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POWERLIFTING USA

VOL. 19 NO. 8
MAR/96 \$3.50

TOP 20 ISSUE

WOMEN MASTERS TEENAGE



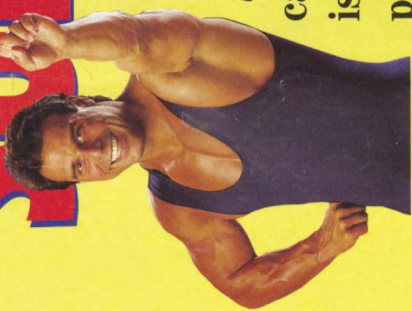
0 3

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

The DEADLIFTTM SUPERLIFT[®]

By Marathon Power Apparel

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



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

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

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

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

The key to the Deadlift SUPERLIFT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power. The Deadlift SUPERLIFT is constructed of the strongest material ever developed for powerlifting — Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it and it's only available from Marathon Power Apparel. This suit is legal for all competitions.

Marathon[®]

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

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



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

This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight. David states... "The Deadlift SUPERLIFT is one of the most important advances in powerlifting apparel ever, and by its proper use, you can increase your deadlift poundages significantly."



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

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



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

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

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

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 - Easy mixing tasteless powder just stir and drink
 - Has purity and potency guaranteed by laboratory analysis.
- Marathon Nutrition offers you the broadest selection of Creatine Monohydrate products on the market. Our broad selection of Creatine Supreme is a real convenience for the serious powerlifter and strength athlete. In addition, you can realize greater savings on our larger sizes.

Creatine Supreme Powder
100% pure USP pharmaceutical guaranteed by laboratory analysis.

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Case Pricing Available



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- Four capsules equals one heaping teaspoon - 5000 mg of Powder!

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- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.
- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.
- Marathon's Creatine Monohydrate Supercaps delivers results fast: within two weeks.
- Each capsule contains 1250 mg. 100% pure USP pharmaceutical grade Creatine Monohydrate.
- Purity and potency guaranteed by laboratory analysis.

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

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

Glutamine Retention Formula

To optimize your muscle growth and repair, your body must have an ample supply of three very critical nutrients. They are Glutamine and Taurine - the two most abundant acids found in muscle cells and Alpha-Ketoglutaric Acid (AKG). Without an ample supply of these three critical amino acids and Alpha-Ketoglutaric Acid (AKG) you won't be able to maximize your muscle building or strength gaining efforts. GRF (Glutamine Retention Formula) is formulated to overcome the problem of Glutamine and Taurine losses plus provides the right amount of AKG.

Here's How it Works

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



Formula

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

L-GLUTAMINE.....275 MG
A-KETOGUTARIC ACID.....250 MG
TAURINE.....150 MG
CALCIUM A-KETOGUTARATE.....63 MG
MANGANESE.....400 MCGS

Compare to other brands formulas and save.

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120 capsules Regular - \$29.95
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Now nutritional science has advanced this fantastic supplement to the next generation - Here's The Difference

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

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

Formula

Purity and Potency guaranteed by laboratory analysis.

Each Capsule Contains:

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



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

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G.T.K.

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Vanadyl Sulfate.....	10 mg.
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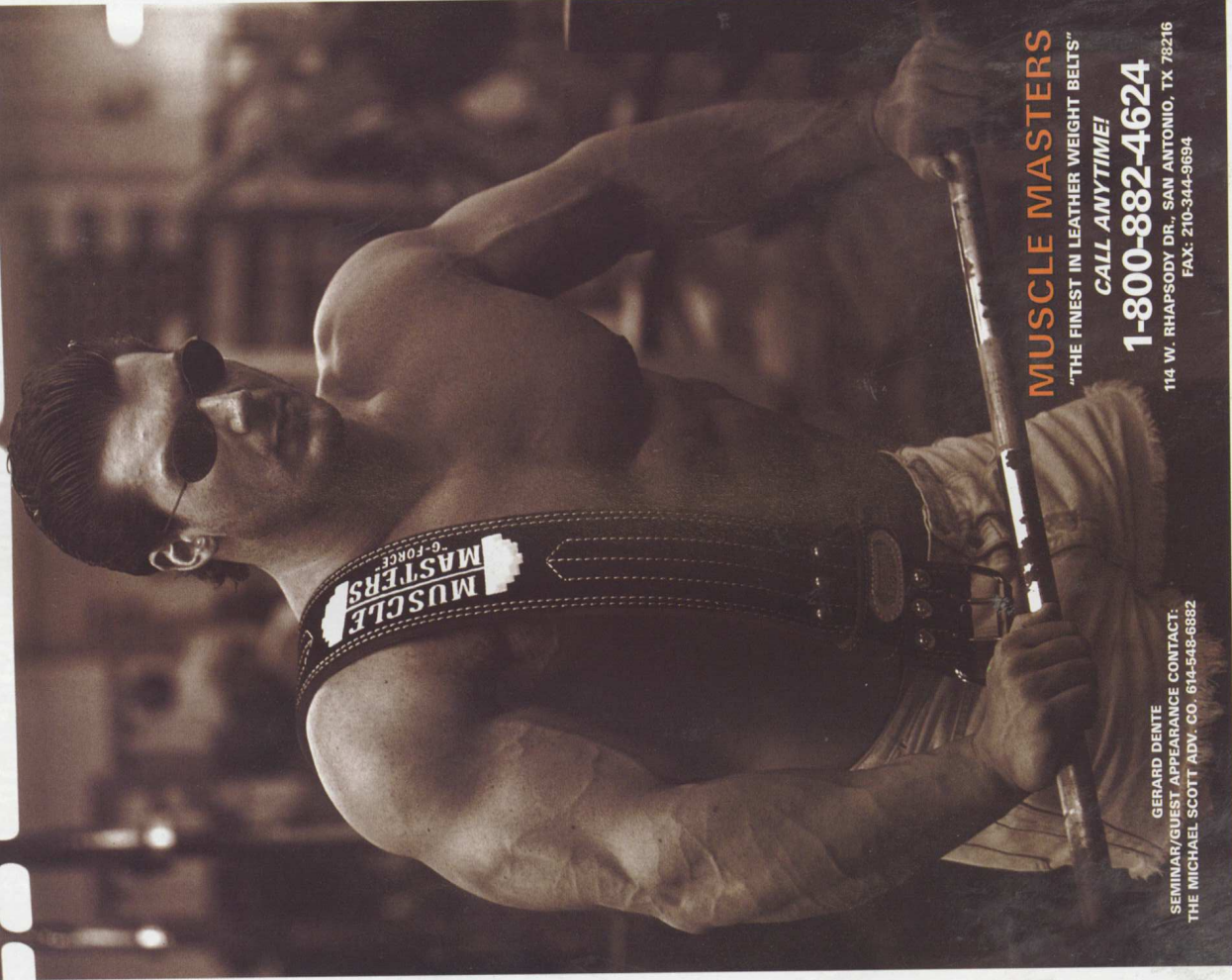
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Formula % of Protein	80%
Cross Flow Microfiltration Whey Protein Isolate	YES
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Egg Albumen	YES
Branched Chain Amino Acids Per Serving	11819 mg
Carbs per serving	2 g
Fat	Less than 1g
Added Vitamin and Mineral Formula	YES
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OPTIMUM NUTRITION

USE IT AND LOSE IT!

Optimum Nutrition knows that sometimes a gain begins with a loss. This is true at least as far as developing your physique. In order to sculpt your body, you need to begin by losing the fat that hides muscularity. For years athletes have used terms like "Lean", "Cut", "Ripped", "Rock Hard", and "Shredded" to define the ultimate physique. Most athletes also associate these types of results with Optimum Nutrition Fat Burning supplements.

Optimum Nutrition offers the finest selection of pharmaceutical quality meal replacement, weight management, and fat burning supplements available. We are one of the few companies who manufacture our own products from beginning to end. Our staff of chemists formulate all

supplements for maximum potency, with quality pharmaceutical ingredients. All of our products are made in our state of the art O.T.C. approved, FDA-registered manufacturing facility.

This assures you of consistent high quality. So if high quality products and results are what you're after, then choose Optimum Nutrition Fat Burning supplements.



Maximum Fat Burners: A four part formula that combines herbal diuretics, fat burning nutrients such as L-Carnitine, essential fatty acids, and digestive enzymes. Sizes: 90 tabs and 180 tabs.

Pro Lite: A delicious powdered meal replacement shake, that contains the correct balance of protein, carbohydrates, and a vitamin and mineral formula. Pro Lite contains Carnitine, Choline, Inositol, less than 1 gram of fat, tastes delicious, and mixes easily with a spoon in water. Sizes: Flavors: 1.4 lbs and 2.8 lbs / Chocolate, Vanilla, Strawberry.

Naturally Ripped: This potent herbal formula contains thermogenic nutrients such as Guarana, and Kola Extract. Naturally Ripped is an effective fat burning formula that provides energy. Sizes: 100 caps and 200 caps.

Maximum Fat Burner Liquid Energy: A lean, mean fat burning liquid concentrate that contains L-Carnitine, Choline, Inositol, Vitamin B-6, and Chromium Picolinate. Maximum Fat Burner Liquid is effective and tastes delicious. Available in a mouth watering Strawberry/Banana flavor. Sizes: 16 oz. and 32 oz.

Chitrimax: An all new concept in fat burning supplements! Chitrimax is designed to help reduce appetite. It contains 3000 mg. of Citrimax, per 3 tablets, (1500 mg of Hydroxytric Acid), and 300 mg of Chromate*. Chitrimax is the most potent formula of its kind! Sizes: 90 tabs, 180 tabs, 90 caps (capsules offer 1500mg potency of Citrimax).

Mega Fat Burners: A powerful yet inexpensive fat metabolizing formula. With 500mg of Citrimax*, Mega Fat Burners helps to control your appetite and better utilize the foods you eat by creating valuable energy stores. Mega Fat Burners also contains L-Carnitine, Choline, Inositol, and Chromium Picolinate**, which encourages the breakdown, transport and metabolizing of fat cells. Sizes: 60 tabs and 120 tabs.

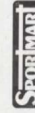
Tone 'N' Trim: A powerful fat metabolizing and weight control supplement designed especially for women. Tone 'N' Trim helps to control appetite and assists in the breakdown of fats with ingredients like Citrimax*, L-Carnitine, Choline, Inositol, and Chromium Picolinate**. Uva Ursi and Vitamin B-6 are added to reduce bloating from water retention. Sizes: 60 caps and 120 caps.



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Over the past few years I have written about various plant based compounds and their use in strength training. I am totally convinced that various plant extracts hold a high place in the development of any elite athlete. Thanks to precise analytical methods, scientists are now able to isolate many useful "phytochemicals" from plants. Some of these plant based chemicals are especially useful to the well trained powerlifter. In this article I present many of these biologically active compounds as a synergistic complex in the natural restoration and anabolic stimulation of the experienced strength athlete.

At the beginner level where the body is adapting rapidly to training stress, mistakes in training, diet and supplement use do not have a significant negative outcome. However, in contrast to the beginner, the elite level powerlifter can't afford even the slightest sloppiness in the design of their training program, diet plan and supplement scheme. While training program design plays the leading role in the development of the lifter, it's the optimal restoration which includes diet and special supplements that allow the lifter to train at a level which yields permanent and long term adaptations in muscle strength and power. In other words, supplements are tools which allow you to recover faster and create a greater anabolic shift. They are not miracle pills, but rather a means to extend your work beyond what is normally

Plant Extracts Used in Elite Powerlifting

as told to PL USA by Rick Brunner, Atletika possible in drug-free lifting. They can become a large part of the system of elite level drug-free powerlifting. In this article I present Now let's look at the main categories of phytochemicals that have a positive effect on the well trained powerlifter.

Useful Phytochemicals From Plants

While plants contain thousands of compounds, some are more important to man than others. In fact, many compounds found in plants are also produced by or used by man. The five main categories I believe are most beneficial to a powerlifter are: 1) Enzymes; 2) Antioxidants; 3) Sterols; 4) Polyamines; and 5) Phospholipids.

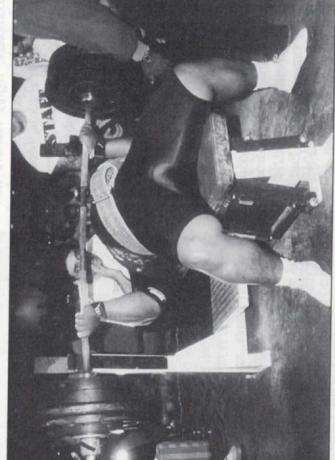
Enzymes

Enzymes are catalysts. They make things work faster and more efficiently. Each cellular reaction is accelerated through the use of enzymes. So far about 3,000 different enzymes have been isolated in the human body. But scientists know there are more to be discovered and analyzed. They are formed from 20

amino acids and coenzymes to work extra hard to complete digestion. They must use more amino acids and coenzymes to make new enzymes, taking them away from other body functions such as building muscle tissue. Some scientists believe that a lack of enzymes in the diet contributes

Anthony Clark Responds to Marcus Henry's Challenge:

January 16, 1996. Dear Marcus: Hi, hope everything is well. This is the year of the 1996 Olympic Games and I know you have been training for years. I wish you the best, because I have always known that you have done your best since the first time I saw you. Thanks for congratulating me on my previous accomplishments. Also, I want to congratulate you on the great things you did at the Worlds in response to your letter that you supposedly wrote to me privately that I did not get and to all the magazines. I heard about the letter second hand, but that does not matter. The title to me "The World's Strongest Man" does not mean anything. It was a goal that I set when I was a kid. Since it means so much to you, you can have it. Now you are the "World's Strongest Man".



Anthony tried an 800 Bench Press at the IPA Nationals (Eugene Davis)

Marcus Henry, and since I achieved that goal before I am now Anthony Clark. God's humble servant. I would sum it up by "When I was a child I spoke and I thought as a child. But when I became a man I put away childish things." Corinthians 13-11.

to several modern diseases such as stomach disorders, Alzheimer's, osteoarthritis and others.

Over the past 20 years oral enzymes have been used in Europe and Japan as a treatment for a variety of medical conditions. The medical literature in these two leading countries cites the mechanisms of action of oral enzymes as anti-edematous, anti-inflammatory and analgesic actions. Elite powerlifters take note, if you have joint or muscle discomfort from load related stress, enzymes should be an essential part of your program. The USA has lagged behind in enzyme research because they are in most cases natural and non-patentable. At present, enzyme treatments are virtually unknown and hardly practiced in the USA.

Enzymes are relatively large molecules, and for some time the belief by many scientists was that they would not pass through the intestine and into the bloodstream. Scientists have now proven that to be false and we now know that from 10 to 40% of oral enzymes are absorbed intact, and much of these enzymes can be found in blood.

Better digestion and absorption may be additional ways in which oral enzymes induce some of the clinically observed benefits. Better absorption of vitamins, minerals, trace elements, fatty acids and other compounds contribute to a healthier body and thus improve recovery and anabolic shifts from heavy load training.

So how do you ensure that you are getting enough enzymes? Eat bogussquats and touch and go benches; action speaks for itself.

If you can put up \$10,000 to gamble away, you must have found a great place to lift because, obviously, you are doing well financially!... Whatever you are doing?

God has blessed you with so many gifts, I would hate to see such an awesome young man get caught in the spider web of man's ego. If you are going to help powerlifting be what it should be, then be not haughty but associate with the lowly and never be conceited! Romans 12:RSV.

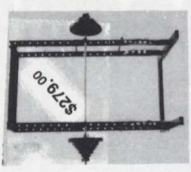
Edify the less fortunate and surround yourself with eagles. Good luck in the Games, make our country proud. As far as we are concerned, someday we will meet when I know that you are directing your own path. Be Strong. But Be Smart!

ANTHONY CLARK

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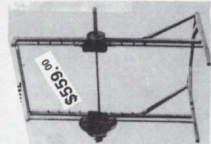
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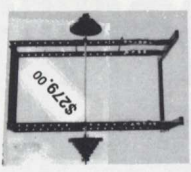
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more of them. Every day you are eating enzymes and fats in your diet. In order to convert the three basic food materials into biochemical substances, you need three groups of enzymes: 1) The proteases which break down proteins; 2) The lipases which break down fat; and 3) the amylases which break down carbohydrates. These enzymes work within your digestive system to break down proteins into amino acids, fats into fatty acids, and carbohydrates into simple sugars like glucose and fructose.

Remember that enzymes are not present in processed or heat treated foods. If you cook, it you kill them. So you must get your enzymes from raw, freeze-dried or osmotically extracted foods and extracts. While papayas, figs and pineapples are known to be especially rich in proteases, other plants such as spinach, carrots, wheat germ and aloe contain a variety of enzymes. While you can get some of your enzymes from your base diet, various enzymes can also be obtained from extracts in tablet form as long as they are from freeze-dried or osmotically extracted material.

Anti-oxidants

Anti-oxidants are compounds that sacrifice themselves to oxygen

and thus prevent this oxygen from reacting with other compounds. They reduce free-radical production in the cell. A free radical is an incomplete, highly reactive molecule. Each free radical is capable of destroying an enzyme, protein, or cell. The damage from free radicals is actually more extensive than a one-one-one scenario. In a process called biological magnification, each free radical generates a chain of free-radical reactions resulting in thousands of free radicals being turned loose to destroy cells. Because free radicals damage muscle tissue along with other living cells, a powerful need to have an adequate supply of anti-oxidants to ensure optimal protection from free radical damage.

Sterols

As with enzymes, plant sterols for a long time were considered to be poorly absorbed through the intestine into the bloodstream. Today we know this is not always the case as many sterols, including cholesterol which is now known to be present in plants, are absorbed. I have investigated phytoosterols in plants since 1989 and have introduced specific ones to the supplement plans of well trained athletes since 1991. Two of the most popular phytoosterol based supplements are Retinol and Ekdisten. Ekdisten is an extract of the plant Pfaffia paniculata from Brazil. It is rich in phytoosterols including the potent echysterols which have been promoted by numerous supplement companies over the past year. Retinol is a complex extract from the plants Leuzea and Hungary, from Russia and Hungary, Diploclostia glaucoscent from India

Polyamines

While few athletes have heard of these unique compounds, the polyamines, namely spermine, spermidine and putrescine are growth factors present in cells of plants, animals and man. Polyamines are required for optimal growth in muscle cells and stimulate the initiation of DNA, RNA and protein biosynthesis. They protect DNA and stabilize its actions. They bind to ribosomes and facilitate the assembly of ribosomal subunits and

Increase the anabolic process and fidelity of translation. When polyamine levels fall, as is seen in high intensity training and aging, the translation process of protein synthesis also falls. This is not good news for the well-trained powerlifter.

In view of the important stabilizing effect of polyamines, especially spermidine and spermine, on DNA and RNA synthesis, a decrease in polyamines as seen in older persons causes a breakdown in muscle tissue. Because polyamines decrease with age it is important to keep their level high especially in master powerlifters. Polyamines can be consumed orally by consuming a few R-AMP capsules which are enriched with plant derived polyamines.

Polyamines are very potent. Only micromolar amounts are necessary for a significant anabolic effect. Taking just 3 to 4 R-AMP capsules in recovery from high intensity training is all that is needed.

Phospholipids

The major types of phospholipids are lecithins. Phospholipids always contain one or more fatty acid molecules and one phosphoric radical, and they usually contain a nitrogenous base (such as an amino acid). They are commonly used throughout the body for various

structural purposes, such as for use in cell membranes and intracellular membranes. Phospholipids are made in all cells of the body. Probably 90% are made in liver cells. They are quite stable and have long lives in the body.

One useful phospholipid in the training of advanced level powerlifters is phosphatidylserine (PS), a lipid fraction obtained from animals and plants. Early research was conducted with animal derived PS. New extraction methods now allow for the extraction of PS from soybeans via lecithin extraction.

Phosphatidylserine has been

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shown to block the stress response during intense exercise and thus reduce the release of cortisol, a powerful catabolic hormone which is very destructive to protein growth. A few sport supplements now contain this useful compound and can be taken to reduce the high cortisol levels as seen with heavy load training. Phosphatidylserine based supplements should be taken before training to retard the level of cortisol in training and in recovery and create a greater anabolic shift. The PS supplements work well in complex with supplements of anabolic actions such as the phyto-

ols and polyamines, amino acid mixtures, and energetic compounds such as creatine monohydrate by allowing these supplements to work without excessive destruction from cortisol.

Summary

Plant based supplements are an excellent addition to the pharmacology plan of every well-trained strength athlete. Compounds found in plants such as enzymes, antioxidants, sterols, polyamines and phospholipids help to increase the stability and integrity of the muscle cell, restore optimal cellular functions after high stress, and stimulate muscle protein biosynthesis. For these compounds to remain biologically active in man they must be consumed intact. Enzymes and antioxidants are very sensitive to heat and should be consumed by eating raw vegetables or taking supplements that have been freeze dried or osmotically extracted.

No one plant compound holds the magic answer to increase in muscle protein synthesis and recovery, but together they form a powerful addition to an high intensity training program. If you would like additional information on plant based supplements and their use in powerlifting you should call Atletika Sport Nutrition at 1-800-621-2602.

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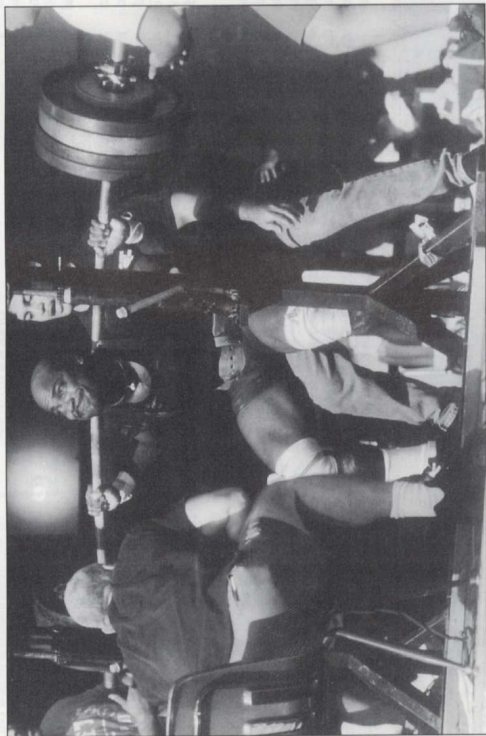
INTERVIEW

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

BG: Give us some personal information on yourself.
AH: My name is Anthony Harris. I am thirty (30) years old. I live in Hawaii and I am employed as a

ANTHONY HARRIS

as interviewed for POWERLIFTING USA by Bob Gaynor



Anthony Harris is a spectacular drug free squatter, considering his lean 198 lb. physique. (Corey Lum photo)

BG: How did you get started?
AH: I started lifting weights in High School for strength and endurance for football and from then on I was hooked.

BG: How long have you been lifting and competing?
AH: I have been lifting for fifteen (15) years and competing for five (5) years.

BG: How did you get involved with the A.D.F.P.A.?
AH: I got involved with the A.D.F.P.A. when I first came to the Islands (Hawaii) back in 1991 and have been a loyal supporter of the organization, encouraging other lifters to compete drug-free.

BG: What are your views on drug usage and drug testing?
AH: Personally, it's an individual choice, but at the same time I don't think anyone should compete in a drug-free meet who has used steroids or any other strength enhancing substance. As for drug

testing I believe random drug testing should be done year round and at all A.D.F.P.A. meets. Everyone who places should be tested along with the best lifter and/or champions or champion especially at National, Regional, & World level meets.

BG: Do you use any special supplement program or follow any special diet?
AH: I don't follow any special diet during the off season. During the season I eat a lot of chicken, fish, turkey, tuna, rice or potatoes and vegetables. I use CP Load, Molecular O.K.G. from Biohealth Oregon and Muscle Food 6000 amino acids and Muscle Mix from DASH Supplements.

BG: What are your future goals in powerlifting?
AH: My future goal is to squat 800, bench 500, deadlift 800 and win a National and World Championship.

BG: What are your best lifts in competition and training?
AH: My best squat is 760, bench 198 lbs and squat 738, bench 450, deadlift 710, total 1868 at 220 lbs. During training I only train up until my opener.

BG: Give us a breakdown of your training program both in and out of season.
AH: My training during season is as follows: Monday - heavy squats & light back; Tuesday - heavy bench & triceps; Wednesday - rest; Thursday - deadlifts; Friday - shoulders & light bench; weekends - rest.

BG: Off season is basically the same except I do a lot more exercise and I only workout three (3) days a week. Monday - legs; Wednesday - chest; Friday - back; allowing my body more time to rest.

BG: What do you see as the future of powerlifting?
AH: I would like to see all organizations (U.S.P.F., A.P.F., A.D.F.P.A., etc.) come together as one so we could have one true

Seven years ago, at the age of 16, Michael Mastrean decided that he wanted to become a powerlifter. He really didn't know why; he just liked the idea of lifting heavy weight. Amazingly, he had never even seen a powerlifting meet prior to that decision. Not surprisingly, most of his friends thought he was crazy. "Everyone told me that I couldn't do it... that I was too small, too thin," said Mastrean. "They said that my body would never be able to handle the stress of heavy weight. That I would get injured or yet, possibly hurt. Worse yet, they said that the only way I could be successful in powerlifting would be to take drugs."

All that negativity just made me want to do it that much more. I wanted to prove to myself and others that nothing is impossible in life, if you believe in God and in yourself."

Incredibly, Mastrean has done just that. Thanks to sheer determination and hard work he has catapulted to the ranks of the top powerlifters in the world and has his sights set on a mind-boggling 2000 pound total at 198 pounds. Since his induction into the sport, Mastrean has squatted 744 pounds, bench pressed 446 pounds and deadlifted 655 pounds, all at a bodyweight of 198 pounds.

His total of 1846 is not only the best total ever recorded in the WPC Junior class, but is also ranked as one of the top totals in the world. Perhaps even more impressive is that in 1994 Mastrean set two world records on his way to winning the Champion of Champions trophy in the Junior World Championships. Throughout his years of sacrifice and training, Mastrean has maintained a steady course. He refused to take shortcuts, which includes the use of drugs such as anabolic steroids and human growth hormone.

"I don't believe in using drugs. I did the entire thing drug-free," said Mastrean. "People use drugs as a crutch. I don't use them because I don't need them - this is mind over matter. If you work hard enough at it, you can reach your goals naturally. I know that a lot of people

think I used drugs to get where I am", continues Mastrean. "Everyone always wants to knock you - if you lift more weight than them they accuse you of being on drugs. Well, I didn't do it that way. When I go to bed at night I can look myself in the mirror. I sleep the sleep of angels because what I did was true. I know that what I achieved was honest."

Instead of using drugs, Mastrean has played the sport mostly above

tremendous tenacity and a heart that just won't quit. He's very dedicated and drive. Mentally, there is no way you are going to break him. Believe me, he is tough. I'm honored to be his coach."

Gino M. Fagnilli, Mastrean's best friend and training partner, agrees with Beregi's assessment. There are a lot of lifters who are physically strong but don't have the mind. Mike has both; that's why he's accomplished so much. That's why he is who he is."

Interestingly, Mastrean credits Beregi for his success. "He's the genius behind everything. All I do is train and lift and he does the rest. He makes sure I'm lifting the right weight and takes care of everything that goes with it. I couldn't have done this if he wasn't with me."

As mentioned, Mastrean is training for what he hopes will be a 2000 pound total. He also has sights on winning a gold medal at the Senior Nationals and World Championships.

At the young age of 24, the odds of such achievements are long. Still, history has shown that it doesn't pay to be against Mastrean.

"Right now, I'm in the embryonic stage of my development. I'm just beginning. There's no telling how good I can become," says Mastrean. "Everyone said that it was impossible for me to powerlift. Well, I did it. I feel like there's nothing that I can't achieve. If you can believe in yourself, you can do anything."

"The mind is the key," noted Mastrean. Powerlifting is the supreme example of mind over matter. The weight on the bar doesn't matter, a focused mind does. I have a focused mind. My power comes from my mind - not a spring. The mind is the most powerful drug."

Mastrean is a good mix; poised and confident, yet unpretentious and caring. "I want people to know that what I have accomplished, I haven't done alone. It's been a team effort all the way. I have so many people to thank. My family, Coach Beregi, Charlene Charnack, Gino, Dennis, Lou... so many people. Because of them, I am what I am... I have been blessed."



Michael Mastrean is a lifter Dr. Judd can relate to, using the mind to conquer great odds.

his shoulders. By engaging in intellectual training by preparing his mind, he has been able to outlift a lot of athletes who were stronger than him.

Chuck Beregi, the man who serves as Mastrean's coach, believes that his lifter has no equal when it comes to mind power. "I've been around world class athletes my entire life, and none of them have anything on Mike," he said. "He has

maintained a steady course. He refused to take shortcuts, which includes the use of drugs such as anabolic steroids and human growth hormone.

"I don't believe in using drugs. I did the entire thing drug-free," said Mastrean. "People use drugs as a crutch. I don't use them because I don't need them - this is mind over matter. If you work hard enough at it, you can reach your goals naturally. I know that a lot of people

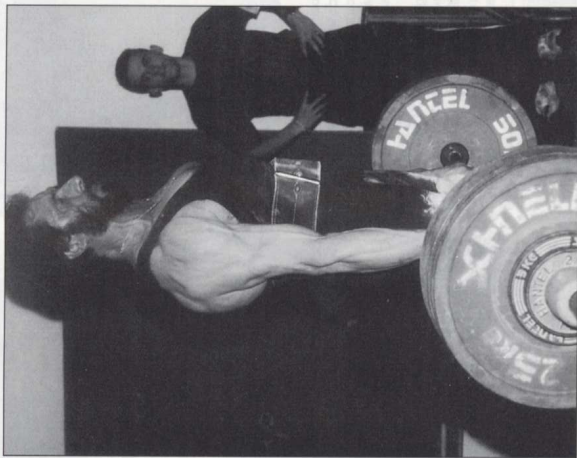
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Instead of using drugs, Mastrean has played the sport mostly above

Nutrition Corner

What Every American Athlete Should Know About Chromium

as told to PL USA by Christine Lydon, M.D.



All Time Record by Giovanni Brunazzi, 793 lbs. at 179, at the International Bavaria Cup Deadlift in Landshut, Germany. Brunazzi, according to Thomas Klose, is a 36-year-old former physique and PL champ from Italy, who is specializing in the deadlift after tearing his triceps. Wonder if he uses Chromium Piccolinate? (K. Greiner photo)

You've heard it by now. Television news stories, radio ads, magazine articles, and supplement companies have made it impossible to disregard the wonder compound. Chromium piccolinate has been widely touted as the miracle fat burner, but why on earth should you, the powerlifter, be concerned with such vain pursuits? While it is true that chromium may help you reduce body fat, it performs more than merely aesthetic functions. Chromium enhances the body's capacity to store glucose in the form of glycogen (i.e. - big, strong, muscles) rather than triglycerides (i.e. - copious, useless fat). Chromium accomplishes these ends via its pivotal role in carbohydrate and fat metabolism. A deficiency in this important element results in a number of detrimental consequences which are of universal concern, particularly to highly active individuals like strength athletes.

Chromium is an essential trace element, meaning that it must be consumed in the diet because the body is unable to manufacture it in quantities necessary for life. Although any trace element is potentially toxic when administered in extremely high dosages, the recommended chromium intake is several hundred times below levels which are known to produce toxic effects. Although the human body requires only minuscule concentrations, these tiny amounts are absolutely critical to your health. Picolinic acid, or "piccolinate," is a chelator. When this substance is linked to chromium, it increases absorption of the orally ingested compound and augments its bioavailability.

Chromium is the central component of a hormone-like substance as the glucose tolerance factor (GTF). GTF-chromium enables insulin to bind to cellular receptor sites located throughout the body. Chromium is said to potentiate the actions of insulin. Although it does not replace insulin, less is required by the body when chromium levels are adequate. As many athletes are aware, insulin is a highly anabolic hormone with numerous metabolic functions. Insulin facilitates glucose entry into cells. In the case of muscle cells, glucose is stored as glycogen and is used to fuel muscular contraction. Insulin also promotes amino acid uptake by cells and stimulates protein synthesis leading to muscle growth. Moreover, by virtue of the fact that insulin inhibits protein breakdown, it possesses powerful muscle-sparing activity. Studies demonstrate that growth hormone and insulin have a synergistic effect on muscle, tendon, and ligament growth. Without adequate insulin activity, the effects of your

accelerated aging. Certain segments of the population have especially high chromium demands. These include athletes, pregnant and lactating women, and individuals suffering from diabetes or heart disease. Unfortunately, due to the enormous proportion of frozen and processed foods which comprise the American diet, we are notoriously chromium deficient. A vicious cycle evolves with the chromium deficient individual. Sugar cravings often result in increased sugar consumption. Not only does sucrose lose 95% of its chromium content during the refining process, but simple sugar ingestion actually leads to increased chromium excretion. White flour suffers a 98% chromium loss during the milling process. Rice loses 92% of its natural chromium content with polishing. Skimmed and fat free milk lose all chromium during skimming. Cooking, freezing, and peeling cause additional loss. Due to the low chromium content of American soil, fruits and vegetables grown in the United States are poor sources as well. Unfortunately, inadequate dietary intake is not the sole culprit. An array of other factors contribute to chromium deficiency including air pollution, stress, exercise, radiation, acute infections (i.e. colds), pregnancy, age, and excessive iron, zinc, or vanadium in the diet.

It's no wonder that an estimate 90% of American adults are at least marginally chromium deficient. The best natural source of dietary chromium is Brewer's yeast. This essential trace element can also be found in relatively high concentrations in mammalian liver and kidney as well as the brain and germ portions of certain cereals. Chances are you don't consume adequate quantities of any of these substances to provide for your chromium needs. For this reason, numerous references endorse oral chromium supplementation and in terms of bioavailability and cost, chromium piccolinate is one of the best forms. For active individuals, most sources advise taking 2-400 micrograms of chromium piccolinate twice daily. For a more detailed treatment of Chromium, I highly recommend *The Chromium Connection* by Betty Kamen, Ph.D.

Biochemistry Katzung, M. D., Ph.D. *Baerman and Clinical Pharmacology*, Appleton & Lange, 1989. DiPasquale, Mauro M.D. *Bodybuilding Supplement Review*, Optimum Training Systems, 1995. Kamen, Betty Ph.D. *The Chromium Connection*, Nutrition Encounter, Inc. 1990 Kaplan, Phil. *Mind and Muscle*, Great Atlantic Publishing Group, 1995.

Commentary... Glancing through the lists of the Women's DL we note Dawn Reshel produced History's most prolific pull a decade ago. She is the only one to have reached the six hundred barrier. It remains nonpareil. Nawrocki has come the closest, while pioneers Bjaland-Rohal and Shafer reached remarkably high figures at considerably lighter bodyweight. Only Tamara Grimwood has a possibility of surpassing it. Vicki Cagne instituted the "500 Club" a decade and a half ago. All but three have lifted the big "Five". Van De Weghe, Liggett and Boudreau could join that group this year. The Men's DL provides an equal fascination of big numbers. It has been the only lift which modern equipment technology has not enhanced significantly. The sumo style requires more precision and has allowed those with strong hips to bring these muscle groups into play. It is interesting to note that virtually all of the lifters are an exception - at the time he did his 901) all of the biggest pulls have been achieved using the



Dawn Reshel squatting big, backed up by former husband Greg Reshel. (L. Finnegan)

Anthony holds on to the biggest total ever. If his 2460 is creditous, then the recent report of 2600 (emended to 2530) brings from more than a nuance of nullifiers. Comprised of dubious squats and rules modified for the convenience of their star performers do nothing for enhancing credibility. To silence his skeptics, Anthony Clark must do the following: (1) abandon alliance with outlaw organizations and backyard meets. (2) Participate in one of the major organizations' Nationals, and establish his numbers under the guidelines of the rules governing the lifts as they are supposed to be performed. (3) I would believe the APF Nationals would be a good opportunity to substantiate his claim as "World's Strongest Man". A WPC World title in South Africa would gain him substantiated notoriety. (4) The IPF World Bench Press Championship is his for the taking! This should be a top priority on Mr. Clark's agenda. History's top achiever needs lots of believers. The proof is in the pudding. I've laid it on the line. NOW IS THE TIME - prove it - DO IT! Herb Glosbrenner

conventional style. The strongest back produces the heaviest DLs and the stats don't lie. After Cundy defeated the 800 barrier, others followed. The quantities grew and nine hundred became the next mark to achieve. Many aspirants came forth. Cole, Reinhardt and Kazmar came to the brink of the new frontier. All men lacked the momentum for a smooth finish. Wohleber will go down as History's first Nine Hundred Wonder. Kenady shocked everyone. Coan's 901 lift @ 220 topped the 91 USPF Seniors and will be talked about forever. Have we already seen the best Eddie like to offer? Heisey was the perfect prospect for prodigious pulling. He did 900 more times than any other. His 925 lift leads all into the millennium. One man seems destined to predominate. Returning to PL, mammoth Mark Henry yanked up an ADFPA 904 W/R. He's had the top spot, 926, in hand. It will only be a matter of time. As with the DL, the highest Women's total came a decade ago. It was the "Queen" of a new age. Tamara is the only one who seems to be able to exceed it. Pushing toward human limits can be the task of a master or an impasse of disaster.

USA Men & Women Top 25 All Time Strongest Deadlift and Total compiled by HERB GLOSSBRENNER

Women Deadlift	198	15Mar85
Keshel, D	604	06May90
Nawrocki, L	565	20Nov84
Wohleber, G	550	22Nov83
Grimwood, T	545	19Nov88
Shafer, R	540	21Nov91
Lewis, M	534	15Feb87
Dodd, L	529	09Jan82
Sorenson, D	525	07Jan87
Herry, V	523	17Mar90
Van De Weghe, S	520	12Apr81
Cottarano, L	501	30Jan83
Case, V	501	14Dec91
Sander, W	501	14Dec89
Young, D	501	14Dec89
Obere, E	501	14Dec89
Frank, K	501	25Jan81
Dundas, T	501	15Mar88
Van De Weghe, S	500	21Nov91
Liggett-Brock, M	490	18Dec84
Boudreau, C	490	18Dec84

Women Total	198	15Mar85
Keshel, D	1564	22Nov87
Cottarano, L	1420	31Jul84
Trullio, J	1410	30Jul84
Boudreau, L	1370	07Jan86
Wohleber, G	1330	28Jul86
Meany, S	1328	28Jul86
Nawrocki, L	1328	28Jul86
Dodd, L	1317	24Oct85
Edler, D	1317	24Oct85
Loft, C	1300	29Oct85
VanDeWeghe, S	1289	19Nov88
Conson, D	1284	19Nov88
Conson, S	1284	19Nov88
Shafer, R	1284	22Nov83
Sander, W	1262	22Nov83
Young, D	1262	22Nov83
Powell, S	1256	16Jul88
Lewis, M	1256	16Jul88
Liggett-Brock, M	1256	16Jul88
Young, D	1256	16Jul88
Capra, V	1224	12May81
Todd, J	1220	31Jan81
Dundas, T	1212	15Jan81
Young, D	1212	15Jan81

Men Deadlift	317	15Mar82
Wohleber, G	904	12Dec82
Kennedy, D	903	06Apr86
Herry, M	903	16Jan85
Reinhardt, B	886	29Nov81
Kazmar, B	885	03May75
Wohleber, G	885	03May75
Villal, J. O.D.	871	16Feb80
Kuc, J	871	16Feb80
Long, T	865	06Mar83
Worm, G	865	06Mar83
Worm, S	866	15Aug76
Worm, P	855	21Nov86
Dizick, C	854	08Jul86
Wilson, S	850	82
Lampkin, D	850	12Jun88
Wilson, S	850	12Jun88
Challie, W	850	20
McCormick, T	848	12Feb82
Shaw, D	848	01Apr84
Young, C	845	14Dec89
Cadog, C	845	14Dec89
Gandy, L	843	17Apr84

Men Total	2460	28Mar93
Clark, A	2458	28Mar93
Paesada, D	2458	28Mar93
Wilson, O.D.	2430	16Feb89
Wohleber, G	2425	31Jan88
Kazmar, B	2425	31Jan88
Coan, E	2250	28Jul81
Reinhardt, B	2250	28Jul81
Wohleber, G	2250	28Jul81
Heccher, G	2370	03Mar85
Cole, J	2353	28Oct87
Worm, S	2350	11Nov82
Worm, P	2340	12Nov82
Hall, M.	2316	28Feb89
Hall, M.	2316	28Feb89
Worm, S	2316	25Jan82
Worm, S	2313	13Jan81
Young, C	2309	14Dec86
Worm, S	2303	21Nov85
Kazmar, B	2303	03May75
Dimes, M	2300	27Mar94
Phis, G	2300	27Mar94
Reinbeck, G	2281	18Dec84
Isaac, T	2281	Jun89

POWER

SCENE reader John Sawyer sent me a thoughtful, two-page, typed letter recently, in response to some of the comments in an earlier column, and it got me thinking. How many of you out there are listening? How much thinking, how much action, is generated by what appears throughout this magazine?



Dr. Ken Leistner talks with John Bott while at the IPAs Nationals (Davis)

Ken Leistner's column, for example usually addresses some major powerlifting issues, and Ken certainly makes his viewpoint very clear. Does he stimulate lifters to move on these issues, such as judging standards, equipment abuse, safety concerns, or do lifters just read and go on about their way?

Sawyer's letter spoke about the need for unity in powerlifting, and what the current disunity is costing the sport. It seems "everyone" is in favor of unity, but does it really matter much to most lifters? If it did, would there be more unity?

Would unity bring with it more media coverage and more people powerlifting? Do most lifters really care? From an economic self-interest point of view, I certainly prefer more coverage and more lifters, because that would lead to higher sales of videos and magazines. The equipment and supplement companies probably feel the same way, and meet promoters usually prefer more lifters.

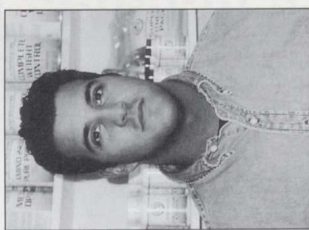
But do the lifters themselves really want this sport to get bigger? They're certainly not in it for the money. Yeah, what money? And if a meet gets too big, it can last past midnight. So, maybe most powerlifters aren't too unhappy with the current situation; maybe they just want to lift and be left alone.

Anyway, I was just wondering. On to other matters. Tamara Rainwater Grimwood is recovering quite nicely from her January surgery on two ruptured discs, but she may have some problems with airport metal detectors in the future.

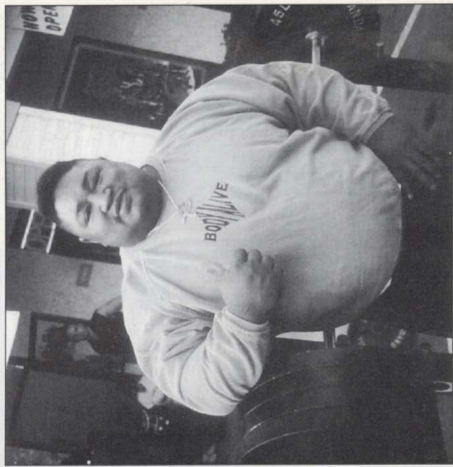
SCENE

Out here, I train at GOLD'S Venice, which, I've mentioned in many columns as being the home to many top powerlifters, as well as a frequent spot for visiting powerlifters, such as Ed Coan, Anthony Clark, Ted Arndt, Chris Con-fessore, and Rachel Mathias, all of whom have made appearances in the last couple of years.

It's a terrific gym for anyone interested in weight training, and lots of top actors, athletes, body-builders, and, yes, writers and producers, work out there. Michael Ryan, Kenny Flores, Kent Kuehn, and the rest of the staff do a wonderful job of keeping it a great place to train.



Kenny Flores at GOLD'S Venice



Anthony Clark wants that 800 bad, and he'll be going for it again at the Arnold Classic (photos by Ned Low, unless otherwise indicated)

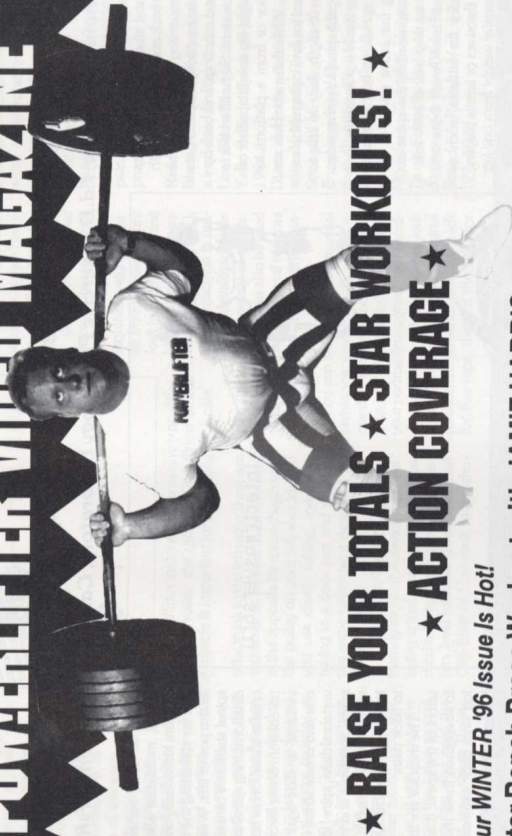


Show the World - what you do.

Anthony Clark is aiming his training toward the first weekend in March, when he'll be going after that 800 lb. bench press he's been chasing at the Arnold (Schwarzenegger) Classic weekend in Columbus, Ohio. Good luck, Anthony.

And, finally, loyal reader and POWERLIFTER Video viewer Mike Blake sent in a picture of his license plate, GOZAGYM. These other plates I shot outside Gold's. If you've got cool plates, send us a picture and show the powerlifting world. That's it 'til next month. Stay strong and we'll see you on video. Ned Low, POWERLIFTER VIDEO

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POWER - RESEARCH

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Rotation Strength of the Spine is Important for Weightlifters

by Thomas D. Fahey, Ed.D., Exercise Physiology Laboratory, California State University Chico

Almost all serious weightlifters do low back exercises for strength and preventing back pain. The most common low back exercises are good mornings and back hyperextensions. Some lifters like to do straight-leg deadlifts, either off the floor or from a platform or blocks. While these exercises are excellent for developing spinal extension strength, they do little to develop the spinal rotator muscles.

Why would a powerlifter want to do spinal rotation exercises? During the active phase of the squat and deadlift, the spine extends, so why bother with rotation exercises? Aren't those only necessary for athletes, such as discus throwers or tennis players, who transfer weight from one leg to another? No! The spinal rotator muscles are vital to stabilizing your spine so that you can perform vigorous spinal extension movements.

Any lifter who has back pain can relate to a common scenario that occurs during a workout. You are doing a squat or deadlift and you place your weight unevenly when doing the lift. You experience a sharp pain, which goes away when you balance your weight properly between both feet, or you are performing a bench press and contort your spine in an attempt to complete the rep. This causes your back to hurt. Again, the pain goes away if you stabilize your spine so that you can apply forces more uniformly along the length of your vertebral column.

The Role of Spinal Muscles

Your trunk flexes and extends (that is, bends forward and backward) mainly by rotating lumbar vertebrae with respect to each other. So even though it looks like one motion when you flex or extend your trunk, you do the movement by coordinating the contraction of many small back muscles. If everything goes right, you flex or extend your spine by sharing the load among many small spinal muscles as well as the

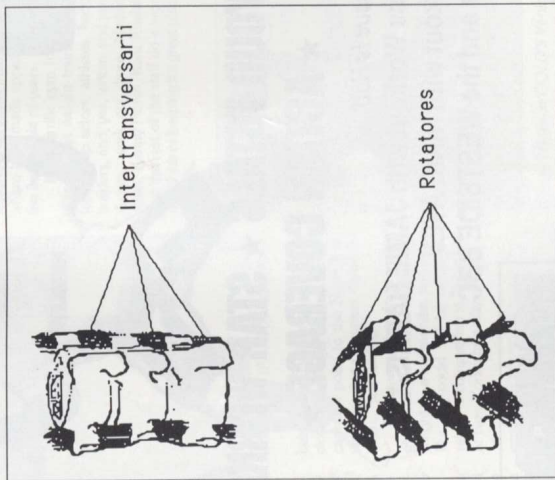


Figure 1: The small rotatores and intertroversarii muscles connect the vertebrae of the spine together. They are important for providing stability during trunk extension movements that are used during the squat and deadlift.

large prime mover muscles of the trunk (such as the abdominals, intertroversarii, interspinales, and iliocostales, and erector spinae muscles).

Optimal low back health depends upon your ability to coordinate the action of the back muscles so that you don't overload the individual spinal and muscle segments. This is similar to knocking over dominoes lined in a row. As a domino falls, it causes the next domino to fall, which in turn affects the next domino, and so forth. Likewise in your spine, movement in one vertebra is coupled and dependent upon movement in the next vertebra. If you upset this coordinated chain because your muscles are weak or injured, then your back will hurt. The extensor muscles of the trunk include three groups:

- * Short muscles that connect one long multi-vertebral muscle to another, such as the abdominals, intertroversarii, interspinales, and iliocostales muscles (Figure 1)
- * Long multi-vertebral muscles that run almost the length of the spine, such as the multifidus, longissimus, and iliocostales muscles (Figure 2)
- * Long multi-vertebral muscles spanning the lumbar spine but not attaching to it. Examples include the longissimus and iliocostales muscle that together form the erector spinae muscle, and the latissimus dorsi muscle.

panies such as Nautilus. These companies recommend that you perform the exercises through a full range of motion. However, this causes the oblique muscles to become dominant, which is not what you want when trying to develop strength in the small spinal rotator muscles. Load your spinal muscles by rotating very slightly using extremely short movements. Do at least 20 reps of the exercise in each direction (that is, right and left trunk rotation). If you want, combine these "short-arc" exercises with full-range of motion trunk rotation movements - do the short-arc exercise first followed by the full range of motion exercise. That way you can develop the large trunk rotator muscles and the small spinal rotator muscles at the same time.

If your gym doesn't have a trunk rotation machine, you can develop spinal rotation strength with wall pulleys or rubber tubing. With wall pulleys, stand or sit with back to the pulley and wrap the cable around your right shoulder and hold the handle against your chest. Rotate

your trunk to the left using short-arc movements. Repeat the movement in the opposite direction (begin with the pulley on your left shoulder). If you use elastic tubing, lodge the tubing in a door jam and perform the same movement described for the wall pulley.

The Turn Machine is an extremely innovative device for developing spinal rotation movements if you can find a partner to help you. Sit on a flat bench, have your partner firmly grasp your shoulder, and put your hands across your chest. Do a series of short-arc spinal rotation movements, first to the left for five reps, then to the right for

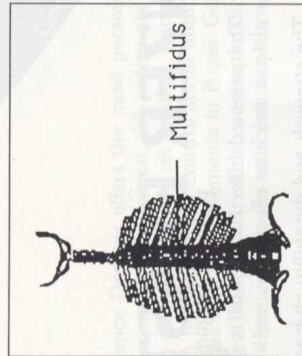


Figure 2: The multifidus muscle acts successively on different vertebrae to rotate the spine. Proper fitness of this rotational muscle is important for preventing back pain.

sets (617-767-5682). This set consists of a half cylinder with handles connected to a wall pulley. The athlete stands with his or her hands on the pulley while holding the half cylinder. He then rotates using the legs and trunk in a motion similar to the finishing motion of a discus or hammer throw. This motion is used in any sport that requires weight transfer from the rear to the front foot (e.g., pitching and tennis, golf, boxing, etc.), so the machine is useful for developing specific strength in a variety of sports.

The Turn Machine can also be used to develop the small spinal rotator movements.

You can also do assisted manual resistance spinal rotation movements if you can find a partner to help you. Sit on a flat bench, have your partner firmly grasp your shoulder, and put your hands across your chest. Do a series of short-arc spinal rotation movements, first to the left for five reps, then to the right for

another five reps. Repeat until you have done 20 reps to each side. It is important not to excessively overload these small spinal rotation muscles, so it is better to emphasize reps rather than resistance.

In powerlifting, as in any sport, it is sometimes the little things that separate success and failure. The small spinal rotation muscles provide stabilization for spine and trunk extension that are central movements in powerlifting. If these muscles are weak and have poor endurance, you may develop back pain that will stop your training and progress in their tracks.

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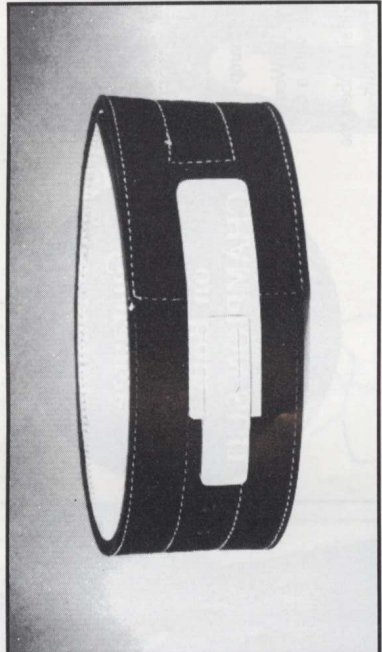
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There are as many ways to get psychologically prepared as there are lifters. What works for one individual may be pure preparation suicide for another, yet many lifters continue to use inefficient strategies when attempting their big lifts in a contest or in the gym. One of the best overall examinations of the two week period prior to a contest and actual contest preparation, was done by Bill Starr in 1981. His book, *Defying Gravity*, is excellent and should be sought by every serious trainee. I don't know if Bill still has copies for sale, but it would be worthwhile to contact Ricky Crain or Bill to see if this fine volume is available.

At any of our from Island sponsored meets, the range of behaviors in the warm-up room and on the platform are cause for awe, wonderment, hilarity, and befuddlement. Considering the broad range of personality types attracted to powerlifting, perhaps it isn't strange that "psyching up" behaviors would vary and run the gamut from stark lunacy to catatonic introspection. Still, Ralph and I can't help but stifle a laugh at least a few times each meet while we watch some lifters prepare themselves for their attempts.

One of my training rules, admittedly ignored by some of our lifters, is that one NOT psyche up for their lifts. While I would prefer that each lifter approach every set and rep with complete focus, I am strongly against the use of ammonia caps, slaps across the face, lots of yelling and screaming by the lifter, and head banging into the bar. While mainly lifters believe that it is absolutely necessary to "stimulate" the flow of adrenaline prior to making a big attempt, many of these antics only tend to fatigue the lifter or prove to be distracting to him or her. I recall one well known lifter approaching the platform at the 1983 Junior National Championships in Charlottesville, Virginia. Mike Lambert and I were sitting together and Mike turned to me and said, "Watch this guy. He's sort of well known for what he's about to do". What he was "about to do" was smash himself across the forehead with a length of two by four! As I recall he drew blood, but had yelled, screamed, and beat himself into a state of fatigue that did not even allow him to carry the bar back correctly in the squat. I looked at Mike and said, "No way, he's almost out on his feet". And of course, no way was exactly right - as the lifter

More From Ken Leistner



Former IFP World Champ Gael Mulholland of Australia getting a sniff of ammonia from Coach Ray Rigby before attempting a lift (photo Jim Lewis)

got buried. He may have made one squat or none that day, and while the audience was humored and talked of these antics the entire next day, I couldn't help but think that the lifter's energies could have been better focused upon the bar.

While some believe they just have to "get up" with yelling and whooping around from one end of the platform to the other, I am neither comfortable with this approach nor think it is very efficient. In one of my Olympic lifting performances in St. Louis (and my form was so atrocious it no doubt appeared to be some sort of perfor-

laughing his head off. After my usual version of the power snatch, I would always need a very big clean and jerk to win or place. I was so exhausted on my first clean (and remember, this was already when you only had to do the snatch first, the press having been dropped) years before that I almost didn't recover from the bottom position with a weight that should have been pretty easy. I managed to pull myself together in time to win with my second attempt, but what a great lesson.

If I believe this type of lift preparation is draining in a meet situation, I certainly would not condone it in training. If one absolutely must get rabid and frenzied to do their best in competition, fine. However, if they "get up" in almost every workout the same way, how can they expect to have the same psychological response in the meet? I have often said that I would much prefer to fight a martial arts black belt that never fights, than a bartender who fights four nights a week, every week. The latter is going to go about business pretty efficiently because it's what he's used to. It's the same for contest preparation. If you're used to getting hit, you won't respond too severely when you are hit. If you never get hit, and someone flails off and cracks you, your body's defenses will jump right up, the adrenaline will flow, and you will quickly be in fight or flight mode. If you have half of your teammates yelling in your ear, snapping ammonia caps under your nose, and hitting you in the back of the head and across the face for ten attempts every workout week after week, how is this supposed to trigger a big physiological response on the day of the meet? I believe that you get habituated to this type of stimulation, as you do every type of stimulation. Even electric shock loses effect if it is repeated often enough.

manace rather than the Olympic style lifts), I got nuts. My football and rugby teammates remember me as saying very little on the field. When guys did the 1960 and 70 version of "trash talking" I would usually say nothing or respond with "Bleep you, kick my ass, then talk about it". Some would, but I was always too busy trying to focus on the job at hand. At this particular meet, I imagine that anxiety got the best of me and I wasted a tremendous amount of energy pacing and talking to myself in the warm-up room. I know that my friend and coach-for-the-day, Mike Wittmer was

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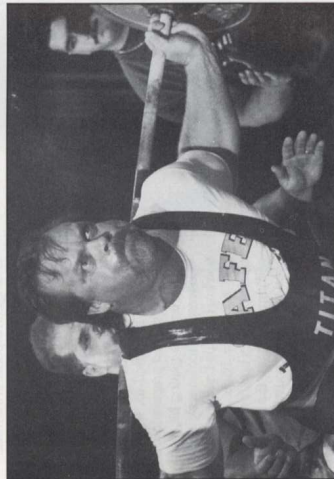
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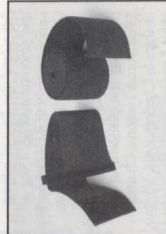
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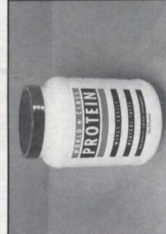
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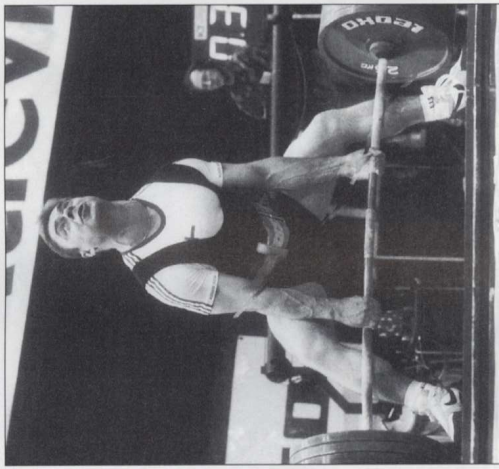
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STARTIN' OUT

A special section dedicated to the beginning lifter

Framework for the Novice Lifter as told to Powerlifting USA by Doug Daniels



Even the Best competitors must start with a basic training framework.

Before any major task is begun, a plan or framework for action must be developed. Powerlifting, too, requires that a plan or framework be developed to get superior results. The trouble many novice powerlifters have is where to begin, what types of exercises, etc., must be included into their routine. In a short article, there simply is not room enough for the complete framework, whole books have been written attempting to accomplish this. What I can do, however, in this article is to outline a framework that can be followed and built upon.

I'd like to start with describing the best exercises for each of the powerlifts and then putting them altogether into a weekly routine that can get solid results, not just for the novice, but even for more advanced lifters.

The squat is the first lift I'll examine. The most effective exercise for the squat is the squat. You don't need any fancy leg extension or curl machines here. That's just fluff. Squat challenging weights using the form that works best for you and all your bases are covered. I will include some calf work to build the lower leg. This helps with set up and balancing and controlling the weight during the actual squat. In addition, ab work, like crunches, build strength in the torso, also helping to stabilize and control the weight. In powerlifting, stabilizing and controlling the weight is half the battle.

The second lift in competition is the bench press. Many lifters do too many exercises for the bench. Two basic exercises are really all that is required - the actual bench itself and the close grip (shoulder-width) bench. Many lifters tend to include inclines, dumbbell benches and flies, extensive tricep work and a myriad of shoulder presses and laterals. All they seem to accomplish with all this is to lengthen their stay at the gym and increase their opponents chances of winning.

The deadlift is the final lift in competition. Many lifters are behind at suboptimal time, but rear back, closing the gap and sometimes emerging victorious, due to a superior deadlift. Like the other two lifts, the best exercise to improve the deadlift is to deadlift. No amount of hyperextensions and power cleans can substitute for pulling that dead weight of the floor to an upright position. For lockout power, include strugs as a great addition to your deadlift training diet.

There are a few other exercises that can be melded into your power routine. In addition to strugs, some lat work like rowing, chins or pull-downs must be included during the training week. Choose either a rowing or pull-down/chinning move-

sonal demands may demand some variation of this, but if you allow 2-3 days in between workouts, you'll be okay. On one day, squat and bench press. Include close grip benches and biceps. On the second day, deadlift and back work like strugs and rows. On each day, include calves and abs. Obviously, twice weekly workouts will take longer than spreading the work over 3-4 days, but the trade off will be increased time for other things and extra recuperation.

A three day per week routine could see Monday be squat day, with light bench and curls. Thursday would be heavy bench and close grips and Friday, deadlift with back work and strugs. Again abs and calves 2-3 times weekly.

A four day per week routine would set aside Monday for squats and light bench. Tuesday would be back work and curls. Thursday would be heavy bench and close grips. Friday would be deadlifts and strugs. Abs and calves would be included as time allows.

As you can see, I'm a supporter of the once per week squat club. Squatting any more may compromise progress in the deadlift, as they use the same muscle groups, although in different manners. Once per week for both, insures better recuperation and results, while reducing chance of injury due to overtraining or fatigue. Benching heavy once per week can yield good results, too. My buddy Chris Contesore benches once a week and he does okay (if you consider a 770 lb bench in training at 230 lbs. body weight okay). High volume and frequency in powerlifting is not desirable as it is in synchronized swimming or some other practice intensive sport.

Sets and reps are up to you. As I said at the start of this article, whole books are devoted to this subject. This magazine contains many informative articles on other facets of power training. You can also refer to some of my past articles for more specific information on my suggested assistance work. What you may notice over time, is that this basic framework may not change greatly over your lifting career. You may try numerous set and rep combos and lifting styles, but sticking with the basics and recuperating that high volume and frequency of training is not a positive here will most likely remain. I hope this article gave some of PL USA's newer readers some usable info and some more veteran readership who may not be progressing like they would like. Just like an architect, develop the framework of your training soundly and results will follow.

ment and work them once a week. You can alternate these weekly or monthly for more complete back and lat work. These add to all three powerlifts. Remember form is more important than weight used. No routine would be complete without curls. These will help balance out the triceps for bench stability. Strong biceps also complement the squat and deadlift. I prefer machines over barbells for the biceps.

With a barbell, there is too much room for cheating and little resistance is available at the top of the cut, as the bar falls down and forward due to gravity. Again, emphasize form over weight.

The limited exercises I just laid out may seem to be too few to some novice lifters. Many novice lifters followed bodybuilding routines previous to training for power, where it is in vogue to do a great number of different exercises for each muscle

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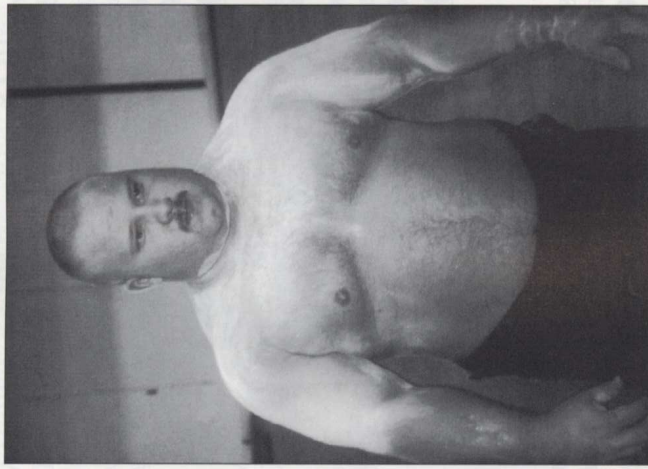
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TRAINING

Multi-Year Training System as told by Louie Simmons, Westside Barbell



A method of training that has proved most effective for raising work capacity that will lead to a higher total is used by many here at Westside Barbell. It involves analyzing the lifter's shortcomings and helping him/her overcome them. It should be understood that the body is always changing, thus so should the training of the lifter.

I will discuss the multi-year training system that has made Kenny Patterson one of the greatest bench pressers of today. Many have said that Kenny is built to bench, but I contend that we have built him to bench, and here's how.

At 14 years old, Kenny came into the gym and asked me to show him how to bench press. The first time he tried it he made 135. I don't work with kids, but I made an exception because I saw potential. We started Kenny out with 8 sets of 3 reps with 95 pounds. Because of his age, he performed push downs, followed by light front plate raises, lat work, and hammer curls to conclude his workout. We also had Kenny do light belt squats and reverse hypes.

When he was 15 and in the 148 pound class, he lifted against a cross-town rival, Joe McCoy, who would become Kenny's training partner and good friend. This was Kenny's first meet, February 1987. He did 235, a 100 pound increase in a year.

Of course, at this age he was growing, and we did not want to hold his weight back. He used the same program for a 12 month period. We paid close attention to bar speed and allowed Kenny to increase his weight on his 8 sets of triples as long as the bar did not slow down.

Kenny had grown to 160 pounds body weight and lifted again in December 1988. He made his first 300. It was hard, and Kenny asked me what to do. We increased his workload to include front plate raises, side delt raises, and extra lat work on a chest-supported row machine. Six months later he made 336 at 165 at 16 years old.

Being around Matt Dimele, Kenny caught the squat bug. He was squatting by percent on Fridays and doing special squat exercises on Mondays. This caused his body weight to increase to a full 198. His bench also went to 400 at a meet in June 1990.

We decided it was time to start Kenny on triceps extensions with a straight bar. These were done to the throat. This really brought up his lock-out. A second workout during the week raised his workload by about 4000 pounds, with the additional work on incline and decline. Inverted flies were added as

close grip, with his index fingers touching the smooth part of the bar, where he did 455.

Meanwhile, George Halbert made an unofficial junior world record of 600 in the 242s. The 1994 WPC Worlds (November) was having a bench press contest, and Kenny was to compete in the event. This would also test the value of floor presses. The result was a 600 for an official junior world record.

In the same meet, Jerry Obradovic made 600 as well. This gave us a piece of history - three 600 pound benchers, all juniors. We knew that Kenny was good for 6 bills because previously, in September 1994, in Pittsburgh, he did a 560 opener and tore three sleeves out of his shirts with 600.

We knew that if you do the same training, you get the same results, so Kenny started a revolving cycle on special exercise day: basically 3 weeks on rack lock-outs, 3 weeks on floor press, and 3 weeks on board press. The board press was a new exercise, again thanks to Jesse Kellum. Kenny lifted in January 1995, where he made 610 and was turned down with 630 for some unknown reason. It didn't matter because we now had a combination of exercises that worked well together, each making the other stronger, thus pushing up the bench.

George, Kenny, and Jerry went to Chicago for the World Record Breakers meet in March 1995 in the hopes of all three doing 600+ in the same meet. Kenny and George traded the junior record back and forth at 275.

First Kenny did 628. Then George did 633. Kenny finished with 650, and George just missed 661. Jerry had an off day, making only 578 and missing 617. Kenny's weight was 261 in Chicago.

We told Kenny he needed to total at least Master to really belong at Westside. So at Dean Clift's meet in Ohio he squatted 645, benched 660 after dropping it on his chest, and pulled a huge 505 for an 1810 total and a Master ranking.

Next stop, the 1995 APF. Seniors and to show for the 'three of a kind' to share their stuff in Dallas. George had an off day, making only 610 as his opener. Jerry made 617 (at 21 years old) and totaled 2149 in the 308s. Kenny made a strong 672 and just missed 705. Finally, all three did over 600 in the same meet. Note: my lifters don't carry lawn mowers or weed eaters in their gym bags because they don't do things in their backyard. They compete all over the country.

Eight weeks later George and Kenny were back in Dallas at Inzer's Greatest Bench Press in America

exercises.

Kenny and a large group of Westsiders flew to Chicago for a showdown. Well, you know how show-downs are. Sometimes no one pushes up the triceps work along with upper back work. Well, in the 1995, it was a clean sweep for Columbus, Ohio. George hit 650 and just missed 675. J. M. Blakely of World Gym, Columbus, made a strong 670 with a close miss at 700. Kenny opened with 661. It was but missed with 661. Craig opened with 705 but missed. J. M. came back and made 661. Craig repeated and blew up 705. Now it was Kenny with 716. It was nice and steady, and it was a junior and senior world record. For third attempts, J. M. missed his at the top. Kenny then did 728.5, 0.5 kg over Craig's 308 record, in a real meet with real officials: 728.5 at 275 by a 22 year old! Craig missed 733 on his third but came back and made it on a fourth at a light SHW.

In September 1994, Kenny benched 560. In November 1995, he made 728.5. That's a 168.5 pound gain. He lifted in a total of 8 meets and pushed up the junior and senior world marks 11 times in that 14 months.

How did he do it? Kenny did not cycle for a meet but rather made a list of training priorities. This involves strengthening the weak link, gym and work on his lock-out with one of a series of special triceps

can continually break records. Everyone at Westside trains the same way. I see great lifters doing the same totals year after year. Why? Because they don't recognize their weak links; thus they are constantly overtraining their strong points and fail to make progress. Don't let this happen to you. We live by special exercises to improve the bench press and so should you.

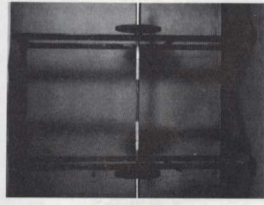
By training this way, our tenth best bench press by the Schwartz formula is 550 at 210. Yes, I said tenth best! People say that they can't believe what a change Kenny has made since appearing in the Bench Press Secrets video compared to the new Bench Press Workout videotape, a 70 pound body weight difference and 263 pounds on his bench press.

If we can be this successful, so can you, by gradually increasing your work capacity and working on your particular weaknesses. If you are in hot pursuit of a huge mongus bench press, you must work the entire body by doing squats in high volume and numerous back exercises, which will actually help your bench press form.

We'll see you at the next bench press meet. Be there!

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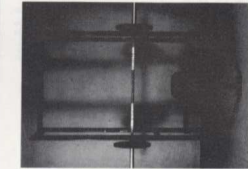
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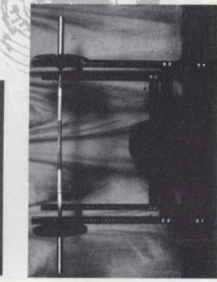
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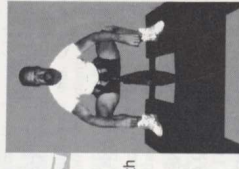
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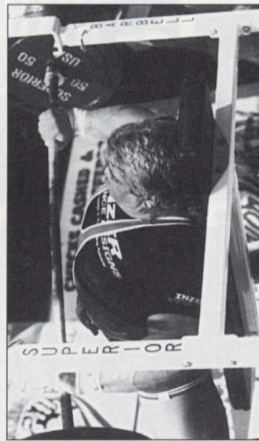
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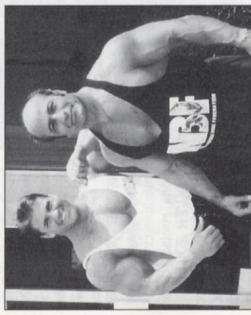
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Ask the Doctor

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 read your piece on creatine monohydrate in the April 1995 issue of Powerlifting USA. I understand the need for creatine phosphate in the muscles, and therefore a likely need for the creatine supplement. My question is, if creatine phosphate is what is needed, why not ingest creatine phosphate instead of creatine monohydrate? I cannot seem to find an answer, so I end up taking some of each. Is creatine phosphate just as good a supplement? Better? Is one better than the other? Why? I will appreciate your response and explanation. Thank you. **Mark**

DEAR MARK: Indeed, why not bypass creatine altogether and use ATP since creatine phosphate's main function is to quickly regenerate ATP, the energy source that fuels cellular metabolism? The answer is threefold. First of all, equivalent doses of both ATP and creatine phosphate (phosphocreatine, PC) are about 30 times much more expensive than creatine monohydrate. As well they can be more irritating to the GI tract. The third and perhaps most important reason is that there is no real literature on the effectiveness of either ATP or creatine phosphate when used orally. One study showed that PC levels in the serum drop rapidly with a single oral dose and constant IV infusion was needed to maintain levels! This same study showed the effectiveness of phosphocreatine in protecting damaged cardiac tissue in rabbits and pig



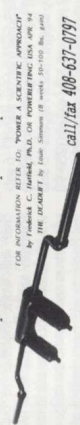
Mauro with bodybuilding star Eddie Robinson

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THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so we don't have to be careful about stepping on someone's toes. In this revealing insider's view, the only goal will be to bring you cutting edge unbiased information on the latest supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

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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 2006 Drug Use and Detection in Amateur Sports, is \$15.00 U.S. funds or \$20.00 Can. plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 U.S. plus \$1.00 P&H.

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heart tissue. ATP is also widely used, either alone (as in Striadyne) or as part of a preparation (such as Vitathlon - which contains ATP, vitamins and glutathione), or combined with inosine. Some athletes feel that ATP has a mild but positive effect on their endurance and strength. No formal studies have been done to determine the ergogenic effect of ATP, creatine phosphate, or any of the other high energy phosphate compounds. I personally believe that, ignoring the price, the use of PC and ATP could be as or more beneficial than the use of creatine monohydrate. I've heard good anecdotal reports of athletes using ATP and PC, but no scientific data to back up the claims. I'm now working on my own supplement line. One of the supplements will include, among many other ingredients, PC, ATP, and creatine monohydrate. I hope that my explanation is satisfactory. Let me know what results you get if you decide to experiment with adequate doses of PC, Mauro DiPasquale, M.D.

1. Sharov V.G., Alkonkaya N. I., and others. Protection of ischemic myocardium w/2 exogenous phosphocreatine (neoton); pharmacokinetics of phosphocreatine, reduction of infarct size, stabilization of biochemical of ischemic cardiomyocytes, and antithrombotic action. Biochemical Medicine & Metabolic Biology. 35(1):101-1, Feb. 14, 1986.

2. Guzman, C. Y., Semur, B. Effets de la stridyne sur la regulation du metabolisme energetique lors de l'exercice physique chez le rat. Medecine du sport 1985, 59(1):52-55.

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TRAINING

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

Last month I presented a strength and conditioning routine for the Squat. In this article I will develop a strength and conditioning program for the Deadlift. You must understand that performance peaking cycles 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 powerlifting strength. Conditioning cycles should rotate the emphasis between primary areas of assistance. In the case of the Deadlift we will focus on hips and quads in this routine. I will outline a routine working deadlift and deadlift 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 concern 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 deadlift 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 drastically 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 feel as if you had one or two reps left "in the bank". The first routine listed will address the **bent forward row** as the fundamental exercise. Focus your energy on pushing the row as outlined in the chart and worry less about hitting big numbers in the accessory exercises. The second routine will address the **behind the back deadlift** as the primary exer-

cise and the accessory exercises on this training program are less important on the training day.

Day 1 - Heavy Row 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 for your own safety you may need to adjust the numbers a little. Keep in mind that the row should be pushed hard on this day!)

Bent Forward Row - warmup as needed to prepare for the working sets listed in the chart.

Week 1 - 1 x 10 @ 95, 1 x 10 @ 115, 1 x 10 @ 135, 1 x 10 @ 155.

Week 2 - 1 x 10 @ 95, 1 x 8 @ 135, 1 x 6 @ 165, 3 x 4 @ 185, 1 x 12 @ 155.

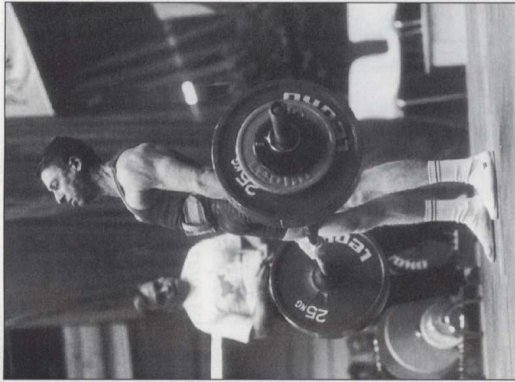
Week 3 - 2 x 10 @ 115, 2 x 10 @ 135, 2 x 10 @ 165.

Week 4 - 1 x 8 @ 115, 1 x 8 @ 145, 1 x 8 @ 175, 1 x 8 @ 205.

Week 5 - 1 x 10 @ 115, 1 x 8 @ 145, 1 x 6 @ 175, 3 x 4 @ 205, 1 x 12 @ 115.

Week 6 - 2 x 10 @ 135, 2 x 10 @ 155, 2 x 10 @ 175.

Week 7 - 1 x 6 @ 225, 1 x 6 @ 245, 1 x 6 @ 265, 1 x 6 @ 285, 1 x 6 @ 305, 1 x 6 @ 325, 1 x 6 @ 345, 1 x 6 @ 365, 1 x 6 @ 385, 1 x 6 @ 405, 1 x 4 @ 225, 1 x 3 @ 245, 1 x 3 @ 265, 1 x 3 @ 285, 1 x 3 @ 305, 1 x 3 @ 325, 1 x 3 @ 345, 1 x 3 @ 365, 1 x 3 @ 385, 1 x 3 @ 405.



Off Season Routines are critically important to success

and observations. Good Luck.

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Behind the Back Deadlifts - warmup as needed to prepare for the following workout sets:

Week 1 - 3 x 10 @ 135

Week 2 - 1 x 8 @ 135, 1 x 6 @ 185, 1 x 4 @ 205, 1 x 3 @ 225.

Week 3 - 3 x 8 @ 185.

Week 4 - 3 x 5 @ 155.

Week 5 - 1 x 8 @ 135, 1 x 6 @ 205, 1 x 4 @ 225, 1 x 3 @ 245.

Week 6 - 5 x 5 @ 205.

Week 7 - 3 x 6 @ 175.

Week 8 - 1 x 8 @ 155, 1 x 6 @ 225, 1 x 4 @ 245, 1 x 3 @ 265.

Week 9 - 5 x 5 @ 225.

Week 10 - 3 x 5 @ 185.

Week 11 - 1 x 8 @ 165, 1 x 6 @ 225, 1 x 4 @ 265, 1 x 3 @ 295.

Week 12 - 5 x 5 @ 245.

Assistance Exercises: Narrow Lat Pulldowns to Chin-4 sets of 12 reps, Wide Lat Pulldowns to Lower Chest (rearward lean of about 45 degrees) - 5 sets of 10 reps. Stiff Leg Deadlifts - 4 sets of 8 reps

Increasing weight but smooth, fluid motion. Back Hypers - bodyweight for 3 sets of 10 reps.

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

come your questions and observations. Good Luck.

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Assistance Exercises: Sit Back Pause Squat (narrow stance) - 6 sets of 10 reps with light to moderately heavy weight. Back Hypers - 5 sets of 12 reps with light weight (25-90 lbs.). Call Raises - 5 sets of 20 reps. Abdominals - weighted decline situps on a decline bench - 5 sets of 6 reps.

Day 2 - Behind the Back Deadlift - Seated Leg Raises - 5 sets of 25 reps increasing speed with each set while seated on the end of a bench.

WORKOUT of the Month

Brad Olson Squat Routine

I love to train. Doing it well is a science. Generally, I have three routines that I have found are the most helpful. One I use for conditioning in the off season. In this phase I stay away from singles, equipment, and heavy power lifts. I concentrate on accessory lifts at higher rep. My second phase is the Capacity phase. In it I take about 6 weeks to cut down from 8's to 3's. I reduce the non-essential accessory lifts and start to move the power lifts to the beginning of my workout. I never take more than 8 weeks of actual competition training. If I do, I find that I get bored and I lose intensity. By the time I get to the Competition phase of training the meet is in my mind, I am hungry to feel some heavy weight again, and it is time to stop fooling around. The competition

Every set is for triples. I find reps boring, even in the warm-up. I do my reps after I have done my competition training.

The Test. Everything that I plan to do in a meet I base on how I do on test day. After I have warmed up, I start the test at about 75% of my max. I add 10 lbs. each set until I can no longer triple the weight. This usually means doing ten sets of heavy triples.

After the test, Week #7 ought to be a piece of cake. Week #6 is to get your body feeling comfortable with competition range weight. Week #5 begins to satisfy the hunger for some heavier weight. Ten pounds ought to come from fewer sets than on test day. I give myself another 10 lbs. by dropping out two sets on week #4. Week #3 is just pure desire. It

Week	Weight	Reps	Sets
8	Test	Triple	10 ish
7	Test	Triple	3
6	Test	Triple	3
5	Test + 10	Triple	3
4	Test + 20	Triple	1
3	Test + 30	Triple	1
2	Test	single w/o wraps	
1	50% x 3x3	No equipment	

Meet Day Attempts:
first- Test + 10, second- Test + 30, third- Test + 40

workout I am using I started on two years ago.

Notes: I squat two days a week - Tuesday and Friday. One is a heavy day and the other light.

On my heavy day everything has to be as heavy like competition as possible. I suit up from the beginning of my workout. I would keep the straps up from the first warm-up rep. Most importantly, I keep all of my squats below parallel. The really light ones I sink as low as I can.

Brad Olson winning the championship at the 1994 WDFPF Worlds

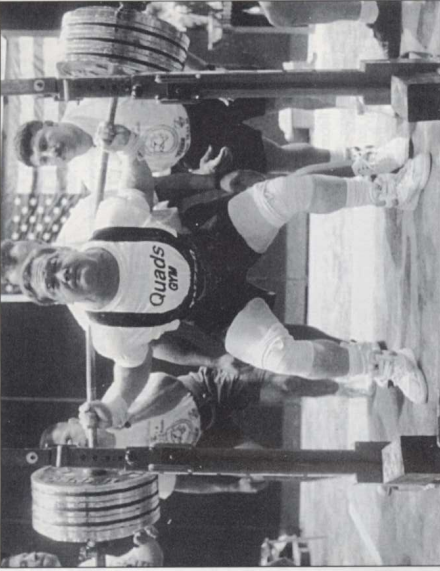
Olympic squats, front squats, leg presses, snatch, and squat clean. The one I think does the most good is the Olympic squats. They are done without any equipment, no wraps or belt. The bar is high on the back. The grip is narrow. I grip just outside the inside rings. The depth is to the floor. And there is a little snap of the hips at the top that should drive the heels

off the ground. I can get about 75% what I do for power. Snatch and cleans are good for explosion. On my light day I do my workout backwards. Instead of power squat - Olympic squats front squats - squat clean - leg press - deadlift, I do deadlift - leg press - squat clean - front squat - Olympic squats - power squat.

Reverend Brad Olson



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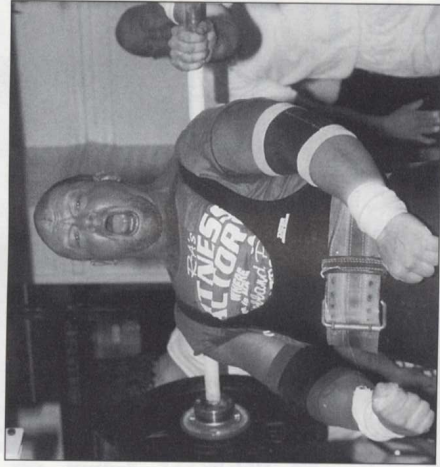
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POWER PROFILE

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

ROSS ALTHOUSE A True Powerlifter - Minus One Leg!

In March of 1991, Ross Althouse, a 32-year-old rookie powerlifter, hopped up onto the scale to weigh in for his very first powerlifting meet. As the official balanced the scale, another competitor in the 198 lb. class shouted out "Hey buddy, if you plan on lifting with that leg you had better weigh in with it!" Ross slowly took a deep breath, tightened his lips and weighed in with his artificial leg. He does not consider himself handicapped and was not about to ask for any special privileges. During that meet, Ross showed each of his 100 competitors just what desire, competitiveness, camaraderie, and the pure joy of powerlifting was all about. He was awarded the sportsmanship trophy by his fellow lifters and inspired many while he overcame the physical and mental hurdles of squatting, benching, and deadlifting with the use of an artificial leg prosthesis. He also coached his fiancée, Ashley Boyce, during the same meet. Another one of Ross' wonderful attributes is his ability to give his time and effort freely with unparalleled intensity, no strings attached. Exactly how a Harley Davidson riding, blond-haired, pony-tailed man from Lancaster, Pennsylvania, takes on the world with a smile after a drunk driver ran a stoplight in 1988, crashing into him while he was on his motorcycle, causing the loss of his left leg, is a combination of a miracle, unending support from his friends and family, and Ross' own stubbornness. He was back in the gym within eight weeks, sitting on a



Ross shows his exuberance after his recent 430 squat. (Ann Tuite)

chair, resting what remained of his leg on a flat bench and pallow while helping Ashley prepare for an upcoming contest. Not once did he complain or give up. He had his motorcycle shifter custom made so he could ride again. He endured countless fittings and tremendous pain for a prosthesis that would allow them to lift. Ross' doctors said

he would never ride motorcycles again, he does. They said that he would never squat or deadlift, he does. Ross can also move at a pretty fast clip in a revolving door. Believe me, I know.

Nothing slows Ross down. In 1992, Ross and his fiancée, Ashley, took a chance and put all their savings and energy together to open



Ross helps fiancée Ashley Boyce get ready to lift.



Ross gets down in the squat (Tamara)



Ross gets his award at the IPA Nationals (Tamara)

their own gym, R-A's Fitness Facility. They only put the very best equipment into their "pride and joy" and both worked over 100 hours a week for the first year to make ends meet. Now the gym and Ross and Ashley are continuing to grow. As their members increase and they become seasoned lifters, their powerlifting team is becoming one of the largest and most educated in the sport due to Ross and Ashley's countless hours of coaching, genuine friendship, and support. Ross had a dream of competing in a National level meet and doing well. He approached Terry Grimwood for training advice six months prior to his meet. Ross and Terry alternated driving over an hour each week to train together. Ross did not miss one workout. He never said "I can't" or ever failed to give 100% of his energy each week. I must say that he trains harder than most lifters I have ever met, in spite of rising at 4:00 am to work at Heritage House as a craftsman and then going to his gym at noon until 9:00 pm each day. His efforts paid off and in November, 1995 at the I.P.A. Nationals, Ross squatted 430 lbs., benched 395 lbs., and deadlifted 430 lbs., setting sub-master World Records and going nine for nine. He truly is a model powerlifter, coach, and wonderful friend with the intensity and drive which only a true champion can possess.

Congratulations, Ross, on your outstanding achievements and good luck in your future endeavors!

Tamara Rainwater-Grimwood

INTERVIEW

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

MIKE BARBER as interviewed for Powerlifting USA by Toni Kemper

Mike Barber is not only one of the nation's top powerlifters, he's also a great ambassador for the sport. A competitive powerlifter for 13 years, the Oklahoma City native has learned what it takes to be a champion, and he has two world, international, and numerous local titles in his powerlifting resume to prove it.

A champion in every sense of the word, Barber uses his expertise in the sport to benefit others. The Air Force noncommissioned officer makes time in addition to his own training schedule, Air Force duties, and family life - to assist novice powerlifters in their training. This fall, he's starting a powerlifting team for Peterson Air Force Base, Colorado, where he's currently stationed as a 21st Space Wing Quality Advisor.

On and off the competition platform, Barber represents the sport of powerlifting well.

TK: What is your athletic background?

MB: In high school, I ran the 100-meter and 200-meters sprints for the track team, played football and wrestled in the 101 lb. weight class.

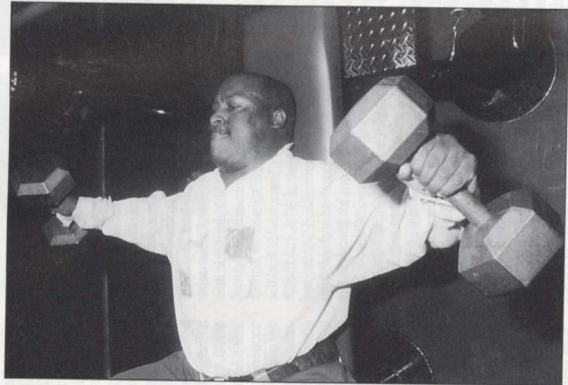
TK: How did you get into powerlifting?

MB: After joining the Air Force, my first duty station, after basic training and technical school, was Dyess Air Force Base in West Texas. There wasn't much to do there, so I started going to the gym with some friends. Six months later, I competed in, and won, my first powerlifting meet. Although I only weighed 134 pounds, I competed in the 148 lb. class because, at the time, I didn't know I could cut weight to go down a weight class. That was in 1982, and I've been competing in the sport ever since.

TK: What are your best lifts in competition, and what are some of your major powerlifting achievements?

MB: My best competition lifts are a 777 lb. (352.5 kg.) squat, 475 lb. bench press, 733 lb. (332.5 kg.) deadlift, and 903 lb. (865 kg.) total at 198 lbs. bodyweight. In 1986 I set the United States Powerlifting Federation Jr. National record for a 1835 lb. total in the 181 lb. class. I won the 1989 World Games 181 lb. class and the 1992 Natural Athlete Strength Association National and World 198 lb. class titles and made Powerlifting USA's All-Time Top 100 in the 165 lb. and 181 lb. classes.

Most recently, I won the NASA National 198 lb. weight class. I also set four NASA world records with a 705 lb. (230 kg.) second attempt and 722 lb. (327.5 kg.)



Mike Barber in training at Peterson AFB (Cindy Haggart)

energy. I also use a protein powder and try to eat healthy most of the time. My diet includes a lot of chicken breasts for protein.

TK: What kind of "meat" preparation do you follow?

MB: Basically, I just rest and try to eat well, carb up the first three days of the week. The night before the meet I always have two Coors Light, beers and pizza.

TK: What goes through your mind just before a lift attempt in competition?

MB: Two words - "bird weight." That's what I say and what I think just before I lift.

TK: What is your opinion of steroid use in powerlifting?

MB: I think it's personal preference. If someone wants to do it, fine. I don't knock anyone for what they want to do, it's just not for me. However, I prefer to compete in powerlifting organizations which promote drug-free lifting.

TK: You previously stated that you like to recruit people into the sport and teach them about powerlifting. Why do you enjoy training novice lifters?

MB: I get a lot of personal satisfaction from working with other lifters. Helping others is my way of giving back to the sport since I've gotten a lot of help from people along the way.

TK: What advice do you have for people just getting started in powerlifting?

MB: Be patient; things come in time. Trying to rush the process of getting stronger only results in injuries. Also, people should work the whole body concept and not just work chest.

TK: Do you have a mentor?

MB: A lot of my training ideas come from Walter Thomas, one of the best powerlifters in the history of the sport.

TK: What are your powerlifting goals?

MB: I would like to win the USPF Nationals and the International Powerlifting Federation Worlds within the next two years. I finished in the top five of the USPF Nationals the four years I have competed.

TK: What motivates you to keep training hard?

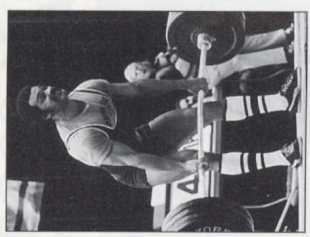
MB: Love of the sport and competition.

Toni Kemper

THE FIRST SENIORS

Reviewing the Historic Occasion - Powerlifting's Maiden Voyage - by Powerlifting USA Historian/Statistician Herb Glossbrenner.

A fascination for physical prowess has prevailed throughout mankind's existence. The USA's surplus of strong men came from all walks of life, but Olympic lifting - the main course on yesterday's menu - wasn't suited to everyone's taste. Some lacked favorable attributes to excel in that style of lifting. Many were simply more proficient at the strength building movements. An alternative type of competition was needed for what they called the "odd lifts". This received enthusiastic response, but Muscle guru "Big Daddy" Hoffman opposed its growth initially. He believed it siphoned away talent from O/L.



Felix Gomes... one of the great lightweight deadlifters (Pope)

The "power movement" became more and more popular. After gaining so much momentum, Bob Hoffman saw the futility of opposition and promoted the first organized national tournament in the Fall of 1964 in York, PA. This was well received and laid the groundwork for the first Seniors in 1965. Early P/L advocates were the late Peary Reader of IFRON MAN Magazine and Missouri's Bob Clark. Clark tried to promote this meet several years earlier. The AAU squatted a bid. Hoffman, now squinting a different tune, had the audacity to receive the AAU's unconditional blessing.

So it was. The 3 powerlifts, as we know them today, were a part of the very first Sr. Nationals. At that time, the bench press came first in the sequence of lifts. On that historic day, September 4th, 1965 - over 30 years ago, it was born voyager, the christening of Powerlifting as she left port, sailing toward the unknown horizon. Troubled waters and uncharted territories awaited her long journey across the decades.

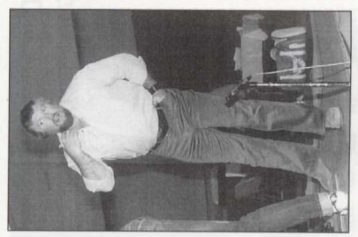
These first few participants represented a broad geographic range. From the East, Midwest, South and Southwest they came - 47 in all, from 17 states. The dress rehearsal - the Jr. Nationals, came two weeks earlier in Paterson, NJ. It served to whet the appetite for those who had long awaited this - the premier event. Fascination and curiosity brought out an audience. They filled every seat of the William Penn High School Auditorium that sunny Autumn day in York. All remained glued to their seats until the last clang of iron gave way to the wee small hours that next morning. The grueling 15 1/2 hours was a marathon, worthy to only the true die-hard in-the-wool Iron Game aficionados. Texas captured the most titles - four actually. She also claimed the young-rally - the biggest!

final lift that was right on the money. It was 11 lbs. under that 4 times bodyweight, a record that would last over two decades, and just to give you an idea of how great this lift was - it would rank 3rd even on today's current PL USA TOP 100 123's list. We do not have anyone lifting today who could duplicate this lift sans wraps and suit. His 440 deadlift gave him an 1170 total and an 80 lb. winning margin. John Bojatz, '38, of Philly and Tony Peltio, a New Yorker, renewed their battle with the Jrs. Bojatz had won there with an American Record (A/R) 500 (actual weight 503 1/4). Whining (with Meyer an uninvited guest) was impossible, but Tony upped his own A/R squat of 400 1/4 to 402 here. It lasted until Meyer obliterated it with his short awesome strokes (427, 452, 476). Peltio finished with 1070 (35 lbs. better than at Jrs.). Bojatz - 60 lbs. behind him: - took 480 to gain 2nd on lighter bodyweight. Then he made a weighted 501 (meet record) for 1090. Trailing the leaders were Tim Krause, a Hoosier whose 1020 topped Jim Kenyon, 16, the youngest man in the entire meet. Experience prevailed over youth. Kenyon fought valiantly and was 5th - 995.

148 lbs. "BRANNUM" - Texas Homer Brannum came in as Record total. Larry Mintz (1215), was injured and not present. Homer had won the Seniors in Olympic lifting less than two months earlier in Los Angeles. His heated battle there was a bodyweight decision over the U.S. Army's mighty Russ Knipp. Brannum took command at the very onset and he built a lead he never surrendered. He created an A/R 330 (328) bench press and the Jr. National champ was 2nd. New Yorker Felix Gomes topped the DL brigade with 615 (612) and Hurst fell behind Gomes in the first two lifts, and missed 605 going for a 658 1/2 deadlift of Feb. 6, '65 was the highest on record. The AAU learned of this prior lifting pro boxing and declared him a professional, and suspended him. He sadly watched from the sidelines as his championship dreams evaporated right before his eyes. In his absence, surely Bill Seno took the championship lift Seno took home to Chicago. Two other men might have wrestled the title from him. The legendary porarily residing in York

152 lbs. "LITTLE DAVID" - THE GOLIAETH - Dave Meyer, a little guy with a big heart, was a crowd favorite. He came into this class not by choice, but won easily. He was the grand-daddy of all the powerlifting dwarfs - the prototype of the Dunbar - Cunha record monopoly of the '80s. He was the U.S. National Champion in overhead lifting at 123 (1363) and an official W/kg 241.4 lbs. - March 8, 1958 - York, PA. Only weeks earlier Dave had created an American Record at the Juniors that would remain for many years. The 31 year old prezel maker from Reading, PA came into the 132 class barely over the 123 limit (124 1/4). The equipment did not fit him. He was permitted to extend his legs upon the bench because they could not reach the floor. After the BP, he led, as expected, with a meet and American Record 255 (256). The others were close behind him, but that changed dramatically in the squat. Dave brought his own mini squat stands and was allowed to use them. He blew the contest out of reach with unwrapped knees at 475 (476), a

165 lbs. "DEVERS" - THE TEXAN, Jr. National champ, Nathan Harris of Roxbury, Massachusetts, came in as the deadlift record holder (629), performed that previous February in New York. He'd totalled 1365 there, which was the standing record. Nate was considered the strong favorite. He



Terry Todd - 1st HWT. Champ

Bill "Peanuts" West and Harold Love chose to stay home in California. Seno won with 1515 and had little resistance from Junior's champ Stan Blinder. Newlywed Bill had sacrificed training time for his honeymoon. His 430 BP opener went, but 450 wouldn't. Aware of his limitations that day, he passed his first lift. The second, he passed his Lowell Slicker, was 80 lbs. back. Bill Collins of Washington DC challenged Blinder for runner up spot. Stan, a relatively poor bench (310) made up 45 of his 120 lb. deficit and outdid everyone in the squat (525) and DL (605), which weighed 608. His 1440 edged Collins by 5 and gained 2nd place. Another conspicuous absentee was Cincinnati's Felix Nicholson. He'd posted 1480 officially, and I witnessed his 659 deadlift, and I witnessed his 659 deadlift, approximately equivalent to Norris' unrecognized effort. He might have made the trip with Central Y teammate Ron Buchanan, but didn't. Seno came, saw, and had conquered.

HWT. "TODD DID THE JOB" - In the beginning, anyone weighing above 198 lbs. was a "heavyweight". Just one month prior to this historic contest, a 340 lb. behemoth competition, a 340 lb. behemoth first man to surpass the 1900 lb. man of that Hour - who unleashed his Bellflower Power-548BP, 699 weighed lifts. He'd officially obliterated the 500 barrier in the bench press and no one else had yet surpassed it under the same standards. He was another of the absent California lifters. Quite reclusive, in fact, Casey chose to never lift in the National competition, nor would he compete outside of California. Favored to win the first AAU Seniors was the Juniors champ, Terry Todd, a transplanted Texan, and a Hoffman hero. He was temporarily residing in York

"MUSCLETOWN" - PA employed as a protein promoter and an editor of STRENGTH & HEALTH magazine. Terry was a real big guy at 6'3" and 334 1/2. I remember him all swelled up like a poisonous pum. He had a imposing figure with chipmunk cheeks, a monstrous girth, and graced with the strain. Up it came and slowly inched to the final position. He'd won by the skin of his teeth - 1890 to 1885!

A great battle transpired to decide third. Two year's prior Pittsburgh's Bob Weaver had been a 198. Now he was up to 270 and he took a huge 125 lb. lead over a Kansas Man going into the deadlift. Bob's substitution following his 600 flexed their digital muscles and switched on red lights. The repeat was effortless (of course) but he attempted had been wasted. He jumped huge - to 740. Pulling up, he rocked back. Toes came up, he lost balance, and dropped it. Even with an inauspicious effort, he had made 1805 for the Juniors victory. Todd did not anticipate any stiff competition at this meet. James Robertson was in superb form, while Todd had a bad day. It was an uphill battle. Terry made the winning lift and the officials confirmed it. Terry proved his worth as a champion and came through under great pressure. He won and nothing can take that away from him. So be it!

1st AAU Senior Nationals
4 Sep 65 - York, PA

Rank	Weight	DL	SQ	BP	Total
123	123	50	170	270	610
Cross, M.	170	270	410	805	
Franklin, J.	175	270	360	805	
132	132	45	375	445	865
Bojatz, J.	245	345	500	1090	
Blinder, S.	250	400	420	1070	
Krause, T.	240	360	420	1020	
Collins, B.	235	365	445	850	
Chadwick, W.	195	300	440	835	
Raker, H.	200	225	465	890	
148	148	115	300	450	865
South, M.	250	340	510	1115	
French, P.	265	340	510	1115	
McFaul, W.	285	365	460	1110	
Crawford, C.	210	410	445	1065	
Larson, T.	210	340	440	1020	
Larson, D.	240	340	440	1020	
Larson, J.	240	375	405	1020	
189	189	400	580	740	1380
Devers, G.	380	450	575	1310	
Harris, N.	270	435	510	1265	
Smith, O.J.	340	435	510	1265	
Robinson, S.	325	435	475	1235	
198	198	420	480	580	1470
Ray, R.	390	500	555	1445	
Andrews, W.	340	460	545	1345	
Hurt, J.	340	465	545	1345	
Dandridge, P.	335	465	545	1345	
Habib, C.	315	455	530	1300	
Johnson, R.	315	455	530	1300	
Clark, J.	375	465	615	1455	
198	198	430	515	570	1515
Seno, W.	470	580	540	1490	
Collins, W.	340	510	565	1440	
Robinson, S.	325	510	565	1395	
Silver, L.	340	450	550	1390	
Todd, T.	425	675	740	1890	
Robertson, J.	480	705	725	1865	
Miller, W.	380	570	725	1675	
Weaver, R.	425	600	675	1705	
Adams, J.	400	490	500	1390	
Molinaro, J.	460	490	500	1450	
Moorfin, E.	355	530	625	1510	
Swaffill, L.	330	520	625	1470	
Wilk, J.	360	520	525	1405	

was 10 lbs. ahead of his winning Juniors pace, but fell far behind after the first two lifts were completed. Gene Devers, a stocky Texas cowboy, lassoed him and owned the decisive margin - equivalent to an accurate York 45 lb. plate. Devers, aware of Harris's DL prowess, came out big, bold, and lamed. He hoisted three successes: 540, 580 (582), and 600 (603)! His 1380 total was a new A/R. Harris, who'd pulled 575 (577) to secure 2nd, had two tries to win. Nate, one of the first of the great black DLers, gave it everything he had. With black pride, he tried 645. On this day it was beyond his ability. Instead, the pride of Pemytown, TX prevailed. It was his first go at the big "roundup" and Gene Devers had branded all the other "little doggies"! Toledo's muscular Owen Smith had to come from behind to head off Staten Island's Frank DiGiacomo. He did and DL'ed his way to 3rd - 1265! Frank was unlucky to have light weighing plates. His 335 Bp was 333, not the 1 lb. greater necessary to negate the record of 332 1/2 held by Sal Ferrant.

181 lbs. - "RAY'S DAY" - The 181 is looked like a toss-up between Ronnie Ray, the 5'5" Texas Steer, and Bill Andrews, Baltimore's "Man of Steel". They battled in the bench press, where Ray grabbed a 20 lb. advantage - 410 to 390. Ray had a knee injury and had his knees wrapped lightly. He sat low, but stopped after 480. Bill saw his chance to draw even. He did so with 500, then twice doubled 515 forward. Ray took conservative in-crowds in his deadlift - 515, then the very onset and he built a lead he never surrendered. He created an A/R 330 (328) bench press and the Jr. National champ was 2nd. New Yorker Felix Gomes topped the DL brigade with 615 (612) and Hurst fell behind Gomes in the first two lifts, and missed 605 going for a 658 1/2 deadlift of Feb. 6, '65 was the highest on record. The AAU learned of this prior lifting pro boxing and declared him a professional, and suspended him. He sadly watched from the sidelines as his championship dreams evaporated right before his eyes. In his absence, surely Bill Seno took the championship lift Seno took home to Chicago. Two other men might have wrestled the title from him. The legendary porarily residing in York

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 Gainesville, FL 32614-0847

An Open Letter to Iron Island Gym & Dr. Ken Leistner... "Dear Mr. Leistner: I had the pleasure of competing in the Iron Island Bench Press Classic on December 2nd. I felt compelled to write a letter to both thank and congratulate you as a result of this experience. There were a number of reasons that contributed to this pleasurable and memorable competition. I would like to address the four reasons that reflect most positively on Iron Island Gym. They are as follows: ambience, efficiency, comradeship and intensity.

The moment I set foot in the gym, the atmosphere screamed "hard core". The plethora of photographs literally wallpapering the gym were awe inspiring. Resistance paraphernalia, the likes of which I had never seen, were everywhere. This ranged from the eccentric, such as 200 lb dumbbells, to the fantastic, like train wheels and bombs! However, I realized the gym was harder than hard core when I observed the photo of the deadlifter projectile vomiting. My sole thought at that moment was that I had to hit a personal best just to keep from embarrassing myself!

The meet was by far and away the most efficiently run I have ever attended. Your blunt and stern directions, both at the rules briefing and during the meet, were timely and appropriate. In fact, the meet was run so efficiently that it was ahead of schedule. This was a first for me and since I had endured a laborious three hour drive to compete, I greatly appreciated such expedience.

The comradeship was glaringly apparent throughout the day. Everyone was kind and helpful. The competitors in my division were both cordial and complimentary after the meet. Marc Tuesday approached me after my third attempt with sincere congratulations. This type of sportsmanship is most commendable and reflects brilliantly on your gym. I would like to congratulate him on his 440 lb. press and thank him for pushing me to my limit as well.

Intensity. Anyone involved in sport would have to agree that it is a great word, perhaps overused at times, even cliché. Your gym and meet re-defined that word for me, in particular, Mr. Terry Grimwood. Intensity shot out of Mr. Grimwood like hyper volis from a live wire and focus combined with your informative and suspenseful commentary brought my final attempt got me more fired up than ever!

In concluding, I would like to thank you again for the opportunity to compete in the IPA in spite of my late entry. I am glad I was able to perform to the best of my ability, since, as evidenced by both the expedient and expeditious favor of the meet, Iron Island Gym and the people who represent it gave me their best performance as well.

Thank you for your time. Sincerely, **Timothy A. Covert**

Iron Island Bench Press Classic
 2 Dec 95 - OceanSide, NY (kg)

Women	C. Newlin	170
Amateur	T. Dreyer	275
J. Tackill	308	
Pro	S. Pulcinella	210
A. Boyce BL	L. Berneford	197.5
J. Alundorff	181	
G. Clibberre	147.5	
Men	181	
Amateur 114	165	
Amateur 118	123	
Amateur 123	C. Gould	137.5
L. Catron	200	
S. Gorman	182.5	
J. Bartlett BL	235	
D. Cenny	199	
J. Cohen BL	170	
J. Manocchio	220	
D. Cohen	125.5	
D. Feltman	212.5	
D. Koller	182.5	
K. Baum	277.5	
R. Schaeffer	97	
R. Schaeffer	115	
R. Rubin	140	
R. Rubin	160	
C. Polovick	195	
Milopopolos BL	167.5	
F. DeMarco	162.5	
T. Covert	202.5	
M. Tuesday	250	
A. Gomez	230	
A. Matzel	200	
M. Katz	227.5	
V. Reynolds	212.5	
K. Sack BL	225	
E. Weinberg	308	
F. Fullinante	147.5	
F. Fullinante	147.5	
C. Foyers	227.5	
C. Foyers	115	
C. Foyers	115	
T. O'Rordan	202.5	
C. Taylor	215	
R. Cangelosi	300	

great excitement in the gym, a must for his fans. I had the pleasure of competing in the Iron Island Bench Press Classic on December 2nd. I felt compelled to write a letter to both thank and congratulate you as a result of this experience. There were a number of reasons that contributed to this pleasurable and memorable competition. I would like to address the four reasons that reflect most positively on Iron Island Gym. They are as follows: ambience, efficiency, comradeship and intensity.



308 lb. Weight Class - Professional Division Winners at the IPA Iron Island Classic Bench Press included, from left to right, T. O'Rordan (4th), Jay Picarillo (3rd), D. Fitzgerald (1st), and S. Lewis (2nd) (from Dr. Ken)

great excitement in the gym, a must for his fans. I had the pleasure of competing in the Iron Island Bench Press Classic on December 2nd. I felt compelled to write a letter to both thank and congratulate you as a result of this experience. There were a number of reasons that contributed to this pleasurable and memorable competition. I would like to address the four reasons that reflect most positively on Iron Island Gym. They are as follows: ambience, efficiency, comradeship and intensity.

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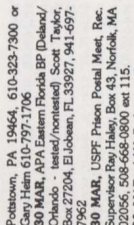
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- Christy Viles, News Valley College, 2277 News Valley Hwy, News, CA 94959, 707-253-3228 or 257-7818
- 13.14 APR, NASA Ohio State (Delaware) Rich Peters, Box 735, Noble, OK 73068
- 13.14 APR, USPF North Carolina State (drug test by unaffiliated - men, women, master, jr., class II, Tom Booth, 202 N. 9th St., Raleigh, NC 27602, 919-563-9311.
- 14 APR, Michigan State University College (Hingham, MA) Jeff Johnson, 100 College Park, APA 30349, 770-966-5028
- 14 APR, APA New England Open Squat (men, women, teen, submaster, master) Louie Lopatin, 337 Roubury St., Keene, NH 03043, 603-352-8590 (no entries after 4/1/96)
- 14 APR, Elmhurst Gym Bench Press, Elmo Sadowski, 1207 White Rd., Patchogue, NY 10472, 718-597-5673
- 14 APR, ADFFPA Ohio State (open, women, teen, master legs group) King's Gym, 24748 Aurora Rd., Bedford Hts., OH 44116, 216-439-5644
- 14 APR, ADFFPA Chicagoland Deadlift (open, men, master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
- 20 APR, (new date) ANPPC Dr. Joe Misour Open BP/DL (Sikston - teen, men, men, master) Coliseum Health & Fitness, 1155 S. Main St., Poplar Bluff, MO 63901, 314-686-6398
- 20 APR, (new date) USPF Region II (Dallas, TX) Jim Dundon, 417 Memorial Dr., PA 18612, 717-676-6554
- 20 APR, 7th Annual Powerlifting Bench Press All American Gym, 1718 S.W. 8th Ave., Lakeland, FL 33801, 813-687-6268
- 20 APR, AAU Massachusetts State, Larry Larsen, 15 Bell St., Quincy, MA 02269, 617-479-7761
- 20 APR, WNPFF Georgia vs. S. Carolina (Lynchburg, VA) WNPFF, 2560A Picardy Cir., N. College Park, GA 30049, 770-996-5008
- 20 APR, AAU Drug Free Northern New Jersey High School Championship, Joe Pyno, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
- 20 APR, Bench Press Seminar, C.J. Batten, 10000 Park Forest Rd., Romeus, MI 48174, 313-944-9833
- 20 APR, IFA York "Hall of Fame" Bench Press Classic (Bokosone, York, PA) Any/Pro teen, women, master open) Tamara Rainwater-Grimwood, 117 Market St., #399, Lemoyne, PA 17043, 717-761-3843, 652-0115
- 20 APR, (new date) USPF Budweiser World (Willmar, MN) BP/DL (Shelton, Richard, WA) WNPFF, Box 5292, Bend, OR 97708, 503-389-0600
- 20 APR, 6th Weightlifting Unlimited Bench Press, Randy Brooke, 525 Whitacre St., Winchester, VA 22601, 540-667-6288
- 20 APR, 17th AAU Power Day BP/DL (individual contests - open, women, teen, master, submaster, spec. olympic) Stigel, 16830, 814-765-3211, Clearfield, PA
- 20 APR, MDSA Co. for the Cold National (Willmar, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 20.21 APR, NASA Kansas/Missouri State (Lea's Summit, MO) Rich Peters, Box 735, Noble, OK 73068
- 20.21 APR, USPF Maine State (men, women, teen, submaster, master) Joe Barlow, RR #2, Box 126, Turner, ME 04252, 207-225-5070
- 20.21 APR, WPC European Championships (Pescara, Italy), Carl Smith, Schongaustrasse 22/7, A-8010 Graz, Austria, tel/fax +43-316-817663
- 20.21 APR, ADFFPA Women's Nationals (open, teen, junior, master), Bob or Mountain Top, PA 18707, 717-823-6994 or 474-6111
- 21 APR, AAU Eastern National BP/DL (open, women, master, jr.), Brian Washington, Box 20042, Baltimore, MD 21284, 410-955-8564
- 26-28 APR, USPF Pennsylvania State

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10p, Dog Promotions, 6103 Cultrine Rd., Memphis, TN 38117, 901-921-0190

13 APR, USPF All American State Championships, Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2323

13 APR, ISU Open PL/BP, Mark Jensen, 129 State St., Ames, IA 50014, 515-292-5263/294-6797

13 APR, Sunnyside High School Qualifier, 10000 Sunnyside Blvd., Sunnyside, WA 98044, 509-105-1075

13 APR, AAU Lifetime Drug Free Nationals (men, women) Terry Becker, 125 Jefferson St., Stratford, CT 06497, 203-378-8399

13 APR, Sunbelt Bench Press (Special Olympics fundraiser - open, teen, woman, special olympian) J.C. Rientz, Members Only Gym, 601, Moultrie, GA 31776, 912-685-9600

13 APR, 13th Southern State Bench Press (open, over 40, women, novice, teen) Sandy Koller, 150 Sagemath Rd., Stockbridge, GA 30281, 770-474-2633

13 APR, ADFFPA Missouri State/Ozark Open PL/BP (Westonville Mike Class), 15 Lakeside Dr., Westonville, MO 63397, 636-737-1311

13 APR, ADFFPA, 6th Annual BP, John Mathews, Box 325, Oklahee, ME 04963, 202-465-7102

13 APR, (new date) 6th ADFFPA Training Center Open PL/BP (open, women, teen, master, submaster, novice, class I, by formula) Jim Morton, Training Center, 302 S. Square Mall, Newcastle, DE 19720, 302-328-3328

13 APR, AAU Virginia State (F. Lee, VA, men, class 2) Warren C., Colonial Heights, VA 23834, 804-520-5646

13 APR, ADFFPA Rhode Island PL/BP & East Coast PL/BP, David Foderick, 51 Whiteway Place, Pawtucket, RI 02861, 401-849-1414

13 APR, APA, Tri-State BP (IL, KY, TN - tested/IL, KY, TN) Bob Johnson, 404, E Johnson, FL 33927, 941-697-7962

13 APR, ADFFPA Tri-State BP (Metro area NY & NJ, CT, PA - men, women, open lifetime, novice, spec. olymp, submaster, master, teen), Jacqueline Davis - Sportsplex, 72 Rt. 9W, New Windsor, NY 12553, 914-894-1414

13 APR, Dungen Powertechnik Drug Free Bench Press (open, teen, master), Rick Beach, Stan, 15681 Eastbourne Rd., Coonamintj, MI 49042, 616-435-7585

13 APR, 9th IPH (East of the Northstar BP/DL (separate meet) Carl Seelker, 24 Jefferson St., Warren, PA 16956, 814-723-3442

13.14 APR, USPF High School National (open, women, master, jr.) 505 Hwy 431, St. Amant, LA 70774, 504-883-5050

13.14 APR, WNPFF National (open, women, master, jr.) Dan DeFelleo, 810-294-7055

13.14 APR, ADFFPA California State (open, master, teen, disabled - all men/women)

- 6 APR, New York State PL/BP, Lyle Johnson, 111 Hill Rd., Phelps, NY 14532, 315-548-5859
- 10p, Dog Promotions, 6103 Cultrine Rd., Memphis, TN 38117, 901-921-0190
- 13 APR, USPF All American State Championships, Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2323
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- 13 APR, APA, Tri-State BP (IL, KY, TN - tested/IL, KY, TN) Bob Johnson, 404, E Johnson, FL 33927, 941-697-7962
- 13 APR, ADFFPA Tri-State BP (Metro area NY & NJ, CT, PA - men, women, open lifetime, novice, spec. olymp, submaster, master, teen), Jacqueline Davis - Sportsplex, 72 Rt. 9W, New Windsor, NY 12553, 914-894-1414
- 13 APR, Dungen Powertechnik Drug Free Bench Press (open, teen, master), Rick Beach, Stan, 15681 Eastbourne Rd., Coonamintj, MI 49042, 616-435-7585
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- 13.14 APR, USPF High School National (open, women, master, jr.) 505 Hwy 431, St. Amant, LA 70774, 504-883-5050
- 13.14 APR, WNPFF National (open, women, master, jr.) Dan DeFelleo, 810-294-7055
- 13.14 APR, ADFFPA California State (open, master, teen, disabled - all men/women)

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APA American Record Breakers

16 Dec 95 - Charlotte, NC

Table with columns for Name, Age, Weight, and Record. Includes entries like M. McEvean, D. Cook, J. Taylor, etc.

ADPFA Senior Regional

Table with columns for Name, Age, Weight, and Record. Includes entries like M. Edelman, J. Bernier, J. Donner, etc.

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Back view of dog appears on back of shirt

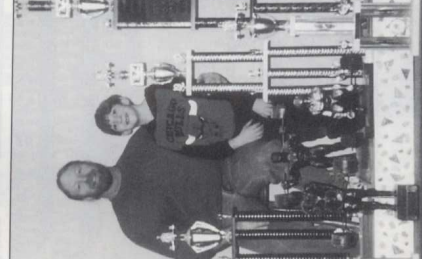
Son Light Winter Classic

9 Dec 95 - Tuscola, IL

Table with columns for Name, Age, Weight, and Record. Includes entries like B. Reagan, D. Allen, M. Burgett, etc.

fourth women's lifter who pressed 90 kg. at a bw. 'Indiana boy' finished with 155 lbs. Allen, one of the fourth came oh-so-close. Wehlin had, from Terrence Harte, IN, finished second with a new pr. at 172 lbs. Reagan, IN, finished second with a new pr. at 172 lbs. Reagan once again dominated, though with not as much ease as before. 335 lbs had to be lifted. Reagan, IN, finished second with a new pr. at 172 lbs. Reagan once again dominated, though with not as much ease as before. 335 lbs had to be lifted. Reagan, IN, finished second with a new pr. at 172 lbs. Reagan once again dominated, though with not as much ease as before. 335 lbs had to be lifted.

from a few days before the competition. No big deal with her though, she'll be back in the gym about this time. The lift is definitely there, and you can see it in the way she pulled a strong 500 on her final attempt after starting with a conservative 420. Reagan's class was with a conservative 420. Reagan's class was with a conservative 420. Reagan's class was with a conservative 420.



Dr. Darrell Latch and Son Joey pose with Darrell's lifetime medallion (11) and world (2) championship trophies. Darrell has won 7 consecutive National ANPC titles since the age of 40, and considers himself to be the most active independent powerlifting promoter in the country (photograph courtesy D. Latch)

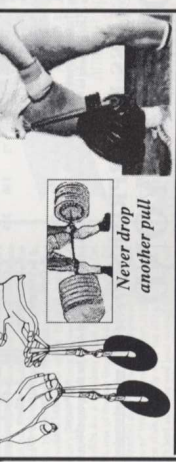
11th Olympic Bench Press

19 Nov 95 - St. Charles, IL (kg)

Table with columns for Name, Age, Weight, and Record. Includes entries like S. Schmidt, K. K. K., B. Gregory, etc.

Small group of lifters this year but plenty of excitement with Byron Gregory going twice for 230 and missing by the closest of margins. Rick Whillman, all of the lifters for great sportsmanship and a big thank you to my helpers. (Terry Dargatzis)

Small group of lifters this year but plenty of excitement with Byron Gregory going twice for 230 and missing by the closest of margins. Rick Whillman, all of the lifters for great sportsmanship and a big thank you to my helpers. (Terry Dargatzis)



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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 goals is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank 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 Lane, Stevens Point, WI 54481.

ADFFA NATIONAL CHAMPIONSHIP BIDDING PROCESS... How do most directors bid on a national meet and when do they submit the bid? The Women's, Collegiate and Masters national meets are bid on at their respective national meeting which is held the day before the championship. For instance, at this year's meetings, the bids for the 1997 championships may be submitted. The remainder of the national meets are presented and voted on at the annual National Governing Body meeting held in mid-July, the day before the Men's Open National. Contact the National Office at 219-248-4889, if you need more information.

Bids for WDPFF International competitions are submitted at least 90 days before the Open World Championships which is usually held in late October. The WDPFF governing body then votes on bids which have been presented.

THE GIFT OF POWERLIFTING...

In the December ADFFA Corner, AMERICAN DRUG FREE POWERLIFTING ASSOCIATION ...

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STREET ADDRESS		
CITY	STATE	ZIP CODE
AREA	TELEPHONE NO.	AGE
	DATE OF BIRTH	SEX
		U.S. CITIZEN YES/NO
		U.S. CITIZEN YES/NO

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 COLUMBIANA, IN 46725
 219-248-4889

IF UNDER 21 HAVE PARENT INITIAL SIGNATURE

DATE

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
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 Junior	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Master's	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
A Total in a Sanctioned Meet											
ADFFA High School											

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											
Teen (14-19)											
High School	335	355	380	390	405	425	455	490	545	610	
A total in a Sanctioned Meet											

Gregg Hadley described how to conduct seminars and presentations on powerlifting. If you would like to obtain a copy of his well written and useful handbook, you can write Gregg at 3531 Patti Dr. #4, Plover, WI 54467.

suddenly. On the squat, it starts most frequently while setting up for the lift and during the performance of the lift and for a short time after. When it occurs during the bench press, the athletes state it usually starts about 4" off of the chest during the descent and gets worse right before and during the pause.

Unlike the knee, the elbow is able to rotate more than a few degrees either direction. This presents problems future trouble to the elbows for powerlifters. During the squat, the pain has developed over a period of time, not happening

stabilize the bar on the lifter's shoulders. It is especially under a load of stress when the athlete places the bar on their shoulders in typical powerlifter fashion - low. By placing the hand on the bar during the squat, one must pronate the elbow/wrist in order to grip the bar. Doing this over a period of time can sometimes cause chronic elbow pain, usually helped by rest and not squatting. During the bench press, the hands are placed in another pronated position, yet not quite as far when compared to the squat. The elbow flexors (biceps brachii, brachialis, etc.) must help stabilize the bar during the descent phase of the bench. Again, done over a period of time this could possibly wreak havoc on the elbow joint. This is especially true if the injured athlete's elbow is repeatedly subjected to the main cause (for example, the bench) and then utilized later in the week (during the squat), regravitating the problem.

Being powerlifters, we cannot get away from the hand positions we must use during the lifts. Therefore other measures must be taken. If you pain and you have a meet coming up that you need to train for, try a light medium weight job on the affected elbow during the lift while training in the gym. This will take some stress off of the joint and not aggravate it as much. Please remember you cannot use elbow wraps in competition. A second measure one can take to either help rehabilitate or prevent future problems is to strengthen the elbow flexors to handle more stress.

A.D.F.P.A. Corner

A.D.F.P.A. Corner

As powerlifters, we tend to concentrate on the triceps (elbow extensors) more as they are one of the primary movers during the bench press. We must make sure that the elbow flexors receive good quality exercise to keep them strong. This helps keep the muscle balance around the elbow intact and helps prevent future joint problems. Stretching the elbow musculature will help to prevent problems as well. Some elbow pain can come from problems with the wrist and the associated wrist flexors/muscles and the associated wrist flexors/extendors. I covered that type of a problem in a previous issue last year. If none of the above ideas help, either write/call me or seek the proper medical/therapeutic attention in your area for further advice. Be healthy and be strong!

Please send your questions for the Sports Medicine Committee to Dr. Michael Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. I also welcome your comments on the committee/column. You can contact me at (219) 432-7339/FAX (219) 745-1098

NEW ADFFA STATE CHAIRS... We have recently gained many new state chairs: Arizona - Betsy Ojpen, 4001 W. Charlotte Dr., Glendale, AZ 85310, 602-581-5039; Kansas - Scott Pantier, 1009 Helen, Aurora, KS 67010, 316-775-0185/316-554-1300; Kentucky - Steve Cory, 5205 S. Main St., Henderson, KY 42420, 502-826-8354; Nevada - Nicole Avey, 8301 W. Charleston #2072, Las Vegas, NV 89117; Oregon - Mike Mooney, 1170 N. Valleyview Dr., Ashland, OR 97520, 503-482-6318; 503-488-2396; Utah - Steve Sims, PO Box 145, East Carbon, UT 84520, 801-888-2413; Vermont - Michael Costello, PO Box 230, Quechee, VT 05059, 802-395-5925. Contact your state chair for powerlifting news in your area or to volunteer at upcoming meets. The strength of the ADFFA lies in the contribution of all our members. Thanks for your participation!

BEETIN' UP... Tired up chicken, salads, and the ever-present baked potato? You can have beef that is lower in fat, very tasty and easy to prepare. Flank steak is not as costly as other cuts of beef and it can be used in a variety of ways. Here's an Asian style recipe that goes well with rice and steamed vegetables.

ORIENTAL FLANK STEAK: 1/4 cup soy sauce; 1 teaspoon sugar;

(206)413-1252, Tyler Malejko/LMT/Meet Promoter.

Jungle Gym Fitness, 206 S. Walnut, Ridgeville, IN 47380, (317)857-2505, outside Indiana, 1-800-655-FIT, in Indiana. Owner - Joe Goodhead.

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.

Nomad Powerlifting Team, 47 South Cobb Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lowder.

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

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

Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-379-9823. Coach: Felicia Manganiello & El Stem Conum.

Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

Power PH Gym, 1763 Arrow Ave., Bronx, NY 10469 - 3326 (718) 379-9823. Coach: Felicia Manganiello & El Stem Conum.

Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 4, East, Rockaway, NJ 07866, (201)627-9156. Owner - Joe Morricks. Coach - Ray Benemerito.

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

Scrap Iron Gym, PO Box 190, Phoenix, AZ 85001, (602) 969-6975, eve before 9, E-mail: AA2PQ@aol.com, Owner: Jim Canoli.

Serious Members Gym, Inc., Exit 118, Rt. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach: Frank Dias.

Sheridan Recreation Center, 3325 W. Oxford Ave., Denver, CO 80236, Coach: Eddie Canozo, (303) 761-2241.

Sportsplex, Rt. 72, 9W, New Windsor, NY 12553 (Orange County) (914) 565-7600. Coaches - Jacqueline Davis & John George.

Strength and Power Productions, Competition Set-Up - Platforms - Seminars - Audio - Announcements, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMantia.

The Power Gym, Inc., 405 Main

St., Taylor, PA 18517, Coaches - Joe Moczygnas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP

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

World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)993-9988, FAX (510)945-8495, Marco Y. Margiotta, ADFFA Contra Costa Representative

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 check you out in the directory, send a get your \$3.00 made out to the ADFFA: Barbara's Stephanie Whiting, 4768 Barbara's Lane, Stevens Point, WI 54481.

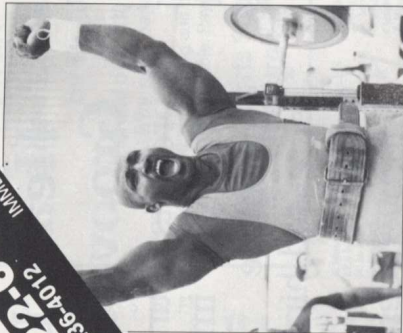
ADFFA Indiana State Bench Press

28 Oct 95 - Muncie, IN	198 Teen (14-15)	170*
Women	158 Teen (14-15)	158
N. Hays	115	115
Open 122	J. Fidler	345
D. Goodhead	D. Coble	340
S. Walsh	198 Teen (14-15)	275
Men	198 Teen (14-15)	300
Open 139	P. Manning	300
T. Repping	198 Open	390
J. Sillard	M. Goodhead	235
114 Open	205	375
133 Teen (16-17)	H. Pace	280
148 Open	S. Treanick	223*
H. Pace	H. Pace	375*
E. Rivers, Jr.	E. Rivers, Jr.	325
C. Uhler	C. Uhler	310
J. Savage	J. Savage	380
148 Teen (16-19)	242 Open	300
L. Hoover	L. Hoover	350
181 Teen (18-19)	166 Open	320
165 Open	242 Submaster	320
R. Perine	R. Perine	375
S. Miller	S. Miller	465*
165 Master II	M. Stephenson	430
J. McCurtie	J. McCurtie	245*
A. Zimmerman	A. Zimmerman	265*
181 Master I	M. Brown	215
M. Boyer	M. Boyer	490*

* designates new ADFFA Club record.
 ADFFA Indiana State Bench Press
 Lifter: Female Division: Tina Stillwell; Men Light Division - Randy Perine; Men Heavy - Sonny Boynton; Men Overhead - Sonny Boynton. (Thanks to Sonny Boynton for providing the contact results.)

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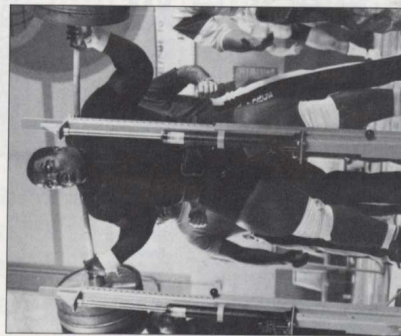


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NASA Big River Classic (kg)

Table with columns: Name, Age, Weight, and other details for the NASA Big River Classic.

70-year-old Jim Drake at the NASA Nevada Regional (Martin Drake)

Article about 70-year-old Jim Drake competing at the NASA Nevada Regional.

World Record Breakers Bench Press

Table listing world record breakers for the bench press, including names, weights, and dates.

BCPA Fall Classic (IPF affiliate)

Table listing results for the BCPA Fall Classic, including names, weights, and lifts.

3rd South Jersey Bench Press

Table listing results for the 3rd South Jersey Bench Press competition.

All the Winners at the IPA World Record Breakers Bench Press (AC)

Table listing winners and results for the IPA World Record Breakers Bench Press.

BCPA Fall Classic (IPF affiliate)

Table listing results for the BCPA Fall Classic.

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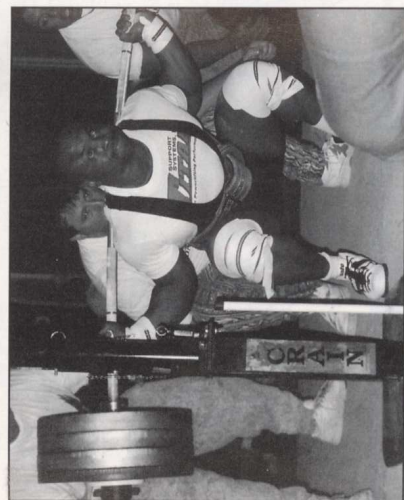
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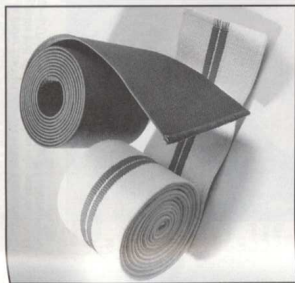
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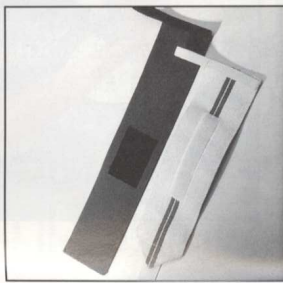
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Section 7, 3 with no mention of such a disclosure.* Mr. Panzak has reportedly indicated that Mr. Jeffrey and his staff are the best in the business for conducting the most efficient powerlifting contests, and further "He has been someone who I have been able to depend on..."

The document states "Compromising the biggest meet in the country simply because of one person's peripheral involvement is unconscionable". Mr. Panzak concluded a previous letter to Mr. Thorne by stating he finds it "very disturbing that as President of our Federation you refuse to return my numerous phone calls. Least I remind you that previous time and productivity is escaping us without your cooperation and the National Office towards a successful Senior National Powerlifting Championships."

In response, President Thorne indicated that he felt his credibility as president of the USPF had been insulted by being subjected to "twisted allegations from these people." President Thorne indicated a concern that George Panzak was "front" for Dave Jeffrey to receive the bid, and made several specific comments about the Panzak bid. He states that the bid did not receive the endorsement of the USPF Regional Chairman prior to presentation. He indicated that Mr. Panzak is not presently a member of the USPF. He challenged credentials noted on Mr. Panzak's resume. He stated that the Pittsburgh Convention Center had no such event as the Sr. Nationals tentatively scheduled for 1996, and that in the November 30th, 1995 edition of **POWER HOTLINE**, the venue for the meet was indicated to likely be the University of Pittsburgh campus.

President Thorne indicates that the Double Tree Hotel, the selected hotel, had no record of rooms booked for the Sr. Nationals. He stated that he contacted the Office of the Mayor of Pittsburgh to verify a claim that the Office would handle the complete mailing for the USPF (6000 pieces) but was told that there was no funding in the budget for such, and that there was no funding for drug testing. President Thorne said that Mayor Murphy's assistant did not know who George Panzak was. When the bid was suspended, threats of legal action were reportedly communicated to members of the USPF Executive Committee, however, President Thorne contacted Isobol Storch of the legal department of the City of Pittsburgh, and he states that she indicated that there is no intention of any legal action.

President Thorne indicates that he has asked Mr. Panzak to provide clarifying information, in writing, several times. "He has refused to acknowledge in writing even the simplest of requests". According to President Thorne "I am disappointed and angry at the turn of events. The Executive Committee has voted to change the meet site from Pittsburgh to Philadelphia and to appoint Robert Keller the new meet director".

As a general point, it might be noted that George Panzak desired to receive confirmation of his receipt of the bid for the USPF Sr. Nationals so he could proceed with contracts for the meet site, meet hotel, etc. This, of course, was not forthcoming from the USPF. Without confirmation, it may have been inadvisable for Mr. Panzak to proceed further with commitments that he had planned.

If any interested readers wish further information regarding both sides of this issue, we suggest that you contact Dan Wagman Ph.D., 719 1/2 Massachusetts St., Suite E, Lawrence, KS 66044, 913-842-5200 and USPF National Headquarters, Post Office Box 2170, Kilgore, TX 75663, 800-500-9727.

It further indicates that George Panzak's bid included "Endorsement and cooperation from Mayor Tom Murphy and his staff from the city of Pittsburgh. Financed drug testing. Officials' rooms paid for. TV coverage. Sponsorship and advertising. The Pittsburgh Convention/Exposition Center as meet site. Free transportation. Professional sound system (connected to warm-up area), restaurant, state of the art equipment, etc. etc."

The letter also indicates that Mr. Panzak received letters from USPF President Peter Thorne, alleging "misrepresentation regarding the presentation of the bid" and suspending the bid pending further investigation of the allegations, which centered around the involvement of Dave Jeffrey in the Pittsburgh competition. Mr. Panzak reportedly responded by saying that there was no requirement to include the "individuals a meet director deems necessary to insure a Powerlifting competition. In particular, the bid requirements are specifically outlined in Article VII,

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ADPFA East Coast Championships

9, 10 Dec 95 - BaySide, NY

Table listing ADPFA East Coast Championships results for various categories like 175+, 180+, 185+, 190+, 195+, 200+, 205+, 210+, 215+, 220+, 225+, 230+, 235+, 240+, 245+, 250+, 255+, 260+, 265+, 270+, 275+, 280+, 285+, 290+, 295+, 300+, 305+, 310+, 315+, 320+, 325+, 330+, 335+, 340+, 345+, 350+, 355+, 360+, 365+, 370+, 375+, 380+, 385+, 390+, 395+, 400+, 405+, 410+, 415+, 420+, 425+, 430+, 435+, 440+, 445+, 450+, 455+, 460+, 465+, 470+, 475+, 480+, 485+, 490+, 495+, 500+, 505+, 510+, 515+, 520+, 525+, 530+, 535+, 540+, 545+, 550+, 555+, 560+, 565+, 570+, 575+, 580+, 585+, 590+, 595+, 600+, 605+, 610+, 615+, 620+, 625+, 630+, 635+, 640+, 645+, 650+, 655+, 660+, 665+, 670+, 675+, 680+, 685+, 690+, 695+, 700+, 705+, 710+, 715+, 720+, 725+, 730+, 735+, 740+, 745+, 750+, 755+, 760+, 765+, 770+, 775+, 780+, 785+, 790+, 795+, 800+, 805+, 810+, 815+, 820+, 825+, 830+, 835+, 840+, 845+, 850+, 855+, 860+, 865+, 870+, 875+, 880+, 885+, 890+, 895+, 900+, 905+, 910+, 915+, 920+, 925+, 930+, 935+, 940+, 945+, 950+, 955+, 960+, 965+, 970+, 975+, 980+, 985+, 990+, 995+, 1000+.

ADPFA Virginia

9, 10 Dec 95 - Staunardsville, VA

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QUESTIONS FOR THE USPF CANDIDATES???

if you have something you would like to ask the candidates for USPF President (Don Haley, Peter Thorne listed alphabetically) or USPF Secretary/Treasurer (John Inzer, Jan Shendow - listed alphabetically), send them into "Candidate's Question & Answer", Box 467, Camarillo, CA 93011. We would like to limit the questions to UPOMING policies the candidates intend to implement in the UPOMING administration, should they be elected. We expect to select a limited number of questions and, hopefully, receive a response from both candidates, for publication in a future issue of Powerlifting USA

Who's Who in the USPF??

It's hard to tell. In many years previous it has been easy to tell, as the various USPF Presidents actively sought publication of the USPF Directory in POWERLIFTING USA. I can't recall an instance back then in which someone who wanted to have a list of the USPF Executive Committee, Committee Chairpersons, Regional Chairpersons, State Chairpersons, etc. couldn't readily obtain one. The administration of current USPF President Peter Thorne has exhibited a different policy. Since he became USPF President, I have requested a copy of the USPF Directory approximately 6 times, with no ulterior motive than being able to direct the many individuals who contact the PL USA office, and prior to the 1995 National Committee meeting, merely to confirm that I was still the appointed chairperson of the USPF Publicity Committee, and therefore responsible for producing an annual report for the National Committee meeting. I have not received a copy of the Directory, nor has anyone I am aware of, and there have been many people asking for it recently.

Why is the information in the USPF Directory so important? You see, the individual, card-carrying lifter/President and other Executive Committee members directly. Their basic means of affecting such elections is through the votes of their State Chairpersons, who are themselves to be elected by the lifters at the state level. If a USPF State Chairperson is not able to attend the annual USPF National Committee meeting, he may issue a proxy for his vote to another person who will be present at the meeting, to vote on his or her behalf.

Virtually all of us would agree that this is a democratic nation and that elections should be conducted in that tradition, but this particular upcoming election for USPF President, etc. is more significant than most.

The newly elected IPF President, Graham Fong of New Zealand, has shown - especially for an IPF official - an unprecedented level of interest in the upcoming election, to the extent that he has offered to attend the

elections and see that the process is fair for himself. This offer was made by Graham following discussions with both President Peter Thorne and other parties who are concerned about the current status of the USPF.

Some of the major, precious aspirations for our sport of Powerlifting system that produces our leaders was demonstrably compromised. Could another powerlifting federation seriously entertain thoughts of a merger (a result widely desired by lifters at the grass roots level) with the USPF, if there were doubts about the fairness of the process that has produced its leader? If Powerlifting is ever to become an Olympic sport, would organizers about the integrity of our organization or its leaders be anything but a serious impediment?

There are bona fide candidates for President and Secretary/Treasurer running in this election against the current incumbents. The central question is: how can an election be considered fair, if the incumbent has control of and access to the identities of those who will cast votes in the election, to the exclusion of those who are registered that an incumbent who knows who the voting delegates are could be soliciting proxies right now, before any other candidate has a chance to campaign in an equal fashion, if enough proxies were obtained in a "backchannel" manner, would the vote be democratic?

An independent way for this matter to be resolved might be for USPF members to contact the USPF National Headquarters and request information as to the name, address, and phone number of their State and Regional Chairpersons and to forward that information to PL USA so that a list of most of those voting delegates can be produced. This information would be provided to the other candidates in the election and published in PL USA. (Surely, the USPF could not, in good conscience, deny its own members the identity of their officially elected representatives?) Of course, there may be some turnover in the list, since elections for state chairperson are taking place in the next few months. Nonetheless, AS SOON AS POSSIBLE, we suggest that USPF members from all states direct their requests for the name and address of their representatives to the USPF National Headquarters, Post Office Box 2170, Kigoro, TX 75663, 800-500-9727 and inform that they forward whatever information they obtain to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011. Mike Lambert, Editor, POWERLIFTING USA Magazine

USPF Lake Erie Championship

2 Dec 95 - Elyria, OH (kg)

Table listing USPF Lake Erie Championship results for various categories like 175+, 180+, 185+, 190+, 195+, 200+, 205+, 210+, 215+, 220+, 225+, 230+, 235+, 240+, 245+, 250+, 255+, 260+, 265+, 270+, 275+, 280+, 285+, 290+, 295+, 300+, 305+, 310+, 315+, 320+, 325+, 330+, 335+, 340+, 345+, 350+, 355+, 360+, 365+, 370+, 375+, 380+, 385+, 390+, 395+, 400+, 405+, 410+, 415+, 420+, 425+, 430+, 435+, 440+, 445+, 450+, 455+, 460+, 465+, 470+, 475+, 480+, 485+, 490+, 495+, 500+, 505+, 510+, 515+, 520+, 525+, 530+, 535+, 540+, 545+, 550+, 555+, 560+, 565+, 570+, 575+, 580+, 585+, 590+, 595+, 600+, 605+, 610+, 615+, 620+, 625+, 630+, 635+, 640+, 645+, 650+, 655+, 660+, 665+, 670+, 675+, 680+, 685+, 690+, 695+, 700+, 705+, 710+, 715+, 720+, 725+, 730+, 735+, 740+, 745+, 750+, 755+, 760+, 765+, 770+, 775+, 780+, 785+, 790+, 795+, 800+, 805+, 810+, 815+, 820+, 825+, 830+, 835+, 840+, 845+, 850+, 855+, 860+, 865+, 870+, 875+, 880+, 885+, 890+, 895+, 900+, 905+, 910+, 915+, 920+, 925+, 930+, 935+, 940+, 945+, 950+, 955+, 960+, 965+, 970+, 975+, 980+, 985+, 990+, 995+, 1000+.

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9, 10 Dec 95 - BaySide, NY

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Sincerely,

John Inzer

John Inzer
Owner

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