

POWERLIFTING USA

VOL.20 NO.8

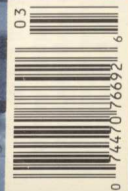
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**YOUR
FIRST
MEET**

**TOP
20
LISTS**



**JOEY ALMODOVAR
A MOST MUSCULAR
POWERLIFTER**



INZER ADVANCE NUTRITION

Synergy is when the total is greater than the sum of the individual parts (ex. 2 + 2 = 6). Creatine is proven to create muscle gain and strength increases. Serious athletes know the effects of Creatine, mind-blowing pumps, vascularity, and loss of body fat. Creatine alone is an athlete's dream product. Inzer Advance Nutrition includes high performance carbs with the purest Creatine Monohydrate and the increased effectiveness is quickly realized. Now Inzer Advance Nutrition adds the newest scientific discovery Pyruvate. The result is a break through SYNERGISTIC super performance product. Each super element is combined perfectly to drive each of these supplements to peak performance at your body's cellular level. Separately each of these elements can cause dramatic increases in performance. **Linked** together in the Inzer Advance Nutrition Synergy, the results are explosive.

The explosive results you can achieve with Inzer Advance Nutrition Synergy are: Greater Muscular Increase than ever before, Faster Strength Gains, Immediate Muscular Endurance, Pronounced Fat Loss. With Inzer Advance Nutrition Synergy the before and after difference in how good you look and how well you perform will be like night and day.

Delicious, Refreshing Grape Flavor

**INZER
Creatine
Pyruvate
SYNERGY SUPER
THE SYNERGISTIC FORMULA
PERFORMANCE FORMULA
2.2 lbs**

INZER Pure Pyruvate

Now the much heralded release of **Pyruvate** to all you hard working athletes and fitness enthusiasts. **Pyruvate** has been proven in clinical studies to effect a remarkable physiological and metabolic change in those who take it. Some of these remarkable results from the use of the product are:

1. Increased anabolism or body protein uptake.
2. Decreased body fat.
3. Retention of lean muscle mass.
4. Increased glycogen storage.
5. Increased muscular endurance.

These five effects, as you can see are the key to a more powerfully muscular and lean body. Inzer Advance Nutrition provides athletes and enthusiasts **Pyruvate** in its purest, most effective form. Train and compete at higher intensity and strength with Inzer Advance Nutrition **Pyruvate**.



INZER Pure Creatine Monohydrate

Creatine Monohydrate burst onto the sports scene as one of the first of the new training aids born from genuine scientific research. Continuing research has documented the gains athletes are obtaining from Creatine.

In the past, many supplements have appeared to be quite impressive in the laboratory setting, however, their performance has never been quite so stellar in the real world. Creatine is an exception, having proved itself again and again in clinical trials and in actual athletic performance. Now from Inzer Advance Nutrition comes **Creatine Monohydrate** in its purest most effective form.

40% Off With Any Other Purchase!



Inzer Advance Designs provides the world's finest and most effective powerlifting gear. Most of the world records have been set in Inzer Power Gear. Inzer Advance Nutrition continues the same commitment and provides only the sports supplements that are truly effective and in their purest form.

Inzer Advance Nutrition is your assurance that all products used are in their purest form and designed for athletes and fitness enthusiasts who demand results.

1-800-222-6897
INZER ADVANCE NUTRITION

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

The DEADLIFT™ SUPERLIFT®



By Marathon Power Apparel

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

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

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

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

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

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

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

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Marathon®

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

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



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

This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight.

David states . . . "The Deadlift SUPERLIFT is one of the most important advances in powerlifting apparel ever, and by its proper use, you can increase your deadlift poundages significantly."



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

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



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

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

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



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

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

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

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1229 VIA LANDEA, PALOS VERDES ESTATES, CA 90274

PLEASE RUSH ME THE FOLLOWING:

Marathon's Deadlift SUPERLIFT \$44.95
The New Standard of Lifting Excellence!

BLACK NAVY BLUE ROYAL BLUE SCARLET RED

COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE INCLUDE MEASUREMENTS SO WE CAN FIT YOU PROPERLY. IF YOU'RE CERTAIN OF YOUR SIZE, INDICATE AN APPROXIMATE SIZE. (THE FOLLOWING IS THE FROM 24-32 IN EVEN SIZES. SIZE TO INSURE PROPER FIT PLEASE INCLUDE MEASUREMENT ON ALL ORDERS.)

ITEM	SIZE	QTY.	PRICE	TOTAL
			Shipping	\$6.00
			TOTAL	

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

The Ultimate Muscle Fuel

Creatine Monohydrate

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



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

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

Marathon's Creatine Supreme™ Powder...

- Delivers results fast - within two weeks.
 - Each serving contains 5 grams (ideal dosage) of 100% pure USP pharmaceutical grade Creatine Monohydrate.
 - Easy mixing tasteless powder just stir and drink
 - Has purity and potency guaranteed by laboratory analysis.
- Marathon Nutrition offers you the broadest selection of Creatine Monohydrate products on the market. Our broad selection of Creatine Supreme is a real convenience for the serious powerlifter and strength athlete. In addition, you can realize greater savings on our larger sizes.

Creatine Supreme Powder

100% pure USP pharmaceutical guaranteed by laboratory analysis.

- 100 Gram Bottle - REG. \$29.95 - **Now \$19.00**
 - 300 Gram Bottle - REG. \$59.95 - **Now \$44.00**
 - 600 Gram Bottle - REG. \$97.95 - **Now \$79.00**
 - 1200 Gram Bottle - REG. \$179.95 - **Now \$148.00**
- Case Pricing Available

The Ultimate Muscle Fuel In Its Most Convenient Form

Creatine Monohydrate Supercaps

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



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

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

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

100 caps - REGULAR \$39.95 - **Now \$24.00**

(Total 125 grams Creatine Monohydrate per bottle)

250 caps - REGULAR \$89.95 - **Now \$54.00**

(Total 312.5 grams Creatine Monohydrate per bottle)

500 caps - REGULAR \$156.00 - **Now \$99.00**

(Total 625 grams Creatine Monohydrate per bottle)
Case Pricing Available

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

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

Glutamine Retention Formula

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

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

Here's How it Works

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

Formula

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

L-Glutamine.....	275 MG
α-Ketoglutaric Acid.....	150 MG
Taurine.....	150 MG
Calcium α-Ketoglutarate.....	33 MG
Potassium.....	25 MG
Magnesium.....	25 MG
Manganese.....	35 MG
Manganese.....	400 MCG

Compare to other brands formulas and save.

GRF (Glutamine Retention Formula)

120 capsules Regular - \$29.95

1 Bottle (120 capsules) - **Now \$25.00**

2 Bottle (240 capsules) - **Now \$46.00**

4 Bottle (480 capsules) - **Now \$81.00**

Case Pricing Available

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

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

New Advanced Generation Vanadyl Sulfate Formula

Now nutritional science has advanced this fantastic supplement to the next generation - Here's The Difference

V-3 contains the powerful supplement Vanadyl Sulfate plus two key nutrients that mimic Vanadyl - the amino acid Taurine plus Sodium Selenate an essential trace mineral.

The latest research has shown that the effects of Vanadyl Sulfate can be greatly increased by adding these two key nutrients as co-factors.

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

Formula

Purity and Potency guaranteed by laboratory analysis.

Each Capsule Contains:

Vanadyl.....	7.5 MG
Selenium.....	33 MCG
Taurine.....	800 MG



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

Compare to other brands formulas and save.

Marathon's V-3

Advanced Generation Vanadyl

180 capsules - Regular \$39.95

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

2 bottle (360 caps) - **Now \$49.00**

4 bottle (720 caps) - **Now \$88.00**

Case Pricing Available

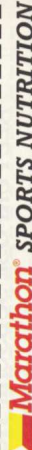
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Marathon® SPORTS NUTRITION THE DYNAMIC DUO

ADVANCED AMINO COMPLEX™ Amino AKG SuperCaps™

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

Maximum Absorption and Utilization are the Keys

At the cellular level, absorption is critical. The more efficiently amino acids can be absorbed into the bloodstream, the more completely they can be utilized by the muscle. The AKG bonding process works as a high-performance delivery system that maximizes the amount of amino acids the muscle can use.

Bodybuilders, powerlifters and other strength athletes are already discovering that this high-powered AKG-bonding technology delivers:

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

The Revolutionary AKG Bond is the Breakthrough

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

Each 5-capsule portion of Amino-AGK SuperCaps contains:

L-LEUCINE A/G	500 MG.	L-METHIONINE A/G	150 MG.	L-ALANINE A/G	100 MG.
L-GLUTAMINE A/G	500 MG.	L-VALINE A/G	150 MG.	L-SERINE A/G	100 MG.
L-ISOLEUCINE A/G	500 MG.	L-THREONINE A/G	150 MG.	L-ASPARAGINE A/G	100 MG.
L-GLYCINE A/G	500 MG.	L-CYSTEINE A/G	50 MG.	L-PROLINE A/G	50 MG.
L-ASPARTIC ACID A/G	450 MG.	L-HISTIDINE A/G	50 MG.	L-GLUTAMINE A/G	50 MG.
L-GLUTAMIC ACID A/G	450 MG.	L-GLUTAMINE A/G	50 MG.	L-TYROSINE A/G	50 MG.
L-VALINE A/G	350 MG.	L-PROLINE A/G	30 MG.	L-CHITINOLIC A/G	20 MG.
L-LEUCINE A/G	300 MG.	L-PHENYLALANINE A/G	150 MG.		

100 Capsules - REGULAR \$59.95 - NOW \$24.00
250 Capsules - REGULAR \$59.95 - NOW \$45.00
500 Capsules - REGULAR \$110.00 - NOW \$79.00

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MUSCLE MENU

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ON THE COVER.... successful and impressively put together
Joey Almodovar training in Dr. Ken Leistner and Ralph Raiola's IRON ISLAND GYM. Photographs provided by Kathy Leistner

NEXT MONTH.... the WORLD'S STRONGEST MAN competition from the exotic island of Mauritius, in the Indian Ocean.

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

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ProPhase™ SuperPowder™

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

A Force of One

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

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

Eight Super-Charged Nutrients

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

Nutritional Profile of Each Serving

(30 SERVINGS PER KILO)

- 30 grams tonic whey protein concentrate including 15 grams of branch chain amino acids (contains 80%).
- 2000 mg. Creatine Monohydrate, for strength and endurance.
- 1500 mg. Russian Power Plus - *Pradina Paniculata* - in its pure form, which delivers the highest concentration of Beta-Ecysterone.
- 1000 mg. Standard Panax Ginnosomide - an endocrine adapter.
- 500 mg. Alpha Ketoisocaproate - to increase nitrogen retention.
- 500 mg. O-KG - today's premier anti-catabolic nutrient for greater muscle growth.
- 200 mg. Chromium Picolinate - to increase amino acid uptake, especially branch-chain amino acids.
- 10 mg. Bonded Vanadium - for muscle growth and hardness.

Typical Amino Acid Profile per serving (mg/30 grams protein):

L-LEUCINE	2277 MG.	L-THREONINE	858 MG.	L-ASPARTIC ACID	1890 MG.	L-PROLINE	772 MG.
L-ISOLEUCINE	1610 MG.	L-VALINE	2738 MG.	L-GLUTAMINE	3222 MG.	L-TYROSINE	607 MG.
L-METHIONINE	488 MG.	L-ALANINE	929 MG.	L-GLYCOLIC ACID	5029 MG.		
L-PHENYLALANINE	477 MG.	L-HISTIDINE	455 MG.	L-HISTIDINE	282 MG.		

30-Day Supply (1 Kg.) - REGULAR \$59.95 - NOW \$39.00
60-Day Supply (2 Kg.) - REGULAR \$99.95 - NOW \$69.00

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POWER PROFILE

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

Joey Almodovar Finds His Own Way to the Top... as told by Dr. Ken Leistner

As the 1996 IPA World Champion and 1995 IPA National Champion, Joey Almodovar is obviously a very strong man and highly rated powerlifter. However, like so many in the fragmented sport that powerlifting has become, little is known about him by the lifting public. He has trained in an innovative man-



Joey Almodovar getting ready to rumble at Dr. Ken's Iron Island Gym

ner, giving him a very chiseled 165 pound physique, and official lifts of 661 squat, 640 deadlift, and 385 bench press, the first two being IPA world records.

Like so many others who were attracted to the lifting sports, Joey was undisciplined and seeking a means to become muscularly larger. After being exposed to training on the

litt and a back that looks like a relief map, one might naturally conclude that heavy deadlifts are on the weekly menu, yet high rep stifflegged deadlifts, dumbbell deadlifts done for sets of six to fifteen reps, the long forgotten Paul Anderson low pulley deadlift/lay back maneuver, and high rep stings on Jim Sutherland's High Ratio Shrug Machine have provided his deadlift power. While the bench press has proved to be stubborn, he is knocking on the door of 400 pounds, again as a result of high rep sets with a three inch thick bar, the Kell Blaster Bar, and prior to a meet, the conventional bench press. The key for all of his exercises is the reliance on much higher reps than are done by the vast majority of powerlifters, and the philosophy that he is training specifically to elevate more weight in the three competitive lifts. Although his musculature screams out "bodybuilding", nothing is done that is not directly related to improving the squat, deadlift, or bench press.

Joey has the advantage of having unbelievable drive. Everyone



Squatting is his Specialty... Joey A. demonstrates impeccable form.

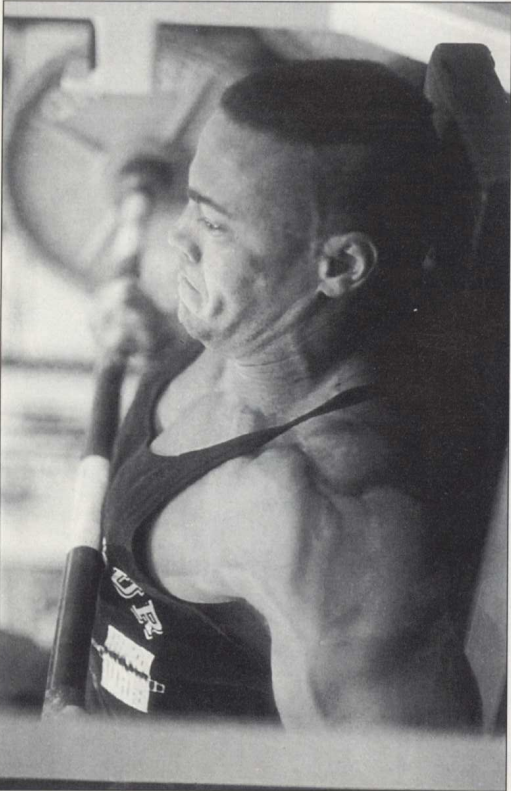
schedule relative to work and training. "Melissa's been there, for the long meets, the difficult training sessions, the trips to the contests, all of it. She's been very supportive and let's face it, without 'Tommy O' to help my training and spot, I'd still be one hundred and thirty pounds and struggling."

Joey has a good grasp of nutrition, but as he stated, "You wouldn't know it if you watched me eat through the course of a day". He reminded me that his physical work can be very difficult at times, sometimes for days at a time. Before coming to the Iron Island Gym he entered two local bodybuilding contests.

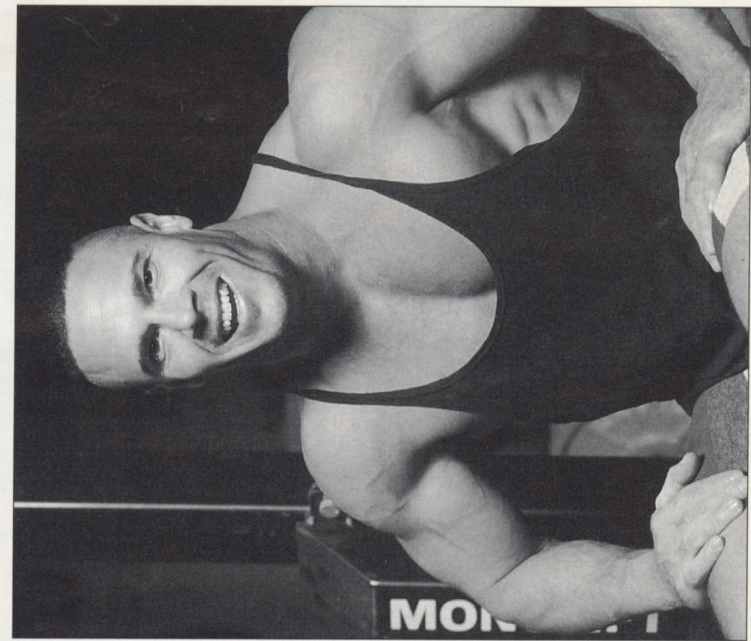
"Coming in last will get you motivated, let me tell you". He was hard, but much too small. Now, his hardness is a result of having trained to put on functional muscle tissue while burning any excess body fat through his hard vocational activities and

what he terms his "naturally fast metabolism". He lifted in the 165 pound class while weighing in the mid to upper 150s for approximately two years. Until the past six or eight months, he would have to "eat up" to get near the class limit. "I eat anything. I'm aware of good nutrition and concentrate on lean protein, good carbs like vegetables, grains, and fruit, and some fat, but I can, and do, eat at McDonald's when there absolutely isn't anything else available while on the job, and it doesn't seem to hurt me. At least I don't seem to ever get fat!"

If his weight is really falling off of him with a contest coming up, he'll supplement his diet with chocolate milk (store bought) and/or a plate of Oreos cookies and milk in



Looking Forward to Cracking the 400 Barrier.... Joey trains the bench diligently (all Kathy Leistner photographs)



What Will his PL Future Bring?... Joey Almodovar is preparing to accept the challenge

talks about being "tough", "motivated", and "dedicated", but try dragging oneself to the gym after a punishing day of hard, physical work, day after day, sometimes going weeks without a day off. As a skilled mason, Joey specializes in building and repairing chimneys.

This often has him working in the broiling sun or in freezing conditions, sometimes wet, sometimes wedged inside a chimney. Because he is skilled in chimney repair, he is often called upon during the course of a difficult job to "sweep" the chimney as well as repair the brickwork.

Try fifteen hours of that prior to coming in for a heavy, high rep, high intensity squat and deadlift workout. Try doing it for three or four consecutive weeks without a day off. Joey explains that his fiancée Melissa, and long time (ten years) training partner Thomas O'Riordan are understanding about his

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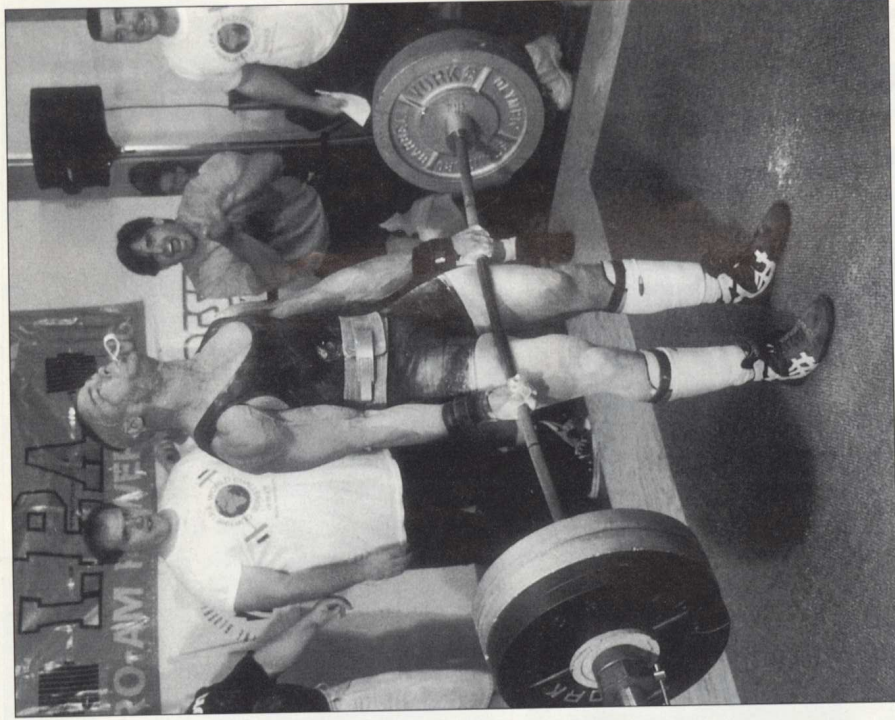
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the evening. "That and creatine monohydrate help to keep my weight up. Otherwise I'd be lifting at 156 in every meet". At 5'6", Joey knows he needs to fill out to 175-178 in order to effectively lift at 165, but gaining weight is always a struggle.

The "nuts and bolts" of Joey's training varies, dependent upon what is lagging and what contest may be looming in the future. However, training is done two times per week only, throughout the year. With the level of training intensity and demands of work, more would, and has in the past, led to overtraining and injury. His nagging shoulder injury of years ago continues to plague his bench press.

He usually squat, do a major pressing movement, a pulling movement other than the deadlift, and whatever assistance work is needed to improve a particular area on the first day of training. The second day will have him deadlift, and this could mean from the floor, stifflegged off an elevated block, or at a point in the power rack. He'll then do a pressing movement, and a second-ary pulling movement. If anything else is done, it will again be to strengthen or emphasize an area of injury or weakness. "It's not very complicated. Dr. Ken has me come in and train. Ralph is always available to comment on form and tech-



In Competition...at the 1996 IFA World meet, conducted by Ralph Raiola in New York City (Jeff Franzino)

heard is how dedicated he was, how he worked hard all day as a baker and still came to train. I met Jay and he is all the gentleman that Doc said he was, very modest. To me, that's a true champion and I'd love to lift at his level some day and have others say the kinds of things you hear about day when referring to my manners and the way I handle myself." Joey is also respectful of Angelo Berardinelli and Rick Crain. "All of these

guys have been around and they're all great. You're talking about the greatest names in the sport at my weight class. I'm not in their league, but they've set a standard I'd like to train towards. I think that if given a few more years, I can be at the same level. At least I hope I can follow in the footsteps of these talented guys."

Joey sells himself short, at least in what all of us see as his potential. He can be one of the best lifters at 165 with more time and effort. 700-400-670 are not that far away and this would take him towards the top levels. "All I can do is train hard and be back in the gym again when it's time. That's the plan." A good plan it is and all of us at Iron Island believe that Joey Almodovar will, in fact, be a name to remember in years to come.

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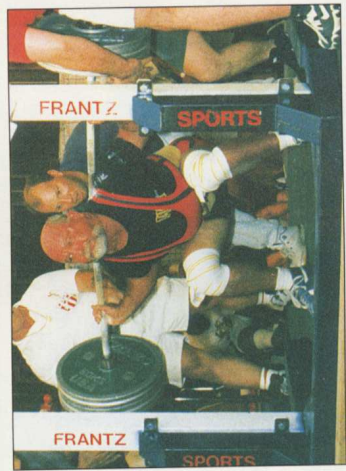
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POWER PROFILE

Skip Sandberg by A. Francis Hatch



Skip Sandberg squatting at the Can-Am World Cup. (Dave Winfield)

On November 4, 1994, twenty years after retiring from the ring, George Foreman shocked the boxing world when he staged what many consider to be one of the greatest comebacks in sports history by winning the world heavyweight title for the second time at age forty-five. Larry "Skip" Sandberg is another "heavyweight" out there whom, at age fifty-six, twenty years after undergoing back surgery for a crushed disk, is one of the top 242 lb. Master powerlifters in the world. A come-back yes - retire, not likely.

Born April 4, 1940 in Denver, CO., Sandberg began weight training at age nineteen with a bodyweight of one hundred forty pounds. For the next few years he trained with a small group of friends and some "big boys who were training with the Denver Broncos" football team. Skip quickly caught the bug.

By 1962 Sandberg was competing in bodybuilding, powerlifting, and Olympic-style weightlifting. At that time many "physique contests" and powerlifting competitions were combined shows. If a competitor lifted in the powerlifting meet one day, he earned points which were applied to his score in the bodybuilding contest the next. While earning a spot in the Mr. Colorado contest that year, Sandberg won seven state and regional powerlifting competitions in the 181 lb. weight class. Things have changed a bit since then. Skip tells a story of competing in the AAU's third powerlifting event in California in 1965 against another 181 pounder who had wrapped himself in sheets.

"He's the only one who beat me. He was a good lifter and probably would have beat me anyway. This guy went into the back room and they wrapped him from about three inches below his knees all the way up above his waist in wet sheets. He came out and the judges looked and said, 'We ain't gotta make some rules. This ain't worth it... we gotta make some rules.' Then they changed the rules. I mean, you could do that [then]. The guy squatted 605 - he couldn't stay down. He looked like a mummy."

Skip moved to Washington state in 1968 and started a powerlifting club with a small group of lifters, a practice that has worked well for him. Even today, Sandberg trains in his private club with a half-dozen or so "very competitive" lifters.

"I like training with guys who challenge me, help me improve. It's a total commitment. You walk into

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

available to strength athletes today as steroids provided to lifters back when they were legal. "... if you know your body and what it responds to, I can usually tell in about a week if something is working for me," Skip says. "Creatine is a must - you've got to stay on the creatine; lots of multivitamins, good drinks, and energy packs."

Wet sheets not withstanding, Sandberg sees no problem with supporting apparel "where safety is concerning organizations and their differences: 'I don't get involved in... the politics. I just enjoy competing so much, I'd want to go to a meet and compete, I buy a card and compete - I don't care who puts it on. Whatever they want to do is fine with me. You can't do anything about it anyway. I do think guys like Gus (Rehweiss) are doing good things for the sport. He works hard to get it going and doesn't always get a lot of help. I just hope we don't lose the sport because of some of this stuff."

Skip's competition preparation is simplified by the practice of always training within 80% of his maximums, and by, as he puts it, "training smarter by not overtraining."

"I deadlift every other week because of my age. I can't recuperate properly [if I deadlift] every week. I do a full deadlift routine every week, and the next week I do a full routine up to my peak, then plan one set of heaves."

"Then I do good-mornings. I'm really big on good-morning exercises which I'll do with up to 315. My squats I max out on every week. On bench, I don't max out every week, but I'll go up to a certain percentage. I'll go 80% one week, then 85%, then 90%, right on up to the top until I get up to 95%. That's where I peak out."

What's next for Sandberg? He's going to try his hand at promoting. Skip is putting on what he's calling the "Masters Comeback" meet in the Tri-Cities area of Washington in January 1997, and is expecting to attract some big-name lifters from the past. Whatever he has planned, it's safe to assume he will enjoy success in it.

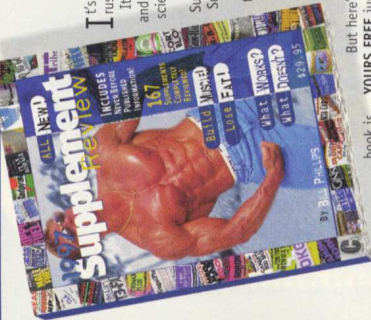
As unassuming of the lifting platform as he is ferociously competitive on it, Skip Sandberg is one of powerlifting's most enduring figures and a genuinely nice guy. For you younger lifters who haven't run into Skip at a national or world competition yet - expect to. He will likely be around powerlifting as long as you are.

A. Francis Hatch

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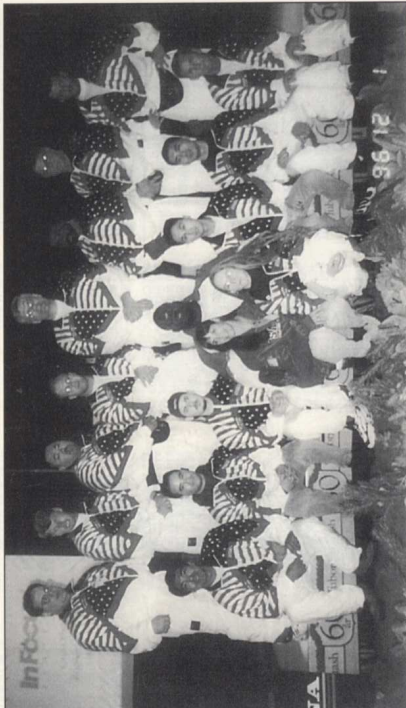
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Dalling/CAN	155
Cuccella/FRA	155
Watanao/JPN	147.5
Saari/FIN	140
Chang/TAI	140
Chang/RUS	135
Mathison/FRA	110
52 kg	100
Krylow/RUS	102.5
Hirata/JPN	100
Illidifich/CER	100
56 kg	100
Chen/TAI	100
Mingoa/FRA	100
Ushkova/RUS	100
Fontana/RUS	100
Braun/AUT	95
Riewe/AUT	95
60 kg	95
Kavanagh/USA	95
Heinilinen/FIN	95
Kashbarian/RUS	95
Fontana/RUS	95
Neumann/CER	95
Danielide/CER	95
Holzmann/CER	95
Puzanova/RUS	95
Danilevich/RUS	95
Chen/TAI	95
Gachemeli/ITA	95
75 kg	85
LaPOL/RUS	85
Hsieh/TAI	85
823 kg	85
Koponen/FIN	85
90 kg	85
Rantanen/FIN	85
Ku/TAI	85
Iso/TAI	85
Chao/TAI	85
Kurbakova/RUS	85
Prekuzay/CER	85
52 kg	85
Sanaszek/POL	85
Podpaly/RUS	85
Kino/CER	85
Walstad/NOR	85
Vih/DEN	85
Ko/RUS	85
Kalasz/RAP	85
Frost/CER	85
Koy/TAI	85
Uhlen/USA	85

200	Women's Team Champions: Russia 59
170	Chinese Taipei 56, Germany 53, Finland 41,
110	France 23, Japan 12, Poland 12, White
212.5	Russia 12, Canada 9, Great Britain 9, United
210	States of America 6, Slovakia 6, Italy 5,
210	Austria 5, Best Lifters were Gabi Holzmann
210	of Germany (109.28), Irina Krylova of Rus-
210	sia (108.16) and Helena Heiniluoma of
210	Finland (105.75). Men's Team Champions:
210	Russia 63, United States of America 57,
210	Germany 49, Hungary 45, Austria 39, Swe-
210	den 37, Japan 33, Finland 31, France 25,
210	Chinese Taipei 20, Denmark 20, Poland 19,
210	New Zealand 13, India 11, Norway 10,
210	Argentina 9, Bulgaria 9, 4, Holland 4, Italy
210	Australia 5, White 5, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4,
210	4, Switzerland 3, Republic of South Africa
210	2, Turkmenistan 1, Canada 1, Czech Re-
210	public 1, Best Lifters were Andrzej Staszek
210	of Poland (161.18), Magnus Carlsson of
210	Sweden (157.14), and Konstantin Pavlov of
210	Russia (144.72). (thanks to Jari Tahinen for
210	197.5 providing theresults of this competition).



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 (left to right) scatted: Derek Ito, Mike Hara, Gabe Morgan, Amy Hughes, James Henderson, Shelly Radcliffe, Hung Pham, Kerwin Unten, James Lawrence. Next row: Robert Keller, Frank.... Frank Wakakawa, Jeff Edwards, Terri Leathers, Elijah Brown, George Nelson, Lee Rorie

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POWERLIFTING USA presents the
TEENAGE
TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 1996. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, of course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant merit results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't credit which weight class - we don't credit the efforts against.



Gabe Morgan is the top ranked bench presser in the 123 lb. teenage category. He went on to compete at the PP World Bench Press Championships in 1996.

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245 Condon, T. 7/11/96	515 Hart, D. 3/31/96	805 Phillips, D. 2/12/96	515 Hart, D. 3/31/96	805 Phillips, D. 2/12/96	515 Hart, D. 3/31/96	805 Phillips, D. 2/12/96	515 Hart, D. 3/31/96
205 Conroy, M. 4/13/96	535 Henderson, M. 6/20/96	845 Anderson, C. 2/20/96	535 Henderson, M. 6/20/96	845 Anderson, C. 2/20/96	535 Henderson, M. 6/20/96	845 Anderson, C. 2/20/96	535 Henderson, M. 6/20/96
215 Conroy, M. 4/13/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96
215 Conroy, M. 4/13/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96	825 Novak, J. 2/21/96	505 Phillips, D. 2/12/96
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187 McCullough, M. 5/22/96	350 Caniglia, D. 5/11/96	345 Mata, E. 2/24/96	350 Caniglia, D. 5/11/96	345 Mata, E. 2/24/96	350 Caniglia, D. 5/11/96	345 Mata, E. 2/24/96	350 Caniglia, D. 5/11/96
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Mister E. Koo is one of the top ranked lifters in the 220 lb. class. He competed in the 1996 W.D. FF World Championships held in Chicago, where this Mark Freedman photo was taken.

More From Ken Leistner

For lack of a better term, the "mindset" of many powerlifters never fails to astound and, in ways, amuse me. Because the sport of powerlifting involves the lifting of a barbell in three very specifically proscribed movements, one has to train those movements to become skilled at them. This, of course, is obvious. Many lifters believe that the muscles involved in the three competitive lifts should be trained with other exercises, so called "assistance exercises", in order to stimulate them to respond and become muscularly stronger and, in many cases, larger. This also, is obvious.

Unfortunately, many lifters who believe in utilizing either many or few assistance movements, believe that only a barbell should be used for these exercises. Their thinking can be distilled to the philosophy that "I use a barbell when I compete, thus, I should use a barbell for all of my training". This is illogical yet widespread in both belief and practice. On the other end of the spectrum, you have Louie Simmons who can rightfully boast of developing many, many champion lifters through the use of extensive assistance work, work that uses many different modalities.

If one wants to become skilled in the three lifts, they must perform the three lifts. If one wants to become skilled in the three lifts, done for a maximal single repetition, they have to practice the lifts using heavy weight for low repetitions. Again, I don't believe that I will get an argument from any reader of *PLUSA* on that statement. However, if one wishes to add muscular strength and/or size to any muscle or muscle group, they can do so using many different means and then apply it to the skill of the sport of powerlifting. This means, at least from my perspective, that one can become stronger and then utilize that strength specifically for powerlifting, by utilizing blocks of steel, sleds, different machines found in most gyms, sandbags and almost anything you can think of that exposes the involved musculature to an overload and can do so on an ongoing, consistent basis. After all, this is what stimulates growth.

Again, using Louie Simmons' Westside lifters as an obvious example, they use his well known Reverse Hyperextension machine to strengthen the musculature of the hips (glutes) and erector spinae

will also provide heavy stimulation to the low back and hips, areas that all lifters need to make stronger. Jeff Watson, the strength conditioning coach of Villanova University, a two hundred and eighty pound athlete who excelled as both a football player and field event athlete at the University of Michigan, ran the loaded handtruck around the block and through the mud, rocks, and deep puddles one afternoon. He was sore for days, specifically in the low back and hips (among many other places). Would this help his competitive squat and deadlift? Certainly, if he then practiced the skill of doing heavy squats and deadlifts. When the Westside lifters drag around weights on their body harness, this serves the same purpose. Yet, many lifters, quoting "science" cannot see the benefit of these activities. Perhaps all of us have to be open to the possibilities of doing many things to improve.

"everything" to improve, often are very shortsighted and do not take advantage of many tools that are available to them.

One of my favorite means of increasing the strength and muscular size of the hips and low back is to load one of our fifty five gallon drums with five or six hundred pounds, chain it to one of our heavy duty handtrucks, then push it around the dirt yard behind the gym, on the loosely packed dirt and gravel. Believe me, this will not only exhaust the best conditioned athlete, but

region. Without commenting on the relative effectiveness of any particular machine, especially as used by athletes of differing heights and body leverages, a Hammer or Nautilus Hip and Back Machine will also work the same or similar area. Yet, because the Reverse Hyper Machine was developed and has accepted use by a lifter, in fact, a group of very high profile lifters who have been successful, it is not viewed as a "machine", but as a legitimate assistance exercise by the powerlifting community. The Hammer or Nautilus machines would in most cases, not even be considered for use because they're, well, they're machines and lifters don't use machines! The Reverse Hyper is not a machine?

While some might say that Louie's machine has proven effective thus leading to it's acceptance while the others have not, I would counter by stating that as a champion lifter, Louie has cred- itility and people listen to his suggestions while the other machines don't have the representation in the community. Because of that, the truth is that they aren't even considered as a potentially effective means of improving strength specifically for the powerlifter. I am not advocating the use of either the Hammer or Nautilus machine, but rather have used these obvious examples to make the point that powerlifters, some who claim to have tried

POWERLIFTING: An Official Sport of the Mississippi High School Activities Association... by Perry Liles

Mississippi powerlifting has produced some great lifters, officials, and promoters. People like Brother Bennett, Joseph "Doc" Rhodes, Dan Lot, Joe Ladhler, and "Ball" Stewart are Mississippians that are familiar to most people who have kept up with powerlifting over the past thirty years. These men along with many others such as Richard Atkins, Ray Hanser, and Joe Merrell have added to my powerlifting knowledge and love for the sport. Being a powerlifter and high school coach, it seemed natural to help establish powerlifting as a high school sport here.

Weight training had been popular from the mid-70's in many of the better football programs. Some schools even began to have competitions during the spring semesters, but the formats varied greatly, judging was not consistent, and rules were made up along the way. Organized Powerlifting would provide the following benefits: 1. Unify the weightlifting contests already going on by providing a set of rules.

2. Provide a fair comparison of the number of schools competing, there will be a 1 A - 2 A - 3 A state championship and a 4 A - 5 A state championship.

The playoff system is as follows, by location - four in the north and four in the south. The top two lifters in each weight class at the division meet advance to a north or south championship meet. The top four lifters in each weight class at the north and south meets advance to the state meet. Thus, the state meet has eighty eight participants. Because there will be two state championships in 1997, the number of competitors will double. Listed next is the time table for the playoffs: January - Season begins; February - Division meets; March - North/South half meets; April - State championship. Nothing great has ever been accomplished without some problems. Some obstacles we had to overcome were as follows: 1. A playoff system acceptable for powerlifting. 2. Educate enough officials to handle the division and invitational meets. 3. Educate the coaches about the specific rules of powerlifting. 4. Schools had to purchase equipment such as squat racks, lights, collars, etc. 5. Schools had to purchase uniforms. 6. How



MHSAA State Powerlifting Champions for 1993 were from Aberdeen High School: front row - Fernando Davis, Antonio Clay, Spence Shea, Donte Jones, Derrick Fields; back row - David Potts (assistant coach and a line powerlifter), Kavin Reese, Rendell Rowe, Terry Dixon, Perry Liles (head coach and a line powerlifter as well). Not shown was Chris Rice. Perry is now head strength coach and assistant football coach at Madison Central High School. Several states have excellent high school programs but most do not. What would happen to PL if every state had a program like the MHSAA?

to handle athletes that moved up a weight class.

We began by establishing a rule book. The rules are very similar to the IPF, USPF, and ADFFPA rules as far as the actual performances of the lifts. The rules are reviewed annually and updated if necessary. As in other sports, annual rule meetings for coaches and officials are held to educate those involved. Some unique rules that were established are listed as follows: 1. To avoid conflict on weight gain, if a lifter advances in the playoff system and gains weight, he still can compete in the next weight class. 2. There are no equipment checks, but rules are enforced. 3. In non-playoff meets, lifting suits are not required. 4. No inhalants such as ammonia capsules are allowed. 5. No bench shirts or erector shirts will be allowed in 1997.

Naturally, I was concerned about the quality of judging. The judging at the state meet has been comparable to national level competition. Officiating the division and North/South half meet has improved tremendously. With continual education and recruitment of quality people, this aspect of powerlifting is only going to improve.

Team competition is emphasized more in the high school com-

petitions which brings more excitement to the meets. Many schools and communities are getting behind their powerlifting programs. I truly believe that the team concept would improve public interest of powerlifting at all levels, but that's another article.

The popularity of powerlifting in Mississippi has grown quickly through the efforts of many coaches and officials in the past eight years. Our state will have over one thousand young men participate in 1997. About one hundred and seventy will teach state level competition. High school athletes touches the lives of many people. Having powerlifting in our high school as an official sport has helped the sport. Dr. Enis Proctor, MHSAA Executive Director, says that powerlifting is one of the fastest growing high school sports in Mississippi. Dr. Proctor commented, "Powerlifting provides the small athletes another sport. I also see girls' powerlifting as a possibility."

In closing, the MHSAA has not established a new powerlifting organization. What it has done is to recognize a sport and establish a system to determine state champions for the Mississippi high schools. I encourage coaches in other states to pursue the same. Powerlifting needs to be established from the high school to college level, if I can be of any assistance, please feel free to call or write: Perry Liles, 816 Annandale Road, Madison, MS 39110, (601) 853-8292.

Highlights of MHSAA powerlifting: Ernest Young - Highest Squat of 645 @ 275, West Point 1996. Keythric Merrilweather - Highest Bench of 413 @ 220, Hernando 1995. Bobby Fort - Highest Deadlift of 656 @ 275, Aberdeen 1995. Bobby Fort - Highest Total of 1615 @ 275, Aberdeen 1995. Best lifts according to the Schwartz formula: Parco Golden - Squat of 535 @ 165, Pontotoc 1996. Keythric Merrilweather - Bench of 413 @ 220, Hernando 1995. Chris Rice - Deadlift of 524 @ 132, Aberdeen 1994. Parco Golden - Total of 1335 @ 165, Pontotoc 1996. Team State Champions: Aberdeen, 1993 - Coach Perry Liles, Aberdeen, 1994 - Coach David Pass, Grenada, 1995 - Coach John McCroy, Tupelo, 1996 - Lamar Aldridge.

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POWER SCENE

1997's first big powerlifting action is almost here: 7 top bench pressers going for some huge numbers at the Arnold Classic. The first weekend in March will see Anthony Clark, Dave Waterman, two of Germany's best - Marcus Schick and Frank Pfraumer and three big boys from Louie Simmons' stable at The Westside Barbell Club - J.M. Blakely, George Halbert, and Kenny Patterson.

Anthony will again be going for that 800, and he says he's just finished doubling 760 in the gym. Dave Waterman should be going for a 600 at 181, and the action won't stop once the bench pressing is done.

There's also a two-man deadlift that will see some fierce competition, with the winning team garnering a free trip to Germany to compete against that country's top two-man team at the upcoming FIBO show.

Will Phil Farmer and Walt Austin take the title once more? Mark Swalling and Dave Barman want that trip to Germany, too, so there should be some powerful lifting.

Back on the bench press, the women's all-time record holder, at 405 lbs., Tamara Grinwood, has a new activity to keep her busy, as if she wasn't busy enough already. She and Terry, along with Brenda and Gary Helsey, Carl Seeker, Ross Althouse and Ashley Boyce have formed the Unified Strength Alliance (USA). They'll be putting on meets starting with April 5th's York Hall of Fame Bench Press Classic in Pennsylvania. Last year's inaugural meet was great, so go lift, or go watch, but make sure you go.

For entry info, or any USA info, call Tamara and Terry at (717) 761-3843. The following weekend Carl Seeker hosts "The Beast of the Northeast" BP/DL meet in Bradford, PA, and then Gary Helsey will be putting on the PA State & Open Championships, so at least in Pennsylvania, so far the USA is giving all you lifters and fans a lot of action from which to choose.

Out here in sunny Southern California, we have a potential new star in the bench press on the women's side. Dawn Riehl, a national level competitor in bodybuilding,



IS SHE FOR "RIEHL"... the real Dawn Riehl at Gold's Gym.

ing, has moved out from the cold climate of Iowa, and she looks like she's got awesome potential in the bench. At her one contest so far, back in Iowa, she popped a 235 at 128 lbs., with no shirt and no real training. After just a couple of weeks out here, her weights' up to 139 and her bench in the gym is up to an easy 250. 300 is a definite possibility if she stays with it.

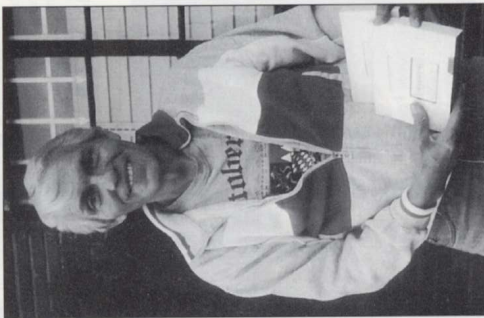
Also out here is the big late April bench meet that Martin Drake is hosting on the 26th and 27th in Moreno Valley. Martin's meets are real good ones, so give him a call for info at (310) 416-3566 or (909) 928-4PWR.

Martin's Bench Press Team, the Pacific Power Outlaws, recently captured a share of the NASA National Bench Team Title, tying with Jim McDermott's Power Team. Our loyal viewer Mike Stainbrook took first in the 60-69 187 lb. class.

Last month we talked about Gene Moeze, one of the first powerlifters back in the 1950's, but I left out his picture. So, here's Gene, with some cool videos!

Gene's in our current issue - The Stormsuit issue, but

squat to break Steve's record. He's also aiming at a 650+ bench and consistency deadlifting in the 800s, all of which would put his total well into the 2400s. And Willie's just 33 years old, and



Mister GENE MOZEE... with some P/Ler vids

weights only 230 lbs. right now. Go for it, Willie, and good luck.

And to all of you, I hope you have just as lofty aspirations, and hope you hit yours too this year. See you on video (and I'm really in this issue, but not in a swimsuit.)

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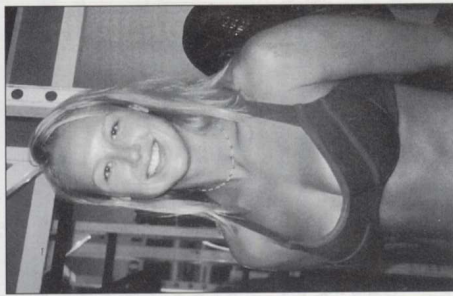
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Heather Anderson - in the Swimsuit Issue



Allison Arrendondo (above) and

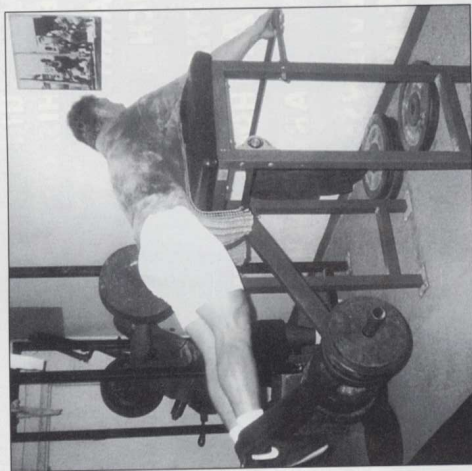


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TRAINING

A Weekly Schedule

as told by Louie Simmons, Westside Barbell



Chuck Vogelpohl does the Reverse Hyper Machine 4 times a week

When discussing training, there are many things to consider, such as speed work, building absolute strength, improving form, raising work capacity, recuperation, and selecting exercises and rotating them in proper sequence to avoid adaptation. So, how do you do all this correctly?

In our research, we have found that one cannot properly use a periodization system of raising work capacity, building muscle mass or speed strength, or correcting form during different parts of the year because a detraining effect will occur in a few short weeks from neglecting one aspect of strength. Most lifters talk of an off-season. Again, this is an incorrect view of training because after a few weeks most training effects are lost. Those that practice something the most often are best at it the most often. That leads us to the questions: what days do you train, what do you train on what day, and how do you increase every part of training during the entire year?

Let's start with Friday. Here at Westside it is squat day. We always box squat on a box that is slightly below parallel. Doing box squats breaks up the eccentric/concentric chain, which develops explosive strength. The weights range from 50 to 60% of a one rep contest max. The sets are 10 - 12. This controls the volume, and this is very important. When using weights this light, it is easy to develop explosive and accelerating strength, and to perfect form.

Special exercises are essential. They can be employed after squatting with moderate weight. When you use very heavy weights for sets, you simply don't have the energy for special exercises to build the weak areas. Do special exercises for the lower back, hamstrings, and abs.

We use short rest periods between sets, roughly 45 seconds. This is a form of lactic acid tolerance training, which greatly increases work capacity.

This workout is done 52 weeks a year. We can build and improve form, develop explosive and accelerating strength, work our weak areas, and raise general physical preparedness all year long. Remember, box squat explosively, constantly work on form, and train your lower back, hamstrings, and abs.

Sunday is bench press day. It is based on the same principle as Friday's squat workout. It, too, builds explosive and accelerating strength. Proper form can be easily taught. And, of course, if your triceps are weak, you have plenty of energy to give them proper attention.

work on reverse hypers, call/ham/glute raises, back raises, and abs, as well as kneeling squats and straddle leg singles in the stirrups for the hip extensors. We have also added 6 - 10 singles in the deadlift to this workout day in order to correct form; we use 70% of our best deadlift. We also work on speed. Practicing a lift will help form, but so will strengthening a weak muscle group that is used in the lift.

The fourth workout day is Wednesday. This day is the maximum effort day for the bench press. On occasion, the repetition method with dumbbells is used, or ultrawide benches for a record set of 6, 8, or 10 reps are done.

For the bottom part of the bench, we do floor presses with a barbell or dumbbells. Lower the weight until your arms are resting on the floor, then press.

We also do illegal width bench pressing, with the little finger 1 inch outside the rings on the bar. Try for a rep record of 6, 8, or 10 reps. Use a fast descent, but don't bounce. Six reps is the high end for strength and the low end for size building.

After 2 or 3 weeks switch to an exercise that is done for singles. Another munitency can be dumbbell presses on the floor, on an incline or decline, or seated for high reps and heavy weight.

For the mid part of the bench press, we do board presses. We use two or three 2 x 6's that are placed on the chest. Lower the bar onto the boards and press. This is where most lifters get stuck without a bench shirt, or where a shirt stops and you start. Power rack lookouts will build the top of your bench press. As on the speed day, special exercises are done following a major exercise. You must learn how much special work to do. It may take 6 sets of front delt raises to work your delts, whereas someone else may wear out after 3 sets.

The following are addressed every week in our workouts: speed and accelerating work; perfecting form; handling max weights; and constantly raising work capacity. You don't have to give up one type of training for another. There should be no such thing as an off-season if you are truly a powerlifter. Does this work? This system has produced 12,800+ squatters, including Dimel's 1010; a 570 squat at 132; a 749 squat at 165; a 782 squat at 181; 24,500+ benches; 4,600+ benchers; 1,700+ benchers (Kenny Patterson's 728 at 275); 25,700+ deadlifters; and 2,800+ deadlifters. Yes it works! If you've got what it takes, you can do just as well.

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You will not discover new oceans unless you have the courage to lose sight of the shore. If you have entertained thoughts of competing in your first meet and haven't, then what are you waiting for? Whether you are 15 or 50, it's never too late to get started. There is a place for everyone in our sport. The benefits of powerlifting competition are endless. Powerlifting instills the values of hard work, goal setting, sacrifice, patience, rest, nutrition, preparation and dealing with adversity. The lessons you learn from powerlifting will carry over into the rest of your life. You will live a more productive lifestyle. Get involved. You'll be glad you did!

In this article we will discuss how to prepare for your first meet. The initial step in your preparation is to find a powerlifting meet schedule. A good place to look is in *PL USA*. Before you enter a meet, it is a good idea to attend a local meet and simply observe. You need to gain a proper understanding of what to expect. The best way to do this is to attend a meet. Pay close attention to the judging; squat depth, press signals, rack signals etc. Understanding what the judges are looking for is imperative.

Next, go back to your powerlifting meet schedule and pick out a local meet that fits into your schedule. You will need enough time to get a good peaking cycle in before the meet. Once you have chosen a meet, contact either the organization you will lift in or the meet director for a rule book. Take the time to read all powerlifting rules, especially rules on technique and lifting gear. If you plan to use supportive equipment for the first time, make sure you get accustomed to it in your training. It is also a good idea to seek the guidance of an experienced powerlifter in your area and ask questions. Most lifters are willing to help a novice lifter.

In your first meet your attempts should be conservative. Remember, every lift you make will be a personal record! You want to go for 9. You will need a meet plan with all of your attempts listed. Your opening attempt in each lift should be a weight that you can execute with proper contest technique for a solid triple, even on the worst day. Your second attempt should be a weight you can leave the meet satisfied with. You can adjust your third based on how the day is going.

You will need someone to help you on meet day, someone who is familiar with your training, whom you can trust to help with gear and help you stick to your meet plan. Schedule a "walk through" with your helper, similar to a football team's Friday practice. Discuss your warm ups, order of putting on your gear, and your attempts. Have everything written down on paper for him or her. Going through the same ritual every time you take a lift will help you focus on the task at hand.

When you aren't lifting, you shouldn't concern yourself with the performance of others. Forget about what everyone else is doing and concentrate on maximizing your own performance. Get away from the meet and relax, it will be a long day. Your partner can be aware of the flow of the meet and tell you when it is time to warm up. Generally, you want to begin warming up when the flight ahead of you begins its 1st attempts. If the flight ahead of you is exceptionally small (less

STARTIN' OUT

A special section dedicated to the beginning lifter

YOUR FIRST POWER MEET

as told to PL USA by Chris Doyle M.Ed., CSCS



Your First Meet could be the start of a great lifting career, like that of 165 lb. ADFFA rising star Chris Turner

than 10), you may need to start earlier. Know how long it takes you to get your gear on for each attempt and be sure to time up each attempt so you are ready to go when the bar is loaded. This can be tricky, everyone is different. Give yourself plenty of time, rushing through your warm up can spell disaster.

Be aware of all of the judges signals and practice using them in the gym with a training partner. The first time you hear "SQUAT", "TRACK IT" or "PRESS" should not be at the meet. It is critical that you get good depth on your opening squat to demonstrate to the judges that you know what proper depth is. If you cut your first squat high, they will watch you like a hawk on your next squat. Once you have nailed your opening squat, the first meet lifters will go away. You have your flight into the meet!

Back up equipment is essential. You never know what will happen

and sleeping habits as normal as possible. A three lift meet can last all day. Bring a cooler with you and pack it full of good food and beverages. Make sure you stay well hydrated and don't rely on fast food. Also, don't forget to bring an ice pack, band aids and a pillow. These items can be useful at the meet.

Attitude is everything on meet day. Be positive and have confidence in your preparation. Look at the meet as pay day; you've worked hard, you are well prepared, enjoy yourself. Don't get caught up in where you place or who you beat. Compete with yourself and lift well. After the meet, you will have an accurate evaluation of your lifting and you can reset your goals. Take some time to write down your thoughts on your meet experience. This will help you learn from any mistakes and you can revisit your notes as you prepare for your next outing. Good luck!

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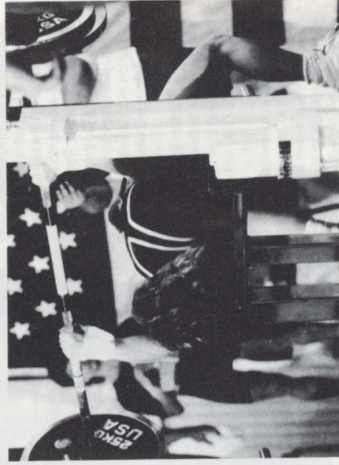


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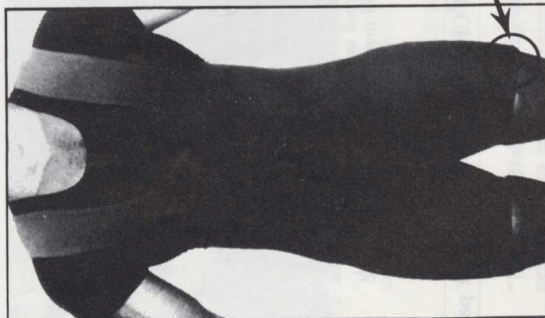
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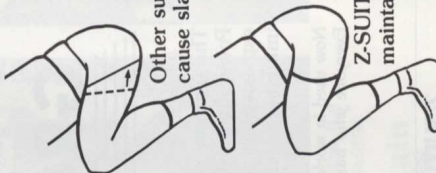
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Eric Arnold - USPF & ADFPA St. Ntl. Champ

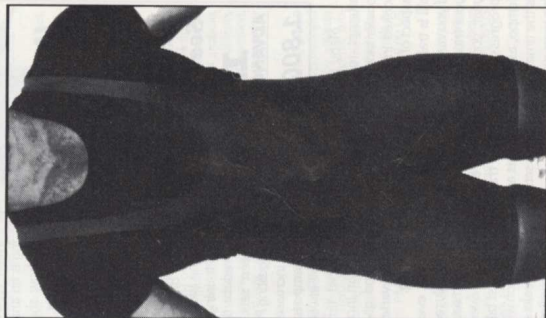
Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

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Many of my PL USA articles attempt to deal with aspects of power training that I think are overlooked in the written media. One aspect of training that I think the bill is training tempo. I believe that if you vary your training tempo to fit your training needs throughout the year, you can help to insure better progress. Simply put, training tempo, as referred to in this article, is the time taken between sets during your workout.

Common sense would dictate that the longer a lifter takes between sets, within reason, the fresher and stronger he will be for the next one. The question is, will this be desirable considering your current training goals? Your goals change throughout the year based on how close you are to a contest. Based on these goals, your training tempo will vary significantly. To see how, read on.

Perhaps most information on training tempo is found in the bodybuilding magazines. Bodybuilders tend to take longer breaks between sets (2-4 minutes) during their bulking stage and very short breaks (10-30 seconds) during their cutting up stage. Their reasoning is that they need longer rests between sets during their bulking stage to use heavy weights to build size, shorter rests while cutting up to burn extra fat to

TRAINING

Adjusting Training Tempo as told to POWERLIFTING USA by Doug Daniels

changes in your training, ease into anything new.

Shorter breaks are great for off season training, but are not the ticket as the contest nears. As the switch to lifting heavier weights which require longer breaks between sets which could be 2-10 minutes. I would suggest adding rest time between sets as the contest nears and the weights used increase. I'm only talking about the heavy work sets, warm-ups can be quicker.

The powerlifter can benefit from shorter rests between sets during their off seasons. One of the ways of increasing training intensity is to reduce the time between sets. I am not suggesting PL USA readers increase their training tempo to 10-30 seconds between sets, but reduced time between sets can increase intensity and give the lifter some variety in their training.

Not every lifter can arbitrarily reduce breaks between sets to under 1 minute overnight. You must first take into consideration what your current breaks are now and your cardiovascular fitness. Many powerlifters do little, if any, training for cardio fitness and could get wiped out or worse during their first tempo increasing workout. Start with a 25% reduction to see how that works. Keep in mind, that because of the increased tempo, you may not be able to use the weights or get the reps or sets you got using your old slower tempo. Try a 10% weight reduction for starters. If you are wiped out after your workout, increase the time between sets or decrease the weight, or both, and re-adjust next time. Never make any drastic

I always been at proponent of simulating contest conditions a week or two prior to gauge progress and run through a dress rehearsal of sorts. One of the big differences between lifting max weights in the gym and at the meet is the time between attempts. At many meets it could be 20-30 minutes between attempts. During this time, the lifter must remain warm and motivated. Stimulating this a week or two prior to a meet could be beneficial. If you try this, you do not need to hit max weights during the dress rehearsal. You would be risking injury, overtraining, or perhaps even peaking too soon by doing so.

I hope I stimulated your interest in thinking about what benefits varying your training tempo can provide throughout your training year. If you choose to experiment a little, make gradual adjustments to both the break between sets and the weights involved. Unlike a new lifting suit or that latest wonder supplement, varying your training tempo only costs you a little time.



Gene Bell is a master at adjusting training tempo to fit his contest schedule

Ask the Doctor

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

DEAR MAURO: I follow a strict diet when getting ready for competitions. I cut my coffee down to one cup a day, and then to no coffee at all. How does caffeine affect the absorption of vitamins and minerals? **George W.**

DEAR GEORGE: Coffee has little effect on absorption of supplements unless large amounts are involved. Of more importance is the effect of caffeine on the use of other supplements and on various physiological parameters. One new study has shown that the use of caffeine negates the ergogenic effects of creatine monohydrate. This may explain why creatine supplementation does zip for many athletes.

A number of studies have shown that caffeine may favorably affect long-term endurance performance, but research results concerning high intensity, short-term exercise have been a bit mixed. Still, it seems very likely from an analysis of the biochemical effects of caffeine that it has a beneficial effect on short-term fatigue in high intensity, short term exercise like weight lifting. Caffeine is also often successfully used in combination with ephedrine and aspirin as a thermogenic cocktail to burn fat and increase lean body mass.

However, the effects of caffeine seem to be significant only in those athletes who don't regularly use caffeine. In one study the resting metabolism and ventilation, and both resting and exercise plasma FFA, are increased in caffeine naive subjects, but there was little effect on caffeine users. Another study concluded that a 10 mg/kg dose of caffeine is an ergogenic aid during incremental exercise when it is taken 3-4 hours prior to the exercise in fasting subjects who have diets low in caffeine. Tolerance to caffeine should be taken into account

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., M.R.O., M.F.S.

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THE ANABOLIC RESEARCH REVIEW - An insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-8008.

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

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

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

Drug Use and Detection in Amateur Sports Plus All Five Updates, plus 9 Issues of DRUGS IN SPORTS - last issue March 1995 - My book, updates on the legality of anabolic steroids, growth hormone, and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 U.S. Funds or \$52.50 Can, plus \$2.50 P&H. The Book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds or \$20.00 Can, plus \$2.00 P&H. Each Issue of DRUGS IN SPORTS is \$10.00 US plus \$1.00 P&H.

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when an athlete wants to draw any benefit from caffeine absorption prior to exercise or competition.

A recent review summarized the effects of caffeine in exercise, and stated that potential ergogenic effects of caffeine at the cellular level are mediated by 3 mechanisms of action which are: intracellular mobilization of calcium from sarcoplasmic reticulum and increased sensitivity of myofibrils to calcium; inhibition of phosphodiesterase leading to an increase in cyclic-3',5'-adenosine monophosphate (cAMP) in various tissues including muscle; and the antagonism at the level of adenosine receptors, mainly in the central nervous system.

They feel the main mechanism of action of caffeine at the level usually encountered after the ingestion of a few cups of coffee is linked to the antagonism of caffeine at adenosine receptors. Caffeine also increases production of plasma catecholamines that allow the body to adapt to the stress created by physical exercise. Catecholamine production increases, in turn, the availability of free fatty acids as muscle substrates during work, thus allowing glycogen sparing. Caffeine is able to increase muscle contractility, has no ergogenic effect on intense exercise of brief duration, but can improve the time before exhaustion. Caffeine is also able to improve physical performance and endurance during prolonged activity of submaximal intensity. Glycogen sparing resulting from increased rate of lipolysis could contribute to the prolonged time to exhaustion.

Mauro G. Di Pasquale, M.D.

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The bench press has long been the best demonstration of upper body strength. Not only is the amount of your bench press the first question someone asks when they wonder how strong you are, it is also one of the most overworked lifts in 3 lift competition. It is my belief that the bench press be trained as vigorously, if not more so, than the other two lifts. The bench press be trained 50 out of 52 weeks a year! That does not necessarily mean that you can do 90%+ singles at competition width for those 50 weeks, but merely that you can continue to train hard while rearranging the rep scheme and type of exercises utilized!

The following workout is based on a liter with a recent best lift of 400 lbs. The workout consists of 20 weeks broken into 12 weeks of conditioning and 8 weeks of contest preparation. The most important part of the workout is the 12 weeks of conditioning. To make a long story short this is a 20 week commitment. No sloughing off for 20 weeks.

Conditioning Phase: 12 weeks, bench 1 time per week, no bench shirts and all sets done 90 seconds apart. Workouts are short and to the point!

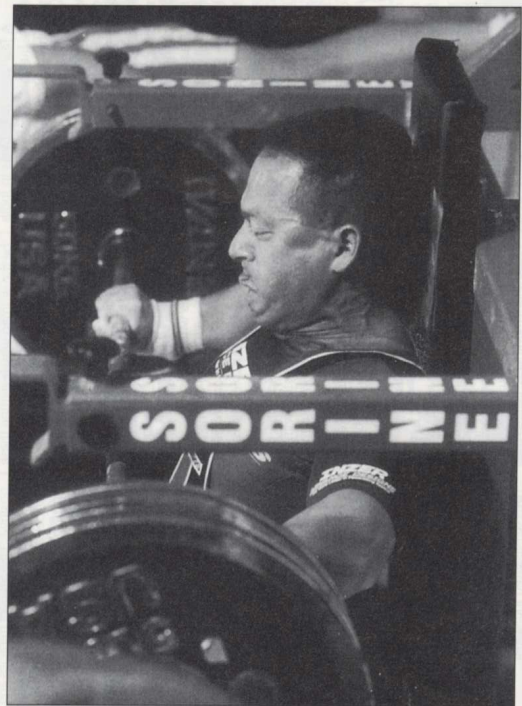
Week 1: Bench Press - 135x4x1, 185x3x1, 225x2x1, 265x8x3, Grip Bench Press and Incline Bench Press - 185x8x3
Week 2: Bench Press - 135x4x1, 185x3x1, 225x2x1, 270x8x3, Grip Bench Press and Incline Bench Press - 185x8x3
Week 3: Bench Press - 135x4x1, 185x3x1, 225x2x1, 275x8x3, Grip Bench Press and Incline Bench Press - 210x5x3
Week 4: Bench Press - 135x4x1, 185x3x1, 225x2x1, 280x8x3, Grip Bench Press and Incline Bench Press - 200x8x1
Week 5: Bench Press - 135x4x1, 185x3x1, 245x2x1, 290x5x4, Grip Bench Press and Incline Bench Press - 225x3x1
Week 6: Bench Press - 135x4x1, 185x3x1, 245x2x1, 295x5x4, Grip Bench Press and Incline Bench Press - 235x3x3

WORKOUT of the Month

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Ty Stapleton Bench Routine

Week 10: Bench Press - 135x4x1, 225x3x1, 275x2x1, 320x3x4, 280x3x1 (3 sec. pause each), Close Grip Bench Press and Incline Bench Press - 240x3x3.
Week 11: Bench Press - 135x4x1, 225x3x1, 275x2x1, 320x3x4, 285x3x1 (3 sec. pause each), Close Grip Bench Press and Incline Bench Press - 245x3x3.
Week 12: Bench Press - 135x4x1, 225x3x1, 275x2x1, 330x3x4, 290x3x1 (3 sec. pause each), Close Grip Bench Press and Incline Bench Press - 250x3x3.
Assistance Work: Behind Neck Press 3x8, Dumbbell Lateral Raises 3x8, Dumbbell Front Raises 3x8, Rear Del Raises (Pec Dec) 3x8, Lying Tricep Extensions 3x8, French Press 3x8 and Tricep Push-downs 6x8. These exercises performed with 60 sec. rest between sets.
Competition Phase: 8 weeks, bench 1 time per week. Bench shirt for next 8 workouts is worn for last warm-up and work sets. Every repetition is paused at competition length and rest as needed between sets.
Week 1: Bench Press - 135x5x1, 225x4x1, 315x3x1, 335x5x4, 295x5x1 (3 sec. pause each), Close Grip Bench and Incline Bench 265x3x1.
Week 2: Bench Press - 135x5x1, 225x4x1, 315x3x1, 345x5x4, 305x5x1 (3 sec. pause each), Close Grip Bench and Incline Bench - 275x5x1.
Week 3: Bench Press - 135x5x1, 225x4x1, 315x3x1, 355x5x4, 315x5x1 (3 sec. pause each), Close Grip Bench and Incline Bench 285x5x1.
Week 4: Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x5x4, 325x5x1 (3 sec. pause each), Close Grip Bench and Incline Bench 295x5x1.
Week 5: Bench Press - 135x5x1, 225x4x1, 315x3x1, 350x1x1, 380x3x4, 340x3x1 (3 sec. pause each), Close Grip Bench and Incline Bench 310x3x1.
Week 6: Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 390x3x4, 350x3x1 (3 sec. pause each), Close Grip Bench and Incline Bench 320x3x1.
Week 7: Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 400x3x3, 360x3x1 (3 sec. pause each), Close Grip Bench and Incline Bench 330x3x1.
Week 8: Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 415x2x2, 375x2x1 (3 sec. pause each), Close Grip Bench and Incline Bench 305x3x1.
Assistance Work: Perform the same exercise as the conditioning phase except drop to 1x8. Meet Attempts: 1st - 390, 2nd - 415-420, 3rd - 435-440.



Ty Stapleton went after one of Mike Bridges IFF World Records with a 530 at the '96 USPF Sr. Nationals.

In my last column, I introduced you to Maxwell Maltz, author of the outstanding book, *Psycho-Cybernetics*. Maltz was also a nationally renowned plastic surgeon. Maltz believed that if he could correct the deformities an individual might possess, he could improve their self images.

I saw the before and after pictures of his subjects. Maltz's work was absolutely amazing. He was absolutely successful in correcting the physical defects. However, the result of the wonderful metamorphosis was not exactly what he had expected.

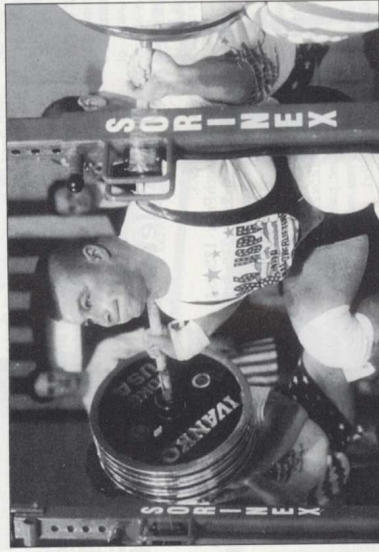
Although Maltz transformed his subjects from "ugly ducklings" into physically attractive individuals, they still perceived themselves as being ugly. Maltz eventually realized that not only did he have to correct his subject's disfigurements with plastic surgery, he also had to correct the way they thought about themselves. In other words, Maltz not only had to change his subjects' physical appearance, he also had to change the data constraints that had been programmed into their brains during the years that they had been disfigured.

Now here's the really good news. Once the subjects were taught to act and think positively, their whole personalities changed. They became

Dr. JUDD

Those Who EXPECT Miracles, PERFORM Miracles

by Judd Biasiotto Ph.D. World Class Enterprises



Dave Audet, at the '96 USPF Seniors, has the confidence to squat 800 in the 220s

of all his efforts to pass. Then there's the student who perceives himself as a "nerd." Someone whom no one would want to socialize with, or he is avoided at school, and can't get a date to save his life. His continued body language, his negativity in responding to others, and his self-effacing attitude towards himself and others will literally drive away anyone who would be attracted to him. In the same manner, an athlete, a teacher, a friend or boy friend will also find that his experiences will tend to prove what he believes about himself to be true.

It shouldn't surprise you then when I tell you that the most consistent finding in sport-related research is the direct relationship between self-confidence and success. Research has consistently shown that athletes who are confident think and act significantly different from athletes who lack confidence. Confident athletes, athletes who believe in themselves, not only love to compete, they love to compete against the best. Athletes who are confident believe they can do anything and often do.

They never quit. They constantly see themselves as winners, never losers. They focus totally on the positive. They expect miracles and, consequently, they make miracles happen. They act positively, talk positively, and never minimize their abilities. Athletes who think negatively generally fail, whereas athletes who think positively usually succeed. Really, it's that simple. What an athlete thinks and/or believes is critical to his performance. World-class athletes believe that they are among the very best. Consequently, they act and perform as if they are the best.

Obviously, the way your brain has been programmed will go a long way in determining how successful you'll be in athletics, as well as in life. If you've been conditioned to believe you can, there's an excellent chance that you will. Conversely, if you've been conditioned to believe you can't, you most likely won't. Here's something else you need to know, too. There literally is a magic in believing. Even if you have a poor self-image at this point in time, you are not doomed to failure. You can change. You can become a positive, self-assured individual.

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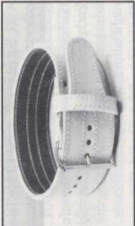
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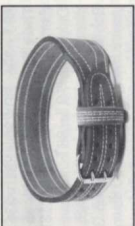
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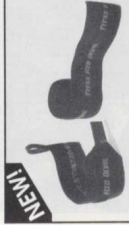
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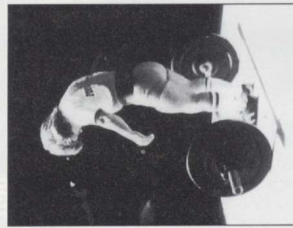
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THE THIRTEENTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



C. Dunbar gets ready to deadlift

The '77 Sr. Nats drew the largest number of participants to date. 75 tested their brawn. The event took place in Santa Monica, CA. The Civic Auditorium, located two blocks from the Pacific Ocean, had a 3500 seating capacity. Ken's Gym sponsored the meet. Ken Sprague was promoter and George Zangas of Thompson's Vitamin Co. was meet director. Having been well publicized in advance, the media coverage was extensive. The audience was enthusiastic, but uninformed regarding the rules. They booed loudly when lifts were turned down. There was bickering between the heads of two rival CA clubs and some criticism.

For the first time kilograms rather than pounds was the increment of weight used. It was to be the standard carried henceforth in National competition, and the age of the supersuit had arrived - a West Coast innovation. It was a one piece singlet - extremely tight fitting and designed to add many pounds to the squat. Many, but not all, enjoyed the benefits of increased poundages on their total. Some called it legalized cheating. Bob Packer, P/L Historian, noted it was the first time since '68 (the last CA Seniors) that costume enhancing benefits were the rule rather than the exception. A large scoreboard to keep viewers and athletes abreast of the developments was sorely lacking.

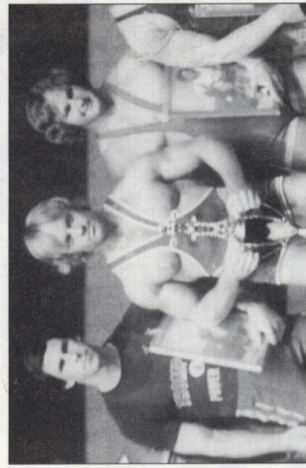
114 LB. CLASS - YOUNG STAR - DUNBAR! Reigning title holder John Redding seemed a sure winner. His 418 SQ opener was too much and he fell by the wayside. WV's Chucky Dunbar capitalized on Redding's fate. He was the strongest dwarf to appear on the P/L scene since Dave Moyer. Another aspirant from Granada Hills, CA was spy Kevin Meskeu, whose 805 total had been runner-up at the Juniors. Meskeu had a bad day, but pulled 374 pugnaciously for 799. He was disqualified for not having made the Srs. qualifying total in a sanctioned meet. The silver medal he thought he'd earned went unclaimed. The SQ racks did not conform to Dunbar's stature, so the spotters had to take the weight off the standards and situate it on his shoulders. Tolerating this inconvenience, he sat low - first with 688, then 407 - a new meet record (beating Redding's 399 1/2 from '76). He had 424 starting up, but CHUCK STUCKY, Dunbar got a 264 BP. CHUCKY hoped to be LUCKY - tried 275 (to beat Kucapak's 75 AR) but it wouldn't go. His DL was a leverage and hand gripping handicap - 292, but he pulled 314. Total - 964! DUNBAR

lookalike had 1234, eclipsing Hummel on bodyweight. ARTHUR WAS SMARTER - HUMMEL FUMBLE! Mike had one lift remaining, a load of 567 unyielding lbs. for the win. He revved his engine, but the wheels just spun - THEN DIED - TANK DRY!

At last - Trujillo - 8 years after his Srs, debut (68) stood atop the victory podium. His persistence had finally paid off!

148 LB. CLASS - GAUGLER - THE TEXAS TITAN - RICKY Craun, the sensation in '76, was working as Athletic Director at the Boy's Club in Ft. Worth, TX, while completing his graduate work. Lifting as an extra lifter at the OH State meet on March 13th he posted, unofficially, an astronomical total @ 1488 (1591 via 600 350 641). He'd strained ligaments in his lower back at substantial time, far behind the others. With a do or die 562 DL opener, he bowed out with a zero.

The remaining three made it close. Hummel dunked all 3 - done at 402! Arthur and Trujillo each got 429 - great 3rd attempts! Arthur continued an unbroken streak - Trujillo matched up evenly when it came to BP'ing. Both men made identical lifts - 330, missing at 341. Subtotals were Trujillo (760), Hummel (733), and Arthur trailed (688). Trujillo had the lead, but finished deadlifting first, making 490, but not 507 total 1251. The other two chased him. Hummel studiously reeled in 490, then 501. He had 1234 and seemingly a safe 2nd place. Mike Arthur had literally knocked himself unconscious the night before, slipping in the shower. The mishap left a deep gash in his head, but did not seem to affect his performance adversely. Arthur lifted his 3rd position and waited. George Hummel went boldly to 540 to win (much more than necessary) and barely moved it. Arthur, a pulling specialist, strained up 545. Good lift! The Chuck Norris



Rick Gaugler, flanked by Ted Mossbarger and Larry Stone (the wing)

ing when all others were finished - FIVE FORTY! The lift went easy & he advanced to 567.5 going for Craun's 567 (WR 565). Needing more recuperation he let the time expire on his 2nd, tried it on his 3rd - pinned! With heavy upper body musculature, he rammed 363, then a MR 374. He tried a WR 391 to exceed the new mark by Jrs. champ (390) Mike Bridges (yet another new star on the horizon). Halfway up - stopped! His win came instantly, with an opening 606 DL. Result - 1521, a new W/R total. He almost had it - near lockout - miss! A 3rd attempt, refused to move. Gaugler's great lifting verified his ticket to the Worlds. Gaugler was PROCUURING ENDURING FAME - WITH THE FURY OF A HURRICANE!

165 LB. CLASS - CRAWFORD'S SLAUGHTER - A huge class of 11 saw four bow out early on. Roy Hodgkins aspired to pull a big 655, but couldn't. CA's Doug Hay and highly touted Jack Wilson of OH were eliminated in the SQ. Menaker of NV had a 1339 - 8th. Steve Baldwin displayed brute force but a low DL (507) kept him in 7th - 1372. Showman Joe Spack, the 72' champ, pulled ahead of Baldwin but no higher - 1394 - 6th place. No big tug for Joe this day.

Ted Mossbarger of CA's Thompson's team and Washington DC's Kline Mengle FURNISHED a SKIRMISH for the 4th and 5th spots. Ted's big 523 dunk got the 1325 he'd registered the prior year. Enterprising newcomer John Orosini, 37, had made unbelievable progress in a short time. Five weeks earlier he'd made 1240 at the Jrs. in Lincoln. Orosini was on fire here. He squatted 474 deeply, showed up 330, and pulled 540 on his 3rd lift - 1366! Runner-up - a big surprise! Last year's runner-up to Craun was Rick Gaugler. His overwhelming predominance far outdistanced everyone. He'd passed through the threshold to super-stardom, start-



Crawford prepares for a squat

and tweaked a hip muscle, but got his 606 2nd attempt SQ passed, then forfeited his 3rd. Hatfield dis-abled the durable Joe Rhodes in 628 beginning was shy but a repeat was okay. A jump to 650 was too much - missed. Thomas started with 633, but also failed at 650; then absorbed a 661 3rd. BP. Hatfield finished at 341 (970 subtotal). Joyce made two to end at 374 (981). Thomas distanced himself over 418 (1052). It was all good no matter what the fat lady sang. Hatfield's 639 opening pull went, twice 661 was unmovable - 1609, 3rd! A good first appearance for an overhead lifter.

Joyce had a lot of ground to make up. Thomas pulled 672. Joyce did 683 with effort. Wait went to 699 - almost blacked out - miss. He tried 705 - unmovable. Martin was heavier man - went to 749 for the win, a monstrous task for even his mighty back (W/R held by Anello - 750.67 on Dec. 16, '73). A terrific effort, but it remained stationary. Joyce again 2nd place - 1664. Wait was champ again - 1725. He might have given GRR's Ron COLLINS PROBLEMS had he gone to the Worlds. Walker couldn't afford the expenses so, like Crawford, stayed home. A real shame! Funding for the team was lacking, an inexcusable occurrence.

198 LB. CLASS - LEGEND - ARY LARRY - NO. 5! The pot-pourri of talent in this class numbered 10. Nine of them all shared something in common - a major problem! They all faced the icon of P/L - Yes, the hierarch himself - LARRY PACIFIC! In those days, nobody said the "P" word unless it was in reverence. Seemed like King L. had the Midas syndrome. Everytime he touched a weight, it automatically turned to gold. It was just like the laws of the universe - irrevocable!

In the past, few specialists had challenged the Legendary One in one or two lifts, but when it came to total performance, forget it! They got dumped like a bad habit. This time FOUR ASPIRANTS dropped out the door. They took FOUR ASPIRANTS! John Caputo was an SQ casualty. Jim Lem Larry Russell bungled in the bench, Top contender "Buddy" saw red, trying 479 BP, so RAVENSCROFT took the DAY OFF! Jeff Jandik cramped out DL'ing.

As it was at 181, only six remained. NATE FOSTER had been MADE AN OFFICER (Major, no less) in the Army. He was destined to later become PL's answer to Rudy Sablo! On this day he procured 6th with a saasy 639 DL - 1537! Not bad! CA's likable Louie Hernandez had a bit more pull, 666

won in 71, but zeroed in 73 & 76, titles he could have won. A great advancement was the durable Joe Rhodes of MS. Doc had been the champ in 1970 & 73. His ability to literally pull out a last instant victory was his trademark. Crawford's forte was his monster squat. He sat unquestionably low, leaving no doubt that he was the SQUAT MASTER. On March 13, he increased his WR to 655.5 in an Ohio meet. Here he notched - 611, followed by 633 - amazing the crowd. 644 finally stopped him. Rhodes didn't seem to be a threat. Coasting to a "mere" 881 subtotal. Stone forged ahead of him with a 567 - 2nd SQ and a 380 BP with great strain - 947, a big subtotal! Crawford got just one BP on the board - 347, but had a commanding lead - 981. George was 99 ahead of Doc and had 33 on Larry - looking good! Knowing he couldn't screw up, George was cautious. A tentative 540 DL was followed by another shaky success - 562. His 3rd came up halfway - seemingly Crawford had 1543 - a stonking solid win. Don't ever be sure of anything when it comes to Doc and his ability to pull. A LOAD FOR DOC RHODES - 628, a 2nd try that gave him 1510 and moved Stone into 3rd. A 666 winning lift was lost, Crawford was dreading the worst, but no miracle this time.

Crawford had his 2nd ever Srs. title. He earned a chance to become World Champ, but couldn't afford to pay his own way - a bum deal! Rhodes, however, did go to PERTH. It was there he proved his WORTH. A miraculous 655 DL was the winning charge. He did it and vanquished the favorite, Peter Fore, GBR.

181 LB. CLASS - 4TH TITLE FOR THOMAS - Another loaded class with 10 men contesting. Four men eliminated themselves in the heat: Pete Gutierrez, Dan Haiselder, Chip McCain and top seeded Dennis Wright (the '75 champ). Dennis, a big SQ'er, commenced at 661 - and blew out his suit. He jumped to 694 & was twice too shallow. Glenn Maur occupied the ladder's lowest rung - 1427. James Cash, a new face, was a year away from drawing attention. His 639 DL gave him 1482. Jim Lem 49, was the oldest in the competition, 2 years ahead of Cortes, and managed a 4th place finish as Bob had done at 148. A nifty 600 SQ and 1532 total - amazing!

The top three finishers were formidable. Walter Thomas was going for an unprecedented 4th consecutive title. Back as runner-up the previous year was Martin Joyce, the dynamite deadlifter. Joining the TUSSELOF MUSCLE was Fred Hatfield, WI. He was an O/L'er with a new agenda. Joyce twisted

Built like the Farnese Hercules, Roger (Body by Este) from Luke's Wild Bunch WV team looked most intimidating. Even Mr. P. noted that this was one Ferran that did, indeed, have an engine under its hood. He and Larry both ground up 694 2nd attempts. Este got the meet record as lighter man. Next, Roger tried 716 - stuck halfway. Unswayed, Larry went to 722 and missed it by a whisker. Close contest? Was mighty P about to meet his match? Perish the thought! Este's powerful pecs pumped 440; but 473 barely moved. Only a few months following shoulder surgery, Pacifico followed a big 507 and even dared 529 - no. Subs: Larry - 1201, Roger - 1135. Roger came in at 644 - stood erect - 1758. He got more - finish! Larry's 688 DL gave him his 457 more pull, 666

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a year again in 1981 then a 13 year hiatus until once again 1994). He is a quiet, soft spoken and humble gentleman who would be an ideal role model for any athlete to follow.

BEST LIFTS: @ 165: SQ - 625; BP - 385; DL - 640; TOT - 1650; @ 181: SQ - 694; BP - 446; DL - 722; TOT - 1824; @ 198: SQ - 771; BP - 501; DL - 821; TOT - 2050; @ 220: SQ - 760; BP - 507; DL - 722; TOT - 1989. Don't be surprised if Walter wins another big one.

6. STRONG AS HELL - GENE BELLI Cool as a cucumber is the best way to describe Air Force Man Gene Bell. He captured the Jr. Nats. in June 83 in VA. w/1730 @ 165. At the Seniors, he battled the toughest 165 lineup in history. Six men exceeded 1700 and 7th place was 1697. Bell missed only two lifts, topping off with a 672 DL for a lifetime best pull 716 to squeak out a win. In 1984, he won his first Srs. title - 1802! From that day forth, he was on a roll. Eight more Sr. Titles came, missing only '86 & '89 when the World platform was just as impressive. He was champ in '84, at 165, and 181 in 1987. In 1988 - '93 and in 1996 he was World champ @ 198. Runner-ups came in 1990 and 1995. He was one of our greatest ever lifters with 9 Sr. Nats.

and 5 World titles under his belt. He is current IFF World Champ at age 40 with a 1945 total - amazing! Salute Gene, the powerlifting machine!

BEST LIFTS: @ 165: SQ - 688; BP - 441; DL - 672; TOT - 1802; @ 181: SQ - 843; BP - 523; DL - 744; TOT - 2110; @ 198: SQ - 871; BP - 545; DL - 766; TOT - 2132! Gene's SQ and total @ 181 are the best of all time, topping Mike Bridges. His SQ and TOT @ 198 are 2nd best All Time.

7. CAPTAIN KIRK - DILITHIUM CRYSTALS - He's gone to that impenetrable barrier at the edge of our galaxy and is firing up his warp engines to blast on through. One of our latest and greatest stars has already chalked up a list of wins to turn many eyes.

His first Seniors title came in 1990 (2116 @ SH). Six more came in succession and by late '91 (2182 @ 275), 1992 (2248 @ 275), 1993 (2232 @ 275), 1994 (2193 @ 242 - including 914 SQ on IFF Open WR), 1995 (2303 @ 275 inc. 1003 SQ IFF WR), 1996 (2309 @ 275). In the IFF Wins, he was 2nd @ 275 in '90 - '95 & '96, and @ 242 in 1994. Double wins in '97 would supplant his point total to 545. Only Bell could present him from meeting into 5th All Time. Karowski's best lifts: @ 242: SQ - 914; BP - 518; DL - 760; TOT - 2193. At 275: SQ - 1003; BP - 562; DL - 777; TOT - 2309. His coach and mentor, Marty Gallagher, predicts the best is yet to come.

8. SUPERMAN DAVE JACOBY - David Jacoby was a virtual unknown when he entered Pep Wahi's gym on July 22, 1981. At 24, 5'10" and 212 lbs., David wanted to try P.L. He trained 12 weeks and did 600, 395, 620 1615. He reached Elite in his 2nd contest - 1890 @ 236. His rise was astronomical. In 3 years, he added an astounding 551 lbs. to his total. He won his 1st Srs. in '84 pulling 799 to beat Joe Lachner, 2166 to 2160. At the Worlds that Fall in Dallas he went 8/9 and won big - 2061. He won the Seniors 5 more times - '85, '86, '89, '91, '92 and was runner up three times. Powerhouse Dave accumulated 5 World Championships titles, winning it again in 1985, then in '87 - '88; and finally 1992, all at 242. Along the way, he also captured two silver medals. His ability to thrive and survive has earned him a place among the best in history. When asked, Dave attributed his success to his superior genetics and



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story of him in the May '95 issue of PL USA. He burst upon the scene as a teenager and set a W/R '78 he SQ'd a meet. In April '78 he SQ'd a W/R 585 @ 148 and smashed the total record 3 times - 1565! He won the Srs. that year with WR's - 606 SQ and 1603 TOT. Mike went on to make it 6 successive National titles and 5 World titles. He would have talked into siding with the W/R in 1980 as well, but got political. Some called it a disingenuous statement instigated by a disgruntled Pacifist. It was a short-lived anomaly which planned the Mike of our divisiveness today. Mike shattered records in four weight categories. He revolutionized squatting technique with the patented "Bridges flair." He remained the icon of the of the eighties until he burned out, physically and emotionally, and passed the torch to Ed Coan. Mike now 40. He had no peers during his reign and will be talked about by future generations to come. Best lifts: @ 148: SQ - 692; BP - 402; DL - 611; TOT - 1609; @ 165: SQ - 722; BP - 463; DL - 661; TOT - 1835; @ 181: SQ - 837; BP - 529; DL - 771; TOT - 2105; @ 198: SQ - 821; BP - 507; DL - 738 TOT - 2061.

11. SYLVESTER - YES SIR! Sly Anderson is a sculpted block of granite hard muscle. You might call him the DREAM MARINE. In the Srs., he was runner-up twice to Bell and once to Coan. Sr. champ @ 181 in 1986 & '89. In '87 he prevailed @ 198. He topped Her-ring on bwt. to be declared champ in 1991, same class, and took the 198's again the next year. Sly earned 2 World silver - 2nd to Vitanen (FIN) @ 181 in '86 & '89, and was 4th in 1990. Sly's three World titles came in '87, and '91 & '92 beating Schramm (GER) twice in succession @ 198. Anderson will turn 39 in May, 1997, a great champion, indeed! **BEST LIFTS:** @ 181: SQ - 755; BP - 435; DL - 734; TOT - 1912; @ 198: SQ - 805; BP - 441; DL - 771; TOT - 2000.

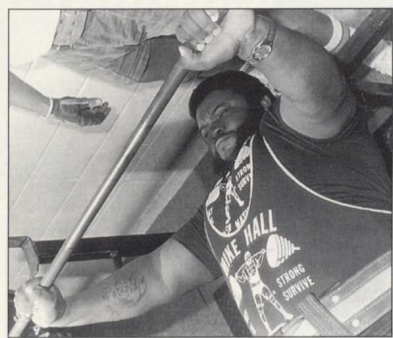
12. PLUCKY CHUCKY - FILLING OUT The remainder of the top 25 GREATEST, Chucky Dunbar is lith. He was the most durable and successful small man we've ever had (4'4" - 114). He will turn 40 this year and was 7 times Sr. Nat'l champ - 5 times runner up. Four times he lifted in the Worlds. He played 2nd fiddle to Japan's indomitable Inaba three times. His major moment came in 1984 when he caught Inaba less than a ft. and dethroned

him. Best Lifts: @ 114: SQ - 507; BP - 325; DL - 425; TOT - 1245; @ 123: SQ - 520; BP - 330; DL - 415; TOT - 1250.

13. CRAIN THE CRANE - One of our first stars, he's still going strong and has just turned 43. Five times he has won USP-Sr. Champ with three silvers and bronzes. He's a 3 time IFF World Champion with a silver in the same arena. He started as a teenager and scrapped to share the limelight with others like Bridges and Gaugler. Despite controversy surrounding the recent IFA Nats., he posted the highest unofficial 165 SQ & total of all time (800 & 1890) and pocketed a lot of loot to boot. He operates a successful business in Oklahoma with his wife Kim, and he's the proud father of 2 kids. Best lifts: @ 148: SQ - 628; BP - 350; DL - 661; TOT - 1609; @ 165: SQ - 755; BP - 440; DL - 716; TOT - 1829. Read my story on him in the JUL '94 PL USA.

14. REINHOUDT THE MIGHTY - Big Don was the last Levathian. I profled him in the Nats. @ 242. He won his first Sr. World title that year. He was lighter, now a trim 260 and will be 63 about the time the snow melts this year. During his heyday in the mid '70's, Don tipped the beam at 350 plus. He was 3 times Senior Champ and won the Worlds four consecutive times. He had no weaknesses and made all his bests without support-equipment and was the first to crash the 2400 barner. He was a mild mannered gentle giant who always turned his attention to others. **BEST LIFTS @ SH:** SQ - 934; BP - 606; DL - 885; TOT - 2420.

15. RICKS - A CLAIM TO FAME - Zooming into prominence after beating famed Ausby Alexander at the Armed Forces Championships, Alexander's DL superiority left Ricks the 2nd banana at the Srs. Funded by the Navy to participate in the '91 Srs., the following year, he defeated APF champ Dom Sardo and pushed the legendary Crain into 3rd. His 1692 winning sum beat the 1695 of the 74's. With his knees bare, I saw him SO 450 below parallel at 5'8" on very thin legs. It was amazing. Allen did a year earlier. David Ricks made a big impression on his four trips to the IFF Worlds. In 1991, in SWE, he beat Pesonen (FIN) by 82 lbs. In '92, in ENG, he bested



Mike Hall... one of our greatest at Superheavy

servating notice that he would be the their apparent. The following year, he won a hard fought battle with Larry Kidney to become Srs. champ. Wrenn in '90. Back on top as Seniors champ in 1990, his pet lift put him ahead of Waddington for 2259, 22 in front and the gold - his 2nd title. In '81, he was 2nd to Wrenn (2342 to 2281). In '83, he was runner-up to Kaz (2298 to 2232). It was then he secured the silver being 22 lighter than Bouvier (they tied) - 1984 was another zero year. His last Seniors was in 1985, 2nd place to Hechter (2298 to 2265). Doyle pulled 892 on highway up, trying to win. At the Worlds, he was 2nd to Reinhardt in 1978 in Finland (2265) beating the defending title holder Harna, FIN. Again, he won in 1980 (2204). **BEST LIFTS:** SQ - 914; BP - 590; DL - 903; TOT - 2303!

21. DARING HERRING - Now 37, George Herring of Luburn, GA entered his first Srs. in 1981 and finished 3rd. In '82 @ 165 he totaled 1670 and was 4th, only 5 away from collecting another bronze. He went 7/9 again for 4th in '83 in the toughest 165 field in history - 1730! Injured in '86, he was again 4th. In '88 @ 181, he zered in the BP. Finally, after 7 years of trying, in 1989 he squeaked out his clutch 733 SQ, added 2 BPs & 2 DL's to beat both Robert Pitman and injured Buddy Duke. At last, a National Champ, he earned his ticket to the Worlds in Canada and didn't disappoint. George had a near-perfect day missing only his 766 3rd SQ when he blew his suit. He won the 198 lbs. class handily (1884), beating Hyttinen of Finland (1813)! At the 1990 Seniors, George took 2nd @ 198 to Gene Bell (1989 to 1912). Bell could make the trip, so "Lucky" George got the opportunity to defend his World

Myronov (RUS) by 11. In '93, Bokhanov, (KAZ) was closest to him (33). In Johannesburg (SAF) in '94 (SWE) @ 165 1780 to 1658. Four consecutive World titles proves he is the real deal! **Best lifts:** SQ - 672; BP - 418; DL - 688; TOT - 1780 all delivered at once - winning his World title!

16. JON KUC - RECORD BOOK - Groomed by the Scranton Superman, BP icon Jim Williams, Kuc overtook his mentor and became an SH phenomenon. At 330, Kuc took the '72 World title with 905, 600, 845 - 2350. Suspicious lifts! The fact they were delivered nearly a quarter of a century ago reiterates his amplitude. Due to high blood pressure, he reduced and quit. Resurfacing at the '74 Sr. Nats., at 242 he won his first Sr. Nats. He carried it on to a 2nd World title that year. He was lighter, but mightier. For personal reasons, he was a triple-take for the Brownwood Supposedly retired for good, but popped up again in 1979 to vault his 3rd Seniors and in 1980 his 4th. He also won World titles No. 3 & 4 those years. His DL was phenomenal and even better when 80 lbs. lighter than in his Super days. His 870 DL @ 242 still ranks as the IFF World Record today enduring since November, 1980. **Best lifts:** @ 242: SQ - 832; BP - 507; DL - 870; TOT - 2204; @ 275: SQ - 839; BP - 474; DL - 856; TOT - 2169 (all in 1985 ADFFPA) @ SH: SQ - 905; BP - 600; DL - 845; TOT - 2350.

17. A PIONEER - ALLEN LORD - A mild mannered school teacher from Adelphi, MD, he appeared muscleless but had tendons like steel bands. Starting in Srs. competition in 1966 he entered 11 times, the last in 1978. He had two bombs - 1970 & 1975. He won the silver medal four times - '66 - '69 - '71 and '72. He won the championship four times - 1967 - '68 - '73 & '74. With his knees bare, I saw him SO 450 below parallel at 5'8" on very thin legs. It was amazing. Allen did a year earlier. David Ricks made a big impression on his four trips to the IFF Worlds. In 1991, in SWE, he beat Pesonen (FIN) by 82 lbs. In '92, in ENG, he bested

19. ALEXANDER THE GREAT - Ausby Alexander, a rangy Marine Sergeant won the '84 Jr. Nats. @ 148 w/1537. He duplicated that sum 3 weeks later for 2nd in his first Seniors. In '85 he zered in SQ. Returning in '86, still @ 148, he got the silver to Austin, going but 4 for 9. In '87 he got bronze @ 165 with 1675 behind Crain & Inzer. In 1988, he copied his first Seniors title topping Ricky Crain in his pet lift - the SQ! He earned his first trip to the Worlds in Perth, AU, where he was runner up to Vitanen, (FIN) who outperformed him. 1747 to 1670! He kicked 1989 off winning the Srs. by 154 lb. margin. In the process, he SQ'd 723 to break the long standing record of Mike Bridges! He was Canada bound. There he beat Natis (SWE) 1658 to 1614 for his gold medal & World title. Oh happy day! At the 1990 World Championships, he won his third consecutive with his reliable DL. That same year @ 165 he defended his World title beating the INA lifter, Tsharyonov, by 331 Two years off impression in his Seniors debut but was followed by a 4th in 1993, when he lost 3rd place as heavier

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Title. He did this in grand fashion. He scored 1840 (topping Schramm, FRG, (1763) and Kuznetsov URS (1747)) At the '91 Srs. he tied Sly Anderson with 1951. He was heavier and got the silver. George had pulled 716, but barely missed the 727 he needed to win. George became a last minute replacement and went to the '91 Worlds @ 220. He had a superlative day 9 for '9 (793, 479, 722 - 1995) winning by an 83 lb. margin. Can you believe it? 3 World titles back to back! His last Seniors was in 1993 when got 3rd to Bell and Anderson - trying the winning pull of 738, but missed. A great career and high time for due recognition among the All-Time greats. Best Lifts: @ 165: SQ-683, BP-418, DL-1752; @ 181: SQ-800, BP-490, DL-722, TOT-1915; @ 198: SQ-840, BP-500, DL-730, TOT-2070.

22. MIND BOGGLER - GAUGLER - His 1st meet was in Fall '73. He had only trained for 6 weeks. He placed 2nd to Koanmerer @ 148 in his 1st Srs. (74). Injured in '75, he missed that Srs., but made an Elite rating that year (1360 @ 148). In a classic battle with Crain in '76, he got 2nd (1450), and tried for win with a 635 DL. He became the 1st man to total 1500 @ 148 (Jan. '77-1515). With Crain absent at the '77 Srs., Gaugler won with a 1521 W/R, his first National title. He went on to win his first World title in Perth, though cramping from w.t. loss. In 1978, he went up to 165 and broke Ron Collins W/R total 3 times at the Srs., beating Rhodes & Gaugler. He went to the Worlds, had no coach, and bombed. Early in '79, he set a W/R 694 SQ & 1718 total @ 165. Despite having hurt his back at work, Gaugler lifted in the '79 Srs. anyway. He made a W/R 446, then zeroed in DL. He won the 1980 Seniors with 699, 441, 661 - 1802. Going for Bridges total rec. of 1835, he tried a 699 DL, and brought it knee high. At the 1981 Srs. in his hometown of Corpus Christi, TX he was red hot! Rick twice. He completed a WR 727 SQ, twice to beat Bridges record (722), but got 2 reds. He skipped the '81 Worlds in Calcutta, and instead, he went to the Magnum Classic in CA. He did a 711 SQ, 451 BP, and pulled a 716 for a W/R 1879 - while tearing his bicep. It was repaired, but Gaugler missed the '82 & '83 Seniors. He tried to come back in '83, but tore his spinal erector. Unquestionably in the superstar category, many injuries ended his career prematurely. BEST LIFTS: @ 148: SQ-540, BP-374, DL-610, TOT-1521; @ 165: SQ-

U.S.A. 25 ALL TIME GREATEST CHAMPIONS

(Points allocated for top 5 places USPF Sr. Nats & IPF Worlds)

	USPF SR. NATS					IPF WORLDS					WCS COMB. PTS.				
	1st	2nd	3rd	4th	5th	1st	2nd	3rd	4th	5th	1st	2nd	3rd	4th	5th
1. Gant, I	18	1	3	1	50	25	15	10	5	775	1136				
2. Austin, D	11	3	3	1	361	15	1	1	1	473	710				
3. Pacifico, L	6	1	1	1	235	9	1	1	1	450	575				
4. Coan, E	10	1	1	1	210	6	3	1	1	300	510				
5. Thomas, W	8	1	1	1	165	5	2	1	1	340	490				
6. Bell, G	9	1	2	1	190	5	2	1	1	325	475				
7. Karowski, K	6	3	1	1	150	6	2	1	1	300	450				
8. Jacoby, M	4	3	1	1	112	4	1	3	1	275	387				
9. Andello, V	6	3	1	1	120	5	2	1	1	250	370				
10. Bridges, M	5	3	1	1	135	3	2	1	1	210	345				
11. Anderson, S	7	3	1	1	100	4	1	1	1	175	320				
12. Dunbar, C	5	3	3	1	145	3	1	1	1	200	280				
13. Crain, R	3	2	1	1	80	4	1	1	1	215	275				
14. Reinholdt, D	3	2	1	1	60	4	1	1	1	115	235				
15. Ricks, D	3	2	1	1	60	4	1	1	1	150	215				
16. Kuc, J	3	2	1	1	120	2	1	1	1	125	214				
17. Lord, A	3	4	1	1	89	2	1	1	1	125	210				
18. Young, D	3	2	1	1	85	2	1	1	1	150	203				
19. Alexander, A	2	4	1	1	53	3	1	1	1	100	200				
20. Kenady, D	2	2	2	3	100	2	1	1	1	125	195				
21. Herring, G	4	2	1	1	70	2	1	1	1	85	195				
22. Gaugler, R	4	2	1	1	110	3	1	1	1	60	195				
23. Hall, M	3	1	1	1	135	1	1	1	1	60	195				
24. Pattaway, D	5	3	1	1	135	1	1	1	1	60	195				
25. Taylor, T	5	3	1	1	135	1	1	1	1	60	195				

Wilson. Mike led by 116 going into 1879; @ 181: SQ-782, BP-501, DL-766, TOT-2017.

23. MIKE HALL - NATU-RALLY! - An advocate of drug free lifting for God, big Mike Hall at 64", 400 lbs., was a SELF-RELIANT GIANT. An ADFFA champ, Mike won the '86 Srs. unopposed - 2265. He succeeded George Hechter as World SH Champ that year - 2160! In '87, he won again, easily, taking but 2 lifts each event - 2210! At the Worlds, Mike got 2nd (2210) to red hot Sweden's Lars Noren. Noren pulled by an IPF WR DL for 2375! At the '88 Srs, Hall went up against his big buddy - O.D. - 2336!

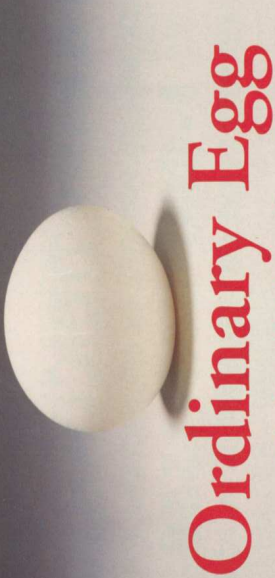
24. MILITARY MIGHT - PATTAWAY! - The Air Force's David Pattaway never won a World title. He was close - losing the 123 title to JPN's Hiro Isagawa by virtue of a heavier bwt. when they tied w/ 1201 in 1988. He was bridesmaid at the Worlds twice again. In Norway, in '87, he tried to beat McNamara, IRE, but his 523 wouldn't go. In Holland in 1990, Simes' GB was best at 123. Dave was next in line. Up in Canada in '89 he was 4th - a bad day. Dave was 5 times USPF Sr. National Champ. His first win was in '86. His 523 pull there topped veteran Milan. In '87, he hoisted 501 to span a 100 lb. deficit and defeat Chucky Dunbar. He won by the skin of his teeth in '88 over Bobby

Adams - again coming from behind. In 1989, he won by 110. In '91 his big tug eluded him and he was 2nd to Tim Taylor. BEST LIFTS: @ 123: SQ-512, BP-237, DL-556, TOT-1300; @ 132: SQ-530, BP-225, DL-560, TOT-1315.

25. AIR FORCE POWER - TAYLOR! - Tim, 30, is married with children, in the Air Force and currently is stationed in Guam. In 9 Senior appearances, he's been champion 5 times, runner up - 3, with one 3rd. Taylor has been on six World teams, but has found the going tough. He beat his military buddy Pattaway to get his first overseas trip in '91. There he got the bronze beating Chao - Ping Tai on lighter bwt. pulling 545 for 1218. He finished a disappointing 7th in '92, despite winning the Srs. w/ 1267 and topping Clarence Fielder (10 times bwt. +). At the '93 Srs, he hit 1245 w/540 2nd pull and won.

At the Worlds, he beat Sweden's Carlsson as lighter man pulling 556 for 1262, but that was only good for 4th. At the '95 Srs, he had an 8/9 day, and won @ 132 by 181 lbs.; his fourth title with bests ever: 501, 336, 567, 1405! At the Worlds, zero in the SQ. At '96 Srs, he won his 5th with 1289, 4th at Worlds - 1355. BEST LIFTS: @ 123: SQ-441, BP-297, DL-562, TOT-1273; @ 132: SQ-505, BP-336, DL-567, TOT-1405.

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Informed bodybuilders know that testosterone and growth hormone help make their muscles big and hard. Now, a new way to increase muscle mass, strength and power may be on the horizon.

Recent research suggests that small changes in cell hydration (cell volume) may act as a potent signal to increase protein synthesis. Certain hormones and amino acids can trigger changes in growth by altering cell volume. There is new evidence that cellular hydration is an important factor in controlling cellular protein turnover; protein synthesis and protein catabolism. Cell hydration or swelling (volumizing) acts as an anabolic signal, whereas cell shrinkage is a catabolic process which breaks down muscle proteins.

The cell hydration state is determined mainly by the activity of electrolyte and substrate transport systems. Hormones, nutrients, and oxidative stress can change the cell hydration state within minutes. Some increase protein growth by causing the cell to swell, while others cause the cell to shrink, leading to muscle breakdown.

The accumulation of amino acids, glycogen and potassium in the cells leads to cell swelling, which then triggers the anabolic process.

One reason for the popularity of creatine monohydrate may be due to its ability to increase muscle cell volume. Recent research and practical experience shows that oral creatine loads mostly add water weight to muscle. In other words, the weight gain you receive may be due mostly to water weight. Is this all bad? I don't think so. If creatine helps to hydrate the cell, all the better because cell hydration increases protein synthesis. No studies have been done so far to confirm the effect, but hopefully one will be done soon.

By consuming specific amino acids at certain times along with hormonal manipulation, you may be able to shift muscle cell activity to a greater anabolic state. Cessation of amino acid infusion is followed by rapid cell shrinkage, so, either a high dosage of the amino acids, or the frequency of their use, will play a role in how hydrated the cell becomes.

Cell swelling, possibly by the stretching of the cell surface, opens electrolyte channels which allow passage of calcium ions and potassium ions into the cell. Once calcium and potassium enters the cell, cytoplasmic swelling occurs. It is at this point that DNA, RNA and protein synthesis is amplified.

TURN UP THE VOLUME Increasing Cell Volume to Stimulate Muscle Growth by Rick Brunner, Atletika

to remain in balance, not too much shrinking, and not too much shrinkage. Muscle cells want to avoid excessive alterations in volume. Because of this fact, it may be best to stimulate an increase in cell volume in short fits rather than try to maintain a state of hydration all the time.

The optimal times may be during short-term, and again in long-term recovery. A dose of 2-3 grams of glutamine, 1 gram (1,000 mg) of glycine, and 500 milligrams of alanine may be a good starting point. Take this dose thirty minutes after your workout, and again two hours later. You can also consume 5 grams of creatine monohydrate to hydrate the muscle cells and a glucose drink to stimulate an increase in insulin output as well. This should be an awesome cell volumizing cocktail.

I don't recommend this technique immediately after the workout. The growth hormone (GH) released during training and into recovery for 30-45 minutes needs a chance to do its job - to increase protein synthesis and burn body fat. An insulin spike too soon after training can interfere with GH release, so it's best not to take sugars, glucose polymers, fruit juices and the like until 30-40 minutes post workout. That may go for creatine, too.

Because glutamine is the most abundant amino acid in human muscle and blood, and also shows a pronounced ability to cause cell swelling, this amino acid may be the best to start with to hydrate muscle cells and stimulate muscle protein synthesis. Glutamine helps to form antioxidants and thus plays a key role in assisting the liver in numerous detoxification processes. The liver is responsible for hundreds of biochemical reactions and plays a key role in muscle protein synthesis and recovery. Glutamine also stimulates the immune system which is of great importance to a bodybuilder training with high intensity and volume who can't afford to get run down, overtrained, or ill. Glutamine and its analogs (ornithine alpha-ketoglutarate, alpha-ketoglutarate, or alanylglutamine) are potentially useful cellular volumizing compounds with multiple beneficial effects.

Timing of the amino acids may play a significant role. Cell swelling is a transient process. By that I mean that it is short lived. This is because the cell is constantly trying

In addition to glutamine, the use of alanine and glycine may also be useful. Glycine participates in the biosynthesis of purines for building nucleic acids, creatine for ATP resynthesis, and the production of bile acids in the liver. It improves nitrogen retention and stimulates growth hormone release in man. Glycine is a prime inhibitor of antibody action in the immune system and helps maintain growth of white blood cells for health of the thymus gland, spleen and bone marrow. Glycine together with alanine make up a major fraction of the amino nitrogen of human plasma. Alanine is active in pyruvate synthesis and fueling the body during exercise by maintaining blood glucose balance.

In addition to using amino acids to increase cell volume, the plant steroid 20 hydroxyecdysone may also prove useful. According to research conducted by Dr. Julia Holodova in the Ukraine, the plant steroid has a pronounced ability to increase cell volume, which may partly explain its anabolic properties.

Much work needs to be done regarding the research of cell swelling and how it applies to muscle growth. Nonetheless, the initial studies look promising. Most of the cell volumizing research to date has been conducted on liver cells, but scientists have also shown similar cell swelling in human skeletal muscle cells. The ultimate experiment may be the long term (i.e. 4-6 weeks) introduction of volumizing compounds such as 20-hydroxyecdysone, glutamine, glycine, alanine, and creatine, into the diet of well-trained strength athletes, and measuring nitrogen retention and protein synthesis in muscle cells to determine the impact of the compounds on protein growth.

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Rick Brunner is president of Atletika Sport International in Bozeman, Montana. Additional information on increasing cell volume and muscle growth is included in his new book **Triboxin**, available by calling (800) 621-2602.



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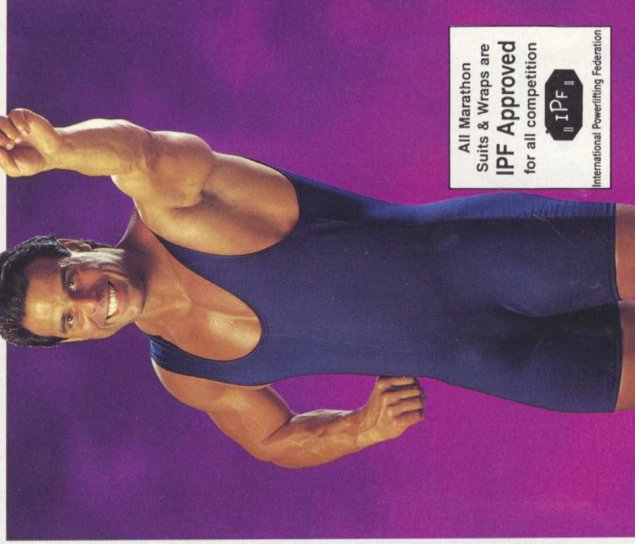
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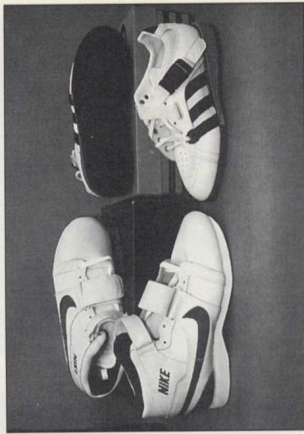
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MUSASHI

Kuan (yellow)—used to promote muscle growth, combat stress, and for general health

66gm ... \$20.00; 150gm ... \$38.00; 300gm ... \$68.00

Ni (grey)—pure branched chain amino acids to aid in repair of muscle tissue after exercise and for recovery from injury

66gm ... \$22.00; 150gm ... \$42.00; 300 gm ... \$76.00

Huan (red) Aids in weight loss and utilization of fats as an energy source, assists with liver function and the elimination of toxins

66 gm ... \$19.00; 150gm ... \$35.00

Growing Dog—instant energy, contains ATP, Creatine, & Inosine

66gm ... \$27.00; 150gm ... \$49.00

Elite Sales Inc., Box 345; Accord, Ma. 02018

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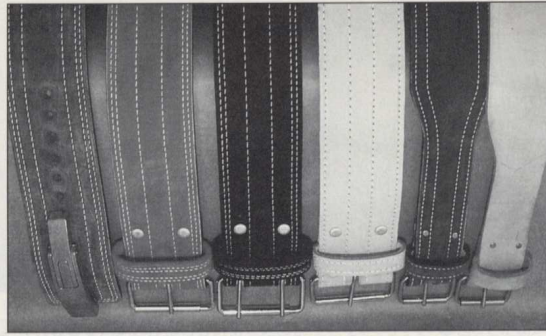
ELITE LEVER ACTION BELT—available with one or three color combinations—tightens or releases in seconds—10cm wide by 11-13mm thick—six rows of heavy duty stitching—can be tightened tighter than conventional belts—US patent #4541152..... \$69.00

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Texas Power Bar—This is the Texas Power Bar that has been used at most National Championship meets since 1980. What about the other company that claims to have the original? Yes, they used to sell the original now they just make their own cheap imitation. The shaft is made from black pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. This bar has held up to 1000 pound squats on dozens of occasions without bending.....\$195.00

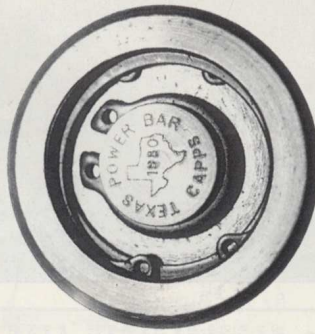
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Elite Squat Bar (Bar weighs 22kg or 50pounds over 30mm thick!)\$245.00

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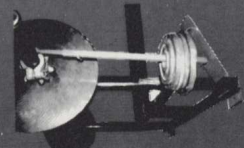
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Weight Release, patent no. 4,856,774 a phyometrics device, enables you to lower a heavy weight, and the instant the bar touches your chest, the additional weight loaded disengages from the lifting bar.



Diagram 1



Diagram 2

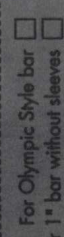


Diagram 3



Diagram 4

For Olympic Style bar
For 1" bar without sleeves

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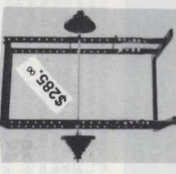
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Jun/92...Baddest Bench in America, ADPPA Women's Heisey Deadlifts 9225
 DASH Hawaii Meet, 'Love' by Dr. Judd, TOP 100 220s, ADPPA TOP 20 132s
 May/92...IPF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I,
 Steve Scalpi Deadlift Workout, TOP 100 123s, ADPPA TOP 20 220 list,
 May/93...NANA Natural Nationals, Squatting With Equipment, Positives from
 Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADPPA TOP 20 132s
 Aug/93...USPF Seniors, USPF Masters, NANA Masters, Legends of PL, DASH
 World Record Breakers, Rack Training, TOP 100 SHWs, ADPPA TOP 20 181s
 Sep/93...ADPPA Men's Nationals, NANA Grand Nationals, Female Contes-
 tants, Craig Korman's 200 lb. Drug Testing, TOP 100 111s, ADPPA TOP 20 132s
 Nov/93...IPF Seniors, NANA World's Strongest Man, ADPPA TOP 20 148s,
 Nationals, Rest Pains, Bombing Out, TOP 100 123s, ADPPA TOP 20 220s,
 Nov/93...Ed Coan Interview, Anthony Clark Benches 735, Doug Ortiz Bench
 Workout, Reverse Grip Benching, TOP 100 132s, ADPPA TOP 20 242s,
 Dec/93...WDPFF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II,
 Reverse Hypers, How Often to Bench, TOP 100 148s, ADPPA TOP 20 275s
 Jan/94...IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg
 Lowe Squat, Cycling Methods, ADPPA National Masters, Malibu Classic VI, Greg
 Feb/94...Drug Testing Methods, ADPPA National Masters, Malibu Classic VI, Greg
 Warm Up Workout, Hernia Surgery, TOP 100 SHWs, ADPPA TOP 20 114s
 Mar/94...Women's TOP 20 Drug Testing, TOP 100 181s, ADPPA TOP 20 132s,
 Top 100 111s, ADPPA TOP 20 132s, ADPPA TOP 20 132s
 Apr/94...Sallya Tests Coan Deadlift Video, Bob Dempsey Profile, Psyching Up
 or Psyching Out?, WNPFF Worlds, TOP 100 220, ADPPA TOP 20 132s
 May/94...USPF/ADPPA Collegiates, USPF Jr. Nats, IPF World Bench Press,
 Budweiser Record Breakers, Fluids, TOP 100 148s, ADPPA TOP 20 148s
 Jun/94...NANA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill
 Nichols Profile, Slacking Points in the Squat, TOP 100 275s, ADPPA TOP 165s
 Jul/94...USPF National Masters, Ricky Crain Profile, Lower Back Training,
 Mike MacDonald Bench Legacy, TOP 100 SHWs, ADPPA TOP 20 181s
 Aug/94...APF SRs, Paul Suzuki Interview, Shamel Hamman Squat Workout, Leg
 Training by Mike Simmons, TOP 100 148s, NANA Masters, Rest Pains, Pain With
 Sleep, ADPPA Top 100 181s, USPF Men's Worlds, NANA Masters, Rest Pains,
 Aloc Box Squats, Phytochemicals, TOP 100 123s, ADPPA TOP 20 220s,
 Oct/94...Paul Anderson Tribute, IPF Jr. Worlds, Saley Squat, Bar, Carrie
 Boudreau Interview, The ACE FACTOR, TOP 100 132s, ADPPA TOP 20 242s
 Nov/94...WDPFF Worlds, Goodwill Games, Is Pl a Mockery of Strength?, Craig
 Tokarski Interview, Isometrics, TOP 100 148s, ADPPA TOP 20 275s,
 Dec/94...Jon Cole Profile, Asian Championships, Conjugate Training, USPF
 Bench Nationals, European Jrs/Women's United We Stand, TOP 100 165s,
 Jan/95...WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time
 Squatter, Karl Saugier of Austria, Meet Performance Review, TOP 100 181s,
 Feb/95...NANA Natural Nationals, Contest, Jesse Kellum Squat, The Little
 Vrabli, 705 Box Profile, WNPFF Worlds, WNPFF Worlds, TOP 100 198 lbs,
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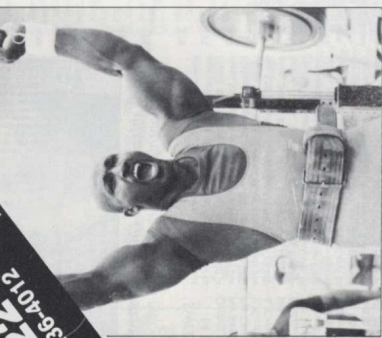
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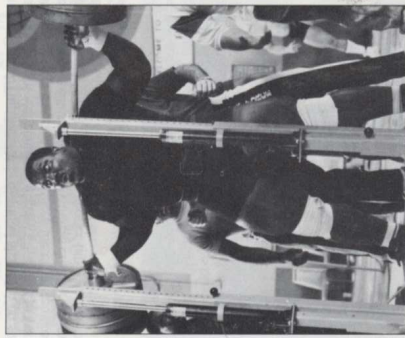


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VIDEOS

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

8th USPF Greater Buffalo BP/DL
9 Nov 96 - Buffalo, NY

Bench	Women	Masters
P. Sullivan	165	
A. Jack	380	
C. Lemanski	325	
A. Chase	340	
B. Kelly	280	
Memo Open	340	
A. Jackson	250	
D. Lark	352	
T. Graham	350	
R. Blisker	400	
C. Vancelli	385	
A. Schindman	330	
L. Calligan	300	
S. Haley	290	
D. Jennings	500	
K. Parks	455	
D. Javorski	500	
A. Rossin	310	
T. Reffiger	300	
S. Labrera	420	
R. Hambry	405	
S. Stevenson	520	
C. Polkovich	405	
C. Arthur	405	
R. Patton	375	
T. Stevenson	520	
D. MacAndrews	440	
J. Scalzo	405	
M. Sirovian	300	
J. Pharis	475	
C. Polkovich	490	
F. Scalo	415	
D. MacAndrews	415	
D. Winnable	440	
Master-L	445	
D. Zafi	370	
P. Trusso	315	
R. Panek	325	
C. H. Keen	335	
D. Brochey	215	
T. Stevenson	520	

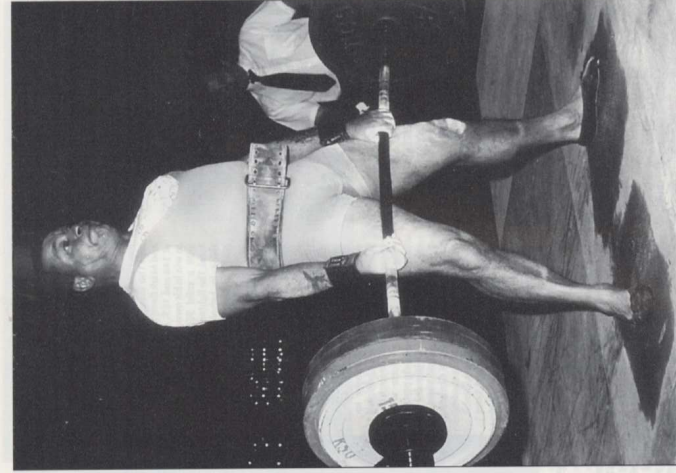
from Athletics-Jackson, Wayne Annan, Vince
Iverson, Andrew Patton, Dave Wimble, Thomas
Stevenson. The fifth annual Greater Buffalo Bench
& Deadlift Championships went off without a
flinch. With 300 competitors, the bench was
divided into three 125 lb. bench groups. The
125 lb. group, in the men's division, was led
by 181 lb. (Kevin with 400). In the 155 lb. group, Peter
Rebel, with 455 at 196, won this class and almost
became a record holder in 3 weight classes—oh, so
close. At 220, Sal Sabathara's 420 topped his class.
The 275 lb. group, in the men's division, was
won by Peter Rebel, with 520. Submaster-light-joe
"The Ripper" Scalo's 405 bench gave him the
winners' award. In the women's division, the
winning 125 lb. group was won by 100 lb. Anna
Carter, with 315. In the 155 lb. group, she
led with 375. In the 275 lb. group, she led
with 440. In the men's division, the 125 lb.
group was won by 148 lb. Peter Rebel, with
405. In the 155 lb. group, he led with 455.
In the 275 lb. group, he led with 520.

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from Athletics-Jackson, Wayne Annan, Vince
Iverson, Andrew Patton, Dave Wimble, Thomas
Stevenson. The fifth annual Greater Buffalo Bench
& Deadlift Championships went off without a
flinch. With 300 competitors, the bench was
divided into three 125 lb. bench groups. The
125 lb. group, in the men's division, was led
by 181 lb. (Kevin with 400). In the 155 lb. group, Peter
Rebel, with 455 at 196, won this class and almost
became a record holder in 3 weight classes—oh, so
close. At 220, Sal Sabathara's 420 topped his class.
The 275 lb. group, in the men's division, was
won by Peter Rebel, with 520. Submaster-light-joe
"The Ripper" Scalo's 405 bench gave him the
winners' award. In the women's division, the
winning 125 lb. group was won by 100 lb. Anna
Carter, with 315. In the 155 lb. group, she
led with 375. In the 275 lb. group, she led
with 440. In the men's division, the 125 lb.
group was won by 148 lb. Peter Rebel, with
405. In the 155 lb. group, he led with 455.
In the 275 lb. group, he led with 520.

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WNPF Drug Free Nationals
3 Nov 96 - Edison, NJ

Bench Press	275	40-44	380
165	305	SHW	460
Gold	360	Hubler	600 N
20-23	350	40-44	540
Along	320	Nicastro - BL	450
Le	305	Jones	610
Calligari	370	Lifetime	600
Zimmerman	320	Katefetz	600
Police	360	33-39	600
Calligari	385	198	600
Natural	350	Scaranda	510
Warshany	350	D'Amato	510
33-39	400	220 Novice	50-54
Baldacci	400	Pardo, Jr.	520
198	440	20-23	530
40-44	440	25 Nov	530
70-74	440	20-23 Nov	550
Poline - Walkers	440	Morgan	600
40-44	440	Hubler	600
Power - Walkers	340	Squat 165	600
20-23	305	20-23	405
Natural	245	198	475
Patrick	410	D'Amato	380
220	410	Pardo, Jr.	475
Class	245	Jones	475
Damesquita	470	Motichka	470
Arvelo	470	McDaniel	470
Power	500	320 540	1360
33-39	450	450 1275	1300
Murphy	470	310 600	1380
Power	500	300 530	1330
242	500	320 540	1360
20-23	420	440 385	450 1275
Lifetime	355	SHW	600
Serribella	325	Hubler	630
55-59	305	Novice	40-44
Women	305	Novice	40-44
132 (45-49)	80	BP DL	Total
Diana	225	N 70 N	255 N 550 N
55 Open	350	180	355 885
Men 148	320	185	365 870
Novice	510	265	525 1300
Dumbach	360	320	400 1080
McDaniel			
Calligari			



Kodiak Power Team... WNPF National Champions: along with 12 first place finishes, the Kodiaks also captured Best Lifter awards in both the Men's and Women's Divisions: front row: John Kavanagh, Jeff Dumbach, Jason Van Liew, Joe Caligari, Beth Orless (Best Lifter); back row: Rodney Reid, Ed Pardo Jr., Ed Pardo Sr., Lou Damesquita, Cheryl Craft, Jim Sullivan, Jim Poinsett (Best Lifter), John Znaczo, Eric Gomes. Below, Joe Alongi won the 165 lb. Junior Division (Lena Schilfando)



40-44	600 N	320	520 N	1440 N
Mendez	425	355	530	1310
Reid	500	325	530	1355
45-49	490	340	490	1330
SHW	460	350	480	1290
20-23	550	320	350	1220
Wilgus	550	415	520	1435
40-44	450	380	550	1380
Natural	630 N	460 N	600 N	1690 N
Gomes	630 N	460 N	600 N	1690 N
Hubler	630 N	460 N	600 N	1690 N
275 Natural	630 N	460 N	600 N	1690 N
SHW (55-49)	630 N	460 N	600 N	1690 N

World Natural Powerlifting Federation Membership Registration

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TELEPHONE NO. _____ SEX _____ DATE _____

DATE OF BIRTH _____ AGE _____

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WNPF, 2560A PICARDY CIRCLE NORTH, COLLEGE PARK, GA 30349 770-996-5008

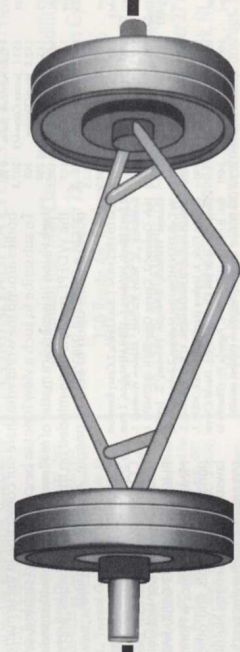
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GREETINGS POWERLIFTERS, In start, let me wish everyone a Happy New Year, and good luck with all your powerlifting goals for 1997. Now, on to IPA business. The IPA has been going through some changes in the last few months, from changing of board positions to state reps. However, the IPA is still growing strong throughout the U.S.A. and now even parts of Canada. The IPA is definitely a federation for the lifter!!! To start off 1997, Cory Cunningham is running the IPA High School Nationals in Feb. and a dedication meet to the legendary Mark Chaillet (who with his wife Ellen, is a major contributor to the IPA) in March. In April, IPA newcomer, Tony Marino is running a bench meet. In New York (watch out for his protégé Dave Waterman, 570 at 181!!!!), Damian Corradini has meets planned in April and Oct in Hazleton, PA. May is the month of the 2nd Pittsburgh Monster Bench. Open run by yours truly with some of the proceeds being donated to the Children's Hospital in Pittsburgh. Chet and Karen Donato are handling the masters Nationals in Delaware in May. Surf's up in August as Mark Chaillet hosts the "Bench on the Beach" followed by (so Mark says) a big beach party afterwards. I'm game, Mark!!!!!! The Chaillets are also going to again run the IPA Senior nationals in November. Both meets will be held in Maryland. Canada will also see some IPA meet action in July where Mark Chaillet and myself will head up North to welcome our Canadian friends to the IPA. Lastly, I will be hosting the IPA Bench Worlds in Sep., where I will once again try to break that 800 lbs. barrier. Wow!! What a schedule of events for 1997!!!!!! A big thank you goes out to John and Lynn Schaffer for bringing cash prizes to the IPA, via Global Nutrition. The 1996 IPA Senior Nationals saw over \$15000 dollars given away in cash because of John and Global. I ask you, where else but the IPA??!! Lastly, I would like to thank my wife Michelle for all her help with everything from paperwork to my rakodowns. Thank you Mrs. Harris, you're the greatest. Fellow powerlifters, come and see what the IPA has to offer. Come aboard and have what powerlifting should be about, a good time. Until next month, take care and God bless, Jamie Harris, IPA PA State Rep

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Partial expense reimbursement to all weight class winners & overall 3 best lifters

All returning national champions to be out of contest tested prior to meet

Minimum top 3 in all weight classes to be tested

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Polygraph & urinalysis testing

One of the longest running drug tested contests in the U.S.

For info:



**ADFPA All Midwest
Bench Press
Championships**

Sunday, June 8, 1997
Open, Women, Teen and Masters Divisions



1997 Men's Nationals

July 25-27, 1997

Pleasant Circle North, College Park, GA
3 MAY, AAU National Meet, Atlanta, GA
3 MAY, ADFPA Open, Ft. Lauderdale, FL
3 MAY, Ellingham Open BP/DL Classic (Ellingham, IL) Sun. Light, 126 W. Sole, Tuscola, IL 69153, 217-253-5429
3 MAY, AAU Rose Rock BP, Noble, OK
3 MAY, ADFPA 4th Coast Champs / 5 De Mayo BP (men & women's nook, open, lifetime, teen, submaster, master) Manual Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adfpa.com
3 MAY, ADFPA 4th East of the Bench BP, Ben Zek, Boca Raton, FL 33433
3 MAY, 4th CBPT, Northwest Indiana Bench Press Classic (women, master, teen, nook, drug tested/open) Shawn Rowton, 755 Ballmore Rd., Valparaiso, IN 46383, 219-759-

3 MAY, APA Southwestern United States BP/Tahireh Open DL (NCO), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
3 MAY, (new date) ADFPA Rhode Island State Open Pl/BP (all lifters welcome - dead-line 3/22) David Fioderick, 51 Whiteway Pl., Pawcatent, RI 02861, 401-724-8714, 9-3pm
3 MAY, AAU New Jersey BP/DL (Pl/loop), Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

3-4 MAY, ADFPA Michigan State Pl/BP Mike Lawrence, 2272 Orchard Crest, Utica, MI 48317, 810-645-9389
3-4 MAY, ADFPA USPA Power Sports (Rosemead), Gerry W. Harts, Box 58, Millwood, WV 25262, 304-273-2283

3-4 MAY, USPF High School Nationals, Butch Murr, 3048 S. Park Ave., Sault Ste. Marie, MI 49783, 617-455-1878
4 MAY, 4th AAU High School BP/DL, Paul Krol, 10087 Highway, Hammononton, NJ 08037, 609-567-0346

4 MAY, 3rd Annual Double Masters Power Meet, Jon Smoker, 309076 CR 16 West, Elkhart, IN 46516, 219-674-6583
10 MAY, ANPPC Drug Free Florida Open BP, Tropical Gym, 4970 W. Atlantic Blvd., Fort Lauderdale, FL 33308, 561-933-6610
10 MAY, AAU West Coast BP/DL Championships (Terre Haute, IN) Dr. Darrell Litch, 126 W. Sole, Tuscola, IL 69153, 217-253-5429

10 MAY, MDSA Judy Sternichs Benefit BP/DL (Stour Falls, SD) Doreen Johnson, 2055 1031, Willmar, MN 56201, 320-231-4400
10 MAY, WA State Open BP/DL (Championship) White Salmon, WA 98672, Lary McCutchen, 509-493-1970

10 MAY, CPC Canadian Championships (Calgary, AB) Greg's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, T1S 1E1, 403-538-3067
10 MAY, USF International Bodybuilding Unit on the Internet, <http://members.aol.com/Interstrth/Interstrengthen.html>

10-11 MAY, AAU PA State Men & M/F Teenage (Biller, PA) Al Siegel, 304 Daisy St., Coalfield, PA 16830, 814-766-9400
11 MAY, AAU National Champs, Texas (Dallas), Box 735, Noble, OK 73068
11 MAY (new date), ASA Western States/Power Sports Nationals (Dallas, TX) Nasa Box 735, Noble, OK 73068

17 MAY, AAU Mass. State, Larry Larsen, 15 Bell St., Quincy, MA 02269, 617-479-1761
17 MAY, ADFPA N. Carolina State, Don Koffler, 10023 Coble Hill Ct., Lenoir, NC 28645, 704-754-1028
17 MAY, (new date) Pepsi Region 8 BP/DL (Cuteyay Mall, Springfield, OR) Gus Rerhutsch, Box 5292, Bend, OR 97708, 541-389-0600

Due to the UNPREDICTABILITY of the USPF, the upcoming USPF Virginia State Powerlifting Championships has been changed to an OPEN/NO CARD meet - THE VIRGINIA OPEN POWERLIFTING CHAMPIONSHIPS. DATE: April 12 & 13. MEET DIRECTOR: Barry Walker, 10897 Sweet Gum Ln., Disputanta, VA 23842, telephone: 804-458-7918 (gym)

Alex. Jackson, TN 38301, 901-422-1491
26 APR, APF Ohio State, Tito Parrish, 700 Elm St., Wilmington, OH 45377, 513-382-2525
26 APR, AAU Georgia YMCAs Master BP Geneca Y. 399 William St., Geneva, NY 14450, 315-789-1616
26 APR, Spring Break BP/DL Classic, Son Light, 126 W. Sole, Tuscola, IL 69153, 217-253-5429
26 APR, NACI Bench Press (outside state) Powerlifting & Bench Press Championships, Ft. Lauderdale, FL 33308, 561-933-6610
26 APR, Bar Bender Classic BP Championship (men open, open women, women team, ships (open men, open women, women team, men, wheelchair, masters over 40/50), team trophy), best lift/10/188, www.Day BP/DL (separate meet) Al Stegall, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
26 APR, MDSA North Dakota State & Open (Amesbury, ND) Doreen Johnson, Box 1031, Willmar, MN 56201, 320-231-4400
26 APR, NCFI Internet Collegiate Powerlifting & Bench Press Championships, <http://members.aol.com/Interstrth/Interstrengthen.html>

26-27 APR, ADFFPA Pennsylvania State, Jim Thomas, 6 Michelle Dr., Larksville, PA 17034, 717-793-5143
26-27 APR, AAU World Championships (USPF) \$10,000 USPF National Meet (Duchasche and Marc Sauvaste), 1500 St. Jean Baptiste #170, Quebec, Canada, G2E 5B7, 418-877-5454
26-27 APR, NNSA Ohio State (Delaware) Nasa, Box 735, Noble, OK 73068
26-27 APR, ADFPA Women's National Championships, N. W. Highway Box 82264, Lincoln, NE 68501, 402-476-3684

26-27 APR, AAU North American Drug Free Bench Press (youth, teen, high school, Jr., notice, open, submaster, master, raw open, raw master, military, equipment, spic, olympics, specialty (catapult), elite, 3000), Martin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4PWR

27 APR, Allegheny YMCAs Bench Press (youth, female, master, open) Allegheny Valley YMCAs, 5021 Freepport Rd., Neurons 15865, 412-224-3600, 255-9400 (ask for Jim)
3 MAY, AAU New England High School & Under, Dale Copeman, 11 Adelaide Ave., Smithfield, RI 02917, 402-232-7320
3 MAY, ADFFPA Zumbro Valley Open, Steve Johnson, 1107 7th St. NW, Kasson, MN 56454, 507-834-7330
3 MAY, 4th IBSF World Class-Meet YNCA BP, Ruth Kovacs, 7599 SR 703, Celina, OH 45822, 419-586-9622

3 MAY, 2nd annual IFA Pittsburgh Monster Bench Press, Janie Harms & Tristen Pochel, 5124th Ave., Elizabeth, PA 15037, 412-384-9602
3 MAY, (new date) WNP BP/DL Nationals (Atlanta, GA) Troy Ford, 2560A

Ultimate Fitness Gym, 810 Golden Valley Dr., Bettendorf, IA 52722, 319-355-4741
19 APR, AAU Regional @ UALR, Coach Van Compton, UALR, Ath. Dept., 2801 University, Little Rock, AR 72204, 501-569-3371
19 APR, APA Gold Medal Open Bench Press (men, women, teen, submaster, master, speciality (catapult), elite, 3000), Roubay, Keen, NH 03431, 603-352-8590
19 APR, TI City Bokweiter BP/DL Gas Rethwach, Box 5292, Bend, OR, 97708, 541-389-0600
19 APR, Iowa Open Bench Press/Deadlift (Open, nook, high school, women, submaster, master, military, equipment, spic, olympics, specialty (catapult), elite, 3000), 13156-673-3496 (614) 5240 (6)
19 APR, APA Tennessee Open BP/Biggest Pull in the South (TN), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
19 APR, Sub-400 Bench Press Open (1st 24 hour), Box 735, Noble, OK 73068, 800-275-9375, SE Region (new date) 2005-641-4237
19 APR, MDSA Go For the Gold Nationals (Rockwood Falls, MN) Doreen Johnson, Box 1031, Willmar, MN 56201
19 APR, USPF Maine State Bench Press (19th) and Powerlifting (men & women, open, teen, master, military, equipment, spic, olympics, specialty (catapult), elite, 3000), 13156-673-3496 (614) 5240 (6)
20 APR, ADFFPA Colorado Classic (Denver), Andrea Sornwall, 11360 W. 84th Pl., Avondale CO 80005, 303-425-0904
20 APR, ADFPA Open Ohio State (women, men, teen, open) King's Gym, 247775 Aurora Rd., Badland Hills, OH 44146, 216-439-5644
20 APR, ADFPA Superstars Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18517, 717-562-7857
20 APR, Sub-600 Deadlift Open (1st 24 hour), regiments) Keon Elene, 145 160th Ave, SE, Renton, WA 98008, 206-641-4237
20 APR, ANPPC Drug Free Volunteers State State BP, Texas Gym, 4212 Decker Dr., Baytown, TX 77520, 281-424-4667

26 APR, 7th Weightlifting Unlimited Bench Press, Randy Brooks, 622 Whitacre St., Winchester, VA 22601, 540-667-6288 of-ter from
26 APR, Illinois Termage Bench Press (youth, female, master, open), Friends of the Church of God, 618-983-8859
26 APR, USPF Police/Fire Nationals & National Collegiate & Bench Press Championship, George Pansak, 3520 N. National, Pittsburg, PA 15213, 412-883-2144
26 APR, APF South Central Texas BP/Sun Day Fruit, 4302 Belville Ave, Austin, TX 78756, 512-419-1289
26 APR, Mothers Antinetic Champion-ship, Da Ann (Lynch), Mother's Gym, High Plains, WY 82501, 307-433-1727
26 APR, ANPPC Drug Free Volunteers State Open BP, Body Works, 1660 S. Highland

26 APR, AAU World Championships (USPF) \$10,000 USPF National Meet (Duchasche and Marc Sauvaste), 1500 St. Jean Baptiste #170, Quebec, Canada, G2E 5B7, 418-877-5454
26-27 APR, NNSA Ohio State (Delaware) Nasa, Box 735, Noble, OK 73068
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3 MAY, 2nd annual IFA Pittsburgh Monster Bench Press, Janie Harms & Tristen Pochel, 5124th Ave., Elizabeth, PA 15037, 412-384-9602
3 MAY, (new date) WNP BP/DL Nationals (Atlanta, GA) Troy Ford, 2560A

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Blackpool, England Chris Burningham (0162526178) 212/6111561 & Steve Carter (0124526178) 212/6111561
6 SEP, APF National Qualifier, Iron Island Gym, 3465 Lawson Blvd., Oceanville, NY 11574, 516-658-9001
11-12 OCT, Midwest Open World Championships, Huntington, WV, 606-836-5334
18 OCT, 5th Youth Fall BP (men), Boswell, IA, 712-253-5429
18 OCT, 5th Youth Fall BP (women), Boswell, IA, 712-253-5429
19 OCT, MDA, Jake & Jimmy's Gym Classic (Women, MN) Doran, Jackson, Box 1031, Willmar, MN 56201, 320-231-2059
8 NOV, WNF World Record Brawls (Men & Women), World Record Brawls, Inc., 10550 West 120th St., Overland Park, MO 66207, 816-234-6449
11-16 NOV, IPF Men's Worlds (Prague, Czech Republic)
15 NOV, Village Square BP/DL, Dr. David Lambert, 126 W. 5th St., Tuscumbia, IL 61953, 217-253-5429
15 NOV, USF World Internet Powerlifting & Bench Press Championships, <http://www.members.aol.com/Interstrth/Interstrth.html>
15-16 NOV, ADPPA Police & Fire Nationals, NJ 07866, 201-627-9156
16 NOV, ADPPA Ohio State PL open BP (women, master, age group), Iron open, RAW open (formal) Ed King, 24775 Aurora Rd., Bedford Hills, OH 44146, 216-459-5664
16-17 NOV, AAU Wheelchair BP (MD) and 17 NOV, AAU Wheelchair BP (open men & women, master, Jr.) Brian Washington, Box 3114 Sheridan Rd., Portsmouth, OH 45862, 614-820-9156
17-21 NOV, APF World Team Championships (Little Rock Air Force Base Fitness Center) Don Skeels, 314 SWS / SWS, Central, AR 72099, 501-988-1263 or Larry Ayre 501-262-7686
19-20 NOV, ADPPA National Bench Press Meet, Box 27754, E. Johnston, IL 62431, 618-277-9996
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20 OCT, AAU National Masters, Santa Rosa, CA, John Ford, 707-543-5970
3-5 OCT, AAU National Masters, Santa Rosa, CA, John Ford, 707-543-5970
4 OCT, U.S. Elite Classic (Men & Women), 805-542-4619 (U.S. Elite Classic) or 805-542-4619 (U.S. Elite Classic)
4-5 OCT (corrected date), Ironman Men/Women Open & Bench Press, Wilkes-Barre YMCAs, Corner Franklin & Northampton Sts., Wilkes-Barre, PA, 717-825-2191 (Dorner)
AAU Beach Press meet (open, master, women, teen) Meadowville YMCA, 15987 Concess Lake Rd., Meadowville, PA 16355, Dr. Chris Knapp, 814-337-5800
11 OCT, MDA, TN State Challenge Cup (Slovak Falls, TN) Doran, Jackson, Box 1031, Willmar, MN 56201, 320-231-2059
11 OCT, ADPPA National Bench Press Meet (National Bench Press Meet), OH Ed & Jean King, 24775 Aurora Rd., Bedford Hills, OH 44146, 216-439-5464
11 OCT, APA United States Open BP & DL, Lone Star State DL (Houston, TX) Scott Taylor, Box 27204, E. Johnston, IL 62431, 618-277-9996
11 OCT, ADPPA Push/Pull Raw/2 Comp (open, lifeline, teen, submaster, master) Manual Villamed, 895 N. Baysshore West, San

Jose, CA 95112, 804-275-6449, www.adfopen.com/WorldChamps.html
15 OCT, Midwest Open World Championships, Huntington, WV, 606-836-5334
18 OCT, 5th Youth Fall BP (men), Boswell, IA, 712-253-5429
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P.P.S. - Indicated entries in the Coming Events section are listings that are new or updates to our list.

MEET DIRECTORS... there are HUNDREDS of meets for readers of **PLUSA** to choose from each month. Put an ad in **POWERLIFTING USA** to make your meet stand out. Call Mike Lambert at 800-448-POWE(R) for details. We even do the typesetting for you - FREE!

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| Bettina Altizer | Dan Austin |
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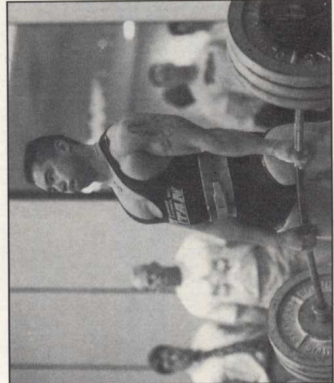
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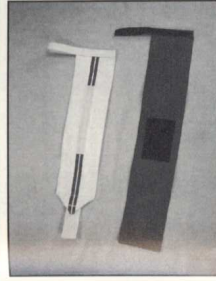
Ray Benemerito; 1906 lb. total @ 181! Multi World Record Holder and World Champion

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ADPPA State BP Championships

11 Jan 97 - Apple Valley, MN



Best Lifters at the ADPPA Minnesota Bench Press Championships: James Maripinski and Jo Rivet. (photograph taken by Sandi Green)

Table listing ADPPA State BP Championships results. Columns include weight classes (90-285M, 90-285F), names, and lift amounts.

Lengthy Managers of the Week... The ADPPA Minnesota Bench Press Championships...

MDSA Jake & Jenny's Gym Classic results table. Columns include gender, weight class, and lift amounts.

ADPPA State BP Championships results. Columns include weight classes, names, and lift amounts.

POWER SLED \$1129, POWER SMITH MACHINE \$659, POWER MASTER HIP SLED \$659. Includes product photos and descriptions.

Eastern America Bench Press

16 Nov 96 - Griffin, GA

Open Men and Women table for Eastern America Bench Press. Columns include names and lift amounts.

after the nice record 360 Squat... Bench Press... finished with a record Squat (500) and Total (1190).

16 Nov 96 - Las Vegas, NV Nevada Police Olympics

Nevada Police Olympics results table. Columns include names, weight classes, and lift amounts.

ADPPA Minnesota Bench Press Championships: James Maripinski and Jo Rivet.

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Anthony Scott guest lifter... Mike Macdonald... Dave Carter for providing these contest results!

Mid - Atlantic Open Bench Press 2 Nov 96 - Salem, NJ Results table.

Women's results table for Mid-Atlantic Open Bench Press.

(results by the Greater Salem Community Center).

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A.D.F.P.A. Corner

The ADFPPA 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 ADFPPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Salfan, PO Box 4065, BaySide, NY 11360.

ADFPF TOPIC OF THE MONTH

Each month the ADFPPA will be asking for your views and opinions on issues that affect us as drug-free powerlifters. This month's topic is: **IS UNIFICATION OF THE FEDERATIONS A GOOD IDEA?** Powerlifting may be at a crossroads. There's talk of the Olympics, greater media coverage. Will unification of all the federations make a stronger and more influential force. Let us know what you think. Please send all replies to: Craig Salfan, PO Box 4065, BaySide, NY 11360

Top 10 Reasons to Join the ADFPPA

1. **Out of meet drug testing** - The ADFPPA not only performs drug testing at each meet but there are pop quizzes, too! Hey, for the drug-free athlete, he has nothing to hide and welcomes these out-of-meet tests. But for the drug user, he might think he can beat the never fear - the drug he met but never fear - the ADFPPA will catch him out there when he least expects it. So watch out!

2. **More drug free powerlifters** - fellow lifters, results of all the latest meets - including yours! - upcoming meets, and an open forum for members to express their views. It's an exclusive newsletter just for you, and women are committed to lifting naturally - just like you - and they welcome other drug-free athletes to join them on their quest to lift large.

3. **Free newsletter with membership** - When you join the ADFPPA for a fee of just \$25, you are automatically eligible to compete in any ADFPPA meet. In addition, you receive our quarterly newsletter Clean Power. It features articles by

selection of lifters who compete at our world championships.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION - COMPLETE ALL ENTRIES • PLEASE PRINT

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STREET ADDRESS CITY STATE ZIP CODE

AREA TELEPHONE NO DATE OF BIRTH AGE SEX U.S. CITIZENSHIP YES/NO CHECK ONE BOXES BELOW

REGISTRATION INCLUDES INDIANAPOLIS PATCH, BULK BOOKS, SUBSCRIPTION TO NEWSLETTER, MEMBERSHIP CARD & ALL OTHER PRIVILEGES CURRENTLY AVAILABLE THROUGH MEMBERSHIP IN ALL OTHER DRUG FREE POWERLIFTING ASSOCIATIONS

DISCOUNT CARD VISA MASTER CARD Account No.

MEMBERSHIP FEES are not tax deductible

Expires Signature X

REGISTRATION FEE EFFECTIVE-11/1/95 - \$25.00 HIGH SCHOOL-\$10.00 SPECIAL OLYMPIAN-\$10.00

More checks payable to the ADFPPA

APPLICANTS: fill out form and mail with fee to: ADFPPA OFFICE 124 W. VAN BUREN ST. COLUMBIA CITY, IN 46725 (219) 248-4889

ALL ADFPPA MEMBERSHIPS EXPIRE 12/31

ADDITIONAL DONATION Charitable Donation CLUB REPRESENTED

INITIAL DATE

A.D.F.P.A. Corner

This is the minimum amount of time a State Referee is required to perform his duties and learn his craft.

3. **More meets to choose from** - Unlike other federations who have limited choices, the ADFPPA offers hundreds of meets to choose from across the United States. Choose one in your own home town for convenience and camaraderie or travel across the nation and turn your meet into a vacation opportunity!

2. Lift on the same platform as

Bull Stewart, Jim and Ray Bennett, Martin Beaver, Jackie Davis, Bettina Alitzer, Marcus Henry, just to name a few. The names you read about each month in *Powerlifting USA* are the people who belong to the ADFPPA. These are among the best lifters in the world. Share a platform with them. You won't be sorry.

1. Absolutely, positively NO DRUGS!

At a meet, a minimum of 10% of lifters are tested. If a lifters tests positive for steroids, he is suspended for a three year period. He is out! Our state-of-the-art urine testing done by a qualified laboratory adheres to the strict guidelines of the International Olympic Committee. We work hard at keeping the cheaters out!

Are you qualified?

Now is the time to start picking meets to qualify for that it is a donation. For larger donations, the Secretary/Treasurer's office will send verification of your donation.

You will organize the ADFPPA, is working extremely hard to further the sport of powerlifting, as well as the sport of powerlifting, as well as competitions. You, the members, own the association, not any individual. Recently, we have spent considerable time and energy in attempting to "unify" the sport within this country, as well as explore other international options. Being 2.5 times larger than any other organization, we felt that we should take the lead. We were also the only group well enough organized to accept such a challenge. These efforts are in hopes of obtaining better recognition for our sport, locally, nationally and worldwide, with the hopes that soon we will be positioned to make an Olympic application that would be hard to ignore. Of course, these efforts are not without cost, a cost that the ADFPPA has had to bear on its own, even though all lifters from all organizations and countries will ultimately benefit from our successes.

The ADFPPA is fully accountable for our income and expenditures, and accepts any donations with the

ADFPF ON THE W.W.W.

The ADFPPA's Website is now up and running at [HTTP://WWW.adfppa.com](http://WWW.adfppa.com). Check it out! There's always new information to see!

National Collegiate Update

B & W Gym of Chicago, Illinois, will be the host for the 1997 ADFPPA Collegiate National Championships on March 15 and 16, 1997. The meet directors, Dennis and Sandy Brady, can be reached at 5920 N. Ridge Blvd., Chicago, IL 60660, phone 312-561-9692 for additional information and meet entry forms. The women and men through the 165 lb.

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A.D.F.P.A. Corner

same responsibility. In addition, we will annually publish our list of benefactors of \$50.00 and more, to give recognition to those who have helped our sport and organization that you love?

ADFPF BENEFACTOR LEVELS:
Bronze Medal - \$50.00, Silver Medal - \$100.00, Gold Medal - \$250.00 +

DOES YOUR EMPLOYER HAVE A CHARITABLE DONATION MATCHING GIFT PROGRAM?

Many of you work for companies that have a matching gift program, whereby your employer will match your charitable donation. There isn't a better way to help the ADFPPA and the sport than to take advantage of such a benefit. The American Drug Free Powerlifting Association is classified by the IRS as a 501 C3 organization, and we can provide the proper paperwork that you require to take advantage of your corporation's matching gift program. Just inquire what information or paperwork your employer requires, contact the Secretary/Treasurer's office @ (803) 425-0904, and we'll send it out. You will have a tax deduction while greatly helping the sport. Benefactor levels will be determined using the individuals share, i.e., a \$50.00 donation with a \$50.00 corporate match will qualify as Bronze Medal Benefactors for both the individual and the corporation.

YOUR TAX DEDUCTIBLE CHARITABLE DONATIONS HELP THE ADFPPA AND THE SPORT!

Did you know that you require a profit tax-exempt organization by the Internal Revenue Service? This IRS ruling allows anyone, members or otherwise, to make a tax deductible donation to the ADFPPA. Donations are as simple as adding an extra amount when you apply or renew your membership. Just fill in that portion of the membership slip. In most cases, your check should serve as your receipt. (Note: your base membership fee is not tax deductible). Of course, you may donate at other times, simply send your donation to the national office (address on registration form) and attach a note that it is a donation. For larger donations, the Secretary/Treasurer's office will send verification of your donation.

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ADFPF GYM DIRECTORY

Kennedy's Gym, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 19543, (610) 286-7698, Owner: Pat Kennedy

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

Powerhouse Gym, 913 N. Court, Medina, OH 44256, (330) 722-7250, Mark Copeland

The Strength Training Center, c/o Nutritional Technologies, 5 Stoncroft Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodore

Warrior Weight Room, Coyle Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (608) 823-6164, Ext. 680, Coach: H. Waldron

New guidelines for membership in the ADFPPA Gym and Coaches Directory!

ADFPF Gyms must be affiliated with the ADFPPA through team membership or membership of the owner/coach.

The ADFPPA Gym and Coaches Directory was created in order to provide individuals with a listing of

ADFPF GYM AND COACHES DIRECTORY

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can supply training and meet information. It can also help if you're traveling and need a gym to train.

To get your gym into the directory send your ADFPPA team's name and membership number (or coach/owner name and ADFPPA number) along with \$10 payable by check or money order to the ADFPPA, Attention: Craig Salfan, PO Box 4065, BaySide, NY 11360. Present members will be listed through October 1996. Any gym applying to the ADFPPA Directory before December 1996 will be listed through December 1997.

ADFPF GYM AND COACHES DIRECTORY
1-800-222-6897

weight class will compete on Saturday, and the 181 - SHW men will compete on Sunday.

The ADFPPA Collegiate Committee Meeting will be Friday, March 14, 1997, at 3:00 p.m. Any agenda items you would like discussed should be sent to Cathy Marksteiner at 2715 Eastridge Dr., NE, Albuquerque, NM 87112. The agenda items need to be postmarked by February 28, 1997, to be included on the agenda.

The 1998 Collegiate National Meet bid is still open. Anyone interested in hosting this competition, please call Cathy Marksteiner at 505-294-7729.

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ADFPF GYM AND COACHES DIRECTORY
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What Is ANDROSTENE 50?

ANDROSTENE 50 contains the hormone ANDROSTENEDIONE. Androstenedione is a steroid hormone found in all animals (meat) as well as some plant extracts. It is a metabolite of DHEA. This means that DHEA is 3 steps removed from Testosterone. Androstenedione being a metabolite is only 1 step removed from the bio-synthesis of Testosterone!!! In all mammals, Androstenedione is metabolized in the liver to Testosterone in conjunction with a zinc-dependent enzyme.

What Is It Supposed To Do?

Androstenedione, when taken orally, will increase blood levels of both Androstenedione and Testosterone. Secondary to this increase, effects are often seen such as Increased Energy, Enhanced Recovery, Mental Alertness, Muscle Growth, Heightened Sexual Arousal and Performance, as well as a Greater Sense of Well Being!!!

How Great Is The TESTOSTERONE Increase?

According to the German Patent for Androstenedione, 50 mg. given orally to men raised plasma Testosterone levels from 140% to 183% of normal, 100 mg. of oral Androstenedione raised levels from 211% to 337% of normal.

How Long Do These Increases Last?

Blood levels start rising about 15 minutes after oral administration of Androstenedione and stay elevated for around 3 hours. A peak in blood Testosterone levels is seen around 1 to 1.5 hours after ingestion.

Is ANDROSTENE 50 legal?

Androstenedione is perfectly legal for sale as a nutritional supplement. It is found naturally in meats as well as in some plants. Like DHEA and Pregnenolone, it is the key intermediate in the bio-synthesis of other biologically active steroid hormones.

Will Androstenedione Decrease My Natural Production of Testosterone?

If Androstenedione is taken as directed, and that is once a day prior to physical activity, the positive benefits can be had without any significant negative feedback response to your natural Testosterone production. This is because the results last only a few hours and that is not enough time for the pituitary gland to respond.

To Order Call:

1-800-548-1556

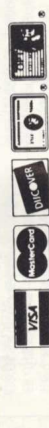
100% Pure CREATINE MONOHYDRATE

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1000 GRAMS — \$59.95
454 GRAMS — \$34.95
300 GRAMS — \$23.95

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APA Western New England Open BP			ADFEA New Hampshire State		
19 Oct 96 - Keene, NH			23,23 Mar 96		
Men	Women		5Q	BP	DL
Men Open	Men	Eric Kochman pressed 180 for a world record and set a new national record for the 180 lbs. class.	150	150	150
148	Men	Best Lifter-honors. First place at 165 by Raymond, who pressed 350 for a world record and set a new national record for the 165 lbs. class.	130	130	130
181	Men	Best Lifter-honors. First place at 181 by Raymond, who pressed 400 for a world record and set a new national record for the 181 lbs. class.	110	110	110
220	Men	Best Lifter-honors. First place at 220 by Raymond, who pressed 475 for a world record and set a new national record for the 220 lbs. class.	90	90	90
275	Men	Best Lifter-honors. First place at 275 by Raymond, who pressed 550 for a world record and set a new national record for the 275 lbs. class.	70	70	70
330	Men	Best Lifter-honors. First place at 330 by Raymond, who pressed 625 for a world record and set a new national record for the 330 lbs. class.	50	50	50
390	Men	Best Lifter-honors. First place at 390 by Raymond, who pressed 700 for a world record and set a new national record for the 390 lbs. class.	30	30	30
450	Men	Best Lifter-honors. First place at 450 by Raymond, who pressed 775 for a world record and set a new national record for the 450 lbs. class.	10	10	10
510	Men	Best Lifter-honors. First place at 510 by Raymond, who pressed 850 for a world record and set a new national record for the 510 lbs. class.	0	0	0
570	Men	Best Lifter-honors. First place at 570 by Raymond, who pressed 925 for a world record and set a new national record for the 570 lbs. class.	0	0	0
630	Men	Best Lifter-honors. First place at 630 by Raymond, who pressed 1000 for a world record and set a new national record for the 630 lbs. class.	0	0	0
690	Men	Best Lifter-honors. First place at 690 by Raymond, who pressed 1075 for a world record and set a new national record for the 690 lbs. class.	0	0	0
750	Men	Best Lifter-honors. First place at 750 by Raymond, who pressed 1150 for a world record and set a new national record for the 750 lbs. class.	0	0	0
810	Men	Best Lifter-honors. First place at 810 by Raymond, who pressed 1225 for a world record and set a new national record for the 810 lbs. class.	0	0	0
870	Men	Best Lifter-honors. First place at 870 by Raymond, who pressed 1300 for a world record and set a new national record for the 870 lbs. class.	0	0	0
930	Men	Best Lifter-honors. First place at 930 by Raymond, who pressed 1375 for a world record and set a new national record for the 930 lbs. class.	0	0	0
990	Men	Best Lifter-honors. First place at 990 by Raymond, who pressed 1450 for a world record and set a new national record for the 990 lbs. class.	0	0	0
1050	Men	Best Lifter-honors. First place at 1050 by Raymond, who pressed 1525 for a world record and set a new national record for the 1050 lbs. class.	0	0	0
1110	Men	Best Lifter-honors. First place at 1110 by Raymond, who pressed 1600 for a world record and set a new national record for the 1110 lbs. class.	0	0	0
1170	Men	Best Lifter-honors. First place at 1170 by Raymond, who pressed 1675 for a world record and set a new national record for the 1170 lbs. class.	0	0	0
1230	Men	Best Lifter-honors. First place at 1230 by Raymond, who pressed 1750 for a world record and set a new national record for the 1230 lbs. class.	0	0	0
1290	Men	Best Lifter-honors. First place at 1290 by Raymond, who pressed 1825 for a world record and set a new national record for the 1290 lbs. class.	0	0	0
1350	Men	Best Lifter-honors. First place at 1350 by Raymond, who pressed 1900 for a world record and set a new national record for the 1350 lbs. class.	0	0	0
1410	Men	Best Lifter-honors. First place at 1410 by Raymond, who pressed 1975 for a world record and set a new national record for the 1410 lbs. class.	0	0	0
1470	Men	Best Lifter-honors. First place at 1470 by Raymond, who pressed 2050 for a world record and set a new national record for the 1470 lbs. class.	0	0	0
1530	Men	Best Lifter-honors. First place at 1530 by Raymond, who pressed 2125 for a world record and set a new national record for the 1530 lbs. class.	0	0	0
1590	Men	Best Lifter-honors. First place at 1590 by Raymond, who pressed 2200 for a world record and set a new national record for the 1590 lbs. class.	0	0	0
1650	Men	Best Lifter-honors. First place at 1650 by Raymond, who pressed 2275 for a world record and set a new national record for the 1650 lbs. class.	0	0	0
1710	Men	Best Lifter-honors. First place at 1710 by Raymond, who pressed 2350 for a world record and set a new national record for the 1710 lbs. class.	0	0	0
1770	Men	Best Lifter-honors. First place at 1770 by Raymond, who pressed 2425 for a world record and set a new national record for the 1770 lbs. class.	0	0	0
1830	Men	Best Lifter-honors. First place at 1830 by Raymond, who pressed 2500 for a world record and set a new national record for the 1830 lbs. class.	0	0	0
1890	Men	Best Lifter-honors. First place at 1890 by Raymond, who pressed 2575 for a world record and set a new national record for the 1890 lbs. class.	0	0	0
1950	Men	Best Lifter-honors. First place at 1950 by Raymond, who pressed 2650 for a world record and set a new national record for the 1950 lbs. class.	0	0	0
2010	Men	Best Lifter-honors. First place at 2010 by Raymond, who pressed 2725 for a world record and set a new national record for the 2010 lbs. class.	0	0	0
2070	Men	Best Lifter-honors. First place at 2070 by Raymond, who pressed 2800 for a world record and set a new national record for the 2070 lbs. class.	0	0	0
2130	Men	Best Lifter-honors. First place at 2130 by Raymond, who pressed 2875 for a world record and set a new national record for the 2130 lbs. class.	0	0	0
2190	Men	Best Lifter-honors. First place at 2190 by Raymond, who pressed 2950 for a world record and set a new national record for the 2190 lbs. class.	0	0	0
2250	Men	Best Lifter-honors. First place at 2250 by Raymond, who pressed 3025 for a world record and set a new national record for the 2250 lbs. class.	0	0	0
2310	Men	Best Lifter-honors. First place at 2310 by Raymond, who pressed 3100 for a world record and set a new national record for the 2310 lbs. class.	0	0	0
2370	Men	Best Lifter-honors. First place at 2370 by Raymond, who pressed 3175 for a world record and set a new national record for the 2370 lbs. class.	0	0	0
2430	Men	Best Lifter-honors. First place at 2430 by Raymond, who pressed 3250 for a world record and set a new national record for the 2430 lbs. class.	0	0	0
2490	Men	Best Lifter-honors. First place at 2490 by Raymond, who pressed 3325 for a world record and set a new national record for the 2490 lbs. class.	0	0	0
2550	Men	Best Lifter-honors. First place at 2550 by Raymond, who pressed 3400 for a world record and set a new national record for the 2550 lbs. class.	0	0	0
2610	Men	Best Lifter-honors. First place at 2610 by Raymond, who pressed 3475 for a world record and set a new national record for the 2610 lbs. class.	0	0	0
2670	Men	Best Lifter-honors. First place at 2670 by Raymond, who pressed 3550 for a world record and set a new national record for the 2670 lbs. class.	0	0	0
2730	Men	Best Lifter-honors. First place at 2730 by Raymond, who pressed 3625 for a world record and set a new national record for the 2730 lbs. class.	0	0	0
2790	Men	Best Lifter-honors. First place at 2790 by Raymond, who pressed 3700 for a world record and set a new national record for the 2790 lbs. class.	0	0	0
2850	Men	Best Lifter-honors. First place at 2850 by Raymond, who pressed 3775 for a world record and set a new national record for the 2850 lbs. class.	0	0	0
2910	Men	Best Lifter-honors. First place at 2910 by Raymond, who pressed 3850 for a world record and set a new national record for the 2910 lbs. class.	0	0	0
2970	Men	Best Lifter-honors. First place at 2970 by Raymond, who pressed 3925 for a world record and set a new national record for the 2970 lbs. class.	0	0	0
3030	Men	Best Lifter-honors. First place at 3030 by Raymond, who pressed 4000 for a world record and set a new national record for the 3030 lbs. class.	0	0	0
3090	Men	Best Lifter-honors. First place at 3090 by Raymond, who pressed 4075 for a world record and set a new national record for the 3090 lbs. class.	0	0	0
3150	Men	Best Lifter-honors. First place at 3150 by Raymond, who pressed 4150 for a world record and set a new national record for the 3150 lbs. class.	0	0	0
3210	Men	Best Lifter-honors. First place at 3210 by Raymond, who pressed 4225 for a world record and set a new national record for the 3210 lbs. class.	0	0	0
3270	Men	Best Lifter-honors. First place at 3270 by Raymond, who pressed 4300 for a world record and set a new national record for the 3270 lbs. class.	0	0	0
3330	Men	Best Lifter-honors. First place at 3330 by Raymond, who pressed 4375 for a world record and set a new national record for the 3330 lbs. class.	0	0	0
3390	Men	Best Lifter-honors. First place at 3390 by Raymond, who pressed 4450 for a world record and set a new national record for the 3390 lbs. class.	0	0	0
3450	Men	Best Lifter-honors. First place at 3450 by Raymond, who pressed 4525 for a world record and set a new national record for the 3450 lbs. class.	0	0	0
3510	Men	Best Lifter-honors. First place at 3510 by Raymond, who pressed 4600 for a world record and set a new national record for the 3510 lbs. class.	0	0	0
3570	Men	Best Lifter-honors. First place at 3570 by Raymond, who pressed 4675 for a world record and set a new national record for the 3570 lbs. class.	0	0	0
3630	Men	Best Lifter-honors. First place at 3630 by Raymond, who pressed 4750 for a world record and set a new national record for the 3630 lbs. class.	0	0	0
3690	Men	Best Lifter-honors. First place at 3690 by Raymond, who pressed 4825 for a world record and set a new national record for the 3690 lbs. class.	0	0	0
3750	Men	Best Lifter-honors. First place at 3750 by Raymond, who pressed 4900 for a world record and set a new national record for the 3750 lbs. class.	0	0	0
3810	Men	Best Lifter-honors. First place at 3810 by Raymond, who pressed 4975 for a world record and set a new national record for the 3810 lbs. class.	0	0	0
3870	Men	Best Lifter-honors. First place at 3870 by Raymond, who pressed 5050 for a world record and set a new national record for the 3870 lbs. class.	0	0	0
3930	Men	Best Lifter-honors. First place at 3930 by Raymond, who pressed 5125 for a world record and set a new national record for the 3930 lbs. class.	0	0	0
3990	Men	Best Lifter-honors. First place at 3990 by Raymond, who pressed 5200 for a world record and set a new national record for the 3990 lbs. class.	0	0	0
4050	Men	Best Lifter-honors. First place at 4050 by Raymond, who pressed 5275 for a world record and set a new national record for the 4050 lbs. class.	0	0	0
4110	Men	Best Lifter-honors. First place at 4110 by Raymond, who pressed 5350 for a world record and set a new national record for the 4110 lbs. class.	0	0	0
4170	Men	Best Lifter-honors. First place at 4170 by Raymond, who pressed 5425 for a world record and set a new national record for the 4170 lbs. class.	0	0	0
4230	Men	Best Lifter-honors. First place at 4230 by Raymond, who pressed 5500 for a world record and set a new national record for the 4230 lbs. class.	0	0	0
4290	Men	Best Lifter-honors. First place at 4290 by Raymond, who pressed 5575 for a world record and set a new national record for the 4290 lbs. class.	0	0	0
4350	Men	Best Lifter-honors. First place at 4350 by Raymond, who pressed 5650 for a world record and set a new national record for the 4350 lbs. class.	0	0	0
4410	Men	Best Lifter-honors. First place at 4410 by Raymond, who pressed 5725 for a world record and set a new national record for the 4410 lbs. class.	0	0	0
4470	Men	Best Lifter-honors. First place at 4470 by Raymond, who pressed 5800 for a world record and set a new national record for the 4470 lbs. class.	0	0	0
4530	Men	Best Lifter-honors. First place at 4530 by Raymond, who pressed 5875 for a world record and set a new national record for the 4530 lbs. class.	0	0	0
4590	Men	Best Lifter-honors. First place at 4590 by Raymond, who pressed 5950 for a world record and set a new national record for the 4590 lbs. class.	0	0	0
4650	Men	Best Lifter-honors. First place at 4650 by Raymond, who pressed 6025 for a world record and set a new national record for the 4650 lbs. class.	0	0	0
4710	Men	Best Lifter-honors. First place at 4710 by Raymond, who pressed 6100 for a world record and set a new national record for the 4710 lbs. class.	0	0	0
4770	Men	Best Lifter-honors. First place at 4770 by Raymond, who pressed 6175 for a world record and set a new national record for the 4770 lbs. class.	0	0	0
4830	Men	Best Lifter-honors. First place at 4830 by Raymond, who pressed 6250 for a world record and set a new national record for the 4830 lbs. class.	0	0	0
4890	Men	Best Lifter-honors. First place at 4890 by Raymond, who pressed 6325 for a world record and set a new national record for the 4890 lbs. class.	0	0	0
4950	Men	Best Lifter-honors. First place at 4950 by Raymond, who pressed 6400 for a world record and set a new national record for the 4950 lbs. class.	0	0	0
5010	Men	Best Lifter-honors. First place at 5010 by Raymond, who pressed 6475 for a world record and set a new national record for the 5010 lbs. class.	0	0	0
5070	Men	Best Lifter-honors. First place at 5070 by Raymond, who pressed 6550 for a world record and set a new national record for the 5070 lbs. class.	0	0	0
5130	Men	Best Lifter-honors. First place at 5130 by Raymond, who pressed 6625 for a world record and set a new national record for the 5130 lbs. class.	0	0	0
5190	Men	Best Lifter-honors. First place at 5190 by Raymond, who pressed 6700 for a world record and set a new national record for the 5190 lbs. class.	0	0	0
5250	Men	Best Lifter-honors. First place at 5250 by Raymond, who pressed 6775 for a world record and set a new national record for the 5250 lbs. class.	0	0	0
5310	Men	Best Lifter-honors. First place at 5310 by Raymond, who pressed 6850 for a world record and set a new national record for the 5310 lbs. class.	0	0	0
5370	Men	Best Lifter-honors. First place at 5370 by Raymond, who pressed 6925 for a world record and set a new national record for the 5370 lbs. class.	0	0	0
5430	Men	Best Lifter-honors. First place at 5430 by Raymond, who pressed 7000 for a world record and set a new national record for the 5430 lbs. class.	0	0	0
5490	Men	Best Lifter-honors. First place at 5490 by Raymond, who pressed 7075 for a world record and set a new national record for the 5490 lbs. class.	0	0	0
5550	Men	Best Lifter-honors. First place at 5550 by Raymond, who pressed 7150 for a world record and set a new national record for the 5550 lbs. class.	0	0	0
5610	Men	Best Lifter-honors. First place at 5610 by Raymond, who pressed 7225 for a world record and set a new national record for the 5610 lbs. class.	0	0	0
5670	Men	Best Lifter-honors. First place at 5670 by Raymond, who pressed 7300 for a world record and set a new national record for the 5670 lbs. class.	0	0	0
5730	Men	Best Lifter-honors. First place at 5730 by Raymond, who pressed 7375 for a world record and set a new national record for the 5730 lbs. class.	0	0	0
5790	Men	Best Lifter-honors. First place at 5790 by Raymond, who pressed 7450 for a world record and set a new national record for the 5790 lbs. class.	0	0	0
5850	Men	Best Lifter-honors. First place at 5850 by Raymond, who pressed 7525 for a world record and set a new national record for the 5850 lbs. class.	0	0	0
5910	Men	Best Lifter-honors. First place at 5910 by Raymond, who pressed 7600 for a world record and set a new national record for the 5910 lbs. class.	0	0	0
5970	Men	Best Lifter-honors. First place at 5970 by Raymond, who pressed 7675 for a world record and set a new national record for the 5970 lbs. class.	0	0	0
6030	Men	Best Lifter-honors. First place at 6030 by Raymond, who pressed 7750 for a world record and set a new national record for the 6030 lbs. class.	0	0	0
6090	Men	Best Lifter-honors. First place at 6090 by Raymond, who pressed 7825 for a world record and set a new national record for the 6090 lbs. class.	0	0	0
6150	Men	Best Lifter-honors. First place at 6150 by Raymond, who pressed 7900 for a world record and set a new national record for the 6150 lbs. class.	0	0	0
6210	Men	Best Lifter-honors. First place at 6210 by Raymond, who pressed 7975 for a world record and set a new national record for the 6210 lbs. class.	0	0	0
6270	Men	Best Lifter-honors. First place at 6270 by Raymond, who pressed 8050 for a world record and set a new national record for the 6270 lbs. class.	0	0	0
6330	Men	Best Lifter-honors. First place at 6330 by Raymond, who pressed 8125 for a world record and set a new national record for the 6330 lbs. class.	0	0	0
6390	Men	Best Lifter-honors. First place at 6390 by Raymond, who pressed 8200 for a world record and set a new national record for the 6390 lbs. class.	0	0	0
6450	Men	Best Lifter-honors. First place at 6450 by Raymond, who pressed 8275 for a world record and set a new national record for the 6450 lbs. class.	0	0	0
6510	Men	Best Lifter-honors. First place at 6510 by Raymond, who pressed 8350 for a world record and set a new national record for the 6510 lbs. class.	0	0	0
6570	Men	Best Lifter-honors. First place at 6570 by Raymond, who pressed 8425 for a world record and set a new national record for the 6570 lbs. class.	0	0	0
6630	Men	Best Lifter-honors. First place at 6630 by Raymond, who pressed 8500 for a world record and set a new national record for the 6630 lbs. class.			

Gain up to 50% More Lean Body Mass

A study conducted by four Southern California exercise 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.



Dr. Paul Ward
Bio-mechanics & Sports
Performance Scientist

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.

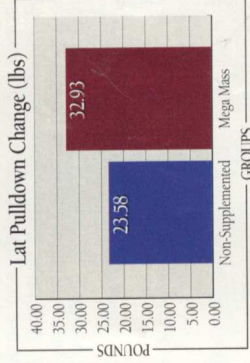
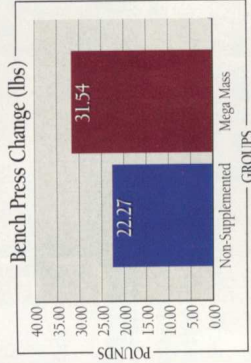
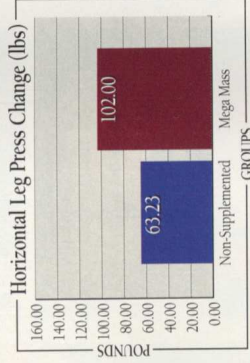
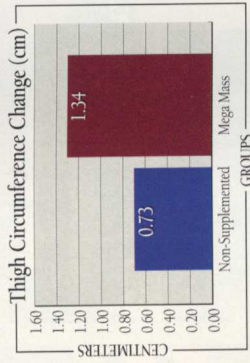
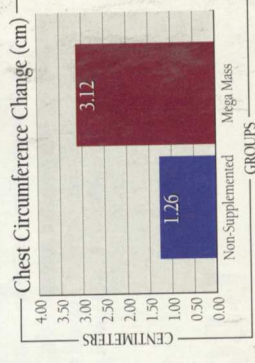
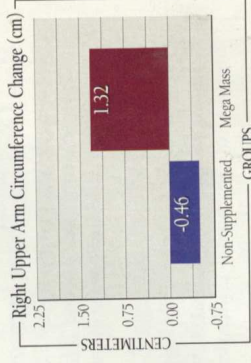
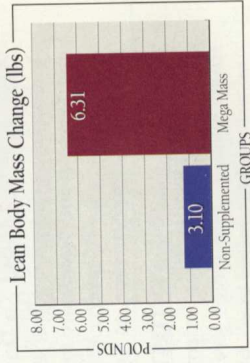
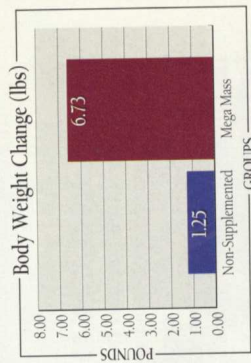
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including 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.

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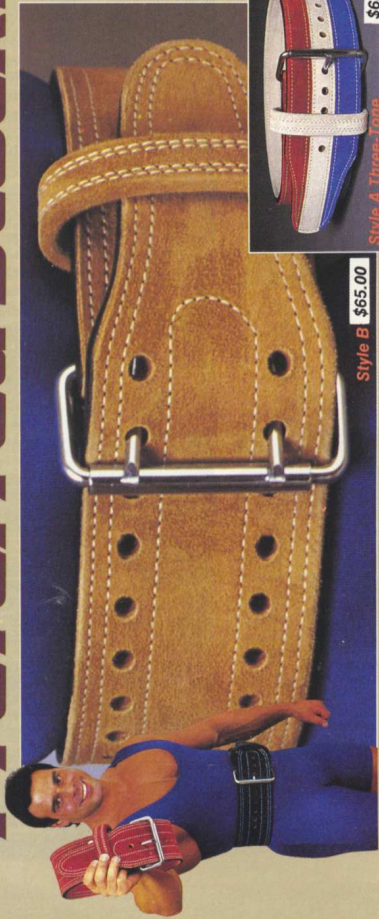
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 - Made to legal thicknesses
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 - The ultimate fit because holes are grouped closer together
 - Highest quality stitching for durability and style
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Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

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

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

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

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

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

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

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