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VOL.21 NO.3

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

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

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



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

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



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

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

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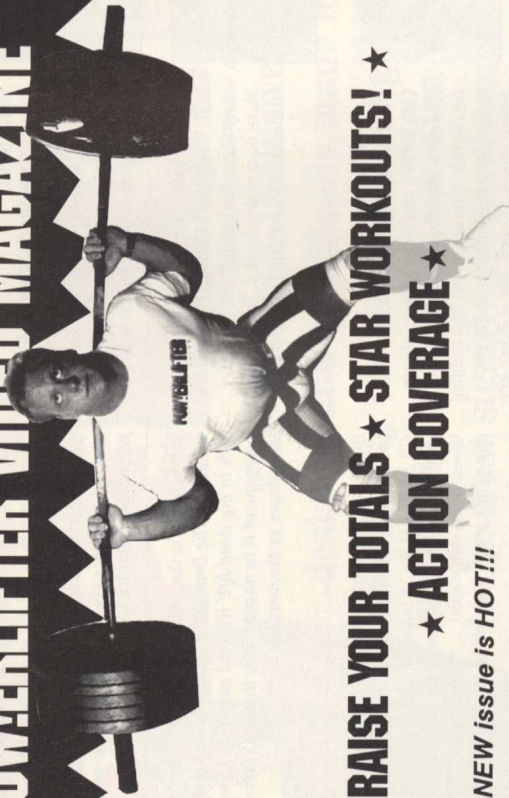
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Editor-in-Chief Mike Lambert
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Controller In-Joe Lambert
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Publisher Mike Lambert

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ON THE COVER.....Brad Gillingham, America's new IPF Super-heavyweight hopeful, at the 1997 USPF Senior Nationals.

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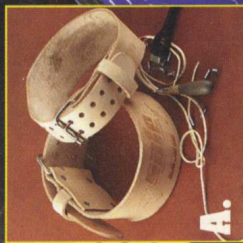


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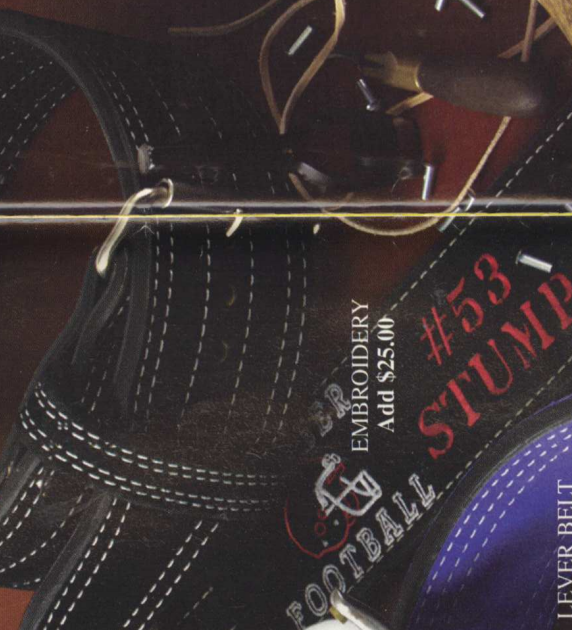


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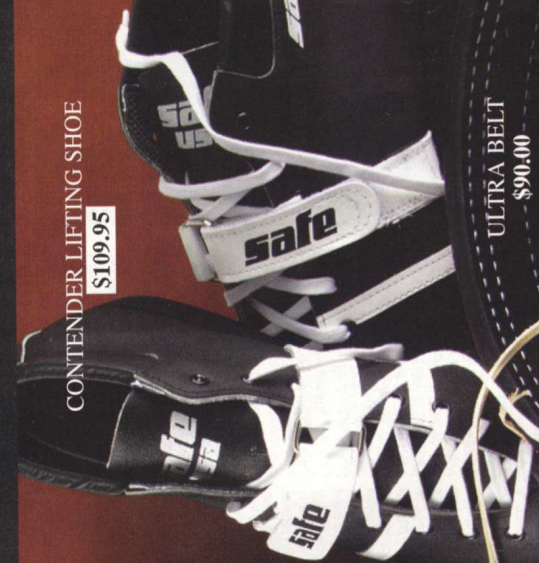


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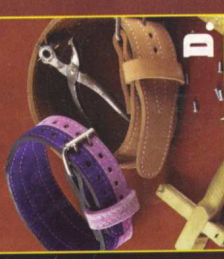
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INTERVIEW

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

Interview with Kit Price, Developer of "The Rope"

Q. What is the Rope?
A. The Rope is a very simple, extremely effective exercise device that will help you get stronger/faster than weights alone.

Q. If it is so good why have I not heard about it before?

A. I have only shared the secret of the Rope with very few because I did not want others to have the same advantages as I had.

Q. That was not very nice.
A. I know, but that is an honest answer.

Q. What kind of lifts had you done?

A. I have doubled 765 in the squat 515 in the bench press, 710 in the dead lift, and yes the squats were deep.

Q. Others have done this much and more, why is this so good?

A. I am a 54 year old 198er.

Q. What have others done when they use the Rope?

A. Not one person I have trained has come in less than 1st in many years, and Texas has many good lifters.

Q. What can I expect from the Rope?

A. Like everything else in life, the more you put in, the more you win get out.

Q. O.K., so how do I work the Rope into my powerlifting workout?

This will trash your legs and if you do it first you won't be able to squat well at all. I know this from experience.

Q. How about the bench press.

A. The same thing applies here. Bench press first and then work the chest, triceps and biceps with the Rope.

Q. I guess the same applies for the deadlift?

A. Right, Dead lift first, then work the legs and traps with the Rope.

Q. Won't this make my workouts too long. I only have so much time.

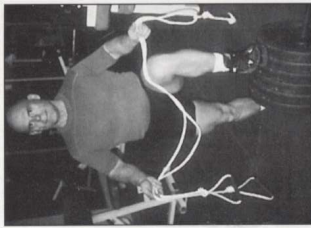
A. Not at all. In fact, they will probably be shorter.

Q. Why, how can that be?

A. It is not the length of the workout that counts, but the quality.

Q. So what should I do.

A. Let's say you can squat 500, bench press 300, and deadlift 500. Here is what a workout might look like. Go up to 450 for a single and then do 3 sets of three with 420. Then do the Rope squats right after your squats. When you make your big single three workouts in a row go up 5 lbs. It won't take



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WORKOUT of the Month

John Inzer Squat Routine

There are many great routines that work. Here is one routine that continues to work for me. I've also included some very useful information you can put to work for you to get stronger! The squat requires full body strength, balance and form. I have always had a big squat. Once my squat rose over 700 lbs., I had a challenge setting up and balancing the weight. For about 2 yrs. I had the strength to exceed the All Time Historical World Record, and did not yet have great balance to set up consistently enough to break the all time record. My solution was to reduce the number of steps getting set up with the weight. Matt Dimel, who squatted 1010 lbs., showed me this better setup. I learned many good techniques from Matt. Matt studied and trained with Louis Simmons and had very practical and successful techniques that he learned from Louie, and some he developed himself. Matt was good at observing and evaluating a lifter's form and training methods. The new setup consisted of only 4 steps. Two steps backing out of the squat racks, and 2 steps placing my feet exactly where they needed to be. Three months later I competed and squatted an easy 744 at 165 lbs.

b.w. I felt like I could have realistically done 10 or 15 kilos more at the contest. I remember calling Matt Dimel afterwards and how ecstatic he was about the good news. This is an example of how a simple adjustment can make a huge difference. Since then I have kept my squat over 700 when I train for deadlift contests and exhibitions. A strong squat is definitely beneficial to the deadlift. Also, train your calves and abs. Strong calves help you control your positioning and give you strong footing. Strong abs work with a strong back to keep your torso stable. Many lifters wear an Erector Shirt for squatting to keep their back erect. Groove Briefs are a must as a squat booster. I recommend adding Groove Briefs for two workouts before your contest, and the day of your competition. Groove Briefs are worn under your squat suit and it's very easy to adapt to the feel of them. In fact they would help you stay in "the groove" with your form. They can add a very encouraging 10-20 lbs. or more to your top lift right before and at your contest. They are also an excellent safety measure. Groove Briefs have relieved much of the stress and pain of groin injuries for

many powerlifters, allowing them to heal up and get stronger at the same time. World Champ, Doug Heath, is an example of a top lifter who said that Groove Briefs completely took his groin injury pain away during his workouts. Shoes that have the same height toe as its heel are best for almost all medium to wide stance squatters. High tops are best for ankle support that can add to your control and stability.

Make certain each rep of every set warming up is done with perfect form. Starting every workout this way will help you keep good form during your heavy sets. Make your warm up sets a warm up for your body, mind and spirit. Your warm up should only be a warm up and not a hard workout. Like to squat twice a week and max out often. Most lifters say that their best gains squatted every 5-7 days.

Here is an example of my personal squat workout: Squat -5 warm up sets, increasing weight and decreasing reps each set then max out if applicable; 2-5 more tough sets grinding out each rep in perfect form, as many reps as possible each set. Use a weight heavy enough where your last rep of each set is all that can be done. A set or two at the end with a lighter, perfect form and stretch or pump your muscles can be useful to finish up your squat session. Remember to have enough light workout days to allow your body to heal and you can squat easily between your heavy workout days. This routine works great for me and my workout partner. You may adopt a different routine that works for you. Whatever the training routine you use, fine tune it to suit your individual needs.

Now, here are some useful pieces of information that you should employ. Use your squat suit and knee wraps together at least 6 weeks before your contest for around 50-75% of your squat sets. Inzer Iron Wraps are new and are more advanced than any powerlifting knee wrap that has ever been available before. Iron Wraps A are very



John Inzer has squatted 744 weighing 165 at the '88 APF Sr. Nationals

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comfortable and give a super pillow of support especially behind the knees. Iron Wraps have a hard feel and are incredibly powerful. I recommend trying them both and deciding which you like the best, or use them both for specific phases of your competition cycle.

Mentally review and preview your squat form and imagine how you will feel after confidently squatting what you know you can do at the contest. The poundage you choose for your first attempt squat should be a weight you can do extremely easily! Not a weight you only hope you can squat easily. After that first attempt squat is passed, for most lifters about half of the contest stress is over and their confidence level increases dramatically.

Your second attempt squat can 90-95% of the poundage of what you feel you can max that day, and your third attempt 95-110%. When your training and rest have gone well, it is very possible to lift more than you have in training because of the extra psyche up you can get in competition, but remember to make your first and second attempts safe poundages. This will pay off for you. I wish you all great powerlifting and a big squat. Remember to make it fun and keep getting stronger!

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Back in 1988 I attended a sport biochemistry symposium in Russia. During that trip I discussed the use of various sport supplements with many of the great minds in sport biochemistry and molecular biology. I came away with many great ideas, one of which came from the works by Erik Hultman and Victor Rogozkin on creatine. By 1989 I was adding creatine monohydrate to sport supplements.

At the time, I really didn't grasp the full importance of creatine in sport, but by 1993 a number of researchers and a few innovative sport nutrition companies were going full speed ahead selling creatine to athletes. Today, every leading sport supplement company is selling creatine monohydrate products.

I mention my trip to Russia simply to point out that even though I was working with creatine monohydrate four years before it began to take off, I was unaware of its full potential. Since 1988 I've been exploring new directions of sport nutrition and have written about dozens of potentially useful compounds.

Over the past few years I have focused my attention at the way muscle proteins are made in the cell. I figured that if I could pinpoint the major roadblocks to growth, I could recommend a comprehensive sport nutrition system to correct them. This article discusses what I call the four elements to maximum muscle growth. Most specifically I will discuss the missing fourth element which I don't see any sport nutrition company addressing. Unless this element functions at maximum potential, muscle growth hasn't a chance.

Did you ever stop for a minute during a heavy squat workout and think to yourself "I wonder what makes my muscles grow?" While most of us haven't taken a class called "Muscle Building 101", we have, over time, learned from personal experience and from the ex-

The Missing Element in Sport Nutrition by Rick Brunner, Atletika

the power to design a sport nutrition plan which will give you the results you demand. Let's look briefly at the first three principles, then I'll explain in more detail the fourth.

Why are the four principles building principles important to a powerlifter? Each principle can be viewed as a link in the anabolic chain of events leading to muscle growth. One of the principles will ultimately be the "rate-limiting factor" which will prevent you from making great gains in strength and power in the minimum amount of time. Gains will only be as fast as the slowest bottleneck!

I'll bet that most powerlifters are only mastering at most two of the principles, rarely three, and almost never all four. There's a lot of room for improvement. It's my goal to help you master all four principles, especially the fourth, as this will help you get the most gains from training.

Building new muscle proteins is a lot like building a car. In the case of making autos, the first step is to generate an order for making the cars. No order, no cars. The order is relayed to the plant manager who then presents the shop foreman with the order and the blueprint on how to assemble the cars.

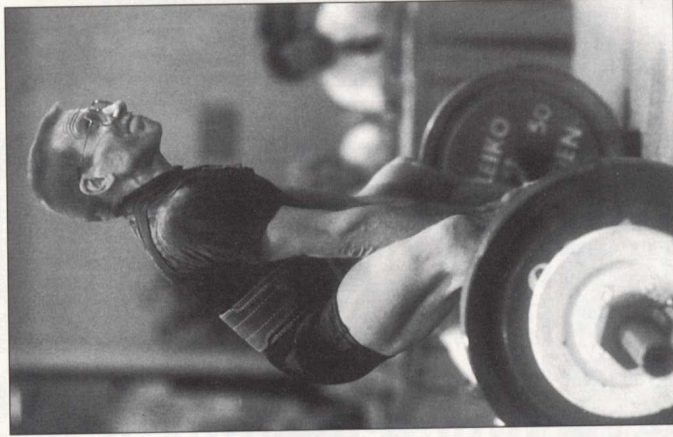
As with building cars, muscles too require more than just passing out orders and blueprints. The building process requires the teamwork of many different workers, energy to run the machinery, and the parts to assemble the final product. With our auto example, the blueprint is shared on the factory floor with the assembly workers, who request specific parts like an engine, crankshaft, steering wheel, etc., in a certain order. These parts are then

assembled into the final product. In the case of building muscle proteins, a key compound called messenger ribonucleic acid, or mRNA for short, presents the muscle protein blueprint to another nucleic acid called ribosomal RNA or rRNA. The rRNA is like our assembly site in the auto example and is responsible for the assembly of amino acids into muscle protein chains. As with any assembly process, it takes parts to make a whole. In the case of muscle, the main parts are individual free form amino acids, brought to the assembly site by another nucleic acid called transfer RNA or tRNA. It's the tRNA which serve as the "part pickers" by going out into the cell cytoplasm, finding just the right amino acid, and bringing it to tRNA for assembly with other amino acids. In other words, no tRNA, no growth!

Principle 1 - Neurohormonal Response: In the case of muscle building, the first step is neurohormonal, meaning the brain senses some type of stress and transmits a message to the hormonal pathways to "pulse out" additional hormones like testosterone and growth hormone. The main catalyst or "spark plug" for stimulating new muscle growth comes from testosterone, which enters the muscle cell nucleus where it interacts with the genetic part of the cell called deoxyribonucleic acid or DNA. This DNA-testosterone interaction causes an event called "transcription" where the blueprint of how to build a muscle protein from amino acids is passed on to another nucleic acid called messenger ribonucleic acid or mRNA. The order has been taken and the blueprint has been passed on to the messenger. The first stage of protein synthesis has begun.

There are several things you can do to increase your output of testosterone. First you can train with high intensity for short workouts which is shown to pulse out more testosterone. Second, you can consume a diet containing 30% of calories from saturated fat (from animals like beef or chicken) and monounsaturated fat (from vegetable sources like olive oil) which contribute to testosterone production. And third, you can consume supplements like DHEA, androstenedione and prothec, which have been shown to raise testosterone levels.

Principle 2 - Energy: Energy is vital to muscle growth. Any assembly process requires energy to run the machinery and form the final product, and building muscle proteins from amino acids is no exception. The body gets its energy from a high energy phosphate



Powerlifting Records are constantly being set in drug tested competition, like Roger Thompson's 507 pull at only 114 lbs. bodyweight at the USAPL Men's Nationals. Are new supplements providing the 'missing element' in lifting performance?

penience of others, how to build up our bodies. Most powerlifters, provided they train consistently, will build a decent amount of muscle mass, strength and power. But, just how does "Mr. Average" powerlifter stay natural and still build the incredible strength and power of a world champion? If you look to the science of sport nutrition, you will find the answer.

Over the years, sport science has advanced to a point where, today, we know a lot of what components are required to build muscle. The muscle building process can be divided into four main principles, I call them: 1) Neuro-Hormonal Catalyst; 2) Energetic; 3) Protein; and 4) Amino Acid Assembly.

The gain you get from any sport supplement is the result of its action on one or more of these principles. There are no exceptions. Once you know the four principles you'll have

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limiting bottleneck on your hands, and that's something you've got to fix if you want the most from your training.

If you're going to increase the number of RNA workers, you've got to supply the body with the right parts to do so. Well, it turns out that RNA are made up of some very special components which, unless you've had some biochemistry, most of you have never heard about. Each RNA contains many subunits called nucleotides. In each nucleotide is found one of four base compounds, two purines (Adenine and Guanine) and two pyrimidines (Cytosine and Uracil). In the nucleotide is also found a sugar molecule called ribose, and a phosphate molecule. To build RNA you've got to have adequate amounts of each base and enough ribose sugars and phosphates.

There are two pathways from which RNA can be formed. The first is de novo synthesis in which ribose sugar, phosphates, certain amino acids, and the purines and pyrimidines are combined in successive reactions to form the nucleotides. The other path is the salvage pathway whereby nucleotides are degraded and their fractions are converted back into nucleotides. For an athlete whose RNA pathway is the weak link in the muscle building process, an increase in RNA de novo and salvage biosynthesis can be just the ticket to increase the anabolic process.

So, if the goal is to increase the number of RNA within the muscle cell in order to increase protein synthesis, just how do you do it? Research shows us that there are certain compounds which can increase the number of RNA. The use of orotic acid in the form of mineral orotates can raise the level of pyrimidines and RNA synthesis. Ribose sugar can be consumed orally to increase the de novo synthesis of purine nucleotides and RNA. Betaine phosphates are a key component in RNA synthesis, dietary mineral phosphates may assist not only in replenishing ATP levels but also RNA levels within the cell (3). Individual purines and pyrimidines can also be consumed to stimulate RNA synthesis (4-5) In the salvage pathway you could consume various nucleotides, nucleotides, and hydrolyzed RNA (6-7).

Summary: Although there are hundreds of different proteins, they all have one thing in common: they are all manufactured according to precise instructions dispatched by the keeper of the code of life, the DNA. DNA, contained in the cell nucleus, is responsible for passing on the blueprint of how to make a

muscle protein to messenger RNA (mRNA). The mRNA then leaves the cell nucleus, traveling to the cytoplasm where it passes on the blueprint to ribosomal RNA. The transfer RNA are responsible for picking up specific amino acids and bringing them to the RNA assembly site. It takes the initial stimulus from testosterone and DNA, plus plenty of amino acids, energy, and RNA to make muscle proteins. You must be efficient with all the ingredients in order to maximize your gains.

All in all there are a number of possibilities from which you can increase the number of RNA within muscle cells. Many researchers worldwide have already discovered ways to increase cellular RNA and thus raise muscle protein synthesis. I have extrapolated this research to create specific patent pending compounds which have added to a new supplement called Xentroph. It is Xentroph which will increase the number of RNA within your muscle cells and help to increase muscle protein synthesis. After all, once you've mastered the first three principles - testosterone output, energy, and amino acids, the way to move forward is to tackle the issue of increasing RNA synthesis. For more information about Xentroph and how to raise muscle protein synthesis, strength and power, contact Ateletika Sport International at 1-800-621-2602.

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compound called adenosine triphosphate or ATP for short. This precocious compound is raw power to the muscle cell, like electricity to a machine.

Sport nutrition has done a good job at addressing the energy needs of the muscle cell by supplying carbohydrates like glucose, polymers, fats like MCTs, and creatine monohydrate. Creatine monohydrate in particular has rocketed to "super supplement" status over the past (EVE) years because it is shown to increase the body's level of creatine. More importantly, it increases creatine phosphate which gives up its phosphate molecule during high intensity exercise to quickly reform ATP. While researchers have not observed much improvement in endurance from using creatine, the studies have seen significant benefits in power related exercise such as weight lifting.

Principle 3 - Amino Acids: In the auto example, if we have enough of each part to make ten engines, the most cars we can expect to make is five. In this case the engine becomes the rate-limiting part. The same applies with amino acids. If the RNA requires a certain amino acid to continue the protein chain, but the IRNA has trouble finding it, protein synthesis and

growth will be slowed. Fortunately, most bodybuilders are able to supplement their muscle cells with a full profile of amino acids by consuming a high protein diet and/or supplementing with amino acids and proteins like whey protein.

Principle 4 - Assembly of Amino Acids into Muscle Protein: The Missing Element: Even if you've done a good job at increasing testosterone, supplying energy, and amino acids, you're muscle cell has still got to go the final stretch and put the amino acids together in the right sequence to form a muscle protein. And what puts the amino acids together to make muscle? The RNA!

Since the RNA play such a key role in building muscle, it's amazing to me that researchers and sport supplement companies haven't caught on to this important principle. It just makes sense that if you've done a good job with the first three principles, and you have enough workers passing on the blueprint (mRNA), bringing amino acids to the assembly site (tRNA), and putting the amino acids together (tRNA), you're going to build the most muscle possible. In contrast, even if you've done right with the first three principles, if you are short on RNA you've got a rate

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For about two weeks, every boy who had tried out for the basketball team at my high school knew what day the cut list was going to go up. We knew it was going to be posted in the gym in the morning. So that morning we all went in there, and the list was up. We stood there and looked for our names. If your name was on the list, you were still on the team. If your name wasn't on the list, you were cut. Mine wasn't on the list.

I looked and looked for my name. I looked at the H's, and the I's, and the J's, and the K's, and I wasn't there, and I went back and started again. But I wasn't there. I went through that day numb. I sat through my classes. I had to wait until after school to go home. That's when I hurried to my house and closed the door to my room and I cried so hard. It was all I wanted - to play on that team. The next day I got up early and played basketball - **Michael Jordan**.

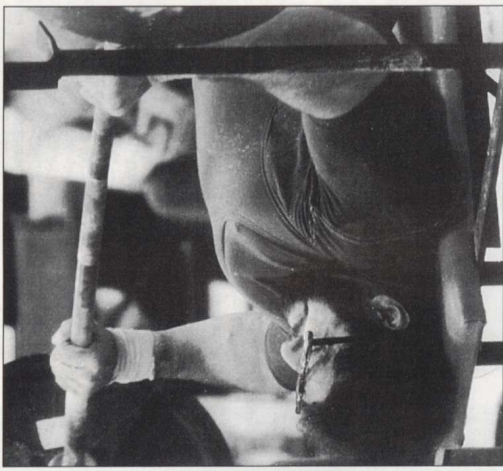
Hard work is everything - **Larry Pacifico**

When you make a mistake, there are only three things you should ever do about it: 1.) admit it; 2.) learn from it; and 3.) don't

Dr. JUDD

Instant Inspiration

as told to Powerlifting USA by Judd Biasiotto Ph.D.



IGLP. The Great Larry Pacifico provides one of the quotes for this month's collection of inspirational thoughts from Dr. Judd Biasiotto.

repeat it - **Paul "Bear" Bryant**.

As a kid, I always thought I was behind and I needed that extra hour to catch up. Jim Jones once told me, "No matter how many shots you take, somewhere there's a kid out there taking one more. If you dribble a million times a day, someone is dribbling a million and one." Whenever I'd get ready to call it a day, I'd think, "No, somebody else is still practicing. Somebody, somewhere is playing that extra 10 or 15 minutes and he's going to beat me someday." I'd practice some more and then I'd think, "Maybe that guy is practicing his free throws now." So I'd go to the line and would take another hour. I don't know if I practiced more than anybody, but I sure practiced enough. I still wonder if somebody somewhere was practicing more than me. - **Larry Bird**.

Ain't no man can avoid being

born average, but ain't no man got to be common - **Satchel Paige**.

Nobody wants to be mediocre in life. The mediocre are the top of the bottom, or the best of the worst, or the bottom of the top, or the worst of the best - **Lou Holtz**.

If I work on a certain move constantly, then, finally, it doesn't seem so risky to me. The move stays dangerous and looks dangerous to my foes, but not to me. Hard work has made it easy. That is my secret. That is why I win - **Nadia Comaneci**.

Two people are in the same business on the same street. One of them prospers and the other does not. Why? Because one of them wants it more than the other. It is not always the strongest man who wins the fight, or the fastest man who wins the race, or the best team that wins the game. In most cases, it is the one who

wants it the most, the one who has gone out and prepared, who has paid the price - **Tommy Lasorda**.

In the second grade, they asked us what we wanted to be. I said I wanted to be a baller player and they laughed. In the eighth grade, they asked the same question, and I said a baller player and they laughed a little more. By the eleventh grade, no one was laughing - **Johnny Bench**.

There are few things you can't do as long as you're willing to apply yourself. There are many holes of golf instead of training in miserable cold weather. But in the final analysis, I'd rather win the Tour de France than play 18 holes of golf. That's why I do it - **Greg LeMond**.

One day, during the 1983 Stanley Cup, we'd just lost Game Three and we were down three games to none. We were practicing and afterward my dad came down to me and said, "Why did you practice today?" "Because we had to," I said. "Everybody had to." "Well, you shouldn't have. You just wasted your time and theirs. You didn't give an effort." That was the last time we talked about it until later that summer. We were at my grandmother's house and she was out in the sun working in the garden, and my dad comes up to me and says, "Look at that, 79, and she's still working hard and you're 23, and you're in the Stanley Cup finals you won't even practice!" Ever since then, the highest compliment you can pay me is to say that I work hard every day, that I never dog it - **Wayne Gretzky**.

The last three or four reps is what makes the muscle grow. This area of pain divides the champion from someone else who is not a champion. That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens - **Arnold Schwarzenegger**.

It's not what you start with that counts, but rather what you end up with - **Fred Glass**.

Talent is God-given, be humble; fame is man-given, be thankful; conceit is self-given; be careful - **Anonymous**.

When all is said and done, as a rule, more is said than done - **Lou Holtz**.

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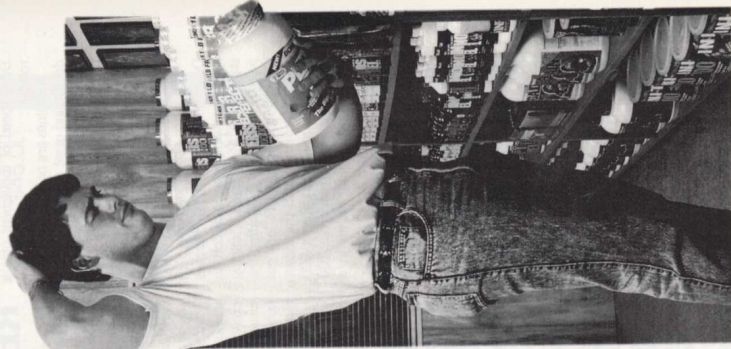
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TRAINING

RESISTANCE TRAINING

as told to POWERLIFTING USA by Louie Simmons

Only the very expensive isokinetic machines provide an eccentric contraction. Most supply only concentric work. The old isokinetic power rack of the 1970s worked with a variable speed of movement. It was great, resisted that a slow speed with weeks from a contest. As the meat drew closer, the resistance was decreased, thus increasing the speed by maintaining the amount of force displayed on the dial. Monitoring and maintaining the amount of force would enable one to move the bar faster. One of the positive effects of this machine is increased bar speed. One is able to work through a minimum point. By pushing or pulling as hard as possible, you can accommodate the resistance. By using different foot placements or hand spacing, the lifter can determine his or her best stance or grip. Because no eccentric work is done, one can do more work, for example during a second workout to raise work capacity. These are the positive aspects.

A negative result of isokinetics is that very little muscle mass is built. Because most devices work on a system that controls movement, little skill is developed and no strengthening of the stabilization muscles occurs. There is a method of training known as load releasing. One way to perform this is with the Kowalcyk Weight-Release device. This device is used as follows: After loading a squat bar to 500 pounds, attach the Weight Releases to the bar with additional weight, usually 20% more, in this case 100 pounds. At the bottom of the lowering phase, the

Weight Releases detach and the lifter does the concentric portion, or rises, with the original 500 pounds.

One benefit of this device is developing muscle mass. Lowering, or the eccentric portion of the lift, is where muscle mass is gained. Another benefit, more importantly, is the development of explosive strength, as well as a means of developing acceleration, which is extremely important.

A widely used contrast method, i.e., where weight drops off or is added to the bar, is the static/dynamic method. This is performed by going from a static mode, such as lowering oneself to a box in the squat and relaxing the hip flexors on the box, to a dynamic contraction, such as re-flexing the hip flexors to stand back up with the addition of chains.

Floor presses are another method to go from yielding to a static position that is overcome by a dynamic action of the arms. The following is a prime example of the contrast method: by attaching chains to a squat or bench press bar, a load can be lessened, or deloaded, at the eccentric phase. This is accomplished by the chains being lowered onto the floor link-by-link. By raising the bar, the chain weight will reload onto the bar. In this way,

The role of resistance in training is complex. How do you develop strength through resistance? Are barbells and dumbbells best, or should you use machines? How do you accommodate resistance with special devices or through special means? What percent of a 1 rep max is best to use to develop explosive strength or maximal strength? Does speed of movement play a role?

Machines are not the answer for developing great strength. For the most part, machines work on the peak contraction principle. This occurs when maximal force is developed in the min/max, or weakest, body position; the strongest body position gets very little work. A perfect example is the Pec Deck. The muscles of the chest are in a disadvantageous position to start the lift. Many times a training partner must assist in starting the movement. It is easier to lock out the weight than to start the movement. Anyone knows that a 500 pound bench can lock out 700 pounds the last few inches in a power rack.

When the amount of weight lifted is limited by your weakest area, your strength potential is very limited.

We must, of course, consider the effects of isokinetic devices.

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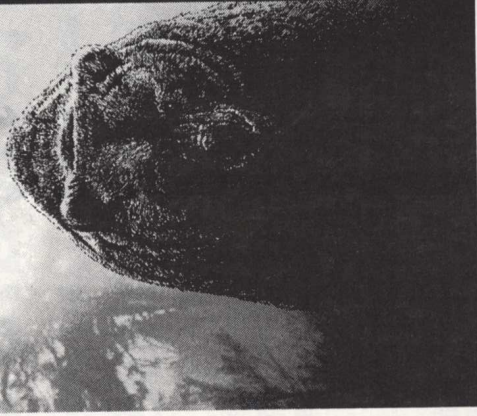
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will build great explosive strength. Plyometrics are great for relative strength, or moving one's own body weight. However, when multiple body weight is placed on a lifter, some percentage of a 1 rep max, we have observed much success with using 50-60% in powerlifting - snatch, and clean & jerk - 70-85% works best.

Powerlifters are thought to be slow, possibly because they are most often observed in contest situations, where they are lifting limit weights. Olympic lifters are thought to be explosive; this is why many football teams train the Olympic lifts. Both assumptions are somewhat incorrect. The Olympic lifter is forced to use submaximal weights at least in some portions of the lift, be it a snatch or a clean; the Olympic lifts

are, of course, two-part lifts. An Olympic lifter may be able to lift 600 with correct form in the first phase of the clean, but for the second portion, or the explosive phase of the clean, the weight limit may be only 400 pounds. This is why it appears that the Olympic lifts

The weight that is shouldered is only 66% of the limit weight lifted off the floor. The Olympic lifter should do special exercises with limit weights that cause the bar speed to slow considerably to produce force. For powerlifters, the opposite must take place. At least half the work on the powerlifts should be done explosively, with weights ranging from 50 to 60% for the bench press and 60 to 75% for the deadlift.

We could learn from each other's lift. I could talk about resistance forever. For example, the 'Welder principles' are types of resistance training: forced reps, split sets, half reps, etc. We mix and match resistance through accelerating and explosive work followed by a maximum effort in partial to full ranges of motion, occasionally working to failure, known as the repetition method.

"At Westside, we take a supplement that I don't think is illegal: ..." --- Louie Simmons

sport. Westside's whole training philosophy comes from former Soviet Olympic lifting.

A lifter that made a visit to Westside said he does 480 for 10 reps in the squat. He is a 242 with a best of 635. I doubt we have a 242 that can do 480 for 10 reps. Our lifters, instead, do 2 reps for 10 sets with 480 (= 60%) and can squat over 800. We pay close attention to the force/velocity curve, which is optimized by using 50-60% for 2 reps performed explosively.

As you can imagine, there is much to learn about resistance training. You don't drive that old '55 Ford your grand dad drove, do you? So why train like he did? At Westside, we take a supplement that I don't think is illegal: a science course. You must apply science to exercise to succeed.

I could talk about resistance forever. For example, the 'Welder principles' are types of resistance training: forced reps, split sets, half reps, etc. We mix and match resistance through accelerating and explosive work followed by a maximum effort in partial to full ranges of motion, occasionally working to failure, known as the repetition method.

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POWER PROFILE

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

Having a famous father in the Iron Game can be a motivating factor or a deterrent to compete. For Ken Emrich it was an inspiration, but his path led to a different expression of strength. Ken reminded with me concerning his father's illustrious career. Clyde Emrich, born 6 April, 1930, won the Jr. Nationals in overhead Olympic style W/L at Baltimore, MD on April 30, 1950 @ 165 with a TOT of 765 (220 PR, 230 SN, 315 CJ). In 1951 he was 2nd to World & Olympic Champ Stan Stanczak (recently deceased) @ 181. At a bw. of 173 he hoisted a TOT of 840 in the 181 class. In 1952 Clyde became Sr. National Champ @ 181 hoisting an 865 TOT in New York City. This was also the O/L W/L trials. Clyde was named to the U.S. Olympic Team in Helsinki, FIN he finished 8th @ 181 with an 837 TOT. In '54 he was Sr. runner up to Sheppard. Both men represented the USA at the World Championships that Oct. in Vienna. Clyde Emrich set his first AM record (297.5 PR) finishing with 942 TOT bronze medal. In 1955 Clyde was again Sr. runner up to Sheppard, and went to the Worlds again (this time in Munich, GER). As the sole American representative at 198 lbs., he took silver to Vorobyev, the Russian. On this occasion he tried a W/R CJ 402.3 on his 3rd attempt. Heaving the weight to arms length, he narrowly failed to hold it overhead. Of all the men at that year's World Championships only Paul Anderson cleaned this much. At the US Nationals in '56, '57 and '59 Clyde won the championships again.

His forte was the clean & jerk. A broken arm during his youth hampered his ability to hold the weights overhead. When it came to getting the weight to his chest, however, Clyde was a "cleaning machine." Finally on March 30, 1957 he broke the long standing W/R of Schemansky (USA) (899 on 8/30/53) with 400 lbs! Two weeks later at another Chicago meet he surpassed it again with 185.5 kg. (409) on Apr. 13, 1957. This lasted as an AR for 10 1/2 years until 9 DEC 1967 in Monticello, NY, when Phil Crispald lifted 412. In all his appearances at the US Sr. Championships Clyde won 4 golds, 3 silvers and a bronze from 1952-1964. Clyde Emrich was also the 198

While pursuing his successful career in W/L Clyde became an insurance company investigator. At age 27 in the summer of 1958 he married. Clyde took his bride June and went to the Muscle Capital of the World (York, PA) for their honeymoon. Their first son John was born in 1961. John, now 36, is married with two kids (the latest born in June this year!) John is a Regional Sales Manager for a fastener company. Athletically, the older Emrich son was proficient in track. He once ran 5.27 in the 55 meter dash, and was beaten only by W/R holder Stanley Floyd. He was trained, but never took up W/L or P/L competitively.

Ken Emrich was born June 21, 1965. This was only a few months after I'd meet his famous father Clyde in Milwaukee. He grew up in Chicago and attended Fenwick High School in Oak Park. He ran track, specializing in the 200 & 400 meters. His Senior year he transferred to Libertyville, north of Chicago, about 25 minutes from the Wisconsin border. At age 12 Kenny worked in a bakery in Chicago. He was a quick learner and took to it enthusiastically. As fortune would have it, he went to Jr. College following graduation from high school. He didn't like it, but he was lucky and ventured into the restaurant business. He served his apprenticeship under a talented chef, and became a chef himself.

Growing up in an environment of lifting had a positive effect on Ken. He possessed the hereditary power of his father. Ken was encouraged, but never pushed to lift. At age 16 he trained with a York rubber bumper set in his basement. Weighing 175 then (1981) he pulled 286 lbs. to his chest, and stood with it. The ceiling was not high enough for him to attempt to jerk it overhead. As a 184 pound, 5'10" high school sprinter he had strength. At age 17 he did a high bar squat of 500 and was able to BP 320. He never had an inclination to pursue his father's favorite hobby of olympic weightlifting, but the seeds of lifting competitiveness were planted and would reveal themselves later on, in a different venue.

As good as Clyde Emrich became in overhead lifting, the second facet of his career is the one which gave him everlasting fame. His competitive days as a World

KEN EMRICH 2nd GENERATION LEGACY by PL USA Historian/Statistician Herb Glossbrenner



Carrying on the Tradition... Ken Emrich at the 97 APF Sr. Nationals

Champ at the II Pan American Games in Chicago August 1959. His 953 TOT outstripped the Haitian Laquerre who led by 16 going into the final lift. Clyde blew him away in the CJ 374 to 330! In his hometown of Chicago, Clyde's father saw him lift for the very first time and win the gold medal, while his enthusiastic wife helped.

Clyde Emrich was the first internationally renowned weightlifter I met when I traveled to Milwaukee in 1965 to compete in the Open Championships held at the Deucher Athletic Club (a beer hall). Bill Starr introduced me to him. Clyde sat at a table watching the competition. I was impressed by his friendliness remarkable.

and studious manner. No prima donna here. Clyde could relate with beginner or world champ alike. This was over 30 years ago, but remains one of my most vivid recollections to this day.

Well, you can imagine my shock and surprise when I saw his lifting namesake - Ken Emrich - for the first time. It was earlier this year at the APF Senior Nationals in PL. It was almost like turning back the clock 30 years. Ken was the splitting image of his father. I'd heard that Clyde's son was doing P/L, but I never expected to see him so quickly reach a National level. Deja vu - the facial and physical resemblance was remarkable.

Are You Going Broke Buying Supplements?

I'm sure you don't have to tell you that the prices of bodybuilding supplements have gone right through the roof. In the good old days, you could pick up a month's supply of protein and multi-vitamins for under \$15. But times have changed. . . supplements have changed. . . and costs have changed. You can now easily spend \$100 or more a week on supplements and still not get everything you need.

No problem if your last name is Rockefeller. But if you're like the rest of us, it's getting pretty tough to keep up with your supplements bill. Obviously, when you only have limited financial resources, some serious choices must be made.

But now there's some good news! You don't have to hock your car, your home and your mate just to afford your supplements. Now there is one SUPER SUPPLEMENT that combines just about everything you will ever need to build muscle size and strength into one product. It's called HOT STUFF and it is far and away the best dollar value on the market. Here's why.

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But there's still more. I'm sure we don't have to tell you how popular Why has become as a protein supplement. The best proteins on the market are now made from Why. But it isn't cheap and some of these powders are running \$30 or more per canister.

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So what's our secret? Why are we able to bring you such a great product at such a great value? There really is no mystery. First of all, we have made a conscious decision at our company to seek only a fair profit for our products. You would be surprised how much over production cost some companies mark up their products. Some products that cost only \$5 to manufacture, are being sold for \$79 or more. We would never do that.

Secondly, since we sell so much HOT STUFF, we are able to buy our raw materials in very large quantities. This brings down their price considerably. Rather than pocket this extra money saved from high volume purchasing, we've decided to pass on the extra savings to you. Our goal has always been to bring you the very greatest bodybuilding supplements at prices you can afford.

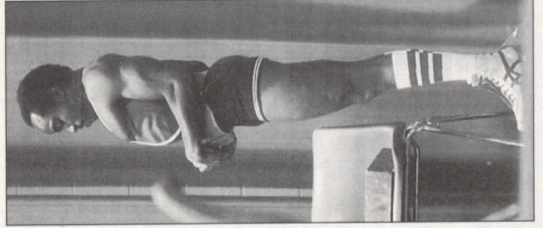
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Lamar Gant prepares to perform

Larry Pacifico left Ken Leisner in awe regarding his organizational expertise. Dr. Ken called it the best meet he'd ever seen. Nate Foster criticized the vociferous crowd that booed the refs. Pettitt took care of technical aspects. Larry sold 2000 T-shirts and put Joe Spack in charge of officials. The big P had a full medical team, ultrasound, chiropractors ... the works! Klaus, a blind organist, came from Sweden to entertain the crowd between lifts. Larry even declared himself UNRETIRED and jumped back into the competition. Of the 93 participants - 29

zeroed (all were former tillists & record holders), succumbing to the fickle finger of fate. It was a historic occasion with 2 females going against their male counterparts (because they made the qualifying total). A half ton SQ (first time in Srs. competition) electrified the crowd with its spell-binding drama. Only 2 champs from 1983 repeated.

114 LB. CLASS - NOTABLE TOTAL - Chuck Dunbar returned following a year's hiatus - set a new US & SNMR TOT - 1245! It was only 11 beneath Inaba (PN)W/R. It set up another meeting between these two at the upcoming Worlds in Dallas that Fall. Mark Ferrera, BP phenom, didn't get to sport his specialty lift - but the dust w/347 SQ. Mitch Echevarria lifted creditably 5-9, hit a 925 TOT-4th, Diana Rowell missed P/L. History by winning a bronze medal. Her 959 TOT included a class high 435 DL. Indeed - the PRINCESS OF PULL. Stocky

THE TWENTIETH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner

were gone. This left the bronze medal unclaimed. Only J. D. Carr and Columbus, OH's Doug Heath survived to go for the gold.

Carr had posted the 10 x bw. 1322, winning the Junior Nats on June 2 in Portland. Here Carr sprouted, making solitary attempts: 418 SQ, 270 BP. Heath rose to the occasion - his golden opportunity rested on the platform. He took a big lead: 457 SQ along with 3 big benches - 319! With 110 lb. lead DOUG TUGGED - 529 - a 2nd attempt. Carr, meantime had opened w/his wt., made it, but was cramping bad! Carr needed a GAR-

"GANT" - UAN 622 to win. Not on this day - nope! Can you believe it? The winner: GOOD GRIEF - IT'S HEATH! Doug was overbooked when the selection committee picked the World Team. With his Srs. TOT - 1306 - he would have definitely been in the hunt for gold.

148 LB. CLASS - CHANG-ING OF THE GUARD - AUSTIN! - After two straight years as bronze medalist, Dan Austin ascended the lightweight throne. He was clearly superior to his challengers. Ausby Alexander of the Armed Forces Team had been in the NATS in 6 wks. earlier. He duplicated his winning total there - here. It was enough to edge veteran OH contender Jim Finch on bw. Ausby repeated his missed opener - pulled 584. Finch missed at 600. Jim had 1537 - tied with Ausby - was waiting for a big one. He would try for the whole ball of wax.

Ruetfiger, IL zeroed in SQ. Old Dan Gay ended up in 3rd - 1697. He had a rough day getting only 661 - 1658, not bad!



Doug Heath, representing that great Black's Health World Team, took the Featherweight crown easily.

Timer Larry Mintz - 148 Srs. champ in 1967 (17 years earlier) - lasted until BP, then he too was vanquished. Bob Bridges, way behind; pulled 573 to get on the board. He aspired for an impossible 705 (672 could've forced a 3 way tie & claimed the silver). Too greedy - too heavy - too bad! Claude Handorf, MI, moved up into this heavier class and looked strong. Better poundage selection might have given him a medal. Only 1 attempt in ea. lift - 1510. Dan Austin led by 22 at S.T. time w/606 SQ, 369 3rd BP. His 595 DL opener clinched victory (1575). Subsequent pulls of 617, then 633, gave him 1592, then 1609! Finch had too chance in hand - 672. It was just too much - 3rd.

165 LB. CLASS - GENE BELL, RINGS THE BELL! - This year lacked the incredible competition of depth we had in '83. Three of last year's top seeds were missing. Phillips was up a class. Herring was absent. Jim McCarty took a yr. off from P/L seeking to make the Olympic W/L team. Defending champ Ricky Crain returned. He put his title and reputation on the line. Bell and Gay were 2-3 to him in '83 - hoped for a win this time. A big stocky, stumbling block was John Topsookou. Joining the action were Hicks (the TN/D/L star), Wahl (the OH SQ master), Well (BP phenom) and Cavalier, CA (the unpredictable DL ace). Well, Cavalier and Wahl all bombed out in SQ. Hicks, in last come DL time pulled himself up to a fine 1603 TOT w/a 2nd attempt 683 DL. Jay Rosciglione, up a class, lifted solidly - hit 2 SQ's & 2 DL's. He managed a 617 DL, then twice failed 661 - 1658, not bad!

Dan Gay ended up in 3rd - 1697. He had a rough day getting only 661 - 1658, not bad!

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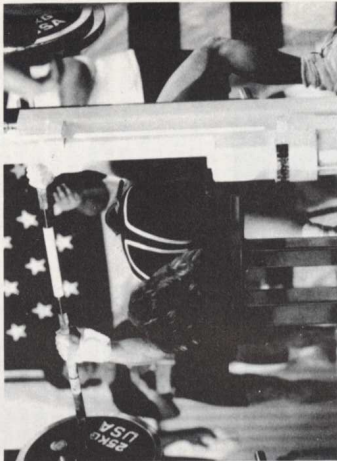


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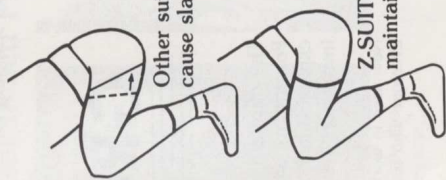
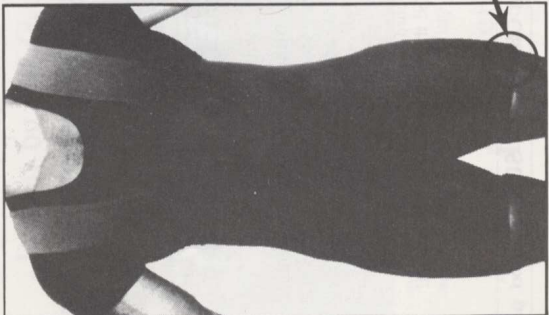
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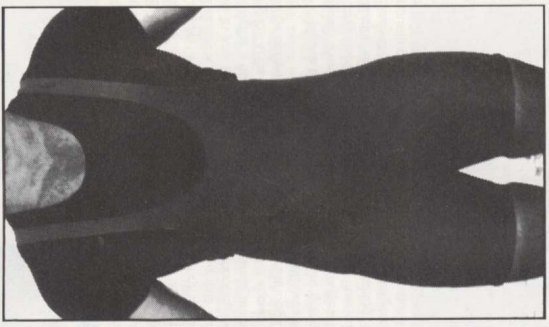
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POWER

Congratulations to Greg Warr, Ph.D., on his 535 lb. bench press, at a bodyweight of only 133 lbs. Greg accomplished this at a meet in Alabama and I believe that it



At work... Anthony Clark crows the inmates down in Puerto Rico.

even competing yourself, give Jamie a call at his gym, Harris' Monster Factory, at 412-384-1874. Former PL greats Jim Williams and Don Reinhardt, two of the sport's living legends, are scheduled to be there, and it should be quite a show.

Anthony Clark is in training for November's IPA Nationals, where he'll be going after a huge bench and a huge total. AC was recently in sunny Puerto Rico, where he put on a benching exhibition at Puerto Rico's largest prison.

Women's world record holder in the bench, Tamara Grimwood has announced her retirement, due to residual damage to her neck. Tamaras 405 is still the all-time bench mark, and her powerlifting prowess and enthusiasm will be missed, though she'll be staying involved with lifting in her work for the USA Federation.



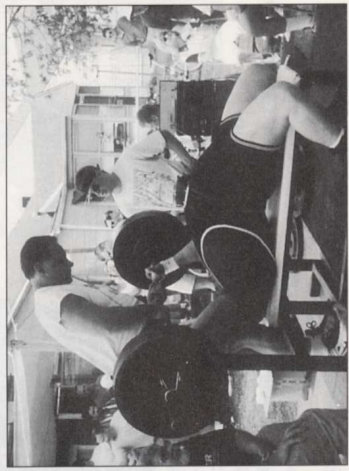
Left... Hank Hill, Right... Bob Seibold. (photo by Lisa Moretti)

SCENE

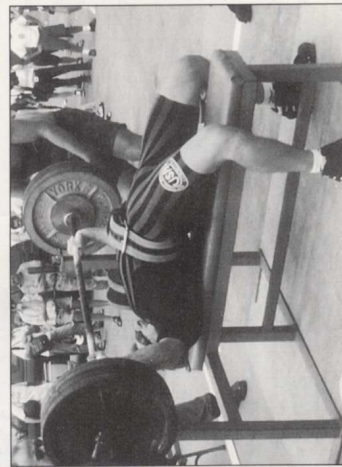
POWERLIFTER Video hostess Vicki Hembree's successful comeback, a 264 lb. bench after a 16 year layoff, got her a nice write-up in Steve Neece's Muscle Beach column in *MuscleMag International*. Check it out in the November issue, already on the newsstands. Steve also gave some ink (with a picture) to lifters Richard Schoenberger, Bob Dunham, Mitch Owen, and Martin Drake, who ran the meet.

Kevin Meskew's strict curl contests, and Dawn Riehl's overhead lifting, also garnered coverage in the column, so if you're looking for additional powerlifting stories, that's the place to go. Each month Steve hammers out four pages of muscle and iron game news, and there's usually something good on the PL scene.

Venice's Muscle Beach was the site of a recent Push/Pull contest, and **POWERLIFTER** Video was



Mick McFarland hands off to Mike Blake in New Martinsville, WV



Stormie Seibold benching at Muscle Beach Venice. (Lisa Moretti.)



Mike Stainbrook (Moretti photo)

there to cover it. A beautiful summer day, clear skies, warm temperatures, a slight breeze, powerlifting by the ocean, and lots of fans in t-shirts and swimtrunks. What more could you ask for? Hank Hill and Bob Seibold came up to watch the action, and Bob's brother Stormie did some serious benching, hitting a 446 at 181. Stormie hadn't planned on doing the meet until a week before it, so to make weight he spent that week eating lots of tuna fish. Mmm, mmm, good.

Our loyal **POWERLIFTER** viewer Mike Stainbrook traveled from Arizona to compete, and we caught him tipping his cap to one of the referees. Or was he just hot?

And, once again, we end with the further exploits of our friend from Pennsylvania, Mike Blake, who got his **Powerlifter** video in the mail the day before his next meet. He says watching it inspired him to his best bench meet ever, hitting 2 PR's, and popping a best of 455. Way to go, Mike, and hoping all of you hit PR's and enjoy the start of Fall, we'll see you on video.

NED LOW

INTERVIEW

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

PC: Could you give the readers a little background information on yourself?

DV: I was born in Elizabeth, New Jersey on February 3, 1951. I currently live in Bridgewater, New Jersey. I am a systems technician for Lucent Technologies. I have done weight training for approximately 23 years. I currently work out at World Gym in Dunnellen, New Jersey, where I am known as 'Poppa'.

PC: How did you get started in powerlifting?

DV: Fear of the couch syndrome led me to the local YMCA, which was a hotbed of powerlifters in the mid 1970's. This is where I learned basics.

PC: Could you tell the readers some of the things you have won?

DV: 1984 YMCA Open Bench Press - First Place. 1988 & 1989 ADFPA New Jersey State Powerlifting Championships - First Place. 1994 WNPF Powerlifting Championships - First Place. 1997 AAUJPC East Coast Classic, RAW Division - First Place (Masters Division).

PC: What do you consider to be your greatest accomplishment in

DENNIS VACCARO interviewed for PL USA by Pat Cuntrera

this sport?

DV: It would have to be the 1997 AAUJPC Masters American Deadlift record which I wasn't even aware of until two weeks later when I received a letter in the mail informing me that I had broken the mark.

PC: Why did you choose to lift in the AAUJPC?

DV: I read of an upcoming AAUJPC event in Powerlifting USA. The RAW lifting was new to me. It was something I felt I must try.

PC: Could you tell the readers a little about your training methods?

DV: First of all, let me say that it is very important that you warm-up and stretch before each workout. On Monday, I do heavy benching. On Tuesday, I do heavy squats. On Wednesday, I am off for pizza and beer. I do light benching on Thursday. On Friday nights, I do light squats and heavy deadlifts. I don't train on

ated a great deal of interest. So much so, that other organizations are offering RAW divisions of their own. What were your reasons for going RAW?

DV: RAW brings us back to the basics of what lifting is all about: how strong you are, not how much money you've spent on lifting garbs.

PC: What are some of your interests outside of the sport?

DV: I like riding my Harley Davidson, accompanied by my wife on the backseat.

PC: What is your ultimate goal in this sport?

DV: I just take one day at a time and let the chips fall where they may. Hopefully, I can maintain a competitive level until I am ready for the old age home.

PC: Over the years, I have noticed the bonds that are formed in a gym by all races and ages. We support and help each other like a family. It's sad you don't find this attitude in the everyday world. Finally, I just want to thank Powerlifting USA magazine for granting me this interview.

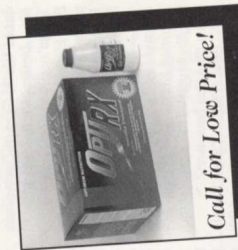
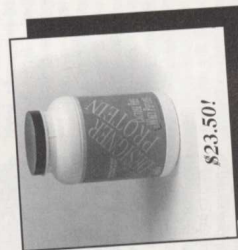


Dennis Vaccaro relaxing at World Gym in Dunnellen, New Jersey, where he usually trains. (photo graph provided courtesy of Pat Cuntrera)

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INTERVIEW

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

PROFILE: Larry Miller, AGE: 43. Married for 17 years, with three boys (ages 14, 9, 7), and 2 dogs, including a 180 lb. English Mastiff. **HOMETOWN:** Solon, OH. Dentist for 17 years, with practice in Twinsburg, OH. Besides powerlifting, plays some tennis (used to be an instructor). **HEIGHT:** 5 ft. 6 in. **WEIGHT CLASS:** 165. **TRAINING WEIGHT:** very close to competition weight, because he is an insulin dependent diabetic. **EQUIPMENT USED IN COMPETITION:** Suit: Titan Dual Quad for deadlift; Inzer Z for squat. Wrist wraps: Titan Belt; Lever. Knee wraps: Titan. Shoes: Custom-made which he developed for benching (sandpaper surface for use on carpet or rubber surfaces) - uses these for all three lifts. **EQUIPMENT USED IN TRAINING:** none ever used in bench press training - only puts bench shirt on the day of the contest; very little used in other lifts, as he trains primarily by percents with lighter weights; about 8 weeks prior to a contest will start to add equipment in squat and deadlift.

FR: How long have you been lifting and competing?

LM: I started lifting when I was 16, as one of six kids in a sports oriented family, looking for the edge. My dad had a set of weights, and kids would come in and train with us in our basement. I started competing when I got out of dental school in 1980. I lifted at local meets and through my acquaintance with John Black. I began lifting on his team. The first sanctioned meet I lifted in was the USPF State meet, around 1982/83. I set the State bench record there.

FR: How did you get involved with ADFFPA/USAPL?

LM: It was somewhere between 1985 and 1987 when I became involved with the ADFFPA. At first my involvement was as simple as finding a meet that was close, which happened to be in Lorain. I realized that this was a great drug-free organization, and when I saw that the meets weren't coming in our area I contacted Brother Bennet to see what I could do to help out in Ohio. When the ADFFPA was unable to contact the State chairman, I was asked to fill that position. I took the position, and King's Gym expressed their willingness to work with me in running ADFFPA meets. King's Gym now tries to run two local

set of six repetitions with a very wide grip (hands outside knurls). Then I will do a maximum single with a decline press, a floor press, or a board press. Then I repeat the tri-sets exercises from the first day. I've always had problems with shoulder exercises, so I do not do anything specifically for them.

FR: How do you train the other lifts?

LM: My schedule is: Tuesday, deadlift and light bench; Friday, squat; Sunday, heavy bench. Again, I do a lot of Louise Simmons' routines, box squats, etc., with Greg Page directing me.

FR: Do you use any supplements or follow a special diet?

LM: I'm on a special diet for my diabetes, but I have trouble with some of the supplements because they affect my glucose level. I just take a multiple vitamin.

FR: What are your goals in powerlifting?

LM: A triple bodyweight bench and a 500 bench. I've tried a triple at three contests this year, and I came close once. I enjoy competing at the open men's Nationals so I hope to continue to qualify for that for a number of more years.

FR: How do you feel about unification of the sport?

LM: I'm not sure it will happen. There are too many people with too many different motives, who are not looking at what's best for the sport. I would like to be an optimist, but it is extremely difficult. However, I'm good friends with the presidents of a lot of other organizations. I consider Al Seigel, Ernie Frantz, and John Black (former president of the USPF) very close friends. I think I could work something out with these men, but there are other people involved, and there are many other organizations.

FR: Are there any other comments you would like to add?

LM: Thank you and Mike Lambert for the interview, and thanks to my wife for putting up with all this and allowing me to do what I really enjoy. I also thank everybody at King's Gym. I enjoy the camaraderie of all the lifters that I've met. When I go to Men's Nationals, I'm not looking to win; I'm looking to set some personal records and have a good time with the other lifters. There's a real good group in USA Powerlifting, and I thoroughly enjoy being with them and having the opportunity to compete with them.

LARRY MILLER as interviewed for PL USA by Fred Rice



Larry Miller bench pressing at the this year's USAPL Men's Nationals and one National meet per year.

FR: What official positions do you hold with USAPL?

LM: Besides being Ohio State chairman, I am serving on the executive committee, for my third year, and because of my background in medicine, I am on the drug-testing committee. I wrote up the out-of-meet testing program for the organization.

FR: What are your views on drug usage and drug testing?

LM: I used to feel that as long as those people using drugs stayed in their own organization, it was fine, but the laws have changed and steroids are illegal. I think all the organizations should be drug-free.

FR: Tell us about your bench press records.

LM: I think I'm most proud of the fact that at one time about five years ago I had open American records in three different weight classes at the same time: 419 at 148, 460 at 165, and 466 at 181. I still hold the Lifetime records at 148 and 165, the open 165 record with 470 lb., and the National single lift record with 474.

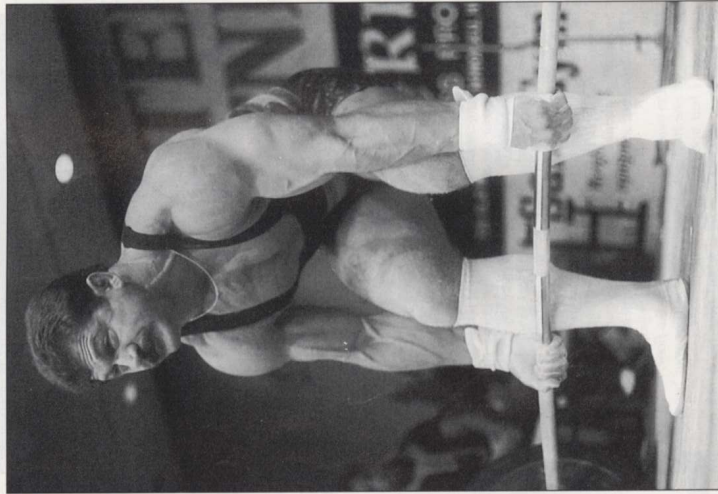
FR: You have a unique technique in the bench press, describe it for us.

LM: I used to keep my feet underneath me when I benched, but this suggestion I tried putting my feet three sets of eight reps each. On heavy bench day I do a maximum set of eight repetitions, and I get this, I move up five pounds. As an alternative, I will do a maximum

STARTIN' OUT

A special section dedicated to the beginning lifter

Power Biceps Training as told to Powerlifting USA by Doug Daniels



Big Biceps do have a role in a successful powerlifter's training program.

There's a lot of hype out there about bicep training in the bodybuilding world, but how does a powerlifter incorporate bicep work into his routine and what benefits does it bring with it? First, the biceps are not directly involved in powerlifting. They serve as stabilizers in the bench and squat to support the barbell and lend indirect benefits to the deadlift. They will also balance out arm strength, when compared with most lifters' heavy triceps mass. Even though they are not exactly critical to lifting, they should be trained in a purposeful and efficient manner. Let's start with a long tech explanation of their function.

The biceps consist of two heads, one to bend the elbow and one to supinate or rotate the hand. To develop each aspect or head, we must use two different types of moves. To develop the elbow-bending aspect of the biceps, we can look to basic curls. There are some ways of performing this basic move which can greatly increase its effectiveness. First, many lifters do not fully extend and contract the muscle while performing curls. Some use the excuse that not working the muscle over a full range keeps tension on the biceps. I say bunk! This only shortens the distance of the motion, enabling them to use more weight, and thereby soothing their egos. This actually lowers the effectiveness of the workout. No one cares how much you can curl. All that matters is what benefits you can accrue through training to increase your competitive lifts. Other methods, often used, which lower the effectiveness of curling movements, are swinging, heaving moves and dropping the weight to the starting position using little negative resistance. More work is done by your back and legs than the biceps, again to soothe those big egos. Combine swinging with reduced range of motion and your results will not be what you have hoped.

The effectiveness and intensity of curls can be increased by altering a few minor, but critical, aspects of the movement's execution. First, drop lower the amount of weight you use if I just (above) described your exercise style. Endeavor to keep your elbows locked to your sides while curling. Sometimes your elbows may drift out and/or back. This will shorten the range of movement and bring in other muscles to move the weight, like the delts and traps. You want to keep other muscle involvement to a minimum.

As the weight passes the parallel position to the floor in the ordinary barbell curl, the difficulty of the

top. The supination function can only be worked with dumbbells. The same guidelines apply to these as they did to barbell curls. Keep your elbows locked at your sides and don't allow them to drift back or up.

The best exercise for supination is the alternate dumbbell curl. Start with your arms at your sides with palms facing back. Rotate your hand to the palms up position at the same time you curl the weight up. Gradually rotate the hand. Don't completely rotate all the rotation at the bottom part of the curl. At the top, twist the pinkie side of your hand in to contract the biceps. On the way down, reverse the motion and take about twice as long to lower as it did to raise the weight. Do the same for the other arm and so on until you complete the set. Go for the feel of the movement. Don't swing or drop the weight. You may need to bring your elbow forward a bit but try to keep them as stationary as possible. I can't emphasize enough the need to add negative resistance, making each rep do more efficient. Just dropping the weight down only takes advantage of one half of the exercise.

With these two movements you can work both aspects of the bicep, two to three sets each, twice a week. Reps are up to you, but the best bet may be sticking inside the 6-10 range. I won't promise arms like Dorian Yates, but these subtle changes can make a difference. I again stress the importance of proper form. The human body is a wonderful thing. If a task confronts it, like curling a weight, the body will seek an easier method to accomplish the task. It will do so by bringing other muscle groups into play, reducing the range of movement, or shifting the position of the affected limbs. In order to derive specific, maximum benefits, we must fight our natural tendency to simplify the task. Bicep exercises are assistance work. Actual weight does not matter as in benches or squats. They are meant as a way to further strengthen our musculature to post higher competitive lifts. So, who cares what weight you use. Probably only you do. The judges don't care. In addition to being showy, stronger biceps can mean bigger lifts to a powerlifter. Best results can be obtained by using good form and working both the bending and supinating functions of the biceps. Leave the hype to the bodybuilders.

Much has been written regarding the efforts of the leadership of some of the various powerlifting organizations towards unifying the sport. It would seem that there was more than one meeting of the USPF and the ADFPA in Chicago on the first of March. Reports from people at the meeting and reports from some who were not at the meeting reflect widely differing opinions as to what transpired. I really didn't want to do this, but, having been personified as the stumbling block to the unification process, I have decided that I must join this verbal fracas to allay the concerns of those who have known me to be a proponent of unification. We all know that 30 people could witness an event and come away with potentially 30 different opinions of what happened. I will endeavor to stick to the facts; no hyperbole, name calling or conjecture as to the motives of the other players. Just the facts! As Dragne's Sgt. Friday oft was wont to say, "Just the facts, ma'am, just the facts".

I came out of retirement from the political side of powerlifting only at the behest of Mr. Don Haley, for whom I have the greatest respect and appreciation for the years of service he has given this sport. Don was running for the office of the Presidency of the USPF, and asked for my help in running the office. I told Don that I would be glad to aid in any way he needed. Surprising to both of us, Don was elected as

"JUST THE FACTS, MA'AM, JUST THE FACTS" by Jan W. Shendow

President and I as Secretary/Treasurer. Prior to departing for Salzburg for the 1996 IPF Men's World Championships, as then President of the USPF, Mr. Haley had informed me that the President and Secretary/Treasurer of the ADFPA would be meeting with him and some of the IPF leadership at Salzburg; the topic to be unification. Although given no further details about the specifics of the meeting, I was enthusiastic about this prospect of unification with the ADFPA. I have been an advocate of unification since before my days as USPF President in 1990-1992. I believed unification discussions between the two of the major powerlifting organizations in the United States to be a step in the right direction for this sport in this country.

Upon return from the meeting, Mr. Haley called to let me know that the meeting was a qualified success, that he and the leadership of the ADFPA had a good measure of agreement upon which to base further unification talks. However, because of the lack of financial data available to us, due to our being unable to obtain the financial records of the USPF from the previous Treasurer of the USPF, and, the debt load that we had inherited, the

being publicly released. A short time after the document was released, the IPF Liaison called me. In as much as the articles contained gross inaccuracies about the finances of the USPF, I informed him that I could not and would not be party to signing the document. Over the following several days, I heard from most of the rest of the USPF Executive Committee. Most all of them agreed that dissolution was not the way to go. Weeks prior to the meeting in Chicago, the IPF Liaison knew that we were not predisposed to dissolution, yet he persisted in bringing Mr. Fong all the way from New Zealand under the assumption that we would dissolve the USPF claiming insolvency.

With the meeting in Chicago prefaced on this falsehood, it was destined to fail. Still, five members of the USPF Executive Committee traveled at their own expense to Chicago to meet with Mr. Fong and the ADFPA National Governing Body. Perhaps lured to the gills with naivete, we had expected the ADFPA to negotiate a reasonable and equitable means of unifying our organizations. My read of the rest of the USPF Executive Committee just prior to that meeting was that we were prepared to dissolve the USPF in order to unify with the ADFPA if the verbiage of the article of dissolution were corrected and if the members of the USPF were appropriately represented on the Executive and National Committees of the outcome organization. In joint meeting with the ADFPA, we were able to get the lawyers to admit that such dissolution was not the only way to go, that there were other alternatives. But each time we suggested a possible means of accomplishing unification the ADFPA contingent dismissed it as being able to be construed as a merger and therefore not acceptable. At the ADFPA NGB meeting, the five major proposals were voted on and accepted. Our Executive Committee members in attendance agreed to those basic proposals as well. Disagreeable to us however, tacked on to one of those motions, was an ultimatum to the USPF Executives to dissolve before midnight 1 March 1997, even though they knew the article of dissolution to be fallacious. At impasse, and after being in separate caucuses the remainder of the night, I personally verbally conveyed to Mr. Fong an offer by the USPF Executive Committee to submit to binding arbitration in order to resolve our differences and proceed toward unification. So convinced were we of the fairness of our position, we offered to step away and have a third party decide our fate. So convinced were the



Jan Shendow and Al Siegel, then as Presidents of the USPF and ADFPA respectively, meeting at the 1991 Military Collegiate held at West Point. The meet was co-sanctioned, and Jan feels that if it had been up to he and Al, these federations would have already been joined. But, the ADFPA Executive Committee was not receptive, and despite repeated attempts by Mr. Shendow to get them to just sit down and talk about the possibility, they remained unresponsive until just recently, (photo supplied by Jan Shendow)

ADFFA of the unfairness of their position, they decided not to respond to the offer.

Throughout this letter, I have underlined the word **unification** only to underscore the desire of the USPF to join with other powerlifting organizations and help in the administration of this sport throughout the country. The Executive Committee of the USPF was, as presented by Mr. Haley in Austria, in full support of unification. We were not, however, convinced of the fairness of the ADFFA ultimatum, dissolution under false premises, nor having our members disenfranchised by having no representation on any level of the new organization. What I saw being offered by the ADFFA was annexation, or a complete take-over of the USPF and of its IPF affiliation. I understand now that some are contending that we did not act in good faith and uphold Mr. Haley's agreement in Salzburg to seek unification with the ADFFA. That is a gross misrepresentation of our position. Unification, in my mind is of the greatest importance, to the growth and survival of this sport, but the conditions presented to us thus far by the ADFFA are not conditions of unification but of hostile take-over.

As Dr. Miller's recent article states, they would have allowed us to run for State Chair positions at their state meets, and then run for any open national offices at their national championships. All of this course after having been disbanded for only four months. I imagine Dick Cephan would have had as much a chance last year to become Speaker of the House as any of our active State Chairs would have had going into an ADFFA state meet and running for state chair. The then selected ADFFA state chairs would be the voting body for the national offices; see my point? The fact is, this scenario would have given the USPF virtually no voice in the outcome organization.

Conversely, our relationship with the folks at NASAs has been uncontentious, amicable and constructive. Two of our NASAs friends, Daryl and Toby Johnson, long time USPF National referees, came to the USPF National Master's in Philadelphia to test for their IPF Category II cards. And, although some would like to belittle our meeting with the NASAs group, the photo in PL USA after last year's USPF Senior Nationals, showed Mr. Fong and Mr. Haley meeting with the leaders of many other organizations, the implication being that the door to unification should be open to any and all organizations that are interested. Our willingness to listen

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desired of all lifters. But, the operations of NASAs, the USPF and their technical rules, drug testing requirements, etc. that is absolute inanity may not be construed to be a vote for the continuation of that affiliation, it may be a good indicator of the lack of support that Mr. Fong has in his efforts to have us re-united.

Fact 5: The USPF has never closed the door to members of other organizations seeking to compete on the IPF platform. As individual lifters, they have been welcomed and invited to qualify at our nationals and join us in the highly esteemed IPF arena. Check out the lifters that represented the US at this year's IPF Women's Worlds.

Fact 6: The process of unification will only progress if we return to a friendly, amicable, cooperative, respectful, trustful atmosphere, one in which the people in each organization are appreciated by one another. I know that this sounds a bit naive, but the unification of this sport requires that it be based on the best elements, people and talents of each organization in order to better provide for the needs and expectations of our lifters. Granted, such a powerlifting organization will still not be able to cater to the

desires of all lifters. But, the operations of NASAs, the USPF and their technical rules, drug testing requirements, etc. that is absolute inanity may not be construed to be a vote for the continuation of that affiliation, it may be a good indicator of the lack of support that Mr. Fong has in his efforts to have us re-united.

11 Aug 97

Dear Jan:

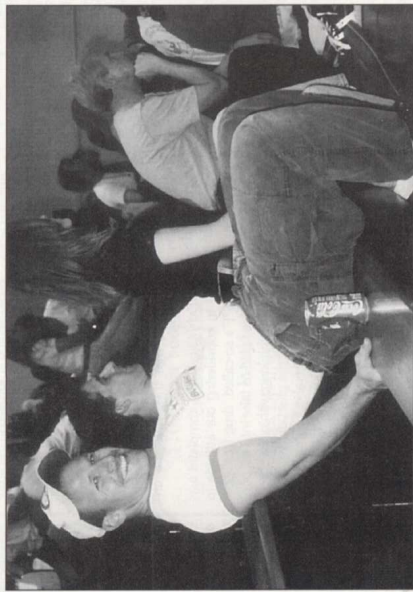
As a member of our Executive Committee it is my responsibility to follow our organization's by-laws and Federal and State regulations governing the running of this organization.

Indeed, I become personally responsible and liable in this regard. This is clearly spelled out in the New Hampshire regulations governing responsibilities of non-profit organization officers. As such, I am requesting internal grievance procedures against David Jeffrey, President, USPF. The reason for this lies in Mr. Jeffrey's violations of the law and inaccurate information disseminated to our membership. In accordance to **6.A.1.A. Suspension and Expulsion** of our by-laws, any member who has contravened any of our by-laws is subject to suspension or expulsion from our organization.

Based on my complaint against David Jeffrey, **6.A.2. Internal Grievance Procedure and Arbitration** should be followed. However, section **6.A.2.C** stipulates that you refer this matter to the President. Since the President is the subject of this complaint, this matter must be referred to the Vice President, Buddy Duke. But because it is my contention that neither the President's nor the Vice President's election was valid, this matter needs to be directed to the Disciplinary Committee and section **6.A.1.C.** would indicate the process which needs to be adhered to.

The specifics of my complaint are as follows:
1. March 1, 1997, Chicago, IL constituted a special meeting for which also a conference call was scheduled so that those EC members who were not able to be in Chicago could participate. Indeed, all of those EC members who could not be in Chicago were standing by the phone waiting to take part in this meeting. They were notified in accordance to sections **3.4. Special Meetings** and **4.3. Meeting**. Additionally, section **4.6. Action without a Meeting** points out that the EC may take action via a conference call. Since this meeting consisted of EC members taking part in person and a conference call, the determination of a quorum, as outlined in **4.4. Quorum** would

A letter to Jan Shendow, USPF Secretary/Treasurer, from Dan Wagman, Ph.D., CSCS.



Dan Wagman relaxing at the USPF California State Meet. (Glossbrenner photograph)

only apply if and when the meeting included the conference call. Cancelling the conference call because a majority of the EC was present in Chicago purposely excluded several of the EC members, invalidates the quorum of said meeting and the decisions made, and corrupts the democratic process. It therefore follows that, based on section **5.3. Vacancies**, the elections of David Jeffrey and Buddy Duke as President and Vice President, respectively, are invalid. These officers should therefore be rescused and this is precisely the reason why my complaint against Mr. Jeffrey must go to the disciplinary committee.

Another special meeting was held in conjunction with the Master's Nationals in Philadelphia, May 24, 1997. Believing that he was indeed the President of the Federation, Dave Jeffrey assumed the duties of chairman of the meeting in accordance to **3.7. Organization**. However, by not following **3.10. Order of Business** our by-laws were violated. Moreover, section **3.9. Procedures** stipulates that the current Robert's Rules of Order should be followed. Since this was not the case our by-laws were once again violated.

In the meeting held on May 24, 1997, Dave Jeffrey claimed the membership of the USPF to have reached 5000 in number. This is way above what seemed to be reasonable at the time and when asked to provide proof, Jeffrey said that

July 10, 1997, vacancies within the EC should have been dealt with by David Jeffrey at such time. However, this was not the case and Dave Kyle was added as a new EC member on July 12, 1997 by a few of the EC members. No official notice went out to the EC regarding this election, this was not a special meeting and therefore a true majority, as not reached under **5.3.**, was not reached and section **4.3.** was violated as well. Clearly, Mr. Jeffrey conducted an election without fulfilling the by-law requirements for a meeting and an election and is therefore in violation of said by-law provisions.

As indicated in the minutes of the meeting held in Chicago on March 1, 1997 and those of the conference call held on March 4, 1997, no further action would be taken on the issue of unification until the National body was presented with the ADFFA/USA PL proposal.

Through a special meeting with the Master's Nationals to present the national body with the proposal, the proposal was never discussed in any detail. Therefore, official business carried out by the EC was never carried out and Dave Jeffrey again contravened the by-laws. Also in accordance to our by-laws, section **6.A.1.**, the suspension of a member falls under the jurisdiction of the National or Executive Committee. This also applies to positive samples found in doping controls as can be seen under **6.A.1.E.** The duty of notifying the lifter(s) of their suspension has been the duty of the Federation's President. However, Dave Jeffrey has not taken on this responsibility and as a consequence the head of our Sports Medicine Committee, Dr. Richard Herick, has asked to be empowered to do so. This power was granted to the Sports Medicine Committee during our 1997 National meeting. However, doing so is in violation of our by-laws because without an actual by-law change the duty to suspend a lifter cannot be relegated to someone other than the National or Executive Committee. Moreover, a 30 day notice of any by-law amendments must be provided (**14.6 Amendments**) and since this did not occur, the vote is invalid. Therefore, the Federation's President has failed to enforce the by-laws, and he failed to assume the responsibilities of the office.

To add further insult to his general information was not available. Naturally, the question arises: if this information is not available, how do you know that we have a membership of 5000? A review of the financial statements provided to us at the 1997 National meeting indicates that between September 1, 1996 and April 30, 1997, membership dues amount to \$30265.16. As each membership card costs \$25.00, we should have a membership totaling approximately 1210. How can Mr. Jeffrey be off by 3790 members? Clearly, documentation needs to be provided. Otherwise, his statement constitutes deliberate deception of the membership. I requested to review our membership data on several occasions, but Dave Jeffrey was unable to obtain this information. First, as a nonprofit organization, this information should be made available to anyone who asks (Federal law). Second, as an officer of this organization, I am entitled to this information (State law). And third, according to Jan Shendow, Dave Jeffrey is not willing to release membership information to me. Not only does this violate State and Federal law, but our by-laws as well, as such an action is beyond Dave Jeffrey's authority (**4.11.A. Duties of Officers, President**).

Section **4.2. Membership** of our by-laws indicates that the EC should be elected by the National Committee. As chairman of the meeting held in conjunction with the Senior National Championships,

97. To add further insult to his general

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There is another fact which perhaps has eluded Dr. Miller and others who share his views - nearly ALL WDFPF member national organizations have been set up in their respective countries as alternatives to the IPF affiliate bodies in those countries. The reason is always the same - dissatisfaction with the lack of any serious drug control. I want to address the question of the former ADPFA itself. In the context of its application for IPF membership, let me repeat the oft-stated view of the WDFPF as a whole. The USAPL leadership were in 1996 it was made clear that we saw the need for turning the former ADPFA into a serious drug-free world body. The USAPL leadership were in 1996 it was made clear that we saw the need for turning the former ADPFA into a serious drug-free world body. The USAPL leadership were in 1996 it was made clear that we saw the need for turning the former ADPFA into a serious drug-free world body.

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Perhaps some lifters and officials among others should now be complaining at the removal of the former ADPFA from the WDFPF. My message to the USAPL leadership is this - you made clear your intention to apply for membership of a different international organization. We did everything in our power to facilitate your departure. The fact of the ADPFA having paid its dues till October is a massive red herring. Anyone who joins a club or organization...

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Andrew Cominos

"Open" Letter from WDFPF President, Andrew Cominos

It had been my intention to avoid getting embroiled in the arguments surrounding the current debate in US Powerlifting. However, I believe the remarks made by Dr. Larry Miller and others in recent issues of this publication, concerning the former ADPFA's relationship with the World Drug-Free Powerlifting Federation, are so wide of the mark that they must be answered. Dr. Miller's first complaint was that in considering our attitude to the IPF's so-called drug-free posture, we failed to take into account any new thinking within that organization. Let me give you two basic inescapable facts about commitment to drug-free Powerlifting - (1) Any organization which is serious about implementing truly effective drug controls - will do so - and not just tell those who want to hear, what a good idea it is. Those genuinely drug-free organizations around the world with whom it has been my privilege to associate, all took the necessary drug control measures speedily and energetically, in order to turn drug-free goals into reality. By contrast, there are any number of bodies around the world protesting their commitment to effective drug controls, whose words ring very hollow set against their appalling track records. Indeed, there are even some IPF affiliate organizations whose drug testing programmes have been taken right out of the Powerlifting body's hands and been run for them by governmental agencies - so bad has been their perceived performance in keeping their own houses in order. The U.K. comes first to mind in this connection. (2) The WDFPF is the ONLY international governing body which specifically demands of each and every one of its affiliate nations that they must implement the most rigorous drug control measures.

Let those who share the view that the IPF is the place to be for international drug-free Powerlifting, answer the following questions: (1) Which international organization, other than the WDFPF, requires every single national affiliate nation to implement (not just talk about) unannounced, out-of-meet (2) Which international organization, other than the WDFPF, requires that the out-of-meet testing programme of each member nation must 'target' the best and most improved lifters? (3) Which international organization...

Beyond a shadow of a doubt, Dave Jeffrey has contravened the law on many occasions. Allow me to reiterate that only one by-law violation is reason for suspension. In addition, woman points need to be addressed: First, Dave Jeffrey's role in his invalid appointment as President and second, his persistent by-law violations and incompetence. In both instances action against this person is warranted. Our organization cannot allow this degree of neglect of the law to persist. As such, I recommend Dave Jeffrey's immediate removal from office to include suspension from the Federation. Further, I request a hearing by our Disciplinary Committee (the Regional Chairs as outlined in 4.7.1. Discipline Committee) as outlined in 6.A.1.C. Suspension and Expulsion. Once a hearing date is set, I will provide documentation to each Disciplinary Committee member regarding the above points. Sincerely, Don Wagnon, Ph.D., C.S.C.S., USPF Executive Committee cc: Regional Chairs, Executive Committee, State of New Hampshire Attorney General

Mr. Louis Pflucker, Attorney at Law, wrote a letter to the IPF threatening that if the IPF compromises the USPF's affiliation, he will seek legal action against the IPF. He indicates in this letter that he represents the USPF. Though I do not know who hired this person, someone did and Pflucker believes he represents the USPF. I contend that this matter should have been discussed among EC members (4.1. Purpose) and that engaging a lawyer without a majority vote of the EC violates section 14.5. Councilor. Since it was not, the responsibility of this unapproved action falls on Dave Jeffrey. Indeed, he took no action whatsoever to inform the EC or explain to the IPF that this letter was an unapproved action and as a result our standing with the IPF has been compromised even further.

The June issue of Powerlifting USA includes a letter written by Robert Keller and endorsed by Dave Jeffrey. In this letter, IPF official Don Haley was attacked and insulted. None of the claims were factual nor can they be substantiated. As such, both Robert Keller and Dave Jeffrey have violated the IPF Constitution (606.3.B) and are therefore subject to various penalties (909.12, 909.18). Naturally, Mr. Jeffrey's inability to represent our organization in accordance with our by-laws and the IPF constitution has added further insult to the IPF and has certainly not furthered our cause. On July 27, 1997 a conference call took place among the EC members. The purpose of this conference...

ereal incompetence in holding the office of President of the USPF. Dave Jeffrey has also single-handedly brought the USPF to the brink of expulsion from the IPF. This has occurred, in part, because of his continued unwillingness to pursue unification with the ADPFA/USA PL. An easy solution to bringing the two organizations together has been employed: the American Arbitration Association as a third party to mediate the matter. Indeed, pursuing this avenue was suggested by Dave Jeffrey in Chicago on March 1, 1997, during our conference call on March 4, 1997, and on numerous other occasions. After months of opportunity, he has not acted even though Mike Overaker, President of the ADPFA/USA PL has agreed to seek arbitration. Only now, that our loss of affiliation with the IPF is imminent, did Mr. Jeffrey agree to arbitration. However, in light of the fact that three Nations have already motioned for the USPF's expulsion, this attempt is too late.

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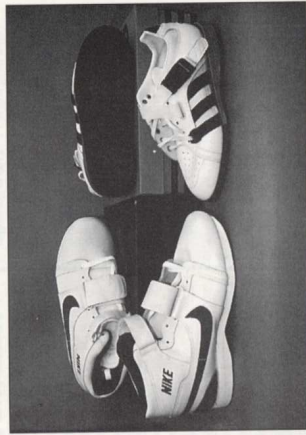
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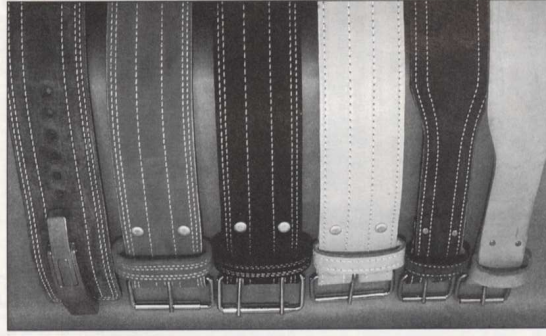
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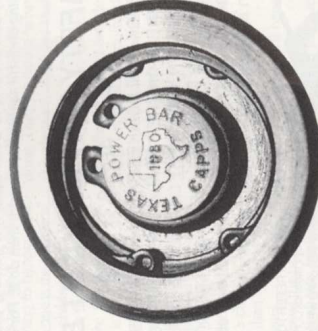
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Ask the Doctor

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

DEAR MAURO: I was training for the '95 Seniors, and I noticed a strain in both adductor muscles. I took two weeks off, but the injury was getting worse. I went to a doctor who gave me a hernia check and said I just strained myself. He told me to take anti-inflammatories, stretch and do light lifting. After a few months I did not get better. I went back and he gave me more anti-inflammatories. He also X-rayed the area, as well as a bone scan. Both were negative. I continued on for a few more months with no progress. I went to another doctor who sent me to physical therapy, ultrasound, and electric stimulation. No progress. I then went to a 3rd doctor who gave me another hernia check, plus an MRI. Both were negative. He then told me to go to a pain specialist, who gave me shots of a corticosteroid (depo-medrol). The shots proved to minimize the pain, but for only about a week or two. Here we are in '97 and I'm still injured! I haven't competed in 2 years. I haven't squatted or deadlifted in over a year. I still continue to stretch the area which provides temporary relief. I am lifetime steroid free but I'm looking for answers. I read about your cocktail in PL USA and I was wondering if I would be a candidate? Thanks in advance, **Bill M.**

DEAR BILL: Some lifters are definitely more prone to certain kinds of injuries. In some cases it's improper training while in others it's just in their genes - they're just built that way. The key to healing stubborn injuries like yours is not in taking long rest periods, but to work around the injury and realize that you've got to listen to what your body is trying to tell you. You have to be extra vigilant for the first sign that you may be overdoing it. Don't squat if it hurts. If you can change something and still squat with no pain, then do it. For example you

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One of the problems that many PL USA readers have is the tendency to latch on to a training philosophy that they really aren't committed to. This is easier to do than one might first believe, even for experienced trainees. If one's training is not going well, or as well as anticipated when they began a new program, it is easy to look at the new issue of PL USA, transfer those oneself into the training environment of the author of what appears to be a well-written article, and them assume that the training program will work just as well for them as it has for a champion or up and coming lifter.

PL USA is full of good information. The trick, of course, is to understand that while much of it is beneficial, it might not be beneficial for you in particular, or you at this particular time. This includes, of course, any information that my

column might hold. Lou Simmons, Doug Dantes, and I, as obvious examples, have had many, many articles in PL USA. As a long time friend of Mike, I have had long standing columns in the magazine. When you read Lou, Doug, and me every month, it is easy to think that we know what we're talking about, even when the three of us have diverging viewpoints and philosophies. It is my opinion that Doug offers very solid, useful, beneficial information monthly and not just for beginning or lower level lifters. His stuff is generally very good and very applicable for any lifter. Lou, of course, is a genius. While I don't agree with all, or at times, many of his ideas, he is the sport's "thinker," it's innova-

tor, it's shining light in terms of pushing the envelope on varied training ideas and obviously, looking at the results he gets, he has the traditional guy who pushes the boundaries and loses of grit and determination. From the three of us, as well as the monthly contributions of the various lifters in the program of the month and via the interviews, there is a lot of training information that one can choose from.

Many lifters change their program and worse, their entire philosophy, month to month, dependent upon what they read in the magazine. Common sense would dictate that this just isn't going to work and yield optimal results. First, look at the situation realistically. Yes, you strive to be world champion, but if it just isn't there, try to be the best one can be - which is the best ultimate goal anyway. How many days per week, "just isn't you," that you want and need more time in the gym for whatever the reason, don't attempt a "simple, Leister type" program. If you don't enjoy or previous injuries will not allow a lot of dumbbell or other work, don't choose a ph-

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More From Ken Leistner



James Bennermerto @ 97 ADPFA Men's Nationals shows the benefits of a consistent training program.

if one is working nine to five, five or six days per week, forget training four or five days per week. Realistically, it's not going to happen, not productively. If one is married, and especially with children, time with the family comes first, or at least it should. I'm sure the divorce rate among lifters is higher than the national average, unfortunately.

If the job requires a great deal of travel time and it is impossible to set up a home gym, training may be sporadic and a program to be done "exactly as written" will not work, not if you're in a different city each week, or more than once per week with varying hours.

If you don't have the patience to do a program that calls for lots of calculation such as a percentage based routine, then don't make yourself uncomfortable mentally and attempt it. If you know yourself, and understand that doing the squat once per week, bench once per week, and deadlift once per week, "just isn't you," that you want and need more time in the gym for whatever the reason, don't attempt a "simple, Leister type" program. If you don't enjoy or previous injuries will not allow a lot of dumbbell or other work, don't choose a ph-

is the sport's "thinker," it's innova-

osophy that requires a great deal of assistance work in addition to the major lifts. If you're sold that power rack work is the way to go, either as the primary part of an off season program or as an adjunct to what you now do, make sure you have access to a rack! Let's face it, all of my above statement are self evident, but I am never, ever shocked at anything I hear or the mail receive. The following is more typical than not (believe it or not):

Lifter: "I really think I would get stronger doing partials in a rack, but I don't have a home gym and the gyms near me don't have a power rack."

Doc: "Is there any way you can build or otherwise get access to a rack?"

Lifter: "No way."

Doc: "Okay then, do the best you can do using heavy boxes or milk crates for partial pulls or deadlifts and maybe some chains hanging from the rafters to do partial presses, benches, and squats."

Lifter: "No, you don't understand. I can't have any weights where I live, there's just no way it can be done. The gym would never allow the chains hung from their ceiling."

Doc: "Okay, then do the partial deadlifts as you can and do other things using reliable spotters for any other limited motion work."

Lifter: "With my stuff, I can't keep training partners."

Doc: "You don't and can't have a rack, don't have training partners, and otherwise can't do the stuff you would do in a rack, right?"

Lifter: "Right."

Doc: "Fine, then you'll have to do other exercise."

Lifter: "Yeah, but I want to build my program around rock work."

This is a normal conversation? Use your common sense. Do the things you know have been successful in the past, that are comfortable and safe to do, and that can be done on the equipment that is available. Train in accordance with your responsibilities and energy levels, the time you have, and then do so as intensely as possible. Don't get yourself nuts!

Dr. Ken Leistner

24 GOLDS - 1996 NAT'L'S! 1,003 lb. SQUAT



Patent #5,046,194

The Centurion is the choice of Team Titan, the winner of 4 USPF/ADPPA Nat'l Team Titles in 1996 with a record 24 gold medals! Why? Because the Centurion is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it features our H.P. (Hi Performance) leg design to prevent leg slippage for bigger, safe squats.

Backed by "THE Performance Guarantee" our competitors refuse to match: Six month blowout + One Year "Run" guarantee (a major cause of blowouts).

Colors: Black, Royal Blue and Red. Combination colors available.

Centurion (stock sizes) \$60.00, 2 for \$105.00

Custom Tailored Dual Quad \$75.00, 2 for \$135.00



"Captain" Kirk Karwoski, 1,003 lb. Squat and 2,309 lb. total, IPF World Records @ 275!

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HI-PERFORMANCE



The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing (any size, width or heel height); (2) Wedge arch support; (3) Totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (4) Full grain leather construction with Cambrelle lining; (5) Hi-density molded sockliner; (6) Fiberboard heel counter to prevent "roll over"; and (7) Velcro lateral strap for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4-6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World! **White with black trim** \$139.00

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- ▶ Sid. (12") Wrist Wraps \$14.50
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"The Strongest Shall Survive"... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 before the book sells out again - FOREVER!

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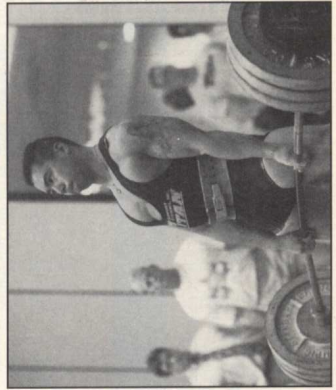
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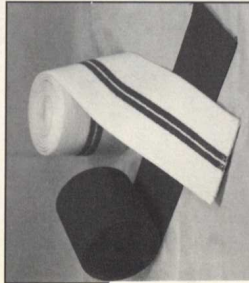
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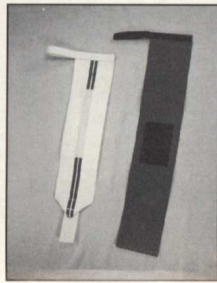
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Joe Glennon, opening with an easy 225 lbs at the Picatinny/BP contest. (Photo by Fred Vogel).

10th PICATINNY BP CONTEST

Table with 2 columns: Name, Weight. Lists winners and scores for various divisions in the Picatinny BP contest.

HEART ATTACK IN THE FALL OF 1996, AND THE MADE ALL OF THE PICATINNY BENCH CONTESTS... (Continued text about the contest and athlete performance).



Bryan Mirabella, USA/Pro's Best Overall Lifter, and best squat & bench, shown here taking the 165s. (Photo courtesy by Fred Rice)

AS I SAID, SET UP YOUR SIDE NUMBER, Dave... (Detailed text about Bryan Mirabella's performance and the contest details).

USAP/Pro Fitness Hyv Metal Classic

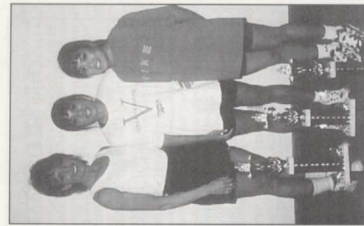
Table with 4 columns: Name, Weight, Division, Score. Lists results for the USAP/Pro Fitness Hyv Metal Classic.

IMPRESSIVE 275 BENCH, CONSOLE WAS JUST... (Text describing the event and the performance of athletes like Conrado and Larry Wayne).

CROSS COUNTY BP/DL CLASSIC

Table with 2 columns: Name, Weight. Lists winners and scores for the Cross County BP/DL Classic.

THE FORTIETH ANNUAL CROSS COUNTY PULL BENCH... (Text about the Cross County Pull Bench Classic and the performance of Nyo Nguyen).



Three Lady Benchers at the Cross County Pull BP/DL Classic. (L-R) Linda Middleton, Nyo Nguyen, and Trang Nguyen. (Litch photo)

SECOND WENT TO TIM GOULI WHO FINISHED WITH... (Text about the Cross County Pull Bench Classic and the performance of Linda Middleton).

WALKER FROM WEST POINT WON THE OVERALL TROPHY... (Text about the Walker Trophy and the performance of Clint Van Trees).

24 Hour Fitness Bench Extravaganza

Large table with 2 columns: Name, Weight. Lists winners and scores for the 24 Hour Fitness Bench Extravaganza across various divisions.

(Thanks to Odd Haugen for providing the results).



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YOU'VE ALREADY READ ABOUT THE MANY BENEFITS OF THE TRAP BAR... (Advertisement text for the Gerard Trap Bar, highlighting its benefits for lifters and its safety features).

AAU Curttuck Classic Results 3 May 97 - Grandy, NC

Table with columns for Bench, Name, Weight, and Results for the AAU Curttuck Classic.



Stefan Weiermann, Junior - Best Lifter at the Upper Austrian Powerlifting Championships. (by Karl Auer)

Upper Austria Championships 5 APR 97 - Scharnstein (kg)

Table showing results for the Upper Austria Championships, listing names, weights, and lift types (SQ, BP, DL, TOT).

managed to add 110... mouthful of food. 112 class saw vest...

Stefan Weiermann, Junior - Best Lifter at the Upper Austrian Powerlifting Championships. (by Karl Auer)



Husonville High School Bench Meet. Row one: Tyler Davis, Shaiva Valdes, Dan Ramsey, Chris Robbins, Roy Robbins, Row two: Nikki Valades, Dana O'Dell, Valerie Furling, Shawn Allison, Ben Beckes, Matt Conover, Row three: Ryan Love, Dallas Richardson, Mark Tingley, Gared Briggs, Eric Weaver. (Photo courtesy of Hutchinson).

8 May 97 - Husonville, IL

Table showing results for the 8 May 97 Bench Meet in Husonville, IL.

10 May 97 - Wyoming, MI

Table showing results for the 10 May 97 Bench Meet in Wyoming, MI.

Center in Palestine, IL for being our proud sponsor. We also might add that most of the participants...

3rd Double Masters Meet

Table showing results for the 3rd Double Masters Meet.

114 Matt Fry 95 SHW 370 385 320 485 1190... 165 W. Turner 245 Dead Lift 190 190 165 185...

400 315 500 1215... 550 380 505 1435... 500 330 530 1360...

475 380 550 1405... 460 405 420 1285... 400 330 405 1185...

315 210 390 915... 185 95 210 410... 315 175 380 840...

225 165 275 665... 275 240 385 900... 205 270 300 775...

185 145 295 625... 200 105 225 513... 380 300 500 1180...

315 245 360 920... 335 225 300 860... 315 175 325 815...

187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

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187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

187 C. Powerlifting 167.5 167.5 167.5... 187 B. Beginner 60 125 200 385...

112 class saw vest... mouthful of food. 112 class saw vest...

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112 class saw vest... mouthful of food. 112 class saw vest...

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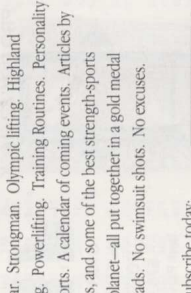


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A study conducted by four Southern California exercise scientists demonstrated what top bodybuilders can do.

Uou 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.

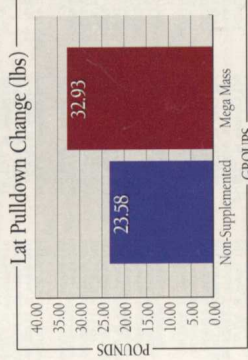
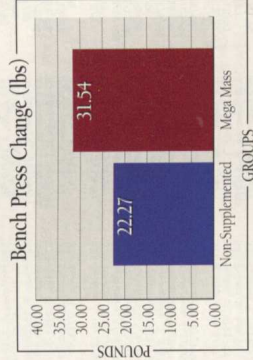
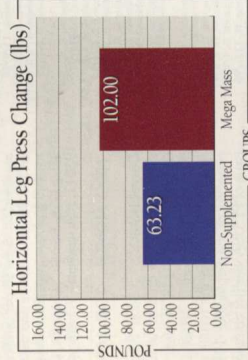
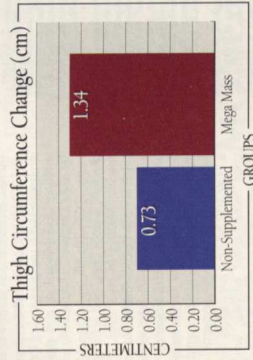
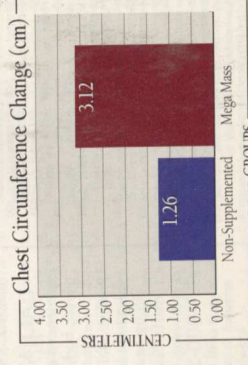
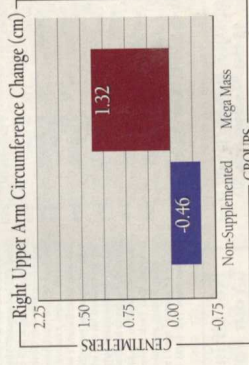
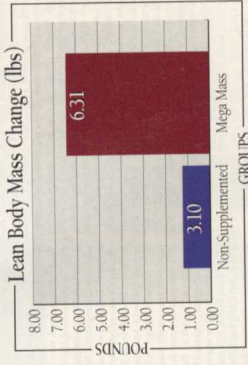
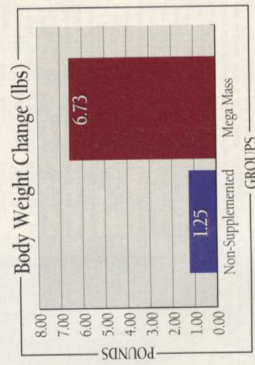
TRAINING: Subjects were randomly assigned to two groups, both of which participated in the same supervised bodybuilding program. One group received the Mega Mass 4000 supplement (approximately 2000 calories per day added to their normal daily diet), while the other group consumed their normal daily diet. 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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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

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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

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