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VOL.19 NO.7 FEB/96 \$3.50

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**David Ricks**  
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This includes a personal high at the most recent IPP 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**  
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before lifting in the Deadlift SUPERSUIT, but in her own words... "The Deadlift SUPERSUIT has added at least 10% to my dead-lift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."



**James Drake**  
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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."

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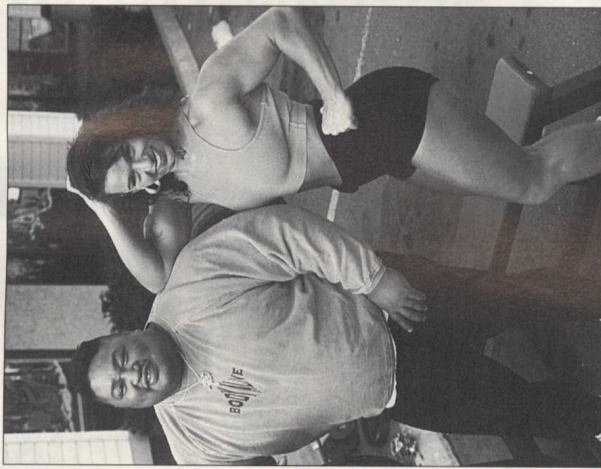




# INTERVIEW

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

## Anthony Clark Interviewed for Powerlifting USA by Chris Lydon



Anthony Clark and Anna Marie Bezzerides (photo by Ned Low)

CL: Where were you originally from?  
AC: My father was in the Air Force. He was stationed in the Philippines when I was born. I lived there until I was 7, then my family returned to the United States. We moved to Houston in 1973, and I've lived here for the last 22 years.

CL: Do you remember what it was like growing up in the Philippines?  
AC: Very beautiful, and very hot!

CL: Tell me about your family.  
AC: I guess you could say my family is somewhat dysfunctional. My father abused us physically. I still don't have a good relationship with him; it's kind of off-kilter. He and my mother divorced when I was 13 years old. Now that I've made something of myself as a powerlifter, he treats me like a trophy. I'd like to establish a relationship with him where he treats me like a son.

CL: What about the rest of your family?  
AC: I've got two brothers and one sister; I'm the oldest. We're pretty close, but we're all still dealing with certain things because of my father.

CL: Does your family encourage you with the powerlifting?  
AC: They encourage me to be the best I can be in life, be it powerlifting or anything else for that matter.

CL: What do you do for a living?  
AC: Actually, most of my income comes from exhibitions or seminars, but I also distribute and endorse supplements, clothing, and other products. I'm the spokesperson for the Anthony Clark Power Line by Toka Enterprises. I endorse Powerhouse Gym world-wide, and I have to say they're a phenomenal organization and have treated me very well. I'm also working for a company called Super Feet that makes sole beds for footwear companies like Roller Blades. They designed a special sole bed for me that's had a significant impact on my squat. I was wearing a brand new pair of Super Feet inside my ten-year old Reeboks when I made the 1100 pound lift at the IPA Seniors. I've also got a contract with Siero-Max, and I endorse The Grip by Broadway Marketing, a liquid which replaces lifting chalk. The stuff works great with out getting all over everything. I

help them find a direction, a focus for their lives. Today's youth has no direction. If you let a kid know that he's worth something, that he is somebody, that he's special, then he says to himself, "OK, I know I can do something with my life, but I've still got to figure out what." Giving kids a purpose keeps them out of trouble.

CL: Tell me about the work you do with kids.  
AC: After I graduated from high school, I worked at the Harris County Juvenile Detention Center for five years as a counselor and detention officer. That's how I first got involved with helping kids. Now I give talks and seminars through a bunch of different ministries. My goal is to help kids be the best they can be. I want to help them find a direction, a fo-

matter how hard I tried, no matter how many touchdowns I scored or how fast I ran, nothing made him happy.

CL: Maybe something positive came out of it since it sounds like the situation moved you to become involved with athletics.

AC: That's true. Soon after I started lifting weights, I got involved with sports. I ran track and played football through junior high and high school. I played every position except center and quarterback.

CL: How did you get started in powerlifting?  
AC: When I was 14 I entered the Lift for Life Bench Press contest. I pressed 370 pounds and people started to take notice. When I was 17 I competed in the state high school powerlifting meet and totaled 1710. I bench pressed 530, and squatted over 700 pounds in that meet. Then I went to nationals at the age of 19, and benched 612 pounds.

CL: That's quite a debut in the sport! At what point in your lifting career did you start using the reverse grip for bench press?  
AC: That's quite a story! It all began with a big mistake. I don't believe that we're born winners or losers; we're born choosers. I chose my first serious relationship badly. It was 1990 and I was 23 years old. I was lifting, breaking records, and my career was off to a good start. Then I got involved with a woman who drank. She had two little girls from a previous marriage. I loved her kids, and I thought that since I had God in my life, maybe I could bring God into her life and make her change.

I sort of put everything on hold for her, but after a couple of years of a very co-dependent situation, I came on hard times and the money ran out. Her attitude was, "You can't take care of me now, then I'm leaving you." So she left me. In retrospect, it was the best thing that could have happened to me. I was devastated, but I had a vision: if I could break the world record bench press backwards, I'd be on my way. You've got to do something different to get your name back in the game. In 1992, I started to reverse a comeback using the reverse grip. I never knew it was going to go this far-

protein and then increase my carbs at lunch. I'll eat more protein again later in the day. I always try to eat low index carbs about 30 minutes before I work out. Then I'll have a protein shake because that's when protein synthesis occurs. I take in about 8-10,000 calories a day, and try to get 2.2 grams of protein per pound of bodyweight to prevent soreness. I used to think you were supposed to be sore, but now I know better!

CL: Do you recommend any specific supplements?  
AC: Siero-Max makes an excellent whey protein. I also use creatine monohydrate, which can be very effective if taken correctly.

CL: How does your training cycle work?  
AC: I use a 12 week cycle. I start with high reps, between 20 and 30, for the first three to six weeks to get my body into condition. Then in my power period I drop my reps drastically, first to tens, then eights, then fours, finally triples and doubles. No singles.

CL: How many times a year do you compete?  
AC: Usually three, two bench meets, and one full meet. I don't have much of an off-season because I have to stay in shape for exhibitions.

CL: What is your official record now?  
AC: I don't know. I train with the conventional grip up to 640 pounds, and then I switch over. CL: What are your plans in light of this new ruling?  
AC: My lawyers and I are going after it. I don't think they (the IPF) can make it stick. Somebody has to stand up to them. If we have to, we'll go to court.

CL: Tell me about your workouts.  
AC: Until recently I didn't realize just how big a role nutrition and technique both play. To get ready for the IPA Seniors, I went to Wornesford, Pennsylvania, to train with John Schaefer, the current IPA president. He was one of the first guys to bench 600 pounds, and he knows what he is doing. He's got a gym and a restaurant, and he put me on a super regimen. I stayed with him for eight weeks and did nothing but train. It was the first time in my career that I really got to train like a pro. I've got great guys here in Houston, but I can't get totally focused in my home environment. I was like Rocky. I had to go someplace far away to get my head together.

CL: Describe your diet.  
AC: I eat about five times a day. In the morning I eat a lot of

- I really didn't!  
CL: Speaking of which... What's going on the IPF and this new rule? They've banned the reverse grip bench press from IPF competition?  
AC: They say it's for safety reasons. But I ask you, how many people have gotten hurt with the reverse grip?

CL: None that I know of.  
AC: And what about the conventional way? Bunches of people I know off the IPF also banned the thumbless grip. Every other sport has a sense of variety. Take tennis. Everyone uses a different racket, and everyone uses a slightly different grip. Why does powerlifting have to be so political? Why is there so much rhetoric thrown around? They're holding the sport back rather than pushing it ahead.

CL: Do you feel that the IPF is trying to single you out?  
AC: I sure do! They can't learn to hold me back, but I've realized that nobody can hold me back but myself. Americans have owned the bench press record for years. Bill Kazmaier held it for years until I took it with the reverse grip. Even though I have a lot of European fans, I believe that a select group of Europeans who are powerful in the IPF are behind this ruling. I think they want the U.S. to lose the record.

CL: How much can you bench the other way?  
AC: I don't know. I train with the conventional grip up to 640 pounds, and then I switch over. CL: What are your plans in light of this new ruling?  
AC: I heard you actually squatted 1100 pounds, setting a new record, but then retracted the lift. What happened?  
AC: They said that a spotter had touched the plate. He didn't lift the weight, just touched it. I figured that I don't need more scrutiny -- I generate enough controversy already. So I said, "OK, I'll retract the record and I'll just do it again with nobody touching the plate. It was the right thing to do. I think it was the only thing to do, although I'm probably the first person to ever retract a record!"

CL: I think it was incredibly big of you. I don't think I would have been so generous in your place. Congratulations by the way, for winning that meet despite the lift that was disallowed. With which federations do you compete?  
AC: I compete in the IPA, the ADFP, and the USPF. I've done exhibitions for the ADFP and others. I don't stand for any single federation. I stand for the sport, although I do serve as the vice-

president for the IPA.  
CL: What do your duties entail?  
AC: Mainly, I'm a liaison. I stay in contact with IPA reps around the country. I oversee different projects designed to promote the sport and the athletes.

CL: What advice would you give someone just starting out in powerlifting?  
AC: The most important thing to do is to keep an open mind. Don't blindly take anyone's advice. Ultimately, it's you who knows your body best. Research every aspect from diet and technique to equipment and supplements. Know-

intend to help take it there!

edge is power!  
CL: What are your long term goals in powerlifting?  
AC: We're the strongest sport in the world, and people are attracted to that, but if we want the sport to grow, we need to do things in a first class manner. I'd like to do away with all the petty back-stabbing and gossip and political power struggles. I want to put the fun back in powerlifting. This sport should be about lifters for lifters. I believe the future of powerlifting will see the sport reach new heights, and I intend to help take it there!

ment and supplements. Know-

## HENRY CHALLENGES CLARK!

December 3, 1995... Dear Anthony, I just heard about the record you set - 1100 in the squat, 770 in the bench, 730 in the deadlift for a 2600 total. Congratulations. I did about 2340 in the World Drug Free Powerlifting Federation Championships about a month ago myself. Some people have been calling me the strongest man in the world and I know that's also what some people call you. I think it's time to put it to a test. That's why I'm sending this challenge to you and to the major magazines. I think we can build some interest and really help powerlifting.

Anyway, I'm willing to bet \$10,000 that I can outlift you in the total. Naturally, we have to be sure the contest is fair to both of us, so this is how I think we can make it fair.

(1) Because you wear supporting gear in all the lifts and I don't (except for some wraps in the squat), I think we should take two attempts with no gear but a belt and two attempts with gear. For the total, we add our best "gearless" to our best "geared-up" squat, and we do the same in the bench and deadlift, so the final total would be made up of six lifts instead of three. As for what gear would be allowed, we could pick one of the federations and wear whatever they allow, but no more. This should add a lot of interest to the contest, as it will show how much or how little difference the gear makes.

(2) We'd have to work together to pick officials who are known for being fair but firm. I think it would look bad for us to "get away" with high squats or touch and go benches or hitched deadlifts.

(3) I know that when you speak to kids these days, you tell them you don't use steroids. I do the same thing. I think it would set a good example for kids if we could more or less "prove" that we're clean. I'm prepared to be tested at any time without advance warning between now and the contest by a reputable, independent lab and I hope you are, too. I think we can get someone to sponsor the cost of the tests, and if we can't, I'm prepared to pay for my own if you'll pay for yours. I know I'm clean, Anthony, and I hope you are, too. If we can prove it over time it would do a lot to help the image of powerlifting.

(4) We'll have to check around to find a good place to have the meet, and I think we can work together on that. We should be able to find a sponsor or sponsors to help us.

(5) As you know, I'm hoping to represent the United States in weightlifting in the Olympics this summer and I'm in training for that now. I'd like to concentrate on the Olympic lifts between now and July so I can do my best. So, I'm proposing that we try to shoot for a contest date in November or December. This will give us time to build up the publicity and attract sponsors. I also think we should invite any other powerlifters to be in the contest if they'd also agree to the same rules (\$10,000 per man put in escrow before the meet with the winner taking all, a six lift total of geared and non-geared lifts, and thorough drug testing).

How does this sound? I think it could be a big boost for the sport, and bring out the best in both of us. I'm sending this to you privately, but I'm also sending copies of it to the major magazines so we can begin to build publicity and interest. Please call me or write me as soon as you can. For Real, Mark Henry!

# IPA Senior Nationals as told to Powerlifting USA by E. J. Chaillet



Anthony Clark squats a world record 1,031 pounds! (Ellen Chaillet)

IPA Senior Nationals 18, 19 Nov 95 - Oxton Hill, MD	5Q	1P	3S	825	1100	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	3900	4100	4300	4500	4700	4900	5100	5300	5500	5700	5900	6100	6300	6500	6700	6900	7100	7300	7500	7700	7900	8100	8300	8500	8700	8900	9100	9300	9500	9700	9900	10100	10300	10500	10700	10900	11100	11300	11500	11700	11900	12100	12300	12500	12700	12900	13100	13300	13500	13700	13900	14100	14300	14500	14700	14900	15100	15300	15500	15700	15900	16100	16300	16500	16700	16900	17100	17300	17500	17700	17900	18100	18300	18500	18700	18900	19100	19300	19500	19700	19900	20100	20300	20500	20700	20900	21100	21300	21500	21700	21900	22100	22300	22500	22700	22900	23100	23300	23500	23700	23900	24100	24300	24500	24700	24900	25100	25300	25500	25700	25900	26100	26300	26500	26700	26900	27100	27300	27500	27700	27900	28100	28300	28500	28700	28900	29100	29300	29500	29700	29900	30100	30300	30500	30700	30900	31100	31300	31500	31700	31900	32100	32300	32500	32700	32900	33100	33300	33500	33700	33900	34100	34300	34500	34700	34900	35100	35300	35500	35700	35900	36100	36300	36500	36700	36900	37100	37300	37500	37700	37900	38100	38300	38500	38700	38900	39100	39300	39500	39700	39900	40100	40300	40500	40700	40900	41100	41300	41500	41700	41900	42100	42300	42500	42700	42900	43100	43300	43500	43700	43900	44100	44300	44500	44700	44900	45100	45300	45500	45700	45900	46100	46300	46500	46700	46900	47100	47300	47500	47700	47900	48100	48300	48500	48700	48900	49100	49300	49500	49700	49900	50100	50300	50500	50700	50900	51100	51300	51500	51700	51900	52100	52300	52500	52700	52900	53100	53300	53500	53700	53900	54100	54300	54500	54700	54900	55100	55300	55500	55700	55900	56100	56300	56500	56700	56900	57100	57300	57500	57700	57900	58100	58300	58500	58700	58900	59100	59300	59500	59700	59900	60100	60300	60500	60700	60900	61100	61300	61500	61700	61900	62100	62300	62500	62700	62900	63100	63300	63500	63700	63900	64100	64300	64500	64700	64900	65100	65300	65500	65700	65900	66100	66300	66500	66700	66900	67100	67300	67500	67700	67900	68100	68300	68500	68700	68900	69100	69300	69500	69700	69900	70100	70300	70500	70700	70900	71100	71300	71500	71700	71900	72100	72300	72500	72700	72900	73100	73300	73500	73700	73900	74100	74300	74500	74700	74900	75100	75300	75500	75700	75900	76100	76300	76500	76700	76900	77100	77300	77500	77700	77900	78100	78300	78500	78700	78900	79100	79300	79500	79700	79900	80100	80300	80500	80700	80900	81100	81300	81500	81700	81900	82100	82300	82500	82700	82900	83100	83300	83500	83700	83900	84100	84300	84500	84700	84900	85100	85300	85500	85700	85900	86100	86300	86500	86700	86900	87100	87300	87500	87700	87900	88100	88300	88500	88700	88900	89100	89300	89500	89700	89900	90100	90300	90500	90700	90900	91100	91300	91500	91700	91900	92100	92300	92500	92700	92900	93100	93300	93500	93700	93900	94100	94300	94500	94700	94900	95100	95300	95500	95700	95900	96100	96300	96500	96700	96900	97100	97300	97500	97700	97900	98100	98300	98500	98700	98900	99100	99300	99500	99700	99900
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Anthony bench presses an amazing 770 lbs. (Chaillet from videotape)

# 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 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™, for instance. These are great products filling a definite need. However, they do not contain the various anabolic growth factors like yohimbe, dibenzocazole, Mexican yam, saw palmetto, etc. Hot Stuff does!! They don't contain energy enhancers like guarana, ginseng and gona 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 support. That means that all of those fantastic muscle building growth agents in Hot Stuff will make your weight 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 thermosstatic 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™ 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.

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# More From Ken Leistner

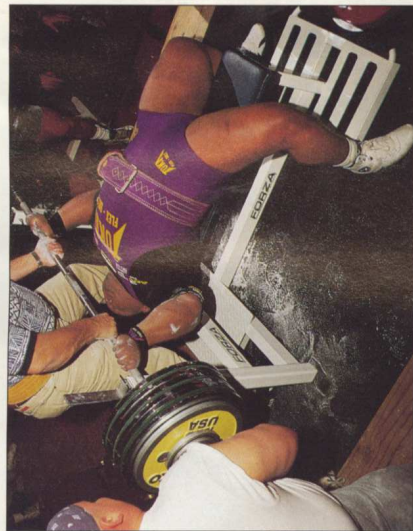
I expect this article to be very controversial. It's difficult for lifters to place their ego aside and look critically at our sport if criticisms and suggestions mean a reduction in lift-plate equipment and stated, "I don't like using them (like your pick, drugs and/or the attire) but I don't want to compete without the same advantages that my opponents have. If everyone agreed to give them up (again, take your pick, drugs and/or lifting attire), so would I." This of course, isn't true. Lifters use drugs and supportive attire to lift more weight. While that is in fact what the sport is about, HOW one goes about lifting more weight is a question that is rarely addressed.

There are a number of innovations that have made it possible to "lift more weight". Not necessarily be stronger, but perform better, if we define better as lifting heavier poundages. The attire has evolved into very sophisticated materials, weaves, seam placements, and designs. In many of the organizations, a change in the rules has allowed for the use of briefs, a suit, special shirts specifically for squatting, benching, or deadlifting, and knee wraps that are light years beyond the first "Ace" bandage type wraps that graced the platform in the 1960s and '70s.

The Monolith has made it possible to squat without stepping out of the rack and walking back with the weight. For those who have truly mastered it, it is, one merely has to set up their squat stance, have the supports swung back, and complete the lift without even moving the feet once the weight is on the back.

Hugh Cassidy, the first world champion our sport had in the Superheavyweight class, came to the IPA Seniors to visit Kathy, Sol and me. He helped Sol warm up for his bench press, and we spent quite a bit of time discussing the meet afterwards. His sentiments echoed mine and the events of the meet brought into focus some of the obvious problems with the sport.

First and foremost, it should be said that Ralph and I have thrown our support behind the IPA as they have the benefit of the lifter in mind. Part of the problem with some of the organizations is that they are, and have been, controlled by the same small group of individuals for years. The "feudal lord" attitude often shown by the administrators toward the lifters, and consistent nitpicking over inconsequential rules makes participation less than enjoyable. Other organizations are run strictly for profit and there is little sense of a fraternal organization where each lifter feels they are a part of the group at either



Anthony missed an 801 bench in Spokane on Dec. 2nd. (photo by Allured)

the state or national level. Lunn and John Schaefer have the makings of a great organization because it is geared to do for the lifter. Ellen and Mark Chaillet hosted a terrific Seniors this past weekend. The overwhelming number of entries made for a very long second day, but other than that, there were few complaints. They certainly bent over backwards to please every request, had a lot of innovations, made sure that Tom Levering announced so that the meet remained exciting and moved well, and provided the best of equipment. The venue was well appointed and above everything else, guys like Ralph, John Florio and others believed that the "feel" of the entire weekend was similar to Larry Pacifico's Senior Nationals in Dayton which must be considered the high water mark in this sport. The problems that Hugh and I saw had nothing to do with the IPA because the organization and the work of Ellen and Mark, in particular, were outstanding.

When Hugh squatted in excess of 800 pounds, he did so in a singlet, t-shirt, and sneakers. He wore no socks, no belt, no wraps, "no nothing". He stated that if he was at any meet and could not raise with 700-800 or more pounds, the usual practice of having a spotter on each side of the bar was not accurate and consistently judge squat depth from the front. If nothing else, the experienced judge will admit that it's a heck of a lot easier

hundred pounds of force each from me by supporting the bar, I could easily stay with the weight and get it back to the rack. Six hundred or so was really a relatively light weight so why wouldn't I be able to control it?" While I have, in the past, noted the advantages of the Monolith, there are a few disadvantages. Ray Madson, who designed and manufactures the Monolith, is a very nice man and it is not my intent to disparage his product and cause a loss of business. I also don't think that could happen in the piece is firmly entrenched in the sport, because women and men can lift more with it. It's obvious that not walking out with the weight saves "energy". For those who do not even shift their feet when the weight supports are swung away, there is really minimal expenditure, saving strictly for going down and then arising. Here's what happened at the meet, and here's the problem as I see it.

Anthony Clark attempted both a 1031 and 1100 pound squat. This takes a lot of courage and, if nothing else, anyone who handles this kind of weight has to be respected for their guts. The head referee in the IPA cannot, as mandated in the rule book, judge depth in any squat. The purpose of this rule is multi-fold. First, many judges, even with experience, cannot accurately and consistently judge squat depth from the front. If nothing else, the experienced judge will admit that it's a heck of a lot easier

the situation quite dangerous. The

from the side. With men the size of Anthony Clark and those built like him, judging depth is difficult to begin with, no matter what the reference point. If they are also explosive, hitting their maximal deep point and blowing out of the hole, very much as Shane Hamman is, the difficulty is increased because it's going to happen very, very quickly. The IPA squat depth rule reads differently than that of other organizations. Going back to the recommendations of a "parallel squat", in part because this places less strain- ing force on the knee joint relative to a "below parallel" or very deep squat, the IPA, to enhance lifter safety, requires that one lower until the greater trochanter, or center of the hip, goes below a point drawn parallel to the top of the knee. This serves to lower the reference point for legal depth and of course, is much more fair to the very large lifter whose thigh sweep may make a legal depth squat actually quite deep, perhaps unusually deep relative to the forces on the knee when compared to a smaller thighed lifter. Giving the lifter every benefit of the doubt, their "block out" rule is similar to some other organizations. If the spotter momentarily screens the view of the judge to insure the safety of the lifter, the judge must give the benefit of the doubt to the lifter and grant the lift.

Now, all of our "ingredients" are in place. The supportive equipment has changed the way in which lifters miss weights relative to the 1960s and 1970s when Hugh and I competed. If one is in a conventional squat rack, either electric pump like Sutherland's, hydro electric pump like Rodney Serrano's, or hand moved, they have to stand and walk out with the weight, set up, squat, and even with the help of spotters, recover to the rack. I believe that you have a much better chance of actually squatting a weight that is within your true capacity if you do all of this before descending. Also, backing up and getting set, while potentially dangerous (like every aspect of the squat or bench press) allows one, for lack of a better descriptive term, to "settle in" with the weight and get a good feel for it. With the Monolith used at the Seniors, Anthony spent in his squatting position and did not have to take even one step with the weight. When the suits tear out, guys don't start up and then say "take it" and control the weight until the spotters grab it, not any more. When the suit goes, the lifter free falls, traveling a few inches very rapidly. Thus, one needs to have a multitude of spotters for this lift because the lifter will no doubt lurch down and forward quickly, making

some applies in the bench press. Recently, between Thanksgiving and courses a bunch of our guests reviewed a back issue of *Powerlifter Video Magazine* and noted that the side spotters weren't near the bar when Anthony Clark attempted a 751 bench press. The hand off spotter was the only one near enough to the bar to grab it should his shirt have torn, and, of course, he technically was acting illegally as he was still on the platform when the lift was being performed. To complicate things further, the rise of *de figureur* for my meet (except ours at Iron Island) to have the accompaniment of very loud music. This might distract the lifter, but it is extremely distracting to the officials. When Anthony performed his two monster

made these two huge squats. The

squats, I was looking at everything but depth. My job in the head chair is to look for other infractions, and I was doing this and being mindful that if the suit failed or the bar rolled, he would need a very quick "take it" signal. One side judge gave a red light, one a white. The white light judge also stated that for a split second, the spotters, again very necessary with this type of weight on the bar, blocked her view. Afterwards, me that they thought that the bar or plates were touched by the spotter. Very simply, how as the head chair could I tell? My view of the individual spotter noted was blocked by the Monolith!

As far as I'm concerned, Anthony Clark in accordance with IPA rules, made these two huge squats. The

difficulties and controversies that might arise should not take anything away from his great efforts. It does, however, point up that the sport and the integrity of the sport can easily be compromised due to the attire and equipment used. The first bench press that Anthony attempted was white and lit by both side judges and red lighted by the head judge. He never gave the signal to "press". The paradigm in the crowd and notes, heightened by the loud music, made it impossible to hear the signal, or my opinion - is the best judge in the country, bar none, assumed that the signal was given. This didn't matter as his next bench press with 770 was perfect from all respects and as legal as you can get no matter what organization you are with. Again, the

shirts falling make it necessary to have the spotters clinging to the bar and blocking the judges. Fine, so what's the answer? I'm probably one of the few who care about any of this. Cassidy doesn't because he isn't competing any more. He thinks it's become a circus. The lifters want every advantage to lift more weight even though they have advantages are aiding them to the point that the satisfaction is supposed to come with lifting weights and improving must be lacking. I don't have an answer other than to encourage our lifters to lift at the edge of, but within, their abilities and in a way that makes their lifting as safe as possible. If nothing else, I hope this gives everyone a stimulus to think about the evaluation of our sport.

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A powerlifter pumps away on a stationary bike for half an hour with the goal of shedding those extra fat pounds to stay in a lower weight class. Day after day week after week they peddle, step and jog their way toward leanness. The trouble is, as they get lean, not only do they lose some fat, but they lose muscle and a lot of strength. Aerobic training of any kind takes away from powerlifting training.

The scientific research is conclusive. Aerobic training is not the answer for fat loss in power related sports. In fact, it's not the answer for fat loss period. Not for a powerlifter, bodybuilder, swimmer, football player, or any other athlete. Aerobic training just doesn't cut it when it comes to fat loss. This goes against traditional thinking, but it's a scientific fact. When it comes to fat loss, high intensity training (HIT), or what I call high tension endurance training (ET).

While aerobic training is certainly recommended for those athletes involved in endurance sports, it is counterproductive for those athletes in strength and power sports. A powerlifter or any other strength-power athlete should never perform pure aerobic (endurance) training, even if they need to drop body fat. HIT is the answer for both body fat loss and muscle gain as it leads to a better fat utilization in the post-exercise state, contributes to a greater energy and fat deficit and stimulates additional muscle protein biosynthesis.

Drug-free powerlifting, especially at the advanced level, is not easy. The muscles must continually adapt to heavier and heavier loads (a greater % of maximum) in order to build additional muscle proteins through the processes of hypertrophy (muscle cell thickening) and hyperplasia (muscle cell splitting). Recent research has shown that anaerobic training is far more effective at reducing body fat than is aerobic training (Bahr, 1991 and Tremblay, 1990 & 1994). During the workout, aerobic type training does burn more bodyfat than does high intensity training, but in post-exercise recovery, high intensity training beats aerobic training hands down. **The decrease in body fat**

## High Intensity Training for Bodyfat Loss... Why Aerobic Training and Powerlifting Don't Mix as told to PL USA by Rick Brunner, Atletika



How Many of these medalists at the IFF Worlds (Carlsson, Pavlov, Isagawa) train aerobically?

look to fat loss as the only goal in a training cycle because time is valuable and every second you spend on the fat issue takes away from building dense muscle. A multi-directional approach to both fat loss and muscle gain calls on several components of training. The three most important components are training program design, base diet and supplements. You are going to be training with high intensity and you need to recover optimally from this intensity.

**Training Program Design:**  
The training must stress the muscle in a way which will cause it to adapt and grow while raising the metabolic rate at the same time. High intensity training must create a tension on the muscle which will cause the neuroendocrine system to signal the release of additional testosterone and growth hormone. It is not just training with high reps to failure.

To lose a significant amount of body fat at the same time you build muscle mass, you must modify your training plan. You'll need to increase your exercise heart rate to a high anaerobic level. This exercise heart rate should be between 80% and 90% of your maximum heart rate. I have included a chart to calculate your target heart rate at the 80% level. You must elevate your heart rate during exercise to the anaerobic intensity level. In recovery, once your heart rate drops to around 105 to 115 beats per minute you should begin a new set to again raise the rate.

I have listed two timed set methodologies which can be used with any exercise. This method reads: as many reps as you can perform in a given time (i.e., 30s max) as many reps as you can perform in 30 seconds; the number of sets; % of one repetition maximum; and rest between each set (i.e., 2m is 2 minutes rest). For each exercise, once you complete the first methodology you move on to the next methodology until you complete each one. Then you move on to the next exercise. I suggest about three exercises per workout.

The methodologies I have listed are by no means the only ones you can use. The key is to create the right amount of tension on the muscle for a certain amount of time to stimulate the high heart rate. If you aren't getting your heart rate to the target level raise the tension (% maximum), increase the multi-directional approach, increase

in addition, several enzymes involved in lipolysis, the freeing up of fatty acids from bodyfat which can then be burned as fuel, are increased in anaerobic high intensity training, while they are actually decreased during aerobic training (Tremblay 1994). Recent research has also shown that fatty acid turnover is increased as late as three hours after intense exercise and that this increase is associated with the increased levels of the catecholamine hormone norepinephrine (Bahr, 1991). By binding to special receptor sites in the cell, the norepinephrine may block the assembly of free fatty acids into stored body fat, and thus keep it circulating to be burned as fuel. The resting metabolic rate (RMR) is also raised as the intensity of exercise is increased, and that's good news for burning fat too. These metabolic adaptations in response to high intensity training favor the process of fat burning (lipid oxidation) over fat storage.

If you accept that aerobic training is a far less efficient fat burner, and a poor muscle builder to boot, what is your next action for cutting out that extra lard? My experience in leaning out athletes is a multi-directional approach. In ever

relative to the energy cost of training can be ninefold greater in high intensity-trained persons than it is in endurance trained persons (Tremblay, 1994). What this means is that by training with high intensity methodologies you can burn several times more fat in recovery than if you train using aerobic methods, plus you will build more muscle (Gredaglin, 1995), which itself will burn more fat. You will become a walking fat burner, not as much during the workout, but after training when you go about your daily life. An added benefit is that anaerobic training requires much less time to perform.

But how does high intensity training using anaerobic methods help to burn so much more fat than aerobic training? Researchers have discovered that the oxygen debt termed the excess post-exercise oxygen consumption (EPOC), intensity and duration. The prolonged EPOC component is not present after exercise intensity of less than 50% of V02 max (Bahr, 1990, '91, '92). Training carried out at a V02 max workload of 80% and above for short periods shows a prolonged EPOC component lasting up to a few hours after high intensity training.

# WORKOUT of the Month

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

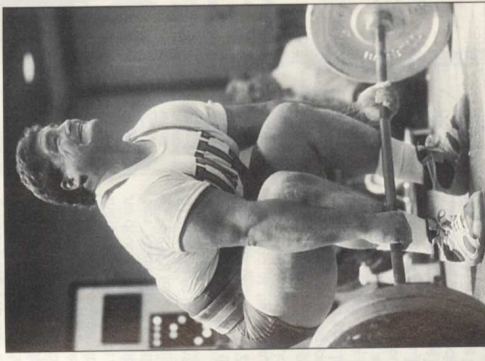
## Mark Philippi's Deadlift

As the workout progresses, your deadlift and assistance max's will increase. Adjust the weights slightly if the worksets become too easy. Use equipment (belt, suit) in Phase III as needed for technique and confidence.

I believe in short, intense workouts (under 90 minutes). Take more time to recover from the heavy deadlift sets; but push yourself quickly through the assistance work. This will help later for recovery during the meet when multiple warm-ups and IRM's are required. Also, the body works most efficiently during short, intense workouts versus long, drawn-out workouts.

I am a strong advocate of supplementation. The body needs proper nutrients shortly after an intense workout to maximize strength and mass gains. Myself and my assistant, John Binkowski, use the same supplements we provide our athletes. SportPharma USA's Creatine Monohydrate and Muscle Maxx have provided the best results for workout recovery. We also use a protein-carb complex from Medsport Nutrition that is excellent for providing energy before and during workouts.

Finally, I'd like to thank a few people for support and guidance: Ed Coan, Dan Austin, Bob Medina, John Binkowski, and last, but certainly not least, my wife Tracy. I hope this workout will help someone's deadlift. If I can be of any assistance, feel free to contact me: Mark Philippi, Coordinator of Strength and Conditioning, UNLV, 4505 Maryland Parkway, Las Vegas, NV 89154.



Mark Philippi is a champion drug free powerlifter, capable of an 800 DL and a strength Coach at UNLV.

My two keys to a bigger deadlift and stronger back are a solid plan of attack and plain old hard work. Being a strength coach, I always look for different ways to make my athletes and myself stronger. I don't claim to have all the answers, but I think this program will help you make that big pull when everyone else is ready to go home. This workout can add 30 to 40 lbs. on a 600 lb. conventional deadlift.

I use the conventional style deadlift. Start with feet under the armpits, toes out slightly. Bend over to grab the bar, hands at shoulder width. Sit back to above parallel with chest erect and shoulders squeezed back. Keep the whole body tight and push the feet through the floor. Accelerate the bar off the floor without jerking it. As the bar passes the knees, quickly drive the hips forward and lock the bar out. Slow hips will leave the bar hanging out in front of the body. A large stomach can also be a hindrance to leverage in the conventional deadlift. Some lifters may have to trim down for their deadlift to go up. Also, when pulling heavy, the weight will feel slow coming off the ground; it should be. Be mentally tough and don't give up. My philosophy is if it leaves the floor, it should go all the way up!

This workout is 20 weeks long. Phase I is a 4 week high-intensity circuit. Phase II is 8 weeks of strength development. Phase III is an 8 week peaking cycle.

**Phase I:** Leg and Back Circuit trained once a week. It is designed for general conditioning and to aid in recovery for Phases II and III. All lifts are between 50% and 60% of IRM. Move the weights up slightly each week. Rest period between sets is 60 seconds. Rest period between circuits is 3 minutes!

**Weeks 1-4:** Squat - 50-60% x 10 reps x 4 sets; Leg Curl - 50-60% x 10 reps x 4 sets; Leg Press - 50-60% x 10 reps x 4 sets; Good Mornings - 50-60% x 10 reps x 4 sets; DB Rows - 50-60% x 10 reps x 4 sets; Hyperextension - 50-60% x 10 reps x 4 sets; Lat Pulldown - 50-60% x 10 reps x 4 sets; Set Pullups - 8-8 reps x 4 sets.

**Remember!** Work down the book initially to allow the body to recover. The workout is based on a 600 lb. max.

**Week 1:** Deadlift - 480 x 5 x 3;

**Week 2:** Deadlift - 510 x 4 x 3;

**Week 3:** Deadlift - 540 x 3 x 3;

**Week 4:** Deadlift - 570 x 2 x 2;

**Assistance - 75% x 8 x 3.**

**Assistance - 80% x 5 x 3.**

**Assistance - 85% x 4 x 2.**

**Assistance - 85% x 4 x 2.**

**Assistance - 85% x 4 x 2.**

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**Assistance - 85% x 4 x 2.**

**Assistance - 85% x 4 x 2.**

## IP.A. Update #5

This past November the International Powerlifting Association held its national championships, and what a meet it was! From top-of-the-line equipment, which included Monolifts in the warm-up room to the Sutherland Bar so all the lifters could achieve their top lifts. Many lifters were impressed with the meet site, the fairness of the judging, and the quality loading and spotting by the platform crew. One lesson was learned in the amount of lifters participating in this meet (over 150 lifters.) We will be looking into breaking up weight classes and flights differently, and may be having separate nationals for our masters and teens. The most impressive thing about the nationals was the camaraderie among lifters. Lifters cheering each other on, not engaging in negative comments about other lifters; lending out equipment to other lifters who may have lost equipment or forgot it; and shaking hands when all was said and done on the platform and saying "a job well done" to each other. Since then, numerous meet directors are inquiring about the IPA and sanctioning meets for 1996. Iron Island Gym has at least five meets scheduled for the year, as well as the combo of the Seekers and the Grimwoods planning four meets in Pennsylvania, along with LJ's Fitness planning its share of meets. These are some of the best run meets in the nation. These meet directors go above and beyond the call of duty in running these meets. Do yourself a favor and inquire about the IPA and its commitment towards the lifters. And don't miss an IPA meet!

## Reduce bodyfat. There are many supplements which I recommend to athletes, but two which I recommend with high intensity anaerobic training are the amino acids L-glutamine and L-carnitine.

Glutamine is the most prevalent amino acid in muscle and because it contains two nitrogen molecules instead of one it becomes a main nitrogen donor and a main player in muscle protein synthesis. I prefer the bodinor form of glutamine such as the supplement Ribo-Syn where glutamine is bound to alpha ketoglutarate and succinate. The best time to take L-glutamine is right after your workout either in powder or capsule form for rapid utilization.

The amino acid L-carnitine controls fat burning because it forms the transport system for infusion of fatty acids into muscle cell mitochondria where it can be burned for fuel. I recommend its use before training at a dosage of 1-2 grams and in recovery immediately following the workout at a similar dosage.

High intensity anaerobic training is hard work. Watch your diet! It is hard work. Useful supplements cost some money. But the end result is that you'll become empowered with a scientific system for term permanent adaptation in strength and the maintenance of an optimal bodyfat percentage within your reach. If you would like further information on new methods to build permanent bodyfat mass and lose excess body fat drug-free, give Athlete a call at 1-800-621-2602. We'll be glad to help you get on the right path towards excellence in powerlifting. Also, if you

have your own personal trainer or coach please pass this article on to them.

1) Bahr, R. et al., (1990) Triglyceride/fatty acid cycling is increased after exercise. *Metabolism* 39(9):p. 993-999.

2) Bahr, R. et al., (1991) Effect of Exercise on Recovery changes in Plasma Levels of FFA, glycerol, glucose and catecholamines. *Acta Physiol Scand* 143, p. 105-115.

3) Bahr, R. et al., (1992) Effect of supramaximal exercise on excess post-exercise O2 consumption. *Med Sci Sports Exer* 24(1):p. 66-71.

4) Gredaglin, A. et al., (1995) Exercise intensity does not effect body composition change in untrained, moderately overfat women. *J Am Diet Assoc* 95(6):p. 661-665

5) Tremblay, A., et al., (1 990) Effect of intensity of physical activity on body fatness and fat distribution. *Am J Clin Nutr* 51, 153-157.

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7) Tremblay, A., et al., (1994) Impact of exercise intensity on body fatness and skeletal muscle metabolism. *Metabolism* 43(7):p. 814-818.

**Biography - Rick Brunner lives and trains in Bozeman, Montana. He is a coach to many intermediates to elite level athletes. A frequent traveler to Russia and Eastern Europe, he is the co-author of the book Soviet Training and Recovery Methods and a writer for several fitness magazines. He can be reached at 1-800-621-2602.**

## to revolutions per minute (RPM) or miles per hour. For example, set the tension to a high resistance level and peddle at an all out sprint until you hit your maximum speed of say 110 RPM. Keep sprinting until your RPM drops to 10%-15% below your maximum (i.e., 110-15% = 93RPM) at which time you stop sprinting. At the end of your sprint, your pulse will be high. Once it drops back to about 110. Beat it drops back to begin another sprint.

You can continue on a sprint-recovery cycle as long as your maximum RPM stays above your sprint stopping point of 93 RPM. The key point is that the intensity of the exercise must be high to raise your heart rate and VO2 max. Interval training on a running track, interval cycling, rowing, and others will all work as long as your target heart rate is between 85% and 95% of maximum.

Remember that these "aerobic" machines are only a supplement to your weight training. They aren't maximally effective at increasing muscle mass and should be used only as a supplement to your lifting to speed up the fat loss.

## Diet

I recommend a diet with protein at the moderately high level for the program listed above. The kinds of anabolic demands placed on muscle from high intensity weight training require more protein. The higher the intensity of training, the greater the need for proteins.

Eating for optimal muscle gain and fat loss is not easy. I recommend you start with a diet containing 45%-50% of calories from proteins, 40% from carbohydrate and 10% from fat. This type of diet doesn't taste as good as the high carbohydrate diets, but it really performs in combination with high intensity training to build lean muscle and reduce body fat.

## Supplements

A useful sport supplement is a tool which allows you to perform the most intense training plan possible and recover quickly so you can do it again. It creates a shift toward the building of muscle proteins, and if needed, assists in the

## Traditional Aerobic Equipment

In addition to weight lifting you can utilize traditional aerobic equipment as long as the intensity is high and you are training at your target 85% to 95% heart rate. For example, you can use a recumbent bike such as a PTS CompuTrainer 2000 which can be peddled at a higher resistance and monitored as

recovery cycle as long as your maximum RPM stays above your sprint stopping point of 93 RPM. The key point is that the intensity of the exercise must be high to raise your heart rate and VO2 max. Interval training on a running track, interval cycling, rowing, and others will all work as long as your target heart rate is between 85% and 95% of maximum.

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**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 Grimmwood 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 Grimmwood'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))**

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 2554 Lincoln Blvd #1041, Marina Del Rey, CA 90291

undisputable "deepest" award. Shame Hamman owns the IPF world record. At 380 he proves a big man can go "rock bottom". Shane did 1000 in exhibition and will no doubt be the next inductee this year. Furnas undoubtedly would have surpassed 1000. The lure of professional wrestling prevented it. Doug as well as Hechler and Whenn were deep squatters. I must mention the marvelous Ed Coan. His 964 lift at 15 is amazing on the formula, not withstanding abnormal dwarf leverages -- of course! Warman, Wohleber, and Nichols -- a tri-ascending trio behind Karwowski at 275. Monstrous Jeff Maddy might have displaced Brodner from his 25th spot. He did 960 in exhibition May of 1995.

### Women and Men's Bench Press

In 1994 Tamara Grimmwood made history with the first 400 bench press by a woman. Now Debra Earmey threatens to overshadow her in a lighter category. Pinch me. Am I dreaming? Debra is 41 and 165! Big Jan Harrell is now relegated to third spot. Paula Suzuki has pushed 352 at 148. She surpasses legends -- Dawn Sharon and Debbie Dewitt-Poston. All of the top 25 have done 300. Others are: Powell, Lentz, Schutz, and Kexley. I must mention Anna Blakeley's incredible 302 at 132.

### 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 Grimmwood 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

### USA Men & Women Top 25 All Time Strongest Squat and Bench Press compiled by HERB GLOSSBRENNER

Women Squat	Women Bench Press	Men Squat	Men Bench Press
628	181	1039	275
633	181	1039	275
638	181	1039	275
642	181	1039	275
647	181	1039	275
651	181	1039	275
656	181	1039	275
660	181	1039	275
665	181	1039	275
670	181	1039	275
675	181	1039	275
680	181	1039	275
685	181	1039	275
690	181	1039	275
695	181	1039	275
700	181	1039	275
705	181	1039	275
710	181	1039	275
715	181	1039	275
720	181	1039	275
725	181	1039	275
730	181	1039	275
735	181	1039	275
740	181	1039	275
745	181	1039	275
750	181	1039	275
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760	181	1039	275
765	181	1039	275
770	181	1039	275
775	181	1039	275
780	181	1039	275
785	181	1039	275
790	181	1039	275
795	181	1039	275
800	181	1039	275
805	181	1039	275
810	181	1039	275
815	181	1039	275
820	181	1039	275
825	181	1039	275
830	181	1039	275
835	181	1039	275
840	181	1039	275
845	181	1039	275
850	181	1039	275
855	181	1039	275
860	181	1039	275
865	181	1039	275
870	181	1039	275
875	181	1039	275
880	181	1039	275
885	181	1039	275
890	181	1039	275
895	181	1039	275
900	181	1039	275
905	181	1039	275
910	181	1039	275
915	181	1039	275
920	181	1039	275
925	181	1039	275
930	181	1039	275
935	181	1039	275
940	181	1039	275
945	181	1039	275
950	181	1039	275
955	181	1039	275
960	181	1039	275
965	181	1039	275
970	181	1039	275
975	181	1039	275
980	181	1039	275
985	181	1039	275
990	181	1039	275
995	181	1039	275
1000	181	1039	275

# INTERVIEW

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

**BG:** Give us some personal information on yourself.

**TB:** I am 31 years old, 5'9", and currently weigh 265 lbs., with 16% body fat. I am happily married with six sons ranging in age from 12 to 5 years of age. I am originally from Jeffersonville, Indiana.

During my years at Jeffersonville High School, I became a gymnast with the rings and floor exercises as my best events. I simultaneously ran track with the hurdles and long jump as my strongest events. By graduation, I'd earned 10 varsity letters. Four in gymnastics, four in track, one in football, and one in diving. In my senior year, I became the Indiana State gymnastics Champion. I've been enlisted active duty in the U.S. Navy for 13 years. I'm currently stationed at SIMA San Diego, 32nd Street Naval Station, San Diego. I am a chemist's mate. Three years ago, I was accepted on the prestigious Navy Deep Sea Diving Team. I also played professional football in Australia for the U.S. Navy Team. I am a Black Belt in karate, which I learned while stationed in Japan. I fluently speak three different languages.

**BG:** How did you get started?

**TB:** My mother bought me a set of weights when I was ten years old. I enjoyed lifting weights all through school. When I was 20 years old, I discovered powerlifting, and entered three local powerlifting meets. I came in third place each time, but quickly became discouraged because of the use of performance enhancing drugs by the lifters. I have always been naturally strong, but I knew I could never compete with artificial strength; it is only temporary, and I knew that true power lasts a lifetime. After a few months, I dropped out completely. I remained in the gym, however, and just continued to work out. When my ships went out to sea

## THOMAS BONNER Interviewed for Powerlifting USA by Bob Gaynor



Thomas Bonner deadlifting at the '95 ADFPA Nationals

for six months at a time, I usually stayed in the ship's weight room, and worked on my power, and built up an incredible amount of strength. And after six years of doing this, my wife and a few close friends noticed my increasing strength, and encouraged me to give powerlifting another try.

**BG:** How long have you been lifting and competing?

**TB:** While competing in Napa Valley, California last year, John Ford requested a urinalysis from me. I had no idea who he was then (West Coast Regional Director for the ADFPA). So when I called him for directions to the host hotel in Chicago, he must have remembered my performance in Napa, and promptly invited me to join his "Pacific Power Outlaws" powerlifting team. I had no coach, or trainer, so I accepted his offer to compete with the "Outlaws", and have been involved with the organization ever since.

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

**TB:** My philosophy is simple. I feel that using performance-enhancing drugs shows nothing short of an ego. Trying to gain an unfair edge for a trophy at the expense of my health is something I'm just not interested in. I used to watch a television show called "The Mighty Sons of Hercules" when I was about six or seven years old. I remember how natu-

rally strong these characters were. They were confident, honest and always willing to help others. I've been inspired by that image ever since. God has blessed me with natural power that I would not want to destroy it with any type of performance-enhancing drugs. I put on martial arts/gymnastics exhibitions at schools, and afterwards all the kids run up and want to touch me to see if I'm like Hercules, and I'm so proud that I can tell them the truth; that I am real. I'm true to myself and to others. I have six sons all under the age of 13, and I'm a role model for them. The lessons I teach them I must follow myself.

**BG:** How did you get involved with the ADFPA?

**TB:** While competing in Napa Valley, California last year, John Ford requested a urinalysis from me. I had no idea who he was then (West Coast Regional Director for the ADFPA). So when I called him for directions to the host hotel in Chicago, he must have remembered my performance in Napa, and promptly invited me to join his "Pacific Power Outlaws" powerlifting team. I had no coach, or trainer, so I accepted his offer to compete with the "Outlaws", and have been involved with the organization ever since.

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bench press, 660 deadlift. Training-804 squat, 540 bench press, 725 deadlift.

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

**TB:** For the 15 months that I've been competing, I've had no type of training schedule whatsoever. I simply work on which ever body part that I feel I should at random. Twelve weeks before a meet, I had been lifting before. But when there's no meet coming up, I usually rep with 425 lbs on the bench press for five sets of five, 500 lbs. for three or four sets of ten, and deadlift 615 lbs. for six sets of two or three reps. And then I always do assistance work on the smaller muscle groups like bicep work, lats, back, calves, etc. But the longer I'm exposed to this sport, I realize that there is a definite way to train. Everyone's different, but I see a definite pattern with lifters. I usually drive my family to these meets, and now that I've competed in 11 different meets in 14 straight months, I see that all of my training does indeed affect my strength. But because I'm so used to traveling in the Navy, I take every meet as an adventure, and an opportunity to spend time with my lovely family. But now that I've come so far in such a short period of time, I'm going to take advantage of the things I need to do to win a national title, such as flying to the meets in the future. I know I'd do a lot better than I have. I am open to any suggestions other powerlifters may have to help me reach my goals.

**BG:** What do you see as the future of powerlifting?

**TB:** I feel that the future of powerlifting is very bright. Physical fitness is making its way to the front burner on the American's list of top priorities nowadays. And as it becomes more of an integral part of a healthy lifestyle, rather than the hobby that it used to be, powerlifting will definitely become more popular, as well. People are in the gym now more than ever trying to get back to the old fashioned ideals that the more common sport of body building was based upon. Powerlifting is in a class of its own, and since becoming the AAU California State Chairman for powerlifting recently, I have appeared in several local newspapers, magazines, and on the local news to promote its advantages, and to dispel the myths surrounding it also. I'm getting the word out that there is a platform for drug free weight

lifters who want to showcase their natural strength, and that powerlifting is not a freak show where people are lifting some unimaginable amount of weight. Years ago, muscles represented strength, not drugs. I'm really excited to see a positive turn around in the public's perception of a healthy body.

**BG:** What advice would you have for beginners?

**TB:** I'm really a beginner myself, but one thing that has truly paid off in my brief career is "patience". That has been my main attribute to becoming the powerlifter that I am. It might take three or four years for your dreams to come true. But when it does, there's no greater feeling than successfully surpassing the many plateau's that you will face. Stepping up to the next physical fitness level without cheating is by far, one of the greatest gifts you can give yourself. Placing at a meet is not the goal, competing as an all natural athlete is the real reward.

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

**TB:** Titles - Strongest Natural Man in the Navy, 1st place in the 1995 AAU CA State Squat Champs, 1995 ADFPA Military national champ, 2nd place 1994 USPF Military Champs, 1st place

USPF Mid Cities Bench Press Nationals, 4th place 1994 AD-FFA Nationals, AAU California State Champion, 3rd place AD-FFA Nationals in the 275 lb. class. Records- three military national records in the bench (515, squat (740), and total (1885), 1994 USPF California bench (523), 1995 ADFPA California State overall total champion; and 1995 AAU California state-squat record 750 lb. in the 275 class.

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

**TB:** I'd like to thank God first, and then my supportive wife, April, who, without trusting and believing in me to be a role model for our children, I would not be the true powerlifter that I am today. I'd also like to thank my Commanding officer, Captain G.L. Beir for all of his support, and for allowing me to compete while serving in the Navy. Thanks to my brother, Steve for a special me on the big weights. A special thanks to Bob Gaynor and Mike Lambert for recognizing my true inner strength. I'd like to hear from other powerlifters would like to help me reach my powerlifting goals. Please call (619) 475-3628 to leave a message regarding advice, or to receive information on Shakee all natural vitamins.

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# POWER SCENE

Anthony Clark did something everyone in powerlifting should know about. After hitting a 770 bench and 1100 squat and a 2600 total, Anthony left the big IPA meet in Maryland with 3 new world records.

Well, when meet officials looked at the videotape of the meet afterwards, it turns out that one of the spotters touched the bar while Anthony was doing the 1100 lb. squat.

The referees had given Anthony the lift. The meet was over, and Anthony was long gone. What to do? The officials called Anthony for consultation, and to his credit, he said he wanted his lifts, and his records, to be legitimate and free of controversy, so he would decline the 1100 squat and would take only the 1031 lb. squat he did that day.

So in the end, Anthony ends up with a 2531 record total, instead of 2600, but he accomplished something even bigger, and that was to raise up the sport of powerlifting through his actions. He stood up for what he believed in, even though it cost him a world record in the squat and lowered his world record for a total.

I caught up with Anthony shortly after all this transpired, when I drove down to San Diego for the grand opening of John Lutz's Power Nutrition store. John flew Anthony out to sign autographs and do a lifting exhibition to celebrate his new store, which

Also at the opening was Thomas Bonner, ADFPA California State Champion, a national military champion, and, most recently, IPA State Chairman. Tom's also got some clothing for sale at Power Nutrition, but his mind's more on his future lifting.

This U.S. Navy engineer has



Thomas Bonner looking large.

been busy shopping and fixing up the house. Tamara will be taking a long time off from competition, but she's already thinking about a meet in December at Ken Leistner's Iron Island



Anthony and Anna Marie catching up on the world's strongest sport.

meet a few months ago, and after only three weeks of training, and wearing someone else's bench shirt, she hit a 193 bench. With more training, she could hit some really big numbers.

From Chicago, John Abdo sent along the premiere issue of his cool newsletter. Science and Fitness Entertainer. The 12 page color monthly features a profile on star bench presser Craig Tokarski, and John promises future profiles and articles on Ed Coan, Anthony Clark, Ernie Frantz, and lots of other lifters. Best of all, the newsletter is FREE! That's right, just give them a call at 1-800-704-2121 and get it for free.

Best wishes for successful surgery and for a speedy recovery to Tamara Rainwater-Grimwood, who's about to head in for some work to fix the disc problems she has in her neck. The only woman in the world to bench 400 lb. has had to lay off the weights, so she's

Need Low



Willie Veikune gunning for 1700.



Dennis Weis at GOLD'S Gym.

John Lutz in front of his new store Power Nutrition in San Diego.

Bodybuilder and powerlifter Anna Marie Bezzentes posed with Anthony for lots of photographs, and she certainly improves the look of any shots she's in. Anna Marie did her first powerlifting



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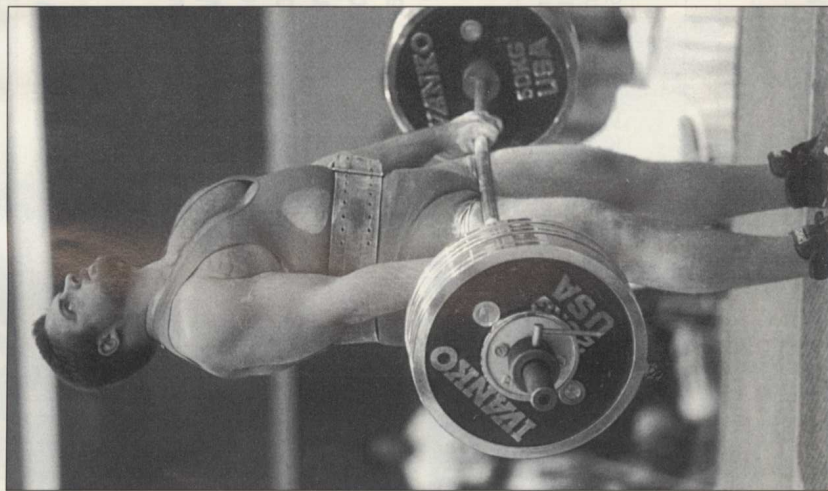
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# STARTIN' OUT

A special section dedicated to the beginning lifter

## How to Gain Weight and MUSCLE MASS

as told to Powerlifting USA by Thomas D. Fahey, Ed.D., Exercise Physiology Laboratory, California State University, at Chico



Beau Moore has obviously gained some quality drug free bodyweight

Many of you are probably too young to remember the Charles Atlas ads in the Superman comic books. The ads showed a skinny, wimpy looking guy sitting on the beach with his beautiful girlfriend. Suddenly, a burly, muscular guy appears who kicks sand in the wimpy's face. Naturally, the girl ran off down the beach with the gorilla. Later, the wimpy saw an ad for a Charles Atlas course. The ad said, "Choose the kind of body you want:

— Crusher chest, — Massive shoulders, — Wash-board stomach, — Spring-like legs, — Dynamite calves, — Boa constrictor-like back muscles." The wimpy checked all the boxes and waited for the course to arrive in the mail. When he got the course, he worked out hard until he was bigger and stronger than the guy who embarrassed him on the beach. Finally, he returned to the beach, beat up the guy who kicked sand in his face, and got his girl back.

I'm convinced that most people would rather look strong and fit than skinny and wimpy for fat and wimpy. Certainly, the incredible popularity of gyms and health clubs attests to that. My high school-aged sons and their friends dwell on gaining weight and looking more muscular. Even many of my old broken down college professor colleagues are interested in maintaining some semblance of muscle tone. Unfortunately, most people who want to get big and strong don't know how to go about it.

### Energy Balance and Body Composition

Energy balance governs weight gain and loss. If you take in more calories than you burn up, then you will gain weight. Likewise, if your energy expenditure, you tend to lose weight. While that looks simple enough, the process can be very deceiving. For example, you can gain weight by increasing water weight, body fat, or muscle. Let's say that you go to a party and drink a lot of beer and eat salty foods, such as potato chips. You may gain 5 pounds the next morning, but the vast majority of the gain is due to fluid retention. So, you aren't really interested in gaining weight. Rather, your aim is to improve your body composition.

You can subdivide your body composition into fluid, fat, and fat-free weight. Fluid or body water is the liquid component of your tissues. It includes blood, lymph, fluid inside and outside the cells, and spinal fluid. Fat weight in-

putting on muscle.

### Gaining Muscle

Muscle mass and strength are highly related. The larger the muscle the stronger it is. Scientists have known for almost 30 years that muscle tension and the length of time you tension to the muscle are the most important factors causing muscles to grow. For a young or novice lifter who wants to gain weight, I recommend multiple sets (4-8 sets) using relatively high reps (8-10 reps per set) of exercises that work major muscle groups. You don't grow as well when you don't take in enough calories. Ideally, eat a well-balanced diet consisting of about 50 percent carbohydrates; 35 percent fat, and 15 percent protein.

Start off by increasing your daily caloric intake by 250-500 calories more than you normally eat. Try to avoid junk foods and foods high in fat. You will find that as the intensity of your weight training program increases, you will be able to eat a lot more food without putting on a lot of fat.

Monitor your body weight every day and write it down in a training diary. You will notice daily fluctuations in weight that are usually due to small changes in water weight. Look for trends in body weight. If you are training hard and increasing your caloric intake, you should see small increases in body weight every 1-2 weeks.

Weight gain supplements can help you put on weight. They provide a good source of protein and other nutrients as well as a handy way to increase your caloric intake. Supplements such as Heavyweight Gainer 900 or Super Heavy Nutrition can be taken several times during the day to enhance recovery from intense workouts and provide extra calories that are sometimes difficult to consume during normal meals.

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your absolute strength. Beginners should avoid the temptation of going too heavy too soon. If your goal is to gain base strength and muscle weight, you have to begin with a systematic conditioning program that will lay the groundwork for pushing heavy weights.

### Caloric Intake and Diet

You will not gain weight unless you increase the amount of calories you consume in your diet. Many studies have shown that muscles don't grow as well when you don't take in enough calories. Ideally, eat a well-balanced diet consisting of about 50 percent carbohydrates; 35 percent fat, and 15 percent protein.

Start off by increasing your daily caloric intake by 250-500 calories more than you normally eat. Try to avoid junk foods and foods high in fat. You will find that as the intensity of your weight training program increases, you will be able to eat a lot more food without putting on a lot of fat.

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### Guidelines for Gaining Weight

Some basic guidelines for gaining weight include:

— **Stress quality body weight over quantity.** Carrying extra fat does little to improve physical performance or appearance. However, some gains in body fat may speed the development of muscle. If you are very lean, a little extra fat may be beneficial in many sports.

— **Use weight training to increase the size of major muscle groups.** Stress exercises that work large muscle groups. Exercises should consist principally of presses (for example, bench press,

seated press) and high resistance, leg exercises (for example, squats, leg presses). Lifts should employ heavy resistance and numerous sets (for example, five sets of eight to ten repetitions). After 6-12 months, gradually introduce load and peak cycles into your workouts.

— **Stress long-term gains.** Athletes should not expect to increase lean body mass by more than 5-10 kg. per year.

— **Adolescence should be wary of signs of skeletal damage.** Weight training is a very safe activity for teenagers. However, overtraining or heavy lifting can sometimes cause damage to structures such as the growth centers of bones or the insertion points of tendons. If you experience severe joint pain or lumps below your kneecaps as a result of training, consult a physician or sports physical therapist before continuing your program.

— **Don't use drugs to gain weight.** Avoid drugs such as anabolic steroids and growth hormone. The benefits are not worth the risks.

— **Eat a well-balanced diet containing slightly more calories than normal.** If you are training vigorously, your daily protein requirement is 1-1.5 grams per kilogram body weight. A well-bal-

anced weight gain supplement may be useful for people who have trouble taking in enough calories.

— **Monitor your body composition.** Keep track of progress by measuring lean body mass and body fat. The underwater weighing technique is the most accurate. The skin fold technique is also accurate. You can purchase inexpensive skinfold calipers through most fitness magazines. It's also a good idea to monitor protein gains and losses. A good method of estimating body protein status is to monitor your urine urea nitrogen every day using sticks available at health food stores.

— **Consult a physician if you don't make any progress.** There are a variety of explanations for being chronically underweight. These include family history, maturational level, or metabolic status.

You don't have to let people kick sand in your face. Weight training and powerlifting are great ways to put on muscle and gain strength. All it takes is regular progressive workouts and a good diet.

For further information see: Brooks, G.A., T.D. Fahey, and T. White. Exercise Physiology: Human Bioenergetics and its Applications. Mt. View, CA: Mayfield Publishing Co., 1995 (2nd edition).

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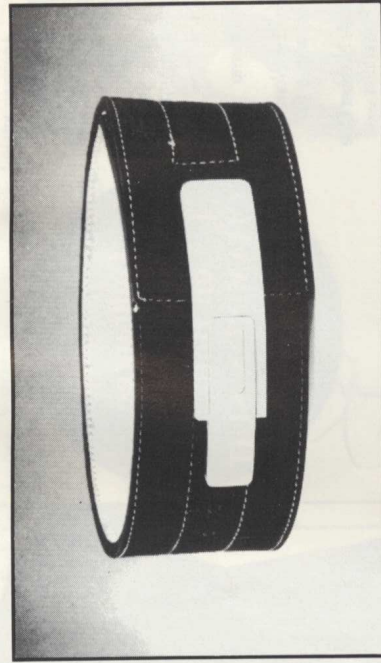
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# TRAINING

## Strength and Conditioning Routines, Version 1, The Squat as told to POWERLIFTING USA by Greg Reshel

Last month I presented a strength and conditioning routine for the bench press. In this article I will develop a strength and conditioning program for the squat. Understanding that performance peaks are not the determinants of Powerlifting limits, but rather the rehearsal of technique, timing, and delivery; we must focus our energy on strength and conditioning cycles to increase our capacity for powerful strength. Conditioning cycles should rotate the emphasis between primary areas of assistance. In the case of the squat we will focus on hips and back in this routine. I will outline a routine work-out and squat assistance exercises two times per week. This is an off-season routine. However, should you want to test your strength in a meet at the conclusion of this routine be advised you need to back off the assistance work the final three weeks and be prepared to feel "rusty" in your technique because this routine addresses strength without con-

cern for contest technique. You will train for twelve weeks on this routine. For the purpose of this routine, we will assume a 500 lb. contest squat maximum. If your numbers are actually higher or lower you will need to adjust your training numbers either up or down to accommodate your needs. Also, be aware that individual leverages differ dramatically and that you may need to adjust the numbers used for your accessory work accordingly. The accessory work listed in this routine is designed to be challenging, but you should not miss a rep. At the completion of each set you should fall as if you had one or two reps left "in the bank". The first routine listed will address the squat as the fundamental exercise. Focus your energy on pushing the squat as outlined in the chart and worry less about hitting big numbers in the accessory exercises. The second routine listed will address the hip sled (leg press) as the primary exercise and the

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squat numbers are less important on this training day.

**DAY 1 - Heavy Squat Day** - (Note - use of gear is a decision best left to the individual athlete. The workout is designed for no gear. If you choose to use a belt, knee wraps, or a light suit for your own safety you may need to adjust the numbers a little. Keep in mind that the squat should be pushed hard on his day!)

**SQUAT** - warmup as need to prepare for the working sets listed in the chart. The typical warmup for a 500 lb. squatter would probably include 135 lbs. x 6 reps x 2 sets; 225 lbs. x 6 reps, 295 lbs. x 3 reps, and then pick up the working sets in the chart.

After the specified squat sets, include Hack Squats (6 sets of 10 reps, increasing weight with mod-

erately wide stance on board); Reverse Hypers (5 sets of 20 reps, light); Calf Raises (5 sets of 20 reps), Abdominals (weighted situps, with feet up on a bench - 5 sets of 6 reps)

**DAY 2 - Heavy Leg Press**

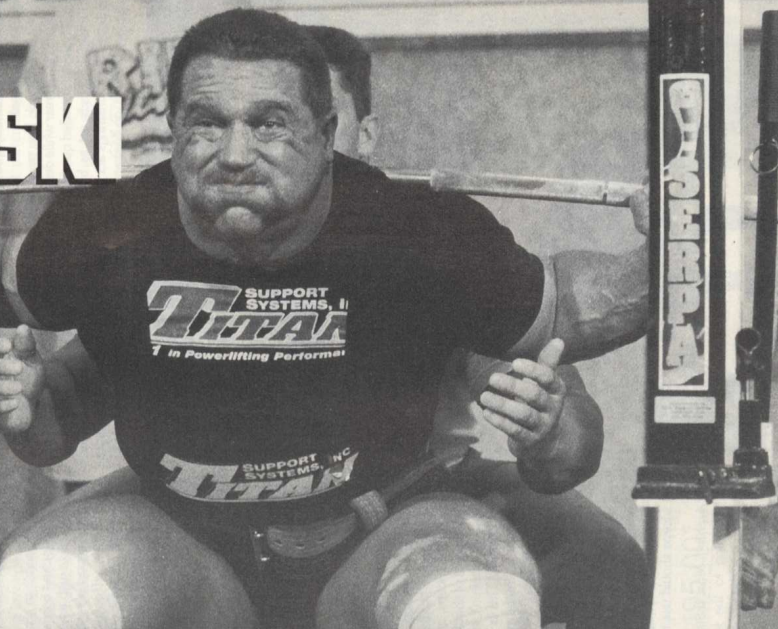
**Day - Leg Press** (8 sets of 10 reps, increasing weight with moderately wide stance on board); Narrow Stance Squats to Parallel (4 sets of 12 reps with 225 lbs.); Wide Stance Half Squat Good Mornings (3 sets of 10 reps with 65 - 95 lbs.); Seated Bench, Knee Leg Raises (4 sets of 25 reps); Back Hypers (bodyweight for 3 sets of 10 reps).

Always use spotters for your own safety. If you have questions or observations, contact us at POWER EXCEL, 2807 South Superior St., Milwaukee, WI 53207, 414-769-1211. We welcome your questions and observations. Good Luck

### Heavy Squat Day

Week #	Set1/Weight	Set2/Weight	Set3/Weight	Set4/Weight	Set5/Weight
Week 1	5 reps @ 310	3 reps @ 350	2 reps @ 390	3 reps @ 365	5 reps @ 325
Week 2	3 reps @ 350	3 reps @ 350	3 reps @ 350	3 reps @ 350	3 reps @ 350
Week 3	1 rep @ 360	2 reps @ 360	3 reps @ 360	4 reps @ 360	5 reps @ 360
Week 4	3 reps @ 355	3 reps @ 355	3 reps @ 355	3 reps @ 355	3 reps @ 355
Week 5	1 rep @ 365	3 reps @ 365	5 reps @ 365	3 reps @ 365	1 rep @ 365
Week 6	5 reps @ 350	5 reps @ 350	5 reps @ 350	5 reps @ 350	5 reps @ 350
Week 7	1 rep @ 335	3 reps @ 335	5 reps @ 335	3 reps @ 335	1 rep @ 335
Week 8	5 reps @ 340	3 reps @ 340	2 reps @ 340	3 reps @ 340	5 reps @ 340
Week 9	3 reps @ 350	3 reps @ 365	3 reps @ 370	3 reps @ 375	3 reps @ 385
Week 10	1 rep @ 375	2 reps @ 375	3 reps @ 375	4 reps @ 375	5 reps @ 375
Week 11	1 rep @ 395	2 reps @ 395	3 reps @ 395	2 reps @ 405	1 rep @ 415
Week 12	1 rep @ 400	2 reps @ 400	3 reps @ 400	4 reps @ 400	5 reps @ 400

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

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**THE NUTRITIONAL SUPPLEMENT GUIDE** - This comprehensive review was written to give you an objective, unbiased analysis of nutritional supplements. It will help you choose the right supplements for your needs and 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 we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent decisions without having to wade through piles of lies-type and self-interest. To subscribe or get more information call 1-800-447-0088.

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

**BEYOND ANABOLIC STEROIDS** - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic-steroid substitutes (by both competitive - since most cannot be detected, and non-competitive athletes) or to enhance the effects of anabolic-steroids.

**ANABOLIC STEROID SIDE EFFECTS - FACT, FICTION AND TREATMENT** - 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 US plus \$1.00 P&H.

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years. How did I do it? Mostly by eating intelligently and taking a select number of supplements. No drugs were involved. I followed a strict high fat, high protein, low carb diet phase on weekdays, and the 'free for all' diet on weekends. I set my wrist watch alarm to sound every two hours. When it went off, I ate whatever I wanted to or not, and no matter what I was doing (almost, I increased my calories to 4000 calories a day during weekdays and 5000 a day on weekends. Breakfast, which usually consisted of coffee and a meal, was a full meal. As usual, I tried to have a protein and fat drink 2 or 3 times a day. I mixed 4 tablespoons of whey protein with 2 tablespoons or flaxseed oil with some aspartame during the week, and during weekends, I mixed some ice cream, fruit or whatever I had on hand, and usually used a less expensive milk and egg protein. On this diet I gained over 25 pounds of (mostly) muscle over a six month period. My body fat went from my usual 8% to 10%. Over the next two months I gradually lost 5 lb, and went back to 8% body fat. That translated into a 20 lb. gain in muscle during an eight month period, worth all the discipline and forced feeding I had to endure. I really can't give you all the details, but the information you need to follow this kind of diet is in my new "Anabolic Diet" book and accompanying video (see the ad next to my column in PL USA). As far as which supplements to take, this is also covered in the "Anabolic Diet". As well, if you really wanted to go high tech on the supplements, you might consider buying my new "Bodybuilders Supplement Review". Both books are available from OTS at 1-800-582-2053. **Mauro DiPasquale, M.D.**

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## Ask the Doctor

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

**DEAR MAURO:** I am a 22 year old natural powerlifter. 5'6" and 174. I squat and deadlift 550, perform bent over rows with over 400 pounds, do one arm dumbbell rows with 200 pounds, push-ups with 150 pounds on my back, pull-downs to the front with 350 pounds, standing calf raises with up to 900 pounds, and perform stiff-legged deadlifts with 450 pounds. I have never used steroids or any type of supportive gear other than lifting straps and belt. My problem is that no matter what type of program I follow, or whatever supplements I take, I cannot put on any appreciable muscle size or gain weight. I work out four days per week, and I make every workout count. I use mainly free weights and do high, low, and medium rep sets. My training is quite intense, but despite my best efforts, I can't develop an impressive physique. I am very discouraged and angry. I have read that my old, Ed Coan, brought his bodyweight from 150 to his current 220 pound status. My question to you is there any way for me to make tremendous gains in size and bodyweight naturally? If not, what is the safest anabolic steroid that I could try? **Marc R.**

**DEAR MARC:** Unfortunately, inability to gain weight is a common problem with many strength athletes. Athletes that tend to be thin in body type can be extremely strong, but just can't put on size like the natural morphos. It's in the genes, however, you can do it without having to resort to drugs. Doing it naturally takes more effort, but then you don't have all the problems associated with the use of anabolic steroids, GH, IGF-1, and insulin. I tend to have a hard time putting on muscle mass. The only way I can put it on is to be monk-like in my training and eating, especially the eating part. As far as training, it should be intense, but not more than five hours per week. After that you're in a catabolic state. Even more important is the nutrition end. You have to consistently increase your caloric and protein intake. Once you get these up, then you can more effectively use a few selected supplements to further add lean body mass. Let me tell you how I gained weight. During the decade and a half in which I was a competitive lifter, I won the Worlds once, came second three times, won the World Games once, the Pan Americans twice, the North Americans twice, and the Canadian championships seven or eight times. During my competitive career I lifted mostly in the 132 to 165 weight classes. I now weigh around 200 lb., and gained over 30 of these pounds in the past two

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Webster defines a mistake as "a fault in understanding, perception, interpretation, etc." Well, I believe I am an expert on mistakes, having made just about all of them in powerlifting and paying dearly for it. I have had more bad mistakes than I can count. I did not know then that I was making mistakes, so I made them over and over until they were pointed out to me. What follows are mistakes that are frequently made in six areas: squat, bench, deadlift, equipment, training, and warm-ups.

#### Squatting Mistakes

Not breaking parallel. The primary cause of this is not pushing the knees out to the sides. You must push your knees out before you descend. However you go down in the squat is how you'll come up. Many think that they need to push the knees out only in the bottom, but the knees are frequently pulled together, causing bad leverage by increasing the distance from the knee joint to the hip joint. If the knees are pushed out continuously, your leverage will be optimal.

Not sitting back. You must push the glutes to the rear while descending. There are so-called quad squatters, but the quads act as braking muscles. The hamstrings act as hip extensors. If you go forward, you

per back loses its tightness, so does your bench.

Incorrect foot placement. I see many lifters pull their feet back and under their body. This increases their arch but eliminates leg drive. The legs should be somewhat in front of the bench. The feet should be parallel with the upper thigh, the weight on the heels. By pushing hard against the heels, the force will be generated through the legs to the upper body, causing a tremendous jolt that will help drive the bar off the chest. By pushing off the heels and not the toes, the buttocks will remain on the bench!

#### Deadlifting Mistakes

Getting the bar out in front when pulling. This happens when the lifter pulls the bar straight up. The trajectory of the pull should be toward the body.

Standing too close to the bar. Lifters sometimes stand too close to the bar when using a conventional style deadlift. When this happens, the bar bumps the shins and is thrust forward, away from the body.

Not forcing the knees out. In the descent with sumo style, this will cause the knees to come together while lifting the bar, causing terrible leverage. However, you descend to the bar is exactly how you will come up. The bar should scrape the skin on the inside of the shin bone, not in front, if you are pulling correctly.

Using too much back (stiff leg) or too much leg. One needs a combination of both to be successful.

#### Equipment Mistakes

Tight straps. It is a mistake to have the straps too tight on a squat suit. This will cause you to bend over in the squat because the straps prevent you from maintaining a good arch. A good suit should be tight from the waist down.

Tight suits for SHWs. A big man should not wear a tight squat suit. It will throw off his form. Tight suits are not necessary with the great body mass of a SHW.

Bench press shirts that aren't strong enough. If you are opening with a 400 bench, for example, you should not be able to lower 375 to enough to allow only 400 to be lowered to the chest. Wetting the seams of the shirt will cut down on blow outs.

Wearing shoes with heels. Squatting in shoes with heels tends to throw the lifter forward, taking the pressure off the hamstrings. Wear flat shoes such as wrestling shoes or Converse. Flat shoes place the stress where it belongs, on the hips, glutes, and hamstrings, which act as hip

#### Benching Mistakes

Pushing the bar over the face.

When you do this, the bar travels the longest distance possible. The shoulders are rotated, placing a lot of stress on the rotator cuffs. It also places the pecs in a compromising and dangerous position. If you push the bar in a straight line, it travels the shortest distance, and there is hardly any shoulder rotation. It requires correct training - putting great emphasis on the triceps, not the pecs. I have seen a lot of shoulder and pec injuries, but I haven't seen a lot of triceps injuries. This is the muscle with almost unlimited potential. At Westside we don't do direct pec work and we do mostly conditioning exercises for the delts, but we live by the triceps.

Using the wrong grip. If you have strong pecs and shoulders, you should place your thumbs around the bar. Benchers with strong lats and triceps should use a thumbless grip.

Arching. Most think of arching as pertaining to the lower back. However, it is the upper back that must be light and arched. After all, the bar is positioned on the chest opposite the upper back. If the up-

extensors, I have often seen deadlift ability decrease from squatting in shoes with heels due to weakening of the hamstrings.

#### General Training Mistakes

Training the lifts too heavy and assistance work too light. Most people train too heavy on the three lifts and too light on special exercises. They train for a hypothetical max instead of a true max. If a lifter netted a 600 deadlift at his last contest with 30 pounds to spare, instead of repeating the same training and doing the 630 that he was capable of, he increases the training weight and inevitably overtrains.

Calculating your max from a heavy triple. A heavy triple does not correlate to a heavy single. Everyone does not have the same type of muscle fiber. Some lifters learn to be better at a triple than a single, which spells disaster at contest time.

Training too heavy too long. This can cause anxiety to build as the contest approaches and will certainly cause failure. It is much better to break records in special exercises via the conjugate method.

Not being in good shape. From the descent with sumo style, this will cause the knees to come together while lifting the bar, causing terrible leverage. However, you descend to the bar is exactly how you will come up. The bar should scrape the skin on the inside of the shin bone, not in front, if you are pulling correctly.

Using too much back (stiff leg) or too much leg. One needs a combination of both to be successful.

them from putting forth their best on all nine attempts.

Doing the same totals year after year. Yes, they may be winning, but with the same lifts, because they make the same mistakes in training. The bench press stalls because of overtraining some muscle groups and undertraining others. The squat stalls because of squatting too high in training or not doing proper back work for the squat. There's a difference between working the back for the squat and for the deadlift.

The deadlift stalls because of bad form, not doing abs, or simply deadlifting too much or too heavy. The deadlift is a very emotional lift. A meet always comes down to the deadlift. It means victory or defeat. If your head's not in it, you lose.

#### Mistakes at the Contest

Training at a heavy body weight and not knowing how to rehydrate after making weight. One should weigh more after the 24 hour weigh-in than before. Use a fluid replacement drink such as Powerade or Gatorade, plus carbo drinks, for size and regaining leverage. An anti-inflammatory or antihistamine after weighing in will add body weight quickly. Don't forget an electrolyte drink, such as Pedialyte or from a health food store.

Doing too many reps in the

warm-up room. Warm-up means just that.

Taking too much weight in the warm-up room. Save the big weights for the platform.

Not timing your warm-up correctly. This leaves too much or not enough time from your last warm-up to your first attempt.

Not knowing your attempts. They must be decided by your trainer before the meet.

Not bringing good help. Your helpers should know your lifts and those key words you need to hear for each lift. Never have handlers that hold you back. Husband and wife teams are usually a bad idea, as are very strong people with inexperienced helpers who hold them back by expressing fear or by being over-protective.

Trying new equipment on meet day. A different shoe, for example, can really throw off your lifts.

Not knowing the round system. There is a lot of strategy in the round system. Those who say there isn't have never used it.

Bombing out. Open up light; don't bomb. It takes two, sometimes three, attempts to win.

Not knowing your competition. At the Greatest Bench in America meet, in Dallas, I introduced myself to C. T. Fletcher. He replied, "I didn't think you knew who I was." I replied, "It's my job to know all my competi-


tors. Being arrogant. When you say you're the man that's when you find out you're not. Don't let people write about your personal life and the stress before your career is over. It's the kiss of death.

Not attending national and world meets. At these meets you can observe lifters with form similar to yours. Don't be afraid to ask questions. Most lifters will talk to you and possibly say one thing that will change your lifting forever. Just watching can generate a lot of excitement and get you psyched for your next meet.

These are many of the common mistakes that I have made or seen over the many years I have been powerlifting. I made mistakes at every meet I lifted in. For years I had no training partners, until the mid 1970s. Then came Whitaker, Heath, Sanger, and Paulucci. Finally, I had help. They could point out my mistakes and I, theirs. They were the first wave of champions. Today we have a tidal wave of champions: 17 world and 23 national. Today's current group of lifters have the luxury of not committing the same mistakes over and over, and so should you.

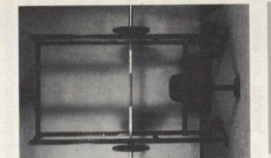
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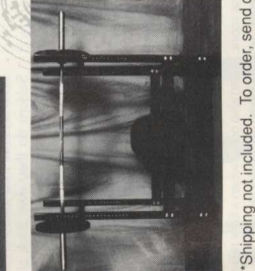
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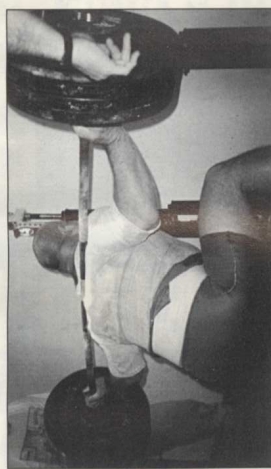
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## TRAINING MISTAKES....by Louie Simmons



Louie Simmons shows proper form in the squat: knees out, chest up, back arched, and glutes pushed to the rear. (photo courtesy Louie).

can rupture a patella tendon; just check out my left knee.

Incorrect setup. However you take a bar out of the rack is how you will squat with it. Yes, with a light weight you can take the bar out,

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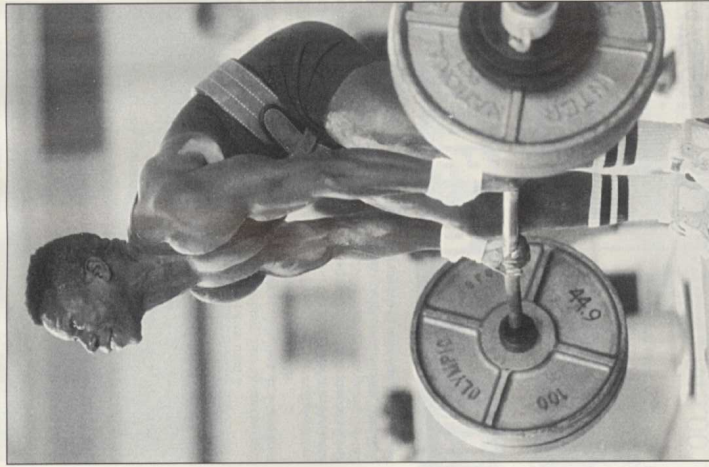
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# TRAINING

## AVOIDING INJURIES

As told to POWERLIFTING USA by Doug Daniels



Preventing Injury may be just as important as actually working out. When it comes to the long term success of champion powerlifters.

The unfortunate thing about powerlifting is that injuries are some- times easier to come by than gains. Because of this, it's very important that we decrease the chances for injuries to occur. I really don't want to write an article that goes too deeply into physiological terms and the like. Number one, I'm not a medical professional and number two, I never really got a lot of out- knowing that my vastus internals was suffering from acute microtrauma. That type of article has it's value, don't get me wrong, but I feel I can offer more to you readers by giving common sense information about how to avoid injuries.

I'd like to start out by saying that if you ever are in doubt about an injury, seek medical attention before you resume training. Aches and pains are intrinsic to powerlift- ing. You must listen to your body and learn to tell the difference be- tween minor pains and more severe pains that require a trip to the doctor. I have also found that though doctors are skilled in their field, it's best to consult a sports medicine doctor, if you can find one. Most regular doctors are not knowledge- able enough about weight training to guide the lifter back into resum- ing training again, if and when the injury allows it. The answer may be to give up weights or other sports activity altogether. I've gotten the old 'take up swimming' suggestion before, as some of you, I'm sure, also have. That may be the only recourse sometimes, but if a doctor has sufficient sports medicine back- ground, he can be more sympa- thetic as well as knowledgeable.

Chiropractic is also a viable al- ternative, especially in dealing with back or spinal problems. Again, if you can find one skilled in sports medicine, all the better. Physical therapists can also be invaluable, but for most of their services, you need a doctor's prescription. Again, if in any doubt, see a medical pro- fessional before resuming training.

Now, let's look at some con- mon causes for injuries, most of which can be avoided or at least greatly reduced. First off is using improper form. I know we authors harp on this time and time again, but there's a good reason for it. Improper form is probably the num- ber one cause of injuries. There are two major reasons for improper form. The first is not knowing how to perform the lift and the second results from the lifters desire to use more weight or get more reps.

Using proper form requires a great degree of discipline. The proper form for each of the power- lifts, or other weight exercise, must be performed on all reps of all sets.

overly concerned with adding 5 pounds a week to your squat sets or getting 1 more rep to your bench, if you add 5 pounds every month, that would add up to 60 pounds in a year and I'm sure just about every- one would be satisfied with that. 5 pounds a month may be a little optimistic, but if you think over a longer period of time, you will be less inclined to force progress be- fore your body is ready for it. Too often to get that last rep, the lifter may twist and cramp and pull or tear something. In order to get this last rep, the lifter uses sloppy form or another bodypart to help move the weight. The same thing applies to adding weight: your body may just not be ready for it. One impor- tant thing to remember is the rela- tive amount of an increase. For a 500 pound squatter, adding 5 pounds is much, much less signifi- cant than a 200 pound squatter adding 5 pounds. By the same token, if you are doing low reps (1- 5), an additional rep is relatively more significant than adding one more on a 10 rep set. In the low rep scenario, there is less room for error on a max or last rep. This does not mean that higher rep, lower weight sets can be executed mindlessly. Always concentrate at the task at hand. Think "long term" when you think progress. Increase only when proper form can be achieved and maintained. One workout that re- sults in an unfortunate injury can have much more impact than get- ting that one last rep, while using precarious lifting form.

Along with bad form as a source of injuries are ballistic movements or extreme extension during an exercise. Ballistic movements oc- cur when a lifter rebounds hard down on the bottom of a move- ment, hoping the momentum up- ward will give an extra boost to complete the rep. Some lifters per- form exercises such as leg presses or hacks by crashing down on the bottom. What can result are ex- tremely sore knees and a possible pulled groin. Some lifters have to wear knee wraps during leg exer- cises because their knees are sore. Seldom do they ever think about why they're sore.

Lifters abuse the bench press also. Too many times in order to get that extra momentum to complete the rep, lifters drop the bar down hard on the chest. This opens the lifter to possible rib cage injury. This crashing down with the bar also may put the lifter in bad position for the push upwards and may cause muscle pulls elsewhere. Muscle pulls can also occur when a lifter raises or bridges his buttocks high off the bench in order to lift the weight. I've seen some lifters bridge so high,

you could almost drive a VW Bug under them. Keep your buttocks in contact with the bench at all times and use your benching muscles to lift the bar, not your legs and hips.

We always read that full exten- sion and contraction are critical in getting max results. The trouble starts when a lifter stretches too far, too heavy and too often on a muscle that is not strong or flexible enough to handle the stress. I've caused myself pain by stretching my pecs too far and too heavy on traps. I agree that a lifter should practice a full range of movement, but an exaggerated stretch is asking for trouble. The best way is to control the weight down to a comfortable extension. Make sure you get in a few warm-up sets with increasing range of movement as well as weight.

You can apply my suggestion to all your exercises, remembering to lower the weight at a moderate speed in a controlled manner. Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we will sometimes try to do too much. Most lifters can take increased vol- umes of training for only so long. When overtraining starts to set in, strength and energy levels start to tail off. Aches and pains mount and our concentration falters. Thus we're ripe for that good old injury bug-

General physical and emotional well-being can't be overlooked as a potential cause of injuries. If you're under the weather physically, your strength and recuperative abilities will be sub-par. Concentration lev- els will also be lower, so in this case, don't go heavy or perform any low rep sets; take a light or medium workout. If you're really feeling out of it, consider skipping your work- out altogether. Perhaps do some ab sets or calves to satisfy your urge to workout. One or two lost workouts

will not have any significant effect on your strength levels, but one unlucky session could end your ca- reer prematurely. Take a step back and start up again with a short, ease-in period following any minor illness. Emotional well-being can be considered in the same vein. If you're undergoing a stressful situation at work or at home, you will not be able to put your full concentration and effort into your workout. You're just asking for trouble due to sloppy execution of your exercises or not being mentally into your workout. However, a good workout can be great medicine to good your mind of

frequency and severity.

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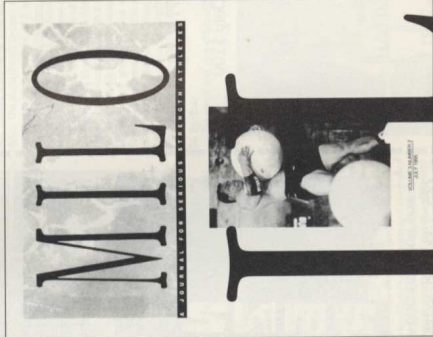
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your problems and channel that energy towards a productive goal. Again, I suggest taking it easy on the weights. Lower your intensity level and live to lift another day.

I can't emphasize enough that if you're in doubt about any pains you may be suffering, especially ones that you have been experiencing for some time, please consult a qual- ified sports medical professional for their evaluation and suggestions. Use good form and common sense in your training and get adequate rest and nutrition. Injuries still may occur, but you can decrease their frequency and severity.

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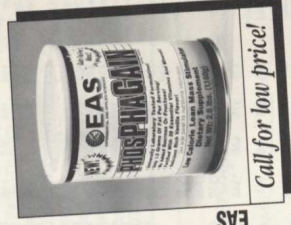
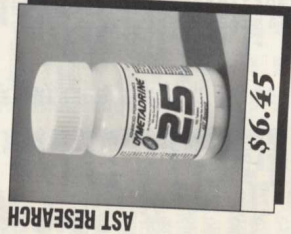
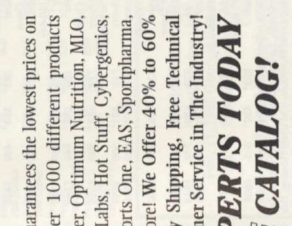
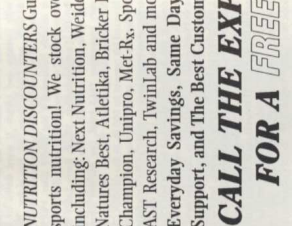
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see them exchange sweet nothings. Kairat's arm was raised in triumph, and he was crowned Kazakh interpreter, seated in front, interpreting. They already have each other's addresses, but since one doesn't speak a word of English, and the other doesn't speak a word of Kazakh, they wonder how they are to write each other. Whether or not they can overcome the differences in mountable barriers of language, differing race, and different cultures, it is a matter of time before they will be together. In any case, with all the strife, distrust, and misunderstanding going on in the world, I think God that was at an event where one of the truly shining moments, was when-

But more comes the more disturbing part of our stay in Mangalore. Originally I had decided to go to the beach, but I was told that it was not safe to be opening a can of worms. But my journalistic conscience starting bothering me, and I decided at the last minute to include it. This concerns the Asian Powerlifting Federation has been relatively clean, the few suspensions imposed having resulted from the oversight of a few judges. I was told that if you notice suspicious practices during the competition, you have to start wondering.

When I went to confirm the initial reports, but truth lying in a pool of urine. There was also a bottle that lay, almost hidden at the very bottom of the pool. I was told that it was the urine of a competitor during the competition, you have to start wondering.

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Scheduled to compete, he saw records by lifting 305 lbs with his one hand. He was the third straight year he's done that. Dominguez, last year's champion, was the second attempt due to depth, and dropping his third just as he was about to lock out. The bench press was again Wu's record. In the deadlift the heretofore outclassed Dominguez reassessed himself. He 372.5 kg effort was not enough to win the bronze in the total. This time he ended the 7th Men's and 6th Women's Asian Powerlifting Championships in what was called the "Mangalore" for the number of records set. Chinese Taipei topped the competition with Kazakhstan second and host Indonesia third.

Perhaps as significant, if not more so, to the participants in any international competition are the relationships forged between competitors. It was a pleasant surprise to see the Kazakh team, up until that time, had been stone-faced strangers to each other. But with the help of Andrew of Turkmenistan, the ice was immediately melted.

So much so that we were invited to their quarters after the banquet for more Stoinchova vodka (not that there was a dearth of it). We pulled along Makoto Higashiyama, Anadol. We pulled along Makoto Higashiyama, Anadol. We pulled along Makoto Higashiyama, Anadol. We pulled along Makoto Higashiyama, Anadol.

At the Kazakhstani quarters we confirmed our support between the Japanese and Filipinos. For Tatarinov was actually a gruff but lovable fellow. He was a former bodybuilder and a friend of mine. He was a former bodybuilder and a friend of mine. He was a former bodybuilder and a friend of mine.

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A New Record for V. Xavier of India, 346 kgs in the squat at 275 (Dubuque photos)

The women's 82.5, 90, and 90+ kg. classes started with a bang. The 82.5 kg. class was won only two competitors with Victoria Fedorova of Kazakhstan out-lifting Jaquelin Derozario of India. It was a close fight until the deadlift when she was able to lift 100 kg. Jaquelin with an Asian record deadlift of 200 kg.

In the 90 kg. class Jin Chi, Chi of China Taipei was triumphant over Mendo Bhanumathi of India. She was able to lift 100 kg. Jaquelin with an Asian record deadlift of 200 kg.

In the women's unlimited weight category, the women made a name for themselves. I can't imagine both Lee Chia Sui and Chao Chen Yeh equaled 255 kg. 20 kgs over the existing record. Then Lee countered with 222.5 kg. in the deadlift for another Asian record. In the end, Lee came out 2.5 kgs. ahead of Chao, although they were both strong competitors.

Superlative lifting! Tatarinov, Roy Chowdhry, who placed third, was in a whole different ballgame. He was a former bodybuilder and a friend of mine. He was a former bodybuilder and a friend of mine.

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dispatch through vide and counting he lived up to his component exterior. He out-lifted everybody in all three events. Babinder Singh put up a determined effort. He was the third straight year he's done that. Dominguez, last year's champion, was the second attempt due to depth, and dropping his third just as he was about to lock out. The bench press was again Wu's record. In the deadlift the heretofore outclassed Dominguez reassessed himself. He 372.5 kg effort was not enough to win the bronze in the total. This time he ended the 7th Men's and 6th Women's Asian Powerlifting Championships in what was called the "Mangalore" for the number of records set. Chinese Taipei topped the competition with Kazakhstan second and host Indonesia third.

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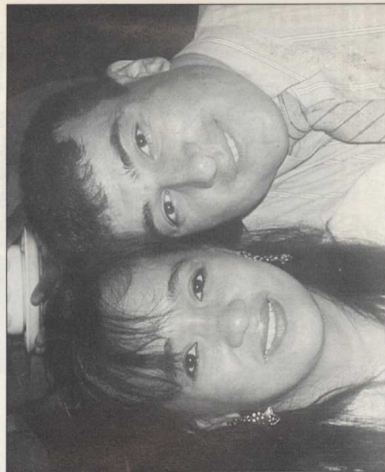
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Lovebirds... Erlina Pecante of the Philippines with Kairat Aliev (KAZ)







# POWER PROFILE

## JACK HUGHES... The Ban-tam Rooster by Herb Glossbrenner



"Action Jackson" Hughes competing at Knott's Berry Farm in 1979

All decked out in his regalia he looks most dignified. Here, indeed, is someone of distinctive rank. Black shoes are spit-shined to a gloss. The grey trousers and blue blazer are immaculate. Some have referred to him as "The White Haired Night-mare", but he reminds me of the late Colonel Sanders of the famous fried chicken empire (after undergoing a Richard Simmons weight-reduction course). He's 132 lbs., soaking wet, but don't be fooled by his diminutive stature. You can always tell if he's provoked; his snow white, pointed bread crackles with electricity. It is his responsibility to deliver a rules briefing. The competitors show their undivided attention. They know they'd better - or else! A last-minute check - all seems in order. The meet director is apprehensive (and for good reason) because his reputation is on the line. The distinguished gentleman takes the head referee's chair. Everyone knows that he's the boss. Eyes like a hawk watch the contestants approach the barbell. Suddenly, he springs to his feet - as though a starved ferret had invaded his trough. The lifter is admonished, "Tuck in your shirt, guy!" The athlete hard fought and completed - but did not meet Jack's rigid standards. The athlete politely asked what he'd done wrong, accepted the decision courteously, and came back for another try. This time he blew up the biggest BP in P/L history, leaving no doubt in anyone's mind. He told Jack the record bore a greater significance to him because Jack Hughes said it was good. No one would dare question his lift - 722 lbs. by Ken Lain.

Others have reacted differently. In the late 60's a promising U.S. SHW was touted as the man to beat the great Alexeev in Olympic lifting. While attempting an enormous record lift in the standing Olympic clean and press a foot moved. This nullified the lift. Hughes motioned for him to set it down. The powerhouse saw reds and he was just as livid as Jack. He angrily confronted Jack, who stood up and spat out bile: "Hit me and I'll guarantee you'll never lift in another contest - ever!" The monster came back out "hot as a firecracker" and power cleaned the massive load and rained it overhead like a broomstick. Three whites flashed. The big man lumbered over to the referee's chair where Jack was seated and growled: "Thanks, I

needed that". The adrenaline rush Jack provided had helped. Nearly everyone involved with the Iron Game knows who Jack Hughes is. Some love him, some hate him, and some just tolerate him. One thing is certain - you can't ignore him. There are those who might say that he is a bit too tough. Yet, those that complain about him are the first to seek him out to settle a dispute, clarify a rule, or iron out a problem. Where did he come from and where is he going? To answer these questions we need to start at Day 2, 1920 in Akron, now a community of well over a quarter of a million people in NE Ohio. He is the exact height of both his parents (5'3") and reached his full growth at age twelve. He grew up during the Great Depression. Times were tough for everyone. At age 10 he hired out as a farm hand. He carried bushels of wheat and rye into the granary. All he got were free meals. There were no monetary remunerations. Jack negotiated for other compensations. He followed behind a horse that plowed fields. He was so light that when the plow hit a rock he was tossed airborne - like a kite. At first he'd find the rocks aside with anger. The patient horse would wait until he was ready to go again. Clever boy - he soon learned

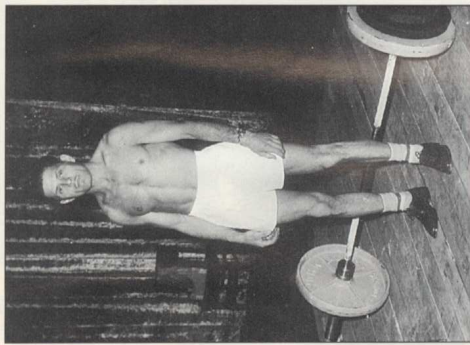
his brilliantly white, immaculately clean Navy uniform.

The '43 Jr. Nats were back in Cleveland that June. A mere 445 total won the bantams. It was a title Jack could have easily claimed. He was in service and couldn't attend. Altogether he served for 8 years with two call-backs. He was a D.I. in boot camp, serving during WW II as well as the Korean conflict. During the summer for one month each year he was at C.M.T.C. camp and was paid one dollar a day. He considered making the Navy a career. Staying 20 years meant getting a great pension. He decided to go for it, but went to the office and found it closed. This made him so mad didn't know it. When he discovered that the next day he told the Navy recruiter to kiss it off. Jack had changed his mind and went on home.

Hughes became an employee of Earnest T. & Rubber Co. He earned \$2.28 per hour, which he saved and used to buy a brand new 1945 Ford for \$525. He kept it in his grandmother's garage for \$2 a week and drove it only on weekends. One Saturday Jack went to get it and found it missing. His brother had borrowed it without permission and wrecked it. Emptying like a volcano, Hughes blew a fuse. Several seasons passed before he finally cooled down.

He asked for a salary increase which he felt he deserved. Forget it! They laughed at him (big mistake). He got mad and decided to get even. One night right in the middle of his shift he walked off the job. The assembly line backed up causing a big delay. The supervisor went ballistic as Jack nonchalantly strolled out and waved good-bye. Rubber was flopping in all directions. Ah! Sweet revenge!

The Ohio versus West Virginia meet was one of his favorites. He prepped himself for the upcoming Jr. Nats '46 by winning that competition and setting a state record press with 169 1/2 lbs., at 123. The Barnholm brothers, Larry and Lewis, had just founded the A.C.M.W.L. (American College of Modern Weightlifting) in Akron and held the juniors that year. Right on home turf, Hughes took on Len Fauver, the perennial state champ for the title. Jack, lighter man at 120 3/4, took a five lb. lead going into the clean & jerk. Bob Hoffman in his July '46 S&H writeup described Jack as the stronger, but



1953 Sr. National W/L Champion - Jack Hughes

Fauver superior in form. Len's skill in the final lift won him the title and Jack was runner-up. Gentleman Jack attacked again in Dec. '48. At age 28 won his first Ohio state title. His now famous ACMLW teammate Pete George won an unofficial W/R C&J at 181-355! At the Northeast Ohio contest (2-6-49) Jack butted heads with a local boy in Cleveland. Newcomer Doug Greathouse was strong, with a herculean physique. He erased Hughes' state record press - 190 - and totaled 555. Jack put up a valiant fight, but came up 10 lbs. year old beginner that Jack rolled over. Jimmy George, Pete's little brother, would eventually gain international fame also.

At the end of April, Jack drove down to Chattanooga, TN for the Jr. Nationals. Greathouse was there, sporting a great chance to win the lifting (123) as well as the Jr. Mr. America title. With a higher placing in mind, Jack tried to coax him to skip the lifting and concentrate on the flexing. Douglas nixed the idea.

He was cooking and spoiled Jack's brof. Greathouse finished 3rd, knocking Jack out of a placing and almost made the winning lift - twice!

Greathouse, that night, brought down the house with his small but sensational physique. He garnered all but the overall title; best back, arms, abs, and most muscular. Later, he asked to bum a ride in the Hughes coupe back home. Hughes, chagrined, finally gave in. Undaunted after all this, Jack entered his first Senior Nats, May 21, '49, which was conveniently

located in Cleveland. He topped Joe Del Campo on bwt, and was 4th with a 540 total. In April 1950 he won the Midwest title in Michigan and equaled his P/R's in the press (170) and C&J (225). Two weeks later he moved to Baltimore, but zoned in the C&J. It was one of very few bombs in his long career and the only time in national competition. He couldn't do the '51 Jrs. in Boston. Del Campo won, the man he'd previously beaten. Such luck. Hughes finished 4th in the YMCA Nationals on April 19 '52 at Cincinnati. He couldn't afford the trip to the West coast where he could have won the Juniors. Winning them did not seem to be his destiny. Jack then missed the Olympic Trials a month later in New York.

It was 1953 that the Jr. National competition was overwhelming. Jack observed from the sidelines as a local total. Next with a record 620 for the Senior Nationals. Jack drove down to enjoy the competition and watch. The 1947 USA World 132 lb. champ, Bob Higgins, ran the meet at the modern air-conditioned Murat theater. The entire contest drew only 25 lifters. There were no Banianweights entered. Jack was recruited to participate against his will. The powers that be were dead serious and threatened him with suspension if he didn't lift. Jack was not a happy camper, and was forced to buy a pair of trunks and borrow shoes. He went through the motions on the platform. Most would not have protested. In fact, most would have licked their chops to become the AAU Sr. National Champ. A somber Jack received his trophy, because he would no longer be eligible to win that one meet which meant more to him than any other - the Jr. Nationals.

Life goes on - it was a whole new ball game now. He captured the '54 Ohio Sr. State at Cincinnati and beat an upcoming tough pair of grenlins, the Ferry Brothers, Sam and Domineck, from Cleveland. The Seniors were in June at Griffith Park's Greek Theater. Jack hitch-hiked out to Los Angeles. He felt obligated to appear, being the defending champ. He felt as if it would be a farce and prepared to take his lumps. Every top 123 contender imaginable came. No less than 500 had totaled over 600. Some of the top guns lifted blanks and ze-

road. Hughes finished at a surprising 3rd in tough company. This was a result more self-satisfying than his uncontested victory the previous year. Jack led Akron to the 1955 team title at his favorite YMCA meet and made a 560 total record with 180 160 220. If you ask him if he believes in fairies (Ferys), he'll tell you - just earlier that year he battled Sam and Dick to win the state meet again. The Sr. Nats were back in Cleveland. He took them on their home territory and beat them again; finishing 5th, doing 180 160 and 220 = 560. Chuck Vind won Jack's class and made US records - 271 1/4 C&J, 670 total. Paul Anderson stole the show that day. His 436 1/4 C&J and 1145 total demolished the world records. By now the Fery brothers were getting really good. They finally had Jack's number and showed up at every meet like two bad pennies. In Jan. '56 they pushed him back to 3rd place. Hughes liked the competition, and didn't care. He was proud to be 6th ranked nationally at age 35. The Sr. Nationals were in Philadelphia and it was Olympic year so Jack went. The 123's were the biggest class - including top guns from Cuba and Panama (who took silver and bronze). Vind repeated as champ. Jack was outlived by his old nemesis - the fentev. Fery brothers, and finished in 10th position - 180 150 205 535. Hoffman wrote that Hughes, at 121 and age 36, tried hard and held his own despite the passing of years. He took 3rd behind them at the 1959 State meet, but drew notice that he was still improving (185 160 220 = 565 at 123) at age 38!

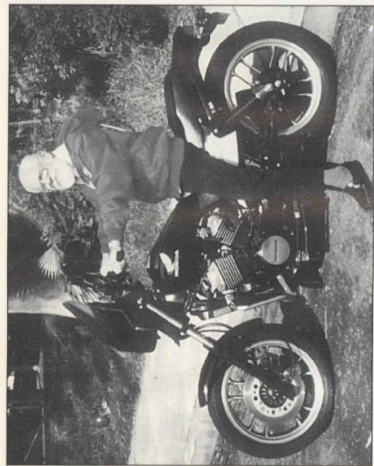
For 8 years he had worked as an auditor at the 1st National Bank of Akron. He'd repeatedly requested a raise. When they finally decided to oblige, he told them it was too late. He was tired of working for peanuts - so took off for greener pastures. He settled in Hollywood, CA and joined the YMCA. Jack volunteered his expertise in the weight room and is still an instructor there. For 10 years he worked at the Crocker National Bank in downtown LA. He quit there to work as an auditor for the IRS. They sent him to school, but he fell behind. "Mighty Mouth" challenged the instructor, who'd never been questioned before. Jack went to the supervisor and gave them his 10 day notice. It seems that after 4 months, he felt he wasn't cutting the mustard. The supervisor was stumped. Hughes was the first man to quit because he felt he wasn't living up to his own expectations. They recognized a special quality in this feisty old ban-tam rooster and recommended him

for a position with the U.S. Army Corps of Engineers. Jack was able to wheel and deal and thinned the use of helicopters for free that they pay \$550 an hour for today! His methods, of course, are a trade secret.

His first contest on the West Coast was Jan. 16, 1960 where he won the L.A. Championships (175 145 205) for 525 at age 39. Jack capped the LA title once again in mid-Dec, hoisting 175 155 210 at age 40. He won again in 1961 and took 2nd to Bob Ogino, a young star at the state meet. Perhaps his lifetime best competition came on April 17, 1962. He won the LA State Championships at the CA YMCA at age 42 and lifted 175 150 and 215 for 540. In 2nd was Tom Dooley (remember the song?) who was singing the "Hughes Blues!"

Jack continued competing, but the wins became fewer. He began to succumb to the promising youngsters. His most impressive victory ever (in my mind) came April 17, 1962. On that day he won the 123 lb. California State St. Championships (175 150 155 540) at age 41 yrs., 8 1/2 months. All good things must eventually end. The curtain was brought down for the final time on his overhead lifting career on Dec. 12, 1964. There he finished runner-up to Rene Juarez in the Southern California Championships. He hoisted 165 130 190 at age 44. A new form of lifting was becoming popular and Jack made it his new hobby - POWERLIFTING! During the previous 24 years of his lengthy lifting career, he'd never done any squats. In fact, he could do more than he could squat with. Now he started practicing them for the first time. It caused an increase in bodyweight, so he moved up to the 132 class. In mid 1964 he won his first meet in this new type of strength competition. It was at Muscle Beach that he benched 190, strict curled 100 (rear & back against a post) and SQ 275. In Nov. '65, he won the L.A. Championships as lighter man, age 45, over a much younger opponent - 180 280 380 840 (the BP came first in those days). That was 30 years ago, but Jack is still lifting in competition at age 75. As he got older everyone else patteded out. He, like the Energizer Rabbit, gave the masters record book a licking and he just keeps on ticking.

Jack met his wife Jean while he was working at the bank. He lost his bachelorhood forever at age 49. They've been together 26 years. Now they reside on Manwood Dr. in Eagle Rock, a mile or so from my house. No kids, but they have two pampered pooches - July & Penny - who receive plenty of tender,



Jack on the 1981 Honda 500 Shadow, he still drives to work everyday

loving care. He also set all the USPF Masters records as he advanced through the age brackets; (65-69) @ 132 - 305 SQ, 391 DL & 880 TOT. At 148 (weighed 132 1/2) 305 190 395 890. In the 60-64 age bracket his marks are 286 181 380 848. These were done Jan. 31, '82. He broke all the 65-69 standards as well and now owns the 132 70+ tally, 259 154 336 established Mar. 9, '91 at age 70 yrs., 7 months. He also has a number of California Master State titles to his credit. Hughes earned the Category I weightlifting referee's card in 1962 in Detroit at the Sr. Nationals. He now oversees and scrutinizes the other referees. The USPF did not want to listen to his suggestions. He was a fly in their ointment. They spit him out and Jack didn't come back. Does that perturb the fossilized featherweight? Not at all. He is still active in the Olympic lifting forum. The IWF hierarchy still seeks advice from Jack and willingly tolerates his straight forward abrasiveness. He is like the ole chicken who crossed the superhighway. Everyone knows why - because he just wants to lay it on the line.

He is a true advocate of the rules, and was instrumental in writing the P/L guidelines we follow today. You can hate him, but you can't intimidate him. At a meet he officiated in Anderson's heyday, he made Paul remove his heavy leather wrist bands because of their metal inserts. It was worn specifically to protect a wrist he'd broken in 1954. I got everyone's dander up and they challenged Jack's ruling. Paul didn't seem to mind. He nonchalantly removed them and made the lift anyway.

When it comes to protocol you can't top Jack. There is a method to his madness. Once while in Korea for the 88 Olympics he passed out

fied all odds against him and returned to the top after back surgery. He won 4 medals in 4 Olympic Games. Two Golds, a Silver and the last a Bronze at age 40. He broke a WR at 38, and beat Anderson's amateur records. In P/L it has to be Paul Wrenn, strong as an ox, deeper squats, friendly, a gentleman and most of all humble!

**HG:** Today's P/L equipment? **JH:** Too far fetched - not a true test of strength.

**HG:** What has caused all the major problems of P/L in the USA - all the different groups, division, etc.?

**JH:** United we stand - divided we fall. When the USA controlled the international events things were better. Any foreign country that controls any sport spells its downfall. The reason is because their laws and controls are obsolete. 1930's stuff. This is the 90's. The USA courts have no jurisdiction over there. Some of the shenanigans perpetrated by the antiquated ideas of those in command on foreign soil would never be allowed in the courts here.

**HG:** Why all the organizations? **JH:** Too many individuals trying to assume control. If they can't, they form their own organization.

**HG:** What caused the demise of W/L and P/L T.V. coverage?

**JH:** In W/L the bad publicity on steroids caused it all. In P/L it was the televised coverage of Paul Jordan's accident. It drew viewers but caused widespread adverse reaction to our sport.

Now that you know where Jack is coming from; you may wonder "where is he going?" Why, to the World Weightlifting Championships in Guangzhou, China. There, Jack joined with his closest US colleagues: Clarence Johnson, an honorary life President of the IWF and Rudy Sablo, another ancient artifact of the Iron Game. Between Rudy and Jack, they have probably ticked off more people than all the flea baths for all the dogs since the beginning of time. Depending on your view, you can deplore him or adore him, but you can't ignore him. After this interview, as Jack left to go home, he spotted a bag lady with a little dog in her shopping cart of "stuff".

Henriested across the street, whipped out his wallet, "Here," he said, "get the pooch something to eat." This is the real Jack Hughes - sunny side up. It is the side of him not everyone knows.

The next time you see Jack at a meet and he pecks you, be thankful he didn't deck you. "Call me anything you like," Jack catches, "just don't call me late for supper."

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# INTERVIEW

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

## CHRIS CONFESSORE

as interviewed for Powerlifting USA by Doug Daniels

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

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

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

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

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

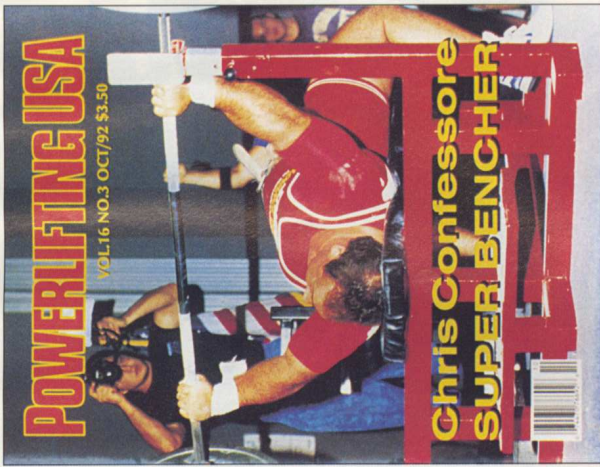
**CHRIS:** That's possible, but right now it's not a priority. I'm having fun upping the bench record and pushing the big guys.

**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 to 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.

ability. When I started, 600 was not in my mind, let alone 700.

**DOUG:** I've always wondered how record-setters handle mental blocks. Your PRs are world records.

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

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

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

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**3 FEB**, Midwest Open Drug Free Bench Press Classic, Lake County, WI

**3 FEB**, AAU Hard Core Power Raw Meet, Larry Lennan, 15 Ball St., Quincy, MA 02269, 617-479-7761

**17 FEB**, (new date) IPA California State Bench Press, Thomas Bonner, 2660 Monroville St., San Diego, CA 92139, 761-859-4026

**3 FEB**, APA Granite State Open Bench Press, 377 Rockway St., Keene, NH 03431, 603-352-8990

**3 FEB**, USPF Florida State PL/BP (Clemont), FL, Rich Peters, Box 735, Noble, OK 73068

**3 FEB**, USPF Drug Tested New England (at. class), Hancock Promotions, 21 Hales St., Lowell, MA 01854, 203-452-0835

**3, 4 FEB**, USPF All Natural (men, women, men, master) All Natural Gym, 163 S. 11th St., Lindenhurst, NY 11757, 516-957-7373 or 800-482-6772

**3, 4 FEB**, AFF Texas State PL/BP, James "Roadie" Capshart, 1700 Coral Rock Ct., Houston, TX 77058, 713-865-1715

**3, 4 FEB**, NASA Illinois State PL/BP (Elliott), Rich Peters, Box 735, Noble, OK 73068

**3, 4 FEB**, USPF New York State, John Comensal, Box 401, Breesport, NY 14816, 607-739-7322

**4 FEB**, AFF Illinois Open PL/BP (men, women, master), J. Iren/Gary Baum, Dwight, IL 60420, 815-584-2904 (t) 941-4286

**4 FEB**, (new date) NASA Hillbilly Classic BP and/or DL, Greg Van Hoese, Box 58, Millwood, WV 25262, 304-273-2283

**4 FEB**, ADFFA Chicago Grand Bench Press (open, men, teen, master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-941-1710

**9-11 FEB**, RASA Natural Nationals (OK, OK, BSA, Natural Nationals, OK 73068)

**10 FEB**, AAU East Coast Military/Open (FL, Lee, VA - men, women, teen, master) Rudy Garcia, 5112 Salem Ct., Colonial Hills, VA 23034, 804-520-5646

**10 FEB**, Pro Fitness Ironman Classic BP & DL (open, men, women, teen, master), NY (at. class), 350 Rd. 46, NY 07865, Joe Morreale, 201-627-9155

**10 FEB**, March Madness BP/DL Classic, Son Light-Power, 126 W. Sale, Turlock, IL 61953, 217-253-5429

**10 FEB**, ADFFA Florida Record Breakers BP/DL, Tom Trevores, 411 Belmont, Palmdale, CA 93277, 904-228-4904

**10 FEB**, AAU East Coast Open (at. class), 318 Coast, CA, Larkspur, CA 94032, 415-992-1114, Lynob/Blak/762/752/794-9888

**10 FEB**, APA Tarheel State BP (Charlotte, NC - tested/non-tested), APA Box 27204, El Johnson, FL 33927, 941-697-7962

**10 FEB**, IPA New York State/Open, Ralph Raab, Iron Island Gym, 3465 Lawson Blvd., Rockville, NY 11971, 516-594-9014

**10 FEB**, AAU All Natural (open, men, women, master) open all div. (at. class), 10000 14th St., Dallas, TX 75243, 214-668-6883

**10 FEB**, USPF Drug Tested (open, men, women, master) Dave Kuzifian, 475 W. 8th St., Carson City, NV 89073, 702-885-1886

**11 FEB**, WNPFF Georgia State (Macon), WNPFF 2460A Pkwy/Cr. N., College Park, GA 30349, 770-996-5008

**11 FEB**, AFF Detroit Record Breakers (at. class), Matt McCormick, 29900 Almond, Canton, MI 48021, 810-774-3332

**11 FEB**, All Natural (open, men, women, master) Berkshire West Athletic Club, Box 2188, Dun Fox Dr., Pittsfield, MA 01202, 413-499-4600, Ray Dunn

**11 FEB**, 3rd Oswego State University Bench Press (master, men, women) Frank Pano,

# Coming Events

**11 FEB**, (new date) Nationals, 9, 10, 11, 12, Gary Schall, 37 Wilkwood Dr. S., Charleston, OH 45368, 513-568-9116

**25 FEB**, 5th New York State Bench Wars, Powherhouse Gym, 1462 Altamont Ave., Schenectady, NY 12303, 518-355-0023

**25 FEB**, ADFFA Top Gun Bench Press (all div./at. class) Bob Canyon, 19 Sunrise Dr., Top, PA 18707, 717-823-6994, 474-6111

**25 FEB**, ANPPC High School Nationals, ANPPC, Box 1484, Mt. Vernon, IL 62864, 600-482-6772 or 217-253-5429

**25 FEB**, F. Lauderdale Open BP (tested/non-tested), APA Box 27204, El Johnson, FL 33927, 941-697-7962

**25 FEB**, BCRA (at. class) Men's Probiocals (open, men, women, BC, Canada), Mike Allard, 604-756-9223

**25 FEB**, AAU California State Squat Champ-onships, John Ford, 452 'A' St., Daly City, CA 94014, 415-992-1114

**2 MAR**, Arnold Classic Bench Press (at. class), Louie Simmons, 1469 Diamond Rd., Pittsfield, MA 01201, 413-499-1217

**9 MAR**, ADFFA WV High School (FL, So. Jr., women, teen, master, submaster, novice) Bluefield, WV 26030, 304-354-3023

**9 MAR**, 3rd El Jabinole Memorial Bench Press (open, novice, women, teen, submaster) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

**9 MAR**, Southern Tier Bench Press (open, women, teen, master, submaster, novice) Chenango, NY 24701, 304-354-3023

**9 MAR**, 14871, 607-739-4441, 607-739-4441

**9 MAR**, Palmetto State BP (tested/non-tested), APA Box 27204, El Johnson, FL 33927, 941-697-7962

**9 MAR**, USPF Texas State (Austin, TX) Below Class II, women, open, teen, master) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, Gary Pendergrass

**9 MAR**, USA Super Squat National/MN (at. class), 10000 14th St., Dallas, TX 75243, 214-668-6883

**9 MAR**, (at. class) Rich Peters, Box 735, Noble, OK 73068

**9 MAR**, Ammed Forces Bench Press (at. class), Germany, 86539/SNMP, SSgt. Spala, 49-6371-472623, 2480

**23 MAR**, NASA Virginia State (Charlottesville) Rich Peters, Box 735, Noble, OK 73068

**23 MAR**, Ammed Forces Bench Press (at. class), Germany, 86539/SNMP, SSgt. Spala, 49-6371-472623, 2480

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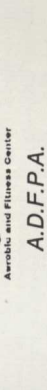
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**23 MAR**, (at. class) Rich Peters, Box 735, Noble, OK 73068

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# Iron Island Meets:

using Sutherland Bar, Deadlift Bar, & the Monolift  
**May 25, 1996 - Iron Island Bench Blast**  
**June 15, 1996 - Deadlift Classic**  
**Aug. 24, 1996 - Powerlifting Classic and Northeast Challenge Cup (Serves as IPA National Qualifier)**  
**Dec. 7, 1996 - Iron Island Bench Press Classic**

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

30349, 770-996-5008  
 6 APR, NESA Wisconsin State (Marshfield)  
 Rich Peters, Box 735, Noble, OK 73068  
 6 APR, (see data) NESA Wisconsin State (Marshfield), Jim Morrison, Training Center, Newcasale Square Mall, Newcastle, DE 19720, 302-328-5438  
 6 APR, MDSA Minnesota State/Open, Darwin-Jacobson, Box 1031, Willmar, MN 56201  
 6 APR, USPF Region 6 Drug Tested (TX, LA, AR, MS, OK - Saracino #000396), Randy J. Blackburn, Box 1603, Mt. Pleasant, TX 75456, 903-572-7029  
 6 APR, USPF Open, Mark Jensen, Rt. 1, Box 126, Turner, ME 04282, 207-225-5070  
 6 APR, AAU Virginia State (F. Lee, VA - men, class 2, women, teen, masters), Rudy Garcia, 5112 Salem Ct., Colonial Heights, VA 23834, 804-520-5646  
 6 APR, AAFBP David Rederick, 51 Whitehouse Place, Pawtucket, RI 02861, 401-724-8714  
 13 APR, NESA Michigan State (Rumkiss) Rich Peters, Box 735, Noble, OK 73068  
 13 APR, APA Tri-State BP (IL, KY, TN - tested/non-tested), APA Box 27204, El Jobean, FL 33927, 941-697-7962  
 13 APR, AAU Lifetime Drug Free Nationals (men, women), Terry Backler, 125 Jefferson St., Stratford, CT 06497, 203-5263/294-6797  
 13 APR, ANPPC Drug Free Miscel Open BP/DL (Situation - teen, women, master), ANPPC, Box 1484, Mt. Vernon, IL 62854, 800-482-6772  
 13 APR, Sunbelt Bench Press (Special Olympics fundraiser - open, teen, women, special olympian) J. C. Rantz, Members Only 985-9600, 65, Moultrie, GA 31776, 912-985-9600  
 13 APR, 13th Southern States Bench Press (open, over 40, women, novice, teen, Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633  
 13 APR, AAU New Mexico Bench Press Challenge (open, teen, women, master), Southwest Power Supply, 2207 Blackhills Blvd, Rio Rancho, NM 87124, 505-891-2462  
 13 APR, ADFFA Missouri State/Ozark Open PL/BP (Wentville) Mike Cassell, 15 Lakeside Dr., Lake St. Louis, MO 63367  
 13 APR, ADFFA Maine State PL/BP, John Mathieu, Box 325, Oakland, ME 04963, 207-833-3333

## June 1st, 1996 A.P.F.

**Biggest Bench in Ohio Open**  
**Ohio State Deadlifting Championships**

**Jim Rummell**  
**121 Queen Dr.**  
**Chillicothe, OH**  
**45601**  
**(614) 775-3603**

217-253-5429  
 27 APR, APA, NCHI Bench Press (outside lifts welcome - 2 wk. notice - men, jr., submaster, master) Fred Lattis, 1201 Main St., Philadelphia, PA 19104, 215-454-6647  
 27 APR, APA (CVA) APA, CVA, CVA/DL/BP & Master/Submaster Internationals (York, PA - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962  
 27 APR, NESA West Virginia State PL/BP (Closed/Open) Greg Van Housen, Box 58, Millwood, WV 26062, 304-273-2283  
 27 APR, USPF Region 6 Drug Tested (non-steroid) (PA, VA, MD, DC, VA, TX, Rich Peters, Box 735, Noble, OK 73068  
 28 APR, AAU North American Bench Press (Moreno Valley, CA - teen, high school, jr., novices, open, low enforcement, military, masters - all age/wt. groups - no formula), Martin Drake, Box 1484, Mt. Vernon, IL 62854, 800-482-6772  
 28 APR, USPF Region II (Dallas, PA) Robert Keller, 752 John Lane, Lower Gwynedd, PA 19002, 215-542-4941  
 4 MAY, APF 3rd Angluze-Mercet YMCA Bench Press, Ruth Knouss, 7590 SR 703, Collins, OH 43822, 419-586-9622  
 4 MAY, Slaughterhouse Housemaster BP (teen, novice, open, women, master), Slaughterhouse Productions, 124 Sarah Lane, W. Milford, PA 15122, 412-469-2095  
 4 MAY, Toppish High School Qualifier, Randy Althoff, 141 Ward Rd., Toppish, WA 98948, 509-865-3370  
 4 MAY, ADFFA Maryland State (open, women, master, teen) Carl Alesney, 1336 Wood Falls, MD 21017, 410-994-0907  
 4 MAY, APA Biggest DL in the South (Charlotte, NC - tested/non-tested) Scott Taylor, Box 27204, El Jobean, FL 33917, 941-697-7962  
 4 MAY, MDSA Rosewood Falls Meet (Reelwood Falls, MN), Derwin Jacobson, Box 1031, Willmar, MN 56201, E Chavez/5 de Mayo 361 ADFFA, 941-697-7962  
 4 MAY, USPF Open, women, master, novice, junior, collegiate, submaster, master, novice, spec. olympic, Manuel Villarreal, 895 N. Bayshore Rd., San Jose, CA 95112, 800-482-6772  
 4 MAY, Southeastern USBP (Charlotte, NC - tested/non-tested), APF, Box 27204, El Jobean, FL 33927, 941-697-7962  
 4 MAY, AAU 12th Drug Free Open (open, master, submaster, law & fire, teen, women, novice) Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824  
 4.5 MAY, NESA Tennessee State/Mid South Classic PL/BP, Mike Simmons, 1558 Dearing Rd., Memphis, TN 38117, 901-682-2222  
 4.5 MAY, NESA Tennessee/Jr. National & PA State (Pittsburgh) Rich Peters, Box 735, Noble, OK 73068  
 5 MAY, WNPFF 3rd Northeastern Challenge (Phila., PA) WNPFF, 2560A Picardy Cr. N.,

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# 1996 A.D.F.P.A.

# WOMEN'S NATIONALS

# April 20 & 21, 1995

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# Wilkes-Barre, PA



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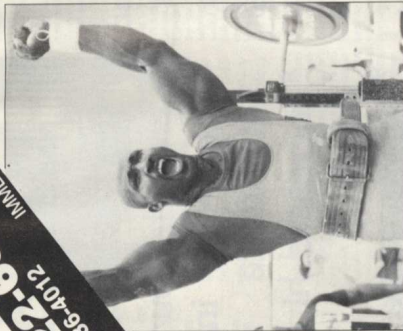




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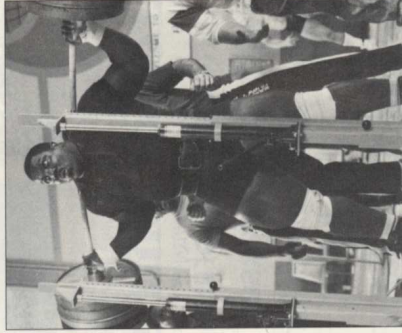


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<b>Wrist Wraps</b> — heavy duty, full length with velcro and thumb loop	\$11.95

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

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

**ILLINOIS ADFFA NEWS** State Chair Dennis Brady reports that last year was a down year for ADFFA participation, because other lifting organizations were starting to promote meets in Illinois. "We made a commitment to run more ADFFA meets and now the other organizations have started to cancel some of their meets." The lesson, according to Brady, is to hang in there and work harder to offer more meets. Your state may suffer one down year before coming back, but lifters will recognize the time tested quality of ADFFA meets. Dennis will be hosting the ADFFA National High School Championships, March 30-31, 1996 in Chicago. Call 312-561-9692 for more information.

**WDFFP NEWS** The WDFFP now has colorful logo patches. You can order by sending the quantity, your name and address with a check (made out to the WDFFP) for \$6 per patch to Judy Gedney, Brophy Hall, WIU, Macomb, IL 61455. The master, teenage and junior world record cer-

table soup mix; 1-3/4 cup plain low fat yogurt; 1/4 cup low fat mayo; chopped water chestnuts; chopped green onions. Stir dry soup mix before measuring. Add to spinach with other ingredients. Chill and serve, either in bread bowl or with raw vegetables.

### ADFFA GYM AND COACHES DIRECTORY

- All American Gym**, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268. Owner: Louis Baliz
- American Eagle Gym**, 12128 Frisstone Blvd., Norwalk, CA 90650, (310)863-1308. Coach: Sherry Houston
- Athlete's for Christ Power Team**, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309)837-4824 (M-F 3-5pm, Sat 10-12pm)
- Bob's Health and Fitness, Inc.**, 80 South Main St., Concord, NH 03301, (603)228-6756. Owners: Bob and Marian Gullage
- Bosco's Gym**, 12 Broadlawn, Ardmore, OK 73401, (405)226-5438. Owner: Stacy Green
- Brown's Gym**, 611 S. State St., Clarks Summit, PA 18411, (717)586-3481. Owner: James D. Brown
- Building Power & Fitness Club**, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766; FAX (216)630-3651. Owner: Bruce Dowling
- Coastal Fitness**, 5140 Sellers Rd.,

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

## 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
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1065	1135	1240	1265	1280	1295	1315	
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Master's	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										
ADFFA 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										

able soup mix; 1-3/4 cup plain low fat yogurt; 1/4 cup low fat mayo; chopped water chestnuts; chopped green onions. Stir dry soup mix before measuring. Add to spinach with other ingredients. Chill and serve, either in bread bowl or with raw vegetables.

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- American Eagle Gym**, 12128 Frisstone Blvd., Norwalk, CA 90650, (310)863-1308. Coach: Sherry Houston
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## A.D.F.P.A. Corner

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Shallotte, NC 28459, (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

**Cyborg Power Shop**, 04281A Country Rd. 15 D, Bryan, OH 43506, (419)636-4585. Coach: Ernie Fleischer

**Elite Power and Fitness**, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973. Owner: Gerry Raccio, CT State Chair.

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

**Iron Sport Gym, Inc.**, 133-B Chester Pike, Norwood, PA 19074, (610)237-6770. Owners/Coaches: Joe & Steve Pulcinella

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

**Jungle Gym Fitness**, 206 S. Walnut, Ridgeville, IN 47380, (817)857-2505, outside Indiana, 1-800-655-FIT1. In Indiana. Owner - Joe Goodwin.

**Kennedy's Gym**, Clock Tower Plaza, Morgantown, PA 19543, (610)286-7698. Owner - Pat Kennedy

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

**Muscles and Fitness**, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227. Owner: Brian Briggs

**North Powerlifting Team**, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544. Coach: Thomas Lowder.

**The Strength Training Center**, c/o Nutritional Technologies, 5 Stonescroft Drive, Easton, PA 18045, (610)258-1894. Coach - Nick Theodorou.

**Pacific Power Outlaws**, 452 A Street, Daly City, CA 94014, (415)992-1114. Coach: John Ford

**Payne's Gym**, 520 S. Main St., Henderson, KY 42420, (502) 826-8354. Coaches: Pat Payne and Steve Corum

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

**PowerFit Gym**, 1763 Arrow Ave. Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Manganiello & Eli Stern

**Pro Fitness Powerlifting** 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201)627-9156. Owner - Joe Salvatore. Coach - Ray Benemerto.

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

**Scrap Iron Gym**, PO Box 190, Phoenix, NY 13135 (519)95-6975. E-mail: AA2PQ@aol.com, Owner: Jim Canott

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

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

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

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

(508)-823-6164 Ext 580, Coach: Howard Waldron.

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

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Team Winners at the Roger Ernst All-American Classic included (front row) Mike Moreland, Frank Lupis, Randy Brooks Sr., Dave Marquette, Carl West, and Bill Lance; back row, Rick Singhas, Randy Brooks II.

Roger Ernst All American Bench Press Classic

Table listing names and weights for the Roger Ernst All American Bench Press Classic, including winners like Mike Moreland and Frank Lupis.

NASA Arizona Regional

Table listing names and weights for the NASA Arizona Regional, including winners like Mike Moreland and Frank Lupis.

APA Florida Bench Press

Table listing names and weights for the APA Florida Bench Press, including winners like Mike Moreland and Frank Lupis.

APA Masters/ Submasters

Table listing names and weights for the APA Masters/ Submasters, including winners like Mike Moreland and Frank Lupis.

USA Oklahoma Extravaganza

Table listing names and weights for the USA Oklahoma Extravaganza, including winners like Mike Moreland and Frank Lupis.

USA Oklahoma Extravaganza (continued)

Table listing names and weights for the USA Oklahoma Extravaganza (continued), including winners like Mike Moreland and Frank Lupis.

USA Oklahoma Extravaganza (continued)

Table listing names and weights for the USA Oklahoma Extravaganza (continued), including winners like Mike Moreland and Frank Lupis.

USA Oklahoma Extravaganza (continued)

Table listing names and weights for the USA Oklahoma Extravaganza (continued), including winners like Mike Moreland and Frank Lupis.

Large table listing names and weights for various powerlifting events, including USA Oklahoma Extravaganza and others.

One KILOGRAM equals 2.2046 Pounds. For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

USA Oklahoma Extravaganza... The year 1995 ends with a positive note. The U.S. Men's Team under the direction of Sean Scully, you met another World Championship in Finland. I believe this is the tenth year in a row for the U.S. Team and Sean Scully.

At the IPF Congress in Finland this year, Mr. Graham Fong of New Zealand was elected President of the IPF. He replaced Mr. Heinz Vletter, who had been president for the last 12 years. As President of the USPF, I support Mr. Fong and his new administration and will work toward continuing cooperation between the USPF and the IPF. I have worked with Mr. Fong on other issues and consider him to be a very capable administrator.

I am pleased by Mr. Fong's on his "Message from the International Powerlifting Federation" which I will quote. Mr. Fong says, "the IPF is encouraged by recent progress in the USPF. We have seen commendable improvement in drug testing procedures, a greater alignment with IPF President Peter Thome." I look forward to personally welcoming Mr. Fong to the 1996 Senior National Championships.

Application for Registration form for the United States Powerlifting Federation, including fields for name, address, and membership details.

FOR REVIEW ... the 12th edition of POWERLIFTER VIDEO

MAGAZINE, the Fall/95 issue, features such videographic highlights as Ed Coon at the 'Zoo', as well as footage of his pre-Seniors workout...

Table with columns for names and scores. Includes sections for ADPPA Connecticut Push & Pull, ADPPA Connecticut Bench Press, and ADPPA Connecticut Deadlift.

Advertisement for HANDSTRAPS. Features an image of a hand using a strap and text: 'THE BEST HAND STRENGTHENING METHOD IN THE WORLD. Turn your fingers, thumbs, hands, and wrists into steel.'

AAUPEC Bench Press Nationals

Table listing names and scores for AAUPEC Bench Press Nationals. Includes categories like Men 175, Men 200, Men 225, etc.

AAU PA 1996 National Qualifying Totals

Large table showing AAU PA 1996 National Qualifying Totals. Columns include Men's Contest, National's, Lifetime's, Collegiate's, Teen 12-19, Junior, Masters 40+, High School, RAW, Masters Raw, 11 AND UNDER, Women's Contest, National's, Lifetime's, Collegiate's, Teen 12-19, Junior, Masters 40+, High School, RAW, Masters Raw, 11 AND UNDER.

Advertisement for AAU National Bench Press Team Co-Champions. Includes a photo of the team and text: 'AAU National Bench Press Team Co-Champions: Pacific Power Outlaw South-Kresling (left to right) James Drake, Robert Cortes, Tim Orozco, Tien Nguyen, Hung Phan, Mitch Owens, Lance Slaughter, back row Jim Drake, Bob Strange (Jim Merlino, Mark Jones, Martin Drake, Rudy Lozano, and Sam Friedberg. Co-Captains: Martin Drake and John Ford. Not pictured: Cherise Forno, Shawn Forno, AAU Executive Secretary, for providing the results.)'



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USPF State Chairperson Elections... from the USPF Bylaws 192.1 A (3) A State Powerlifting Chairman and any other officers desired by the State powerlifting Committee shall be elected annually in an election to be conducted at the State Championships...

WDPFF World Bench Press 21, 22 Oct 95 - St. Louis, MO (kg)

6th ADFFA Ohio Bench/Deadlift 8 Oct 95 - Bedford Hills, OH

2nd ADFFA Northeastern Open 19, 20 Aug 95 - Pittsburgh, PA

WDPFF World Bench Press 21, 22 Oct 95 - St. Louis, MO (kg)

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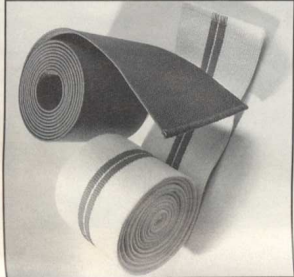
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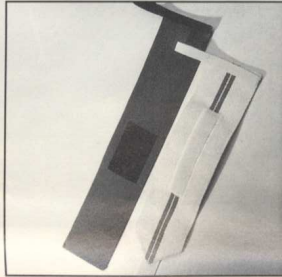
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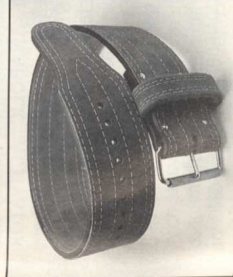
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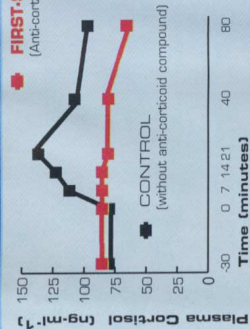
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### 9307-SEATED ROW MACHINE \$279

4-Way Adj. 4-Point Cable

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- 5-Point Height Adjustments
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FEATURES:

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- Adj. Front Seat
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- Vertical Way Bench Press

### TDS-9102 PRO ABDOMINAL BOARD \$59

- Heavy Duty Design
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- Extra Large Foam Pads
- Five Height Adjustments
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66" x 49" x 35" - 450 lb.

- Seats Adjust to 14 Different Angles
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- Works with Body Pak-120 and Smith Machines

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- Patented Locking System to Hold the Seats
- Deluxe Padding

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 6003 1/2 Row Attachment - \$110  
 6004 Pec Attachment - \$79  
 6005 Incline Attachment - \$119  
 9006 Spitzer Attachment - \$49  
 9007 Accessory Stand - \$49

### 9166-SUPER 4-WAY SLED \$695

Leg Press-35°, 45°, 50° & 55°  
 Mounted on Dual Hack Squat; Forward Thrust & Calf Raise  
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- Side Thrust
- Steel Deck Plate
- Adj. Stand

3" Square Steel Tube Construction

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- Pec Dec Station with Adj. Seat Mounted
- Dip Attachment
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Please refer to our Catalog Page No. 11







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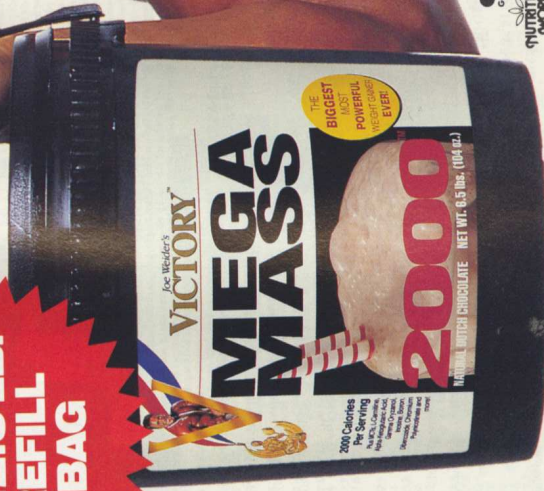
If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

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**.

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## VICTORY MEGA MASS 2000

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

### IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS

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

*Joe Weider*  
Trainer of Champions  
Since 1936

### New Flavor Creamy Strawberry!

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# 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 unequal support and durability.

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

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

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

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

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

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

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

### The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

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

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TOTAL					

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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

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