FEB, ADPPA PA State High School  
Closed/Open, Bob Gaynor, 19 Sunrise Dr.,  
Mt. Top, PA 18707, 717-823-6994  
24 FEB, NASSA Nebraska State PL/BP  
(Bellevue, NE) Rich Peters, Box 735, Noble,  
OK 73068  
24 FEB, 6th Winter Bench Press Classic  
(long tracked, open, 100% 1RM) Rich Peters,  
IN 46516, 219-676-6683  
24.25 FEB ANPPC Drug Free Southwester-  
n PL/BP (teen, women, men, master) Steve  
Wayne's Gym, 1245 Lone Club Rd., Scott,  
LA 70583, 318-261-1327 or 800-482-6772  
24.25 FEB, NASSA Louisiana Open PL/BP  
(open, women, men, master) Rich Peters, Box 735, Noble,  
OK 73068  
24.25 FEB, ADPPA Minnesota State PL/  
BP (Brooklyn Park - men, women, teen, Jr.,  
pubes & free, Midwest Masters) Dennis Green,  
Box 147, New Market, MN 55054, 612-  
461-3007 7-9pm  
24.25 FEB, NASSA Combined All Natural  
Ohio High School Boys/ Girls PL/ BP &  
National High School Team Championships  
(open, women, men, master) Rich Peters, Box 735,  
11, 121 Oneida St., 37, Wilkerson Dr.,  
Chickson, OH 45368, 513-568-9116  
25 FEB, 5th New York State Bench Wars,  
Powerhouse Gym, 1462 Allamont Ave.,  
Schenectady, NY 12303, 518-355-0023  
25 FEB, ADPPA Top Gun Bench Press (all  
div./w/c classes) Bob Gaynor, 19 Sunrise Dr.,  
Mt. Top, PA 18707, 717-823-6994, 474-  
6111  
25 FEB, FL Lauderdale Open BP (teased/  
non-teased), APA Box 27204, El Joaze, FL  
33927, 941-697-7962.  
FEB, WNPF Wilmington Open (Wilmington,

2 MAR, Southern IL BP/DL, Son Light, 126  
W. Sals, Tuscola, IL 61953, 217-253-5429  
2 MAR, 1st Annual Florida State Bench  
War, Larry Friedlander, 10000 Beech  
E. Main St., Landale, PA 19446, 215-868-  
1601  
2 MAR, Armed Forces Bench Press (Ramstein  
AB, Germany) 86 SVS/ SVMP, Sgt. Sykka,  
Unit 3240, Box 535, APO AE 09094, 011-  
49-6371-47-7623 x 2480  
2.3 MAR, NASSA Virginia State  
Championship (Rich Peters, Box 735, Noble,  
OK 73068)  
2.3 MAR, USPF Bench Press Nationals  
(Portland Sheraton Airport), Gus Reth-  
wisch, Box 5292, Bend, OR 97708,  
503-389-0600  
2.3 MAR, 14th ADPPA Sheraton Open,  
Tom Gordon, 58 Phillips Way, Sharon, PA  
15146, 724-233-2333  
2.3 MAR, ADPPA Connecticut State Open  
(at 100, men, women, teen, master, spec.  
open), Lloyd Weinstein, 909 Washington  
Bldg., Stamford, CT 06901, 203-357-7000  
3 MAR, USFF New Jersey High School  
Championships, Paul Sacco, 537 Pine Rd.,  
Hampton, NJ 08037, 609-567-0046  
3 MAR, (new date) Pennsylvania State  
Championship (new) Howard Collier,  
130 Broadwies, GA 31405, 912-354-8072  
or 9187 (after 4 pm)  
9 MAR, 3rd Ed Jubbville Memorial Bench  
Press (open, novice, women, teen, submas-  
ter, master) Bernabe Neutias, 205 West St.,  
Pittsfield, MA 01201, 413-495-1217  
9 MAR, Southern Tier Bench Press (open,  
novice, women, teen, submaster, master)  
Mike Giacino, 900 Hudson Acres Dr., Pine  
Ck, NY 14871, 607-739-4419 after 5pm  
9 MAR, Palmetto State BP (Florence, SC -  
teased/non-teased), APA Box 27204, El  
Joaze, FL 33927, 941-697-7962.  
9 MAR, USPF Texas State (Austin - BP,  
Siloos Class II, women, open, teen, master)  
Steve Wayne's Gym, 1245 Lone Club Rd.,  
78155, Canyon Park, Seguin, TX  
78155, Canyon Park  
9 MAR, NDSA Super Squat Nationals/MN  
Monter, BP, Davin Jacobson, Box 1031,  
Willmar, MN 56201  
9.10 MAR, (new date) USPF Junior  
National (14-15, 16-17, 18-19, 20-  
23) and American Invitational (IFF rule  
open, women, teen, master) Rich Peters,  
for '96 IFF Jr. World team), Robert  
Keller, 752 Jps Ln., Ambler, PA  
19002, 215-542-4941  
9.10 MAR IFA PL/BP Championships,  
Cory Cunningham, 2414 Lincoln Dr., Lorain,  
OH 44052, 216-288-0787  
9.10 MAR, NASSA Iowa State PL/BP (Dw  
Hosler) Rich Peters, Box 735, Noble, OK  
73068

### 2/24 Pennsylvania State High School Open/Closed Power Meet (State records will be established)

2/25 Top Gun Bench Press Championships

3/24 Superstars Bench Press Championships.

Gerl or Bob Gaynor

19 Sunrise Drive  
Mountaintop, PA 18707  
717-823-6994 or 717-474-6111

9.10 MAR, ANPPC Drug Free Southeast-  
ern PL/BP (teen, women, men, master)  
Rich Peters, Box 735, Noble, OK 73068,  
900-482-6772  
9.10 MAR, ADPPA National Military  
Championships (FL Hood, TX MSGT  
Johnny Graham, 1706 Shoemaker Dr.,  
Killeen, TX 76543, 817-926-0779 af-  
ter 8pm CST or AV 77-3332  
16 MAR, WNPF Massachusetts State/Open  
(Springfield) Rich Peters, Box 735, Noble,  
OK 73068, 900-482-6772  
16 MAR, Son Light Spring Classic BP/DL,  
Son Light Power, 126 W. Sals, Tuscola, IL  
61953, 217-253-5429  
16 MAR, Iowa Open Bench Press (high  
school, novice, open, master, submaster,  
women) Wayne Hammes, 115 Rosebarger  
Ave., Clear Lake, IA 52577, 515-675-1398  
16 MAR, APF Tennessee State PL/BP,  
Troy Hicks, 314 W. Lokay, Murfreesboro,  
TN 37130, 615-890-2633  
16 MAR, Miami County Championships  
(high school men/women, master, men,  
women) Greg Barnett, 11 S. Pearl Pk., KS  
66502, 785-720-2720  
16 MAR, NASSA Wisconsin State (Jean, NJ)  
Rich Peters, Box 735, Noble, OK 73068  
16 MAR, NASSA Missouri High School, Art  
Capstick, 714 S. Main, Carthage, MO 64836  
16 MAR, ADPPA Massachusetts Open High  
School (boys & girls) H. Waldron, Coyle &  
Coady H.S., 2 Hamilton St., Taunton, MA  
02780, 508-828-6164 ext 680  
16.17 MAR, (new date) USPF Oregon  
State Open, Rich Peters, Box 735, Noble, OK  
73068, 900-482-6772  
16.17 MAR, WPA Worlds PL/BP (BP  
(Sherbrooke, Quebec, Canada) Louis  
Levesque, 342 Rue 249 North, Ste. Elle  
D'Orford, Quebec, Canada J0B 250,  
819-822-0727  
17 MAR, Oregon Bench Press, John  
Snyder, 1311 1/2 St., 941, Shattarovich, VA 22875,  
804-985-3932  
17 MAR, Marietta YMCA BP & DL (open,  
novice, master, submaster, teen, women - no  
formula) Wendy Gray, 3007 7th St., Marietta,  
OH 45750, 614-373-2250 or 374-25416  
23 MAR, USPF California State Jr., Sub-  
master/teen/teen/teen (USA) 1940-8 Club,  
841, Huntington Beach, CA 92647, 714-  
841-3055  
23 MAR, Georgia State meet, Curtis Laile,  
310 N. Hill Parkway, Atlanta, GA 30341,  
770-458-5606  
23 MAR, Strong Arm of the Law, Bench  
Press Class III in memory of Officer Thomas  
McHenry, 1800 Lintonville Rd., Cary,  
NC 27513, 919-487-2222  
23 MAR, BPO Local 382, PO Box 345,  
Lewell, MA 01842  
23 MAR, NASSA Indiana State (Indianapolis)  
Rich Peters, Box 735, Noble, OK 73068  
23 MAR, NASSA New Mexico State PL/BP  
(Albuquerque) Rich Peters, Box 735, Noble,  
OK 73068  
23 MAR, NASSA Arkansas State PL/BP (open,  
novice, master, submaster, teen, women, no  
formula) UALR Ath. Dept., 2803 Univer-  
sity, Little Rock, AR 72204, 501-569-3167  
or Larry Kyle 982-7668  
23 MAR, 6th Iowa High School Drug Free  
BP (FR./SO./JR./SR, male/female) Lifetime  
Fitness, 4128 Nobis Dr., Davenport, IA  
52802, 319-322-2111  
23 MAR, Chain Fever DL (women, teen,  
master, submaster, high school, women, no-  
vices, junior, collegiate, spec. olymp.) Lifetime  
Fitness 4128 Nobis Dr., Davenport, IA 52802,  
319-322-2111 (NPPA/CAP World BP/DL  
Championships) Rich Peters, Box 735, Noble,  
(Newmont, teled (non-teased), APA, IL  
96262.  
23.24 MAR, IPA Pro/Am Spring Bench  
Press Festival (men & women, law enforce-  
ment, open, teen, Jr. submaster, master by 4  
year age breakdown) from MacDonald, 8588



# B & W GYM

presents

## ADFPA

### High School National Powerlifting Championships

Saturday March 30, 1996

Sunday March 31, 1996

Varsity, Frosh-Soph. & Women's Divisions  
Open to any high school student who has lifted  
in an ADFPA meet in the prior year.

for info:

**B & W Gym**  
5920 N. Ridge  
Chicago, IL 60660  
312-561-9692



### ADFPA

Chicagoland  
Bench Press  
Championships

Sun., Feb 4, 1996

Open, Women, Teen & Masters divisions

### ADFPA

Chicagoland  
Deadlift  
Championships

Sun., April 14, 1996

Open, Women, Teen & Masters divisions



## 14th Annual Viking Open

Saturday May 18 & Sunday May 19

Men, women, masters & teens  
Best lifters, best squat, bench & deadlift awards  
in all divisions

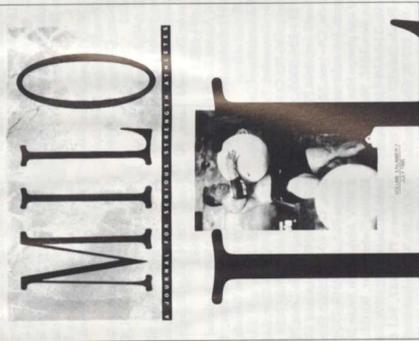






MILQ is a journal for people who are serious about strength—weightlifters, strongmen, powerlifters, Highland Games athletes, arm wrestlers, throwers. And even though we have a lot of Olympic gold medalists, most of our readers are guys who train in their garages, basements or backyards—guys who lift for themselves, not the promise of a future Coke contract. MILQ has everything you need to get stronger, from the top authors and the top photographers in \$12/elsewhere. Read MILQ and you'll see what everyone has been talking about.

**IronMind Enterprises, Inc.**



the field. Training. Personality profiles. Contest reports. Technique. And we deliver it in a high-quality package, not something that looks like a second-rate grille magazine, a pile of ads, or something your 5-year old would put out. Subscribe and get four issues a year: \$23.95/US, \$27.95/Canada, \$49.95/elsewhere. Single issues available postpaid: \$7/US, \$8/Canada.

IronMind Enterprises, Inc. P.O. Box 1228 Nevada City California 95959 U.S.A. Tel: 916.265.6725 Fax: 916.265.4876

**HIGH PERFORMANCE FITNESS EQUIPMENT**  
AMERICAN DESIGNED OR AMERICAN MADE

**PRO POWER RACK**  
\$279.00  
BAR WEIGHT NOT INCLUDED  
Belts, Gloves, Knee Wrap, Wrist Wrap and Access. Bars Available

**GRAVITY INVERSION BOOTS**  
\$79.00  
Back Pain Relief

**LEG PRESS HACK SQUAT**  
FROM \$54.9 to \$65.9

**CROSSOVER SALE**  
\$699 PLATELOAD  
\$999 100 LB. STACK  
\$1099 150 LB. STACK  
92" TALL

**300 LB. OLYMPIC PRO SET** \$139.95 + Freight  
Plates include 2 ea. 45, 35, 25, 10, 2 1/2 and 4 each 5 lb. plates + 7 ft. power bar and collars. SAVE \$120.00

**SMITH MACHINE**  
FRICTION FREE



WEIGHT NOT INCLUDED  
Vertical Leg Press \$279.00  
Power Rack \$279.00

**AS GRIPS**  
\$24.95

**THE CARDIO-RIDER**



MODEL AS-2000  
EXPERIENCE THE MOST EFFECTIVE FAT BURNER AVAILABLE  
• ROTATING HANDLE BARS FOR EASY  
• EXTRA STRETCHING MOTION FOR MORE EFFICIENT WORKOUT.  
• ADJUSTABLE SEAT AND HANDLE BARS TO ACCOMMODATE ALL SIZE USERS.  
• POSITION DIAL-A-SHOCK FOR ADDED RESISTANCE  
• FULL FEATURE COMPUTER TO REGULATE YOUR EXERCISE

HEALTH PRO PROVIDES THE FINEST FITNESS EQUIPMENT MADE IN AMERICA. FULL LINE OF FREE WEIGHT EQUIPMENT.  
Smith \$549.95  
Squat Rack \$199.95  
Preacher Curl \$119.95  
\$8 LB. Bench \$99.00  
Save \$1 home out. of \$8 gym business start-up package. Inquiries to 773-688-7059.  
HEALTH PRO, P.O. Box 111605 • Houston, TX 77283  
Phone Orders 1-800-553-8904

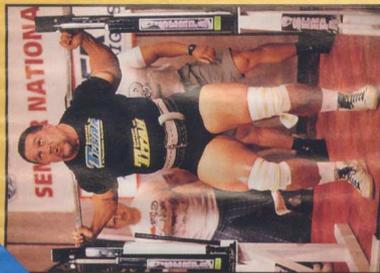
**1,003 lb. SQUAT, 15 GOLDS @ 1995 NATL'S!**



Patent #5,046,194  
**The Centurion is the choice of Team Titan, ADPPA/USPF Team National Champions!**

This year's Nationals produced FIFTEEN GOLD MEDALS plus the highest recorded squat in IPF history! It is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it also features our H.P. (high-performance) leg design to prevent leg slippage for bigger, safer squats.

**"The Centurion is the Choice of Champions!"**  
Backed by the "performance guarantee" our competitors refuse to match. Six months crutch; 1st-3rd month = \$50.00 + new suit; 4th-6th month = new suit. One year run guarantee (a major cause of blowouts) = \$75.00 + new suit. Three month miscellaneous replacement.



"Captain" Kirk Karwowski; 1,003 lb. Squat and 2,303 lb. total, IPF World Records @ 268 bodyweight! Champion or champions!

Colors: Black, Royal Blue and Red. Combination colors available.  
Centurion  
Custom Tailored Dual Quad  
\$60.00, 2 for \$105.00  
\$75.00, 2 for \$135.00

**HI-PERFORMANCE**

**Signature Series Wraps**

**Signature Series Red Devils** – Throw your old wraps out! The new Signature Series Red Devils are here and you won't find a tighter wrap anywhere else! These wraps are designed to wrap tighter, store more energy and give more rebound than any other wrap! Wrist wraps feature Aplix and thumb loop.

- ▶ Knee Wraps \$19.95
- ▶ Standard (12") Wrist Wraps \$12.50
- ▶ Medium (24") Wrist Wraps \$14.50
- ▶ Full (36") Wrist Wraps \$16.50

**SST Pro Series/Ultra Belt**

**SST Pro Series** – The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing (any size, width or heel height); (2) Wedge arch support; (3) Totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (4) Full grain leather construction with Cambrelle lining; (5) Hi-density molded sockliner; (6) Fiberboard heel counter to prevent "roll over"; and (7) Velcro lateral strap for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4-6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World!

White with black trim \$139.00

**Ultra Belt** – The heaviest, strongest belt in existence! Every belt features: (1) Stainless steel seamless roller with 3mm thick walls; (2) Two layers of steerhide, maximum legal thickness; (3) Eleven 1" spaced holes; (4) Buckle/roller lifetime guarantee. Used by "Captain" Kirk Karwowski!

Custom Colors. One or two prong. \$90.00



Order blank on next page or call 1-800-627-3145



#1 in Power Lifting Performance

# ADFP/USPF Team Nat'l Champions, 15 GOLDS!

All suits feature our **H.P.** (hi-performance) leg design to prevent leg slippage for bigger squats.  
**Titan is the choice of champions!**

Available in 4 sizes



Gene Bell, "The Legend", Multi World Record holder and World Champion.

**THE GUARANTEE**

*From the "inventors" of the performance guarantee*

Nobody, but nobody, has ever matched, let alone surpassed, the Titan performance guarantee. And we dare them to try! No ad hype here... total satisfaction guaranteed: 6 months crutch blowout; 1 year run guarantee + (a major cause of blowouts) = replacement. \$50.00; 3 months miscellaneous replacement. Applies to Victor and Custom Suit A and B.

**THE VICTOR**

WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee.**

- ▲ Colors: Black, Royal Blue & Red
- ▲ Sizes: Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- ▲ High or Low Cut ..... \$36.00 each  
2 for \$61.00



Ray Benemerito; 1906 lb. total @ 181! Multi World Record Holder and World Champion.

## CUSTOM TAILORED SUIT

Not an off the shelf product! Every suit is custom tailored from scratch to fit only one lifter... **YOU!** Each suit is then individually coded and the pattern is computer stored. Titan recognizes your unique needs and provides you with an equally unique suit. Proven on World Records and backed by **The Performance Guarantee.** (Call for delivery time).

▲ **Fits:** **Regular** - snug fit for new lifters or for passive support  
**Meet** - light, supportive fit for training and competing  
**Competition** - tightest fit, not recommended for new customers

▲ **Styles:** **Sideseam A** - strongest commercial side seam ..... \$40.50 each  
2 for \$73.00  
**Sideseam B** - our original handmade 3 cm side seam ..... \$42.50 each  
2 for \$77.00

▲ **High or Low Cut**

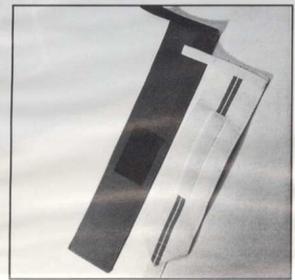
## KNEE WRAPS



**Red Devils** - Still one of the most supportive, tightest wraps ever! White with Red Stripes. \$15.45/pr.  
**Radical Reds** - solid red wrap. Why pay more for the same wrap when you don't have to! \$14.95/pr.

Quantity discounts available!

## WRIST WRAPS



**Red Devils.** Don't be fooled by cheaper versions. Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Velcro). 6 mos. guarantee

- ▲ Standard length \$10.45 (pr.)
  - ▲ Mid Length 24" 12.45
  - ▲ Full Length 36" 14.45
  - ▲ Radical Red Wrist Wrap \$8.95
- Quantity discounts available!

## COMPETITION BELTS



Now featuring the heaviest stainless steel seamless roller on the market! Cylinder walls are a full 3mm thick with a lifetime guarantee! Made from heavy stock American bullhide and the finest American suedes. Also features 6 rows of stitching and 1" spaced holes for the ultimate fit and durability.

▲ Black, Royal Blue, Red \$65.00

## SAFE'S SQUAT SHOES



**Contender:** Designed & manufactured exclusively for powerlifting... not a converted high top. Features: (1) split grain leather with Cambrelle lining for maximum moisture wicking; (2) wedge arch support; (3) totally flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) fiberboard heel counter; (6) lateral adjustment strap (7) Standard, 3/4" heel (8) D width (average) \$99.00

## New Products

- Serpa Hydraulic Squat Racks:** Call for free flyer. Must see. \$80.00
- Ultimate Bench Spotter:** Call for free flyer. Must see. \$4.50
- Deadlift Helpers:** 1.25" square, steel construction \$8.00
- Ammonia Caps:** Box of 10 \$20.00
- Chalk:** per lb. \$15.50
- Titan Power Singlets:** Hi-cut, 15 cm leg, Black, Royal Blue, Gold \$25.00
- Briefs:** Titan quality and performance. \$5.00
- Dual Quad Briefs:** Patented harness design \$44.95
- Deadlift Slippers:** Rubber soled. \$8.50
- Adidas Deadlift Shoes:** \$10.50
- T Shirts:** Titan #1 in Performance, 3 color \$8.95
- ADFP/USPF Team Nat'l Champions, 3 color \$10.50**
- Grip:** Silica compound grip enhancer \$8.95

## ORDER FORM

ITEM	Color		Size	Quantity	Price
	1st	Alt.			
Hi or Low Cut					
CUSTOM SUIT	<input type="checkbox"/> Reg.	<input type="checkbox"/> Meet	<input type="checkbox"/> Comp		\$4.50
	<input type="checkbox"/> Style A	<input type="checkbox"/> Style B	<input type="checkbox"/> Dual Quad		Shipping & Handling
Male <input type="checkbox"/> Female <input type="checkbox"/>					Overseas add 30% Air
Height _____					Tx. Res. add 7.75% Tax
Weight _____					Total
Hips (Buttocks) _____					
Leg (Largest part) _____					
Overall (TOP OF TRAP TO F BELOW CROTCH)					

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA  
1-800-627-3145 • 512-991-6749 • FAX 512-991-9470  
Visa, MC, Amex, Discover, COD



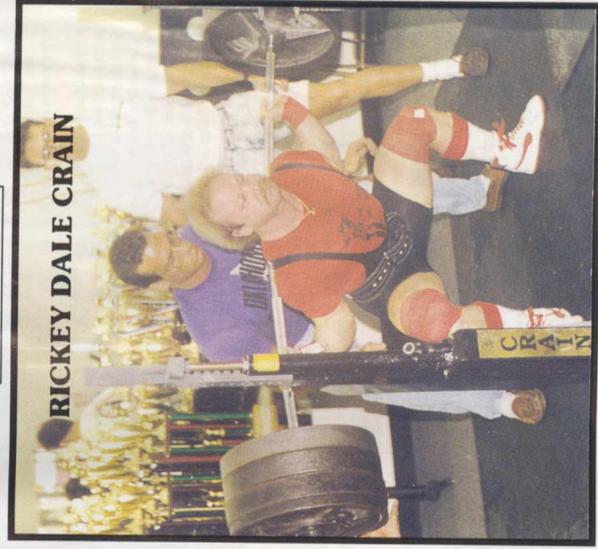


Two of the BEST SQUATERS IN HISTORY have become **OUTLAWS** and LEGENDS OF SQUATTING. Known for their use of **POWER AND SCIENCE**, their secret is...



# THE OUTLAW™ POWER SUIT®

3 MONTH GUARANTEE



RICKEY DALE CRAIN



FRED HATFIELD  
MEMBER

GIVE HEIGHT AND WEIGHT WHEN ORDERING

## THE OUTLAW™ POWER SUIT® \$49.95

US Trademark Reg.#1544517 Navy Blue, Black, Red, Royal Blue  
 Sizes 18-46 - Other colors Available - Two and Three Tone Available  
 Double Thick OUTLAW™ POWER SUIT® (APF Legal).....\$89.95  
 "Training" OUTLAW™ POWER SUIT®.....No Straps.....\$36.95  
 "Training" POWER BRIEF™.....No Straps.....\$22.95  
 Double Thick OUTLAW™ POWER BRIEF™.....No Straps.....\$29.95  
 Double Thick OUTLAW™ POWER BRIEF™.....No Straps.....\$36.95

## The POWER SUIT® \$36.95

US Trademark Reg.#1544517 Navy Blue, Black, Red, Royal Blue  
 Sizes 18-46 - Other Colors Available - Two and Three Tone Available  
 "Double Thick" POWER SUIT® (APF Legal).....\$69.95  
 "Training" POWER SUIT®.....No Straps.....\$26.95  
 POWER BRIEF™.....No Straps.....\$16.95  
 Double Thick POWER BRIEF™.....No Straps.....\$29.95

## LYCRA LIFTING SINGLET \$29.95

Navy Blue, Black, Red, Royal Blue Other colors Available  
 XS - XXXXL

## INZER BLAST SHIRT™ \$38.95

Patent #4473908 Red, Navy Blue, Black, Royal Blue  
 Give Chest / Bicep Measurement..... Sizes 34 - 64

## INZER ERECTOR SHIRT™ \$38.95

Give Chest / Bicep Measurement..... Sizes 34 - 64

All Prices Subject To Change  
 ALL MAJOR CREDIT CARDS  
 CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)  
 Outside USA and Customer Service Call 1-405-275-3689  
 Call Toll Free - Orders Only  
**1-800-272-0051**

HANDLING \$5.00  
 Outside U.S.  
 Handling \$5.00 +  
 30% Surface or 40% Airmail  
 Minimum \$5.00  
 Oklahoma Residents Add 7.5%

**CRANS MUSCLE WORLD, LTD**  
 P.O. Box 1322 • 1124 North Harrison  
 Shawnee, Oklahoma 74802-1322 U.S.A.



**Style A \$64.95**  
 3 Color Suede Double Thick



**Style B \$64.95**  
 2 Color Suede Double Thick



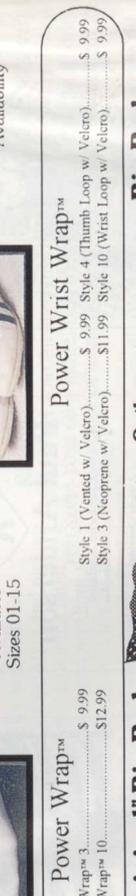
**Style C \$64.95**  
 1 Color Suede Double Thick



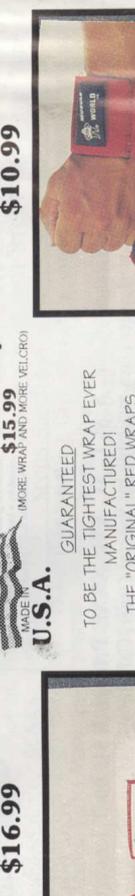
**Style D \$54.95**  
 Double Thick Leather Suede Lining



**Style E \$44.95**  
 2 1/2" Tapered Front Single Thickness Suede



**Style F \$24.95**  
 4" Leather Single Thickness



**Style G \$29.95**  
 6" Tapered Single Thickness



**Style H \$24.95**  
 Single Thickness



**Style I \$54.95**  
 Economy Suede Belt

Leather or 1, 2, 3 Color Suede  
 Lever Action Belt  
 Same as Style C w/ embrodered name

Same as Style L w/ embrodered name

FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG.....

### THE OUTLAW POWER SHOE™

A squat shoe designed for squatting by a World Class Squatter.  
**SIZES 03 - 14**  
**\$99.95**  
 White w/ Black  
 White w/ Navy Blue

### Power Deadlift Slipper \$10.95

Call for Colors Available  
 Sizes 01-15

### Power Wrist Wrap™

Style 1 (Vented w/ Velcro).....\$ 9.99  
 Style 3 (Neoprene w/ Velcro).....\$11.99  
 Style 4 (Thumb Loop w/ Velcro).....\$ 9.99  
 Style 10 (Wrist Loop w/ Velcro).....\$ 9.99

### The "Original" Big Red Power Wrap™ \$16.99

MADE IN U.S.A.

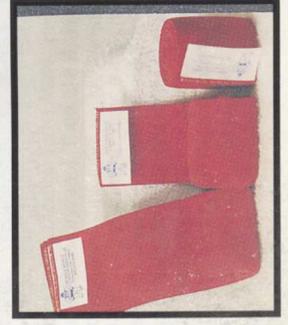
### The Big Red Power Wrist Wrap™ \$10.99

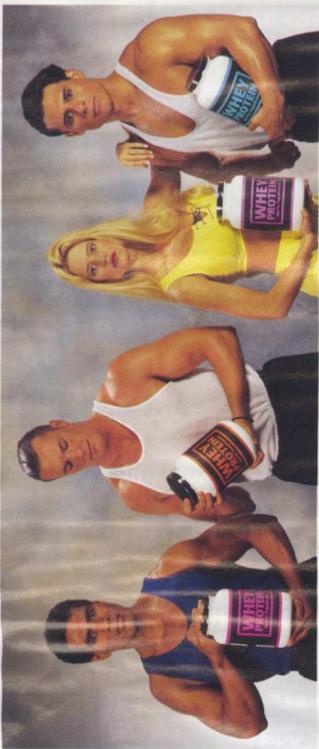
More Wrap and More Velcro!

GUARANTEED TO BE THE TIGHTEST WRAP EVER MANUFACTURED!  
 THE "ORIGINAL" RED WRAPS... THAT EVERYONE IS ATTEMPTING TO COPY!

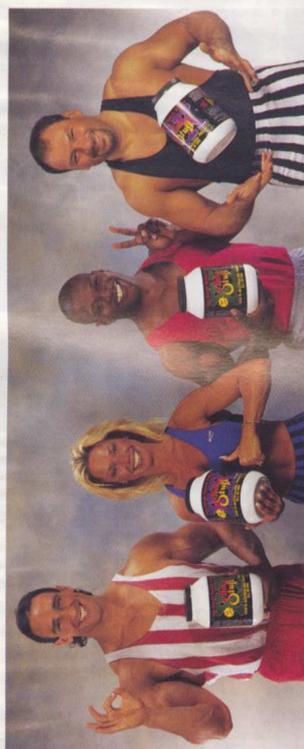
# THE POWERBELT™

# THE POWER SHOE™





## Some People Spend \$30 Bucks For A Container Of Whey Protein And Are Very Happy To Do It...



## While Others Spend \$30 Bucks For A Container Of Whey Protein And Are Much, Much Happier!

### Here's Why...

For just about the same amount of money you're now spending on your favorite whey protein, you can buy a container of Hot Stuff XX made from 100% whey and get over 50 fabulous muscle building ingredients absolutely free. Branch chain amino acids, yohimbe, ginseng, yucca, yerba mate, guarana, OKG, creatine monohydrate, kola nut, saw palmetto, smilax, sterols, orchic, colostrum, Mexican wild yam, inosine, PAK, L-carnitine, potassium, magnesium, royal jelly, niacin, zinc, radix astralagi, vanadyl sulfate, dibencozide, gamma oryzanol, chromium picolinate and on and on. Shouldn't you be smiling too?

**Hot Stuff... It's Whey Protein And So Much More!**

© 1995 National Health Products

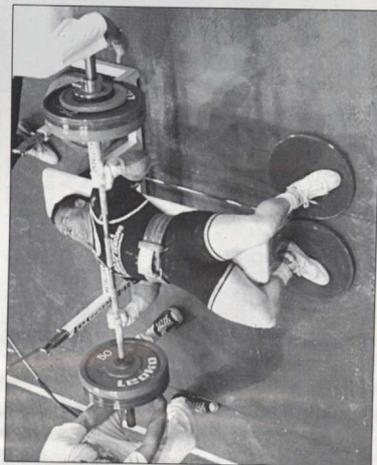
(article continued from page 8)

The legend of America's Ed Coan extends around the globe, and he was once again the center of attention in the 220 lb. class. Ed was somewhat recovered from the injury that showed itself so painfully at the USPF Sr. Nationals, but expected to take his squat and deadlift conservatively at this meet (by his standards) so he could concentrate on a shot at the 1977 IPF World Record bench press of 576.5 by Mike MacDonald. Ed wowed the crowd with his 2 squats, passing on a third. The crowd actually buzzed - you could hear it - for several minutes after each of Ed's lifts. Unfortunately, the benches did not go the world record route, and Ed suffered with a very uneven and abrupt handoff on his final attempt. Ed's deadlifts didn't look all that comfortable for him, and he passed his 3rd attempt, as he did in the squats. Rumor has it that Ed may go 242 in the future - what might he lift at that high a bodyweight?

Far behind Ed was a fine Russian competitor, Vladimir Markovsky, and behind him a wildly appreciated Norwegian, big armed Carl Olaf Christoffersen. Lanky Alexei Gankov, also of Russia, pulled himself into 4th over 20 year old Alexei Soloviev - who didn't make many attempts, but literally bulges with future potential. By the way, the Ukrainian - Russian rivalry is very real, and we did get a report that one of the Russian contingent came to blows with a Ukrainian official - off the platform. There were two Finns in this class, but Pasi Aisjoki - who looks a bit like Vranen - had numerous problems getting numbers up on the board, while his blond haired countryman Jarmo Ranta had considerably more success, but not at a 777 deadlift that the crafty Finnish coach Jari

Tahinen told him would give him the world championship gold medal and beat the great Ed Coan. There were severe storms elsewhere in Scandinavia and, in one case, they kept a very interesting name out of the mix in this class. Kenneth Mattsson, former IPF World Champion, could not get a plane, or a train, or a motor car, or anything to get him out of Gothenburg, Sweden to join his team at this competition. The Swede who did make it, Jorgen Ljungberg, made some of the fiercest efforts of anyone in the contest, but only 4 were successful. Impressive in his first world championships was Masahiko Miyamoto, handled by the ever hard working Susumu Yoshida. Gerhard Depper, SHW World Champ Karl Seiliger, had travel troubles getting the meet as well, but showed some great pulling power, that should be amplified next year when the Men's World Championships will be held in his native Austria. The two Austrians in the class were game - Zamolo, in particular, had many judging decisions turn out not in his favor.

Things turned a bit ugly in the 242 lb. class, but that had nothing to do with the libable powerhouse from New Zealand, Derek Pomana, who seems to get bigger and stronger each time he comes to his meet. Derek was in fine style, with his squats and benches looking almost too easy, except for the excellent chosen 3rd attempts that were right on the mark. It must be a great feeling, wanting the World title, and knowing with greater certainty after each successful attempt that it is finally going to be yours. Jeff Douglas was a late addition to the USA team and he did a fine job in securing the silver medal and team points. Obviously, he would have liked the win, but he was not going to be able



Ed Coan... was hoping for his first World Record in the Bench Press.



Benching Big and Easy was New Zealand's Derek Pomana at 242.

Scott - who looked like a different person - out to apologize and shake hands with the referees. Later, Arnul Wahlsstrom said that he held no hard feelings after the episode, but it was something that was bad for the sport of powerlifting. The IPF quickly dealt Scott a two year suspension, but on probation. If a similar event takes place, the suspension for this incident will be activated. Reportedly, Scott's apology in the disciplinary hearing earned him the probationary judgment.

Ano Turbainen has turned his rugged looks and physical power into substantial enforcement business here in Finland, and he was a tremendous favorite with the crowd. Unfortunately, he met the same fate from the judges as Scott, 9 rods with 760 in the squat, but he took it like a gentleman and slowly walked from the stage. It was the crowd that reacted strongly, with a massive torrent of whistles and boos. Afterwards the Finnish television crew turned off their camera lights and left for the day, as did a substantial number of Finnish fans.

Kirk Karwowski has a large appetite - for food - life - and powerlifting in particular. He was practically inhaling calories to keep his weight up, but the pace he keeps up when dealing with fans and friends at these meets, and on the periphery, is too much for even Kirk to handle, and he came in a just under 270. Regardless of his bodyweight, there was little drama as to where Kirk was going to place - unless the unexpected came to be. Capt. Kirk is too wise for that stuff nowadays, and performed his opening attempts precisely. He received an awkward handoff on the high and narrow bench and missed the groove on his bench attempts with 551, and that old grip problem kept him from making 744 easily in the deadlift. This is the first Worlds in the deadlift where Kirk has not been ill prior to



Captain Kirk had his off-lithium crystals charged up for the squats

lifting, and he was thankful for that blessing.

Probable silver medalist Viktor Naleykin of the Ukraine was called up for his 1st squat, but did not appear, possibly burning himself and the tender shoulder out by coaching all the other successful Ukrainian entrants in the days prior to his competition. Sturla Davidson took command of the silver medal in his stead, but he had to face a 3rd attempt deadline with 496 in the Breast of Canada came up bronze, after one last shot by Midote Daisuke of Japan, who is truly a huge human being. A troubled opening bench kept him from ranging to an attempt to break his own Junior-world record in that discipline. He is proudly trained out of Susumu Yoshida's Powerhouse Gym in Japan. A clever veteran, Leopold Krendl gave 4th place a try, but not before he had 5th secured from bulky Vladimir Simonenko of Russia. Per Klymch of Denmark deadlifted his way into 7th over Polska Powerstar Ryszard Wiszola. Bury Hai Chin Liang of Chinese Taipei sweated out both the bench and deadlift until he could total out in 9th, ahead of Xavier Vendramant of India, who looks like he could be a big time squatter in the future. John Smith of the Republic of South Africa found that his olive drab bench shirt was not sufficient to get him into the deadlifts.

Just when you start to get adjusted to the local time zone, the meet is over and you have to head on home and readjust again, but not before one of the most exciting Superheavyweight battles involving



Spino... victory without a belt

are capable of such, but Shane did it to the glee of the USA coaching staff, however, Yuriy had already proven his mettle by taking the lead with a 795 deadlift, and he was prepared to try whatever it was going to require to win on his 3rd attempt. 377.5 kilos were loaded up, and the lifting-beltless marvel took the stage. His pull was long and hard, and Ed Coan thought he may have bent his knees a bit at the end, but the lights were white and the class and entire competition went over. Before that final moment, the rest of the players assumed their rightful positions. The enormously righted, 397 lb. Roger Sandstrom consistently placed third in the squat, bench press, deadlift and total, and thus ahead of the improving Evgeny Popov, who had to dig deep and go extra low in his final try with 782 in the squat to stay in the meet. Ralf Gierz of Germany got lots of good response from the crowd, smiling his way through good lifts and struggling off the failures.

Another huge Swede, Yngve Gustavsson, made a desperation 3rd attempt squat to earn his way to the benchmarker for the Supers. When Thor Maszaros of Hungary sands the rough edges off, he's going to break the 2000 barrier easily. Big Chien-Hsiung Chao of Chinese Taipei was just up from the 277.5, but was tough enough to emerge 8th against heavier competition, namely Gunnar Olafsson of Iceland and Ralf Gierz of Norway. Canada Hans Kalleberg of Norway only did squats and was seen leaning heavily on a cane to get around Taipei and Baranov were not close to getting their openers in the bench press, and neither was colorful Michael Abdullah, representing Australia from Japan, who blew out his Aussie colors bench shirt on his final try.

More and more, the US dominates less and less in IFF World Championship competition, yet even with the bombouts and hard luck on the squats, the USA team was able to emerge victorious in the team competition with 60 points, followed by the very tight pack led by the Ukraine (52), Russia (50), Finland (49), Norway (44), Sweden (40), Poland (36), and then came India (31), Japan (28), Belgium (22), Canada (21), Bulgaria (14), Germany (14), France (13), Chinese Taipei (13), New Zealand (12), Slovakia (11), Austria (10), Czech Republic (8), Italy (8), Netherlands (8), Australia (8), Denmark (5), Hungary (4), Iceland (2), and Turkmenistan (1). In the Best Lifter computations Stanaszek came out with 573.79 points, followed by

ident, i.e., myself. The IFF's Vice Presidents and Committee Chairpersons are the company directors and the "shareholders" are our members (who are the most important part of the organization). The IFF has done very well turning the way it has been, but I would like to restructure the administration so that there is more forward planning and accountability. All the regional Vice Presidents and Committee Chairpersons will be requested to prepare a short term/long term strategy plan and we will use these plans as the base for accounting to our peers and members for our performance.

QUESTION: What do you anticipate being able to do, as the new IFF President, to gain Olympic recognition for Powerlifting?  
ANSWER: My predecessor, Heinz Vierthaler, did an excellent job in bringing us closer to I.O.C. recognition and I intend to carry on his good work. However, we need to help ourselves more to demonstrate to the I.O.C. that we deserve their recognition. Firstly, we need to expand the popularity of P/L as the number of participants will influence I.O.C. acceptance. I will also be encouraging and supporting each member nation to lobby their own Na-



The New President of the International Powerlifting Federation, Graham Fong of New Zealand

More importantly, we need to do something about the scourge of drugs in our sport. We went through an encouraging period when the number of positive drug results significantly dropped, but in recent months there has been an unacceptable and alarming increase in the number of positive results, which will affect our acceptance by the I.O.C. and the general public. I do, however, wish that it could be satisfactorily resolved as any dispute between powerlifters is interminable. At the present time, American Powerlifters are deprived of seeing top international lifters because the IFF cannot risk staging World Championships in the USA whilst it has Darcocles Sward hanging over it, and other countries cannot compete in the USA, which many of them would like to do. At the same time, the parties to the judgement have no prospects of any financial benefit as the IFF will not pay anything to settle this matter, and, if necessary, it will stay out of the USA as long as it is necessary. How the present situation benefits anybody is beyond my comprehension and I go on record to say that I am prepared to meet E - F - at a mutually acceptable time and place to try and resolve this impasse.

QUESTION: What can the average powerlifter in the United States do to help the cause of international powerlifting?  
ANSWER: Every lifter can help by "spreading the gospel" on what P/L is and its benefits. Also, each of us should always bear in mind that we are ambassadors for our sport and we should conduct ourselves in an appropriate manner. USA lifters can also help by supporting the USPF, which is your IFF affiliate. Strength comes through numbers and unity and by supporting the USPF/IFF the sport of P/L in the USA can only grow and there will be associated

benefits for international powerlifting, such as higher lifting standards. QUESTION: As an attorney, can you offer any insight into the possible resolution of the Ernie Franz lawsuit judgement against the IFF?  
ANSWER: I do not know the background to the E - F - judgement, so I cannot comment on that specifically. I do, however, wish that it could be satisfactorily resolved as any dispute between powerlifters is interminable. At the present time, American Powerlifters are deprived of seeing top international lifters because the IFF cannot risk staging World Championships in the USA whilst it has Darcocles Sward hanging over it, and other countries cannot compete in the USA, which many of them would like to do. At the same time, the parties to the judgement have no prospects of any financial benefit as the IFF will not pay anything to settle this matter, and, if necessary, it will stay out of the USA as long as it is necessary. How the present situation benefits anybody is beyond my comprehension and I go on record to say that I am prepared to meet E - F - at a mutually acceptable time and place to try and resolve this impasse.

# Ed Coan Videotapes

**"The Squat"**  
**"The Deadlift"**  
**"The Bench Press"**

Cost of each Video **\$3995**

+ 4.00 Shipping & Handling \* within the U.S.A.  
or \$8.00 outside of the U.S.A. \*\*

To Order Call or Write us at: **708-862-9779 QUADS GYM 745 No. Torrence Avenue, Calumet City, IL 60409 U.S.A.**

Personal checks, money orders, VISA or Mastercard orders are accepted. Allow 3-4 weeks for delivery.

\* If 2 or more videotapes are ordered the shipping & handling within the U.S.A. = \$8.00 Total  
\*\* If 2 or more videotapes are ordered the shipping & handling outside the U.S.A. = \$16.00 Total

See Ed explaining in detail how he does each one of the above mentioned exercises. Also included in each tape are you an idea what to expect, you will see Ed Squat 475 lb. Deadlift 391 lbs. and Bench Press 565 lbs. These tapes have been very well received and we have had several calls and letters from satisfied lifters who have added major poundages to their lifts. We know you will be on the edge of your chair while watching these tapes.

## UNCLASSIFIED ADS

\$2.00 per line per insertion  
Figure 34 letters & spaces per line

**IRON MAN MAGAZINE**, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 lives Ave., Oxnard, CA 93033

Subscribe to **I.O.L.** The World's premiere independent International Olympic Lifting Magazine. In its 19th year. Annual Subscription U.S. A. \$25 for 6 issues, Canada/Mexico \$28. All other foreign orders \$36. Write I.O.L., Box 65835, Los Angeles, California 90065 or call 213/257-8762.

**MACHINED STEEL FRACTIONAL PLATES** 0.75, 0.5, 0.25lb. & metric for 1", 1.17 & Olympic bars in stainless steel or finished in black paint, zinc or nickel plating \$10.85/pm & up delivered, plain vanilla, customized or personalized much more. Catalog \$2. Write: PDA 33 Oak Glen Drive, Greenville, SC 29607

**"GRIMWOOD'S STRENGTH SYSTEM"** Power Training Seminars, World Champion Technique/Tips One Day Seminar. Private, individual instruction. Limit of 6 lifters per session. Grimwood Strength System, 717 MKT. St. #399, Lenoire, PA 17043; tel: (717) 761-3843

**AWESOME BUILD MASS; POWER & CUTS** SIMULTANEOUSLY! Rush \$2.00 to: Anatomy P.O. Box 240, Leonville, La. 70551

Used Selectorized Machines, As Is or Completely Reconditioned. Call Fitness Equipment Manufacturers. Call John Pettitt, 214-699-9205

**WESTSIDE BARBELL**  
School of Champions  
Come train with the champs and learn their secrets  
Two-day seminar, \$150/person (limit 6) Contact Louie Simmons, 1469 Demorest Rd., Columbus, OH 43228, 614-276-0923

**RINGS\*POWERLIFTING CHAMPIONSHIP BY JOSTEN, CHARLES LEE-705 ST CLAIR, LIMA, OH, 45801; 419-228-5346**

**BUSINESS OPPORTUNITY.** Internationally Expanding Sport Fitness/Wellness Co. Creating wealth around the world. 1-800-994-4027. Out of U.S. write to: PO Box 274, Pompton Lakes, NJ 07442 USA

**GLOBAL OPPORTUNITY** The Av. Fitness Professionals/Bodybuilder - Net 43k/yr. Our top reps are \$3k per month. Sports fitness/health company seeking self motivated individuals to expand U.S. Canada, Mexico, Pacific Rim and Europe. Official licensee of U.S. Olympic Committee. Serious inquiries only. 1-800-497-9329

**WANTED - Powerlifting USA May/79**  
Scott Frobsaum  
PO Box 340484 Brooklyn, NY 11234  
Please contact ASAP

**CHICAGO AND NORTHERN ILLINOIS.** Excellent income available for fitness minded individuals. Call Cathy at 708-964-7243

**MAV-RIK** has record plates: 125, 250, and 500 grams - \$6.00 each plus \$8.00 ship and handling. Wis. are machine plus/minus 5 grams. We make custom eqpt. submit plans for quote. **MAV-RIK 3602 Eagle Rock, Los Angeles, CA 90065 USA, 1-800-528-8762, 213-257-9139**

**\*LEADERS WANTED\***  
500 Million Dollar Preventive Health Sports Fitness Company expanding in U.S., Canada, Pacific Rim, & Europe, seeking individuals P/T/F: Six figure Income Potential. For info write L. Brown, A-13 Atlantic Ct., APC, MD 21005

**Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Lauderdale, Florida 33302**

My Name is Dave Hampton, and 2 yrs. ago I was bench pressing 225 lbs. Now I have benched above 450 lbs. on three occasions. Let me tell you how I did it! It's fantastic! Send \$12.99 to: Dave Hampton, 1000 Euclaire Ave. Beasley OH 43209

**SECRETS TO A MONSTER BENCH PRESS!**  
FREE Incredible Info: RUSH \$4.95 to: CWR, 191 Possum Hollow Dept. P6, Anaheim, CA 92808

**"Attention" Powerlifters & Bodybuilders.** Get the jump on the competition! All natural organic raw food vegetation that contains the majority of essential amino acids, vitamins and minerals necessary for building strength, strong muscles and endurance. 97% assimilable into the body. Easy to take capsules. Try it, and see for yourself, the incredible difference. For more information and free audio tape, call 1-800-882-7902 Ext. 106. Mitch Mitchell, World Records Champ, World Record Holder: SQ 760, BP 450, DL 710

**LOS ANGELES RAIDERS Complete Strength & Conditioning Manual (1994) 50 pgs. Send \$19.95 or US\$35 for more info to: CWR, 191 Possum Hollow, Anaheim, CA 92808**

**POWERFUL DESIGNS** on first quality shirts, **POWER & OLY** T-shirts & more! For meets or for individuals  
**CALL CW TEES** at 1-800-880-9730 for **FREE BROCHURE** of selections

**WANTED** used Eleiko bumper and metal plates. 25 kilo to 2 1/2 kilo. Call Tom 309-343-0597

**POWER HOTLINE** the twice a month FLASH bulletin of the Iron Game. For 24 issues VIA FIRST CLASS MAIL send \$28.00 made payable to Powerlifting USA, Box 3238, Camarillo, CA 93011.

# YOU'LL KNOW!

# HOW WILL YOU KNOW OUR SUPPLEMENTS WORK?



If you're training hard and not getting the results you're looking for, it's time for a change. Change your workout. Change your supplements. Change to SportPharma.

SportPharma has built its reputation on high performance supplements that work. Leading products like our Vanadyl pH, Creatine, Promax and OKG are research-proven in university studies and in the gym to increase your performance, and improve your results.



You'll see and feel the difference SportPharma supplements make in just 30 days or we'll refund your money. It's that easy. So make the change that will lead to faster results. Change to SportPharma. Our staff of certified personal trainers will even help you figure out which supplements you really need and how to change your workouts to maximize your results.  
**Call us today at 1-800-654-4246 for a free catalog and training guide.**

# SPORTPHARMA

**BECAUSE PERFORMANCE COUNTS**  
©1996 SportPharma, 930 Detroit Avenue, Suite E, Concord, CA 94518 Fax: 510-686-0403

# PEAK PRODUCTS

## OVER 40 MANUFACTURERS IN STOCK!!

### GUARANTEED LOWEST PRICES!!

### SAME DAY SHIPPING!!

MET-Rx 60 serv. \$104.99, Testatropinol \$39.99  
Designer Whey 2lb. \$23.99, Endo-Pro \$36.95  
Ultimate Orange \$16.15, Vanadyl PH \$17.49  
Phosphagen 325gm. \$38.99, Vyopro 2lb. \$23.99

# CALL: 1-800-991-PEAK

# INTRODUCING THE BIGGEST, MOST POWERFUL WEIGHT-GAINER IN HISTORY

If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

Thanks to new technology, nutrients can be superconcentrated without affecting their bioavailability. The result is a weight-gain formula that delivers a mind-blowing, sleeve-busting 2000 calories in every delicious shake!

Even with water, **MEGA MASS 2000** yields 82 grams of the highest quality protein, 317 grams of turbo-charged carbohydrates and only 5 grams of fat. There is absolutely no bigger, more powerful weight-gainer than **MEGA MASS 2000**.

Try it. Drink up the power. Feel the weight piling on. Compared to **MEGA MASS 2000**, everything else is small fry.

**NOW  
AVAILABLE  
IN 12.5 LB.  
REFILL  
BAG**



**ACHIM ALBRECHT**, World Champion Bodybuilder, is using **MEGA MASS 2000** to pack on mass between contests!

Available at  
**GNC**  
GENERAL NUTRITION CENTERS  
**NUTRITION**  
WORLD  
**Nature Food**  
Centres

VITAMIN  
QUOTA  
**gymees**  
BY NATURE

AVAILABLE AT HEALTH FOOD AND SPORTING GOODS STORES THROUGHOUT THE U.S. AND CANADA. OR CALL TOLL FREE 1-800-1-FLEX-IT (435-3948). (In Canada, Contact: Weider Institute, 2875 Bates Rd., Montreal, P.Q. H3S 1B7)

## VICTORY MEGA MASS 2000

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

### IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS

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

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

*Joe Weider*  
Trainer of Champions  
Since 1936



# EVERYTHING ELSE IS SMALL FRY

# 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 deluxe suede leather. Available in single or double prong. \$65.00
- Style D Single thickness, heavy leather. Double prong recommended. \$26 less with smooth leather outside.
- Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$65.00

Three-tone Belt Any three colors. Style A & B only. \$65.00  
Two-tone Belt Any two colors. Style A & B only. \$65.00

### The Challenger Series

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

- Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$55.00
- Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$55.00
- Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$55.00
- Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Style B \$55.00

**Order Today!**

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

VISA  MC  Card/No. \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

Check, Money Order, MasterCard or Visa (must accompany orders. Overseas orders add 25% U.S. Country 8%, Add \$5.00 Shipping and Handling) Clip Order Form  
74% sales tax, L.A. County 8%, Add \$5.00 Shipping and Handling

Marathon Distributing Co.  
1229 Via Landeta • Palos Verdes Estates CA 90274

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

**Marathon**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

**INZER ADVANCE DESIGNS**

# INZER ADVANCE DESIGNS

We Make Power Gear A Science

Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

*John Inzer*  
John Inzer  
Owner

**INZER ADVANCE DESIGNS**

**For Fastest Service ORDER TOLL FREE (800) 321-5064** **In California (800) 231-4070**