

# POWERLIFTING USA

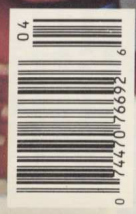
VOL.19 NO.9  
APR/96 \$3.50



The "UNKNOWN"  
STRENGTH COACH  
SPEAKS OUT!!

**BIG  
BENCH  
PRESS  
NEWS!**

**POWERLIFTING  
VERSUS  
PRO WRESTLING?**

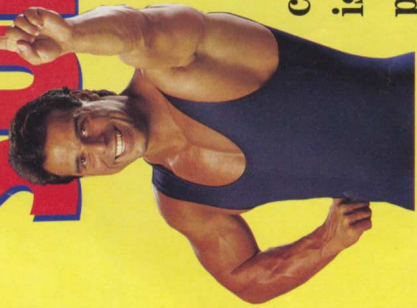


The Most Important Development in Powerlifting Apparel Since the Introduction of the "Squat Suit"

# The DEADLIFT™ SUPERSUIT®

By Marathon Power Apparel

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



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

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

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

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

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

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

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**Marathon®**

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

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



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

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



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

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



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

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

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

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



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

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

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# Marathon Sports Nutrition Brings You **The Number 1** Nutrient for Getting Stronger!

## The Ultimate Muscle Fuel Creatine Monohydrate

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



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

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

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

- Delivers results fast - within two weeks.
- Each serving contains 5 grams (ideal dosage) of 100% pure USP pharmaceutical grade Creatine Monohydrate.
- Easy mixing tasteless powder just stir and drink
- Has purity and potency guaranteed by laboratory analysis.

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

#### Creatine Supreme Powder

100% pure USP pharmaceutical grade guaranteed by laboratory analysis.

**100 Gram Bottle** - REG. \$29.95 - **Now \$19.00**  
**300 Gram Bottle** - REG. \$89.95 - **Now \$44.00**  
**600 Gram Bottle** - REG. \$179.95 - **Now \$79.00**  
**1200 Gram Bottle** - REG. \$359.95 - **Now \$148.00**

Case Pricing Available

## The Ultimate Muscle Fuel In Its Most Convenient Form

## Creatine Monohydrate Supercaps™

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



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

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

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

**100 caps** - REGULAR \$39.95 - **Now \$24.00**  
 (Total 125 grams Creatine Monohydrate per bottle)

**250 caps** - REGULAR \$89.95 - **Now \$54.00**  
 (Total 312.5 grams Creatine Monohydrate per bottle)

**500 caps** - REGULAR \$179.95 - **Now \$99.00**  
 (Total 625 grams Creatine Monohydrate per bottle)

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

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

## Glutamine Retention Formula

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

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

### Here's How it Works

- Enables muscle glutamine synthesis and retention by molecularly bonding AKG with pure form glutamine.
- Provides pure form L-Glutamine for ongoing intestinal demands.
- Provides Alpha-Ketoglutaric Acid (AKG) which helps preserve muscle glutamine levels and is a precursor of Glutamine.
- AKG is also nitrogen sparing, which helps you stay in positive nitrogen balance.
- Provides the essential co-factor chelated manganese for the synthesis of glutamine.
- Delivers RNA to add to muscle glutamine retention.
- Supports cell voluminization 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-KETOGULGARIC ACID	250 MG
TAURINE	150 MG
CALCIUM A-KETOGULGARATE	63 MG
MANGANESE	400 MICG
RNA	9.5 MG
MAGNESIUM	25 MG
POTASSIUM	275 MG

### Compare to other brands formulas and save.

**GRF (Glutamine Retention Formula)**  
 120 capsules Regular - \$29.95

**1 Bottle (120 capsules)** - **Now \$25.00**  
**2 Bottle (240 capsules)** - **Now \$46.00**  
**4 Bottle (480 capsules)** - **Now \$81.00**

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

### New Advanced Generation Vanadyl Sulfate Formula

## V-3™ Advanced Generation Vanadyl Sulfate Formula With Essential Co-Factors

### 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	33.0 MG
TAURINE	800 MG



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

### Compare to other brands formulas and save.

**Marathon's V-3  
Advanced Generation Vanadyl**  
 180 capsules - Regular \$39.95

**1 bottle (180 caps)** - **Now \$29.00**  
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# Powerlifting USA

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

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in the January 1996 edition of POWERLIFTING USA, APF National and WPC World SHW Champ Hank Hill (Ned Low)

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# Marathon<sup>®</sup> SPORTS NUTRITION THE DYNAMIC DUO

## ADVANCED AMINO COMPLEX

### Amino AKG SuperCaps™

We've created the most effective amino acid delivery system ever by molecularly bonding 23 individual free-form amino acids to alpha-ketoglutarate (AKG). That means more rapid and complete amino absorption than has ever been possible. And that's why our Amino-AKG SuperCap Complex will out-perform every standard and free-form amino complex on the market today.

### Maximum Absorption and Utilization are the Keys

At the cellular level, absorption is critical. The more efficiently amino acids can be absorbed into the bloodstream, the more completely they can be utilized by the muscle. The AKG bonding process works as a high-performance delivery system that maximizes the amount of amino acids the muscle can use. Bodybuilders, powerlifters and other strength athletes are already discovering that this high-powered AKG-bonding technology delivers:

- Greater strength and muscle growth
- More energy in exercising muscles
- Better recuperation and recovery time
- Increased muscle hardness

### The Revolutionary AKG Bond is the Breakthrough

The driving force behind the new formula, the revolutionary AKG bond, is precisely what separates the new Amino-AKG SuperCaps from standard amino complexes and other free-form complexes. It enhances each singular free-form amino in the formula, giving the complex a greater overall power and effect than even the highest potency products. This means you can now take fewer capsules and achieve even greater results!

#### Each 5-capsule portion of Amino-AKG SuperCaps contains:

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- L-ALANINE AAG 100 MG
- L-ISOLEUCINE AAG 100 MG
- L-SERINE AAG 100 MG
- L-VALINE AAG 100 MG
- L-ASPARAGINE AAG 100 MG
- L-GLYCYL-L-GLUTAMINE AAG 150 MG
- L-OROTIDINE AAG 150 MG
- L-GLYCINE AAG 50 MG
- L-ASPARTIC ACID AAG 150 MG
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- L-PHENYLALANINE AAG 150 MG
- L-ARGININE AAG 70 MG

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## ProPhase™ SuperPowder™

We have combined the highest Biological Value Protein (157 BV) with seven high-potency growth, strength and performance nutrients, creating the most formidable anabolic/anti-catabolic powder ever!

### A Force of One

ProPhase SuperPowder is much more than a protein powder. It is a one-step program designed to improve strength, recuperation and growth.

Our tonic which protein concentrate (with added BCAAs) achieves the highest biological value of all proteins: 157. This means that nitrogen retention is higher - and muscle growth is faster - than any other protein source, bar none. This awesome amino acid profile - including an unheard-of 50% branch-chain amino acids - makes ProPhase the envy of every other powder products on the market.

### Eight Super-Charged Nutrients

Each serving yields 30 grams of the highest biological value protein - including a whopping 50% BCAAs - PLUS high potencies of the most popular growth, strength and performance enhancers available.

### Nutritional Profile of Each Serving (30 SERVINGS PER KILO)

- 30 grams tonic whey protein concentrate, including 15 grams of branch chain amino acids (contains 50%).
- 2000 mg. Creatine Monohydrate, for strength and endurance.
- 1500 mg. Russian Power Plus - Pfaffin Pantothenic - in its pure form, which delivers the highest concentration of Beta-Ecysterone.
- 1000 mg. Standard Panax Ginsenoside - an endocrine adapter.
- 500 mg. Alpha Ketoisocaproate - to increase nitrogen retention.
- 500 mg. ORG - today's premier anti-estabolic nutrient for greater muscle growth.
- 200 mg. Chromium Piccolinate - to increase amino acid uptake, especially branch-chain amino acids.
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### Typical Amino Acid Profile per serving (mg/30 grams protein):

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- L-METHIONINE 409 MG
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- L-VALINE 2729 MG
- L-VALINE 1080 MG
- L-VALINE 593 MG
- L-LEUCINE 458 MG
- L-ISOLEUCINE 292 MG
- L-GLUTAMINE 1580 MG
- L-GLUTAMIC ACID 1580 MG
- L-ASPARAGINE 1580 MG
- L-PROLINE 1580 MG
- L-OROTIDINE 1580 MG
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- L-GLUTAMINE 1580 MG
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# BIG BENCH PRESS NEWS



**Lifting successfully** and often, Anthony Clark put on another show in conjunction with the Arnold Classic, where he again managed a new all time record, this time 775 in the bench press (above, photo by Tim Bruner), missing 800 yet one more tantalizing time. Kenny Patterson reportedly made 700, and got 730 up, but it was not passed by the judges. Jeff Everson is still trying to package a match between Anthony and Marcus Henry, with at least \$20,000 in prize money at stake, and a television deal through Jeff's IN2000 cable show. Sunny Bhojwani has even offered to host the event, with Terry Dangerfield, at his hotel, the Holiday Inn Express in Elmhurst, IL, with November 23rd and 24th being a good date for him, but there are still many details to be worked out, before we can expect to see the two titans up against each other, if it ever happens. Marcus has foreshadowed a potentially excellent showing at the Atlanta Olympic Games with an American Record snatch of 396, a clean of jerk of 485 (miss at 501) for a new American Record total at 412.5 bodyweight. (Only 3 American O'lers will be allowed to compete in Atlanta.)



**Timi Isaac**, incensed that he was not invited to the Arnold Classic, lifted on his own home grounds in South Phoenix, Arizona, on Feb. 24th, competing in the 275 lb. class at the IPA Charities Pro/Am Bench Press Championship, where he opened with 746 lbs. (photo above) and, according to Tom Jackson's report, "blew it up very strongly". He then went on to miss 771 on his 2nd attempt, and passed his third. Not content, he lifted again the following weekend, March 2nd, at the IPA World Cym Pro/Am Bench Press Championship, again at 275, where he opened with a 751, then followed that with a success at 771. The ARIZONA REPUBLIC, which reported on the competition, and Tim's new publicist - David Hans Schmidt (also, Tonya Harding's new agent) indicated that "Judges at first disallowed the Phoenix lifter's attempt, saying he didn't lock his elbows. Then, after reviewing the film, they agreed that it was indeed legal, breaking the mark set by Anthony Clark of Dallas by one pound." I asked for that review because I know I lift at a cockeyed angle, a jubilant Isaac said. \* Tim stated to PL USA afterward that his lift was passed 2 to 1 and that it was only the head judge who reviewed tape afterward and changed his ruling. It was stated in the newspaper article that the mark was sanctioned by the International Power Lifting Association, a drug free organization, and will be submitted to the Guinness Book of Records. The meet was conducted as a fundraiser for Radio Hope, a weekly, national Christian public service broadcast for young people. It was also stated that Isaac is looking for a match up with Clark in Dallas in August at the "Greatest Power Show on Earth", and his publicist is also attempting to stage something at the America West Arena during a Suns playoff game.

Meet Director Gus Rethwisch says it's time to think about who's really the best in the bench press, after he witnessed **James Henderson** win the SHW class at the USPF Bench Press Nationals, benching 705, without a bench shirt (or even wrist wraps), edging Kiu Tuita's 699. Both men tried and missed 716. Derek Ito made 490 at 165, missing 513, as Greg Warr was absent. Lee Rorie made 518, missing 534 in the 198s. There was a great battle at 181, with Leonard McCormick coming out on top with a 490 to 800 DeCourts' 479, and Mike Saito's 473. Jr. Faamasujili made a 531, and tried 600, and Francis Silva, of the victorious Hawaii team, made a comeback to get a 512 at 220. As for the ladies, some of the highlights included Christine Moorman getting a whopping 154 at a tiny 89 lb. bodyweight. Anna James won at 105 with around 154 as well. Jan Lentz took the 165s with 275, but the big attention getter was Joyce Hamblin's 209 lb. bench press in the 50-54 age group, which got the attention of the OREGONIAN newspaper, and perhaps showed up on the AP lines. Gus had a huge turnout of 252 competitors for his contest, with 720 people overflowing the seating capacity the first day, and 550 the second. (photograph of James Henderson in Hawaii, above, by Cory Lum)

**Gary Heisey and Scott Warman** won the 2 man Deadlift event at the Arnold Classic (Tim Bruner/photo)



# OPTIMUM NUTRITION DARES TO COMPARE



Anabolic Activator III



Hot Stuff



Phosphagain

Protein grams	20g	20g	20g
% of Protein per serving	46%	31%	34%
Protein to Carbohydrate ratio	2 to 1	1 to 1	1 to 1
Cross Flow Microfiltration	YES	NO	NO
Whey Protein	YES	NO	NO
Ion Exchange Whey Protein	YES	NO	YES
Egg Albumen	lg	5g	15g
Fat grams	700.0mg	? *	? *
Creatine Monohydrate	50%	? *	50%
% Daily Value of Many Vitamins and Minerals	6894mg	? *	? *
B.C.A.A.'s	250.0mg	431.0mg	? *
L-Glutamine	300.0mg	0	0
Yohimbe Bark	100.0mg	? *	? *
Taurine	25.0mg	? *	0
Ferulic Acid	7.5mg	? *	0
Vanadyl Sulfate	100.0mg	? *	0
L-Carnitine	250.0mg	0	0
Chitinax ***	200.0mg	? *	0
Chromium Picolinate	YES	NO	NO
Produced in Own O.T.C. F.D.A. Registered Manufacturing Facility To Ensure Maximum Quality Control	3 in last 6 yrs	Too Many To Count	Newer Product
Price Per Serving	\$2.62	\$2.50**	\$3.15

\* because this company chooses not to inform you of the milligram potencies of certain ingredients, you'll just have to guess.

\*\*because the milligram potencies are not listed on the expensive ingredients our opinion is they are low in content and thus reflect a lower per serving price.

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## Olympic Chaplain - Brad Olson

Rev. Bradford G. Olson, pastor at Millford First United Methodist Church, has been selected by the Atlanta Committee for the Olympic Games (ACOG) to be a Chaplain for Team USA this summer. No stranger to the world of international competition, Rev. Olson has won the WIDEPP World Powerlifting Championships in 1988, 1994, and 1995. In London this past October he set a World Record in the Squat (523 lbs.) and the overall Total (1,323 lbs) at 132 lbs body weight.

"I am excited", said Rev. Olson, "at having this opportunity to combine my passions of body and soul in the service of the Lord."

As a chaplain he will be a part of a team who will minister to the diverse needs of the Athletes. Great

care has been taken by ACOG to see that different faiths, denominations, genders, and ethnicities are represented and will work together with a spirit of cooperation and support. Together the Chaplains will offer prayer, counseling, and worship that in the Olympic Tradition will strive to bring out all that God would have Team USA be. His prayer is "not that God will be on our side, but that we will be on God's side."

His involvement in sports began while in Pre-Med at Cornell University in 1980. Weightlifting drew his interest because, "I wanted to get in shape, but when you're short, uncoordinated, and don't like to sweat, there aren't a lot of sports that will have you." Family has kept his knowledge of sports broad. His wife, Dawn, now a Personal Banker, has coached gymnastics; son, Christopher (13), has been playing indoor soccer; son, Derek (11), is on a baseball team; and daughter, Elizabeth (10), is a swimmer.

Rev. Olson's interest in the Olympic Chaplaincy program was peaked while attending the Olympics to watch a relative, Shannon Miller, compete as a gymnast. Kin Zmeskel was the favorite, but lost all hope of winning when she fell off the beam. "It was like she had suddenly caught some deadly disease. I remember that her coach wouldn't even look at her. Someone should have been there to remind her that there is more to life than sport," said Olson.

"I believe," he added, "where passion and compassion combine, faith is at its best."  
Rev. Bradford G. Olson, 541 Main St., Millford, OH, 45150. Day phone: 513-831-5500. FAX: 513-831-5572. E-mail: BGOlson@AOL.COM



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- National champion Tonya Meyers increased her bench press 55 lbs in less than 90 days!
- Powerlifter Scott Lewis increased his bench

- press 100 lbs(to over 500 lbs) in less than 90 days and doubled his squat in 6 months!
- World Lightweight Champion Franklin Kiefer added 215 lbs to his total in 90 days!
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Tonya Meyers (National Power Lifting Champion)  
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Charlie Evans (Olympic Weightlifter-1980 U.S.A. Olympic Team Member(alt))



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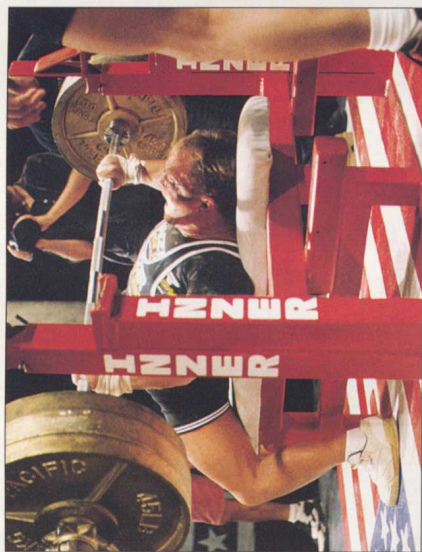
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# POWER PROFILE

The first thing you notice about Greg Warr is that he doesn't look like a bench press specialist. The prototypical bench press specialist, a phenomena of our modern era, usually possesses a certain anatomical disproportion that trimmately identifies him/her as such. Massive torso - huge pecs, rib cage, biceps, triceps and deltoids - are all to often contrasted with skinny legs. This one dimensional approach to powerlifting yields a unbalanced physique that looks ready to topple over as soon as a stiff breeze arises. Of course, not all bench press specialists neglect their squats and deadlifts. Greg Warr is one who doesn't. The first thing I noticed about Warr was his spectacular leg development. I see Karvoski three times a week in training so I'm not easily impressed when it comes to good legs. Greg Warr has an incredible set of wheels on him. His thigh and calf development are remarkable. This man obviously knows his way around a squat rack. Physically, the guy is built like a professional bodybuilder and his balanced physiological development puts one in



Greg Warr ramming up a massive attempt at the Greatest Bench Press in America

mind of a stockier Dan Austin. But his muscles are more than just pretty. He is a bona-fide bench press king.

Greg is a bit of a mystery man. We felt the readers of *PL USA* might be interested in some background and training info on the man with the biggest middleweight bench in the world. At 5'2" and 160 pounds, Warr is a two-time IPF world bench press champion who has benched 600 pounds in training. He was intent on becoming the lightest man in history to bench the big six-o at John Inzer's Greatest Bench Press in America. He got a little ahead of himself, looking past his 550 opener. He was forced to re-lake the weight when it escaped his power groove. He blew his second on another groove miscue. He made the troublesome poundage on his third and then gave 575 one hell-of-a-ride on a fourth attempt - it too was a no go. Regardless, his

one successful lift, 550, made at a 162 pound bodyweight, established him as the world's premier bench presser under 200 pounds. **BACKGROUND:** The twenty-seven year old Clayton, Alabama

native started his athletic life as a little guy trying out for football. The coaches discovered that the tiny Warr could run with a football like spilled ink. On defense he was a fearless tackler who hit like a ton of bricks. He made all-state at half-back weighing ninety-five pounds soaking wet, an incredible athletic feat for so diminutive an athlete. Greg was one of the lightest men ever to achieve all-state honors in the football-rich tradition of Alabama.

Greg commenced weight training to gain more size and power for the gridiron. After his ball career ended he continued to pump iron and got interested in powerlifting. On a personal note, he still resides in Clayton and was recently engaged. He assures the powerlifting world that his bride-to-be is enthused about his strength career and after a well-deserved lay-off he will re-enter the power wars. He indicates that he would like to win the USPF Nationals as a middleweight. Warr is seriously contemplating entering this year's meet. When it was pointed out to him that

a 600 squat, 600 bench press and 1800 deadlift would give him an impressive total, he calmly responded "I could probably do a little better than that on the squat and deadlift." Watch for him to shatter some records this coming year.

**TRAINING:** So how does he do it? How does the pocket Hercules bench 600 at 160 pounds? Lots of sets, low reps, twice a week heavy benching and plenty of assistance work. His approach is classic powerlifting with hard, hard work as his foundation. He opened his training log and gave us his exact sets, reps and poundage leading up to the Greatest Bench Press in America. He used a twelve week cycle. We list his weekly sets and reps. For example in Week 1, he benched pressed 315 for 10 sets of 3 reps. In Week 10, he benched 600 for 4 sets of 1.

**GREG WARR'S BENCH ROUTINE:** DAY ONE - competition bench press, 32 inch grip - 1, 315 10 X 3; 2, 365 10 X 3; 3, 430 10 X 3; 4, 470 10 X 3; 5, 500 6 X 3; 6, 540 6 X 2; 7, 560 4 X 2; 8, 585 3 X 2; 9, 540 4 X 2; 10, 600 4 X 1; 11, 555 4 X 2; 12, **CONTEST**

the long term future goes, Greg sees himself staying in the power game for quite a few years. What he might eventually do is conjecture; suffice to say Greg Warr will become a household name in powerlifting circles in the very near future.

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# INTERVIEW

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

## BEAU MOORE as interviewed for Powerlifting USA by Bob Gaynor

**B.G.** Can you give us some personal information on yourself?  
**B.M.** My name is Beau Moore. I am 29 years of age and live in Tampa, Florida. I work as a manager of Ball's Total Fitness in Tampa. I'm married to my beautiful wife, Michelle, who goes to all my contests and supports me 100%.

**B.G.** How did you get started?  
**B.M.** I started training in high school. I was 6' tall at the age of fourteen (14), and did 250 lbs on the bench press in my first workout. By the time I turned sixteen (16), I weighed 235 lbs. and benched 400 lbs. I played football in High School and College (was an All-American). I had a brief stint with the L.A. Rams until I hurt my shoulder. I moved to Tampa in 1992 and started playing football again. That's where I met Pat O'Brien (a National and World Champion back in the 70s) at a local gym. He began to work with me on all three lifts. I always had a 500 lb. + bench by the time I was twenty (20) years old. Then I got hooked up with Tony Conyers from Tampa. Between Pat and Tony they got me started.

**B.G.** How long have you been

then 2300 lbs. drug free, and bench 650 drug free.  
**B.G.** What are your best lifts in competition and training?  
**B.M.** 793 Squat, 606 Bench, 740 Deadlift, 2132 Total

**B.G.** Give us a breakdown of your training.  
**B.M.** I train Monday - Chest/Back, Wednesday - Legs/Triaps, Friday - Shoulders/Triaps/Biceps. I use a twelve week cycle for competition. Off season I power build five days, four days, or sometimes three days. I change it a lot.

**B.G.** What do you see for the future of powerlifting.  
**B.M.** I see powerlifting going back to the old school and not using all these aids.

**B.G.** What advice do you have for beginners.  
**B.M.** Don't compete with anybody else but yourself and your own personal best lifts.

**B.G.** Are there any other commitments you would like to make.  
**B.M.** I would like to thank my wife, Michelle, Pat O'Brien, Tony Conyers, and of course, Bill Beaky, for their support and help.

**B.G.** I appreciate the support from Ball's Total Fitness for their sponsorship. They help me along with the help of SportPharma.

**B.M.** To total over 2200 lbs. and

That's how I got started. After competing in the A.D.F.P.A. against the likes of Moses Battles, who is a Masters National Champion and World Champion, with a 900 lb. squat and well over 2000 lbs. total in his mid 40's, I knew I was ready for the A.D.F.P.A. Nationals in 1994. The competition in the A.D.F.P.A. is great and fair, and I will continue to support it.

**B.G.** What are your views on drug usage and drug testing.  
**B.M.** Simple. If you are using drugs, don't lift in a drug free meet. The drug testing should be more consistent at all drug free meets.

**B.G.** Do you use any special supplement program or follow any special diet?  
**B.M.** I use SportPharma Products, Vanadyl/PH, Creatine, OKG, Pro-MAXX Protein. I eat low fats and lots of protein.

**B.G.** What are your future goals in powerlifting?  
**B.M.** To total over 2200 lbs. and

Conyers lifted in the A.D.F.P.A.

# WORKOUT of the Month

## Not So Basic Benching III TROUBLESHOOTING TIPS

as told to POWERLIFTING USA by Dave Caster



Dave Schleich at the ADFPA PA States, benching 402, an 87 lb. increase in 1 year.

I'm sure you have all been exposed to the Louie Simmons concept of training the bench by percents. And I'll bet you have a definite opinion on the subject! For some, this training method has been an answer to prayer. For others, it's a bewildering quagmire of strange ideas that make absolutely no sense whatsoever. Still others insist that the concepts will only work when used with drugs. This article is dedicated to those lifters (especially drug free) who have tried the bench program, but have not gotten it to work. My goal is to help you make many drug free lifts, we've found ways to expedite the results and reduce the time it takes to see meaningful gains. Example: while it initially took me 38 months to put 95 lbs on my bench using this routine, we were able to put 120 lbs. on training partner Dale Benton's bench in the same amount of time by using what we learned. We then took that information and used it to put 210 lbs. on training partner Roy Curtis' best bench in 29 months. Learning more as time went on, we were able to help Dave Schleich put 87 lbs. on his best bench in only 12 months. The important fact here is that we're all drug free. I think we have some percent training troubleshooting tips that just may help you out.

In order to troubleshoot this training strategy, you first have to understand it. Training by percents, in simplest terms, addresses three basic strength concerns - explosiveness (velocity), absolute strength (force) and weak point remediation. Explosiveness is addressed through the 8 to 10 sets of triples in the bench press itself, using no more than 60% of your 1 rep max as attained with a shirt (or without a shirt), with each rep pushed at max speed. This training session is done once a week, and is followed by specific tricep and upper back work. Absolute strength is developed most effectively by using partial movement variants of the bench press, usually worked for heavy singles. This training session is also done once a week, usually 3 days after percent benches, and is followed by specific tricep and upper back work. Weak points are remedied through the careful selection of whatever special exercises you choose to strengthen the weak point in question. The grip widths you use when percent benching, the type of absolute strength exer-



Beau is one of the strongest drug free men in the world. He competed at John Inzer's 'Greatest Bench Press in America' contest, hitting a 605.

out, we do it, but with a 22" or 24" grip, and without using a shirt. We do so once every 4 to 5 weeks (no more than that, or it will negatively affect your assistance day poundages), sometimes after our 8-10 sets, sometimes instead of them. I Shirts? Save them for the meet. If you have, say, a 350 max bench with a 22" grip and no shirt, and you normally bench 400 in meet conditions with a wider grip and a shirt, you will find that as you bump up that close grip max to 360 or 365, your contest bench will go up too. Try this - it works. And it leaves you very excited for meet day, as it adds to your psyche once you actually get to use a shirt and take a weight! The shirt becomes a treat rather than a chore in this instance, and you also aren't going weak in and week out performing very heavy shirt reps prior to the meet. For a drug free lifter, that practice will insure staleness and reinforce sticking points. Shirts are for meets. Period. Fact: you have to stay fresh and explosive in training, if you want to be fresh and explosive at meets. Overuse of shirts can thwart this.

### TRICEPS

It's common knowledge that a superior bench shirt requires superior tricep strength to get it to work. So your attack on the triceps has to be well thought-out. Movements that are compound (multi-joint) in nature work best. That's why close grip benches work so well. That means can the useless movements (like pushdowns), especially if you are drug free. See, the drug free lifter must do high quality work. Drug free guys also have to know what constitutes good training, and what constitutes overtraining. Everything you do must make sense, and pay off. My partners and I have a rule - no more than 100 work reps of specific tricep work per week, and no less than 60 reps. We do our 60-100 work reps over two sessions, following our percent benches and special exercises. We usually will pick one or two good exercises per session, and do 30 work reps each session the first week, 40 reps per session the next week, 50 the next, then switch exercises and start back at 30. We'll vary the set/rep scheme, 30 work reps can be done in 2 sets of 15, 3 sets of 10, 6 sets of 5 or in whatever fashion will work best for the exercise(s) being used. If we do useful tricep exercises (lying

he keeps the training weight the same. At this point in time, increases counter productive, as this slows him down enough to impede progress. Notice the correlation between the percents used by Patterson and the percents used by Schleich. While Patterson is world class and Dave is just average, both lifters use the same percents, and both lifters experience ongoing gains. Very interesting.

When percent benching, don't use your strong grip, and never use a shirt in training. Don't pause, either. Now, this is not a license to bounce the spot out of the bar. Bring it down under control, kiss your calculators - that's 43.2% and 50.1% folks. Keep in mind that the grips used for the workout ranged between 20-26", with the two singles taken at 24" (while he uses a 32" max grip at meets). Dave Schleich moved his bench from 315 to 402 in 1 year (4/94 - 4/95). Dave uses 185 and 205 for his percent sets. That's 46% and 50.9%. That's all. Even though his bench is going up,

you don't need a lot of weight to get great results out of percent benches. Less is more here. I watched Kenny Patterson use 315 and 365 for his triples on 10/28/95, followed by two singles with 500 and 545, and he benched 728.5 on 11/11/95. Break out your calculators - that's 43.2% and 50.1% folks. Keep in mind that the grips used for the workout ranged between 20-26", with the two singles taken at 24" (while he uses a 32" max grip at meets). Dave Schleich moved his bench from 315 to 402 in 1 year (4/94 - 4/95). Dave uses 185 and 205 for his percent sets. That's 46% and 50.9%. That's all. Even though his bench is going up,

### Percent Benches

Even though his bench is going up,

(article continued on page 96)



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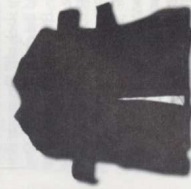
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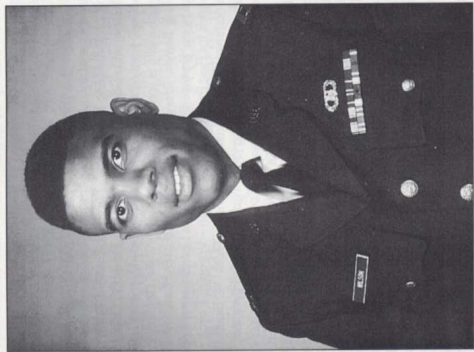
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# INTERVIEW

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

## TIM WILSON

as interviewed for Powerlifting USA by Gene Bell



Tim Wilson, officer in the USAF... (photo by Bell)

My name is Timothy Wilson. I am 29 years old, and I was born in Frankfurt, Germany on January 2, 1966. In 1988 I graduated from Valdosta State College and received my commission in the United States Air Force. Since that time, I have been stationed in California, Mississippi, South Carolina, Italy, and am presently in the Republic of Turkey. My most important priority has always been to obtain the most out of education. I have degrees in Information Systems, Psychology, and a masters degree in Business Administration. My next hurdle will be to obtain a Ph.D. in Education Counseling and Psychology.

I have never played organized sports nor had formal training beyond recreational league sports. My father was a big sports fan, but somehow I concentrated on academics. While stationed at Myrtle Beach, South Carolina, I met a man who turned out to be a life long friend and training partner, Gene Bell. My weightlifting training was minimum at best; it stemmed from military summer camp, but nothing formal. I asked for some assistance from Mr. Bell, and the rest is history.

I have been training and competing since 1991. My best lifts are 640 lb. in the squat, 396.5 lb. in the bench, and 749 lb. in the deadlift. I was recently inducted into the USAF European Hall of Fame for Powerlifting. I placed 1st in the Dextel Military Invitational and 1st in the Armed Forces European Championships. Even though I have never won a national title, I have placed competitively in several national competitions. In my first meet, I placed 4th at the USPF Junior Nationals in 1991. In 1992 I placed 3rd at the ADFPA Lifetime Nationals in Baltimore, Maryland. In 1992 I placed 4th in the 198 lb.

deadlift. My first pull in the deadlift was 595 lb. for a set of five reps using very bad form. In 1992 I was doing deads on the same day as heavy squats and leg presses. Big gains and big risk were the order of the day. To be an effective deadlifter, you must have and use great speed from the floor. For those who have trouble with their deads, my advice is to practice, practice, and get plenty of rest. Work as hard on the deadlift as you do your other lifts. There are no special secrets; either you have it or you do not.

I see the sport of powerlifting moving in a positive direction. I have watched from the outside perspective. In order for powerlifting organizations will have to unite to achieve the desired goal of international recognition by the likes of the Olympic committee and other sponsors. In the words of Benjamin Franklin, "We must all hang together or most assuredly we will all hang separately."

As far as philosophy goes, I submit to the beginning lifters - always train for fun. If you lose the fun, your competitiveness will become frustration and your ego will hinder your performance. Find a good trainer, and read as much about anatomy and physiology and the inner workings of the body as possible.



Tim Wilson adopted Ken Ufford's deadlift routine and trains it in a 12 week cycle. (Bell)

Normal flying time can vary from 12-24 hours travel time and even several time zone changes. Consequently, military lifters can be considered some of the most well conditioned lifters at national level meets.

I have a very high metabolism, so it is very hard for me to keep weight on. I competed in the 220 lb. class for the first time, however, I weighed only 212 and could have used the additional 7.5 lb. of weight for strength. I normally try to intake 3000 calories per day. This varies because the limited supply of supplements overseas can be a disadvantage during peak training periods. My main focus is to obtain the maximum calorie distribution for the optimum strength capability during the training season. I would like to weigh at least 225 in the off season and scale down according to the meet. I am training for:

I train 3-5 days a week in the off season, concentrating on the major muscles three days of the week. I train legs on Monday, chest on Tuesday, and back on Friday. When I prepare for competition, I reduce this training to four days a week. I have a 10 week preparation schedule which maximizes out at 95 percent during week 9. Only in the deadlift do I use a 12 week cycle. I use Chris Stapanides' workout for the squat, Rick Couch's bench routine, and have adopted Ken Ufford's deadlift routine for the past four years.

My success in the deadlift has come not from a great deadlift training program, but from genetic potential. Most lifters dominate in one of the three lifts; mine happens to be the

# BELIEVE

actual tools I use to reach my goals in powerlifting and to remain as fit as I can be," says Clark, who holds the world record for the 770 lb. Bench Press.

**B**eing the strongest man in the world doesn't just happen by itself. Anthony Clark knows that it takes commitment to succeed and a belief in yourself. You've got to start at the source of your being: it's what's inside you - what you're made of - and knowing your full potential.

"If you don't start with a belief in yourself, you'll never start at all... much less finish at the top," says Clark.

"Basically, I am a man of faith. I believe that body's recovery needs after a rigorous training session or an actual performance," Clark asserts. "I have to keep both my body and mind alert and at their max!"

And speaking of "Max," Anthony Clark believes in a complete line of sports nutritional integrals as part of his program of success.

"I couldn't have done it without Stero-Max Whey Protein and especially their Creatine Monohydrate. These products helped put me in focus and are the



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ahead of legend John Kuc for this reason.  
I feel obligated to give honorable mention to those who reached 600, but were just off the list: Clarke, K - 275 - 08MAY92; Kovacs, D - SHW - 94, Wesels, W - 220 - 19 NOV 94, Bailey, C - SHW - 25 MAR 95, Hunt, J.R. - SHW - 16APR95, Ortiz, K - 275 - 20MAY95.

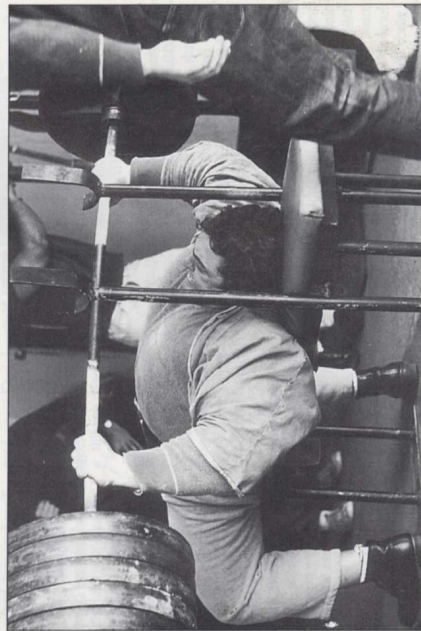
To wrap this up I present my Hall of Fame Awardees: Man of the Year - Sir Anthony; Big Story - Confessors; Embarrassed - Harris, Cop at the Top - Tokanski; Most Improved - Patterson; Best in the Game - Lain; Founder of the 700 Club - Arcid; Bench Attack - Isaac; Likes to Psyche - Willie; Dig Daddy - Maddy; The Real Deal - Henderson; His Lordship - J. Williams; Isle Style - Tuita; Trains Without Shirt - Halbert; Improved Lately - Blakeley; Thrill of the Past - Bill Kaz; No Disputers - Magruder; Persists - Pits; Man of the People - Samaniego; Big Weight Raised - Hayes; Awesome - Lawson; Important - Norton; Nirvana - Gallitana; Delivers - Skiver; Aggressor - Fletcher; Wall to Wall - Hall; No Problems - Collins; Actually - Zmyewski; Lots of Fun - Robinson (M. & J.); Bigger - Steigler; The Man - Moran; Possibly - Onoski; Tell 'Em - Kellum; One of the Best - Hernandez; End of Mary - Terpeny; Beware - Ware; Golden - Bolden; The First - Casey; Ole' - Bouvier; Man of Gold - Fantano; You'll Agree - Julian Lee; Smasher - Asher; Record - Cord; An Omen - Voronin; Fierce - Pearce & Pierce; Lads' Who're Thick - O'Bradovic & Szalk; Big Guns - Nichols; Stud - Hardman; Thick as a Brick - Dicks; Tough One - Doug Young; Beast - Pech; First Word - Mensberg; Grab It - Chabot; When Billed - Gentle; Admires - Byers; For Real - Brownfield; Thriller - Miller; A Fine Bloke - Reinhold; Humongous - Schoenberger; Glory - Rorie; Humdinger - Springer; Advancci' - Hansen; Big Portion - Courson; It's For Sure - Hittinger; Scary - Perry; Awed Them - Baldwin; Scored - Moore (B. & F.); Big Mac Attack - MacDonald; Shove - Love; Ragtaggin' - Hagans; Purpose - Fumas; Intently - Benley; Topped Them - Thompson; Noticed - Ross; He Had A Role - Laato; Good Light - Griffin; Spitfire - Whitmine; Write the Book - Kuc; No Flake - Luke; I See Ya - Fiebia; Lively - Kilg; Broke the Cols - Zapanic; In His Pocket - Crockett; Hully - Mulkey; Big Boy - Choi; Good - Wood; Makin' Play - Welby; Be Warned - Middleton; Boss - Hogue - Harold; Trampled - Em - Hamilton; With Malice - Dallas; Not A Lemon - Nimmmons; Strictly - Ricci.

Seems like I recall a Clint Eastwood movie a decade or so ago entitled "Any Which Way You Can." I suppose that would sum up by overall impression of this list.

I recall that historic day 29 years ago when Pat Casey hit that grand slam home run, blasting through the 600 lb. bench press barrier. Now, three decades later, his legions of followers have joined him in recording or surpassing that once sacred barrier. Times change, and so do the values of strength. Do the methods justify the ends? The supportive paraphernalia is today's mode of referendium. Increasing human strength? No. Enhancing performance - yes. If powerlifting had an annual Academy Awards for Best Performance of the Year the highest commendations would go to the SHIRTS. A blessing or curse? For better or worse. Use them with integrity - not shenanigans. A useful tool - not for abuse by fools. Prolong a career - be strong and endure. Follow the rules. Claim your stout? Then train without. Be your best - not plucky - save them for contests only.

Enough of that. Kudos to all these who have bravely sacrificed and who have by honorable means made this illustrious honor roll. Some are giants of strength, genuine contenders - others are pretenders. Tomorrowland or Fantasyland? Somewhere caught in the time warp of truth and dubiousity, men strive for perfection. I would imagine that before the end of this year we will see a new frontier explored - somewhere beyond the 800 lb. barrier. Sir Anthony appears to be the man that will ascend that golden throne.

For those who are puzzled, the 600 lifts of Hagans through Whitmine are actually the kilo equivalent (272.5 kilos = 600.7 lbs.). They rank



Pat Casey With the First 600. He missed 615 this day. (photo by Borden, Santa Monica, CA)

## IMPRESSIONS of "Casey's Club" - the 600 Benchers... I never thought that in my lifetime I would compile a list of the 600 Club for Bench Pressers and have 100 Americans reach this figure, it is the dream of a statistician to list such a prestigious group. Why is it then that I do not feel joy and exhilaration, but rather some repugnance? Could it be that bogus numbers have infiltrated? Yes, that must be it. These herein whose great performances deserve highest commendations are detracted from by those who have issued false or make believe numbers. This upsets me greatly as it is genuine charitarians who share the limelight with charitarians.

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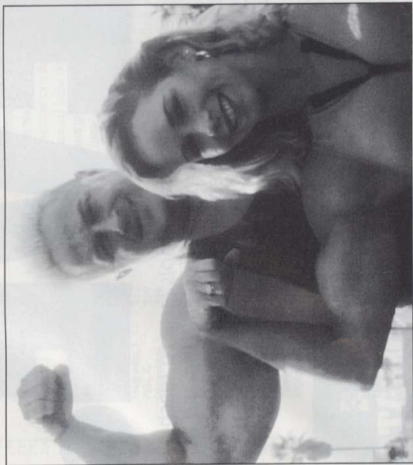
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### "CASEY'S CLUB" - USA All Time 600 Lb. Bench Pressers compiled by HERB GLOSSBRENNER

770	Clark, A.	345	19NOV95
741	Conkora, C.	236	17JUN95
733	Talanki, K.	308	11NOV95
727	Patterson, K.	275	11NOV95
711	Arvid, D.	292	23SEP90
711	Isaac, T.	295	09SEP95
705	Williams, W.	335	19OCT94
700	Maddy, J.	399	07APR91
700	Henderson, J.	360	28IAN95
695	William, G.	410	09NOV92
675	Halbert, G.	269	29OCT95
672	Blakeley, J.	273	16SEP95
661	Magruder, B.	242	17MAY86
661	Pitts, G.	330	09MAY92
656	Samaniego, S.	308	07APR88
650	Hayes, W.	320	30MAR93
650	Lawson, W.	340	29OCT95
640	Collins, B.	303	22MAY94
640	Skiver, J.	303	25FEB94
635	Fletcher, C.T.	295	95
627	Middleton, D.	234	07DEC86
620	Zmyewski, J.	310	07DEC86
620	Baldwin, J.	310	05JUN93
617	Casey, C.W.	320	10MAY80
617	Fantano, K.	330	07DEC86
617	Lee, L.	220	13NOV98
617	Sharon, A.	308	31JUN92
617	Anderson, C.	242	24JUN94
617	Pierce, J.	275	16JUL95
617	O'Bradovic, J.	308	16JUL95
615	Robinson, G.	325	03DEC94
615	Kapner, J.	275	03DEC94
614	Hardman, T.	275	22OCT87
611	Young, D.	275	03APR78
611	Pearce, R.	275	16ALG92
611	Meck, B.	242	12MAY87
611	Chabot, G.	242	02DEC95
610	Gentile, J.	51	17SEP88
610	Brownfield, K.	220	17SEP94
610	Miller, E. D.	51	08APR95
606	Schoenberger, R.	51	22APR95
606	Rorie, L.	196	0CT95
606	Trimmer, G.	269	23APR88
605	Courson, S.	290	10SEP88
605	Hittinger, M.	275	25SEP89
605	Baldwin, J.	15	03DEC94
605	Moore, B.	313	16SEP95
601	Love, T.	275	09SEP95
600	Hagan, T.	341	08JUL84
600	Brantley, D.	275	31JUN87
600	Thompson, G.	249	20ALC98
600	Rosa, R.	370	01SEP91
600	Griffin, J.	17	25SEP95
600	Whitmine, R.	242	20OCT95
600	Iams, L.	300	11NOV95
600	Moore, F.	300	01APR77
600	MAT82	300	
600	KLery, K.	275	01DEC96
600	Szalk, R.	242	11APR87
600	Zapanic, J.	305	14JUN87
600	Mulkey, L.	51	05SEP87
600	Choi, D.	498	
600	Welch, M.	275	13NOV88
600	Middlehorn, D.	275	19NOV88
600	Robinson, H.	275	04FEB90
600	Kobayashi, H.	275	06NOV91
600	Dallan, M.	220	22FEB92
600	Dallan, M.	51	25APR92
600	Williams, S.	42	02DEC92
600	Recit, H.	51	08ALC92

Big Hank Hill was up in L.A. for a photo shoot with Chris Lydon, and Hank, the current APF and WPC Superheavyweight Champion, is gunning for some big goals. At 6'1" and 323 lbs.,



April 1996 PL USA Coverpersons..... Hank Hill and Chris Lydon M.D.

he's aiming to repeat as APF Champ at this year's meet in Atlanta, and he wants to post a 2400.

Only 7 Americans have ever totaled 2400: Anthony Clark, Dave Pasanella, O.D. Wilson, John Ware, Bill Kazmaier, Ed Coan, and Doug Furnas. Can Hank join the club? At last year's APF's he hit 2254; at the WPC's he did a 2265.

A squat between 970 and 990, a bench in the mid-500s, and an 865 deadlift would do it, according to Hank. If it doesn't happen at the APF's, he'll be trying again at the WPC's in South Africa.

After all that lifting, Hank's going to try a little acting.

Chris Lydon, in between her work for POWERLIFTER VIDEO MAGAZINE and POWERLIFTING USA, has been in front of the cameras. A national TV commercial for Mazda features Chris, and she just returned from Hawaii where she did a PLAYBOY video. More details on that in a future column.

Chris and I have been hard at work on our second video magazine series, BLACK BELT VIDEO MAGAZINE, all about the martial arts world. Like POWERLIFTER



## POWER SCENE

VIDEO. It comes out 4 times a year with 50-55 minutes of action and instruction in each issue, and we've already had a number of POWERLIFTER viewers sign up for it. For more information, you can call 1-800-BARBELL.

Anthony Clark makes a cameo appearance in Issue 2 of BLACK BELT, but he's still got his mind focused on that 800 lb. bench press. Could April 20 be the day?

That day, Tamara Rainwater-Grimwood is hosting the IPA York "Hall of Fame" Bench Press Classic in Pennsylvania, and Anthony's aiming at it. How about Chris Confesere? And Jamie Harris? Word is they're likely to be there. Louie Simmons will be bringing his stable of big benchers, including young phenom Kenny Patterson. It should be a hell of a meet.

Ed Coan, a member of that 2400 lb. total club, had an off-year in 1995, but he says he's back in good health, and looking forward to a strong performance at the USPF Sr. Nationals. Photographer Bert Wagner caught up with Ed and a friend when videotaping Ed's deadlift workout for us.

Bert couldn't resist getting on the other side of the camera with that same "friend". Bert's still working hard on his deadlift, but he's putting in some long hours on his cool new business, Advanced Aerials.

He designed and built a 20 lb. mini-helicopter and attached a video camera to it. Via remote control, he

flies the helicopter and shoots video, capturing all sorts of aerial images with his RAVP (Remote Aerial Photography Vehicle). To learn more, you can give Bert a call at 703-361-8435.

Kudos to Steve Neece and MUSCLE MAG INTERNATIONAL for the major coverage they gave to The Greatest Bench Press in America. 5 pages! Wow!

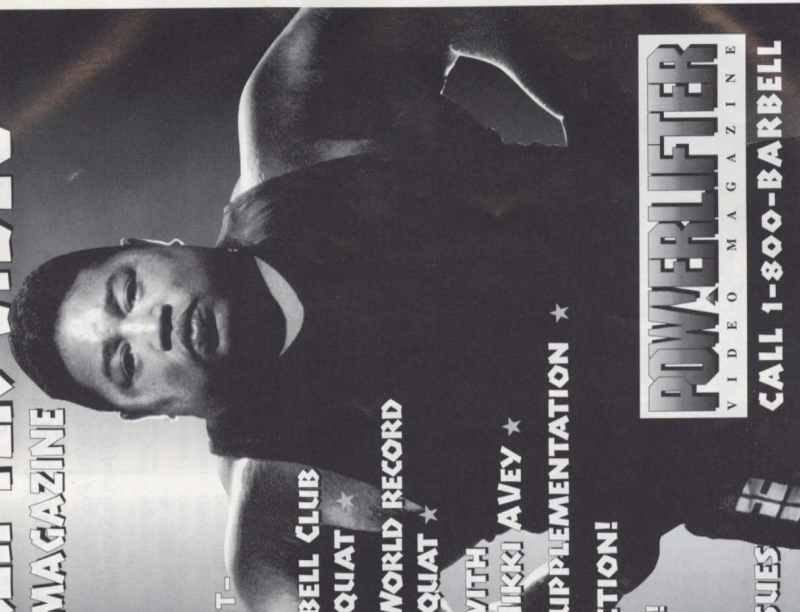
And MUSCLE & FITNESS, the largest of the muscle mags, has 2 full pages on Anthony Clark's 770 lb. bench in its current issue. Excellent!

Finally, good news from Tamara Grimwood. She's recovering rapidly from her disc surgery, and she's already back in the gym lifting. Way to go, Tamara. And out loyal West Virginia viewer John Muncy sent us this snapshot of John with big benchman Willie Williams at a local meet, where John posted a 220. Keep those numbers climbing, John, and that goes for all of you lifters out there.

Till next month, see you on video. Ned Low



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# TRAINING

## Returning to Competition or Training After an Injury

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

If you train hard consistently, you will eventually become injured. No matter how carefully you plan your workouts, inevitably you will push a little too hard and injure yourself. You might be lucky and the injury might be nothing more than a strained hand muscle or temporary leg cramp. If you train with weights long enough, you will eventually get one of those injuries that stays with you for a long time and is difficult to shake—the shoulder or the back that twinges when you squat, or the neck that hurts all the time. The way you deal with those injuries will determine if you stay in the sport or give it up.

In professional sports, it is unusual to see athletes older than 35 years playing at top levels. Most people believe that we start slowing down and become incapable of developing significant strength after that age. However, if you look at some of the incredible fitness levels of master's athletes in most sports, some people can maintain world class levels of strength and speed well into their 40's.

Why don't we see more old athletes out there? The answer is simple, most developed debilitating injuries that prevented them from training and competing at the highest levels. Gradually, they became discouraged and disappeared from the scene.

Powerlifters and weight trainers can also be casualties to inadequately rehabilitated injuries. Like football and baseball players, they can develop chronic injuries that can lead to premature retirement from the sport. The reason for retirement lies in human nature. Being one of the strongest people in the weight room is great for your ego. You walk into the room, load big iron on the bar, and lift it effortlessly, amazing everyone in the gym. If you develop a chronic injury, such as a rotator cuff tear in your shoulder, your effortless 400 pound bench press may drop to an agonizing effort to push 135 pounds. When you remove the ego satisfaction of success from the sport, many people simply drop out.

Don't let injuries keep you from achieving your goals! Managed properly, injuries need not be anything more serious than a temporary setback. Learn as much about your injury as possible, then systematically rehabilitate it. Otherwise, you will initiate a vicious cycle of injury, partial recovery,

the back. Prevent back injuries by assuring that back, hip, abdominal, and leg muscles are strong and flexible. Any serious lifter knows and understands the importance of injury prevention. Unfortunately, it's easy to become complacent and lazy, which can lead to injury.

Begin injury management immediately after the injury. Use the RICE principle to contain soft-tissue damage immediately after injury. RICE is an acronym that stands for Rest, Ice, Compression, Elevation. Rest means stopping the activity and taking time off from training. Ice the area for 48 hours (longer if swelling persists). Compress the area with an elastic bandage. Elevate the area above heart level. The RICE procedure helps minimize swelling and speeds healing.

Identify the injury and establish



Jeff Stanley as he was dumping a load at the 1991 USPF Senior Nationals, almost injuring himself. He subsequently tore his biceps waterskiing, weighing 315 lbs.

lish a systematic program for rehabilitation. This is one of the most difficult aspects of injury management. The medical cost crisis in the United States makes it difficult for physicians to take the time to make a thorough evaluation and design an effective rehabilitation program for athletes. In the average sedentary person, pain in the back or shoulder will often go away by resting and altering activity patterns, so physicians aren't motivated to design effective rehabilitation programs. In athletes, rest without adequate rehabilitation will invariably lead to reinjury.

Try to see a physician who understands exercise and sports injuries. He or she will be much more likely to work in cooperation with sports therapists who can effectively help you rehabilitate your injury. Therapy treatments can help minimize the initial pain and disability resulting from the injury. The therapist can give you specific rehabilitation exercises that will allow you to gradually return to your normal program.

If you sustain a serious or chronic injury to an area, such as the rotator cuff (shoulder) or low back, be prepared to do exercises for those areas for the rest of your life. Once you injure fragile and vulnerable areas of the body, re-

injury is almost inevitable if you continue heavy training and don't take steps to strengthen the area. Get in the habit of including stretching and strengthening exercises for vulnerable body parts, such as the neck, back, and shoulder rotator cuff muscles, into your workouts.

After an injury, you can return to intense workouts if you can answer "yes" to these questions:

- Can you move the injured area (joint, muscle, etc.) normally? Abnormal motions, such as the inability to raise your hand over your head comfortably, suggest persistent injury. Don't resume normal workouts until normal range of motion is restored.

- Do you have normal strength and power? It takes time to restore strength and muscle mass after an injury or surgery. Studies have shown that knee ligaments, for example, may take more than a year to achieve normal strength after 6 weeks of knee immobilization. The metabolism of many soft tissues in the body is slow and requires time for normal healing.

- Are you relatively pain free? If you have significant pain, the injury isn't adequately healed. While drugs, such as non-steroidal anti-inflammatory agents (for example, Advil), can often cover up pain and speed healing, don't substi-

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tute them for a systematic rehabilitation program that restores normal function.

If the answer to any of these questions was no, then you should let the injury heal (through a combination of rehabilitation and rest) or modify your program before resuming your normal workout. Many people end up abandoning powerlifting and other strength-speed sports because they have many injuries that were not allowed to heal properly. Dealing effectively with injuries is just as important as having a well-designed training program for improving strength and power.

Thomas Fahey



Jeff made a healthy return to national prominence at the Iron Man Championships. (photograph provided to PL USA by Martin Drake)

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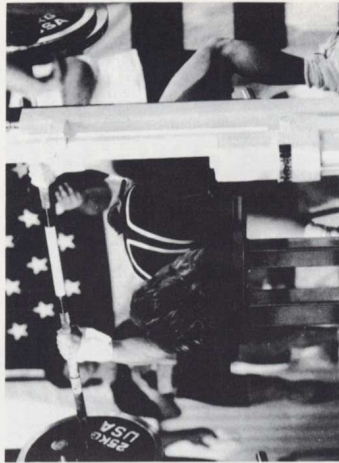


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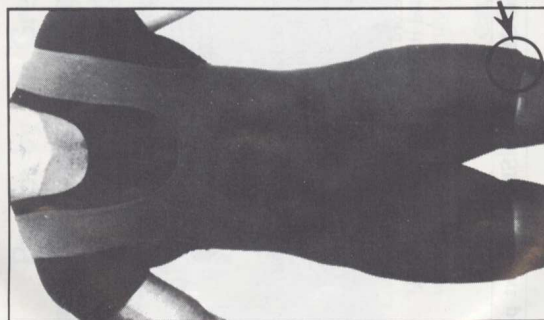
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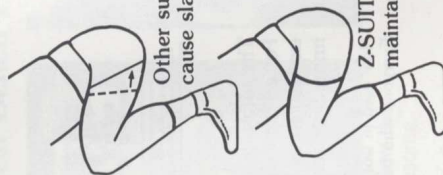


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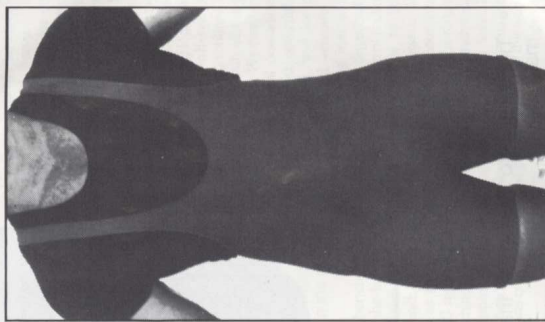
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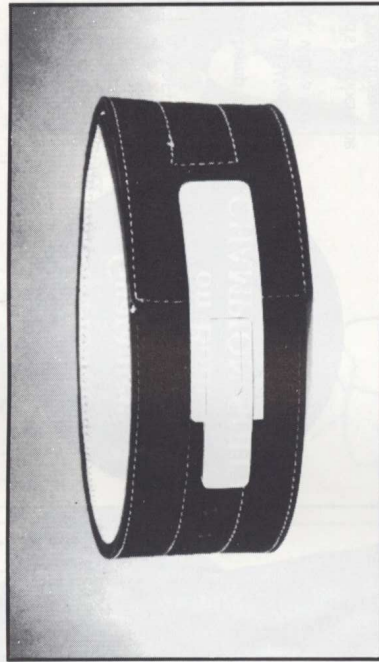
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Strength routines are designed to get you strong all over. A good routine will give you increased strength in a variety of movements and will create a larger power groove for your competition performance lifts. Off-season conditioning routines will get you in shape to train really hard. You need to develop the capacity to recover quickly between sets and to have the overall endurance to survive volume strength training. This month I will lay out a strength training routine for an intermediate level bench press. You will need to work very hard for nine weeks. The purpose of the routine is to build your capacity for heavy work volume. If you can substantially increase your work volume in the 60-80% of single rep max range you will have made a measurable strength increase. Follow this with a peaking cycle focusing on technique and timing, and I will guarantee a bigger total.

To accomplish a substantial increase in work volume you cannot simply train for longer periods of time. Your energy and hormone levels will last between 45 minutes and 1 hour and 15 minutes. Your workout must fall within that window. You can adopt a workout that has enough volume to significantly tax you in the 1 hour and 15 minutes limit. The, over a period of 8-12 weeks, work faster each workout until you can accomplish the same volume workout in only 45 minutes. Alternatively, you can begin a workout that takes about an hour and add sets and reps at the same weights each week and light like hell to get the workout done in the same time period regardless of the volume increases. The workout I will now outline for you will be the former variety. Time the first workout and add a little volume if necessary to make it last over 1 hour on the hustle. Each of the next 9 weeks you must decrease the time period to bring the same amount of work, eventually, under 45 minutes.

The sets and reps of work over the 80% single rep max will be performed during the peaking cycle. You should handle no work over 80% in this routine or your strength will plateau quickly, leaving you susceptible to injury and, most assuredly, to overtraining. This routine will have numbers based on a 200 lb. man that is currently bench pressing a max of 360 lbs. You will need to adjust the numbers up or down to suit our personal abilities and goals. Do not be afraid to lower the weights somewhat and simultaneously increase the volume. You have a window of 60-80% of single rep max. If you are working close to 80% your total volume will be less than if you work 70% or 60% but

# TRAINING

## Strength and Conditioning Routines, Version 2, The Bench Press as told to Powerlifting USA by Greg Reshel, Power Excel



*Strength and Conditioning Routines build a base from which your peaking routine can produce a new Personal Record in the Bench.*

You will always gain strength if you work hard. Look at the routines you have performed recently and adjust the level of your weight to be in a different percentage range from work you have been performing. We all need variety to avoid plateaus and to keep from getting stale. You will perform two routines for the bench press each week. You must always work fast with very little time wasted between sets. Do not be afraid to miss a rep or two by working fast between sets. Failure to accomplish any of the sets just means that you are pushing the limit of your recovery and this will make you strong. Overall volume is the goal. Missing a few reps is not important to the success of the routine.

**DAY ONE:** Alternate Dumbbell Curls - STRICT - 6 sets of 6 reps increasing weight with each set. Wide Grip Barbell Curls - 6 sets of 8 reps with fixed or decreasing weight. Close Grip Upright Rows - 5 sets of 7 reps with a slow release to the bottom. Seated Press Behind the Neck - 8 sets of 8 reps with a slow negative to the bottom at the same height as the bottom of your ears. Use the same grip width as

Arm Dumbbell Rows - 5 sets of 7 reps heavy. Close Grip Upright Rows with a 20 degree Forward Lean - 4 sets of 10 reps increasing weight each set. Bench Press - Use your competition grip and perform 9 sets of 3 "triple sets" of partial bench presses at 245 lbs. A "triple set" is performed by lowering the weight in the usual manner and then as soon as the weight touches your chest you will drive it back up, but only halfway. You must stop the weight between 1/2 and 3/4 extension and come right back down. You will only lock out the third rep. This is one "triple set". You must perform three bottoms but lockout the third rep three times for a total of nine reps per set. You will perform a total of 9 sets of 9 reps divided into 3 "triple sets" per set. Cable Crossovers of Flat Flies - 3 sets of 12 reps fairly heavy.

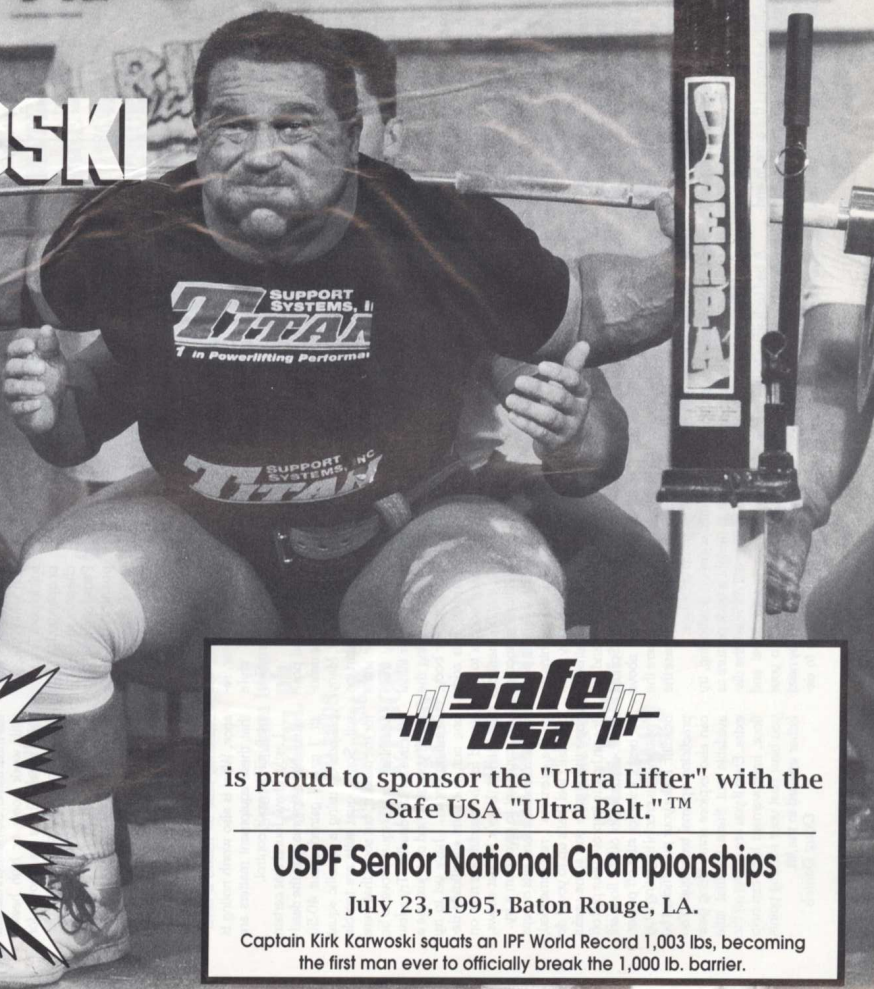
Always use spotters for your own safety. If you have questions or observations, contact us at POWER EXCEL, 2807 South Superior Street, Milwaukee, WI 53207, (414) 769-1211. We welcome your questions and observations. Good Luck.

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by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS  
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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. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge, unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.  
The books, etc. below are available. From MGD Press, 23 Main Street, Watkworth, Ontario, Canada, K0K 3K0

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

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

**Drug Use And Detection in Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS IN SPORTS** - last issue March 1995 - My book, updates and 9 issues of DRUGS IN SPORTS for information on drug use by athletes (especiallyabolic steroid side effects, drug detection techniques, drug detection and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 U.S. Funds or \$52.50 Can. plus \$3.50 P&H. The Book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds or 20.00 Can. plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 U.S. plus \$1.00 P&H.

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**DEAR MAURO:** I'm writing you from state prison where I have been lifting weights for one year now. I have made some incredible gains with the weights here, but about three weeks ago I was doing front lateral raises until the weight was over my head instead of eye level. I didn't feel anything until the next day when I went to do my bench press where I felt a sharp pain in my left shoulder. I haven't ever had an injury, and I took about five days off and came back light. Now I have been going light for about two weeks with a minor ache in the shoulder area. No real pain but I feel like it gets stressed when I do incline bench, flat bench, and all bent over rows and pulling exercises with heavy weight. What can I do to recover from this? I don't want to stop lifting. I can stay super light or do push-ups, but I don't know why it's not getting better. Please tell me what I should do. I want to compete when I get out. I hope you can tell me something. I would appreciate it from the bottom of my heart. **Charles E.**

**DEAR CHARLES:** It sounds if you've just strained or perhaps slightly torn the anterior or lateral deltoid. You need to work around this injury by finding exercises that still work the area but that don't hurt. Vary the grip, the exercise, and whatever until the exercise doesn't cause any appreciable pain. If you don't keep hurting it, the injury should gradually improve. Heat, ultrasound, ice, etc., will help. If it doesn't improve, see a doctor if you can. All the best. **Mauro DiPasquale, M. D.**

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## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Watkworth, 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:** My concern is with my cholesterol levels. I am 36 years old. At my last check-up my total cholesterol was 139 and my HDL was 17. Is this a problem since my HDL level is low? My doctor said that there is not much I can do about the HDL level other than exercise, diet, etc. He said it is a genetic thing. Is this true? By the way, I have been taking 200mg of testosterone (enanthate) for hormone replacement every 14 days. Could this have an effect on my HDL level? I have no idea what my HDL level was prior to taking the hormone injections. However, my total cholesterol levels have always been well below 200 (<160). I have read that testosterone can have an effect on HDL levels. What should I do if the injection has lowered my HDL level? I have been taking the injection for about two years. I also take phosphagen creatine monohydrate. Would this play a role in my cholesterol levels? What do you think or create? **Steve T.**

**DEAR STEVE:** The creatine monohydrate won't effect your cholesterol levels, but the testosterone will. Several studies have documented the lowering effect of testosterone on HDL levels. There are several things you can do to raise your HDL levels. Several supplements have a beneficial effect on HDL. The use of fish oil seems to result in a lowering of serum cholesterol and an increase in HDL even in cases where dietary cholesterol is increased. In daily doses of 1 gram or greater, niacin decreases serum low-density lipoprotein (LDL) and very low-density lipoprotein (VLDL) concentrations and increases serum high-density lipoprotein (HDL). Panax ginseng also may increase HDL. You might like to try one or more of these supplements under the supervision of your doctor and see if they raise your HDL levels. As well as supplements there are a number of drugs that will increase your serum HDL, but you may not want to try these since they can have significant adverse effects. I think creatine monohydrate could be quite useful for some people. Besides the studies that show the theoretical usefulness of this compound in athletes, many athletes seem to feel that creatine monohydrate has effects on muscle mass and training energy. However, it may be awhile before we get a true picture of the ergogenic effects of creatine monohydrate. Write if I can be of further help. **Mauro DiPasquale, M. D.**

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The deadlift can be divided into 3 distinct parts: the pull off the floor, the midpoint at the knees, and the lockout. All lifters tend to have at least one part of the deadlift that is their strength, and one that is their weakness, and these characteristics may even change over time. In this article, I'll deal with the pull off the floor and examine some exercises and techniques that can help you snap that bar off the floor. Even if the pull off the floor is your forte, you may stand to gain something here. If the lifter can increase this aspect further, the latter phases of the lift may become less challenging, perhaps carrying the bar past your sticking point.

The best exercise for power off the floor, and perhaps the best assistance choice for the deadlift, is the deadlift off the blocks. This deadlift is similar to a regular deadlift except you stand on a sturdy platform about 3-6 inches high (a 100 pound plate will do), that allows you to lower the bar to the floor without crunching your feet. Deadlifting from that position will develop your range of motion over a greater distance than the normal deadlift, especially in the start. I recommend this one be used as your main deadlift assistance movement up to 6-8 weeks prior to a contest. Even sumo deadlifters should use this one, as it will build a high degree of back strength, which is important no matter what style you use. This exercise can be used to the exclusion of regular competitive style deadlifts or as a finisher. Because of the extra range on this exercise, start with about 10-20% less weight than you would with your normal style.

The lats, triceps major and minor, etc., are valuable to the pull also. Exercises for these muscles consist of pulling the arms back, as in rowing, and pulling the arms down, as in chin ups and lat pull downs. The main contribution of the lats in the deadlift is keeping the arms in and tightly back during the pull. It would tend to reason that an exercise that pulls the arms back, like various

over moves, would be preferable over pull downs or chin ups. To save your back from extra stress, try one arm dumbbell rows or another exercise where the back is supported, like machine rows. The key here is to think of the arms as hooks and pull back or down with the lats. You may have to use a lower weight to get the right feel. Remember my old adage: 'no one cares how much you lift in assistance exercises when you're on the platform.'

A bad technique to use in training would be to bounce any of the reps off the floor, no matter how lightly the bar is loaded. The deadlift

develop additional flexibility to reach a more erect upright position, but it will be worth it. This applies to both deadlift styles; regular and sumo. As you can see, these last few tips revolved around reducing the distance the bar must travel. Less power is required to move the bar less distance, so, less is more when it comes to the deadlift.

One last positioning tip. Don't begin to pull with bent arms. Some lifters act as though they are going to curl the bar. When you begin the lift with bent arms, the first impulse of the pull goes to straightening out your arms, not moving the bar. This wastes valuable drive where you need it most. Start and finish the pull with your arms locked out and fully extended.

Now a bit on lifting gear. Conventional deadlifters should try to use slipper type shoes or wrestling shoes that are sold elsewhere in this magazine. They fulfill the rules for footwear and are low to the ground, further decreasing the distance the bar must travel. Some lifters deadlift with work boots or high heeled squat shoes. These are a no-no for deadlifting as they increase the distance the bar must travel. They also tend to position you more forward over the bar causing you to pull back as well as up. Sumo lifters might try a flat-soled cross training shoe, as they may need more foot support due to the wide stance used. This may not sound like much, but every little bit makes a difference. What is also worth noting is that these equipment matters are totally under your control.

Lastly, I have found that certain squat suits help greatly in the deadlift. I myself gained about 40-50 pounds by using a specific squat suit. Some squat suits are terrible for the deadlift, but some that were worthless for the squat prove to be effective for the deadlift. Try a few out. If you can't find one, just use a wrestling singlet. I have yet to try one out, but suits specifically designed for the deadlift are now on the market. If your budget allows, you may want to give them a try.

I didn't mention any sets or reps on the exercises I recommended, because I feel that's up to you. I do hope that I gave you some useful tips on how to improve your pull off the floor. Deadlifts off the floor are the best choice for start off power. Positioning is crucial in getting a big deadlift. Make your pull efficient by practicing optimal technique. You can also explore some lifting gear available out there for that little extra. Even if you are strong off the floor, improvement here can help you blast past your sticking points father upward in the lift.

Doug Daniels

# STARTIN' OUT

A special section dedicated to the beginning lifter

## The Pull Off the Floor

as told to Powerlifting USA by Doug Daniels



IPF World SHW Champ Yuriy Spinov (UKR) gets set to pull

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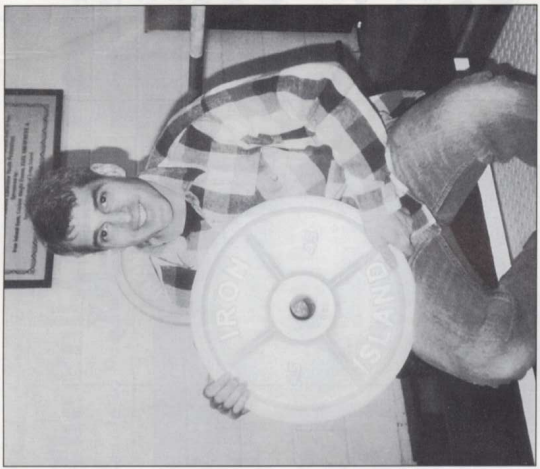
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# More From Ken Leistner



Dr. Ken Leistner... with his new Iron Island Gym personalized 45 lb. plates, painted in his favorite color. See Dr. Ken's comments at right.

Recently, the National Strength and Conditioning Coaches' Association held their annual clinic. This one was supposed to be a big deal affair because for the first time, there was to be an open discussion between the representatives of what has become known as High Intensity Training (HIT) and those of the more traditional type of training. I asked a member of the association who is also a competitive powerlifter to make comments on the proceedings, especially as the information affects powerlifters.

**KL:** Did you enjoy the tapes of the discussion of the two main schools of thought on training from the clinic?

**SC:** Enjoy wouldn't be the correct word. Now you know why I think most strength coaches are \*\*\*holes.

**KL:** Does that include you?

**SC:** Hey, I can be, but not for the same reasons. Some of these sports science guys have taken what's a pretty basic activity and tried to make it rocket science. In the process, they've tended to forget that the most important thing is to keep your guys healthy and get them as strong as possible.

**KL:** As a powerlifter and strength coach, what specifics caught your attention?

**SC:** A few things. First, some of these guys aren't dealing with reality or they're not dealing with real players. One of your guys (HIT) stated that the most important thing was to keep your guys healthy. Amen to that. One of the other guys - and I know it's not really sides you take, but you know, you tend toward the HIT stuff - one of the other guys made the statement that he would more or less do whatever it took to get his guys strong as possible and increasing performance would come before injury proofing. Well, the reality is that if a kid is not 100 percent, he doesn't practice well, can't play well or can't play at all. The first thing a player learns in college is that since they gave you a scholarship, you need to be playing, even when you're hurt. If you're in the pros, the first thing you learn, is that with the money they pay you, you need to play as well when you're hurt as when you're healthy. Obviously, keeping guys healthy does more than to help the head coach win than just trying to come up with the best training program.

**KL:** The primary differences between the two groups, as expressed at the clinic, involved specificity of training and speed or movement. Your comments?

exercises or you won't move fast on the field. Or maybe more accurately, you shouldn't be training to move at your fastest on the field. Give me a break. You've seen some of my really big deadlifts. Let me tell you something, I was being as explosive as possible and moving as fast as I could. You just aren't going to move too fast with 700 or 800 pounds in your hands, but that doesn't mean that you're not moving explosively for what you're doing. I'll tell you what. You take your kids and have them train using pretty light weights because you're not going to move really big weights fast, like the big time experts think you should. You just keep using 30 or 50 percent of max weight for your explosive, fast moving reps. I'll take my little boys and squat and deadlift these guys to their limit for whatever reps we are doing and my guys will not only be a hell of a lot stronger than your guys, they'll be faster and more explosive. A stronger muscle is more explosive and allows you to move faster. That's a fact.

**KL:** So explosive training is not what it's cracked up to be?

**SC:** No, you're missing the point if you believe that. You become explosive if you're hooked up real well and most college athletes are hooked up well or they wouldn't be able to play at that level. They have efficient neuromuscular systems. That's really a given. You become more explosive if you're strong or you get stronger than you were. You get stronger, and thus more explosive, by training for strength. Lots of guys have their own theories on how to do that best, including me, but the explosion on the field will take care of itself. If you don't believe that, take any group of players, watch them hit and react, get them stronger, and watch them hit and react later on. There's no doubt about it.

**KL:** Getting back to the specificity of training theory, we took that to it's unobvious conclusion. It used to be that there were basically two groups of coaches, those who favored olympic lifts, and then as more powerlifters rose through the ranks so to speak, those who favored the powerlifters. Add the HIT guys and maybe there have been three major schools of thought. One school has always disagreed with the other and now, the olympic lifting guys seem to believe that it's their way or...

**SC:** Yeah, their way or no way. That's b.s. and again, it's the so called science experts. Look, this is why I don't go to the meetings

any more. Tell me if this makes sense to you. According to them, you shouldn't deadlift. You get stronger, but it's the wrong kind of strength? That is b.s. to me. My preference is to have guys deadlift. I strengthen the upper back and traps, low back, hips, hamstrings, forearms, and who knows what else. As much as I don't want to give you any public credit, I always liked your comment that if you did the deadlift right as you exercise, everything but your eyeballs would hurt or something like that. Again, if you deadlift hard and heavy, you're working a lot of muscle with that one exercise and it should be pretty safe if it's coached correctly. The power clean guys have very pointedly informed me that my program is suffering because I use the deadlift instead of the clean. This is b.s. My guys get strong and explosive with that.

**KL:** You know I like the stifle-legged deadlift?

**SC:** Well bud, let me tell you that according to these guys, you know nothing too. They would tell you that you never stand on the field with almost stiff legs, lean over, and pick something up. You wouldn't stand and overhead press either, unless you're a pro wrestler getting ready to body slam a guy, but do you want to tell me that the press isn't a great way to get the delts, triceps, and upper back stronger? The deadlift and stifle-legged are good movements. Nothing better for the hamstrings than stifle-leggeds.

**KL:** Essentially, you disagree with some of these coaches?

**SC:** Hey, I guess I disagree with anyone if they think that every exercise has to somehow be similar to or like something you do on the field. That's not even sensible. I disagree if they think you shouldn't squat. While the bench is overworked by everyone, it's a damn good movement for working a lot of upper body muscle. Hey, you lies on their back and shoes on the field, yet these guys don't yell about dropping the bench because it's just not sport specific. Do I hear hypocrite or did I miss something?

**KL:** They would say we have an extreme example.

**SC:** And I would say that they're full of s\*\*t. Your boy from Michigan State (Ken Mannie, Strength Coach) said that, at least for a short period of time, I don't have specific names for this. With our kids, we have different things to focus on at different times. I just don't name them. I don't believe in holding guys back because you're supposed to hit a certain percent-

lot of muscle at once, and not because it involves a kinetic chain or b.s. like that, but because his- tory has shown that these multi-joint exercises are at the same time the most effective and most efficient to use, will always be effective if you push your guys to get stronger. It really is that simple, or at least I think it is.

**KL:** What about periodization?

**SC:** Oh boy, more b.s. I hope you at least listened to the tapes you sent me before you sent them. Listen to the HIT guys; they have programs that vary starting after the bowl games, or at least at Penn State because these guys go on a bowl every year, changing the movements or reps or sets as they get near spring ball, having some sort of in season deal for spring ball, back to off season work before the end of school, ass kicking summer programs, then something to try to maintain through camp and in the season. The olympic guys have pre-preparatory phase, preparatory phase, spring ball phase, post-competition phase, pre-competition phase over the summer camp, etc. What the hell is the difference? Any decent powerlifter will tell you that you don't bang away at the same sets and reps or use the same volume and intensity of training year round. If you want to call it one thing, fine; if you want to call it something else, fine. The deal is that one way or the other, any coach with half a head is going to vary the program to keep the kids interested, keep them from getting burned out or injured, and over time, get all of the exercises and drills in that you want to do because you certainly can't do it in one program. They're just using different terminology.

**KL:** How do you deal with that?

**SC:** I treat my program just like I do my own training. There are times that I'm getting ready for a lift and cut back on other things. I focus more on the three lifts and watch my old shoulder injuries so at some point I have to use a program that has a certain amount of shoulder rehab, or prevention work, in it, whatever you want to call it. If I need to get my squat up, and let's face it, my squat has always lagged too far behind my deadlift, I have to, at some point, do something more for that, at least for a short period of time. I don't have specific names for this. With our kids, we have different things to focus on at different times. I just don't name them. I don't believe in holding guys back because you're supposed to hit a certain percent-

"When I first wandered into Reverend Bob Zuber's Powerlifting Hall of Fame Gym in Costa Mesa, I was young, but not that impressive. Zuber's Gym, however, was so unique and wonderful, that it made an impression that has positively affected me even to this day.

As a lifter, one could not go into Zuber's Gym and ignore the enthusiasm and supportive atmosphere. This was augmented by the unique equipment and Zuber's own, homemade weights. Bob had made his own casts and Zuber plates were a hot commodity. That they were made in 45, 75, 100, 150, and 200 pound increments was not lost on me. I never even tried to budge one of the 200 pound plates as that would have been a workout in itself. His plates were used at various California contests and some invariably would be bought or "borrowed" by other lifters and turn up in their training centers as a source of inspiration. Photos in Weider's Muscle Builder magazine circa 1966-1970 show the Westside Barbell Club lifters with quite a few of Zuber's unique plates on the bar.

Bob's plates featured a glossy black plate with a gold, cast "muscle man", arms outstretched to the sides of the plate, with the plate hole coming through the center of his body. They looked great. I have always wanted my own plates for the Iron Island Gym. I felt it would signify a certain "arrival" and in a sense, give us a legacy in the physical realm as well as the spiritual. Thanks to the hard work and dedication of Ralph, Michele, Kathy, Judy, and the rest of the staff, we enjoy an excellent reputation. These plates will be yet one more reference two hundred years from now when they're excavated. Our plates were manufactured for us by York Barbell Company, the ONLY NAME in barbell plates as far as I'm concerned. Each forty five pound plate, like all of York's plates, is milled to exact weight in the Wrightsville, PA. foundry. It was important to me to buy an American made product and nothing in the lifting game is more American than York. The plates boldly state "IRON ISLAND" on them instead of York Barbell, and they are in our gym color of light purple or crocus. Yes, they are striking, look great, and make a statement that we are serious about what we're doing. I've sold quite a few to fellows who have stopped in and told me "I just had to have a pair for my home gym". I'm proud to do this and have to tell you and our readers that few things regarding the material realm have made me this happy. If others are interested in personalized plates, call Jan Dellinger at York, 1-800-358-9675".

the student kids. There's a commercial about some chemical company that says that they don't make whatever product it is, their motto is - we just make it better. That's what a strength coach does. Before Kansas got real good in football the last few years, the big joke in the Big Eight was always this: if Kansas and Nebraska and Iowa State all had the same basic strength training program, doing the same things with the same equipment, how come Kansas can't beat Nebraska in football, Nebraska can never beat Kansas in basketball, and Iowa State can't beat anyone at anything? It's sort of a summary that it's not the strength program that makes or breaks it, it's the coaching and getting the student kids who can win. Of course, you can't tell that to most strength coaches.

**KL:** As always, it's been a pleasure. This will go to Mike as soon as possible.

**SC:** And, I kick your butt if you tell him who I am. I'm not that popular as you are.

as hell. I know we agree on that one. I also don't think a strength coach, no matter how big his squad or responsibilities, is doing his job correctly if he doesn't individualize the programs. Hey, it's a lot of work that way, but how else is it done, if it's done the right way? Don't tell me all your kids, even at the same position, are doing the same program or using the same exercise, same reps, etc. That's like having a lifting history and still giving all of your competitive lifters the same program with the same assistance.

**KL:** How can that be right?

**SC:** I don't know if you ever hear some strength coaches describe their role in a program?

**KL:** Oh yeah, like they're totally indispensable? Hey, I've been doing this for almost ten years and I think I do a good job. This is my second head coach and I know that I've done my job and the kids have always respected me. I think most of them have liked me too. I do valuable work, but you don't win unless you have

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# TRAINING

## Assistance Exercises for the BENCHPRESS

as told by Louie Simmons, Westside Barbell

include triceps extensions on the floor, relaxing the arms on each rep. This builds explosive strength, which is required after a pause. On the other day, they are done in a regular manner, which provides continuous muscle tension, a key element of strength.

Triceps extensions on the floor are done by lowering a barbell behind the head while lying down. We use 10, 25, 35, and 45 pound plates. By doing this, we work the triceps at four different angles. It doesn't do any good to be strong at only one position when the arms travel through a full range of motion. The reps with a barbell are 3-6. Use heavy weights and work up to a rep PR with good form. Use a thumbless grip. Rest 90 seconds between sets.

Dumbbells can also be used. The palms should face inward, and the reps should be about 8 for 4-7 sets. This amounts to 32-56 total reps. The rest between sets is 15-30 seconds. This exercise will definitely get the triceps in shape, which

most lifters need. With the palms facing inward, most people can do triceps without pain.

Keep the bar or dumbbells close to the head; don't make it a pull-over. Don't lower the weight too slowly. Eccentric work contributes to muscle soreness, something we don't need; eccentric work does contribute to muscle size, but this is not what we're after. Concentrate on the muscles near the elbow; they are mainly responsible for triceps strength in the bench press.

The same rules apply to triceps work done while lying on the bench. Don't hold the elbows stationary. Rather, lower the bar or dumbbells straight down and then roll the elbows back toward the head. This method is similar to the seated French press. The stretch around the elbows is essential. We do a lot of bar extensions to the throat. This requires a high degree of elbow rotation.

I will briefly talk about the Paul Dick's press. It's similar to what was referred to as the California press.

Basically, it is a 75% extension and 25% press. The bar will land 1-2 inches above the nipples, and the elbows are rolled up and back toward the face. This stops shoulder rotation and places most of the stress on the triceps. The Paul Dick's press is a widely used exercise at Westside and has helped produce a 712-all-time record at 275, a 672 at 260, and a 617 at 306.

Good bench pressers lower the bar with their lats. When someone shakes when lowering the bar, he or she is not using the lats properly. A row is the opposite of a bench press, so when lowering a weight, visualize pulling the weight down with the lats. This is essential when using a good bench shirt. It also sets the lats in the correct stretch reflex position. When the lats are strong, they keep the arms pulled close to the body. With strong lats and correct triceps development (the triceps head on the inside of the arm), one will maintain good bench press form.

How important do we think lats are? We train them three times a week. Sunday, after benching by percentages, we do lats last, 3-5 sets. We believe one must work the upper body completely. That means upper back, shoulders, arms, lats, and chest (indirectly). This stimulates the entire group of pressing muscles.

Let's talk about pull-downs. We use a variety of handles, from very wide to a V-handle. All pull-downs are done to the front. Some are done with a reverse grip to develop the lower lats. We don't work toward wide lats, but rather thickness. The sets and reps vary from lighter to lifter, but we do roughly 6-12 sets of 6-15 reps. We do lats by feel.

Tom Waddie likes wide grip lat pulls the best, whereas Kenny Patterson prefers the V-handle for most of his lat work. It's just a matter of preference.

We also do a great deal of chest-supported rows. Our row machine has a double set of handles. The upper handles are used to build the upper portion of the back and lats. When using the lower handles, our middle and lower lats are stimulated. The closer the grip, the lower the lat is worked. The wider the grip, the higher the lat involvement. If you don't have a row machine, you can use a cambered bar or dumbbells while lying face down on an inclined bench. We don't do T-bar rows or bent-over rows. These stress the lower back too much. For those who use a chest-supported row machine or a regular T-bar row, you must pull down on the bar toward you as you pull up the weight. This will ensure your lats are worked fully.

Pull-ups and weighted chin-ups will always be core lat exercises. All that is needed is an overhead bar. A variety of grip widths can be used. The palms can face toward or away from the body. Gary Sanger, who was #1 in the 1985 in 1984, would do heavy weighted chin-ups with a reverse grip. This was primarily for deadlifting, but nevertheless very impressive. Gary was responsible for many of the methods we use today.

Next, I will talk about working the upper back. Let's go back to the lat machine for a few exercises. While standing, back away from the machine and pull a rope attachment toward your face while stretching the rope apart. High reps are in order. High reps are used, but always do high reps. These will not only increase the size of the upper back but also prevent rotator injuries. Pull some high above the head

muscles, but in a rear, and side not to mention the traps. I've never seen a great bench presser without a huge upper back. That's the foundation for a powerful blast-off.

and some low to the chest, hands close as well as wide.

Inverted flys with dumbbells are very good as well. Upright rows with a barbell, dumbbells, or a cable device will really hit the delts-front,



Kenny Patterson does chest supported rows, in front of the Westside Barbell Club record board. (Photos by D. Black)

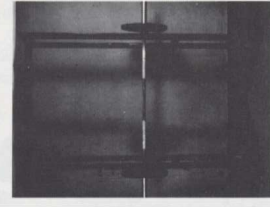
rotating system of two or three exercises after the main workout exercise. They are also done by feel; only you know how much to do.

We live by special exercises like these and countless more. The bench press itself does not stall, rather a weak muscle group is holding you back. You must learn to find time to it. It is our opinion that after bench pressing the triceps are most important and should be trained first on bench press percent day. The shoulders and upper back are next and then the lats. On the other day, known as the max effort day, triceps are first, then delts and upper back, and finally lats, and lots of them: lighter weight on Sunday, bench press day, 3-5 sets, and heavier weight on Wednesday, assistance bench press day, 8-12 sets.

I hope some of these exercises will help you as they have helped Kenny Patterson. In September 1994, Kenny made a PR 560 in Pittsburgh. In September 1995 at the Greatest Bench Press in America in Dallas, he did 712 at 271, a 152 pound increase. I believe Kenny may be the first junior to hold an open world record. Who will be the next?

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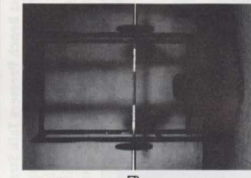
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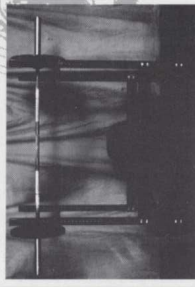
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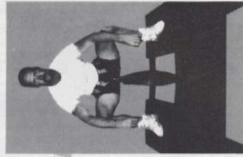
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I study the progress of most of the top powerlifters in the United States. One reason is that if a lifter's body structure is similar to one of our lifters, we may duplicate his technique.

For example, John Inzer uses a particular rocking style to start his deadlift. Because John is an exceptional deadlifter, I tried to duplicate his style, but I was unable to because I had shorter arms and lacked flexibility. However, I had Chuck Vogelpohl and Mark Marinelli try it, and they both immediately broke personal records. My observations had produced a positive training effect for two of our best lifters.

A lifter who is not only incredibly strong but also very innovative in his training methods is Jesse Kellum. When he stalls, he always finds a way to progress. Why does Jesse continue to make gains while others stall for years? Like us, he realizes that, for example, it is not the bench press that stalls but a particular muscle group.

There are lifters that can out-bench some of our lifters, but there isn't a group that can out-bench Westside Barbell. The 10th best bench press, by the Schwartz formula, at our gym is 501 at 181. This was done by Arnold Coleman at the 1994 WPC Worlds.

Now let's talk about training. We believe that the triceps, followed by the upper back, lats, and delts, are the most important in the bench press. We don't do any direct chest work.

I will outline several triceps exercises that we do on a regular basis. We rotate these exercises every 3-6 weeks. Triceps are trained twice a week. One workout may



Angelo Berardinelli does those Westside Barbell recommended triceps extensions lying on the floor.

# Dr. JUDD

## The MORE I Watch Powerlifting, the BETTER Professional Wrestling Looks

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

I hate to say this, but the more I watch powerlifting, the better professional wrestling looks. Now I know a lot of people are going to be upset with me for making that statement, but the fact of the matter is, it's true. Powerlifting in America (for the most part) has become a farce. Before you send me a letter bomb, let me tell you why I feel that way.

First, let's look at the National Championship, or should I say Championships. I don't know if you've noticed but the United States has more National Powerlifting Championships than K-Mart has blue-light specials. Consequently, we have more National Powerlifting Championships than psychics have holidays. Let me elaborate for a minute.

According to Michael Soong, one of the top powerlifting statisticians in the world, there are twenty active powerlifting organizations in America. Can you believe that? Twenty? In case you don't believe it, I'll run through them for you: initials only. Here we go: the U.S.P.F., I.P.F., A.P.A., A.A.U., A.D.F.P.A., W.P.A., A.P.F., W.D.F.P.F., W.P.C., W.P.A., N.A.S.A., I.P.A., S.A.A.S., W.N.P.F., M.D.S.A., A.N.P.B.C., L.D.F.P.F., U.S.A.W.A., O.B.P.F., and finally, (where!) the W.S.C.C.

of the championships are organized and run is an even bigger travesty. I recently attended one of these "National Championships". It was absurd. In order to qualify for the meet, the only thing you had to do was pay a \$50.00 entry fee. Eight lifters representing two states, Georgia and Florida, showed up for the meet. Two of the lifters weighed in with their clothes on and were allowed five pounds off for the weight of their clothes. During the meet, the head official judged from the scorer's table. Actually, he judged, kept score and announced the meet all at once. Not that it really mattered because not a single lifter was turned down. Half squats were given three white lights. One lifter was actually helped up by his spotter on his squat and was given the lift. Three white lights. Like I said, absurd. Everyone who competed won a national championship and not one of them was even a national caliber athlete. The best lifter in the meet totalled approximately 1150 pounds at a body weight of 181 pounds. The 132 pound lifter totalled just over 900 pounds. Now, I never considered myself a great lifter, but I could beat that total with my squat and deadlift alone. Hell, Larvar Gant could almost beat him with just his deadlift. This guy was no more a national champion than

ships that some of these aforementioned organizations sanction. You know - like the National Squat Championships, the National Bench Press Championships, the National Deadlift Championships, the National Bench/Deadlift National Championships, the Mono-Lift National Championships, and the list goes on and on and on. Hell, one organization actually ran a Novice National Championship. Is that an oxymoron or what? To add all of those championships up and you'll claim 6000 national champions each year; maybe 300, but not 600. Notice too that I didn't even mention what will. And the way some

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Rocky Balboa was a World Boxing Champion. Being a national champion means that you are the very best lifter (in your weight class) in the Nation! It's the most prestigious title in America an athlete can win, besides a World title. It's that significant. It should be an honor just to qualify for the Nationals. Unfortunately, this is not the case in powerlifting anymore. The title of national champion has become so watered down that it means relatively nothing. The same is true of Regional and State Championships also. And the powerlifting records, that's a real joke. There are lifters in the World records that are as much as two hundred pounds lower than the "REAL" records. In all candor, I shouldn't say "real" records because no one really knows what the "real" records are. Believe me, there is more cheating going on in powerlifting today than you will find in divorce court. That's a lot of cheating.

Take equipment, for example. I've been told that some lifters are using two and seven three ply bench press shirts. If it's true that you can increase your bench by 40 pounds with a one ply shirt, what will a three ply shirt give you - 80 or 100 pounds? I've also heard that some lifters are using two and three lifting

suits to do their squats, as well as illegal briefs and wraps. I'm sure that can add a few pounds to your total. This is crazy. The athletes aren't lifting the weight, the equipment is. Besides, it's cheating. The essence of sports is to match one athlete's natural ability against another's. Any time you surreptitiously use drugs, equipment, or money to gain an unnatural advantage over another athlete, you are cheating. I'll say it again. The use of illegal equipment is cheating.

By the way, where are the officials at when all of this cheating is going on? Disney World? Can't they tell when a lifter is walking around with more rubber on than a broad straight out of S & M Quarters? Actually, officiating has become a real black eye for powerlifting. Some officials are literally giving lifts away. Lifters are getting credit for high squats, touch-and-go bench presses and non-locked deadlifts. I was at a meet recently where three state and two American records were set in the squat. None of the aforementioned lifts were even close to being legal. One of the American record squats was a good two inches high.

I've also seen video tapes of World Record squats that were ridiculously high. It's terrible, but this kind of stuff is happening more and more in the sport. The officials are

there to do the rules, not to help the athletes break them. What's the point of having officials if they're not going to uniformly enforce the rules. Maybe powerlifting has become like professional wrestling, where the officials are there for cosmetic reasons only. In some cases, it certainly seems that way.

The European athletes look at the American records and laugh. They know that many of the lifts are bogus and that they are done with illegal equipment, doctored weights and poor officiating.

Of course, the Europeans have no room to talk. Many...no, most openly admit to using large amounts of illegal drugs (i.e. steroids) to enhance their performance. In fact, their major premise is "it's not how good an athlete is, but rather how well his body can adjust to drugs." In other words, it's who can "do" the most drugs without dropping dead that's important. I'll go out on a limb here and say that the Europeans are literally turning powerlifting into a daredevil sport. Sad but true. Interestingly, because they openly admit using illegal drugs to enhance their performance, they don't think it's cheating. That makes about as much sense as volunteering to be a javelin catcher at the Olympics (and just about as healthy). Listen closely.

For Review.... the readers of POWERLIFTING USA have long been familiar with the writings of Dr. Judd Biasiotto. From psychological insights to off the wall humor, Dr. Judd has looked at the sport of strength from many angles over the years, all in his own unmistakable style. Along with way, he has written numerous books, mostly dealing with the power of the mind in sports. Now, he has written one about almost everybody's favorite subject - the Bench Press, covering training routines, techniques, etc., through interviews with so many of the greatest bench pressers in history: like Anthony Clark, Ken Lam, Ted Arctdi, Craig Tokarski, Chris Confessore, Jim Williams, Mike Hall, Frank Pfruamer, Michael Brugger, and Karl Saliger in his new book "THE BENCH PRESS - Training & Techniques of the World's Greatest Bench Pressers". This book was originally published in a German language version, and it is selling quite well in Europe. Now, it is available in English, with lots of photos you haven't seen before and lots of benching takes you haven't read before. For example, which 700 lb. bench presser was drowned by his father and lived in a cellar for a year before making his bench press dreams come true? According to the author the book "...also gives an in-depth look into the mind-set of these phenomenal athletes - their aspirations, motives, and desires. In short, the book presents a vivid picture of what it takes - both mentally and physically - to become a champion in the bench press." There is an appendix with Michael Soong's all time best lift rankings, and a list of address of the top benchers who are profited. The book is available for \$19.95 from Solaris Corporation, P.O. Box 52022, Albany, GA 31703, 912-436-6710

When it comes to using illegal drugs, Americans don't take a back seat to the European's either. They may not be as open about their drug usage, but...believe me - Americans use them. In fact, a recent study by Martin Miller of Albany State College revealed that over 70% of the powerlifters in the United States have experimented with anabolic drugs at least once and 40% use them regularly. It was also estimated that approximately 90% of the elite powerlifters use illegal drugs on a regular basis.

All of this has to stop if powerlifting in America is going to retain its credibility. If you want our sport to survive, you have to stand up and say no more drugs, no more illegal equipment, and no more cheating. If not, powerlifting could very well die. At present, the sport is not terminal, but it is certainly in bad shape. Like I said, the more I watch powerlifting, the better professional wrestling looks. I hate saying that, but it's true. At least professional wrestling admits it's just a charade. Maybe powerlifting should do the same. Judd Biasiotto Ph.D.

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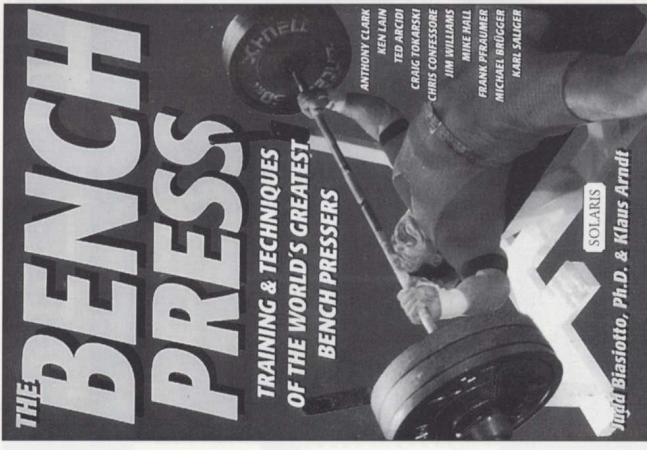
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& HEALTH magazine. "This is certainly a national record and to the best of our knowledge by the heaviest squat ever performed by any of the world's 123 pounders. He can already press 190, is Middle Atlantic Champ, and has trained only 17 months. He may become another Joe DePietro."

Publicity and National notoriety in the leading strength magazine really spurred him on. On Dec. 27, '52 he showed the results of his astounding progress. At a meet in York he exploded - 205, 150, 215 for 570! In only 8 months, he'd improved 75 lbs.! Then, in April '53 (two weeks shy of turning 19) he made PRs of a 210 press and 575 total. The Nov. '53 issue of S&H shows the tremendous 410 squat he did in exhibition there. He took his first stab at National competition soon after this. He was runner-up at the Jr. Nationals to predestined two-time Olympic gold medalist Chuck Vinci, doing a 565 total. Moyer's 201 1/2 press there was a meeting record. On May 15, 1954, the following year, he got his first title. He won the Jr. Nationals, making his first 600 lb. total (210, 160, 230). His 210 press topped his own record, that he'd established one year earlier. Once having won the Juniors he was ineligible to win it again. He had to compete in the Seniors from then on. Hoffman wanted him to represent York the following month in L.A. For Dave it was cost prohibitive. No problem - Big Daddy offered to foot the tab. Unfortunately, shortly beforehand, fate struck. Moyer wrenched his knee and ended up on crutches and couldn't go. Hoffman thought he had "cold feet" and was sandbagging. Big Daddy was upset and carried a grudge after that. Li Dave would be the recipient of his wrath at a later date. Labor Day rolled around and Moyer went to the S&H picnic again. He couldn't do the Olympic lifts or squat, but did a bench press - 240 - paused at 123. He also did 24 strict pull-ups in the chinning contest. The 1954 All American team rankings reflected Moyer's 600 total; he rated 3rd nationally. It was a ho-hum year in 1955. He entered the Seniors and did 595, equaling 5th behind a Cuban. His press equaled the top man, Vinci, who had climbed to international prominence. Finally 1956 arrived - the Olympic year. Before the Sr. Nationals, Moyer finally got the big press he'd been striving for. At a meet in York, he pressed 236 3/4! This surpassed the former world and still American record of Joe DePietro (his idol) established 8 years earlier. Davy went into the Sr. Nationals riding



Dave pressing 225 pounds at the 1964 Olympic Weightlifting Trials

another try (permissible in those days) and did it. The lift passed 2-1, where he was to capture the first of two successive Olympic Games gold medals. Dave scored 625 (220, 270, 235) and missed a 230 press. He tied the Panamanian lifter for 3rd as both men weighed-in identical. A re-weigh of the athletes was mandatory then according to the AAU (the governing body then) to break the tie. Hoffman denied this, stepped in and autocritically presented Famiglietti PAN the bronze medal and the beautiful 16' cup for winning the Sr. Middle Atlantic; 670 via 240 180 250. He skipped the Seniors in '61 and '62, but went to the big meet in 1963. Vinci was retired and he could beat everyone else in the country. The title was his on the taking, or so he thought, and would never forget it!

Enraged about this discrimination, it gave him the necessary incentive to reach his goal that next spring. He planned to break the world record in the press and ran it right down Big Daddy's throat. It came true March 23, 1957. At Bridgeport, the lift I previously described was delivered. The next year on March 8, 1958, he broke it again, right in front of Hoffman, 241 3/4. Take that - ha, ha!

Moyer was no match for Vinci in the quick lifts. Still at the '59 Seniors they dualed in the press. Vinci's best was 237; Moyer still had the World Record at 241 3/4. They battled to increase it! Both men elevated 235 and tied within the competition. Now came the world record assault - both men tried 245; Vinci got it up, but moved before the signal to lower the bar was received. Dave cleaned it and inexplicably failed overhead (a real anomaly for him). Moyer took no further tries but Vinci tried a 4th - again he missed. He was granted

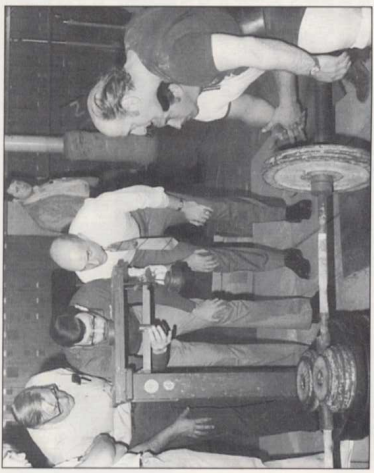
to "win" U.S. Sr. National Championship titles (if they could) and take them back home to the land of the Rising Sun. Hoffman figured would inspire our men to do better. The reaction was the opposite, and it demoralized the top US men whose classes they overwhelmed. Moyer had a Jr. World Record holder, Ichinoseki, at 123. Shiro bowed politely and won the top award. Dave surged ahead in the press, but was no match for the Nippon, who kid in the snatch or jerk. Shiro caught and passed him, then added insult to injury, a JWR 292 C&I to finish it off. Dave outclassed all his American adversaries, but could not surpass Hoffman's caper done in the name of "international goodwill" - deplorable! Two other Americans in other classes got the same rewards, runner-ups and denied the titles they should have won. This was a situation which would be rectified over two decades after the fact (as we'll see later).

Four years passed quickly. Again came the Olympic Games year - 1964. Moyer went to the Trials held at the World's Fair in New York. At age 30, he was runner-up at 123 (644 - 237, 165, 242). For the first time ever, a 123 pounder did not make the team.

This was the year which marked a turning point in Dave's career. Something loomed on the horizon that he'd long hoped would become a reality - powerlifting! A National Invitational P/L tournament was held in conjunction with the final Olympic tryouts in York. Dave jumped right into it, winning the 123 lb. class by a landslide. He overwhelmed his nearest rival by 260 lbs. - 240 BP, 425 SQ, 410 DL and 1085 Total. Official national powerlifting records would not come into existence until Jan. 1, 1965 decreed following, October 17th, Moyer



Dave with a Junior National Meet Record squat, face value 470 lbs.



Another Record... Dave looks on as Bob Samanski, Tom Snelgrove and Bob Benedel (left to right) weigh his lift. In those days the weights were weighed after all record attempts, rather than before the contest, sometimes causing considerable delays in the competition.

American record. His squats were total (245, 430, 425). It was a prelude for greater things to come. Dave licked his chops and waited. His tremendous lifts were not official - not yet! His time had finally arrived - a competition on Feb. 6, 1965 in Queens, NY. He went to the Lost Battalion Hall and "dwarfed" everyone with his "gi-ant" lifts. Each time he went to the platform a new record was set. When the smoke cleared it was 1160 lbs. (250, 460, 450). All were and had his knee surgically repaired. The question was: had he waited too long? Moyer returned to P/L in 1969. He won the Sr. Nationals and did 234, 440, 430, 1115. His 441 squat, a meet record, endured until Redding did 445 in 1972. His total, also a meet record, allowed him to win by a 50 lb. margin, over Mike Cross. Moyer regained top form in 1970. He went on a tear. Early in the year, he upped his AR squat from 1965 - now to 464 1/2. Then, on April 18, 1970, he won the Sr. Atlantic - 225, 480, 440, 1145. His BP and DL were a bit off. The squat weighed lighter than face value - 474 3/4, but it was still a whopper, and another record! On May 8th, at the Eastern Shores, again in Toms River, NJ, he put all his eggs together - in one basket! It was 240 480 (477 1/2) 450 1170. It re-broke his squat and exceeded his American Record total from 1965. Perhaps it was all a bit too auspicious. Before the '70 Seniors in New Orleans, he injured a knee trying to squat 4 times bodyweight (500 at 121) in practice. Unruffled, Dave's quest for 3 Senior titles came quite true - right in the Bayou! It was less than he'd hoped (240, 440, 420, 1100), but no matter,

Moyer finished 100 lbs. ahead of his closest rival. A surprise was the little challenger Ramsey of Alabama, a dwarf, and smaller and lighter than Dave (a rarity!) Li Ricky was within 10 lbs. after two lifts, but couldn't pull much. He dropped to 5th and disappeared from the big meets thereafter.

At the end of 1970, on November 28th, in a New Jersey meet, Dave upped his squat record again - 479 at 123. In doing so, he aggravated his refurbish knee. The strain was beginning to show, and it diminished his lifts and curtailed his progress. In 1971, he posted 255, 450, 425, 1130 - winning the Sr. Atlantic Cup once more. For most of the year he nursed his tender knee. Adding insult to his injury, a new star at 123 appeared - Allen Clark of Texas. He surfaced, broke Davy's total mark (220, 440, 540, 1200), and won the Seniors in Dallas in Davy's absence. Moyer saved it for the first official AAU World Powerlifting Championships set for Harrisburg that November. He interrupted his powerlifting just long enough to take one last fling at olympic lifting. This would be his last overhead hurrah! A new 114 class was introduced. Davy was coaxed into reducing to win. He abstained food and liquids and made it down, but felt weak. He hoisted 214.9 in the press (a new U.S. record), snatched 154.4 (always his weak lift) and cleaned and jerked 198.4. Dave was pooped. Twice he failed to clean 214.9, and ended up pressing more than he'd CJ'd. His 567.7 total gave him what was his first Seniors win in weightlifting. This fact would change later on. The day of the first Powerlifting Worlds arrived. Clark did not show, but there was another little big man - Precious McKenzie of Great Britain. Unable to reach top form, Dave struggled to 1115 (240, 455, 420). McKenzie did 270, 415, 485, 1170. Davy's 455 squat was a world record. He also came up with 470 (judged high). His 10 lb. subtotal lead was not enough to thwart the 35 year old British bombshell. Still, runner-up in the World Championships is not bad, especially considering that Dave was now 37! Dave was disappointed, but took his loss good naturedly, with a smile, handshake, and warm congratulations for the 41' Olympian-to-be. Now 1972, the clock was running down. Arthritis and more frequent injuries began to ravage the little warrior's body. He decided - just one more time. He skipped the Sr. Nationals (which Redding won) and went to the '72 AAU Worlds (again in Harrisburg). McKenzie defended his title. Months earlier, he'd finished 9th at 123 in

Let's look at other facts of his life: he was a family man, but his wife wasn't a family woman. His 15 year marriage ended in 1974. Dave adored his two little girls. When they were little he took them to his meets. Both are now fully grown: Karen (35) and Kathy (32). Finding jobs was tough for Moyer. He was a little and nobody wanted to hire him. He worked as a roofer in 1954-55. Then he hired into a pretzel factory. For a couple of years, he lifted 100 lb. bags of flour all day long and then dumped them into a bin. He threw his back out doing this and got "promoted": For five years, until 1960, he drove a forklift truck. Dave's brother worked in the shoe business. He made Davy special ones that had 5" heels built up, so he could reach the clutch pedal. He also drove a 17 ft. trash truck, moving 500 lb. bags of salt (what is a pretzel without salt?) All these dreadful jobs were done in the name of "pretzels". Dumping salt kept him "in shape". This lasted 'til 1967. You could say that Moyer didn't make any "dough", but was worth his "salt".

You recall Dave's debacle in '63. That's where three U.S. lifters were "robbed" of their titles by Japanese "guest lifters". In 1986 I saw to it that this item was included on the agenda for the USWF Board of Directors' meeting. As a result of this, the U.S. Weightlifting rulebook was amended. From that day forward, no extra litter could participate in any of the USA National meets. Furthermore, I introduced a motion that the '63 trio from Japan should be deleted from the final results for that year and the highest ranking American in each of those three categories be proclaimed Sr. National champion for that year. It was voted on - and passed! So be it. T.L.: honor and long overdue (23 years late) award was sent to Dave and two others. I was instrumental

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## NO MONUMENT CAN PRE-SERVE MY MEMORY - Agesilaus 11.

Yes, to be remembered is the final and greatest tribute of all. Glory paid to our ashes comes too late. He'd love the hear from YOU - old friends or acquaintances and those who may be inspired by his story. Write or call him: Dave Moyer, 536 Moss St., Reading, PA 19604, 610-375-0919.

Strength is born in the deep silence of long suffering hearts, not amid joy - once said Philosopher Felicia Hemans. The elixir of life for David had been his lifting. His medicine has been a bitter-sweet concoction. He rose above his handicap to stand taller than most men ever could. He was, and is, an affable, loving, caring human being. He tries even now to remain cheerful, even though the best of his life is a fading memory. David and Golbath - He was both. They remain one and the same. He has the courage of a lion and a heart of gold.

**NEXT MONTH: DAVID VER-SUS GOLIATH.** Who's cumulative career in both sports can be called the "All Time Best"? Will large be in charge, or will small win it all? A comparison, for you to decide, side by side.

100 lbs. on shoulders. Two guys once handed me a pair of 100 lb dumbbells. Standing up, I pressed them both simultaneously, 3 reps overhead, 150 lb. dips for reps; 1200 lb. leg press; quarter squats - 750x3.

**HG:** What achievement in your career was the most significant to you?

**DM:** Breaking the World Record Press was the fulfillment of my ambition.

**HG:** How many prizes do you have cumulatively?

**DM:** About 150 trophies, 25 gold medals, and a dozen plaques.

**HG:** To whom are you most grateful for helping you?

**DM:** John Coleson for "discovering" me and starting me out. Tom Snelgrove was my coach from the Surfbreakers Team of Barnegat, NJ. Everyone there treated me with dignity and respect. He and all my teammates and Iron Game friends were wonderful. I love them one and all.

**HG:** What do you want the most, now that your career is over?

**DM:** Just to be remembered - that's all!



Dave had an excellent deadlift as well. (Snelgrove/Moyer photos)

425 to beat Tommy Kono's best; Rock Jerk 305 lb; Strict Curl with bodyweight (125). As for Powerlifting and other stuff - Squat 479 (c), 520 lb; 1ld 515 in a meet, but it was turned down for depth; Bench Press 255 (c), 280 lb; Deadlift, 451 (c), 470 lb; One Arm Military Press with dbell - 120 (my bodyweight); 10 pushups touching chest each time with

in rectifying this injustice and I'm proud to take credit for spearheading this effort. I seriously doubt that if I had not done it that it ever would have been remembered!

Life today for David P. Moyer is not a bed of roses. He is on disability, the result of severe rheumatoid arthritis in his joints. His back, hip and knees still bother him and probably will. He has severe bronchial asthma (worsened by air pollution and a lifetime of smoking). Today, Dave can not walk half a block without getting winded. Periodically, from 1982 to 1989, he was hospitalized to have excess liquid extracted from his lungs. Today, he is a recluse who lives alone. Long ago, he gave up the barbell and with it, the very fabric of his life was torn away. Today, his hobby is home renovating and watching T.V.

**HG:** What are your best lifts off-dially in competition and unofficially in training?

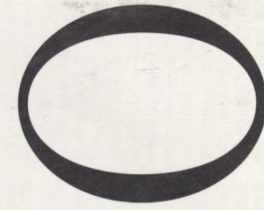
**DM:** Clean and Military Press - 241 3/4 (c), 250 lb; I once cleaned 245 in a meet and pressed it - it weighed out light - 239. Lifting against Vinci, I cleaned 245 off-dially for a world record, but missed the press, very unusual for me. I always could press what I cleaned. Snauch 185 (c), Clean and Jerk 255 (c), Front Squat -

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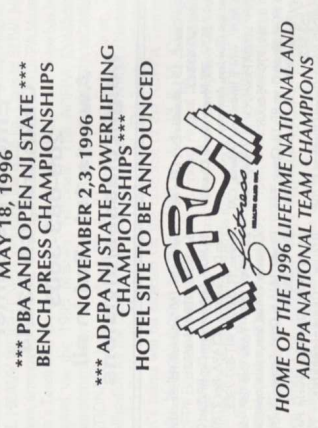


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 Johnson, FL 33927, 941-697-7962.  
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 31 AUG. NASTA Alabama Regional (Sheffield)  
 Rich Peters, Box 735, Noble, OK 73068  
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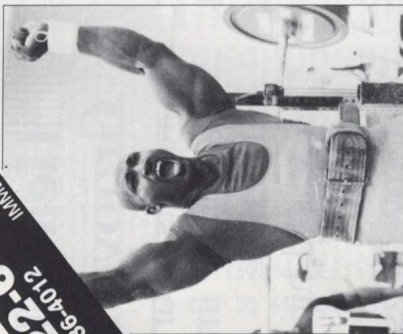




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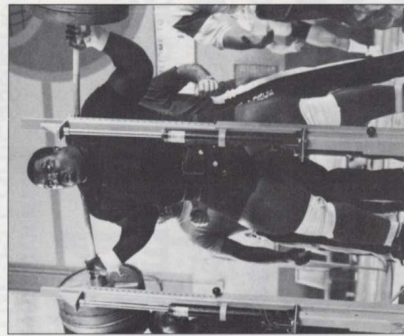


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**MDSA Northern Nationals BP**  
16 Dec 95 - Yankton, SD

to master soon. Forty-five year old Larry Tenfinger opened 30 pounds over the South Dakota men's record. He was coached by his brother, Larry Tenfinger, who coached him since he was 10 years old. He was coached by his brother, Larry Tenfinger, who coached him since he was 10 years old. He was coached by his brother, Larry Tenfinger, who coached him since he was 10 years old.

**AAU Maryland BP & Ironman Open**  
19 Nov 95 - Severna Park, MD

The AAU Ironman Open & MD Bench Press was held at the Severna Park. The AAU Ironman Open & MD Bench Press was held at the Severna Park. The AAU Ironman Open & MD Bench Press was held at the Severna Park.

**ADPPA West Coast**  
16 Dec 95 - Seattle, WA

back on the lifting scene. Eileen only trained a couple of months for this meet, after not training for two years. She still managed to total 725. Pat Hynes, who coached her since she was 10 years old, was also present.

**20 Annual Kops & Kids Bench**  
10 Oct 95 - Park Ridge, IL

The 20 Annual Kops & Kids Bench Press was held at the Park Ridge. The 20 Annual Kops & Kids Bench Press was held at the Park Ridge. The 20 Annual Kops & Kids Bench Press was held at the Park Ridge.

**7th SAAS Bench Press**  
3 Dec 95 - Park Ridge, IL

lifter, was the first of the two recipients. Fred Weissmuller of Lake Zurich was the second. Fred Weissmuller of Lake Zurich was the second. Fred Weissmuller of Lake Zurich was the second.

**IPA WORLD CHALLENGE**  
CUP "Michele and Ralph Raiola"

will be hosting the 1996 IPA World Championships in downtown New York City. The Skyline Hotel will serve as Championship Headquarters and be secured for all lifters and spectators. Make this July 4th weekend special by competing in or being a part of the audience at the IPA Worlds in the heart of NY City, July 5, 6, 7th. Contact Big Apple Power Inc. Ralph, or Michele at the Iron Island Gym for more meet information and entry forms. Celebrate America's birth-day at the first major PL Championship ever in New York City.

**NASA Bench Press Nationals**  
20, 21 Jan 96 - Kansas City, KS

Women 198 Pure Novice 172.5  
198.5 Master I 172.5  
198.5 Master II 172.5  
198.5 Master III 172.5  
198.5 Master IV 172.5  
198.5 Master V 172.5  
198.5 Master VI 172.5  
198.5 Master VII 172.5  
198.5 Master VIII 172.5  
198.5 Master IX 172.5  
198.5 Master X 172.5  
198.5 Master XI 172.5  
198.5 Master XII 172.5  
198.5 Master XIII 172.5  
198.5 Master XIV 172.5  
198.5 Master XV 172.5  
198.5 Master XVI 172.5  
198.5 Master XVII 172.5  
198.5 Master XVIII 172.5  
198.5 Master XIX 172.5  
198.5 Master XX 172.5

**20, 21 Jan 96 - Kansas City, KS**

Women 198 Pure Novice 172.5  
198.5 Master I 172.5  
198.5 Master II 172.5  
198.5 Master III 172.5  
198.5 Master IV 172.5  
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198.5 Master VIII 172.5  
198.5 Master IX 172.5  
198.5 Master X 172.5  
198.5 Master XI 172.5  
198.5 Master XII 172.5  
198.5 Master XIII 172.5  
198.5 Master XIV 172.5  
198.5 Master XV 172.5  
198.5 Master XVI 172.5  
198.5 Master XVII 172.5  
198.5 Master XVIII 172.5  
198.5 Master XIX 172.5  
198.5 Master XX 172.5

**One KILOGRAM equals 2.2046 Pounds**

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

**18 Nov 95 - Ambridge, PA**

Women 181 Open 305  
181 Open 270  
181 Open 270  
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**18 Nov 95 - Ambridge, PA**

Women 181 Open 305  
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PowerPhotos... If you're going to a meet and are taking photos of your fellow lifters, we encourage you to submit some of your best shots to POWERLIFTING USA (Box 467, Camarillo, CA 93011). We prefer sharply colored black and white shots, but color prints will also reproduce well if the background is not too dark. (Please identify the people in the photos, so we can do the same in the caption published in the magazine). We pay for photos we use in the magazine and, of course, we credit the photographer.

Table with 4 columns: Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson with their respective stats.

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ADFFA Maine State 9 Dec 95 - Oakland, ME. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

ADFFA Dallas Open 13 Jan 96 - Dallas, TX (kg). Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

ADFFA New York Bench Press 18 Nov 95 - Chester, NY. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

ADFFA Kansas State 18 Nov 95 - Augusta, KS. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

ADFFA Maine State 9 Dec 95 - Oakland, ME. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

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ADFFA Kansas State 18 Nov 95 - Augusta, KS. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

USPF Crain's Muscle World Open 9 Dec 95 - Shawnee, OK (kg). Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

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USPF Crain's Muscle World Open 9 Dec 95 - Shawnee, OK (kg). Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

Southeastern Cup 2 Dec 95 - Adel, GA. Table with columns for Name, State, Weight, and Points. Lists names like J. Sutherland, T. Calhoun, and C. Jefferson.

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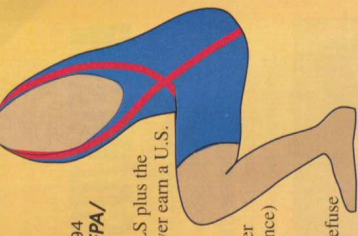
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from 30 to 50 (do more if you benefit from it). Finish off with two upper back movements and one lat movement, and get the hell out of the gym. If this takes you more than 45 minutes, you'd better pick up the pace.

Three days after your percent bench workout, get back in the gym and attack those Special Exercises. We train these on Wednesday. Remember, partial movement singles work best of all. Check out Louie's newest Bench Video for form clarification. Remember, don't do any one Special Exercise for more than 3 weeks. And if the constant singling leaves you fat, try doing higher rep movements for 3 weeks, followed by heavy partial singles for the next 3. Weight Release singles for the next 2 and one final lockout session. Tricep work comes after your Special Exercise, once again done for 30 to 50 work reps. Finish off with upper back work once again, like you did after your percent benches. And you should be all done in less than an hour. Shoot to be done in 45 minutes.

Now, don't forget to squat! We box squat twice a week, as a rule. We do 12 sets of 2 on a slightly below parallel box on Fridays, usually followed by reverse hypers and weighted abs. We also do 6 to 8 sets of 3 on a box that is 3" below parallel on Mondays, or we do some heavy low rep Manita Ray squats above parallel, or we do some lighter rep Manita Ray work on a low box. Once again, we finish off with reverse hypers and weighted abs. The important thing is that we do some form of squatting, twice a week. Those of us who lift in 3 lift meets will occasionally throw in some deadlift related movements on Monday, while those who specialize in the bench always do some form of squat on Mondays.

There's nothing fancy about this routine, and it works for anyone who knows how to use it. It is very short and sweet, but it requires a mixture of hard work, patience, intelligence and ego control. If you keep singling out on your percent day, or if you work percents above 60% on a regular basis, or you keep training with your bench shirt in play, with your routine won't work. If you don't hammer triceps and upper back, it won't work. And if you don't bust a nut on the assistance day, and do some seriously heavy rack work, board presses or floor presses, and faithfully switch Special Exercises every 3 weeks, it won't work either. So now you know what to do to make this routine work. Remember, the magic is in the mix, not in reliance on any one isolated component. Now, go make it work for you.

weight. He hit the box squats. The result? A 728.5 bench at 275, 18 months later! The significant change in his routine was the addition of squats! Notice both the gain in bodyweight and the gain in bench poundage. Also notice that his pound-for-pound strength increased. At 225, he benched 2.45 times bodyweight. At 275, this increased to 2.65 times.

Squatting twice a week works best, if you're squatting to feed your bench. Read Louie's articles on box squatting and get to it! Dave Schleich's bench went nuts when he got on the box. The boxes didn't hurt his squat either, as it went from 661 to 744 in 16 months.

**Back**

Upper back strength plays a part in benching. But does that mean doing real heavy lat work for low reps is the key? While that can help from time to time, you may find that you'll get a bigger bang for your buck out of lighter rep work aimed at the upper/middle back. Lat machine pulls to the face with a parallel grip attachment for 2 to 4 sets of 20 with the upper back on a free set. So will sitting backwards on a pec deck machine, and pulling your elbows back to contract the upper back for the same number of sets and reps. So will seated power cleans, when performed for 2 to 4 sets of 20 reps. Doing two of these three movements (with one good exercise thrown in as well - chin ups, torso supported rows or lat pulldowns all work well for 3-5 sets of 10) two or three times a week will pay great dividends, and will give you the kind of upper back structure that will translate into a bigger bench. Like the tricep exercises, be sure to rotate these exercises in and out of your program to prevent staleness. These movements also work the rear delts, an often neglected muscle group. Lack of rear delt strength causes the kind of shoulder development imbalances that lead to injury.

**Tying it all together**

Now you know what to do, so do it! On your percent bench day, do 8 to 10 sets of three reps in the shirt max. Sunday is our percent bench day. I recommend trying 50%, and using closer grips than you are accustomed to. Exploit those reps! Be sure to rotate these exercises in and out of your program to prevent staleness. These movements also work the rear delts, an often neglected muscle group. Lack of rear delt strength causes the kind of shoulder development imbalances that lead to injury.

simply finish up your cycle with whatever movement does the most for you, right before your meet. This works well. However, this cycle eats some drug free lifters alive, especially those with floor presses, Dicks presses with a cambered bar in a power rack with a 2" drop, decline barbell extensions etc.), our decline barbell extensions etc.), our benches go up. And switching our specific tricep exercises every three weeks keeps the body guessing.

Just about the time we maximize work capacity, we switch gears and throw our bodies a curve. This keeps the muscles worked and shocked! Some folks can do more work and benefit. Good. Do it, if that's you. Some need less, or they will burn out. Experiment around, and you'll find out which category you fall into. Knowing yourself is the real key to all of this. Just because Louie says that one of his boys does X amount of tricep work does not mean that you should too. You should if you can, and still experience gains! Keep in mind that his guys have steadily increased work capacity over many years. The ideal is to do as much as you can in order to keep gains coming. Don't mindlessly follow anyone's advice - experiment!

**Cycling**

The Westside Barbell folks, as you know, train for absolute strength in the bench by using Special Exercises on their assistance bench day, which is done three days after the percent bench day. They have found that Special Exercises that do not have a full range of motion, and are similar to the bench, that are worked for heavy singles, work best. Why? First of all, partial movements are easier to recover from when doing singles. Secondly, you can zero in on sticking points with partial movements (isolation), or you can do very abbreviated lock outs (overload) that will simply teach you how to strain (a skill most younger lifters lack). And thirdly, you can get brutally strong from doing singles this way, and this strength gain mixes real well with percent benching, tricep training and bench shirts. It's the mix that produces the results at contest time. Get it? It's not just the "light" benching, it's not just the "heavy partial singles" and it's not just the "Special Exercises." It's the mix. Remember that.

Now, a simple rotation for the Special Exercises may be rack lockouts for 3 weeks with a specific (closer) grip, worked for singles at a certain height, followed by floor presses for 3 weeks with a specific (closer) grip worked for singles, followed by board presses at varying heights and grips worked for singles for 3 more weeks. And you can

**Squats**

Want to get your bench up? Squat! Even if you specialize in the bench, you will get more out of squatting than you will out of most bench assistance exercises. Try it. I don't care if you only use 135. Be surprised how much more spring loaded you'll feel. And you'd drug free guys need all the help you can get from a testosterone production enhancement standpoint. Louie says that Kenny Patterson was stuck at a 551 bench at around 225 body-

weight. He hit the box squats. The result? A 728.5 bench at 275, 18 months later! The significant change in his routine was the addition of squats! Notice both the gain in bodyweight and the gain in bench poundage. Also notice that his pound-for-pound strength increased. At 225, he benched 2.45 times bodyweight. At 275, this increased to 2.65 times.



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

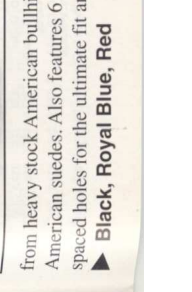
### KNEE WRAPS

Red Devils - Still one of the most supportive, tightest wraps ever! White with Red Stripes. \$15.45/pr.  
**Radical Reds** - solid red wrap. Why pay more for the same wrap when you dont have to! \$14.95/pr.

Quantity discounts available!



- WRIST WRAPS**
- Red Devils: Don't be fooled by cheaper versions. Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Velcro). 6 mos. guarantee
- Standard length \$10.45 (pr.)  
► Mid Length 24" 12.45  
► Full Length 36" 14.45
- Radical Red Wrist Wrap \$8.95  
Quantity discounts available!



### COMPETITION BELTS

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

► Black, Royal Blue, Red \$65.00



**ORDER FORM**

ITEM	Color	Size	Quantity	Price
	1st Alt.			
Shipping & Handling \$4.50				
Overseas add 30% Air				
Tx. Res. add 7.75% Tax				
<b>Total</b>				

Hi or Low Cut  Reg.  Meet  Comp  
CUSTOM SUIT  Style A  Style B  Dual Quad  
Male  Female  Weight \_\_\_\_\_ Leg (Largest part)  
Height \_\_\_\_\_ Hips (Buttocks) \_\_\_\_\_  
Overall (TOP OF TRAP TO 6" BELOW GROUCH)

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

### CUSTOM TAILORED SUIT

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

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

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

► High or Low Cut





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FRED HATFIELD  
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GIVE HEIGHT AND WEIGHT WHEN ORDERING

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U.S. Trademark Reg #1544517 Navy Blue, Black, Red, Royal Blue  
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 Double Thick OUTLAW<sup>™</sup> POWER SUIT<sup>®</sup> (APF Legal).....\$89.95  
 "Training" OUTLAW<sup>™</sup> POWER SUIT<sup>®</sup>.....No Straps.....\$36.95  
 OUTLAW<sup>™</sup> POWER BRIEF<sup>™</sup> Sizes 0 - 25 .....\$22.95  
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## The POWER SUIT<sup>®</sup> \$36.95

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 Double Thick POWER SUIT<sup>®</sup> (APF Legal).....\$69.95  
 "Training" POWER SUIT<sup>®</sup>.....No Straps.....\$16.95  
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## LYCRA LIFTING SINGLET \$29.95 and up

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**INZER BLAST SHIRT<sup>™</sup> \$38.95**  
 Patent #4473908 Red, Navy Blue, Black, Royal Blue  
 Give Chest / Bicep Measurement..... Sizes 34 - 64

## INZER ERECTOR SHIRT<sup>™</sup> \$38.95

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

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 Minimum \$5.00  
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# THE POWERBELT<sup>™</sup>

<b>Style A \$64.95</b> 3 Color Suede Double Thick	<b>Style B \$64.95</b> 2 Color Suede Double Thick	<b>Style C \$64.95</b> 1 Color Suede Double Thick	<b>Style D \$54.95</b> Double Thick Leather Suede Lining
<b>Style E \$44.95</b> 2 1/2" Tapered Front Single Thickness Suede	<b>Style F \$24.95</b> 4" Leather Single Thickness	<b>Style G \$29.95</b> 6" Tapered Single Thickness	<b>Style H \$24.95</b> 4" Tapered Single Thickness
<b>Style I \$54.95</b> Economy Suede Belt	<b>Style L \$64.95</b> Lever Action Belt Leather or 1, 2, 3 Color Suede	<b>Style N \$89.95</b> Same as Style C w/ Embroidered Name	<b>Style O \$89.95</b> Same as Style L w/ Embroidered Name

FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG.....

## THE OUTLAW POWER SHOE<sup>™</sup>

A squat shoe designed for squatting by a World Class Squatter  
**SIZES 03 - 14 \$99.95**  
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## Power Deadlift Slipper \$10.95

Call for Colors Available  
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Call for Color and Size Availability

## Power Wrap<sup>™</sup>

Power Wrap<sup>™</sup> 3.....\$ 9.99  
 Power Wrap<sup>™</sup> 10.....\$12.99

## The "Original" Big Red Power Wrap<sup>™</sup> \$16.99

MADE IN U.S.A.  
 GUARANTEED TO BE THE TIGHTEST WRAP EVER MANUFACTURED!  
 THE "ORIGINAL" RED WRAPS... THAT EVERYONE IS ATTEMPTING TO COPY!

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## The Outlaw Big Red Power Wrist Wrap \$15.99

MORE WRAP AND MORE VELCRO!









# INTRODUCING THE BIGGEST, MOST POWERFUL WEIGHT-GAINER IN HISTORY

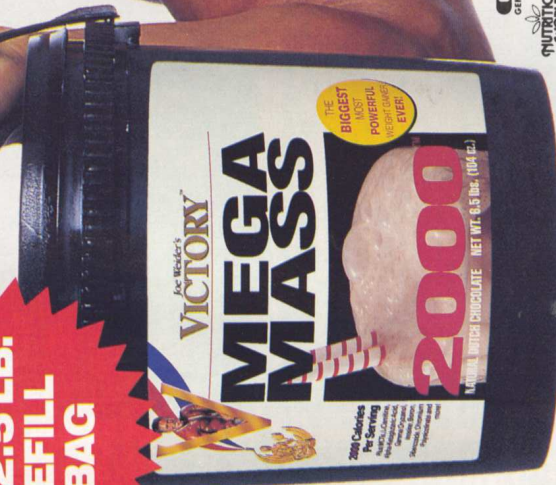
If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

Thanks to new technology, nutrients can be *superconcentrated* without affecting their bioavailability. The result is a weight-gain formula that delivers a mind-blowing, sleeve-busting 2000 calories in every delicious shake!

Even with water, **MEGA MASS 2000** yields 82 grams of the highest quality protein, 317 grams of turbo-charged carbohydrates and only 5 grams of fat. There is absolutely no bigger, more powerful weight-gainer than **MEGA MASS 2000**.

Try it. Drink up the power. Feel the weight piling on. Compared to **MEGA MASS 2000**, everything else is small fry.

**NOW  
AVAILABLE  
IN 12.5 LB.  
REFILL  
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**ACHIM ALBRECHT**, World Champion Bodybuilder, is using **MEGA MASS 2000** to pack on mass between contests!

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## VICTORY MEGA MASS 2000

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

### IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS

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

*Joe Weider*  
Trainer of Champions  
Since 1936

**New Flavor  
Creamy  
Strawberry!**

You asked for it  
we listened!  
Also in chocolate,  
Vanilla and Banana



# EVERYTHING ELSE IS SMALL FRY

# Preferred Stock!



Style B \$65.00

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

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

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

### The Custom Series

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

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

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

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

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

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

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

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

### The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00



## Order Today!

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

Name \_\_\_\_\_

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

VISA  MC  Card No. \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 50% for air freight and \$10.00 per lb. for air freight. California residents add 7% state tax, L.A. County 9%.

Add \$5.00 Shipping and Handling

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We Make Power Gear A Science

Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer  
Owner

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