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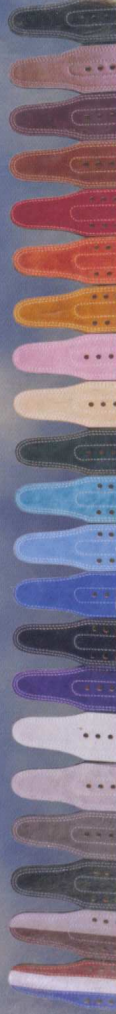
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07

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.

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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.

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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.

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

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



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

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



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

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

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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.

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Creatine Supreme Powder

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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.

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MANGANESE.....	400 MCGS

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SELENIUM.....	33 MCGS
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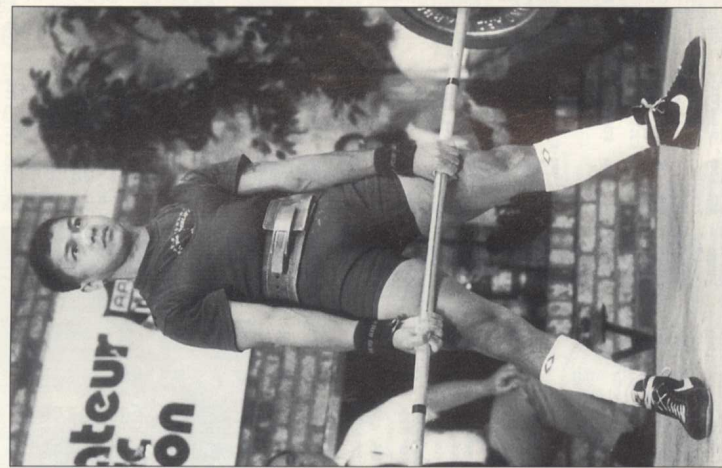
2ND DAY
AIR DELIVERY
AVAILABLE

AAU Men's Nationals as told by Powerlifting USA Editor Mike Lambert

The 1996 AAU Men's National Powerlifting Championships were hosted by California's most stalwart AAU supporter, John Ford, who's so committed he's even got an AAU tattoo on his shoulder. John, suffering what he considers to be one of the effects of his aerobic use many years ago, recently had to have his knees replaced. He's got a great sense of humor, but he's actually "dead" together, but the weeks prior to these championships, he was actually "dead" together, but nothing - even his doctor's advice - could keep him from not only putting on the contest, but attempting the nearly impossible feat of lifting in the meet as well. AAU President Al Siegel was out from the Other Coast and in a jovial mood. In contrast to the well-punctured lapsels of some powerlifting officials' suits, Al has only one pin - under his lapel at that - a "No Bull" pin. Also on hand was Al's right hander, Joe Pyra. Joe's work on behalf of the AAU is heroic in scale, and all the while he has been fighting a workman's compensation battle or two back in New Jersey as a result of a couple of serious accidents. Joe, recalling some of his previous professional, inspecting ship cargo, caught some Z's when he could in a lengthy break between sessions on the bench, completely and deeply asleep on the bench, and had quite an audience for his snoring.

Lifting turnout for the competition was light - most AAU lifting activities are back East - but there were some excellent lifters on site, and several lifters were able to salvage desperation third attempt lifts to stay in the meet, thanks to Mr. Sorenson's inspired announcing and the crowd's sincere response.

Hawaii had a team at the contest, and they brought some of the best lifters. Sinh Connolly was your excellent 123 lb. winner. His balanced lifting, with barely a



Sinh Connolly, Best Light Lifter, showed perfect deadlifting form

riars, almost took him to the ten times bodyweight level. Teammate Adam Kong, who's a former bodybuilder, had to have the crowd that he could handle. Sorenson in the 132s over the defending champion from last year, Rudy Madritch, who has one of the sharply delineated physiques and best tattoos you will ever see. Next up was movement specialist Homi Shivalie and a very special performer from John Shapiro, who fought out some noble attempts.

At 148, one of the AAU's best young lifters, Matt Clickett, the "pride" of Joe Oregon's venerable gym in Erie, PA, was a solid winner, hitting an AAU American Record squat of 534 on the way. Matt suffered a very devastating accident as a pre-teen, which left a wicked scar and a fused ankle, but he gets around just fine on the power platform, thank you. Israel Orais, I think he works for GTE, looked quite sharp on this 8 for 9 day. Joe Sorenson lifted raw and had some near misses in the squat and deadlift. Lindy Big 57, was in the mix with the kids for 4th place.

In the middleweights, one of the most persistent competitors you will ever see, Rich Crigilano, used his biggest weapon, a 600 lb. deadlift, that you can count on day in and day out, to secure his AAU National title, when popular George Wilshire dumped a squat, apparently breaking two ribs in the process, then came back to make the lift and all three deadlifts, after each of which he seemed to be semi-paralyzed with pain.

Lightweight champ was Andrew Demore, who was your excellent 123 lb. winner. His balanced lifting, with barely a

AAU Men's Nationals/25-26 May 96/San Mateo, CA	Total
S. Connolly	402 413 425
A. Kong	407 499 499
H. Shivalie	413 429 444
H. Shapiro	413 429 444
L. Clickett	405 518 531
L. Orais	413 440 462
L. Sorenson	405 407 424
L. Bilas	314 347 347
R. Crigilano	451 504 501
C. Wilshire	501 509 529
M. Demore	501 534 551
A. Demore	485 507 548
T. Harris	402 499 499
K. Kanemoto	540 573 609
S. Unterreiner	544 594 534
B. Wayne	402 435 499
M. McDonald	358 380 499
T. Harris	705 749 749
K. Fisher	523 551 567
R. Lof	485 518 540
R. Lof	485 518 540
T. Fallo	573 611 692
C. G. Hill	677 710 749
M. Schultz	639 639 649
C. Coy	633 649 649
P. Maruff	378 449 499
P. Maruff	378 449 499
A. Pett	799 792 712
B. Martin	600 650 705
R. Dempsy	604 629 629
B. Lee	799 792 771
D. Dallinger	523 551 584
S. Williams	551 608 649
J. Ford	659 650 752
T. Pete	578 698 698
M. Demore	413 429 444
S. Unterreiner	544 594 534
B. Wayne	402 435 499
M. McDonald	358 380 499
T. Harris	705 749 749
K. Fisher	523 551 567
R. Lof	485 518 540
R. Lof	485 518 540
T. Fallo	573 611 692
C. G. Hill	677 710 749
M. Schultz	639 639 649
C. Coy	633 649 649
P. Maruff	378 449 499
P. Maruff	378 449 499
A. Pett	799 792 712
B. Martin	600 650 705
R. Dempsy	604 629 629
B. Lee	799 792 771
D. Dallinger	523 551 584
S. Williams	551 608 649
J. Ford	659 650 752

great at a 219.5 bodyweight and lifted amazingly well - his 749 squat looked so easy, he decided to take it again (actually, the judges made the decision), and his benching seems to have been especially

improved with the bodyweight gain. He had a strange double start with his 705 deadlift opener, and - upon similar guidance from the referees - he took it over again for a solid success. 2nd place went to Kevin Fisher, who kind of reminds one of a young Clint Eastwood. Kevin, a veteran lifter, now has a chiropractic practice in Santa Barbara with his wife and young son, and is part of a resurgence of lifting activity in S.B. Ryan T. Tom Lower, who reportedly did an incredible job of spotting/loading for three days at the AAU Masters Nationals last October, finally worked out that muscle (he'd never bodybuilt) and take a rest. He had a long drive home, but he could not find a groove for any of his 541 bench attempts.

In the 242s, Grant Higa - part of an Oregon/Hawaii connection - hit a monstrous American Record squat of 749 which led directly to an AAU American record total of 1779 and the national title. In 2nd was another Oregonian, Mike Schultz, who lifts and looks like a young,

next year, had no competition after Manuel Dennis could not get a bench press circled on his scorecard. Best performers on the first day of lifting were as follows: Best Squat - Matt Clickett; Best Bench Press - Rudy Madritch; Best Deadlift - Rich Crigilano; but the Best Overall Lifter award went to none of the former - instead a lesson in the power of balanced lifting was given by Sinh Connolly.

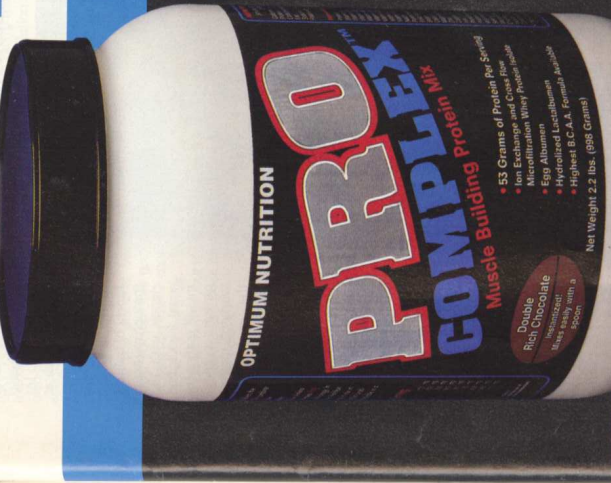
On the second day of competition, Tom Pete, one of original Pacific Power Outlaws, validated his powerful appearance, even with just 3 good attempts, to re-Pete his victory of last year at this meet (he'd never bodybuilt) and take a rest. He had a long drive home, but he could not find a groove for any of his 541 bench attempts.

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TRAINING

MEET PREPARATION, Part I

by World and National Champion Scott Warman



Scott Warman serves as a spokesman for MET-Rx Engineered Foods and Samson Equipment (Wagner)

A great deal of our competition success in the sport of powerlifting is based upon our ability to peak and demonstrate our one rep max in three lifts. As obvious as this may sound, it certainly does not happen by chance, and more often than not, a lifter will leave a meet disappointed in that his gym lifting represented a strength far greater than he was able to register on paper with his total. The ability to demonstrate maximum strength in three specific lifts is a world apart from overall or week-to-week strength. There is much indeed behind the concept that it is not always the strongest man who lifts the most weight, but the best trained strongman/whois victorious.

Your ability to maximize the peak your one rep max is both a SCIENCE and a SKILL, as you manipulate training variables and concepts to produce your true exhibition of maximum strength. It seems as diligently and as conscientiously as you may have planned your training cycle, it never goes quite right. However, you will be far ahead of yourself and your competition if you are aware of this phenomenon and know what specific areas to study. My first real introduction to powerlifting was through Luke's Gym in New Martinsville, West Virginia while I was studying at Marshall University. The biggest impact that this experience taught me was that in order for me to get strong, I had to do a lot more than simply train hard. I had to think. As years went by, I found that of those people who I greatly admired in the sport, they not only were the strongest of the strong, but they were thinkers.

Taking it one step further, I will even say that from a primitive viewpoint, they are actually scientists. Not by the exact definition of the term, but in a loose sense whereby observation, experimentation, hypothesis and deduction are molded together to form empirical theories. The ability to question and analyze with the drive to constantly find a better way is what made Paul Anderson the type of lifter he was. Lifters like Paul Anderson, George Frenn,

centage of activation to create strong muscle contraction.

What we need to take from this information is the fact that without a fresh and recovered neurological system, we will not lift the weight we are capable of. Keep in mind that skeletal muscle recovery and nervous system recovery are two different things. You have to be very careful and sensitive to your current status of neurological recovery or you simply will not be able to maximize your heavy work sets, let alone be fresh at meet time. I first became cognizant of this important aspect of training through my experience with the squat. I would find myself putting together a great workout moving the weights easily, only to find that next week's last warm up sets were slow, heavy and a grind. Something was wrong. I would simply put my gear back in my bag and not squat. Coming back next week, I increased to the scheduled workout even though I didn't do the previous week's weight, and almost without exception, the weights were strong, explosive and easy. Sure I lost some training base by skipping a scheduled training session, but I was able to refresh my nervous system to rebound back. After many years of training, I can sense when my nervous system is beginning to shut down. When this happens, I simply pull away from my top sets or adjust my remaining schedule of work to come so that I am able to recharge this all important system.

Be sure not to confuse an overtrained nervous system with muscle or joint overtraining as they are two entirely different things. Also, you certainly can have one area or body part fresh and the other stale. A good example is in recent years with my training, my hips and legs stay fresh and explosive, while my back can easily be taken over the edge. Thus, I have to adjust not only my back training but also my legs. For example, when my neurological efficiency in my back goes, I certainly don't want to do any kind of overload squat such as heavy partials, box squats or cambered

is the requirement for a high percentage of activation to create strong muscle contraction.

Bill Kazmaier, Mike Bridges, Ed Coan, and the list goes on, are solid examples of strong people who used their minds and creativity to build superior strength. Every time I talk to Lou Simmons or read one of his articles on training, I never stop to think that if all lifters and coaches studied and analyzed training like he does, we would see an entirely new level of strength in our sport.

The point is, that to understand strength, you must study strength and be aware of the factors that affect strength. In keeping with our theme of transferring gym strength to meet strength, I want to focus upon the last eight to six weeks of a training cycle before a meet. It is at this time, as we begin to come down the stretch, that we need to be able to interpret and understand our body's needs. This is definitely not the time to just work hard and continue with what you have been doing, hoping that things will work out. This is the time to evaluate where you are with your training and make adjustments from there. The following half dozen categories

should help you begin to develop the mind set to understand this critical time to maximize your ability to demonstrate your true 1RM (one repetition max) strength.

I. NEUROLOGICAL EFFICIENCY

This is an area I really have to be in tune to if I want to maximize my strength. Simply stated, it is the ability to recruit a high percent of fast twitch fibers. Unless you are conditioned and recovered to do this, you will fall far short of your maximum output, even though your strength is there. Obviously, a highly complicated and technical subject, however, we don't have to have a Ph.D. in exercise physiology to relate this concept to our training so long as we can grasp the basic concept. Thus, neurological efficiency is the interplay between the original conceived thought process of movement through the conductivity of neurons that activate the individual contraction of muscle fibers. Because these muscle fibers are activated individually, there exists the requirement for a high per-

bar squats, as this will only compound the already bad situation. I also may move some of my leg work to machines or belt squats to take the pressure off my spine while I continue to get my leg work in.

I cannot count the times that lifters have explained to me how one workout went so strong and well for, say, the deadlift, and the next week they could barely break their scheduled weight from the floor. Answer—neurologically overtrained. It is here that you are your own best coach and you have to be able to develop a feel and instinct to know when you are beginning to push your system too far.

The worst possible scenario is when you discover on your last heavy workout that you lost it and that you don't have enough time to recover for the meet. The best you can do is to lower your expectations and learn from your mistakes for the next meet.

II. INJURIES

Injuries and powerlifting to gether like olympic bars and plates. There is no such thing as lifting big weights and being injury free. You may as well resign yourself to the injury free before you step on the meet platform, then you will never

compete. Unfortunately, injuries are just part of the game. Just like in football, once camp is over you may as well tell yourself that you won't be healthy until the season is over.

With that in mind, however, you must find a way to work around and minimize your injuries. Unless you can lift progressively heavier weights each week in a training cycle, you will not increase your strength come meet day. Knowing that injuries are ever present in heavy meet preparation is half the solution in staying healthy long enough to continue to follow your schedule and lift greater weights. It is a given that you follow basic training principles to reduce the risk of injuries. Such axioms as not missing workouts, stretching, proper warm-ups, smart decisions in weight increases, avoiding careless mishaps like misloads, poor spotting, ego, etc. are variables that can easily be avoided.

What we will concentrate on in our discussion is avoiding and working around injuries as we work down the stretch in our meet preparation. Obviously, we are moving the heaviest weights during the last six to eight weeks. Not only is injury more prevalent during this time, but it is also easy to aggravate existing injuries or resurface previous old injuries that had been dormant. It is at this time that it is critical to con-

stantly assess how you feel during specific exercises or in working certain body parts. Use your better judgment and experience to know when to reduce the weight on a given exercise or simply substitute for a similar, less stressing movement. At times, all it takes is a small change in position or mechanics that will allow you to continue on. The point to remember here is that you have to be flexible and learn how to adapt. If you merely ignore these signs and continue on with the attitude that you are tough enough to take it and will grit it out, then be prepared to suffer the consequences. Again, I'm not saying to stop training hard — only train smarter.

Learn to identify the difference between muscle and joint stresses and overuse and breakdown. Our bodies are remarkably adaptive and you have to give them a chance. Some examples of this would be if your hip is beginning to ache during the bottom third of the squat — at about six or seven weeks out, then you certainly don't want to push your pause squats, as this will only increase the possibility of a more serious problem. If your pec insertions are not recovering and you find them staying tight going into your next workout, then obviously

you do not want to work your full range weighted drops. Adjust the depth and cut off the last one-third of the range of the movement. When your low back begins to stay sore and your flexibility falls apart because of stiffness, you need to look at your back assistant exercises. Perhaps working in some rehab movements such as the glute ham bench, reverse hypsers or lying cable deadlifts, along with more active stretching on off days, will get you back on track. You may even need to eliminate a deadlift workout and only do assistant work. Better to lose one workout than lose your whole training cycle.

The examples are endless. However, as long as you understand the concepts that I am offering, then you will be able to change and adapt. Remember, you must be in unison with what your body is telling you or you will miss the signals. Never forget, however, that you don't have to be 100 percent to break PRs and outlift your competitors, for there is a good chance that they are not 100 percent either or that your new strength, even with the drawback of injury, is greater than your previous max.

Next month's article will continue with further insight on four new areas of troubleshooting meet preparation.

"If I had to say one thing about being a Champion, I think I would say nothing, actions always speak louder than words."

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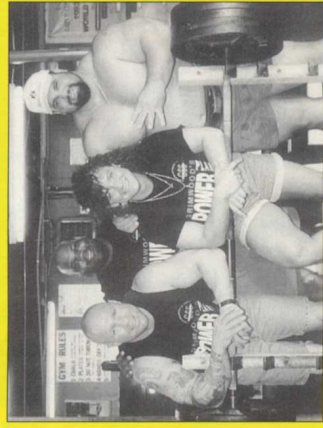
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"I've made ALOT of gains while on your program in size and power. I have put over 100 lbs. on my deadlift and over 30 lbs. on my bench in 12 weeks! Next to my Bible, this is the best book I have ever read due to the effect it had on my training!!" Mike Kenney, Henrietta, New York



Front Row, Terry Grimwood and Tamara Rainwater-Grimwood. Back Row, Todd Hall and Grant Pitts

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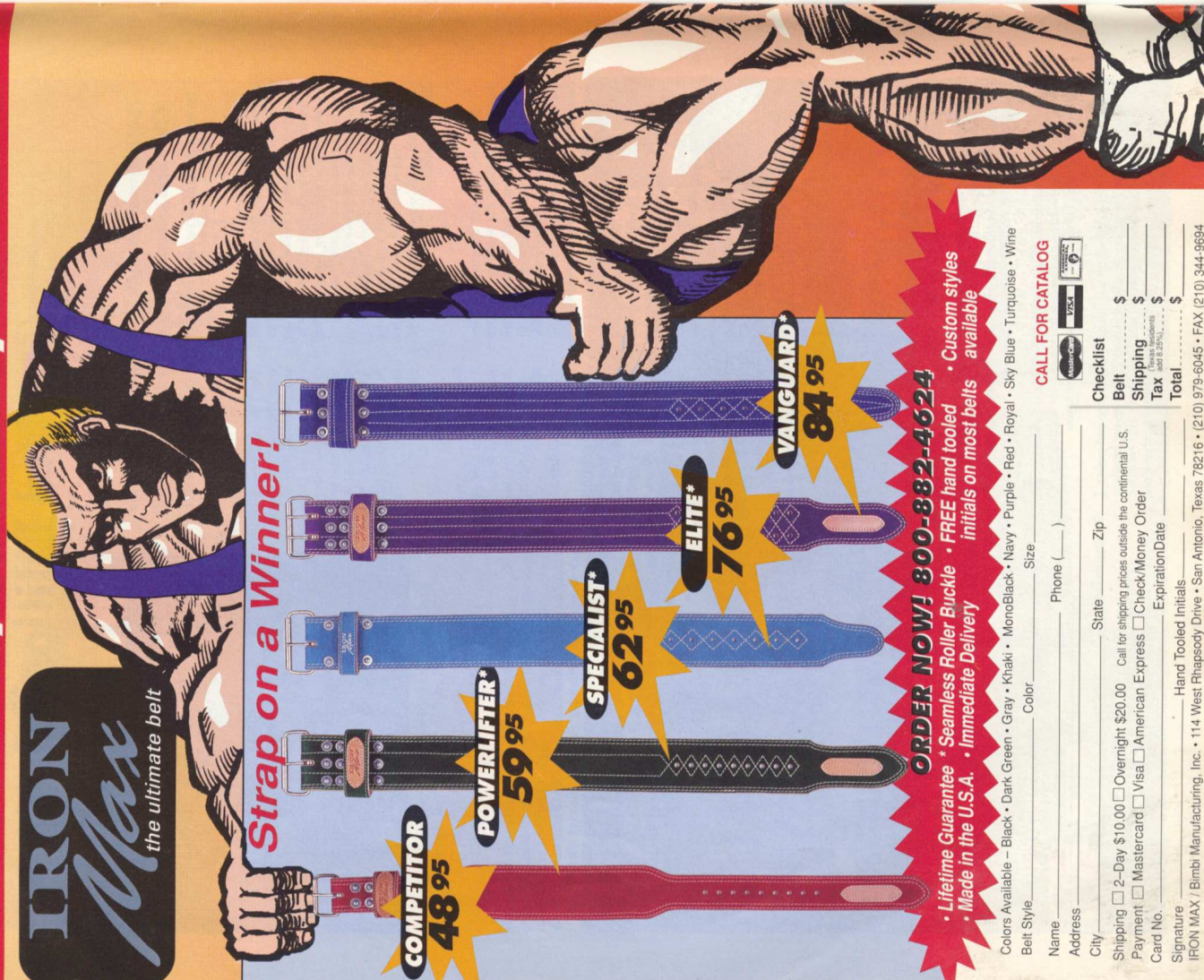
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POWER - RESEARCH

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The ancient philosophers believed that movement is the key to life. The modern interest in complete physique and athletic forms has probably reached us from the ancient civilizations. Today, this philosophy unites millions of ardent followers, who are walking, jogging, running, biking, hiking, swimming, yachting, kayaking, lifting, playing all kinds of sport, and involved in various fitness programs for the sake of life extension and complete shape. It is important therefore to know that along with the positive influence on the body, exercise can also be damaging to it, which substantially devalues the positive effect of exercise, if not taken under proper control. This article will provide the enthusiastic athlete with practical knowledge of how to minimize the untoward effects of exercise. Moreover, practical science means for maximal muscle gains from exercise are discussed here.

The lifestyle and amount of daily activity determines the individual's expenses of energy and proteins, hence, their pattern for nutrients requirement, both in quality and amount. That's why

restoration phase after extreme workouts. This process in the body is monitored by a different, compared to catabolic hormones, set of hormones, united under a generic name of **anabolic hormones**. The group includes a number of peptide hormones: insulin, GH, IGF, pituitary and thymic factors, as well as steroid hormones: testosterone, DHEA, estrogens. High levels of peptide hormones, particularly insulin, GH, and IGF, are necessary during the close after-exercise restorative phase to provide for maximal supercompensation. It requires also fuel, as well as other substrates to restore the negative metabolic balance created by exercise and to provide for further supercompensation. It is worthy to note that testosterone is not involved at this early anabolic rebound stage of post-work restoration and doesn't affect the process of close after-exercise supercompensation. The anabolic effect of testosterone usually appears only during the late post-work recovery period, in a drug-free athlete, 4 to 6 hours after heavy exercise.

In terms of regular food, huge volumes of it is required to refuel the athlete and compensate the wastes during extreme exercise. This is expensive from both a biochemical and economical view. Moreover, large amounts of food can cause further damage to the gastro-intestinal tract. Two decades ago a special term - "hyperalimention", often shortened to "hyperal", entered into the habitual lexicon in various ways to indicate the need for, and provision of large amounts of energy and proteins to replenish their losses during heavy exercise. Body-builders, weightlifters, and weight throwers, bulking up with carbohydrates, casein hydrolysates, and multi vitamins, were the first performers in the "hyperal" mania. The more, the better! has become the war-cry for all competitive athletes worldwide. However, not all athletes predominate in the endomorphy somatotype structure with high digestive efficiency and fat. On the contrary, most of athletes bear meso- or/and ectomorphy structures with moderate or low digestive efficiency. Practical difficulties with large amounts of food intake pushed many enthusiastic

ATHLETES NEED Nutrition Supplements

By **Moris L. Silber, MD, PhD, Silber Sport Med Elite Technologies, Inc., Moscow, Idaho**

men and athletes differ so much in their nutritional profiles. It is important that athletes have relatively low basal metabolic rate (BMR) at rest and the highest metabolic rate during exercise. All serious athletes, both competitive and fitness, use nutrition supplements. Here are some explanations of this situation.

Exercise is inherently a **catabolic** process, optimized for quick production and use of energy and muscle. During exercise, proteins and muscle tissue are broken down, followed by significant waste of body's nitrogen. The more severe the exercise, the more damage is done. Due to this damage accountable losses of certain vitamins, minerals, and other biologically important body's constituents happen during heavy exercise. The process is driven primarily by the adrenal hormones: catecholamines and glucocorticoids - the natural stress

men and athletes differ so much in their nutritional profiles. It is important that athletes have relatively low basal metabolic rate (BMR) at rest and the highest metabolic rate during exercise. All serious athletes, both competitive and fitness, use nutrition supplements. Here are some explanations of this situation.

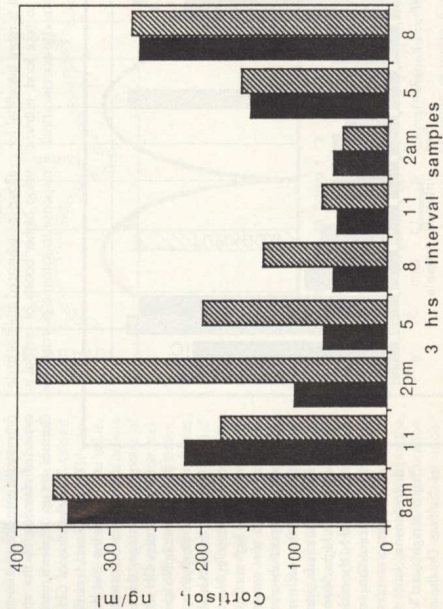


Fig. 1. Circadian profiles of blood cortisol in world-class athletes during a 24-hour measurement at rest (■) and after heavy exercise (▨).

athletes to look for more effective methods which in controlled ways would allow to provide the athlete with a specific variety of nutrients, that quantitatively and qualitatively fit the athlete's metabolic needs. In the past, such opportunities were offered by the technology of parenteral provision of nutrients. Intravenous (IV) supplementation of athletes with 5 or 10% glucose, protein hydrolysates or free amino acids, fats, electrolytes, and multi-vitamins was effectively utilized in the national teams of the former Soviet Union and other East bloc sports superpowers, and also in Italy and Scandinavian countries. For example, IV administration of albivine (a protein hydrolysate) and intralipid (a lipid emulsion) by regular courses during periods of build up heavy training significantly maximized the effect and made it easier to monitor the use of anabolic steroids (AS). The parenteral method, however, had enormous ethical limitations and other inconveniences in practical use. Only recently, due to the innovative philosophy based on the principles of simultaneous utilization of the prandial and after-exercise restorative activation (supercompensation), as well as the progress in nutritional science and technology, it became possible to provide the athlete in a controlled way with right nutrients, compatible with the athlete's individual metabolic needs and training program, to maximize at the end of each exercise/restoration micro-cycle the total supercompensation result.

The revolutionary turning point in this direction was the discovery of the innate capacities of certain natural micro-nutrients to maximize the restorative anabolic - catabolic rebound during the close after-exercise restoration stage to provide for top-limit supercompensation of energy and muscle proteins. These micro-nutrients have been shown to act by augmentation the release of hormones insulin, GH and IGF into the circulation at specific periods of time through the day training/recovery cycle and at night.

Then, the next subject of practical priority requires to identify these specific periods through the

cause the homeostatic feed-back inhibition of the hypothalamus by peripheral cortisol is less pronounced in well-trained athletes (Fig. 1). Further, humans are characterized by a one phase circadian rhythm of testosterone production with the acrophase during the late evening hours and the minimal levels of blood concentration during the late morning and afternoon hours. Yet, relatively high levels of free testosterone in the circulation are still observed at early morning, at 4 to 6 a.m. (Fig. 2). Exercise produces significant decrease in testosterone production and free testosterone concentration in blood; the duration and intensity of such decrease much exceeds the concurrent spike in cortisol release. Then, growth hormone (GH) release during the day activity, when all factors work in harmony. This is characterized by a day at rest is also characterized by one phase circadian cycle. The maximum of its release falls on the night time (Fig. 3). During the day time pronounced boosts of GH production and release into circulation occur under stress situations. This is why GH is considered by medical doctors and sports physiologists as a consistent stress biomarker, the same as cortisol. The important difference between these two stress hormones is that cortisol is inherently a stress catabolic hormone, compared to GH which is inherently a stress pro-anabolic hormone. For example, cortisol elevation is important the onset of any stress to build up the primary defense-line to sustain the expected damage of the stress. Cortisol sets up the alarm reaction. The elevation of GH, on the other hand, is centered on preparing the body's metabolism to the next consecutive stage, the resistance reaction. GH sets up for repairation. No specific circadian biorythm was found for the antidiabetic hormone insulin. Naturally occurring high oscillations of insulin are consistent with the post-absorbance periods after each meal. Hence, the main primary metabolic highs/lows are monitored by the athlete's individual circadian profiles of the hormones cortisol, testosterone, and GH: "high" at nights, and "low" at daytime. On the other hand, during the day activity the same hormones directly the formation of relatively

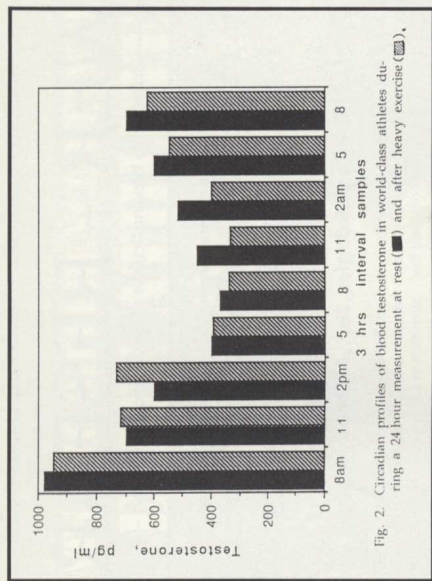


Fig. 2. Circadian profiles of blood testosterone in world-class athletes during a 24 hour measurement at rest (■) and after heavy exercise (▨).

athlete's individual daily overall work out/restoration cycles. First, innate "high" and "low" in the athlete's individual daily metabolic, hormonal, and digestive activities, which form his or her individual chronobiologic profile, have been reported. Then, there were discovered some other metabolic, hormonal, and digestive "high" and "low", which could be induced by external factors, such as food or exercise. It was demonstrated, that during the day-time activity both profiles overlay each other, and the inherent body's circadian cycle significantly influences the second one, initiated by food and exercise, in a pro-counter-manner. It depends on if both cycles do or don't work in harmony with each other. From this point, it is more beneficial for the athlete to take food, nutrient supplements and to exercise at individual specific periods of time during the day activity, when all factors work in harmony. This is referred to as "the right time" for a meal, or taking nutrient supplements, or taking exercise, or rest.

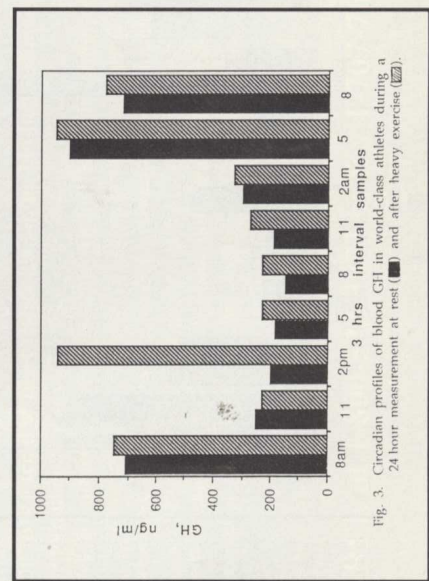


Fig. 3. Circadian profiles of blood GH in world-class athletes during a 24-hour measurement at rest (■) and after heavy exercise (▨).

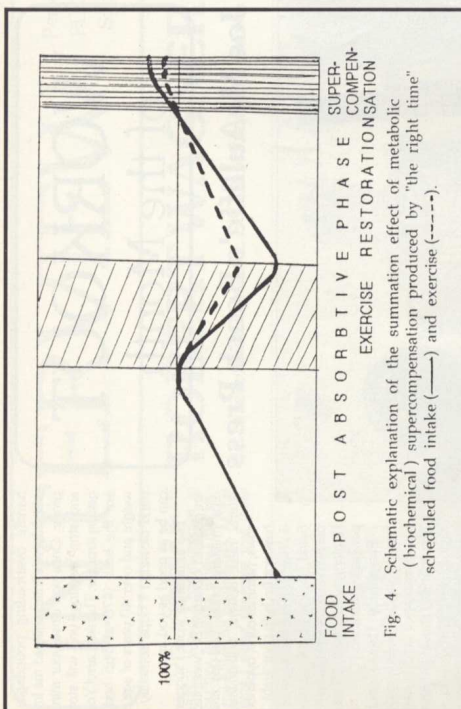


Fig. 4. Schematic explanation of the summation effect of metabolic (biochemical) supercompensation produced by "the right time" scheduled food intake (—) and exercise (---).

short "high" and "low", related to the exercise/restoration events. Fit normally, hormone insulin monitors the size and character of even more daytime short "high" and "low" induced by food intake.

The secondary "high" and "low" induced by food intake or exercise can appear concurrently or separately from each other during the day period, depending mainly on the food intake - workout time interval. According to the update research on athletes, where the two events, i.e. meal and exercise, have been scheduled to work in harmony, a pronounced after-exercise restorative activation was observed. Fig. 4 represents as schematic explanation of this. Thus, it appears of great practical significance to choose precisely the right period of time after the meal, when the workout should be scheduled at. This approach is of great practical value. The next approach, which is no less important from practical point of view, is also related to the secondary "high" induced by food intake. A large body of evidence indicates that meal-induced secondary "high" can be significantly extended by simply including into the athlete's customary daily ration a couple of snacks or nutrition supplements between the main meals, as well as before and after workouts. Thus, the implementation of the "right time concept" helps to prepare a correct shift of all three components, i. e., meals, workouts, and nutrient supplementation, during the overall day exercise/restoration micro-cycle. It enables one to obtain the maximal summation effect from all three increments as the after-exercise supercompensation peak. Fig. 5 demonstrates the opti-

acid residues of ornithine or arginine in conjunction with alpha-ketoglutarate, to activate in a complementary way the release into the circulation of excessive amounts of hormones insulin, GH, and IGF at the "right time" during the day and at night. Moreover, such formulas are also due to their almost twice higher nutrient-availability (absorbance and utilization) and nutritive value, compared to free amino acids.

I am willing to answer and explain any questions linked to this fascinating subject of Sports Nutrition Supplements.

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mal sequence of food intake, workout, and nutrient supplementation during the day exercise/restoration micro-cycle.

The question of whether any nutrition supplements are equal in producing the extension effect on the secondary metabolic "high" heterodimers, compared to free aromatic or aliphatic amino acids or branch-chained amino acids (BCAA). The observed superiority of the amino bio-heterodimers (Amino-BHD) based formulas can be explained by their innate ability, particularly of those, carrying amino

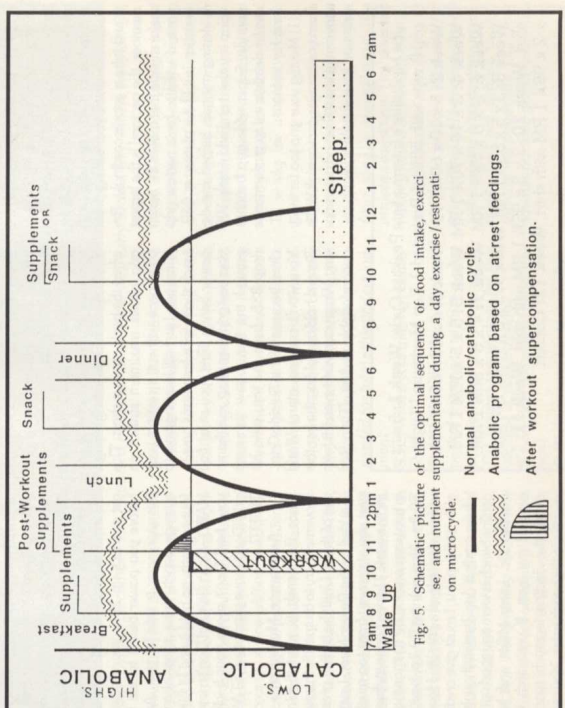


Fig. 5. Schematic picture of the optimal sequence of food intake, exercise, and nutrient supplementation during a day exercise/restoration micro-cycle.

WORKOUT of the Month

Joe McAuliffe's Bench Press



Joe McAuliffe set an ADFPA American Record with a 515 BP at 198 (3/16/96)

The bench press is the most widely used and abused exercise in the world of weightlifting today. Whether it is a health club or at a contest, I see many lifters losing precious pounds because of bad technique. Over the years, I have come to love the bench press and if you share that love or just need to add to that total, read on.

I like to teach my clients, athletes and powerlifters to first go over a checklist before even touching the bar.

1. Feet - positioned on the floor with your backside as close as possible to the bench without hurting your back. It should make your back feel tight.
2. Backside - glute muscles isometrically contracted.
3. Shoulders - should be even on the bench while digging them in by pushing your shoulder blades into the bench.
4. Head - placed in a stable position on the bench with your chin tucked close to your chest, looking at the bar with your eyes.

Key Points - You must take advantage of the natural arch in your back. Anyone who tells you to put your feet on the bench, otherwise it will hurt your back, is illogical and totally uninformed. Get a solid base.

GRIP - Here is where you will find a lot of variation in opinion. You must take into account your arm length before setting your grip. From a kinesiology standpoint, the wide grip bench will work your pecs more than the close grip which will work the triceps more. With experimentation in the gym, you must determine where your strong point is and take a grip accordingly. Remember, the pectoral is the largest major muscle that moves the bench press. I used to be a narrow grip bench, but I hit a plateau at 440. Widening my grip helped me develop my chest and add nearly 100 pounds. Super wide grip benches can be detrimental to performance for a few reasons:

- (1) Moving your grip too far away from your power center makes the movement less stable and puts more stress on your shoulder joint.

Joe McAuliffe's Intermediate Peaking Cycle: **Week 1:** 5 sets of 10 reps with 55% of Projected 1 Rep Maximum Weight.
Week 2: 5 x 10 x 60% 1 RM. **Week 3:** 4 x 10 x 65% 1 RM.
Week 4: 3 x 10 x 70% 1 RM. **Week 5:** 5 x 5 x 75% 1 RM.
Week 6: 5 x 5 x 78% 1 RM. **Week 7:** 4 x 5 x 80% 1 RM.
Week 8: 3 x 5 x 85% 1 RM. **Week 9:** 3 x 3 x 90% 1 RM with shirt. **Week 10:** 2 x 3 x 95% 1 RM with shirt. **Week 11:** 1 x 2 x 98% 1 RM with shirt. **Week 12:** Contest.

handle overloading poundages, which has definitely helped me improve. Once you close your mind and stop learning, you will stop getting stronger. Thanks, Larry! You are the best! (475 at 165 body weight and over 40 years of age is mind blowing.) I hope someday I can be as good as you are.

The assistance work I suggest are declines, close grip BP, weighted dips, military press, pull-ups and lateral raise downs, pull-downs, rows, hammer curls, hyperextensions (to help your arch). I do two or three sets between 5 and 10 reps. I cut assistance out two weeks before the meet. I limit my assistance to 15 sets per heavy workout.

Frequency - I like to bench heavy once per week and do heavy assistance on that day. The light day should be three days later. This should be a day to work on form explosion and flexibility. Do all pause reps on the light day. This should be a pump day to feel blood in the muscles. The workout should be no more than 15 sets. Do 8 to 10 reps per movement and stretch in between sets. This will help aid in recovery.

Speed - Bring the bar to your chest in a slow controlled fashion. Referees will always take longer to signal when you almost drop the bar to your chest. Control it and you will get a quicker press call. When the bar flies to your chest, you have to overcompensate to stop the acceleration forces. You can also slip out of the groove more easily. I like to think of my chest like a rubber band building explosive energy while lowering the bar to my chest. Then when I hear "press," I ballistically explode the bar off my chest.

Equipment - I like the denim shirt. Make sure you get a few because a perfect fit is hard to find. I like to start using a loose shirt for my top two sets when going heavy. I progress from a Size 33 in Week 9 to a size 30 by Week 12. Do all contest pause work in the shirt. This is the cycle that I have used in the past two years to break all my own records. Remember, whether you think you can or think you cannot, you are right!

Joseph McAuliffe, currently holding a World Champion title, is now offering his years of experience, winning techniques and superior strength skills to conditioning coaching clubs to Powerlifters. Call (908) 935-6612 for a brochure about the "Athletes' Edge" - Mind and Body over Iron.

INTERVIEW

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

ROBERT WAGNER as interviewed for PL USA by Stephan Korte

In 1992 I competed at the IPF Junior World Championships in Sydney, Australia, where I met several American powerlifters. At that time I never expected that these



Robert Wagner squatting at Oceanside Gym in December 1992, spotted by Chris Antonio (center), Larry Brown (right), Albert Weithoff (left).

acquaintances would turn into long term friendships. During my first visit to the U.S., my friend Chris Antonio from New Castle, Delaware introduced me to his coach and friend Robert Wagner. Rob and I have become good friends and I have visited each other several times since then. At the time I met Rob, he had previously won both A.D.F.P.A. and U.S.P.F. national titles, and had also been an American and Junior world record holder in the squat. In the meantime he has won another national and world title, as well as adding another world record in the squat.

Rob is currently 31 years old and is the head strength and conditioning coach at the University of Pennsylvania, a position he held when I first met him. He has been living in Philadelphia for the past 4 years. Besides being a competitive

powerlifter, he is also a competitive Olympic lifter and is currently certified as a senior weightlifting coach. Rob has worked with several Olympic and world champion athletes in the area of weight training and is, of course, a powerlifting coach. His coaching has produced both Junior national and Junior world class athletes.

In the years I have known Rob, I have come to realize that his ideas on powerlifting and training would be interesting to the readers of PL USA. This interview was done in December 1995 during my Christmas holiday in Philadelphia.

S.K.: What do you feel the role of the coach is?

R.W.: The primary role of the coach is to set an example for his lifters. This is not necessarily meaning that a coach must be a

good lifter, but that a coach teaches hard work, attention to form, and understanding one's body; they are the keys to success in lifting. Secondly, the coach must be a resource for training information, nutritional advice and a positive influence on the athletes development. This development includes not only the physical and mental training, but also recuperative processes needed for total athletic development.

R.W.: Assuming that the athlete is coming from an off-season mode, I would spend the first four weeks developing the athlete's condition. This does not mean you will be running 5 miles a day, but instead, the emphasis will be to prepare the body for lifting. This will be accomplished by having the lifter perform movements that are similar to and include the powerlifts, i.e., front squats and close-grip bench press.

S.K.: Could you explain periodization?

R.W.: In general terms, periodization is the cycling of training for an athlete throughout a certain period of time. This period of time can be of any length, but tends to be yearly for the power-

(article continued on page 92)

TERRY GRIMWOOD

The "LORD" of POWERLIFTING

as told to Powerlifting USA by Neil Confessore

I am a man who has seen many great lifters, and met some of the top coaches and motivation experts during the two decades I have been associated with powerlifting. There is one man who, until recently, I have watched from afar, but who has always impressed me with the motivation and coaching techniques that he uses on the many lifters he trains. His name is Terry Grimwood, and he really deserves the title of "Lord of Powerlifting." I'll always remember the first time I watched Terry get his wife Tamara ready for an assault on breaking her own world record again. He was yelling and screaming at her; pushing the right buttons in Tamara's inner psyche, and, as always, therecord breaking lifter and the world class coach were successful once again. I continued to watch Terry at a few meets after that first time, and it became obvious that all the lifters he coaches were very successful. I guess you could call it guilt by association, because it seems that every lifter he works with personally makes tremendous progress.

Fortunately for powerlifting, Terry is more than just a great coach, he is also a very honest and generous human being. I have witnessed Terry at every meet I have seen him at. The man reminds me of the "Energizer Rabbit," because he keeps going and going, and never seems to lose his electrical charge. Terry Grimwood is energetic, personified. Just being around Terry makes you want to powerlift. I remarked to my brother, Chris, on one occasion, if Terry could not motivate you to make a lift, you're either dead or it's time to retire.

When I told Terry I wanted to do a story on him, he was surprised, because we had never talked to each other that much. Most of the time, we said "Hi!," exchanged

Terry because he's done it this way at every meet I have seen him at. The man reminds me of the "Energizer Rabbit," because he keeps going and going, and never seems to lose his electrical charge. Terry Grimwood is energetic, personified. Just being around Terry makes you want to powerlift. I remarked to my brother, Chris, on one occasion, if Terry could not motivate you to make a lift, you're either dead or it's time to retire.

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In With the Big Guys... Terry is flanked by Grant Pitts and Gary Heisey. (Grimwood)

personal accomplishments and how many diverse activities he associates himself with. Terry is the 1990's version of the 'Renaissance Man'. Terry has been a Golden Gloves boxing champion, and is also a pro boxing trainer who still spars with world class professional boxers. Terry is Pennsylvania State Kick Boxing Champion. In the world of Powerlifting, Terry is the trainer and coach of, unquestionably, the World's Strongest Woman, Tamara Rainwater-Grimwood, who also



Tamara & Terry make a point. (Davis, photo)

happens to be his wife. He is also the owner of Grimwood's Power Plant Gym, where he coaches and trains his Powerlifting team. This is a team which has produced numerous champion and highly ranked powerlifters, year after year.

Terry and Tamara also travel around the globe to promote and assist at hundreds of Powerlifting events. Terry has been a top administrator for several different Powerlifting organizations, is an I.P.A. Referee, and is also on their Executive Board. His goal is to help make the International Powerlifting Association the standard which other powerlifting organizations should try to emulate. To top it all off, Terry is the author of a book, Grimwood's Strength System (now revised). This book lets the reader understand the training philosophy that Terry and Tamara have used to create some of the strongest men and the most powerful women in the history of the sport. This book should be on the shelf in every powerlifter's training library.

Needless to say, Terry seems to keep himself in a state of perpetual motion. Terry Grimwood is a human dynamo. He is a man on a mission to help make the sport of Powerlifting a household word around the world. Men like Terry Grimwood are the heart and soul of the sport. Terry is on a crusade to help proliferate the sport of Powerlifting. He puts his integrity and honor into this quest to fulfill his mission. There can be no doubt that Terry Grimwood deserves the title "The Lord of Powerlifting."

When I started competing in Jersey state records in every lift

1989 there were considerably fewer powerlifting organizations. Through my reading of Powerlifting USA I determined that the ADFPA, because of its strict drug testing position and its credibility as a quality organization, was the organization I was primarily interested in, although I have competed in the USPF New Jersey States several times.

What are some of the titles you have won and records you hold? All of these were accomplished in 1995 at 50 years of age. I rarely do max singles in training. Although I am a National Champion, four times and ADFPA Deadlift National Champion three times (mesters). I hold the ADFPA New Jersey state records in every lift

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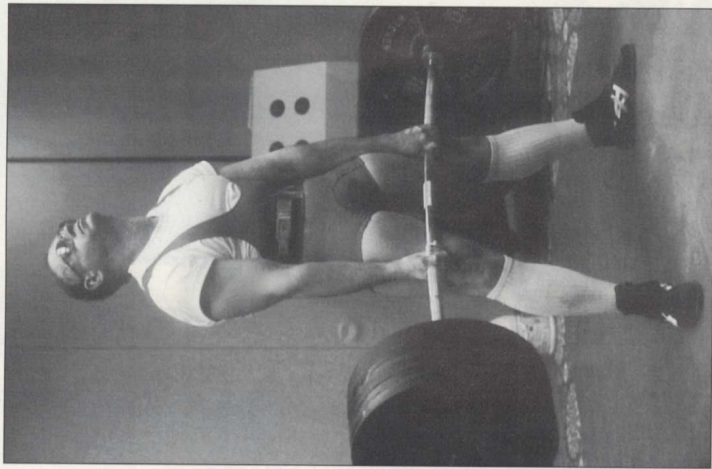
What are your best lifts in competition and training? My best competition lifts are 575 squat, 320 bench press, and 650 deadlift, and a 1540 lb. total.

What are your views on drug

INTERVIEW

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

FRED RICE interviewed for PL USA by Bob Gaynor



Fred Rice is an exceptional masters drug free deadlifter. (F. Rice)

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What are your views on drug

usage and drug testing? FR: I think we need to remember that drug usage is not only harmful - it is illegal! I believe that the ADFPA is doing a good job of drug testing, and I'm glad to see that the USPF is improving in it. Although I have passed more than one polygraph test, I do not believe in them. I know of several drug-free lifters who have failed them, and I know of too many drug-users who have passed them, and then been caught by urinalysis. As Dan Wagman pointed out in his articles on drug testing, the polygraph is a fear-detector, not a lie-detector. In trucking we are required by the Department of Transportation to have 50% of our drivers random-tested yearly at an independent testing site, where strict chain-of-custody rules are observed. I think we need to enact something of this nature in powerlifting. Forget the polygraph, but increase the urinalysis, emphasizing out-of-meet testing as well as testing at meets. To the ADFPA's credit, a certain amount of out-of-meet testing is done, and I have heard that the USPF is doing the same. Let's do more and better!

Do you use any special supplement program or follow any special diet? FR: I take a high-potency multiple vitamin/mineral, vitamin E and Beta Carotene. I try to keep my protein high (1-1.5 grams per pound of body weight per day), my carbohydrates medium, and my fat low. I take Creatine Monohydrate and have some Champion Nutrition Metabolite II before and after workouts.

What are your future goals in powerlifting? FR: My goal is to continue to improve, setting personal records, and secondarily to win competitions. Perhaps the most fundamental reason I lift is to reduce stress.

Give us a breakdown of your training program. FR: I base my training on competitions that are coming up. I like a 16-week cycle best, and break it down into four mini-cycles. The

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POWER SCENE

Well, Anthony Clark didn't get the role of Arnold Schwarzenegger's henchman in the next *Batman* movie. 400 lb. wrestler Jeep Swenson got the part - perhaps 360 lb. Anthony was too small! If Anthony's thinking about a future in movies or TV, he may have to move out here to L.A. It's tough to get cast when you're living 1500 miles away in Texas.

New York is another media capital he could consider. Brooklyn's Ellen Stein, an ADEPA Masters champ and world record holder, is going on the nationally syndicated *Maury Povich* show soon, in an episode titled "Could It Possibly Get Any Tighter?" Ellen and a female bodybuilder get to carry Maury on stage, where he makes a crack about getting "picked up" and then Ellen gets to do a deadlift.

Later on, the show gets into the difference between powerlifting and bodybuilding - let's hear it for that being explained on national television. Ellen got the royal treatment: limousine ride to the taping, hair, make-up. Of course, the show is mostly about tight fitting outfits and gym pickups, but, hey, it's more exposure for powerlifting. And she did get to plug one of her sponsors - Power Bar. She's sorry she didn't get the opportunity to mention other companies that are supporting her lifting efforts, so I'll mention a couple of them here. Power Stars and Titan Support Systems, Ellen says thank you.

I want to say thank you to a company whose product I really like. NEXT NUTRITION makes Designer Whey Protein, and it sure beats the other brands of protein I've tried. Of course, I was happy that it just mixed easily, but it also works really well. And I order it from a company that advertises in *Powerlifting USA*, Peak Performance, 'cause they've got the best

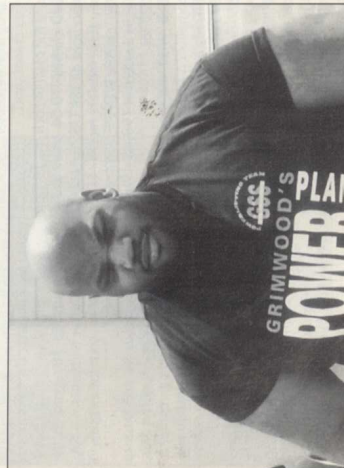


U.S.P.F. President Peter Thorne with U.S. Senator Daniel Inouye

price. You can reach them at 1-800-991-PEAK. As a matter of fact, I found out about them from their ad in this magazine, so it does pay to read those ads.

One ad you may want to check out is the one for Judd Biasotto's new book, *The Bench Press, Training & Techniques of the World's Greatest Bench Pressers*. Where else are you going to learn from Ted Ardi, Chris Contessore, Anthony Clark, Ken Lain, Craig Tokarski and many more of the greats all in one place? You get it all in concise 10-15 page sections on each lifter.

One guy who's not in that book is Todd "House" Hall, but that's 'cause he's just coming on the scene. Tamara Grimwood sent me this picture of Todd, who at 5'6" and an estimated 400 lbs., certainly has the build to be a huge benchner.



Todd Hall represents a new dimension in benching. (Grimwood)

USPF President Peter Thorne continues his extensive travels promoting the world's strongest sport. In Washington D.C. Peter caught up with U.S. Senator Daniel Inouye of Hawaii; Peter never misses a chance to increase powerlifting's exposure, and where better to do it than the true halls of power.

A few months back we printed some pictures of some license plates that seemed pretty cool, and we asked if our readers had some they thought we should know about. Well, Betty Tenorio of Hazel Crest, Illinois took us up on our request and she sent along photos of her plate, "PWRWOMN" and that of her workout partner, Earl J. Davis, "PWRLFTFR". Thanks, Betty, for your help.

And, finally, good luck to one of our favorite powerlifters, Melody Jordan, who's returning to the competition platform after a three year absence. Iran into Melody at Bernie's Powerhouse in Carson, CA, when we were shooting a coach's corner segment with Bernie Gagne and Melody's husband Kevin for *POWERLIFTER VIDEO*. Septem-



Melody Jordan... a Sept. 21st comeback

ber 21 is the USPF Central California Open, and that's what she's aiming at, and we wish her great lifting.

Be strong, NED LOW.



License(s) to Lift... Betty Tenorio and Earl Davis' plates tell the tale.

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TRAINING

CHAIN REACTIONS: Accommodating Leverages as told by Louie Simmons, WESTSIDE BARBELL

Because the human body is stronger at some positions than at others, we are limited as to the amount of weight we can use in a certain movement. For instance, you may be able to do a quarter-squat with 600 pounds, but you may be able to full squat only 400 pounds. We all know through practical experience that while doing a simple curl, at the start the movement is very hard, whereas at the finish it is somewhat easier because of changing leverage. This problem was first addressed around 1900 by Max Hitzel. His solution was the oblong can, which he patented. Years later, the Nautilus line of exercise equipment once again tried to solve this age-old problem, but - in my opinion - unsuccessfully.

One lifter's strength will certainly be different from another lifter's at the same joint angle. Let's go back to the 1960s and power rack training. A power rack will, in one way, address this problem. For example, let's say a lifter can deadlift 600 pounds off the floor. Utilizing a power rack, with the weight 2 inches off the floor he can pull, let's say, 625 and 4 inches off the floor, 650. By setting the weight as high as 8 inches off the floor, he may be able to pull 750. In this manner, we have solved, at least partly, the problem of overloading, or providing adequate resistance as joint angles change.

However, it's difficult for some to display this new found strength to flow from pin height to pin height. This can be explained by the fact that it is very seldom that one's body position is the same while pulling off the floor as it is while pulling off the rack. Isokinetics may be a partial solution, by maintaining a constant bar speed. But as with most machines, you must follow the path of the machine, which is different from the path of a free weight. The path of the barbell is somewhat unpredictable at times. Another drawback is that prior to the start, as well as the finish, there is no load bearing on the lifter with this type of apparatus.

Is there an answer to the problem of how to overload or adequately load the body to match the body's increase in leverage? Yes, there is. While many people call me for advice, others give me advice that I pass along. A gentleman, whose name I don't remember, related to me some training he had done with chains. This was a few years ago, but we finally got around to using chains in an experiment with the following lifters: Arny Weisberger, a current world champion, whose best total in 12 weeks went from 975 to 1025 at 123; Vanessa Schwenker, a current national champion, whose

the chains leave the floor.

The chains compensate for added leverage near the lock-out. If you are weak at the top, this will solve your problem. Also, it will develop starting strength. Because the chains make it more difficult to press as the bar ascends, you will instinctively try to accelerate the bar from start to finish.

The effects of special training normally occur in 2-4 weeks, but to my surprise, the training effect with chains is immediate.

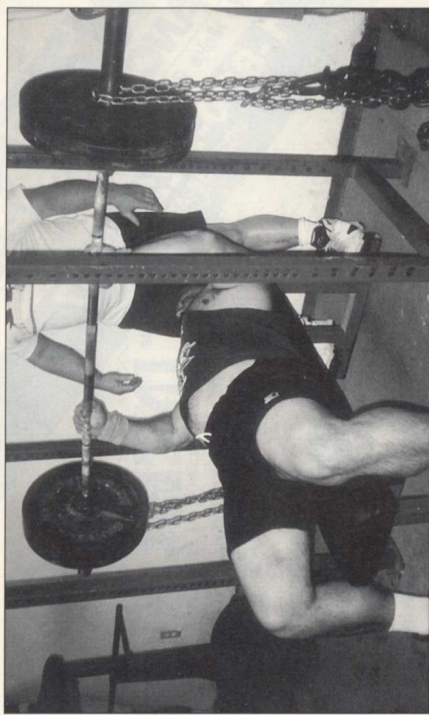
As an experiment, we loaded the squat bar to 415 and did 2 reps. Next, a set of chains was added. They were attached so that all the chain weight was on the bar at the top, or 455, and half was unloaded at the bottom, or 435. Four additional sets were done, for a total of five with 415 or more. On set 6, two sets of chains were placed on the bar; top weight 495, bottom weight 455. On set 7, three sets of chains were used; top weight 535, bottom weight 475. Set 8, four sets of chains were used; top weight 575, bottom weight 495. Set 9, five sets of chains were used; top weight 615, bottom weight 515. These rest periods between sets, we were actually more explosive because of the chains. This immediate effect is unheard of with conventional training.

I don't sell chains, but I hope you buy this idea. It is one of the most effective ways to train that I have encountered. The chains will build starting strength and overload the body at the top of all three lifts, where due to added leverage, the muscles receive little work compared to the bottom portion of the lift. At the bottom, the chains work

As a lightening device, by enabling one to handle the most weight at any one position of the lift. I am passing this Westside Secret on to you in the hopes of helping you to reach your goals, whatever they may be.

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CHAIN REACTION... Tom Waddie incorporates chains into his bench press training. (D. Black photos)

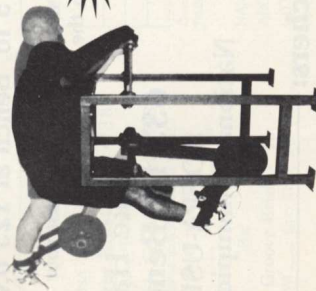


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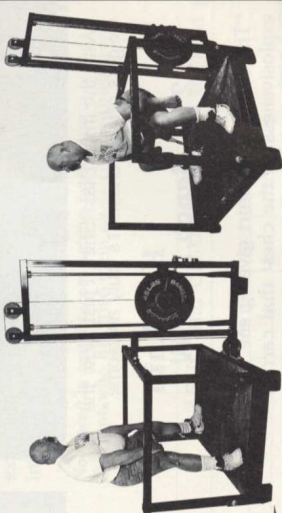
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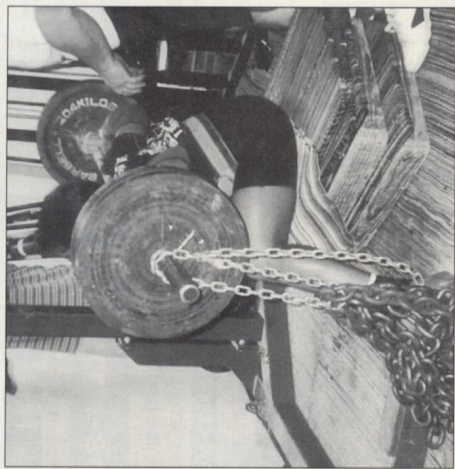
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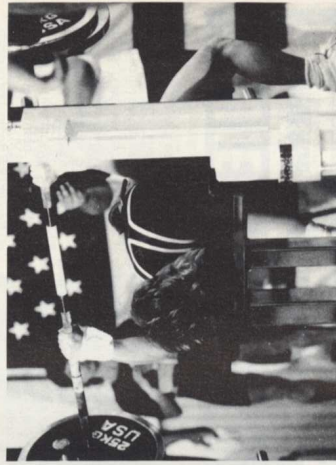


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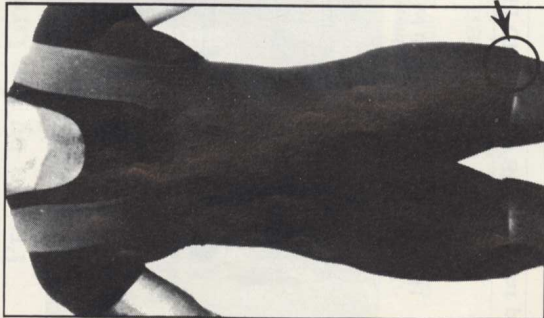
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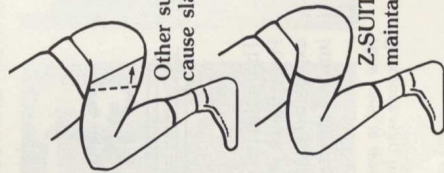


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Gerald Welch - ADFPA Ntl. Champ, PL USA Governan

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

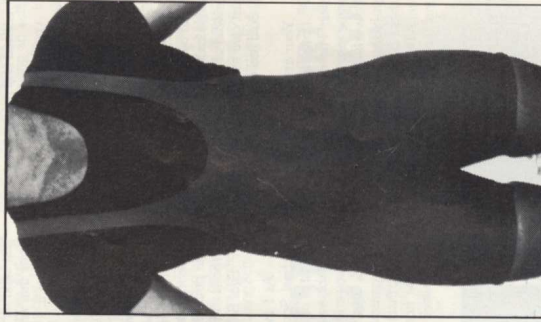
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Since my article, "The More I Watch Powerlifting, the Better Professional Wrestling Looks!" in the April issue of *Powerlifting U.S.A.*, I've been flooded with letters and telephone calls. Ninety-five percent of the responses were extremely positive, but there were a few letters and calls that might best be described as, well, scary! In fact, I haven't received so many threats since the article I wrote on chiropractors back in 1986. This has once again prompted me to have my secretary start my car every morning, and open up all of my mail that is in soft envelopes. Anyway, I thought it would be both fun and informative if I shared some of the excerpts from the correspondence I received and my responses.

You're an idiot! And your article on the "State of Powerlifting" was pure garbage. I'll never read anything else that you write. James C.

James, I really appreciate your candor, but I'm not an idiot, and I stand by my article. Powerlifting in America is fast becoming a travesty. Instead of attacking my character, just give me some evidence why I should feel otherwise.

Your article in the April issue of *Powerlifting U.S.A.* was the best I've read in a long time. I have one comment, though. If *Powerlifting U.S.A.* would stop publishing the meet results of all these bogus organizations, I believe they would die out. By giving them print, you're just rein-

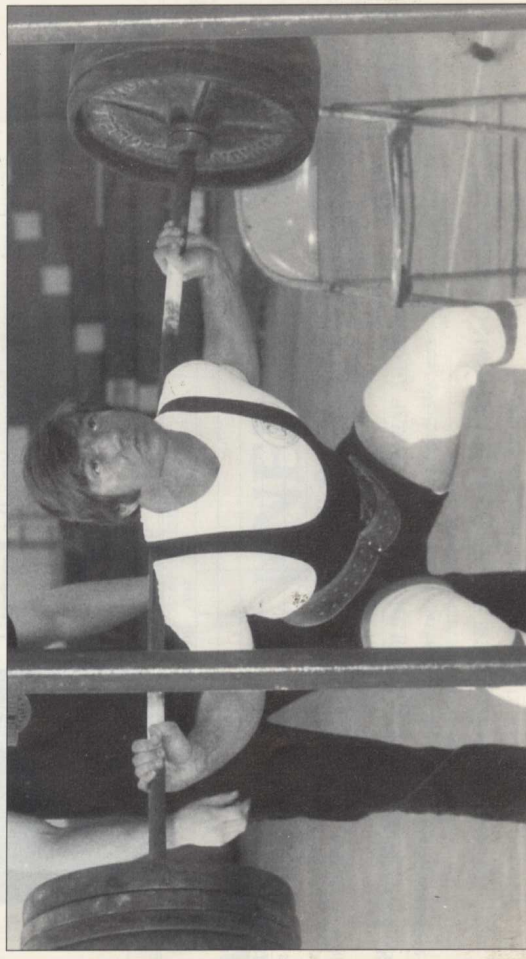
Dr. JUDD

"A Hit Dog Will Holler" -- Wanda Cooper by Judd Biasiotto Ph.D., World Class Enterprises

forcing their existence. Michael S. Still, if there are 29 organizations rather than 20 as reported, that just goes to strengthen my argument, that powerlifting in America is becoming a joke. I remember when Larry Pacifico became the first lifter to win 10 national championships. I believe it took him 12 years to accomplish the feat. In my mind, that was one of the greatest feats in the history of powerlifting -- being so good for so long. It was awesome. If Pacifico was competing today, he could win that many national championships in one year. That's crazy. It devalues what great athletes like Pacifico have accomplished. It's not fair. An athlete has to work hard and sacrifice a lot to become a national champion. If everyone has a gold medal, the medal has no value.

I want you to know that I don't need your permission or Powerlifting U.S.A.'s to run a meet. And

Belov... Dr. Judd was one of the finest drug free 132 lb. squatters



using drugs, only one of them has ever tested positive for drug use -- and I have a lot of friends in Europe, well, I did until April's article was published.

I notice that you belittle the 132 lb. Drug Free Master Lifter's title. I don't ever recall you competing in a drug-free contest. I don't recall you competing at all in recent years. I don't need to feed my ego or make a buck by poking fun at other master lifters or those with low drug-free totals. Scott T.

First of all, the 132-pounder I was referring to in the article was not a master powerlifter. He won his title (National Champion) in an open meet, with a total of 940 lb. Believe me, that is not a national caliber total, and it's certainly not a total that's high enough to win a national title. To use an analogy, it would be like winning a national title in track and field by running a 12 flat 100 meters, or throwing the shot put 40 feet. What does that say about our sport? Believe me, I'm not making fun of the lifter's total, but rather the organization that would award him a national title for it.

As far as my lifting goes, what does that have to do with the ver-

Actually, I didn't say that most Europeans use drugs. I said, "Most Europeans that I know openly admit to using large amounts of illegal drugs (i.e.) to enhance their performance." As far as the drug testing being more stringent in Europe than in the United States, I honestly don't know. I do know that many European countries randomly test their Olympic athletes. I certainly believe that is a step in the right direction, and I would like to see that type of testing adapted for powerlifting.

I will say this though, if the testing is more stringent in Europe, it hasn't been all that successful. Of all my friends in Europe who are

ity of the article? Do I have to win a national title to have credibility? I believe K-Mart has a special on their right now. Anyway, just for the record, I was drug tested numerous times when I competed. More important, I never used drugs to compete. The reason I don't compete anymore is because in 1988 I broke my neck in a lifting accident, and I'm partially paralyzed on the right side of my body.

Your article was great. You made a lot of good points, but I doubt seriously if it will change anything. As you mentioned in your article, powerlifting has become a circus and the clowns who are running it are not going to change it as long as they're making money. And lifters are not going to complain as long as they're winning championships. It's a hopeless situation. Brian P.

Nothing is hopeless. Powerlifting is in bad shape, but it's not in terminal. It's true that most people are selfish, but believe good people recognize that fact and overcome it. Powerlifting has a lot of good people in it; for that reason alone, I believe the sport will survive.

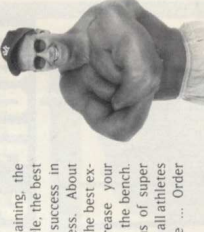
I really liked your article, but I think you missed an important

I know a lot of athletes who have the potential for greatness. They have it all: good genetics, a great work ethic, mental toughness and awesome strength and power. The sport is there for their taking, but they won't compete. They're afraid of competition, afraid of getting beaten. They don't have the guts to put themselves on the line; consequently, they will never amount to anything in their sport -- they're not involved.

It's sad, because contrary to popular opinion, losing is not a sin. It's all right to lose. In fact, if you take an active part in life, you're going to make mistakes and lose now and then. It comes with the territory. It's okay to make mistakes, fail or lose. It's a part of being human. Such experiences demonstrate that you're taking an active part in life, that you're taking risks.

People who play it safe make few mistakes. Let's face it; if you don't compete, you can't lose. Losing and/or making mistakes gives evidence that you are stretching to the limits of your abilities, growing, risking and learning. It's evidence that you're actively involved with life. To do that you have to take a chance. You have to compete against the best, and when you do that you will bring out the best in yourself.

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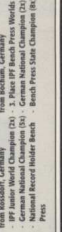


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Negative or eccentric resistance probably hits its peak during the famous Arthur Jones 'Nautilus' era in the 70's. Jones touted his new machines and training principles quite effectively through muscle magazines of the time, particularly in 'Peary Rader's IRONMAN'. One of Jones' commentaries was the importance of the negative or lowering phase of the weight during exercise. Jones felt this actually a more effective strength and muscle builder than the concentric or upward phase of the movement. The same muscle groups that raised the weight were further stressed when they were asked to slow and control the descent of the bar. Many tried this approach. Some lifters were able to lower so much weight that multiple spotters were necessary to raise it up for the lifter to lower. Lifts like squats and deadlifts were real challenges for spotters, not to mention potentially unsafe for lifters and spotters alike. Negatives were not a completely new training principle as legendary deadlifter, Bob Peoples, used a form of it decades before. Since then, many experts have either subscribed to or dispelled this maxim, and many weight trainers still incorporate some type of negative training.

I feel that the average powerlifter does not use negatives or the lowering of the weight as effectively as possible. Let's say the lifter can max out at 300 for 1 rep in the bench. After comple-

the weight is less, you can resist and apply the negative principle more effectively to the lower portion of the exercise. For those of you who have problems with the lower part of the lift, this change in approach may help matters. Using a weight no more than 105% of maximum can also reduce the chance of injury. If a lifter uses a heavier weight than his muscles, ligaments, and tendons are used to, an injury can occur. Work into heavier negative weights gradually over time.

You can also derive additional benefits by adding more emphasis to the lowering phase of your regular workout, especially on your assistance work. Take twice as long to lower the weight as it takes to raise it. Much of the set is wasted by just dropping the bar down to start the next rep. Make each rep of each set count. You may end up using less weight or doing fewer reps, but your results will be greater, with the same amount of sets. As I have mentioned in many of my previous articles, reducing the weight you use can be much more difficult for some lifters than outlifting Ed Coan.

Using big weights for negatives still may have its place, but using a weight less than the Dallas Cowboy offensive line can also be valuable in your training regime. Using at little less weight for negatives may seem 'eccentric', but it may have a negatively positive effect on your lifting.

DOUG DANIELS

STARTIN' OUT

A special section dedicated to the beginning lifter

Negatively Positive

as told to Powerlifting USA by Doug Daniels

but as the bar reaches a parallel position to the floor, it just falls. The lower aspect of the movement produced little, if any, stimulation. Gravity took over the bar, not the muscular structure. Negatives can also be performed when the lifter reaches normal positive failure on a set. The spotters then raise the weight so he can work past failure using negatives.

What would be a better approach to negative reps? I suggest reducing the weight a bit so that the important lower portion of an exercise gets adequate work, not just the top part. Go no higher than 105% of max weight and preferably use 100% or less. Lower the weight in a slow and controlled manner, but the difference is now that

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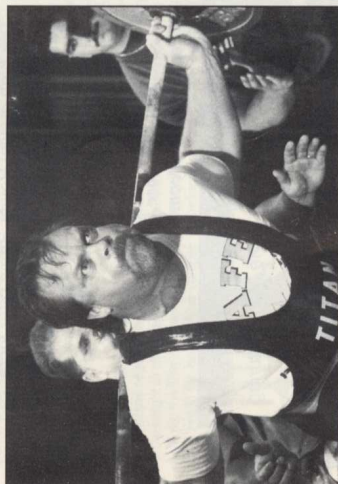


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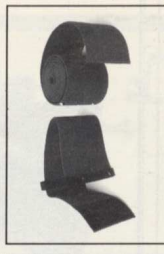
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USA TOP TEN RANKINGS COMPARISON - 1965 vs 1995

compiled by HERB GLOSSBRENNER (114, 220, 242, 275 N.A.)

1995	1965	Tot	SQ	BP	DL
123 MILANE	123 MOYER,D	1160	460	250	450
Buterbaugh,D	Carrier,J	939	300	224	415
Arenberg,	Burrola,R	915	305	200	420
Weiss,D	Herrera,J	905	300	205	400
Boudreau,C (F)	Melendez,R	895	300	210	395
Young,	Nunez,J	870	290	235	345
Higgins,F	Gellner,D	860	320	170	370
Smith,I	Kennedy,J	860	315	175	375
Lee,A	Castellino,P	850	260	215	375
Coofing,J	Cross,M	350	270	170	410
132 HEATH,D	MOYER,D	1170	475	255	440
Taylor,	Wesby,J	1090	360	250	480
Olson,B	Bojazi,J	1090	345	245	500
Kupperstein,E	Petillo,A	1070	400	250	420
McLaren,R	Niely,G	1025	310	240	475
Hoff,R	Krause,T	1020	360	240	420
Sandoval,R	Elmer,B	1010	340	210	460
Wood	Kenyon,J	995	345	205	445
Washington,H	Boney,L	990	315	220	451
Arenberg,	Balazs,I	980	310	205	465
148 CONVERS,A	MINTZ,L	1215	425	315	475
Hooper,W	Brannum,H	1205	415	330	460
Shackleford,M	Scott,R	1180	400	255	525
Benemerito,J	Hale,R	1147	378	316	453
Siegel,S	Galloway,J	1140	385	273	482
Sigala,M	LaMon,V	1135	380	275	480
Temmerman,G	French,P	1125	345	275	505
Weinstein,L	Latrice,T	1120	405	255	440
Page,G	Batts,W	1120	325	260	535
Beaumaster,P	Spangler,B	1120	365	280	475
165 CRAIN,R	DEVERS,G	1380	460	320	600
Reardinelli,A	Harris,N	1365	450	285	630
Beavers,M	Brown,L	1305	450	325	530
Convers,A	Matthews,J	1290	450	340	500
Austin,D	Ingro,L	1290	295	475	520
Bridges,B	Smith,O,J	1285	415	320	550
Gibson,L	Hall,J	1245	365	280	600
Turner,C	DiGiacomo,F	1235	425	335	475
Celli,R	Drohm,M	1230	400	365	465
Jackson,K	Brokenbaugh,W	1230	400	280	550
181 COLEMAN,A	RAY,R	1470	480	410	580
Benemerito,R	Andrews,B	1448	506	382	560
Smith,	Gomes,F	1430	475	340	615
Jones,G	Mays,E	1415	455	360	600
Gibson,T	Jackson,O	1385	470	360	555
Pearlstein,D	Hurst,J	1375	475	340	615
Sechrest,M	Robinson,W	1370	475	360	555
Ruigliano,T	Allen,C	1360	460	350	550
Succarotte,A	Harris,N	1355	455	285	615
Danforth,M	Smallwood,A	1350	415	325	610
198 KELLUM,J	NORRIS,E	1550	515	385	650
Harris,A	West,B	1546	565	385	596
McCoy,J	Love,H	1540	550	390	600
Dunagan,J	Seno,W	1515	515	430	570
McAuliffe,J	Caulley,J	1495	510	350	635
Bell,G	Nicholson,F	1483	475	350	658
Wagman,D	Washington,T	1471	476	372	623
Coak,B	Wachholz,P	1467	485	345	637
Stokes,B	Wright,Doug	1450	505	395	550
Fressenden,M	Blinder,S	1445	530	310	605
199 SHW	ROBERSON,G	1931	730	486	715
HENRY,M	Casey,P	1913	695	548	666
Hill,H	Todd,T	1890	675	475	738
Hammann,S	Cundy,D	1690	520	435	735
Springer,P	Miller,W	1675	570	380	723
Waddle,T	Weaver,B	1675	650	420	600
Onosai,J	Young,G	1655	560	420	675
Dempsey,B	Veller,T	1635	550	410	675
Brodsky,S	Spatz,M	1620	580	410	620
Obradovic,J	Yazolino,P	1615	580	520	615
Moore,B					

COMMENTARY "HAPPY BIRTHDAY"
-USA Powerlifting. It seems like only yesterday our beloved sport began. Now it's reached its 30th semi-official birthday. Like the roots of a growing tree, it has branched forth. There are nearly as many candles decorating the cake as there are organizations. USA talent, even though diversified, miraculously remains the strongest group in the World. Congrats to Team(s) USA! Now, as it was then, the rules are clearly written and remain the same. A squat is still below parallel and the bench press is still with a pause. I chastise the world body IFF, for its disallowance of the reverse grip bench press. They ridiculed high jumper Dick Fosbury for his famous flop style and now everyone in the World is doing it. It is autocratic and unfair to penalize Anthony for his innovative style!

I commend Dr. Ken and Ralph for implementing the recent change in the IFA squat rule. I also praise Mr. John Schaefer, President, for allowing this bold move. The IFA has taken a giant step. I now believe they DO have the athletes' best interests in mind.

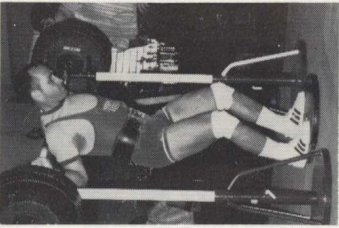
I've never been one to mince words. What is good for the goose is good for the gander! I've praised the APF as a fine organization and I still stand behind them. However, I feel betrayed, especially in view of the fact that I've praised their improvement in officiating over the last year. I found the officiating at the recent APF Seniors to be nothing short of horrendous. The APF has a fine group of people. There was an instant bonding when I went to them. I hope I've formed friendships that will last forever. I uphold ALL ATHLETES in ALL ORGANIZATIONS. The sport is for them and nobody else. The officials are the caretakers of the sport. They are duty bound to enforce the rules. All the recent problems and inter-organization frictions can be avoided by GOOD OFFICIALS who enforce the rules. I shift the blame from the athletes to them. Speaking generally, Federation leaders should be democratic not autocratic. Only in a democracy can any bonded group grow and prosper. I still stand behind the APF and its purpose but I expect to see a consistency of GOOD OFFICIATING henceforth. Anything less will be inadequate. I see Terry Dangerfield as a LEADER in the radical change and overhaul that MUST HAPPEN. I believe it will. I bear the same grudge by those dubious BP claimants (I don't mean you, Anthony). I've already cleared up misconceptions on some of these individuals. As caretaker of the stats, I feel duty bound to PRESERVE THE INTEGRITY OF STRENGTH. The message is for ALL LIFTERS and ALL ORGANIZATIONS. If there is something STRANGE, don't COMPLAIN - implement CHANGE. Enuff SAID - let's go AHEAD.

Let's review the first USA rankings I compiled in 1965. Compare them with the '95 list. We've made great strides. These pioneers made it possible. From that first list, winning World Master titles and still active today are Roberson, Ray, Hale, Cross, Nunez and Nieszy. Inspiring! Look now at '95.

The USA totals top the World. Depthwise, talent seems to have been diluted in the lighter categories over the past few years. Conyers is unquestionably the best 148 in the world and made me a believer first hand. Crain, on top in '95, has young wolves nipping at his heels. Kellum, Coan and Coaggins are Men from Krypton, far above ordinary men. Is Captain Kirk invincible? Henry has amazed many with no artificial aids. Will Anthony lift big and indisputably claim No.1 SH spot with a big squat? We'll know at the end of this year! [EDITOR'S NOTE: since the 114, 220, 242, and 275 lbs. classes did not exist in 1965, they are excluded for comparison purposes, but are notable nonetheless]

THE FIFTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



1120. He had a strange, wide-stance, round-back DL style—ouch! Keannemer was a superstar in the embryo stage. Still, he DLed with the best - 530! In 4th was Bob Cortes. He DLed the same sequence and totaled the same as he'd done in L.A. Mintz benched 325, the best of his great career. He squatted 425, then tried a meet record 450 and dumped it - twice. He hurt his back and faded in the deadlift - 3rd with 1225.

Welch, fresh from his JRs, with, outbenched Spangler by 30 with a 330. Jack squatted 425 and failed 445 twice. Spangler came roaring back. Sitting low and upright, he reached 460. For subtotals, Spangler had 760 and Welch 755. Welch did him 5 lbs. better - 535 for the tie and the bodyweight win.

165 lb. - Hale Prevails. Two Jr. National Champions - Hale (68 - 1400) and Smith (67 - 1355) were the men who vied for the middle-weight title. It was revenge time, but Ingro had retired and Kindred was in Chiropractic school. This left a two man battle.

Larry Palmiero benched 330 and made a hasty exit, missing his 400 squat, and then 430 twice. Current JRs, champ Bill Burtis was left in a bottomless pit after his discouraging 275 BP. He climbed back and overtook two bench press brigadiers, Crampton and Crandall, both hot on Hale's record. Both unloaded 360 numbers, but were less proficient on the DL. Burtis seized the moment at hand, and with his rounded back, jerk it off the ground, style he made 575 for 1300 and 3rd place. Crandall was 4th

148 lb. - Welch - Who Else? Jack Welch from Abingdon, PA vs. Bill Spangler of Wichita, KS, were evenly matched. So much so, in fact, that their spirited struggle resulted in a dead heat. Both men came up with 1290! Welch was 3 lbs. lighter, 144 to 147, and thereby won the title. Along for the ride was '67 champ Larry Mintz. Plagued by a variety of physical problems, Larry tried hard, but found that winning just got harder. The supporting cast were Cortes, Keannemer and Joanow. Nick was low man with

Tom Overholzer was the only Californian to compete in 1969.

The Juniors, 3 weeks earlier, drew 85 entries. That diluted the talent that came to this meet. Those that did lit there lost an edge on their performance here. On Aug. 29-30 forty of the strongest came to York, PA, the host for this meet for the 3rd time. The competitors represented the most states ever - 26! 21 were from the East - New Jersey had the most with 9, PA - 6, NY - 3, MD - 2, CT - 1, 7 from the Midwest, IN - 3, OH - 2, MI & IL - 1 each. One was from the Northwest, and 4 were from the South, VA - 2, TN & AL, with one man each. There was a sole entrant from HI, and 6 from the West, TX - 2, and 1 each came from CO, OK, CA and AZ.

The 68 LA Seniors saw cheating run rampant. The rules were amended to prevent any more such occurrences. (No more bedsheets or you're dead meet!) So, the 5th AAU Seniors was the Year of the Crackdown! Because of what had happened in L.A., some stayed away! The athletes obeyed by the rules. Things ran smooth, until a ruckus in the SHWs. A bad call by the officials ruined an otherwise perfect weekend. One man was dealt a blow by a double-edged sword, denied a title as you will see.

123 lb. - MOYER - BACK ON TOP. Three former champs fought for 2nd best honors. They were overshadowed and scrambled for the return of his Super-absence, the Maharajah himself Dawy Moyer. He was back to verify his top billing. He used his super squat to tumble anyone's house of cards. His 456 1/4 dunk, along with an unapproachable 1160 total were still engraved in the record ledgers - surviving his temporary absence. Not yet back to full strength, Moyer still wielded his most deadly weapon - 441 1/4, a new Nationals record SQ. It carried him to the winner's pedestal - 1115. Meleendez, the '65 champ, was no match for the "new breed". He yielded easily. Trujillo, the current JRs, champ, set the early trend - a 276 1/4 BP, a meet record. He succumbed to the '67 & '68 champs - Cross and McKinney. Phil's 1025 was 4th, McKinney, with balanced lifting, scored 1055

Cross, the Deadlift Boss, pulled himself to runner-up with a 501 1/2 DL - 1065. For one year, Mike would serve as Moyer's most prominent valed.

132 lb. - Willy Riley. A new name came to challenge the man that reigned. Franklin Riley of Chicago won the JRs, and had Hoffman drooling. He bore striking resemblance facially and in stature (an early prototype) to a great cham-

lbs. (1400). He did, however, deadlift more than the previous year with a 535 and almost made 555. The others, not having recuperated from lifting their limits 3 weeks earlier, also faltered. Fratto was 5th behind Tom - 1390. Spack pulled into 3rd with 1405. Gomes had a slim lead going into the DL: 380 BP & 500 SQ for a 880 subtotal, to Loooper's 370 BP & 500 SQ (870 subtotal). Carlos took 3 attempts to make his 590 DL opener. Gomes made all of his, finishing with 625, to win with 1505. A missaid gave Loooper another try (635), but it only came up 6'.

198 lb. - Like Fine Wine - Weinstein. Defending champ Ronnie Ray had 3 titles under his belt (65, '67, '68). In L.A. (68), he'd set a new record total - 1670. Since that time, things had changed. Overholzer had upped the American Records in the squat (674) and total (1675). In May at Cincinnati, Dayton, OH's Larry Pacifico duplicated that 1675 result. A month later, on June 14th, Jack Barnes moved up a class and obliterated the marks: 400 715 (714) 625 for (371 1/2). His squat and total were new, sky high marks. Ray was present to defend his title. L.A. runner-up Weinstein of NY was expected to be in strong contention. Also, Pacifico, who'd won the JRs, with 3 meet records: 457 BP, 607 SQ, and 1700 total, was on hand. Runner up to Larry there was Terry Moneymaker, 18 with 1550. Former record holder Durenko of Upper Darby, PA (1665) was present, but not optimally prepared. The stellar attraction, Jack Barnes, didn't show up.

Young bull Moneymaker stayed out all night and left all hopes of a good showing at Duffy's tavern. He bombed with a 410 BP. Durenko finished 1480, well off his best total. This left Ray, Weinstein, and Pacifico to go for the gold! Larry was a neophyte to big time competition. In this, his first Seniors outing, he did 455 580 620 1655 for 3rd. He made courteous jumps that didn't pan out - 3rd attempts with a 470 BP 610 SQ, and 2 tries at a winning 650 DL.

Weinstein, vastly improved in 1 year, BP'd 450, but also tried 460. Ray made a new record - 495 (497 actual weight) and got 505 up halfway. Weinstein was asked to help move excessive knee bandages, but still made 580 knee bandages. His 600 was too high. Ray, sporting moonster legs, could only make his opening squat of 525. 545 came up halfway, then 560 pinned him. Ray made 3 line DLs, ending with 640. Joe DL'd 620 and then 650 to win with 1680, while Larry missed his two chances. Having won, Joe

Overholzer's total was down 190



Don Cundy later took his DLing style to the 1st World Championship

fast. He took the JRs, in big fashion: 435 750 760 1935. Big Pacifico might have won with different tactics, but his great days were forthcoming.

242 lb. - Kanter, the Commander. Coming into this meet, Kanter was top banana. At a Phoenix meet on June 14th, he'd made six meet on June 14th, he'd made 535 (539) 760 (760 1/2) & 705 DL for a 2000 total (the first 242 to make the mark). His squat had topped Cole's record of 750 and total of 1975. Both Cole and George Frenn were on the track circuit in Europe. In their absence, Kanter displayed his grandeur. He walked to an easy win: BP - 500, 525, and then a missed with 535. He squatted 700 and came close twice with 750. John manhandled 650 and 680 lb. deadlifts, then failed 700. His 1905 was way ahead of his opposition. Mel-Hennessy, the Minneapolis Bench master, was no match for Kanter. Mel opened up with a 542 1/2 lb. record bench. Then, he squatted 630 and made only one deadlift (600) for runner-up honors with 1770. The JRs had produced a great field, but only Snitkin came on to this meet from that one. Carlton had finished 5th there, managing 1650. He was inspired and added another 75 lbs. here to that result: 430 BP 635 SQ, and a 660 DL (9 lifts, with no misses). He would later rise to become a PL luminary.

SHW - Cundy - He's Won Three! Defending champ Cundy made 3 line DLs, all different, all faced three behemoths, all defeated by the throne him. Russ Fletcher, VA, had gained ground

curled and called it a "dipity-do" right over the mike. Everyone in the house heard it. This got Weaver's dander up (as you might well imagine). At subrotial time, it was Fletcher with 1220, and Cundy with 1225. They were neck and neck. Thanks to their monster "pet" lifts, Weaver and Williams were way in front and tied at 1330. Williams pulled his opener - 675. Weaver came unglued and missed three times - to zero in the deadlift. Williams figured he had it sewed up and tried 700. Two tries wouldn't go. Williams was finished. Now, it was up to Cundy. Don hauled up 750 to solidify 2nd place. Instead of taking 780 to tie Williams and win, he went to 800. The first try came up. He nudged it. At near completion, his grip popped open. Cundy complained - he wanted a bar with coarser knurling. It was returned. He tried again. Cundy hitched, supported, and nudged it to completion. The down signal came, and he dropped it. No lift - Right?? Wrong!! They passed it. Bedlam erupted, but the competition was over. Cundy had won with 2025. A stunned Williams had no choice but to accept the decision. It was a bad call that denied Jim the title and put Cundy in 1st (2025), Williams 2nd (2005) and Fletcher 3rd (1935). The Surfbreakers Club of Barnegat, NJ won the team title (2 first places) with the Central Indiana Weightlifting Club as runner-up (1st first, 1 second).

The Fifth SENIORS
29.30 Aug 69 - York, PA

	BP	SQ	DL	TOT
Moyer, D.	315	300	1115	
Trujillo, P.	325	345	500	1170
Trujillo, P.	275	325	425	1025
Keannemer, J.	250	330	405	985
Mohr, S.	250	305	425	980
McKinney, S.	225	315	475	1025
Glass, F.	185	270	420	875
Kanter, F.	290	400	490	1180
Wells, F.	265	365	470	1100
Burges, I.	265	365	470	1100
Welch, J.	330	425	535	1290
Mintz, J.	325	425	525	1275
Cortes, B.	295	390	525	1210
Keannemer, J.	255	400	530	1185
Wells, F.	280	360	480	1120
Hale, R.	310	555	1425	
Smith, C.	375	460	620	1395
Spangler, J.	375	500	625	1300
Crampton, R.	360	400	450	1210
Palmiero, L.	330	400	450	1180
Fratto, A.	350	500	540	1390
Ellis, C.	360	485		
Wensten, J.	500	625	1505	
Looper, J.	370	570	610	1460
Spack, C.	475	610	1405	
Overholzer, T.	385	480	535	
Wells, F.	350	540		
Wensten, J.	500	625	1505	
Ray, R.	495	525	640	1660
Pacifico, L.	455	580	620	1655
Durenko, J.	325	555	600	1480
McMenemy, J.	242			
Kanter, J.	525	700	680	1905
Hennessy, M.	540	630	600	1770
Wensten, C.	430	635	600	1725
SHW	435	635	600	2025
Cundy, D.	490	730	675	2005
Williams, J.	600	730	700	2130
Welch, J.	430	760	730	1920
Weaver, R.	525			

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POWERLIFTING... In the Beginning.....

I read with interest the story in *Powerlifting USA* about the first ever National AAU powerlifting championships and the fact that York had won the right to hold it over "Bob" Clark of Missouri. "Bob" is actually me - "Bill" Clark.

The birth and development of powerlifting was indeed an interesting time. I attended the 1962 AAU convention in Detroit, my first trip to a national weightlifting committee meeting, with the idea that I'd introduce powerlifting as a separate sport sub-committee. In the Midwest, we had been running odd lift and powerlifting meets for years as a part of the local weightlifting committee activities. We even had developed a record list. One of the highlights of each summer was a two-day Heart of America Power Festival which drew such notables as Jim Witt of Texas, Kansas Wilbur Miller, and Colorado's Paul Wuchholz.

In the Midwest and South-west, we were quite comfortable with both concepts of lifting and both promoted and competed in both with equal enthusiasm.

Down Texas way, the likes of Witt, Ronnie Ray, and Homer Brannum were working hard to make power lifting true sport. But not so around much of the country. Almost to a man, the AAU committee was opposed to powerlifting being nothing more than a series of supporting exercises for the overhead lifts.

In 1962, I presented the case for powerlifting and one of the old-line leaders (not Bob Hoffman, but now deceased) said "All you damned powerlifters are nothing but a bunch of goons." I told him I was a powerlifter and resented being called a goon. Then I told him to stand up so I could knock him on his ass. Cooler heads intervened, but the face-off was typical of many others in that era.

In 1963, I ran an unofficial national power meet in Columbia. It was little more than a regional meet, but it set the tone for the future. In those days, we often used five lifts in a power meet. The

as told to Powerlifting USA by BILL CLARK

Bob Hoffman, had refused to join the power bandwagon, even though Hoffman's annual picnic, an odd-lift fun, festival supreme, was a very popular event in the weight world.

The AAU recognized the inevitable at the 1963 convention and I was on hand with a solid bid for the first-ever national powerlifting championships in Columbia, MO. The vote came quickly and York, the other bidder, was not prepared. Columbia won by a couple of votes.

There was a protest from the floor that not everyone was aware of and a call for a recess was made so another vote could be taken with everyone present. On the re-vote, I lost by the same small margin and York went on to stage the 1964 Nationals and many other excellent power competitions through the

years.

Despite the loss of the title meet, it was still a tremendous feeling of accomplishment to have been part of the determined group which had forced the formation of powerlifting against the wills of the firmly entrenched establishment.

The clash with the AAU was my first of three major face-offs and I can report that I won all three battles with the establishment because in each case, change was the proper thing to do. In each case, the AAU and the individual athletes were both huge winners.

Two years after powerlifting was approved, I won a lengthy battle to get prison inmates the right of AAU membership. The approval came on the floor of the convention, not just in the weightlifting committee, in 1966.

Almost overnight, the lifting game saw Jenkins Hudson of Many

land and Donald Blue of Kansas

win North American championships at York. Names such as Robert and Granville Jackson, Mike King, Jim Westly, and Robert Burnett showed up in the AAU record book and Burnett stayed atop the middle-weight records for almost a decade.

Prison boxers fought for National AAU and Golden Gloves titles and prison referees even worked as officials in national tournaments.

Many, many inmates returned home to live useful lives on the outside because they had a chance on the inside to live and compete as equals while paying a debt to the society which they had violated. It was a successful exercise in common sense and hope which our correctional administrators could try in 1996.

A decade following the inception of powerlifting, I won a major battle with the AAU lifting committee when the concept of masters' lifting was approved. I suffered the humiliation of being laughed at by my peers for wasting time on such a foolish program. When four people (Jim Witt, Wilbur Miller, Jack Lano and myself) registered for the first national meet in 1974 - I was almost convinced my critics were right.

Now, 20 years later, the fastest growing program in both Olympic and powerlifting in the USA is the masters' program. It has been that

way for a decade.

When the AAU was split by an act of Congress in 1979 and all sports became autonomous, I didn't last long as the guru of masters' powerlifting. Requests for accounting of funds at major championships and forcing refunds for entry fees for championships which didn't exist soon brought the meddling old-timer's downfall at election time.

So be it. I had seen the power game go from "fun" days to big money and bigger egos and almost total disdain for reason.

One of the enjoyable relationships in powerlifting was forged many years ago when I contributed a story to a young lifter/writer named Mike Lambert, who was starting a powerlifting newsletter. For two decades, we've remained in touch and as an interested observer of the power scene from outside, it has been gratifying to watch Mike balance all the divergent lifting groups on the pages of his excellent publication which I still read with great interest. I guess being there at the beginning of both the sport and the magazine does make a difference.

At a time when powerlifting was more memories than meat, I find myself back in the game and back in the AAU. It has been half a dozen years since I last competed (an ADPPA national title in the 55-59

A former national officer in the USPF, lacked that name on me 20 years ago when I battled the Young Turks to keep some structure in the game. Now I'm the Missouri Valley AAU chairman (Missouri and Kansas) and looking for some true powerlifters again. (Missouri Valley residents may contact Bill at 3906 Grace Ellen Dr., Columbia, Mo., 65202-1796. Phone: 573-474-4510. Fax: 573-474-1449.)

Funny how the game has gone full circle in 35 years - from natural movements through bedsheets, chemicals, bizarre equipment, out-of-control egos, faulty leadership, greed, and bad image back to natural movement and competition matching meat against meat with nothing else involved.

These 35 years in and out of powerlifting have been interesting. I thank those who included me in the Powerlifting Hall of Fame a decade ago. I thank *Powerlifting USA* for both its consistency through the years and the story which stirred these memories. I hope the next 35 years in powerlifting will be equally as interesting, but a little more replaced and I can win the 95-99 age group in the "raw" division in the year 2025. If so, it will be without a belt - a piece of equipment I've never owned nor used.

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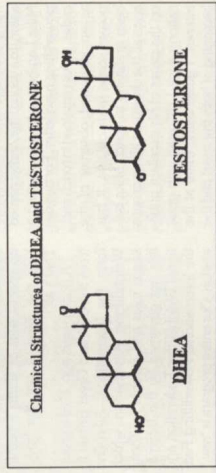
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DHEA, A Powerful Alternative to Anabolic Steroids as told by Mitch Watkins, Manager, Vitamin Discounters

How would you like to be able to get hold of a substance that could potentially reduce bodyfat by 31%, increase your lean muscle mass and increase muscle strength? Since all of these things play such an important role to athletes and especially to powerlifters you might be interested, but then you might remember the last wonder product that made similar promises and never lived up to it's claims. Sounds like a familiar story, doesn't it. Well, if you were tracking the history of the natural sports industry you probably have heard this before about wonder products, but the products never backed up the claims and promises that were made. In fact, Creatine Monohydrate is probably one of the first products to ever be produced by this industry that actually holds up not only to some scientific validation but also to actual daily use. I would even dare say that Creatine has not only fulfilled its claims but has also done more to change the supplement industry more than any other product, company, or person could have ever done. This brings me back full circle to why I am compelled to tell you about DHEA. DHEA will be the next coming of Creatine. Not only because of its scientific validation but also because of its everyday ability to work for people. The industry as a whole has come to a point where magic potions and ancient Chinese secrets will no longer get by. People want scientific evidence and people want a product that works. There have been over 2,500 published papers documenting DHEA's multiple benefits. These studies include scientific proof of bodyfat loss, prevention of fatigue and muscle weakness, increased energy levels, and increased muscle mass. This means that DHEA has not only has scientific evidence but also has daily practicality in that it works. WHAT'S DHEA? DHEA or Dehydroepiandrosterone is a type of steroid hormone produced by the adrenal gland. DHEA is the most abundant steroid in the human body. DHEA levels hit a peak at about 25 years of age and then start to decrease rapidly. In fact, if you are lucky enough to live to the age of 90, your DHEA levels are probably under 5% of what they were when you were 25. So there is good reason to think that taking DHEA may extend your life and make you more youthful while you are alive. DHEA is structurally similar to other steroid hormones (such as estrogen, progesterone, and testosterone). It converts to or stimulates the production of estrogens, progesterone, testosterone, cortisone, and many other steroid hor-

DHEA for an eight week cycle and then taking 2-4 weeks off before starting another cycle. IN SUMMARY - Let me begin by saying that you, the consumer, are in a terrific time to be purchasing supplements. Companies realize the importance of scientific validation to you and they are making sure that their products are holding up to science. But also, you are in a time when science is finding products that definitely work. Remember, although DHEA was a schedule-3 drug and was not available for nearly 10 years, you can now purchase all you want for now. Although it might be sale from the FDA for now, who knows what the future my hold and whether or not we will still be able to get DHEA. Also, remember that DHEA is not some bogus magic potion but actually has scientific backing and clinical evidence to show that it can reduce bodyfat, increase lean muscle mass, and increase strength. I hope that this article can be of importance and use to you. If you would like more information or have any questions please give me a contact me at Vitamin Discounters (1-800-548-1556). I would be more than happy to discuss the further news on DHEA, as it comes available, with you." Mitch Watkins.

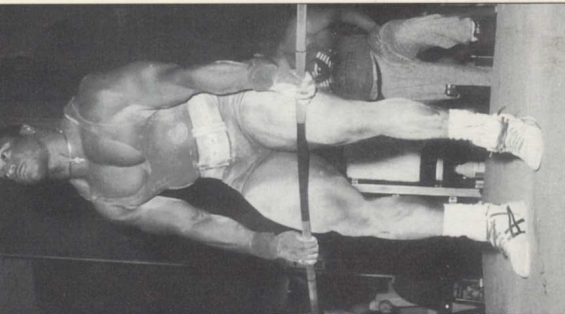


In a Virginia Commonwealth University clinical study, it was discovered that a group of men in a control study were put on DHEA and had an average decrease in bodyfat of 31% and increased their lean muscle mass by an average of 7% in only 28 days. As impressive as this sounds, even more impressive is the fact that no one in this study added any kind of strenuous exercise to their lifestyle. Just imagine what could have happened to someone who was training with heavy weights like a powerlifter. It almost becomes mind boggling, but remember that this is not folklore, this is science which makes it even better because these claims have been proven in clinical studies. DHEA'S LEGAL CLASSIFICATION - Now everyone who is reading this article will be thinking that this sounds pretty close to being an anabolic steroid, and that would be not only illegal but also harmful. Well, although DHEA is a steroid hormone, it is not classified as an anabolic steroid! Now, some of you might have heard that in 1984 DHEA was classified as a schedule-3 drug and banned for sale without a prescription from a doctor, and remained that way for 10 years. But, then a law was passed, the "Dietary Supplement Health and Education Act" of 1994, and it reclassified DHEA as a dietary supplement which means that it can once again be legally available. Now comes the important question for all who are still interested in DHEA. How much do I take? Well, to be perfectly honest with you... I

do not know, but I am willing to tell you what I have heard from others. Let me first begin that more is not necessarily better in the case of DHEA and also remember that use of this compound by powerlifters is still at a very early stage and that the optimal dosage is yet to be revealed. I have personally heard of people taking up to 1600 mg. of

DHEA daily, but in my educated opinion not only is that ludicrous and unwarranted but also ill-advised. Personally I am persuaded that a dose between 100 mg. to 300 mg. might be best although there might be some slight evidence that 400 mg. might be the top end of the spectrum. In fact, I have heard that an eight week cycle is extremely effective for powerlifters and athletes. The eight week cycle would go something like this: Week One - 50 mg. twice daily; Week Two and Three - 50 mg. three times daily; Week Four and Five - 100 mg. twice daily; Week Six and Seven - 50 mg. three times daily; Week Eight - 50 mg. twice daily. This staggered pattern helps your body gradually adjust to the introduction of the hormone and it also helps the body adjust gradually to coming off of the hormone. Although I do not believe that this is the only way to take or cycle through DHEA, in fact, most athletes are taking

mones as the body needs them. Note the similarity between the chemical structures of DHEA and testosterone in the picture below. This is of greatest importance to most male powerlifters. If we can increase our body's production of testosterone then we can not avoid an increase in strength, muscle mass, and reductions in bodyfat.



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More From Ken Leistner

Not every lifter has his or her own ideas about the squat, the deadlift, or training for those two lifts. They are hard, technical, fraught with potential danger relative to injury, and done by many only because they are part of the competitive lifts and/or because one cannot get truly strong without doing those two movements.

Almost everyone thinks they know something about the bench press. Most lifters, if they did any weight training, bodybuilding, or strength training for a specific athletic activity prior to becoming a powerlifter, did the bench press. Because of that, and the fact that everyone seems to want to talk about the lift, there are literally thousands of opinions and approaches to improving the bench press. Of course, the fact that some of our lifters can move a ton of weight in this lift while knowing absolutely nothing about training, nothing about training for the bench press, nothing about why what they do works or doesn't work (this is called getting stronger in spite of, not because of, what you do) doesn't negate the fact that they still don't know what they're doing. While this occasionally happens in the squat or deadlift, it often happens in the bench press.

I was fortunate enough to understand how little I actually knew about lifting and other things. To this day, I believe that our lifters are successful because I'm always looking for ways to improve my knowledge, a function of knowing that I just don't know enough. Reverend Robert Zaver and the guys at Bill West's garage gym were very instrumental in giving me a good foundation of knowledge, despite the fact that they did things differently. Pat Casey, a gentleman whom I am in contact with constantly, was one of the best examples to observe and learn from.

Few were as focused on a goal as he was. Hugh Cassidy let me know that having limited equipment in a garage setting was an advantage to one's lifting, not a detriment. From these individuals, I learned and from so many around today, I still learn.

One can take two distinct approaches to the bench press. I have dubbed one the "Hugh Cassidy Approach" and one the "Pat Casey Approach." Fitz Cassidy was and is of the belief that one should bench done instead of the bench press and with no other bench related movements done. At times the weighted dip or pushup may have been done as an adjunct, but this would be the maximal amount of work done. Remember that Fitz benched 600

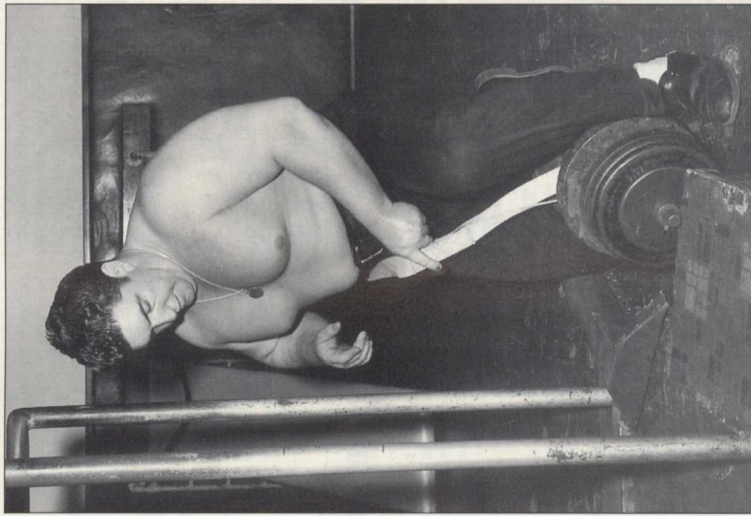
muscles that were involved in the bench press. Of course, he always included the bench press in competitive style in his programs and he always trained heavily. Even his assistance exercises were done heavily, although for Pat, what might have been moderate or light, would definitely be a very heavy chore for almost anyone else. Pat included the bench press and then, some or all of a variety of raises and other pressing movements. Included were the one arm lateral raise, front raises, incline press, incline press behind the neck, dumbbell press, one arm dumbbell press, rack work from various positions, weighted dips, lying tricep extension, and chins.

As Pat was quoted, "...to become a really good bench presser you have to concentrate on bench pressing and those exercises that favor this lift".

Hugh once said to me "I think Pat Casey is a great, great lifter, especially as a bench presser. I have tremendous respect for him. I do however think that his programs are more like bodybuilding programs and as great as he was, perhaps he could have done less work for the lift". Of course, we will never know but both approaches have advocates and examples of those who have done very well. Mike Bridges, a model of training efficiency, did little more than the bench press that lift, and, of course, is arguably the best lifter of all time. Lou Simmons and his Westside crew do a variety of innovative assistance movements to augment their benching, and he has a number of world record level bench pressers.

Part of the process of becoming a powerlifter is to find out what works for you. I do agree with Cassidy that, no matter what, a lot of time has to be spent learning how to lift press properly for one's particular body leverages, getting technically proficient, building strength by doing the bench press and little else, and then, seeing what is needed to improve lifting. Like bodybuilding, the three lifts, obviously including the bench press, and that one's first few years, yes years, should be spent concentrating on this particular approach.

The Pat Casey approach was very different. Pat did a myriad of assistance exercises, each designed to give work to one or some of the



Pat Casey, the first man to bench 600, gets ready for some weighted dips

doing nothing but the bench press and his aforementioned variations. He felt that the musculature involved in the bench press would be given all the work needed in this overhead press as a primary pressing movement, most often doing it instead of the bench press. During the course of any particular specific program, the press may have been done instead of the bench press and with no other bench related movements done. At times the weighted dip or pushup may have been done as an adjunct, but this would be the maximal amount of work done. Remember that Fitz benched 600

on a "frame" that sits in my garage, that allows one to achieve a greater than normal range of motion, but with a grip similar to the bench press grip. I have always used the overhead press as a primary pressing movement, most often doing it instead of the bench press. During the course of any particular specific program, the press may have been done instead of the bench press and with no other bench related movements done. At times the weighted dip or pushup may have been done as an adjunct, but this would be the maximal amount of work done. Remember that Fitz benched 600

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., Workworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question).

DEAR MAURO: I am a 19 year old powerlifter. I have been lifting and competing for about five years. About a year and a half ago I began to experience pain in my upper shoulders while performing shoulder presses and curls. I stopped going the exercises that hurt my shoulder, but the sharp pains would not subside.

I then went to my family doctor. He said that I had chronic tendinitis from lifting too much, too heavy, and too often. He did not want to inject my shoulders with any medication because he felt it would severely weaken my joints and possible cause further injury. He put me on 2400 mg. of ibuprofen per day and told me to lift very lightly and infrequently.

After about four months much of the pain had subsided. However, my shoulders would pop and crack very uncomfortably during almost any exercise. I returned to the doctor, and he then put me on Anaprox for three more months.

Since then, I only perform bench presses once per week. I do not do any shoulder or chest exercises at all. I perform triceps, lat pull downs, hammer curls, deadlifts, and squats only, once per week. It has been a year and a half now. I have a very simple routine to avoid pain. I don't go as heavy as I would like to. I keep repetitions below eight, and I have always been steroid free. I am also a diabetic (type I, insulin dependent). This is another reason doctors were hesitant to give me any anabolic medication aside from the usual high doses of anti-inflammatory pills.

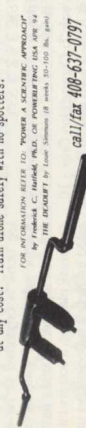
I now feel a grinding sensation under my armpit region when I bring the bar more than halfway down to my chest when I bench. I feel this injury has really set me back. I am only 19 years old, and I am considering giving up lifting totally for a long period of time, hoping that it will help my shoulders. I love the sport, and the only response I get from doctors is "don't lift."

Is there any procedure and/or medication I can take to relieve this problem? Many lifters I know do shoulder, chest, lats, curls, triceps, etc., several times per week, and they do not experience any problems. Thank you very much for taking time out of your schedule

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

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to read my letter. A little bit of help and/or advice would be greatly appreciated. Robert L.

DEAR ROBERT: I've been through some shoulder problems so I can sympathize. My shoulder injury bothered me off and on for the better part of two years. Although my shoulders are better, I still get a twinge with the heavy weights. Not enough to keep me from lifting heavy, just enough to keep me vigilant so I know when to stop, and how to keep it from developing into a chronic sore shoulder.

It sounds as if you're trying everything you can to heal the injury. However, I find your description of a grinding sensation under the armpit a bit disconcerting. I would definitely try and find out why it's grinding. I'm afraid that without examining you an orthopedic surgeon (preferably one that is sports medicine-minded) for an evaluation. He may want to do an MRI or similar procedure to find out if there is some degeneration or injury in the shoulder joint itself. An arthroscopic examination may also be needed.

All the best. Feel free to write if I can be of any further help. Mauro DiPasquale, M. D.

TRAINING

Last month I presented a deadlift routine featuring work in the power rack to increase your pulling power. In this article I will display a peaking routine for the bench press. This routine will work to peak individuals that have a lot of foundation in hard training toward the bench press. Notice athletes or people with less extensive foundations in the bench press will be better served training with this routine during an off season strength cycle. This routine has a lot of work. If you have been training for more than a couple years and you push your bench press hard you may be surprised to find yourself peaking higher with this routine. It is not your ordinary peaking cycle. The bench press percentages are in percentages to make it easy to calculate your specific numbers. Understanding that performance peaking cycles are not the determinants of powerlifting limits but rather the rehearsal of technique, timing, and delivery, you will know that you must now focus on the bench press itself and let all your accessory work lighten up. You will train for nine weeks on this routine.

Be aware that individual leverage differ dramatically and that you may need to adjust the numbers used for your cycle accordingly. The percentages given are a guideline not numbers carved in stone. There is no Holy Grail for Powerlifters, no secret gimmick that unlocks mystical strength. You must learn your potentials and limitations through trial and error and then keep working on your weaknesses until your numbers go up. Work is the key. You will work without a bench press shirt for the first four weeks. The last five weeks require a shirt, if you wear one in competition, to give you the time to adjust your delivery and balance to the different 'groove' that the shirt requires. You will train fairly heavy for the entire nine weeks. Eat and rest well and often! Good Luck!

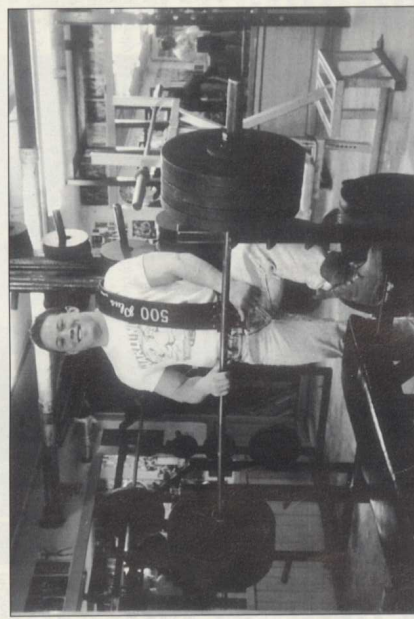
Training Day #1: 1. Bent Forward Rows - Underhand Grip - 4 sets of 6 reps with moderate weight. 2. Incline Bench Press - 2" narrower than Bench Press Grip - 3 x 6 @ 55%, 3 x 5 @ 60%, 3 x 4 @ 65%, 3 x 3 @ 70%.
Week 2: 2 Inches Wider - 3 x 8 @ 55%, 4 x 6 @ 60%.
Week 3: 2 Inches Narrower - 3 x 12 @ 50%, 4 x 8 @ 60%.
Week 4: Competition Grip - 6 x 4 @ 75%, 4 x 2 @ 80%.
Week 5: 2 Inches Wider - 4 x 4 @ 78%, 3 x 2 @ 83%.
Week 6: 2 Inches Narrower - 10 x 2 @ 85%, 1 x 15 @ 40%.
Week 7: Competition Grip - 10 x 2 @ 83%, 1 x 15 @ 45%
Week 8: 2 Inches Wider - 3 x 3 @ 8*5% 2 x 2 @ 88%.
Week 9: 2 Inches Narrower - 4 x 2 @ 70%, 1 x 15 @ 50%
 6. Wide Grip Stiff Arm Pullovers - 3 sets of 10 reps light and slow.

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Peaking Routines Version I Bench Press Peaking Routines by Greg Reshel of POWER EXCEL



Bench Stars like Bill Courtney need routines to peak their bench press on meet day (Cardillo)

Training Day #2: 1. Underhand Grip Low Pulley Row - 5 sets of 6 reps with moderate weight. 2. Bench Press - warmup as needed to prepare for the working sets that are outlined in the following schedule.

Week 1: 2 Inches Narrower - 3 x 10 @ 50%, 5 x 5 @ 65%.
Week 2: Competition Grip - 6 x 6 @ 60%, 4 x 4 @ 70%, 2 x 2 @ 80%.
Week 3: 2 Inches Wider - 5 x 5 @ 65%, 3 x 3 @ 75%, 1 x 1 @ 85%.
Week 4: 2 Inches Narrower - 2 x 10 @ 55%, 2 x 8 @ 60%, 2 x 6 @ 65%, 2 x 4 @ 70%, 2 x 2 @ 75%.
Week 5: Competition Grip - 6 x 4 @ 82%, 3 x 3 @ 88%.
Week 6: 2 Inches Wider - 5 x 3 @ 80%, 3 x 2 @ 85%.
Week 7: 2 Inches Narrower - 6 x 4 @ 80%, 2 x 15 @ 50%.
Week 8: Competition Grip - 1 x 1 @ 95%, 1 x 3 @ 88%, 1 x 5 @ 83%, 1 x 7 @ 79%, 1 x 15 @ 65%.
Week 9: 2 Inches Wider - 4 x 1 @ 50%.
Competition: OPEN @ 94%, 2nd @ 102%, 3rd @ 106%.

3. Incline Modified Flies - 4 sets of 10 reps. 4. Seated Press Behind the Neck - 5 sets of 8 reps (drop sets after Week 7). 5. Mock erate Grip Lat Pulldown to Chin - 4 sets of 10 reps (drop after week 8). 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) 671-6637. We welcome your questions and observations. Good Luck

At POWER EXCEL we are continuing to work on the next generation of training logs. Each training logbook includes off-season, strength, and peaking routines for all three powerlifts with all the accessory work listed. We have logbooks for novice, intermediate, or advanced powerlifters and for master lifters. Each log book is organized to have a specific selection of routines that will work together to build strength and break plateaus. If you are interested in these log books give us a call and let us know what you would like in the way of training routines. We will provide you with a book that suits your needs. All books are \$20. Call us today! Good luck and good training.

GREG RESHEL

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JENNIFER TAYLOR IS MISSING... "I am writing this letter to ask assistance from any powerlifter who may have information leading to the location of my daughter. On May 18, 1996 I ran a powerlifting event at the Quality Inn North, 6712 Central Ave Pike & I-75 at Callahan Rd. (Exit 110), Knoxville, Tennessee. My daughter, Jennifer (age 15) was helping run the competition. She has been featured in POWERLIFTING USA several times and at age 15 is nearing a 300 squat and 300 deadlift. After the event Jennifer and I went swimming in the motel's indoor swimming pool. I went back to our motel room for a few minutes. Jennifer never returned from her swim. All of her clothes, shoes, purse, pocketbook, and personal belongings were left in our motel room. Foul play is suspected. The homicide division of the Knox County Sheriff's Department has been assigned to handle the case. Jennifer is 5 ft, 3 in. tall, weighs approximately 145-150 lbs., has dirty blonde hair, blue eyes, and has a small scar between her upper lip and nose. Her date of birth is April 11, 1981. She is on the "endangered" missing persons list and has learning disabilities that stem from being placed on massive doses of phenobarbital in her early childhood years due to an illness she had as a child. I am asking all lifters to carefully examine the photographs I have sent in to be published in POWERLIFTING USA. If anybody has seen Jennifer or has a clue to her location please contact me at 941-697-7962 or Detective Darrell Johnson, Major Crimes Unit, Knox County Sheriff's Dept. at 423-215-2011." Scott Taylor, APA President.



RESURRECTION

The Miracle of MIKE CROSS

PART ONE as told to PL USA by Herb Glossbrenner



Mike started in Olympic lifting, as did many Powerlifting pioneers

Ordes bring life into crystal clear focus. Realization of who you are or what you have become is only the first step. Climbing the same mountain you once scaled is a much more arduous task. Reaching the summit again is a testament of valorous courage.

This is the heartwarming story of unquestionably the greatest comeback in Powerlifting history. Overcoming obstacles is a situation we all face sooner or later. Broken bodies can be mended, but the soul like crystal - is fragile. Only if the spirit soars can it be liberated. I take great pride in refreshing the memories of today's P/L fans. Once upon a time, before diversification, lived our trailblazers. These were the days before strength had been 'com-promised' and all our eggs were placed in one basket.

Here is the true account of a champion whose triumph over trauma overcame insurmountable odds. Physical strength is not an impenetrable fortress. A lifetime of searching led to a greater power. Along the pathway of redemption awaited true salvation. IT MUST BE OF THE SPIRIT, IF WE ARE TO SAVE THE FLESH - General Douglas MacArthur.

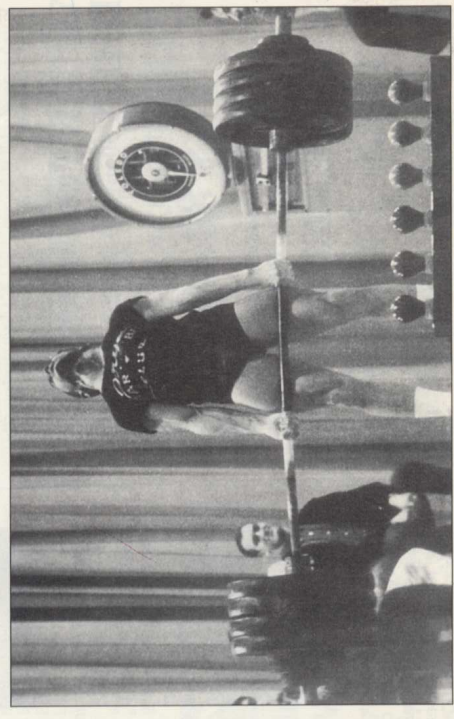
Michael Cross was born 1947 in Tacoma, WA. His father, a serviceman, was transferred to Tucson, AZ. There he spent his boyhood. Growing up in Arizona, baseball became his favorite sport. In the 8th grade his parents were divorced, Mike, baby brother John, and his mother moved to Signal Mountain, TN (a small community outside of Chattanooga). There they lived with his maternal grandparents. Baseball was not so popular in this locale, so Mike's interest in his favorite sport faded. Up in their barn's musty hayloft, in the Summer of '62, Mike - then 15 - found some old weights. The rusty 60 lb. set had belonged to an uncle, who wrote out a weight training routine for Mike to practice.

Cross attended Notre Dame High School in Chattanooga. At 5'2" and 94 lbs., he wasn't drawing much attention. About this time a schoolmate invited him to the Frye Institute nearby. It was a 4 story building that offered swimming, boxing, arts, and - yes - weightlifting. It was a place where boys could train for a variety of sports after school. The founder, Ryle Bell, had the 2nd floor converted into a W/L gymnasium. Overhead lifting was a popular activity. Frye's W/L crew had dominated the TN scene. Spanning 2 decades, they'd won the team championships 18 of 20 times (1942-1962). Mike was attentive, respectful and heeded advice. These were all qualities Coach Hall liked.

peration. A misadventure cost him the title - it was only 410. A rush to judgement and inexperience had cost him dearly. It was a lesson well-learned and not forgotten. From that day forward he depended on nobody except himself. From then on, he made sure of exactly what he needed and that it was found properly. Mike nearly always found himself at a big disadvantage in sub-otals, but then was when the weight went on the floor. He always had to take what he needed to win on the deadlift. He found this exhilarating.

Cross continued to lift in as many meets as he could. The vast majority of meets were overhead. He did well in W/L. Starting out as a splitter, he later switched to the squat style. From 1963 to the early 70's he won 17 of 30 W/L meets. He won numerous State Titles. His best lifts at 123 were 175 press, 160 snatch and 220 clean & jerk. Later as a 132 he did 195 PR, 180 SN, 235 CJ. He had to train diligently as two talented recruits were pushing him. He took a special liking toward P/L. There were fewer meets around. Because of this, he trained for them with a bit more zeal. P/L was a new sport and his ability in the DL seemed to motivate him even more. He always increased PR, trying weights to win.

On Feb. 12, 1966 he entered his 6th P/L Meet. He won the TN State title with 185 BP, 300 SQ, 470 DL, 950 total. His deadlift weighed 468-1/2 for a new American Record. This really turned him on. It was his first AR and beat the record of 459 by John Bojazi. He saved his money to go to Dallas, TX, Sept. 3rd, for the 1966 Sr. Nationals.



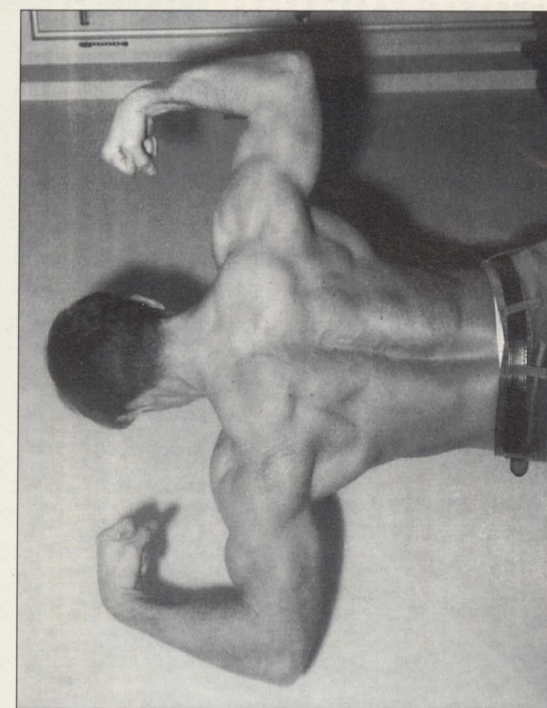
Mike's First American Record came in 1966, a 468 1/2 lb. pull at 123 that broke John Bojazi's record.

Mike had high hopes to win the title that had barely eluded him the year before. Moyer, the record holder was injured and out of action. He figured it would be smooth sailing. Wrong! Always expect the unexpected. A new man surfaced, Enrique Hernandez, a name who would later on go down in P/L History, came - saw - and conquered. He had everyone eating his chalk dust - 1060!

Mike hosted 445, his DL opener, to move up to 2nd place. Winning was out of the question. For the 2nd consecutive year he was a bridesmaid. His priorities remained the same - win it next year!

With another TN State title in March 1967, he readied for the Big One in grand fashion: 1020 (200 BP, 330 SQ, 490 DL). His monster DL superseded his own record by 21-1/2 lbs. Mike skipped the Jr. Nationals. The term JUNIOR to him was a demeaning connotation. He longed to win only the 'Real Deal' - the big Kahuna - the SENIOR NATIONALS! Patience may be a virtue - but eventually it runs out. Mike took center stage in York and topped personal bests - 205 BP and 335 SQ. He made no misses. His old rival Melendez bowed out early. Mable and Clark were well behind him. Nunez owned a 20 lb. advantage. This meant nothing to Michael. Julio pulled 375. I had Mable, but he stopped there. A John Dryden quote: "Beware the fury of a patient man" rang true. The bar was on the platform. Cross, from Tennessee, showed who was boss (finished all three). Up came his final lift - 480. It was the crown topping on a 9 for 9 perfect day - 1020. At last he was the champ.

Once you have tasted this kind of victory nothing less brings satisfaction. Mike was no exception. Making 123 became more and more of a chore. He decided to test the waters at 132. He won the Tri-States Championship on Feb. 10, 1968 hauling in a big 515 DL. He reduced to 123 on May 4th to win his 3rd state title: 1030 (205, 335, 490). His DL weighed 486-1/2. He couldn't find a sponsor to go to Los Angeles for the Seniors. The trip was cost prohibitive, so he stayed home. He was defending champ and was disappointed. The victor, Milt McKinney, won with a mere 995. In despair, he went out that weekend and got drunk as a skunk. When the stupor wore off he moped around awhile and then got back to training. Frye's W/L crew meets that year, and finished 1968 at Birmingham with a great 1115 total: 235 BP, 355 SQ and a big pull - 525. So, after a year's absence on the National scene, he planned big for the 1969 Seniors, to be held



The Back of a Deadlifter..... you can see where Mike got that incredible pulling power (courtesy Cross)

back in Muskeleton (York, PA). He first thought 470 to move into 3rd. The cheating of the crowd spurred him on - five hundred was loaded. 4th, lifting at 132: 235 BP, 360 SQ, 520 DL, 1115 Total. His SQ was a personal best, and he matedhatched into the final upright position. With that, Cross added his third 2nd place award to his Seniors collection, along with his '67 win. Grinning ear to ear, the champion Moyer was the first to rush over and congratulate him. The bar weighed 501 1/2. It was, of course, a new American Record. He was also the lightest man in History to pull the big five. He had 4 more P/L meets to complete the year. He decided to go up to 132.

New Orleans hosted the 1970 Seniors. Mike, having outgrown the Bantams, came in at 132. Allen Lord, a lean, mean University of MD graduate was defending champ and A/R holder at 1215. He'd made that total winning in '68 at LA. He also held the DL record - 524 1/2. Remember the movie entitled "HOW AWFUL ABOUT ALLEN?" It prophesied this day. Ranked 3rd among the leaders (240 BP, 400 SQ, 640 subtotal), Lord zeroed w/500 in the DL. Moving up a wt. class gave three previous Bantams appreciable gains in strength: Trujillo (+75 lbs.), McKinney (+130), Cross (+120). The strength triumvirate saw McKinney assume command. He and Trujillo both benched 295. Following two lifts, Milt was away ahead. His 405 SQ outdid all - 700 sub-total. Trujillo occupied 2nd w/his 360 SQ (655 subtotal). Lord main-

ained 3rd. A new face, Vasile Eremeyeff from CA was in 4th - 635!

Cross had a 245 BP, 385 SQ - both personal bests. His 630 sub-total left him at the very back of the pack (his known trademark). Cross waited as the others put forth their best efforts. Trujillo struggled to 440 - 1095. McKinney was good for 485. It put him way up to 1185. Milt looked like a sure winner. Eremeyeff hosted 490. This moved him up to 1125 - temporarily 2nd. At 500 Lord might have moved in front of him, but washed out. The moment of truth was now at hand. The final outcome depended on the man who'd not yet begun.

Mike Cross called for his opener - 530! A bit pretentious? The weight was 5 1/2 lbs. in excess of the American Record. Without the slightest hesitation, he pulled himself into the runner-up spot - 1160. Cross now owned two DL records in two classes simultaneously. To win it would take a nearly impossible lift. To tie McKinney and win as lighterman would be the GRAND EFFORTME for the MAN from TENNESSEE - 555 lbs. Most believed such a lift was a delusion of grandeur. We're talking out 30 1/2 lbs. in excess of the old record. The bar was loaded and the place became silent as a tomb. Everyone held their breath as the Tennessee stud chalked up for the pull of his life. Every eye in the place was riveted on him as he grasped the bar. It was the "Mother of all PULLS" - 25 lbs.

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

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

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

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How does he do it?
Steroids? No!
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What is GH1000?
GH1000 is a revolutionary system that includes a powerful, yet legal, anabolic compound in tablet form, plus an explosive, clinically proven, weight training program which requires only one

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

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

SPECIAL! With every order of 2 bottles receive Chris' book *Building The Biggest Bench Press FREE!* (a \$19.95 value). With every order of 6 bottles or more receive the book *plus Chris' personal Full Body Workout!* and Gym Shirt.

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out overrode all logic and common sense. His butchered face was still numb from the healing scars. Fluid still oozed from his cuts. His instinctive urges forced him to hobble to his basement, his leg throbbing with pain. Sitting weakly, he held a pair of 3 lb. bars, one in each hand, and forced out 2 sets of 3 curls for each arm. The exertion left him completely exhausted. Laboriously, he dragged himself back upstairs. Each step was a new experience in agony. It was 15 steps to his bedroom. He managed to pull his leg up and collapse on the bed. Sleep swept over him, drawing him into the darkness of oblivion.

Each day was a challenge. Many more visits to the hospital were forthcoming. Each day he tried to do a little more to rebuild his strength. After three months he was able to do unassisted free squats (no weights). Gradually, he was able to do them with light weights, increasing each time. His head which had been shaved for forehead surgery made him even more self-conscious. He donned a curly wig to look less conspicuous. Gradually his strength began to return. Seven months following the accident (Jan. 1972) he'd got back up to 127 lbs and entered a meet. Mike did 205 BP, 310 SQ, and a 440 DL for 955. Everyone admired his courage, tenacity and determination. His own thoughts echoed that which others asked: **"Will you ever be as good as you once were?"**

(CONTINUED IN NEXT MONTH'S EDITION OF PL USA: RESURRECTION - THE MIRACLE OF MIKE CROSS - PART 2)

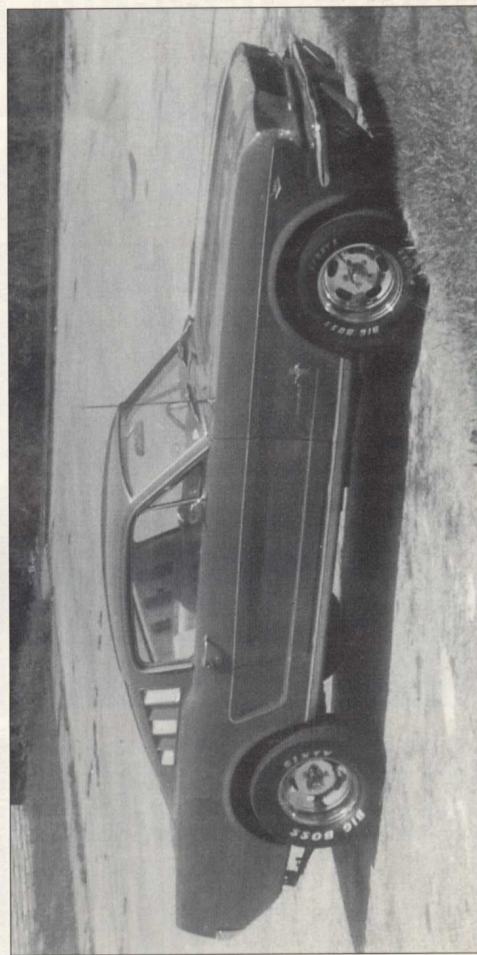
and protruding. His cheek and jaw bones were shattered, as was his nose. Mike's right eyelid was torn from its socket and was hanging out on his face. The ambulance rushed him to the nearby hospital. The doctors immediately started surgery to try to save him. In the netherworld between life and death, he hovered. The doctors grimly gave him only 72 hrs. to live - at most. The massive head injuries required immediate attention to close his wounds. After two separate operations, he somehow survived the night. Bones were taken from his hip to reconstruct his forehead. His eye was saved and returned to its socket. Mike unexpectedly clung to life. After the first critical 72 hrs., it was back to surgery. Subsequent skin grafts and 10 plastic surgeries were forthcoming. His right eye remained closed for nearly a year. Tissue later was taken from his chest and connected to a muscle in the forehead. Looking upward would enable the eye to open. Mike came into the hospital weighing 135. He spent 3 weeks in the intensive care unit and was fed intravenously. He couldn't eat as his repaired jaw was wired shut. After seven weeks in the hospital he felt like a pin cushion. His arms were black and blue from needle marks. Weak and debilitated, he was allowed to go home. It was a miracle that he was still alive. Mike weighed a mere 105 lbs. He could barely walk due to the pain in his leg, but he bruised hip socket would eventually heal.

Throughout this ordeal, Mike retained the incessant desire to grow stronger. The compulsion to work

in excess of quadruple bodyweight! Breaking free of gravity's grip, the monster load broke from the floor, inching on its upward trajectory, agonizingly slow. He strained to keep it moving. There was not a hint of a hitch. At long last, he straightened up completely. Mike returned the weight to the floor like a basket of eggs. The place erupted in bedlam. Onto the scales it went - 556 1/2. His total was 1185, the same as McKinney. One quarter pound less bodyweight gave him his 2nd Seniors victory. Writing for **MUSCULAR DEVELOPMENT** magazine, muscle guru Bob Hoffman praised Cross for his exemplary lift and for returning it to the floor so gently. Everyone, including Milt, was wagging their head in utter disbelief and amazement.

Mike savored the moment. Victory is, indeed, sweet. Shortly thereafter, Mike answered Uncle Sam's beckon and joined the Army reserves. After 4 months of basic training, he was shipped off to California. In the latter part of May 1971, he went home on a two week furlough, and destiny was waiting for him. It was Saturday evening, June 4, a night that would change his life forever. The following Monday he planned to leave home to continue his service obligations. Fate changed all that.

It was meant to be a night out with friends to party and have a good time. He left with a casual acquaintance from his grandmother's house to take a ride in one fellow's Shelby Mustang. A bit inebriated, the owner flaunted his car's get up and go. Mike (who was sober) cautioned him to lighten



This was the car in which Mike nearly met his demise. His incredible comeback, which continues to this day, will be described next month

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As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit Is Different From All Other Lifting Suits Ever Made

Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can

buy. It's the first lifting suit utilizing our new special fabric, which is anatomically designed to deliver maximum strength to the body's "Axis of Power," throughout the entire range of the squat. What does this mean? It's very simple. What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

Let us show you why. . . .

The First Fabric With "Memory"

Over the years, the lifting suit market has been plagued with polyester substitutes of varying degrees of quality. Those fabrics are not designed for the purpose of powerlifting. As a matter of fact, once they stretch they tend *not* to come back to their tight fitting shape. Therefore, their use is limited as is their wear potential—no matter how many seams these manufacturers put in their product.

However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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Marathon®
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And what makes it so special is that it has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

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1) The Performance Guarantee—The first (and probably never matched) performance-based guarantee for a lifting suit. Simply put, if you're not totally satisfied with the Gold Medal SuperSuit—if you don't find that it's the best suit you've ever worn, or if it doesn't give you repeated high performance, or if you're not satisfied with its construction—you can return it within 45 days for a complete refund of every penny you paid, including shipping.

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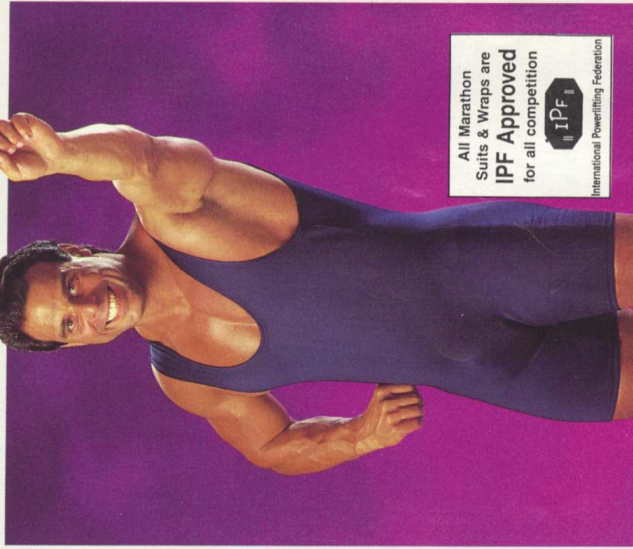
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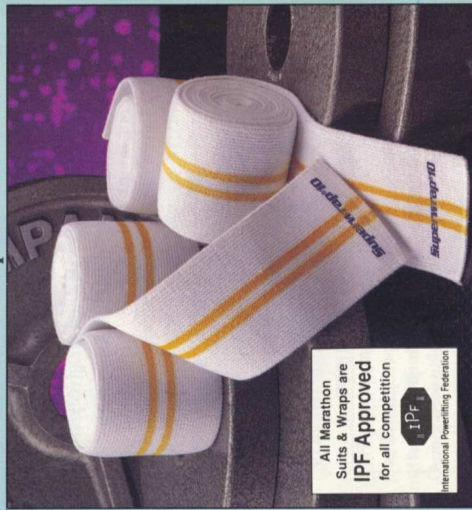
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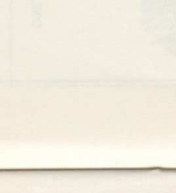
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(Ola, City, OK) Rich Peters, Box
735, Noble, OK 73068
11 AUG. BP/DL/Total Contest (open,
novice, jr. teen, submaster, master) Berk-
shire West Athletic Club, Box 2188,
Pittsfield, MA 01202, Ray Dunn, 413-
499-4600

Circle North, College Park, GA 30349,
770-996-5008
28 JUL (new date) APA U.S. Open
Bench Press, Sarasota, FL - tested/
non-tested), APA, Box 27204, El
Jobean, FL 33927, 941-697-7962
31 JUL, 4th Firefighter World
Games, Rick Belland, 13007 - 155
Ave., Edmonton, Alberta, Canada
T6V 1B6, 403-496-3861
JUL, WNPF Ohio Championships (Day-
ton) WNPF, 2560A Picardy, Cir. N.,
College Park, GA 30349, 770-996-
5008
JUL 7, 5th Towerk Barracks Bench
Press (US military welcome), Captain
Helmut Hochegger, Buchbach, 102
2630 Buchbach/Ternitz, Austria
3 AUG. NASA Arkansas State Bench
Press (teen, women, pure, natural,
submaster, master) Greg Blount or
Larry Kye, 114 Chickasaw, Jackson-
ville, AR 72076, 501-982-7668 (n,
945-0919 (d))
3 AUG. USPF Virginia State BP & DL
(Roanoke) Tommy Buzzo, Rt. 4, Box
126, Vinton, VA 24179, 540-890-9713
3 AUG. ANPPC Drug Free Southwest
USA BP (teen, women, men, master)
Chip's Gym, #7 Harbortown, Gulf
Breeze, FL 32561, 904-934-4734
3 AUG. Bench on the Beach (4 Points
Hotel, Dunbart, NY) Darwin's Health
Club, 47-53 Water St., Fredonia, NY
14063, 716-679-1591
3 AUG. USPF Texas/Louisiana BP,
Bob Garza, 9255 Fwy. 190, Box 5923,
Houston, TX 77037, 713-820-5923
3 AUG. APA/WPA/CPA World Cup
Bench Press (Florence, SC) David
Barino, Carolina Barbell Club, 147

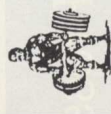
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Pyra, 25 Louis Dr., Buird Lake, NJ 07828, 201-691-0824
31 AUG, NASA Alumni Classic BP/DL, The Gym, 403 Hill St., Summersville, WV 26651, 304-872-0255, John Fennell, Jim Adkins
31 AUG, NASA Florida Labor Day Weekend Bench Press Challenge open to all states/new wt. classes) Mike #148, Bonita Springs, FL 34134
31 AUG, APA Beach Blast BP/DL (separate contests - men, women, teen, submaster - all lifters receive award) Louie LaPorte, 337 Roxbury St., Keene, NH 03431, 603-352-8590
31 AUG, NASA Alabama Regional (Shelfield) Rich Peters, Box 735, Noble, OK 73068
31 AUG, Mid Atlantic Bench Press, John Shufflett, Box 431, Stanardsville, VA 22973, 803-553-5362
31 AUG - SEP, WNPFF World Cup (separate contests - men, women, teen, submaster) Craig S. Bar, Alvey Gym, Chicago, Canada TO1 L13
31 AUG/1-3 SEP, AAU North America PL Championships
31 AUG/1-3 SEP, AAU North America (Huntington Beach, CA) teen, high school, jr., novice, open, submasters, masters, junior, law enforcement, military - all wt./age groups - 401-726-3100
Box 7262, Moreno Valley, CA 92552, 310-416-3566 (days), 909-928-4PWR
AUG, WNPFF Delaware Championships (Wilm., DE) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
AUG, WNPFF Tenn. BP & DL (Nashville) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
AUG, WNPFF Maryland BP/DL (Baltimore) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
7 SEP, (new date) JPA National Qualifying Meet, Ralph Rialto, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572
7 SEP, ADFPA Hawk County PL Open/BP (open, women, teen, master) & Mir-

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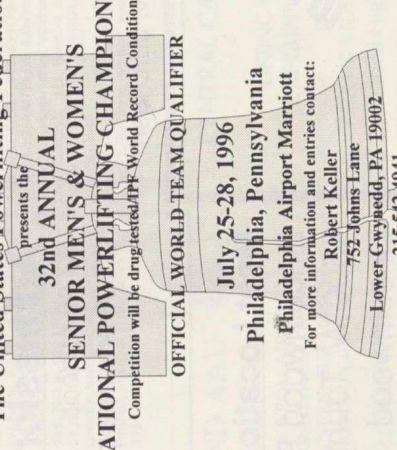
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2117 Phlox Ave., Rosemond, CA 93560, 805-256-2573
21 SEP, Prince City Deadlift Classic (women, men, teen, drug tested) open) Jim Jurek, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
21 SEP, MDSA Wilpona Valley Championships (Florence, MN) Davin Jacobson, Box 1031, Willmar, MN 56201
21 SEP, Midwest USA BP/DL Son Mi. Vernon, IL 62684, 800-482-6772
21 SEP, ADPPA Bench Press Nationals (St. Louis, MO) Mike Cress, SC - tested/non-tested, APA, Box 27204, El Jobean, FL 33927, 941-697-7962
21-22 SEP, NASA OH Regional (Delaware) R. Peters, Box 735, Noble, OK 73068
22 SEP, CPA Canadian Big Bucks' Bench Off (1000 at 15000) Raymond Carey, Waterloo, Qc., 514-539-4999
28 SEP, ANPPC Drug Free Northwest USA BP/DL (Rockford, IL) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
28 SEP, AAU Deadlift Nationals, Mike East Wynetyte, 100 East Western, Goodyear, AZ 85338, 602-932-2773
28 SEP, NASA TN Regional (Oakridge) Rich Peters, Box 735, Noble, OK 73068
28-29 SEP, AAU 14th Drug Tested New Jersey PL Open BP/DL (open men, master, submaster, law/fire, teen, women, novice, raw) Joe Pyra, 25 Louis Dr., Buird Lake, NJ 07828, 201-691-0824
29 SEP, Bay State Corr. Cr. prison meet (guest lifters welcome - 4 wt. no drug) Bruce Ardennen, Box 73, Norfolk, MA 02066 or Tim

McDonald, 617-727-8474, ext 160
5 OCT, USPF Drug Tested Fall Bench Press Classic (men, master, jr., women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
5 OCT, USPF Fall Bench Press Classic (men, master, jr., women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
5 OCT, ADFPA Northeast BP/DL (deadline 9/21) David Roderick, 51 Whirlaway Pl., Pawtucket, RI 02861, 401-724-8714 (9-3p.m only)
5 OCT, Open BP/DL Meet, Rickey Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689
5 OCT, USPF Drug Tested National Deadlift, Hardcore Promotions, Inc., 21 Hale St., Westport, CT 06880, 203-227-0335
5 OCT, APA/WAPA/CFA CanAm Internationals/AAPA Masters/Submasters Nationals & New England States Open/Novice (NH - tested/non-tested) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
6 OCT, WNPFF Pennsylvania State (Philadelphia) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
7-12 OCT, IPF World Masters Championships (Bombay or New Delhi)
12 OCT, ANPPC Drug Free Western USA BP/DL (location to be) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
12 OCT, MDSA Tri-State Challenge Cup (St. Louis, MO) Davin Jacobson, Box 1031, Willmar, MN 56201
12 OCT, APF Ohio State, Dave Ogan, 298 N. High St., Chillicothe, OH 45601, 614-772-5446
12-13 OCT, AAU National Masters/Submasters, Larry Larsen, 15 Lakeland Dr., Quincy, MA 02169, 617-479-7761
12-13 OCT, Inman and Woman PL/WP (all div./wt. classes) Jim Thomas, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilkes-Barre, PA, Doreen, 717-823-2191
19 OCT, NASA Big River Classic (men, women, teen, submaster, master) Dr. Daryl & Tobey Johnson, 1626 E.C.R. 196, Blytheville, AR 72315, 501-763-9094 (eves)
19 OCT, ANPPC Drug Free Northwest USA BP/DL (location to be) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
19 OCT, AAU Military Drug Free Nationals (active duty, guard, reserve - men, women, jr., submaster, master, raw) SFC Charles Barber, 2713 Vista Ct., Waldorf, MD 20603, 301-645-6549
19 OCT, APA All South Battle of the West (open, women, teen, master) Russ W. Nichols, 209 West 11801, West Nyack, NY 10994
20 OCT, WNPFF (Seaside, CA) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
26 OCT, Caim Drug Free BP/PL, Steve Stewart, Box 240, Hwy 31, Newville, LA 70551, 318-979-2200
26 OCT, ANPPC Drug Free Southeast USA BP/DL (location to be) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772

26 OCT, 8th Indian Summer Open (women, master, teen, drug tested, open) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
26 OCT, MDSA Night of the Living Deadlift/Hallowe'en BP, Darwin Jacobson, Box 1031, Willmar, MN 56201
26 OCT, APA NHC Push/Pull (out-side lifters welcome - 2 wks. notice - men, jr., submaster, master) Fred Latisis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
26 OCT, APA Southeastern States BP/Southern States DL (F. Lauderdale, FL - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962
26-27 OCT (new date), 14th AAU Central/AAPA Open (1st 60 - open, women, below class 1, teen, master) Siegel Ent. Group, 304 Daisys St., Clearfield, PA 16830, 814-765-5214
27 OCT, APF Southwest Regional PL/BP (open, below class 1, women, teen, submaster, master) Bill Hibbs, 361 S. S. Blvd., Ft. Worth, TX 76116, 817-738-4900
27 OCT, WNPFF Connecticut State (Norwalk) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
27 OCT, WNPFF World Bench Press (men, women, jr., teen, master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
27 OCT, California State Deadlift Classic, Aaron Peat, 1231 Coloway Ave., San Francisco, CA 94112, 415-585-7795
1-2 NOV, WNPFF Ohio Open (Dayton) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
2 NOV, USPF Scott Croteau Memorial Bench Press Fundraiser, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070
2 NOV, AAU Illinois State, John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
2-3 NOV, ADFPA New Jersey State, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 201-627-9156
2-3 NOV, WNPFF Drug Free Nationals (Edison, NJ) WNPFF, 2560A Picardy Cr., N., College Park, GA 30349, 770-996-5008
2-3 NOV, ANPPC National Drug Free PL/BP Championships, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
2-3 NOV, ADFPA Police/Fire Nationals (Omaha, NE), James Hart, 402-470-3672
2-3 NOV, ADFPA Central USA PL/WP (Cape Girardeau, MO) Mike Casali, 15 Lakeside Dr., Lake St. Louis, MO 63367
3 NOV, USPF Washington Open (PL/BP men, women, master, teen) Vance's Fitness Center, 1711 Heurt, Everett, WA 98201, 206-259-3797
3 NOV, USPF Pine Tree State PL (open, submaster, master, teen) Russ W. Nichols, 209 West 11801, West Nyack, NY 10994
3 NOV, ADFPA Ohio Open BP/DL (2 contests, week) Wks. Gym 24775, Lakewood, OH 44146
6 NOV, 20th Hawaii World Record Breakers, Gus Habaishi, Box 5292, Bend, OR 97708, 503-389-0600
7-10 NOV, WPC World (Durban, South Africa), Phil Niemandt, 181

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NOTE: ENTER EARLY THIS YEAR, MEET WILL BE LIMITED TO 150 LIFTERS


317070) BPO, "L'auvillais", 11 Field Way, Tongham, Farmham, GUTO119B, Great Britain
24 NOV, CPA/APA/WPA Champions, Quebecois - Montreal, Quebec, Canada J1E 2S2, 819-346-9466
30 NOV/1 DEC, IPA Wokwino Open PL/BP/DL (male/female) - tested, professional - non-tested, open, sub-master, master, teen, jr, m, Dan DeFalco, 810-294-7055, after 6pm
NOV, USPF Region I/PA State Open (W. Washington) (PA) Rob Keller, 752 19002, 215-542-4941
1 DEC, BPO British, Deadlift Challenge, Macclesfield, Cheshire, Barmingham
161625 6111556/617812) BPO, "L'auvillais" 11 Field Way, Tongham, Farmham, GUTO 119B, Great Britain
1 DEC, 8th SAAS Bench Press/Kops & Kids Bench Press (all age/ut, dth, no formulas, Drug Tested) Mike Collet, 214 N. Ashland, Park Ridge, IL 60068
1 DEC, 3rd Outlaw Christmas Bench Press, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795
7 DEC, ADFPA Kentucky State/Bluegrass Open PL/BP, Steve Conroy, 520 S. Main St., Henderson, KY 42420, 502-826-8354/835-7865
14, 15 DEC, International Australian Lift (full meet)/World Cup, Smith Schoneau, Australia, A48010 Graz, Austria Tel/FAX: +43-316-817683

15 DEC, CPA Canadian Open DL, Reynolds, Canada, Waterloo, Qc., 51-539-4999
16 DEC, IUPA/APA Masters International Bench Press & North (OH tested/non-tested) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
21 DEC, MASA Northern Nationals BP/DL, Davin Jacobson, Box 1031, Willmar, MN 56201
20 APR, ADFPA Superstars Bench Press (all div/ut, classes) Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994
3 MAY, AAU New Jersey BP/DL (open/rau) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
MAY, ADFPA Pennsylvania State (limited entries - open, lifetime, teen) Mr. master, woman) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994
14 JUN, from Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
26, 27 JUL (97), ADFPA Men's Nationals, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
JUL, IPA Worlds (tentative) Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
9 AUG, AAU Police/Fire Nationals PL/BP/DL (open/rau) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
6 SEP, IPA National Qualifier, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
15 MAR, 5th Family Fitness Center

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Dan C. Harvie
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Proctorsville, VT
05153
802-228-4766
(before noon)
PL/BP (men, women, master, teen) Robert Nieldet, 2296 Elda Rd., Lima, OH 45805, 419-224-6537
22 MAR, AAU Erie County Closed Championships & "No Drugs/A468 lowest" Bench Press, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
22 MAR, Oklahoma BP/DL, Ricky Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-2689
23, 24 MAR, ADFPA Lifetime Nationals (men, women - limited entries) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 9am-6pm
5 APR, ADFPA Rhode Island State Open PL/BP (all lifters welcome - dead-line: 3/22) David Rodenick, 51 Whiteway

27 SEP, AAU New Jersey BP/DL (open/rau) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
5 OCT, ADFPA National Bench Press (all age/ut, classes - 1st 150 entries) Geri Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 9am-6pm
12, 13 OCT, Ironman Men/Women Open & Bench Press, Wilkes-Barre Y.M.C.A., Corner Franklin & Northampton Sts., Wilkes-Barre, PA 17178-23191, (Doreen)
11-16 NOV (97) IUPF Men's Worlds (Prague, Czech Republic)
6 DEC, from Island BP Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
P.S. when writing ALWAYS include a Stamped, Self-Addressed Envelope for the meet director to return an entry blank to you, and if you telephone, please call and DO NOT specific time to call and DO NOT CALL COLLECT.
P.P.S. - Individualized entries in the Coming Events section indicate listings that are new or updates to our list for this specific issue.
MEET DIRECTORS... there are HUNDREDS of meets for readers of IFUSA to choose from each month. Put an ad in POWERLIFTING USA to make your meet stand out. Call Mike Lambert at 800-448-0828, 201-691-0824 to make your POWER for details. We even do the typesetting for you - FREE!

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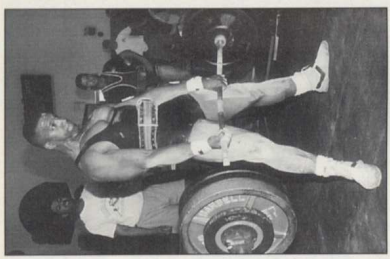
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Will mail out questionnaire with each order

1996 USPF Senior's Preview... Philadelphia) This year's Senior National Championship is now less than five weeks away and the response to the meet has been tremendous. As the competition nears, interest and anticipation continues to grow daily. As mentioned in my previous report in POWERLIFTING USA (1996 USPF Senior National Update - June 1986/Vol. 19 No. 11) the competition is shaping up to be one of the best ever. Additionally, several former national and world champions from previous years back have expressed interest in returning to the platform for this year's Nationals. Moreover, the response from the Women's lifting community has been substantial as well, as we will again witness the likes of Carrie Boudreau, Mary Jeffrey, Vickie Steenrod, Shelby Corson, and Bettina Altizer, all of whom have just recently finished competing at this year's IPF Women's World Championships in Canada. Congratulations to each lifter for their fine performance and we look forward to your presence at this year's competition. In addition, Rachel Mathias from Indiana will be making her entrance back into competition after taking several years off and we look forward to her return as well!

As I mentioned earlier, several lifters from years back have shown interest in returning to this year's Seniors. For instance, former multi-national and world champion, Doan Nguyen, from Washington State, will return to the USPF and battle Phil Hile for the top spot. Doan is a very tough competitor and will be Hile's toughest competitor yet at this competition. In the 123 lb. class, both John Arenberg and Greg Young will battle again as they did last year, however, if ADFPA champ Dave "The Slice" Weiss from Virginia decides to participate, it would no doubt be a definite and distinct challenge for these two veterans. Additionally, two time IPF Jr. World Champion Bronz Medalist, Will Taylor from Colorado will be making his return to battle Tim Taylor for the 132 lb. title. Will has been out of the game for a while, however, and explained to me that his training is going well and he looks to be ready to meet his challenge. In the 148 lb. class, Mr. Wade Hooper of Louisiana will again battle Mr. Tony Conyers for the title, however, there is a rumor about that Dan Austin will make his return. No telling what could happen if all three were to lock up in this weight class. Tony Conyers looks to be the favorite, especially after his recent 1740 lb. all time total mark, which he set in March 1995. Notwithstanding, Wade feels ready for another shot at the IPF World record in the squat and Dan is always primed and ready for a World Record in the deadlift. Last year's runner-up Scott Siegel continues to improve and could be a formidable opponent. There is also the possibility that James Benemeto may lift and that could even add more flavor to the mix. Good luck to all the competitors.



Kent Johnson will be a contender at the upcoming USPF Sr's. (Joe Starkey)

In the 165 lb. class, Calvin Dial of Louisiana Tech University looks to be the favorite, especially after his two recent performances at both the USPF & ADFPA Collegiate National Championships. He will definitely give last year's champion, Troy Culbertson, a battle, if Troy wishes to return this year. Last year's runner-up, David Arterberry, from Louisiana, could definitely make things interesting. In the 181 lb. class, Michael Danforth, last year's surprise winner in this class, will be returning to defend his title against Greg Jones, who was favored last year and unfortunately bombed out in the bench press. Greg definitely wants to average last year's misfortune. Additionally, Benemeto of New Jersey, Ray stunned the powerlifting community last year with his colossal 1901 lb. total at the ADFPA Nationals. If he were to lift and win at this year's Seniors, he would no doubt give Virvanen of Finland a competition at the IPF World Championships in Sölden, Austria this fall. Furthermore, he feels confident he can exceed the present IPF world record in the deadlift. Additionally, Bench press specialist Leonard McCormick from Atlanta, Georgia, will be making his Sr. debut to take a run at Mike Bridges' IPF World record in the bench press. Leonard has already made a 501 several times and is capable of more. Good luck to Leonard!

In the 198 lb. class, the venerable Gene Bell will return to defend his title; however, he will have several worthy opponents with the likes of Rob Wagner from Philadelphia, Pennsylvania, leading the way. Last year's ADFPA National Champion, Joe McAuliffe of New Jersey, would be a definite contender for this title, if last year's ADFPA team champions, Pro-Fitness, decides to enter. Nevertheless, Gene wants to win this title and average his stunning loss to Tolvanen of Finland at last year's IPF Men's World Championships in Pont, Finland. Last year's ADFPA number-ups in the 198 lb. class, Bubba Stokes and Anthony Harris, have been sent invitations to lift, as well as former USPF National Champion, Michael Barber of Colorado. All are definite factors to win this class if they decide to show. The 220s will be WIDE OPEN this year and could go to anyone of the following lifters. For instance, last year's runner-up in this class Kent Johnson from Virginia will be your favorite. However, he will face a formidable opponent

the 275 lb. class, multi-national and world record holder, Kirk Karvoski, looks to repeat as national champion; however, former World champion Phillip Farmer may take a stab at this title and will definitely be Kirk's greatest challenge yet. Moreover, this test could push Kirk to limits in the squat. "Where no man has gone before!" Furthermore, Lawrence Brown of Sewell, New Jersey, and Joe Raynor of North Carolina are preparing for their first Senior Nationals and should be both factors in the placings, by the time it's all over, Joe has hinted to me he is primed and ready for a shot at the IPF World Record in the bench press in this class. He has recently hit a 589 lb. lift at the USPF North Carolina State Bench Press Championships and is definitely within striking distance. The SHW class looks to be just as impressive and competitive as the previous class, with the continuation of last year's close battle between Shane Hamman and Jeffrey Lewis. Jeffrey was one lift away and should seriously challenge Shane for the title this year. On the other hand, Shane will be ready to meet Jeff's challenge and will also be prepared to surpass his IPF all-time and SHW World Record of 1008 lbs. in the squat. Moreover, things could get really interesting if Marcus Henry decides to lift; however, with the Olympics taking place in Atlanta just days after this year's Seniors, it is highly unlikely. Additionally, invitations have been sent to Dave Nettles of Maryland and Jason Wisner of Mississippi, who are both legitimate contenders for this title. David's gearing up for a shot at a 1000 lb. squat this year, and Jason recently came off a tune-up meet with impressive lifts of 900 500 700. There is also a possibility that James "Hollywood" Henderson may show up to break Anthony Clark's IPF World Record in the bench press, which presently stands at 683 lbs. The "shirtless one" is definitely well within reach after exceeding the record with a successful 705 lb. effort at this year's Bench Press National Championships in Oregon. Furthermore, 1996 USPF Junior Nationals competitor, Bryan Niles from Paoli, Pennsylvania, is presently preparing for a shot at the World Junior Record in the Bench Press with 556 lbs. and the way his training has been going, he looks like a strong candidate to break the record. Good luck Brian!

In closing, if you are interested in either competing or just coming to watch, I can be reached at the following telephone number (215) 542-4941 or my address at 752 Johns Lane, Lower Gwynedd, Pennsylvania 19002. In the interim, if you have any questions or concerns in regards to the competition, please feel free to contact me directly. I am available to answer your questions. Until next month, Good luck in your preparations for the National Powerlifting Championships.

Tony Fitton challenges the statement made by Rob Keller in his preview of the 1996 USPF Sr. Nationals describing Phil Farmer as IPF Sr. Men's World Champion, noting that following the 1993 IPF Sr. Men's and Women's World Championships, Phil Farmer tested positive for testosterone and noting that he is suspended from international competition and setting records for a period of 3 years, commencing November 30th, 1993.

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NASA POWERSPORTS (Sinet Curt, Bench Press, and Deadlift) competitors will automatically qualify for the Power Sports Nationals in Las Vegas in April of 1997. "Membership cards are not required for "Power Sports" lifters. All lifters MUST wear a lifting singlet to compete in the Meet for only \$18.00. No Supportive Equipments. No Bench allowed under any circumstances. No Bench Shirts, Wraps, Tight Suits, etc. This is a drug free Open Grip, Upright or Reverse Grip Bench Pressing Allowed!" For further information and rules definitions, contact Rich Peters at 405-872-9684, Box 735, Noble, OK 73068.

in IPF Jr. World Champion Robert Eucker. As mentioned in my first report after missing last year due to a severe leg injury. Additionally, Robert Dyer of Texas has also expressed interest in lifting and should be a factor in this class as well. We welcome both their returns. ADFPA National and World Champion lifter, James Morton from Wilmington, Delaware, has been sent an invitation to lift and is a definite challenger for this title. We welcome his arrival.

In the 242 lb. class, Ed Coan will be making his debut in this weight class, and there is no telling what, all-time numbers could be erased and/or posted by the time the chalk dust settles. In a recent issue of PARALITIC magazine, it was related that a 1030 622 940 is maybe in the cards. Absolutely out of sight! Additionally, last year's champion Scott Smith will be lifting, along with last year's IPF World champion Silver Medalist Jeff Douglas. Look for another great battle between these two lifters. In

USPF President's Message... Peter Thorne... "As we head toward the 1996 Men's and Women's Nationals and the USPF National Committee Meeting there is much to consider. The prospect of the 1997 IPF Bench Press World Championships in Dallas, Texas may highlight big changes for the sport of powerlifting in the USA. I appreciate IPF President Grahame Fong's acknowledgments of the greater commitment by the USPF and his statement that "Peter Thorne has given more of his time to our sport than any previous USPF president I have known, and his commitment has been unwavering in the face of heavy criticism from many detractors. I believe that much of the criticism has been unwarranted..."

I was also pleased to receive a copy of a letter sent to PL USA from the former president of the IPF, Heinz Vierthaler. In his letter, Mr. Vierthaler is very complimentary of the progress made by this administration in improving relationships with the USPF and IPF.

I noted two letters in PL USA from members who had questions. I would like to take this opportunity to respond.

Michael Pringle writes that he has concerns about signing an entry form as worded in the past in regard to drug testing. This form was carried over from the previous drug testing administration and I thought it prudent to investigate the wording fully before changing the content of the release. This I have done and there will be a new release form used for the Men's and Women's National Championships.


Mike, I hope you realize that the integrity of the USPF drug testing is a most important issue to me. All USPF National Championships will be drug tested by urinalysis and the sampling will be done by independent drug testing professionals and the testing is done by Aegis Laboratories, a well-known and reputable laboratory. We have published the results of the drug testing from previous National Championships and will continue to look for ways to improve our reporting methods.

Lifters may request a copy of their own drug tests from the USPF National Headquarters office. Of course, we will furnish results only to the individual lifter.

I agree with you that lifters must be tested by the same standards. That is the way we have developed the current drug testing program done at USPF Nationals. I will continue to work at establishing the same uniformity and credibility at the local level.



USPF President Peter Thorne is pictured in his visit with Senator Daniel Inouye of Hawaii at his US Senate Office in Washington DC.



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		Y	Y	
Street Address		State	Zip	Club Name
City		Area Code/Telephone		
U.S. Citizen	Sex	Date of Birth	Reference Status	Current USPF Classification
Y	M	F / / /	IPF Cat. 1, Cat. 2, Nat.	Elite Master I II III IV
Card Issued By	Today's Date	Current High School	Current Collegiate	Special Olympian
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 Killeen, TX 76963

I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

Signature _____
 If Under 18 have Parent Initial _____

FINAL MESSAGE

"July 25, 1996 Philadelphia, Pennsylvania - The issues will no longer be discussed. The votes will be cast and counted and the election at an end. But today is not July 25 and the issues are still being discussed. What we are about to bring to your attention is up to your scrutiny. Do not believe anything you read. Question it. The truth will always survive investigation."

The issues of this campaign begin with the improper usage of political power. The denial of National bids. Many letters have been written. Many accusations made. The accusations can be rebutted and proven to be false.

Following this is the withholding of the USPF directory of officials and representatives. This document was withheld from the campaign of Mr. Don Haley, the Executive Committee, and most important - the dues paying members.

When the directory was released phone numbers were absent. If you refer back to the May '96 issue of PL USA, page 100, you will see the WDPDF directory. In the June '96 issue you will see the ADPPA directory. Both of these include the addresses and phone numbers of officials. Our contact with the Executive Committee and State Chairs has been only positive. Yet the justification given us for the withholding of the phone numbers was that the USPF officials, elected representatives, do not want to be contacted by the membership.

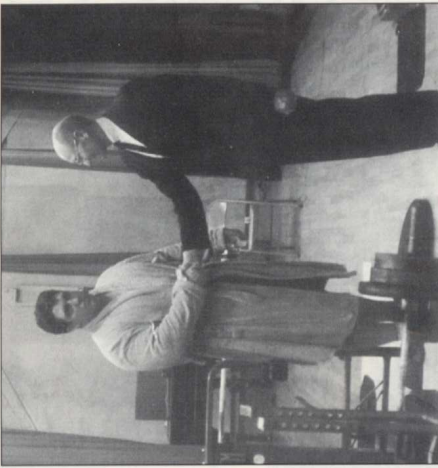
In addition, State Chairs are not able to get complete mailing information on their residential membership. We know that the state of California has 341 members, but we are not allowed to correspond directly to them. This must be accomplished through the Head Office at the expense of the USPF membership.

At present the USPF has an outstanding debt to the legal firm of Drew, Eckl & Farnham of Atlanta for over \$5000. This is accruing interest since the USPF has failed to make more than one payment from June 1994 to October 1995.

Many more issues can be written about. Many more affect you. We are not a group of individuals and we are filled with self interest and out to destroy the organization. Most of us are lifters like yourself. We are meet promoters and referees. This is not our hobby or our living. It is who we are.

As you continue to read you will learn about a man that is endorsed by top and novice lifter alike. Your support him because he, like you, self, has chosen this to be his lifestyle. Don and Fran Haley are known to many of you as a tireless couple

for providing the results of this contest.)



Don Haley, after serving as an official, congratulates Pat Casey for his performance at the May 21st, 1966 San Diego Invitational, where he defeated Terry Todd, with lifts of 592 in the bench press, 774 1/2 in the squat, and 635 in the deadlift, for a total of 2001 1/2 pounds.

Regarding the "Questions to the USPF" Candidates for President, published in the June 1996 edition of PL USA, Don Haley feels uncomfortable answering the questions posed, as he has not had access to information, financial and otherwise, from the present administration of the USPF, upon which he could base a conclusion. Don is certainly for openness in disclosure of USPF financial data, and if there are funds available, he would certainly want to fund both drug testing and the travel of our international teams to world championships.

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J. Jeffrey 500
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Power People



Harold Long Jr. started on recreational drugs at age 14, going from pot and beer to crack cocaine and in this process he lost the job he had held for 10 years...

to become a competitive powerlifter. He met Bob Banks, who became his coach three years ago. Since then Harold has won several championships and placed in 90% of his contests.

Table with 2 columns: Name and numerical values. Includes names like Edgar, A; Hampshire, C; Hamilton, J; etc.

Table with 2 columns: Name and numerical values. Includes names like Pedraza, A; Edgar, A; Hampshire, C; etc.

Table with 2 columns: Name and numerical values. Includes names like Michalek, T; Morgan, L; Jodan, J; etc.

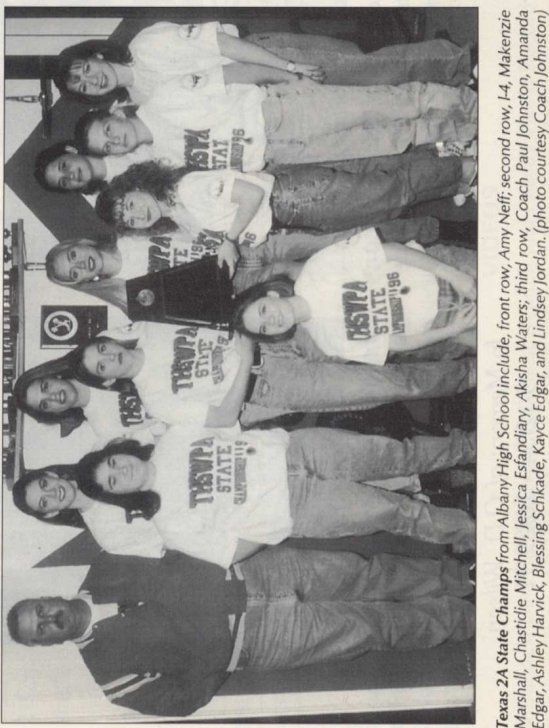
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Texas 2A State Champs from Albany High School include, front row, Amy Neff; second row, I-4, Makenzie Marshall, Chaistide Mitchell, Jessica Waters; third row, Coach Paul Johnston, Amanda...

Spanish Championships 31 Mar 96 - Zaragoza (kg) SQ, BJ, total. Our largest class, 198, had veteran and now 52 kg...

Kobar Towers Bench Press 13 Apr 96 - Saudi Arabia F. Hernandez 171 380 J. Anokic 185 275. He made 320 600 1475. All American record 67.5 kg...

Ben Bell, 12 years old, 114 lbs. made an AAUPC American Record deadlift of 260 at the 12th New Jersey BP/DL meet.

Table with 2 columns: Name and numerical values. Includes names like R. Swadman; Out of State; Raw; etc.

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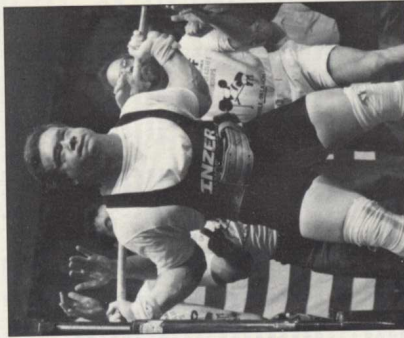
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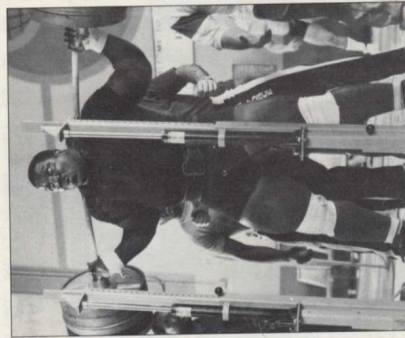


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- O.D. Wilson

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

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Tank Tops — 2 color logo **\$8.00**

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
S, M, L, XL, XXL **\$19.00**

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

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

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

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Lever Belts

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

10 cm x 13 mm • 6 rows of stitching \$10.00

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• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller

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• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$2.00

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

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

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

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A.D.F.P.A. Corner

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

MESSAGE FROM WDFPF SECRETARY GENERAL

Our 1996 WDFPF Congress scheduled for Friday, August 23 promises to be an exciting event as we focus on the promotion, growth and development of DRUG FREE training and competition for our members. We take great pride in being the only drug-free international sporting body in the world. The credibility of the WDFPF is based on our firm commitment to "target" and "out of competition" drug testing. No other organization includes these assurances of participation by "natural athletes"; nor does any other organization require evidence of a nation's out-of-competition drug testing program as a membership requirement! I look forward to seeing the member nations in Chicago for our 1996 WDFPF Congress and our 1996 Open, Teenage, Junior and Masters Championships. 1996 WDFPF Annual Congress: Friday, August 23. Radisson Lincolnwood Hotel, Chicago, IL. 1996 Open, Teenage, Junior and

Masters' World Championships, August 24-25. Radisson Lincolnwood Hotel, Chicago, IL. Meet Directors: Sandi and Dennis Bready, 312.561.9692.

ADFFA EXECUTIVE COMMITTEE MEMBER MESSAGE

Executive ADFFA Executive Committee. There has been much published recently regarding the chaotic state that powerlifting seems to be in. In the Apr. 96 issue of PL USA, Dr. Judd wrote "the more I watch powerlifting, the better professional wrestling looks." This article goes on further to state there are twenty active powerlifting organizations in the United States. What does all this mean? It means we live in a democracy and have the right of choice. Why choose the ADFFA? The answer is quite simple. * The ADFFA provides organized, legitimate drug tested competitors at local, regional and National levels. It also provides the opportunity for international drug tested competition through it's affiliation with World Drug Free Powerlifting Federation (WDFPF). By testing for banned substances, the ADFFA has no intentions of trying to legislate morality, but provides a level playing field for competitors that is free of pharmaceutical advantages. * Ethical Practices: All organizations have issues and the ADFFA has faced up to and dealt with it's. When something goes wrong, it is handled through internal policies that are defined and governed by our by-laws. * Opportunities: Powerlifting will not survive without a steady influx of new meet directors, qualified judges and support staff to replenish it's ranks. The ADFFA leadership, I try to get as much mileage

DIABETES AND POWERLIFTING

By Cyndi Regan. I am writing this article from requests I have received. My name is Cyndi Regan, I am the Chairman for the Education Committee for the ADFFA. In February of 1995, I was told I was border-line Diabetic. I had medication prescribed as well as a diet alteration. Why? Well, I probably should set the stage. Two years ago, I started to lose weight. I went from an all time high of 258 pounds to 300. I was both happy and disappointed. My bench crashed from a 330 to a 225 and hard at that bench. I could not understand why. I had not lost anything in the squat, as a matter of fact it seemed to be getting stronger. Then one day I was having trouble with my contact lenses. (I'm cheap, I try to get as much mileage

A.D.F.P.A. Corner

women's nationals in Wilkes-Barre, PA. It was a great meet especially because all ages were well represented from 14 years old to 60+. The meet hotel was on the historic river - yes, the river that threatened to overflow last January. Thanks to all the meet helpers and officials, the women of the ADFFA thank you.

ADFFA ON THE WEB

The ADFFA is now accessible on the world wide web. If you have access to the internet, type in http://www.adffa.com to see our home page. We will have records and all kinds of information available!

COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Balz
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310)863-1308, Coach: Sherry Houston
Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave., Macomb, IL 61455, (309)837-4824 (M-F 3-5pm, Sat 10-12pm)
Bob's Health and Fitness, Inc., 80 South Main St., Concord, NH 03301, (603)228-6756, Owners: Bob and Marian Gallagher
Bosco's Gym, 12 Broadlawn, Atmore, OK 73401, (405)226-5438, Owner: Stacy Green
Brown's Gym, 611 S. State St., Clark Summit, PA 18411, (717)586-3481, Owner: James D. Brown
Bulldog Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766, FAX (216)630-3651, Owner: Bruce Dowling
Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones
Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518)785-8096, Coach: Dyke Naughton
Cyborg Power Shop, 04281A Country Rd. 15D, Braan, OH 43806, (419)636-4585, Coach: Ernie Fleischer
Eastpointe Gym Inc., 15000 Nine Mile Road, Eastpointe, MI 48021, (810) 777-1956, Owners - Tyve Hull & Pat Lawrence
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973, Owner: Gerry Reeds, CT State Coach
HMS, P.O. Box 2231, Citrus Heights, CA 95611, (915)729-6860, Coach: Fred Kendall
Iron Pit Gym, 122 E. Miller Dr.,

Powerbuilders Gym

1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.
Power Pit Gym, 1763 Arrow Ave., Bronx, NY 10469-3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stem
Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201)627-9156. Owner - Joe Morreale. Coach Howard Waldron.
World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)933-9988. FAX (510)945-8495, Marco Y. Mangiotta, ADFFA Contra Costa Representative

Scrap Iron Gym

PO Box 190, Phoenix, NY 13135 (315)695-6975
eve before 9, E-mail: AX2PQ@aol.com, Owner: Jim Cantol

Serious Members Gym, Inc.

Exit 118 Rte. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach: Frank Dias
Sheridan Recreation Center, 3325 W. Oxford Ave., Denver, CO 80236, Coach: Eddie Canoza, (303) 761-2241
S&M Fitness, 201 North Gunn St., Harrisburg, IL 62946, (618) 252-0881, Owners - Susan & Mark Motesinger

Strength Training Center

5 Nutritional Technologies, c/ Stonecroft Drive, Easton, PA 18045, (610)258-1894, Coach - Nick Theodorou
Pacific Power Outlaws, 452 A Street, Daly City, CA 94014, (415)992-1114, Coach: John Ford
Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Conum

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206 S. Walnut, Ridgeville, IN 47380, (317)857-2505, outside Indiana, 1-800-655-FIT, In Indiana, Owner - Joe Goodnow

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ADFFA National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Masters	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										

ADFFA Women's

ADFFA Women's	97	104	111	116	122	129	139	154	176	176+
Nationals-open & life	496	535	562	617	639	694	739	766	777	876
Collegiate's	365	385	410	420	435	455	485	520	575	640
Masters 35-44	347	369	391	402	419	441	468	507	562	628
Master 45 or over	A Total in a Sanctioned Meet									
Teen (14-19)	335	355	380	390	405	425	455	490	545	610
High School	A total in a Sanctioned Meet									

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LAST NAME: _____ FIRST NAME: _____ INITIAL: _____

STREET ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE NO: _____ AREA: _____

DATE OF BIRTH: _____ AGE: _____ SEX: _____

U.S. GREEN YES NO

U.S. OPEN YES NO

COMPLETE ALL ENTRIES

CONTEST REG NUMBER: _____

REGISTRATION FEE EFFECTIVE - 11/1/94 \$25.00 HIGH SCHOOL - \$10.00

In recognizing the need for Drug Usage Detection, I agree to submit to any drug testing procedure required by the ADFFA, U.S. Green or Open, and accept the results and consequences of such tests.

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APPLICANTS, fill out form completely and mail with fee to:

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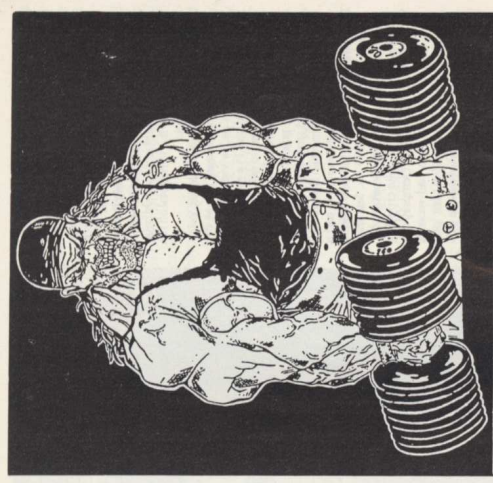
DATE: _____ SIGNATURE: _____ HAVE PARENT INITIAL: _____

A.D.F.P.A. Corner

1996 ADFFA WOMEN'S NATIONALS... A special thanks to Bob and Gent Gaylor for hosting the

POWERLIFTING USA BACK ISSUES

Table listing back issues of Powerlifting USA magazine, including issue number, title, and price.



HARDCORE T-SHIRT FOR HARDCORE LIFTERS!!!! Express your aggression for heavy iron with this awesome T-shirt design...

From Doug Hepburn... an excerpt from Doug's new book 'ANATOMY OF STRENGTH...' 'When training to set a record lift...

Two Letters From MIKE STAGG; (first one addressed to the ADFFA Indiana State Chairperson) 'Dear Mrs. Overdeer, My name is Mike Stagg. I began powerlifting in 1982 (14 years of age) under the guidance of Dick Connors, the coach of 'The Pit' Powerlifting Team in Evansville, IN. I lifted my first ADFFA sanctioned contest in 1986. In 1987 I competed in the Men's Teenage Nationals in Wisconsin where I had the opportunity to meet and talk with Brother Bennett. I was very impressed by his honesty, selflessness and concern for youth. Here I was speaking to the founding father of drug free powerlifting and he was echoing the same beliefs which Coach Connors was teaching me every day. With the exception of the 1987 USPF Teenage Nationals, I never again competed in a non ADFFA sanctioned meet.

I am writing concerning the 1996 Indiana State Powerlifting Championships in which I competed. I am very proud to lift in the state of Indiana, and even prouder to compete for 'The Pit' and Coach Connors have done much to support powerlifting in the state of Indiana. One has to only check the records of past ADFFA state champions to understand the support 'The Pit' has given the ADFFA in Indiana. It distressed me greatly to learn of the events which led to 'The Pit' being awarded second place; then, after team rosters were double checked, first place, then a week later, second place again. If the rules followed, there would be no controversy. However, the rules were not followed and at least one roster was tampered with the day of the meet, even though the entrance lists were given to me before the meet.

I will continue to lift for the ADFFA as their belief and foundation helped me to become who I am today. However, I would urge you, the ADFFA executive members, and all meet promoters to: 1. Follow the rules. 2. As in the case...

With teams, where rules are vague, adhere to pre-meet published policy (as was on the entry form) 3. If the rules must be bent, be consistent and bend them for everybody. 4. Remember that the only reason you exist in the capacity you do is because of us, the lifters and teams whose membership dues and entry fees make this all possible. * Mike Stagg

Dear Mr. Lambert: Two days ago I sent you a copy of a letter which outlined a situation which arose during the team scoring at the Indiana State Powerlifting meet. Mike Overdeer, ADFFA President, received my letter one day after I mailed it. By 4:00 pm that same day he had resolved this situation with all parties concerned. He resolved it according to the rules which were posted on the entry form. I could not have asked for a more fair or prompt response to my letter. For all those people who believe the average lifter does not have a say in the ADFFA, think again! Mr. Overdeer is to be commended for his concern and responsibility on this matter. This should serve as notice that in the ADFFA things are done fairly in accordance with the rules. Mr. Overdeer reinforced the very reasons why I began and continue to lift in the ADFFA. * Michael E. Stagg

World Natural Powerlifting Federation Membership Registration LAST NAME FIRST NAME INT. ADDRESS STATE ZIP CITY TELEPHONE NO. SEX DATE DATE OF BIRTH AGE HIGH SCHOOL \$15.00, ADULTS \$25.00, MAKE CHECKS PAYABLE TO WNPFL SEND TO: WNPFL, 2560A PICARDY CIRCLE NORTH, COLLEGE PARK, GA 30349 770-996-5008 SIGNATURE

Doug has courses available; 'Strength and Bulk', 'Super Hands Press', 'The Two Hands Curl', 'The Bench Press', 'Two Hands Deadlift', with each course costing \$10 or all 6 for \$40.00. Order from Doug Hepburn, 40 east 4th Avenue, Vancouver, BC, CANADA V5T 1E8, or call 604-873-3684. Doug is a former World Weightlifting Champion, who has set dozens of records in the powerlifts as well. He hopes to exceed 30 world records on various lifts on his 70th birthday. Doug has created a new organization called the 'World Elite Weightlifting Association' designed to be above countries and races'. Doug will choose athletes of high moral standing, who are a credit to the sport, for receipt of a special red shirt, indicative of the honor. First to be nominated is James Henderson of the USA.

try clearly stated that rosters were to be in three days before the meet. I will not go in any more depth as that would merely be finger pointing and ultimately detrimental to the ADFFA.

Follow the rules. 2. As in the case sent you a copy of a letter which outlined a situation which arose during the team scoring at the Indiana State Powerlifting meet.

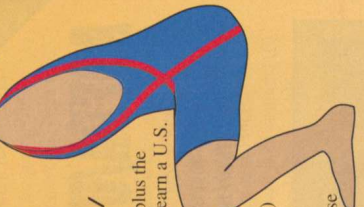
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Table listing personal records for various lifts (Squat, Bench, Deadlift) across different categories and divisions.

Table listing personal records for various lifts (Squat, Bench, Deadlift) across different categories and divisions, including names and weights.

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



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MWR Bad Boys (Gir's) Bench		Men 319		Men 242		Men 181		Men 146		Men 108		Men 72		Men 54		
Women Master	Women	V. Elliott	650*	391	611*	1653*	108*	159*	238*	584*	108*	159*	238*	584*	108*	
T. Schaffer	330	R. Kendall	722	117	244	519	722	117	244	519	722	117	244	519	722	117
R. Black	310	M. McNeill	512	347	50	1362	485	207	540	1362	485	207	540	1362	485	207
R. Blom	105	R. Mehoff	485	207	540	1362	507*	308*	658*	1355*	507*	308*	658*	1355*	507*	308*
K. Thomas	360	R. Kane	440	275	462	1179*	440	275	462	1179*	440	275	462	1179*	440	275
K. Moore	310	K. Haugen	540	407	606*	1554*	540	407	606*	1554*	540	407	606*	1554*	540	407
R. Richards	455	R. Kohleppel	551*	363*	545*	1460*	551*	363*	545*	1460*	551*	363*	545*	1460*	551*	363*
K. Johnson	390	L. Larson	551*	363*	545*	1460*	551*	363*	545*	1460*	551*	363*	545*	1460*	551*	363*
R. Hill	350	M. Blake	187*	110*	253*	551*	187*	110*	253*	551*	187*	110*	253*	551*	187*	110*
G. Black	425	L. Koopmans	275*	137*	292*	705*	275*	137*	292*	705*	275*	137*	292*	705*	275*	137*
T. Vaughn	530	C. Ashton	473*	336*	143*	933*	473*	336*	143*	933*	473*	336*	143*	933*	473*	336*
C. Clark	455	D. Dineel	551*	352*	567*	1471*	551*	352*	567*	1471*	551*	352*	567*	1471*	551*	352*
T. Landry	475	M. Shear	529*	380*	507*	1416*	529*	380*	507*	1416*	529*	380*	507*	1416*	529*	380*
T. Goodwin	365	H. Hakenstadt	314*	209*	385*	909*	314*	209*	385*	909*	314*	209*	385*	909*	314*	209*
T. Grobin	365	M. L'Esperance	330*	220*	352*	983*	330*	220*	352*	983*	330*	220*	352*	983*	330*	220*
T. Landry	365	B. Seymour	485*	308*	501*	1295*	485*	308*	501*	1295*	485*	308*	501*	1295*	485*	308*
T. Landry	365	C. Fuller	479*	270*	534*	1284*	479*	270*	534*	1284*	479*	270*	534*	1284*	479*	270*
T. Landry	365	A. Siegel	99*	99*	231*	429*	99*	99*	231*	429*	99*	99*	231*	429*	99*	99*
T. Landry	365	D. Cleininger	365*	231*	485*	1080*	365*	231*	485*	1080*	365*	231*	485*	1080*	365*	231*
T. Landry	365	M. Schell	176*	220*	253*	650*	176*	220*	253*	650*	176*	220*	253*	650*	176*	220*
T. Landry	365	M. Garry	440*	236*	485*	1162*	440*	236*	485*	1162*	440*	236*	485*	1162*	440*	236*
T. Landry	365	E. McCullough	99*	99*	231*	429*	99*	99*	231*	429*	99*	99*	231*	429*	99*	99*
T. Landry	365	G. Slinak	365*	231*	485*	1080*	365*	231*	485*	1080*	365*	231*	485*	1080*	365*	231*
T. Landry	365	K. Paradies	176*	220*	253*	650*	176*	220*	253*	650*	176*	220*	253*	650*	176*	220*
T. Landry	365	J. Mitchell	198*	187*	275*	661*	198*	187*	275*	661*	198*	187*	275*	661*	198*	187*

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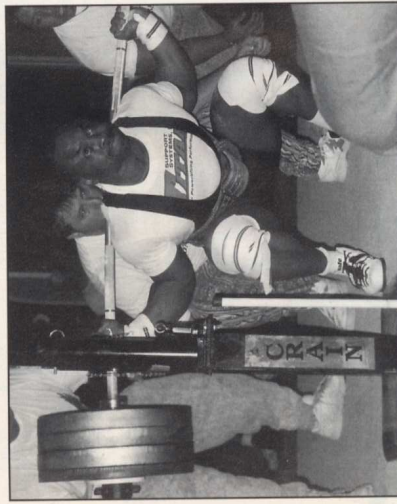
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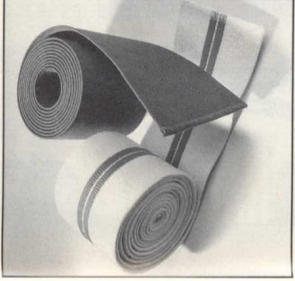
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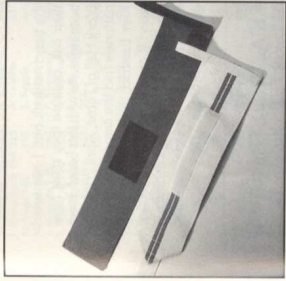
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Brian Farmer has improved his total at 150 lbs. in each of previous competitions. At this meet he won the Men's 165 class

man is one of the best young lifters in the country today and is coached by the immortal Fred Glass of Allentown, Pennsylvania, who has done a remarkable job in bringing him along. Erik is also an outstanding student and will attend Penn State University in the fall, where he will study both Kinesiology and Physiology. Erik Justin Gordon of Pennsylvania and Andrew Edwards of Glen Mills, end up in sole possession of second and third place respectively. Lobana of Queen of South Carolina, Castello of Queen of Peace, Gavin from New York, Logsdon from Pennsylvania, and Matt from Pennsylvania, who has done a great job of talent and will challenge for a spot in the US World Junior team next year. Look for him to improve dramatically over the course of next year. Tony Pegaro from Queen of Peace, was a distant third, and Malheur Peasley of St. Mary's finished fourth. In the 20-23 division, Robert Hester from Longview, Texas, dominated the largest and most competitive class in the competition with well selected attempts and superior deadlifting ability. Robert lifted conservatively by making all of his attempts in both the squat and bench press, thereby providing him with a large rest of sub-lift level to outdistance the rest of the top lifters. Robert missed second deadlift of 628 lbs on a technical, however, came back to make a spectacular 651 lbs on a third attempt for a new American Junior Record. Robert would challenge for this year's National Championship. Robert's last year's National Championship, from North Carolina, proved his total by over 100 lbs., however, finished runner-up this year to a tough Robert Hester. Travis wanted a shot at Hester's American Junior record of 430 lbs. in the bench press, but instead, played it safe to secure the silver medal. Travis is a good young lifter and will also be a tough opponent at the Jr. World Championships. Rounding out the class was Bronson in second place, and also from Salisbury State University, who was your

team representative to the World Junior Championships since both Matt and Russell have vacated that spot to him. Additionally, the "Frogman" is all-around athlete and competed on the nationally evicted show American Gladiator and won both Thor and Jason Lightning. Way to go, Froggie! Charles Rutkowski of Maryland, made the mistake of starting to highland, was unable to get a hand, Mike Pringle from Kansas, lifted until the deadlift, where he suffered a severe injury to his leg, Mike apparently had some issue around his rib cage and had to be taken to the hospital. However, he since recovered 100%. They kept him on a few days for observation, before making the trek back to the Sunflower State, at the end of what and honey, we did not forward to having you back on the platform, Mike!

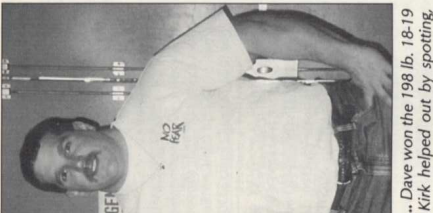
In the 90/198 lb class, 14-15 age division, Sam Schiman, lifted unopposed and provided the crowd with a great deal of entertainment. Sam is improving rapidly under the tutelage of East US Junior Team Coach, Claude Welton of Abington Heights, Pennsylvania. In the 16-17 age division, Sam's brother Dan didn't have to essay, as he competed nationally and won a gold medal. Dan lifted a total of 910 lbs. on 9 other lifts. Daniel and coach Welton used a well balanced lifting attack against core members, Tyler Washington and Sean Wilson, both of Glen Mills. They were followed by Joe Cunha of Queen of Peace, James Riley of Glen Mills, Daniel Lane of St. Mary's, Laifery of Glen Mills, Adam of St. Mills, who started in high in the bench press and subsequently bombed. In the 20-23 age group, 1995 ADPAFA sennage National Champion, Don Folanese, from New Hampshire, won here as well as coach Nebreska Teague Champion and best Nebraska Teague Champion of talent and will challenge for a spot in the US World Junior team next year. Look for him to improve dramatically over the course of next year. Tony Pegaro from Queen of Peace, was a distant third, and Malheur Peasley of St. Mary's finished fourth. In the 20-23 division, Robert Hester from Longview, Texas, dominated the largest and most competitive class in the competition with well selected attempts and superior deadlifting ability. Robert lifted conservatively by making all of his attempts in both the squat and bench press, thereby providing him with a large rest of sub-lift level to outdistance the rest of the top lifters. Robert missed second deadlift of 628 lbs on a technical, however, came back to make a spectacular 651 lbs on a third attempt for a new American Junior Record. Robert would challenge for this year's National Championship. Robert's last year's National Championship, from North Carolina, proved his total by over 100 lbs., however, finished runner-up this year to a tough Robert Hester. Travis wanted a shot at Hester's American Junior record of 430 lbs. in the bench press, but instead, played it safe to secure the silver medal. Travis is a good young lifter and will also be a tough opponent at the Jr. World Championships. Rounding out the class was Bronson in second place, and also from Salisbury State University, who was your

remarkable about Mike's performance is well prepared and trained only three weeks for the competition. Both Windschaf and Jackson will be lifting at the junior world, with Hampton opting to stay home and wait for next year's Jr. Hoosier. At just only 21, the young Hoosier Hampton is definitely a star of the future. Look for the battle between Windschaf and Jackson to continue at the World Juniors. Good luck gentlemen! Eric Morton had a tough day and was unable to please the referees on depth in his squats and unfortunately bombed. In the Collegiate National Championship, Bill Windschaf in second place, third place went to Mike Wolbert of East Stroudsburg University and fourth went to Bruce Harrell of Salisbury State University of Maryland, in the 110kg/242 lb class, 14-15 division, Kyle Yankow from Easton, Pennsylvania, lifting unopposed, took nine very easy and conservative attempts for the win. In the 16-17 division, Glen Mills teammates, Roginad Williams, Ken Land and Daryl Harden swept the first three places of this class to finish first, second and third respectively. Additionally, Lucas Cucurto from Queen of Peace, hung tough and took fourth place. Cory Robison of St. Mary's missed on depth in the squats and bombed out. In the 20-23 division, last year's bronze medalist at the Junior World Championship, Don Shiffer of Campbell University, continued his steady and rock-solid improvement and took this class over a tough runner-up, Russell "Superman" Willford from North Carolina. Shiffer pulled it out for the win with the "magical" 644 lb squat. Willford and Shiffer were just at their best and were capable of matching on the lifts. Shiffer and Willford from a shoulder injury. Nevertheless, both lifters will be ready for the 20-23 division. American Junior in the Collegiate National Championship, Philadelphian, local lifter, Wayne Droesser of Philadelphia, had a great day, by going 9/9 in his first National Championship and finished a solid third. He is coached by Robert Wagner, former world champion and Head Strength Coach at the University of Pennsylvania, who has brought him along well during the past year.

In the 125 kg/275 lb class, 16-17 division, Nick Blazer from Gilley's Gym, went 7/9 and pulled a tough third attempt deadlift of 473 lbs to beat Charles Stewart of Glen Mills for the gold medal on body weight. Not far behind was Gene St. Clair from Queen of Peace, who took 501 on his second attempt for a three-way tie with Stewart and the win over Blazer on body weight. The attempt was a valiant effort and nearly locked out. This was another three good young lifters. This was high school competition at its best! Congratulations to all three competitors and featured two-time IPF World Championship silver medalist and multi-world record holder, Shane Hamman of Mustang, Oklahoma. Shane came into this meet fired up and ready for the biggest IPF squat of all-time and made it effortlessly. His 942 lb opener was simply a tossy and jumped to a 1008 lb IPF World SJW record on a second attempt, which was just as easy. This exceeded Kirk Karwowski's all-time IPF mark of 1003

Dave Follansbee with Kirk Karwowski... Dave won the 198 lb, 18-19 class at the USPF Jr. Nationals, and Kirk helped out by spotting, presenting awards, and inspiring dozens of younger lifters (Follansbee)

ibs, that was set at last year's USPF Senior National Championship. Nonetheless, Shane was not finished and called for what historic 1036 lb third attempt, which went up as effortlessly as the first two, however, Shane fell forward on his left side and was unable to recover. Needless to say, the standing room only audience was absolutely left breathless as they witnessed one of the greatest lifts of all-time. Considering the age of the controversy regarding the legality of certain lifts recently, there was absolutely no question in Shane's mind to set up, depth or lock out of Shane's squats, as he goes well below parallel (some are 4-5" inches). Furthermore, he is solidly, but also lock it out strongly, without stumbling and fumbling around with it. Moreover, the refereeing consisted of three certified IPF Cat II referees with a combined experience of some 80+ years in the sport. Additionally, upon completion of lifting, Shane also submitted to an IOC drug test to receive credit for his record. Case closed on that issue! Shane finished the day with an easy 529 lb bench press, 722 lb deadlift and a monstrous American Junior record total being an IPF Junior World Record. Our congratulations to Shane for a simply outstanding and tremendous performance! Second day's awards program, Larry the fireworks, Jerry Overstreet from Maryland, lifted well and finished the meet with the silver medal. I would like to personally congratulate all of the competitors, coaches and referees & administrators for the 25th and teams for their efforts at this years, Larry, was recognized for his tremendous dedication and loyal service to the sport of powerlifting in the state of Pennsylvania. Congratulations Larry! Well, Men's High School, Glen Mills-1st place, Queen of Peace-2nd place, Women's High School, St. Mary's-Ryken Academy-3rd place. Women's High School, St. Mary's-Ryken Academy-1st place. Women's High School, St. Mary's-Ryken Academy-2nd place. Women's High School, St. Mary's-Ryken Academy-3rd place. Men's Collegiate, Pennsylvania All-State, 215-542, 752 John Lane, Lower Gwynedd, Pennsylvania 19002. Telephone number: 4941. (Robert H. Keller Meet Director)



Cherster University-2nd Place. Combined Collegiate; Salisbury State University-1st Place, Old Dominion University-2nd place, Old Dominion University-2nd place.

In closing, holding a competition of this magnitude would not and could not have been possible without the support and dedication from the following people and sponsors: They are as follows: Setup & breakdown: Stephen Mongone, Scorekeepers: Crystal Day and Bobbie Herrington; Spotters and Assistants: Stephen Mongone, Nick Valanatis, Kevin Moore, Pete Groschki, Matt Jacobs, Steve Kovack, Mike Rankin, Kevin Stockton, Daris Allen, Dave Hill, T-Shirts Sales: Mary Lezin, Jessica DeFelle-Keller and Christine Mongone; Admissions: Karen Wright and Mom Keller; Referees: Larry Presby (Cat II and Head Referee in Charge) Al Siegel (AAU President & Cat III), Ted Harris (Cat III), Bill "Red Light" Hering (Cat III), John Mogavero (USPF Maryland State Chairman and National referee-testing Cat III), Larry Phillips (National referee-testing Cat III), Leonard Fret (N/A), Brenda Siegel (National), Ron Panasiak (USPF New Jersey State Chairman and National referee), Bill Lutz (National), Ed Drapeau (National), Kim Keller (National), Sponsors: Chuck-Last-Valco Bells, John Inzer-Trouer Advanced, Richards, Court-Trom-Vanko Roberts, designs, Chert-Soren-Tech, Nike Theodorou-Nutritional Technologies, Mike Lambert-Powerlifting USA Magazine, Brennan Menon-Butter Bodies, Olympic Rehab-Dr., Robert Buchanan, Robert Ware-Body Zone and Shop From Equipment, Jeff Hill-Glen Mills, Brennan Manion and Tracy Paul-Better Bodies Cross Training Center, Inc., Joe Wagner-University of Pennsylvania, Shirs-Dori-Len-Trophies, Skaeler weight-lifts, George Moore of Fairbanks, Maine, Inc., Chi-Chirocarpeo Dr., Robert Buchanan and Susan Clark-Olympic Rehab-Exton, Pa.

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TOP 100

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1 405 Brent, 3/16/96	303 Utsumi, K., 12/10/95	451 Hill, 7/22/95	1129 Hill, 7/22/95
2 350 Smith, 3/16/96	273 Mize, 1/22/95	435 Sonoda, D., 9/19/95	1060 Mize, 3/16/96
3 374 Nagan, T., 3/7/96	273 Mize, 1/22/95	430 Smith, 3/16/96	990 Smith, 3/16/96
4 363 Shimono, 10/26/95	273 Mize, 1/22/95	425 Moran, A., 10/28/95	975 Leonard, A., 8/25/95
5 355 Stoyler, S., 2/17/96	235 Gabler, E., 12/2/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
6 355 Bond, M., 2/24/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
7 355 Bond, M., 2/24/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
8 355 Bond, M., 2/24/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
9 355 Bond, M., 2/24/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
10 355 Bond, M., 2/24/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
11 341 McMillan, D., 4/29/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
12 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
13 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
14 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
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18 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
19 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
20 336 Lovelace, A., 8/25/96	229 Griffin, J., 7/24/95	413 Leonard, A., 8/25/95	930 Gutierrez, P., 1/20/96
21 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
22 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
23 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
24 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
25 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
26 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
27 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
28 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
29 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
30 315 Phillips, G., 3/2/96	203 Murphy, G., 3/2/96	355 Ostrom, A., 12/9/95	845 Ostrom, A., 12/9/95
31 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
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33 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
34 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
35 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
36 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
37 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
38 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
39 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
40 300 Dickinson, L., 3/6/96	190 Davis, J., 2/10/96	345 Mata, Jr., E., 2/24/96	804 Street, 3/6/96
41 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
42 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
43 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
44 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
45 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
46 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
47 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
48 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
49 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
50 281 Roberts, W., 4/29/96	181 Wilson, B., 3/1/95	330 Johnson, A., 6/3/95	730 Roberts, W., 4/29/96
51 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
52 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
53 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
54 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
55 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
56 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
57 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
58 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
59 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
60 270 Bell, 8/11/95	170 Cannon, T., 7/15/95	319 Moore, J., 5/6/95	700 Cannon, T., 7/15/95
61 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
62 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
63 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
64 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
65 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
66 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
67 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
68 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
69 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
70 264 Lovelace, A., 8/25/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
71 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
72 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
73 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
74 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
75 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
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81 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
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85 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
86 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
87 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
88 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
89 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
90 259 Heustinger, V., 4/20/96	165 Lovelace, A., 8/25/96	305 Harvey, H., 9/20/96	705 Lovelace, A., 8/25/96
91 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
92 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
93 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
94 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
95 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
96 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
97 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
98 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
99 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96
100 245 Dunda, A., 9/30/95	155 Harrison, V., 4/20/96	285 Schillinger, T., 9/20/95	650 Gey, L., 3/23/96

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A study conducted by four Southern California scientists demonstrated what top bodybuilders can do.

You wanted proof? Now you've got it. A team of scientists conducted a study of 62 people who followed an eight week bodybuilding workout program. One group supplemented their diets with Giant Mega Mass 4000 — the other did not. The following results were reported by one of the principle investigators, Dr. Paul Ward.



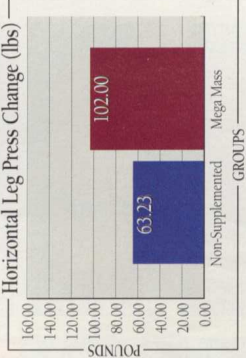
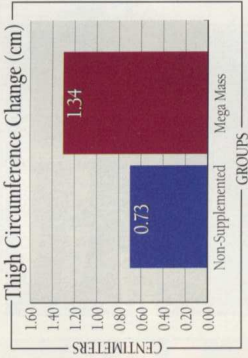
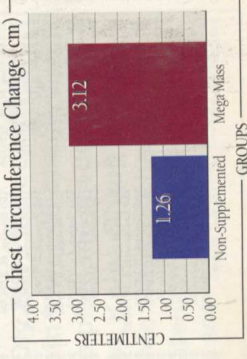
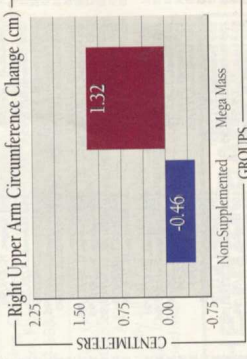
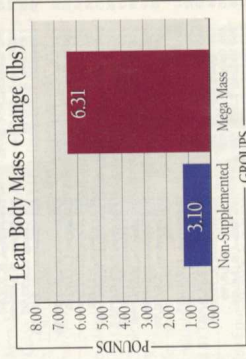
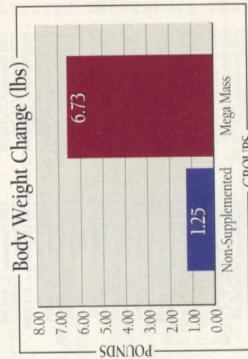
SUBJECTS: Sixty-two men, 18-35 years of age, recruited from local colleges, universities and fitness centers, volunteered to be subjects. The study was conducted at a Southern California College Research and Fitness Center in accordance with current human use protocol and college policies and practices.

MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

TRAINING: Subjects were randomly assigned to two groups, both of which participated in the same supervised bodybuilding program. One group received the Mega Mass 4000 supplement (approximately 2000 calories per day, added to their normal daily diet), while the other group consumed their normal daily diet. The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including warm-up sets. The four-day weekly routine involved training the legs, upper back, biceps and abdominals on days 1 and 4; while the shoulders, chest, triceps and abdominals were trained on days 2 and 5. Days 3, 6, and 7 were rest days. The training program was carefully supervised by the research and fitness center staff.

UNIVERSITY STUDY: RESULTS & CONCLUSIONS

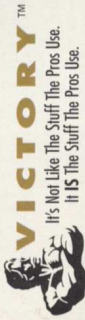
1. The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. **The Mega Mass group literally gained more than twice the amount of lean body mass than the group that trained equally hard but did not take the Mega Mass supplement.**
2. The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
3. The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pull-down.
4. **Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
5. The results of this study strongly suggest that gains in body weight, muscle mass and strength are significantly improved by consuming the **Giant Mega Mass 4000** nutritional supplementation combined with a vigorous weight training program.



You've seen the amazing Before and After photographs of top professionals who use Giant Mega Mass 4000.

Now you've read the hard science on the results gained by "regular" people who workout.

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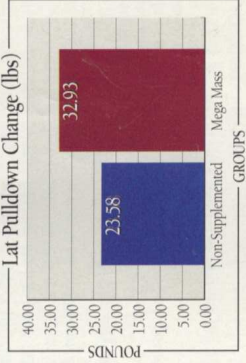
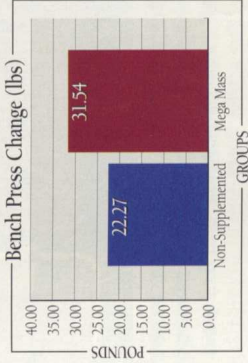


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 - The ultimate fit because holes are grouped closer together
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John Inzer
Owner

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