

# INZER

## ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD  
 THE FOREVER GUARANTEE MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt - \$68  
 13mm buckle belt - \$70  
 10mm buckle or lever belt - \$58  
 Tapered buckle or lever belt - \$52

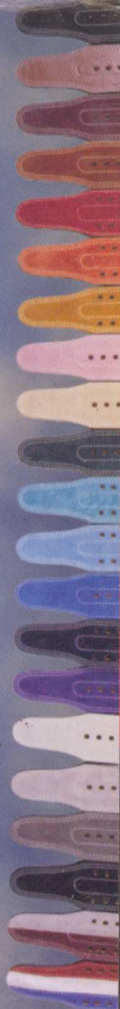
Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

## INZER

WE MAKE POWER GEAR A SCIENCE  
 1-800-222-6897



# POWERLIFTING USA

VOL. 22 NO. 6

# WINNERS

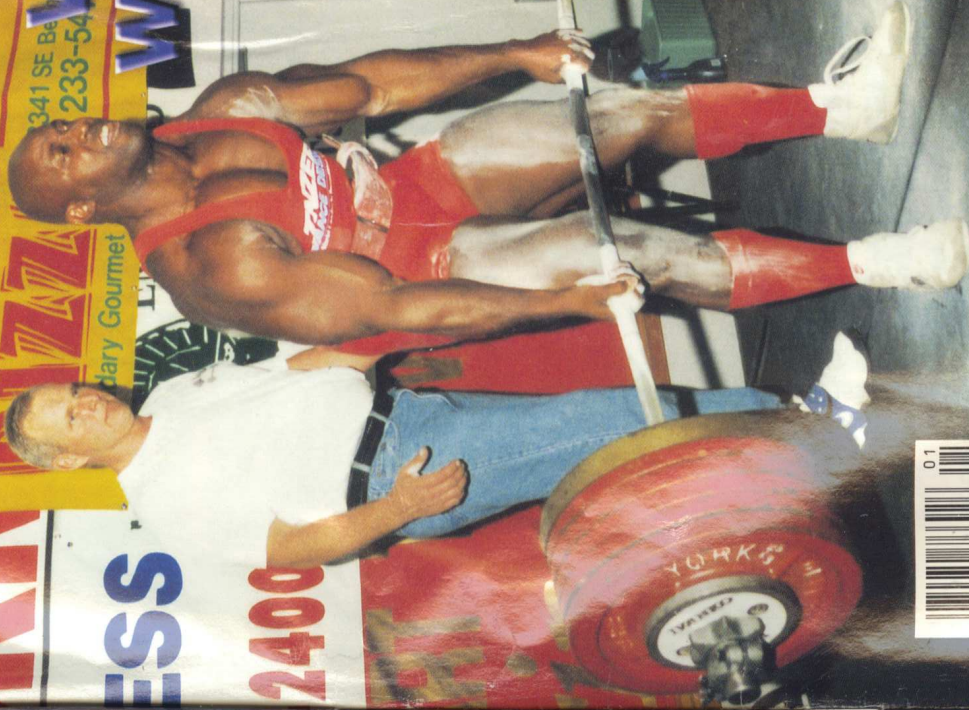
IT'S A BEAUTIFUL

341 SE Be  
 233-54

dary Gourmet

# ESS

# 2400



# OVER 500 LIFTERS!



# Vitamin Discounters

## DIOL-STACK

SUBSTRATE SOLUTIONS  
STRENGTH AND POWER  
100MG 19-NORANDROSTENEDIOL  
100MG 4-ANDROSTENEDIOL  
REGULAR PRICE \$85.00

**\$56.00**

## BLUE NITRO

32OZ  
THE ULTIMATE GROWTH  
HORMONE RELEASER!  
REGULAR PRICE \$90.00

**\$65.00**

## MET-RX CREATINE

500 GRAMS  
MICRONIZED FOR SUPERIOR  
ABSORPTION!  
REGULAR PRICE \$40.00

**\$25.00**

## CREATINE

NATURES BEST  
HIGHEST GRADE AMERICAN MADE.  
DON'T BE FOOLED BY INFERIOR  
CHINESE CREATINE LOADED WITH  
IMPURITIES.

500 GRAMS \$20.00  
1210 GRAMS \$35.00

## NOR-STACK

SUBSTRATE SOLUTIONS  
STRENGTH-DEFINITION  
100MG 19-NORANDROSTENEDIOL  
100MG 19-NORANDROSTENEDIONE  
REGULAR PRICE \$75.00 30 CAPS

**\$51.00**

## DESIGNER PROTEIN NEXT NUTRITION

REGULAR PRICE \$41.99  
2LB CHOC. NATURAL, FRENCH VANILLA,  
STRAWBERRY AND VANILLA PRALINE

**\$25.00**

## OSMO

MOR-ANDRO  
POWER-MASS  
100MG ANDRODIOL  
100MG 4-ANDROSTENE  
REGULAR PRICE \$50.00 60 CAPS

**\$30.00**

## 19-NOR

GEN CO. PHARMECEUTICAL  
GRADE 100MG 19-  
NORANDROSTENEDIONE  
STRENGTH-DEFINITION  
REGULAR PRICE \$45.00

**\$25.00**

## MET-RX

CHOC OR VANILLA  
60 PACKS REGULAR PRICE \$150.00  
\$105.00  
120 PACKS REGULAR PRICE \$280.00  
\$198.00

ADD \$3.00 EXTRA SHIPPING

VITAMIN DISCOUNTERS OFFERS ONLY THE MOST ADVANCED  
ANABOLIC SUPPLEMENTS THAT HAVE EVER BEEN INTRODUCED  
TO POWERLIFTERS AND WEIGHTLIFTERS.

**WE ARE NOT GNC!**

Vitamin Discounters  
P.O. 21802 Chattanooga Tn. 37424

1-800-548-1556

REGULAR SHIPPING CHARGES ARE \$5.50 PER ORDER.

**"THE LOWEST PRICE YOU'VE  
EVER SEEN ON CREATINE"**

**FROM MARATHON SPORTS NUTRITION!**

**1200 GRAMS OF  
CREATINE  
MONOHYDRATE  
\$29.00!**

*You read it right!*

**\$29.00 FOR 1200 GRAMS OF CREATINE SUPREME  
100% PHARMACEUTICAL GRADE  
CREATINE MONOHYDRATE WITH A  
99.9% PURITY!**

*(When you consider there is 1000 grams in a kilo,  
you can see the great deal you're getting -  
this is 20% MORE Creatine per container!)*

**No ifs, ands or buts! The purity, potency and grade of  
this product are totally guaranteed!**

You'll be receiving with each Creatine Monohydrate order, a full  
product analysis that guarantees its purity, potency and grade not  
only by HPLC testing, but also by the Bran & Luebbe FT-NIR Analyzer.

The FT-NIR Analyzer is one of the latest developments in product  
testing. It is the most efficient and effective method of qualitative  
and quantitative testing, and is designed to specifically achieve  
FDA approval and validation for nutritional supplements and  
pharmaceuticals.

We can offer you this low price because Marathon Sports Nutrition  
recently merged with All American Pharmaceuticals, one of the top  
manufacturers of natural supplements and pharmaceuticals in the US.  
To speed delivery, your Creatine will come directly from the factory.

**1200 grams of CREATINE SUPREME**

**for \$29.00!**

**100% Pharmaceutical Grade  
Creatine Monohydrate with a 99.9% purity!**

**ORDER TODAY!**

**IT DOESN'T GET ANY BETTER!**

**Shop by phone  
or mail & save!**  
For the fastest service,  
pick up your phone  
and call our  
TOLL-FREE number  
**1-800-321-5064**

**Marathon Sports Nutrition**

1229 Via Landeta,

Palos Verdes Estates, CA 90274

INFORMATION LINE (310) 265-9966

Please add \$6.50 for shipping and handling.  
Products shipped by 2-3 Day Air delivery.  
Calif. residents add 8.25% sales tax.  
Creatine shipping prices may vary  
due to weight restrictions.



# LIFT THIS INTO YOUR VCR! POWERLIFTER VIDEO MAGAZINE



- ★ OUR CURRENT ISSUE PUSHES THE LIMIT!
- ★ MORE TRAINING SECRETS OF THE IRON ISLAND GYM!
- ★ 900 LB. SQUATTER PAT SUSCO'S BAREFOOT TRAINING
- ★ JERSEY'S JOE MCAULIFFE'S STAR BENCH WORKOUT
- ★ BIG JAMIE HARRIS' PRE-MEET MEGA BENCH TRAINING
- ★ PLUS WILLIE WESSELS AND LOTS OF MEET ACTION

**AVAILABLE NOW! SUBSCRIBE TODAY!  
CALL NOW FOR BACK ISSUES**

**POWERLIFTER**  
V I D E O M A G A Z I N E  
**CALL 1-800-BARBELL**

Yes, I want to Lift Big! Sign me up for POWERLIFTER Video Magazine. Detach and mail this form with your check made payable to POWERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue\* plus S&H. And you are free to cancel anytime.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

\*Non U.S. residents add \$3.00 per issue

SPECIAL SUBSCRIPTION OFFER	
First payment	\$ 19.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	\$ _____
<input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Am Express <input type="checkbox"/> Discover	
Card No. _____	Exp. Date _____
Signature _____	

**MAIL TO: POWERLIFTER VIDEO, P.O. BOX 599, BEVERLY HILLS, CA 90213**

**Powerlifting USA**  
Post Office Box 467  
Camarillo, CA 93011

Editor-in-Chief Mike Lambert  
Associate Editor Butierfl O'Shea  
International Editor Andy Kerr  
Feature Editor Dr. Ken Leistner  
Controller In-Joe Lambert  
Statistician Herb Glosbrenner  
Publisher Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

### PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)  
USA addresses, 1 yr.....\$31.95  
USA addresses, 2 yr.....\$58.95  
First Class Mail, USA, 1 yr.....\$54.00  
Outside USA, surface mail .. \$42.00  
US Outside USA, air mail ..\$84.00 US

Telephone Orders  
Subscription Problems  
800-448-7693/805-482-2378  
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

## MUSCLE MENU

- Volume 22, Number 6 - January 1999 -

WABDL WORLDS.....Cus Rethwisch.....6  
POWER OF STEROIDS, PT. 2.....Derek Cornelius.....9  
WORKOUT OF THE MONTH.....Ervin Gainer.....10  
POWER SCENE.....Ned Low.....11  
TIPS ON SQUATTING.....Doug Daniels.....12  
WPC WORLD CHAMPIONSHIPS.....Herb Glosbrenner.....13  
IPF WORLD CHAMPIONSHIPS.....John Mathieu.....17  
JERRY TANCIL INTERVIEW.....Tom McCullough.....22  
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....24  
BANDS AND CHAINS.....Louie Simmons.....26  
DR. JUDD.....Judd Biasotto Ph.D.....32  
WNPF WORLD CHAMPIONSHIPS.....Troy Ford.....33  
DID YA' EVER WONDER.....Bill Nichols.....34  
BALDING MAN'S ADVICE, PT. 2.....Rob Wagner.....36  
ASK THE DOCTOR.....Mauro Di Pasquale MD.....38  
BOB DERISI INTERVIEW.....Pat Cuntrera.....39  
ANCIENT CELTIC BATTLE TIPS.....Rick Brewer.....40  
COMING EVENTS.....Mike Lambert.....48  
TOP 100 MIDHEAVYWEIGHTS.....Mike Lambert.....86  
UNCLASSIFIED ADS.....87

ON THE COVER....Bull Stewart at the WABDL Worlds (Baerlein)

Copyright 1998 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

## POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

YES! SIGN ME UP!  
Check one:

- NEW  
 RENEWAL  
 Address Change  
(Indicate previous address)

\$31.95 for 12 monthly issues, \$58.95 for 2 years (USA address rates)  
Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011 (MC/VISA also accepted)

Nutrition Discounters prices are...

# SIMPLY AMAZING!

**4 lbs. \$38.99! SAVE 35%**

**12/box \$23.95! SAVE 35%**

**CALL FOR LOWEST PRICES!**

**5 lbs. SAVE 30%**

**2 lbs. \$23.50! SAVE 45%**

Experience everyday savings of 40% to 60% off retail price on your favorite **BRAND NAME PRODUCTS!** (Not inferior house brands or private labels). Our 20,000 square foot state of the art facility is fully stocked with thousands of products ready for immediate delivery! With our low prices, large selection, lightning fast shipping and the best customer service in the industry, we are confident that Nutrition Discounters will become your one stop source for vitamins and sports nutrition!



visit our store at: 999 East Chicago Avenue, Naperville, IL 60540  
International inquiries call 630-637-8981 Fax order line: 630-637-9834

# POWERFUL COMPANY

## Elite Power Products For Elite Power Athletes

**Creatine Monohydrate:** Pure Creatine = Pure Results! Think all creatine is the same? Some greedy companies are flooding the market with inferior, ineffective creatine. Domestically produced, our creatine undergoes a rigorous manufacturing process that assures us that our creatine is of the highest quality and purity available.



**DHEA:** The real deal! DHEA is thought to enhance the output along the adrenal - pituitary axis, thus increasing anabolism... and results!

**Androstenedione:** The product making big news! Androstenedione is thought to increase blood levels of testosterone, which may increase energy and enhance growth and recovery.

**19-Nor-Androstenedione:** Quality and potency guaranteed! Our pure 19-Nor is imported exclusively for Eclipse.

**Androverin:** The most comprehensive androgen elevating stack available. This formula was researched and developed by a Sports Nutritionist specializing in supplementation and bodybuilding. Just 2 capsules contain 100 mg DHEA, 100 mg Androstenedione, 160 mg Saw Palmetto, 625 mg Tribulus Terrestris, 300 mg Red Sage and 300 mg Ginger. Utilizing only the finest pharmaceutical grade ingredients, Eclipse's goal is to produce the highest quality cutting edge supplements backed by solid scientific research.

Call for a free product guide

**Toll Free 888-809-8302**



**SUPERIOR SPORTS NUTRITION**

Available at **MAX MUSCLE** and fine gyms and health stores worldwide

[www.eclipse2000.com](http://www.eclipse2000.com)



In Europe Call M Double You 31-20-416-0550





## Better than DHEA

### Mirabol

- Most effective steroidal nutrient for increasing muscle mass, endurance and well-being while simultaneously decreasing fat.

### Pentabol

- Increases immune function 100 times more than DHEA.
- Highly Anticatabolic

### Libidione

- Potent libido booster
- Potent temporary strength booster

### Tetrabol

- Drastically increases testosterone
- Effective Against Andropause

### Bolandione

- Improves sense of well-being
- Increases ratio of lean body mass to fat mass

## Silver Bullet Compound

Proxylon™ (7-Isopropoxyisoflavone) is an amazing new anabolic compound developed and studied in Hungary in the 1970's. Research shows this nutrient partitioning agent to increase muscle mass from 8-20% while concurrently decreasing fat tissue. Furthermore, Proxylon increases endurance, bone mass and vitality, and works well in both men and women. Studies show that Proxylon works incredibly well against Osteoporosis.

### Adipokinetix

- Most potent fat burner in the industry with IR, 2S Norephedrine, Caffeine and Yohimbine

### Guggulbolic

- Raises thyroid hormone levels
- Decreases cholesterol
- Reduces acne

To place your order or for a complete product listing, call (888) 321-BFIT (2348) or order online at [www.syntrax.com](http://www.syntrax.com)

Free T-shirt with every order over \$150

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Last month, we began a two part series investigating not only the history of steroidal nutrients, but also their uses, effects, dosages and safety.

DHEA, androstenedione, 4-androstenedione and 5-androstenedione were looked at in detail in the first part of this series. We discovered that although DHEA is nearly useless, the other steroidal nutrients have potent effects but need to be used in the proper manner and dosages. To recapitulate, androstenedione is ideal for both its temporary strength and libido boosting properties. But remember, this compound should not be taken for any type of mass building because of its great amount of potential androgenic side effects.

Norandrostenedione, on the other hand, is ideal as a mass builder because of its high degree of efficacy, low amount of negative side effects, and its relatively low cost. Finally, 4-androstenedione is like a cross between androstenedione and norandrostenedione - it is effective both as a mass and a strength builder with the capability of causing some androgenic side effects. In this article we will take a look at two other compounds -- 19-norandrostenedione and 5-androstenedione - that are the top dogs for mass building. Furthermore, we will discuss how to effectively take and stack these steroidal compounds as well as which one is the safest bet to avoid showing a positive on a drug test. Finally, we will take a look at what is on the horizon in terms of new products and new methods of administration.

About a year ago, after I discovered 19-norandrostenedione and told the lifting world of its vast potential, I continued to research steroidal nutrients and discovered 5-androstenedione. In the past, this compound was sold in certain countries, such as Greece, as a legitimate anabolic steroid. Many of you will recognize the name Methandrolol, and indeed, that is the oral 17-alpha alkylated version of 5-androstenedione. Methandrolol is a very popular anabolic steroid that is still used throughout the world, especially

## The POWER of Steroids, Pt. 2

by Derek W. Cornelius of Syntrax Innovations

cially in Australian veterinary preparations. It is known to have moderate androgenic properties with fairly high anabolic properties. 5-androstenedione was always sold as an injectable steroid and was also known as being moderately androgenic and highly anabolic. Fortunately, 5-androstenedione is not sold in the U.S. as an anabolic steroid but instead is sold as a nutritional agent called Pentabol - which makes it legal to possess and sell.

Unlike androstenedione and 5-androstenedione, 19-norandrostenedione is not a prohormone, but instead acts intrinsically in the body. The difference is that androstenedione and norandrostenedione have to convert into other compounds for them to be effective while 5-androstenedione is potent in and of itself. Practically, this makes 5-androstenedione a much more effective compound than its prohormone cousins. In the gym, lifters see many positive benefits from taking 5-androstenedione - from increases in mass and strength to decreases in fat stores to increases in vitality and feelings of well being. I believe the reason why Pentabol is so much less androgenic and more anabolic than 4-androstenedione is its ability to antagonize the glucocorticoid receptor while not stimulating the androgen receptor nearly as much. Glucocorticoids are catabolic to muscle tissue, venous tissue and connective tissue as well as must about any other proteinaceous tissue in the body. Thus, 5-androstenedione can be considered a potent anti-catabolic as it antagonizes this destructive effect of cortisol and its derivatives. The increases in vitality and feelings of well being come partly from 5-androstenedione's ability to stimulate the androgen receptor and antagonize the cortisol receptor but are also linked with its documented ability to stimulate the immune system 100 times more than DHEA. A strong immune system will affect nearly every bodily

Knowing the characteristics of each steroidal nutrient is necessary to using them in a wise manner but it is only the first step. You must also have a thorough understanding of proper dosages and stacking techniques. In terms of dosages, it is best to take many smaller dosages throughout the day rather than just a few larger dosages. The reason behind this dosing pattern is that all of the steroidal nutrients have a very short half-life - on the order of a few hours - and thus to keep blood

levels CONSISTENTLY high, one must take them every few hours. Furthermore, for safety reasons, it is best not to take more than 500mg of total steroidal nutrients per day. It is for these reasons that I always recommend people to buy 50mg capsules rather than 100mg. With 50mg capsules, someone can stack 50mg of two types of steroids up to five times per day and still be at 500mg per day. With 100mg capsules, two types of steroids even at three times per day exceed the 500mg limit by 100mg. Remember, when it comes to these steroidal nutrients, more is not always better.

A subject which is hard to give precise answers on but which is vastly important is stacking these steroidal compounds in various combinations. In the past several months, I have heard just about everything in terms of how to stack these compounds. From taking high dosages of every compound every day to alternating certain compounds on various days of the week. Most of these recommendations are simply "hogwash." It's usually best to keep things simple and in this case the simple approach is the best approach. I always recommend stacking no more than two compounds at a time together. Stacking any more than two is either useless or counterproductive.

Although stacking various compounds together is not a precise science, there are some general guidelines that you can follow to maximize your results. The best base compound on any cycle is 19-norandrostenedione. Stacking this with Pentabol gives the best possible combination for mass gains with very few negative side effects. Stacking 19-norandrostenedione with 4-androstenedione will give similar results but with a few more side effects and possibly better strength gains. For the safest possible stack, choose a combination of the two 19-nor compounds. Finally, for the budget conscious lifter, 19-norandrostenedione can be substituted for 19-norandrostenedione in one of the above stacks.

Another issue which is important in relation to these steroidal nutrients is quality control. Most of the steroidal raw compounds come from China which is known for producing a lot of shoddy quality nutritional compounds. Concerned about this potential problem, I personally tested many of the steroidal products currently on the market. I found a two-fold problem. First, every company tested with the exception of one had about 60% of the label claim of active ingredients. Second, much of the material contained (this article continued on page 80)

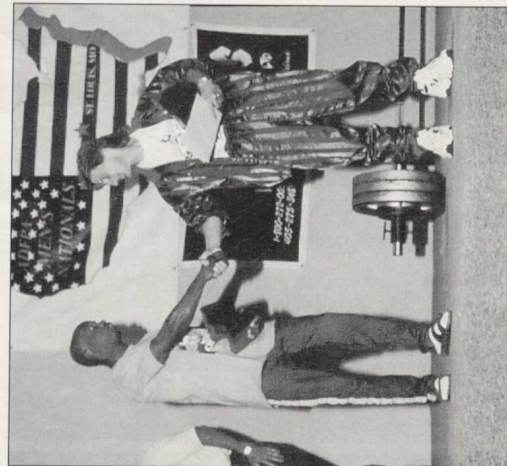
ATTENTION... the use of some of the compounds mentioned in this article may cause the user to fail the drug test of a lifting federation or other entity. Anyone using such compounds should consider the consequences, medial and otherwise, and consult with the applicable powerlifting federation or other authority before use



# WORKOUT of the Month

The bench press is the only test of upper body strength out of the three competitive lifts. Some lifters tend to neglect the lift because it typically accounts for less than 25% of one's total. For other lifters, the bench press is the only competitive lift and they train it religiously. Try to find an experienced lifter who can help analyze your technique and make necessary adjustments in grip width and bar placement. Don't be afraid to try something new to further your progress.

The following is a 12 week bench press program designed to help the average lifter gain 10-15 pounds on their competition bench press. The program is divided into two different phases: preparatory and competition. Each phase lasts approximately six weeks. The program is based on a 250 lb. max lift. All reps from warm-up to work sets should be performed with a controlled descent to the chest and a visible pause. My philosophy is to train like you compete. Many times, sloppy habits tend to carry over into the meet.



**Erin Gainer's** experience at the national level (above) at the left, shaking hands with fellow champion Steve Snyder at the '96 ADFFA Men's Nationals) has been extended to the international IPF arena with his participation in the Men's Worlds in Cherkasy, Ukraine.

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a Top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

## GAINER'S BENCH PRESS as told to Powerlifting USA by Ervin Gainer

If you are comfortable with your bench shirt and can adapt come meet day try not to wear it in training. However, if you do not feel comfortable doing this, use an old shirt a couple weeks to help you get the "feel" of the shirt. Try to save your best equipment only for the meet. If you have to adjust the weight accordingly at the end of the cycle please do so. Focus on trying to make all the reps without help from a spotter. Perform your last heavy bench work-out a week from the meet.

**Accessory work** will pretty much stay the same on each day throughout the cycle. **Plyometric "clap" push-ups** (Day 1 only) 3x10 **Medicine Ball "power drop"** (Day 1 only) 3x10 (if you have access to medicine balls: lie face up on the ground with outstretched arms and have someone stand on a bench

of these exercises and perform them for shoulder injury prevention) **Lying tricep extension** 3x6 **Weighted Dips** (Day 2) 3x5 **Man's Simmons, Kirth Vance, Tian Support-Systems, and my beautiful wife and family for their support. Remember the difference between the possible and impossible lies within the determination of a person. Peace, Ervin Gainer, Sr.**

**Preparatory phase: 6 weeks in between the workouts.**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Day 1 Incline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 2 BP 6x2/155 Close-grip BP 3x6 Seated Press Behind Neck (BP grip) 3x6 Accessory work Day 3 BP 6x2/160 DB Incline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 4 Close-grip BP 3x6 Seated Press-Military (BP grip) 3x6 Accessory work Day 5 BP 6x2/155 DB Incline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 6 BP 3x6/185 Close-grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/155 DB Decline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 8 BP 3x6/170 Incline BP 3x6 Seated Press-Military (BP grip) 3x6 Accessory work Day 9 BP 6x2/160 DB Incline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 10 BP 6x2/155 DB Decline BP 3x8 Seated Press Behind Neck (BP grip) 3x8 Accessory work Day 11 BP 6x2/155 DB Incline BP 3x8 Seated Press Behind Neck (BP grip) 4x2 Accessory work Day 12 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 13 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Mon or Tue BP 6x2/155 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250	Day 1 BP 6x3/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 2 BP 6x4/205 Negative 2x1/290, 300 Seated Press-Military (BP grip) 3x6 Accessory work Day 3 BP 1/160 No Accessory work Day 4 BP 6x4/205, 210, 215, 210, 205 Negative 2x1/305, 310 No Accessory work Day 5 BP 1/170 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 6 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/160 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 8 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x6 Accessory work Day 9 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 4x2 Accessory work Day 10 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 11 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Day 12 BP 6x2/155 DB Decline BP 3x6 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250	Day 1 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 2 BP 6x4/205 Negative 2x1/290, 300 Seated Press-Military (BP grip) 3x6 Accessory work Day 3 BP 1/160 No Accessory work Day 4 BP 6x4/205, 210, 215, 210, 205 Negative 2x1/305, 310 No Accessory work Day 5 BP 1/170 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 6 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/160 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 8 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x6 Accessory work Day 9 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 4x2 Accessory work Day 10 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 11 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Day 12 BP 6x2/155 DB Decline BP 3x6 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250	Day 1 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 2 BP 6x4/205 Negative 2x1/290, 300 Seated Press-Military (BP grip) 3x6 Accessory work Day 3 BP 1/160 No Accessory work Day 4 BP 6x4/205, 210, 215, 210, 205 Negative 2x1/305, 310 No Accessory work Day 5 BP 1/170 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 6 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/160 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 8 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x6 Accessory work Day 9 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 4x2 Accessory work Day 10 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 11 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Day 12 BP 6x2/155 DB Decline BP 3x6 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250	Day 1 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 2 BP 6x4/205 Negative 2x1/290, 300 Seated Press-Military (BP grip) 3x6 Accessory work Day 3 BP 1/160 No Accessory work Day 4 BP 6x4/205, 210, 215, 210, 205 Negative 2x1/305, 310 No Accessory work Day 5 BP 1/170 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 6 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/160 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 8 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x6 Accessory work Day 9 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 4x2 Accessory work Day 10 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 11 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Day 12 BP 6x2/155 DB Decline BP 3x6 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250	Day 1 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 2 BP 6x4/205 Negative 2x1/290, 300 Seated Press-Military (BP grip) 3x6 Accessory work Day 3 BP 1/160 No Accessory work Day 4 BP 6x4/205, 210, 215, 210, 205 Negative 2x1/305, 310 No Accessory work Day 5 BP 1/170 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 6 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x5 Seated Press-Military (BP grip) 3x5 Accessory work Day 7 BP 6x2/160 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 5x3 Accessory work Day 8 BP 5x2/205, 215, 225, 230, 220 Illegal Wide-Grip BP 3x6 Accessory work Day 9 BP 6x2/155 DB Incline BP 3x8 Behind Neck Push Press (BP grip) 4x2 Accessory work Day 10 BP 5x2/205, 215, 225, 230, 220 Negative 2x1/260, 275 Seated Press-Military (BP grip) 3x5 Accessory work Day 11 BP 6x2/155 Incline BP 3x8 BP 2x2 singles (60 sec rest)/240, 250 Accessory work Day 12 BP 6x2/155 DB Decline BP 3x6 Lat Pulls 2x6 Hammer Curls 3x6 Competition 199-222 2nd-240 3rd 245/250

Happy New Year, and remember, as Willie Wessels' t-shirt said "Life is Simple. Eat. Sleep. Lift." Sounds good.

Out here in sunny Southern California, there's a new gym in town. The Los Angeles Lifting Club opened its doors on October 31, and it's got lots of great equipment for powerlifters. Such as, you ask?

Well, they've got a Monolift, a Louie Simmons Reverse Hyper, heavy chains, a 9 foot high power rack, and Leitner, Sutherland and Texas Power Bars. And I know 'cause I went out there to see for myself.

Joe and Nance Avigliano and Dave Fitzgerald are on site, and always available for help, training, and spotting. Dave has been powerlifting for 5 years, and has bench pressed 630 lbs. at 300 lbs. Dave's also deadlifted 710, and we'll have to see about his

## POWER SCENE

Also out here in L.A. lives Artistia Marchioni, our POWERLIFTER VIDEO nutrition and supplements guru, and she passed on this little story, which she called 'A Funny Thing Happened at the AAU Worlds':

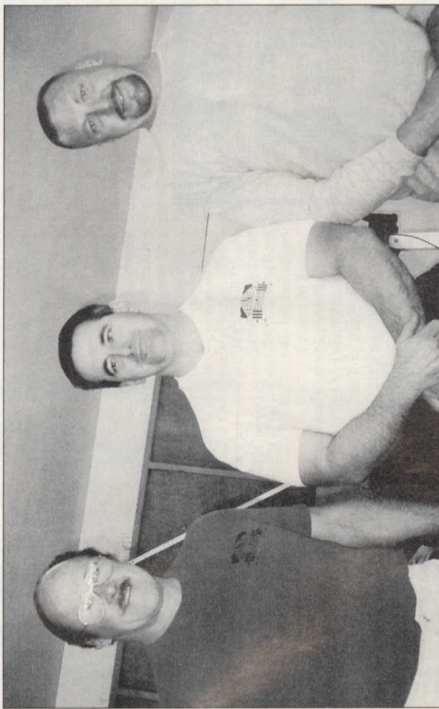
Kevin Jordan, Master Lifter, was competing recently for the AAU World's in Orlando. He was preparing to lift when a referee noticed that he was wearing boxers instead of briefs. Since they are strictly forbidden, he was told he could not lift in them. Kevin's coach, Bernie Gagne, considered driving to town to get Kevin a pair but

decided against it because of the time constraint. Now, anyone who knows Bernie knows how kind and generous he is. No one was surprised when Bernie offered his briefs to Kevin. He assured Kevin that he had showered that morning and put on clean underwear and furthermore he could turn the underwear inside out. Kevin reacted that the could not even consider such action. Kevin turned to his wife, Melody, and asked her for her panties. Kevin put them on and the referee approved the pink Victoria's Secret since the rules do not

state gender only briefs. Melody informed me that her panties were destroyed but Kevin went on to win the meet and Bernie got to keep his pants on.



Bill Kazmaier with Rick Brewer of House of Pain at the Masters.



A Funny Thing Happened at the AAU Worlds: Bernie Gagne, Kevin Jordan, and John Hembree. (H)



Ned Low

Ho Ho Ho... from Crain's Muscle World (all photos courtesy Ned Low)

decided against it because of the time constraint. Now, anyone who knows Bernie knows how kind and generous he is. No one was surprised when Bernie offered his briefs to Kevin. He assured Kevin that he had showered that morning and put on clean underwear and furthermore he could turn the underwear inside out. Kevin reacted that the could not even consider such action. Kevin turned to his wife, Melody, and asked her for her panties. Kevin put them on and the referee approved the pink Victoria's Secret since the rules do not

squatting. Joe is the strength and conditioning coach for the West Coast Baseball School, and has worked with many of the country's leading strength coaches.

Nance, in her first year of competitive lifting, has hit a 295 deadlift at 120 lbs. - and she looks like she doesn't even weigh that. She's aiming at a 400 lb. DL.

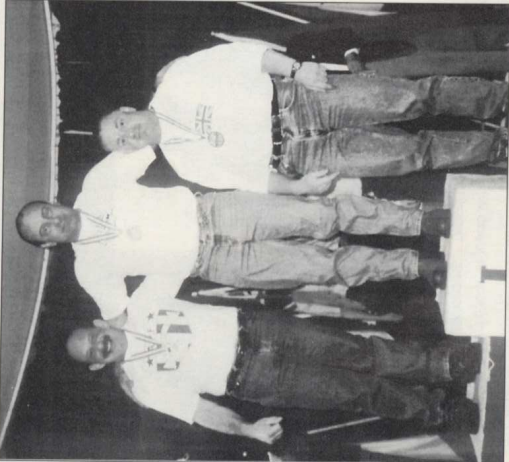
They're planning to hold many PL meets, with the first one scheduled for April. You can visit them at 1031 N. Victory Place in Burbank, or give them a call at 818-846-1171.





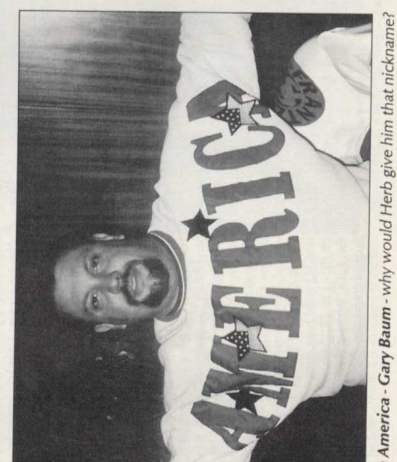


his groin that produces constant pain but he never complains. Phil has to be one of the nicest people ever in the sport of P/L. He always has a kind word and thinks of others before himself. We all pray for Phil's recovery and believe that a spontaneous remission and complete recovery is forthcoming. **I FEEL HE'LL BE HEALED!** Phil SQ ed 727 here and made a 639 DL on a 3rd. He had to taken BP because of a terrible pec tear, never healed, but he won yet another Master's World Title. I should mention that Phil is the only man on the African continent to surpass the 600 BP barrier. His 606 lift remains a record unchallenged. Phil is a living testimony of undying courage and fortitude. Our prayers be with you and the Lord willing we'll meet again - next year in Aberdeen. Lee Pickett, 49, (316) of Kasson, MN, endured a terrible case of jetlag. His lifting was sub-par and his usual jovial mood suffered from sleep deprivation, as did I and many others. Lee rode out the storm, earned silver to Phil, pulling a strong 512 deadlift. A fun guy, and newly acquired friend. Lee promises to post the true numbers he's capable of next year in a kinder environment. **50-55** - A USA man confirmed four more World titles while an American gal from Idaho won't be satisfied to just win. Robert "Pappy" Chapin, 50, from the Coast's Muscle World. OK, team was granted his opening SQ over box-benches for the signal before he was set. I informed Kim Crin, and she protested. Brown, 50, RSA was expected to give Pappy some stiff competition. Wally bit the dust in the SQ so that was that. Charles led Mullan Budge, 54, GBR by 77 then finished w/a gut busting 485. **200 TOT**. Not bad. It had to happen **SOONER** or later (pun intended!) Gordon (care bear) Santee, 52, Redondo Beach, CA rubbed his tuzzy little buddy, executed his umpteenth 9-9 consecutive performance. His lifts - always textbook perfect - were topped off by a 545 DL for 1333 to win yet another World 165 title for him. Gordon spent long hours in the head refs' "hot seat", and caught mis-loads before they became mistakes. If there is a better P/L official or platform manager in the World I'd like to know who. For Gordon it's no **hocus pocus** - just focus! Fabian Wambegans, 52, a MIP/L original got a sloppy handoff in BP, leading to a miss that the spotters didn't react quickly enough to. As a result, Fabian's shoulder ripped. He damaged it further the following day trying to give handouts to his teammates in the warmup room. Ripper! Fabian howled like a scalded dog. His right side was purple the next day. Raimo Marier, 52, BEL, therefore won the 181 guld (1554 TOT). Raimo was so grateful to Fabian that he wanted to buy him dinner. Via his BPhing superiority, John Atkinson, 53, USA outdistanced GBR's Robert Jordan in that lift (591 - 319). He won the gold @ 198, 1620 TOT to the Brit's 1554. Jan Wolbers, 50, CAN just missed the 198 class (201.5).



**90 kg. 45-49 Masters (H) Gordan Olson, Randy Egli, David Jones**

This was a blessing in disguise for him. Jan ran away from John Burgard, 50, from St. Charles, IL (1284 TOT to 1124) for 220 top spot. Joe Deverville, 50, from Micon, GA got pinned w/his 463 benches taking on a legend. Bill West, 52, GBR (230.3) was honored at the Night of Legends night, but coasted right on to another World Title. He SQ ed 804, notched a 418 BP and lifted 705 2nd DL - 1929. Extending himself in his trademark pulling tradition Bill tackled 727 but lost his grip right at the lockout. Bill sez he's retiring - that was it. I'll believe it when I see it. Charles Binkowski, 53, from Sarasota, FL, finished w/1466 TOT. Canadian Jerry O'Conner, 51, was injured so taken DL ed for silver. Three USA ladies collected top honors also. Linda Higgins, 59, went onto record for the Women's 114 victory. She established a cornucopia of W/R's: 176 SQ, 104 BP, 275 DL & 556 TOT. That is front page news for the Idaho Falls newspaper, and will keep their sponsors interested. I'd say! Jean Wayne, 51, Cannon Beach, OR, and Maris Sierberg, 50, of Chicago, IL, completed the gold sweep. Jean earned top position @ 148 while Maris topped her W.C. title count to around 20. She weighed in at a hefty 202. It was a bitter sweet victory for Maris. She competed w/ruptured discs in her neck, and was stressed beyond belief. She took off her "horse collar" long enough to do her stuff on the platform. She's a courageous and tenacious lady who refuses to quit, even under the most adverse conditions. That's what true champions are made of. **55-59** - Great Britain, South Africa and USA were the nations with entrants in this group. Nick Luffman, 56, GBR took the 148 title, no misses - 9 for 9 -



**Captain America - Gary Baum - why would Herb give him that nickname?**

1025 TOT. Can you think of a better way to win - just perfect! Robin Brown, 55, scored a runaway win @ 181. His results of 578, 341, 584 for 1504 are extremely impressive. Another Sarasota, FL, inhabitant - USA's Roy Barnes, 56, snagged the silver w/balanced lifts - 1107. RSA's diligent Ian Morris, RSA, produced a bit of drama taking 3 tries to produce his SQ. His 947 resulted in the championship title for this 59 year old veteran competitor. Ian served as referee for these championships as well. Tom Brock, 56, RSA squared off against Dan Hishel, 55, from Cape Elizabeth, ME @ 2201. 301.301. Dan completed all his BP's (336). Brock almost bumped up three also! Tom's 374 gave him a 5 lb. edge. The South African made a 595 pull, couldn't make 638. **Hamblet gambled it!** Flawless pulls: 611, 633, and finally 665! Yes, he **handled it** - 1532 - 1st place **Bronkhorst's concourse**: 1477 & 2nd. Anita Brewer, 59, RSA lifted solo in the Women's 181 group. Amazing! She copied her 9th World title busting a slew of records: SQ - 388 & 407 BP - 204, DL's - 392 & 407 - TOT 1019. Incredible lifting!

**60-64** - Pat Thomas, 64, a mere 138.2, was uncontented and took the 148 title back to Canada. The men displayed a one two sweep for USA @ 198. Ronald Damon, 61, took home the silver to Dallas, TX. His lifts were 429 SQ, 214 BP, 463 1107. A great performance and he would have surely won any other company. Unfortunately he was pitted against the youthful warrior Bob Bassman, 60, fresh from winning the AAFP (testes) Worlds in Las Vegas. He nailed a 435 SQ and blew Ronald away in the BP, securing his 281 opener. Bob was firmly in control, hoisted 441 DL - 1157 - a winning lift. Whatta guy! **65-69** - Raimond Necessary, 67, center stage to be the mighty Americans Ben Rodriguez, 65, El Paso, TX, was amazing! Weighing only 159.1 he missed to the 165 title. No one dared to contest him. A good thing as Ben hit 402 SQ, 264 BP, 462 DL, 1113 TOT. It must be the climate because everything that comes from Texas produces BIG! Last but certainly not least was the 220 champ, Richard Austin, 67, from Round Rock, TX, would pass for 50 and looks like he was carved from granite. When not lifting weights Rich likes to read my stuff. His trash bold exterior is a piece of art for a man whose heart is as good as gold. He son has a bum hip from taking bad fall earlier in his life, but he moves like a gazelle when he gets warmed up. Delight in people. Rich made a 518 SQ and got 552 BP. I thought it looked good, but the judge denied him. He got a 325 BP & 479 DL for a 1322 TOT. No doubt about it, **AUSTIN IS AWESOME**. Rich runs his own gym back home and has produced one of the most expensive and unique businesses I've ever seen (fortunate joke). Hang in there guys. See us. **NEXT MONTH: Part II: Women & Men's Open plus all the POLITICS. CALL IT SICK. Don't miss it!**

(Editor's Note: results of this competition can be found on pages 14 & 75 of the December 1998 edition of P/L USA)



**A HULK, even at 52 kgs. ... Staniszek of Poland (Sasagawa)**

Teams and delegations began arriving in Kiev on Monday. The weather was frigid, near zero with the snow starting to descend upon the buildings and sidewalks at the Kiev airport. There was a long wait to get through the customs gates, which gave us an opportunity to great lifting friends arriving from other nations. Loaded down with powerlifting gear, passports and visas in hand, we declared the purpose for our trek to the Ukraine. Meet Director Anatoly Sletsenko had arranged for buses to transport us to the meet hotels. Fortunately for us, Olga, an interpreter for the Ukrainian Powerlifting Federation, was waiting to direct us as we emerged from customs. As we waited for our bus, a couple of people arriving from the southern



**Ervin Gainer Sr. was so excited by his experience in the Ukraine that he wanted to go out and lift again the next day. (Hiro Sasagawa)**

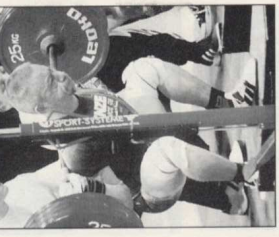
US found themselves a little underdressed for the chills cold, so a quick exchange of clothes with some of their northern countrymen helped to equalize the frosty air. A long, dark bus ride of approximately

**IPF Men's World Championship reported courtesy of Team USA Coach John Mathieu**

plans to attend the congress to express their views in regards to this very important issue. I believe with this goal in mind the IPF and Inzer Advance Designs along with the help of USAPL will be pushing forward to make 1999 the year that an agreement can and will be reached. On that historic day powerlifting on this planet will benefit tremendously by the return of the IPF to the birthplace of our great sport, America!

The competition began on Thursday at the Palace Druzbov, a huge stone building containing a theatre with a stage on which the Championships were held. Seating capacity was something over 1,000, and several times during the week it was completely filled to standing room only. At times the rock & roll music with the roar of the crowd would fill the venue with excitement, then diminish in quiet anticipation of the next lift - only to erupt again at the sign of white lights.

The 52 kg. class was a repeat showcase, as Andrej Stanaszek of Poland once again took the gold



**Above... Wim Elyn made a miraculous comeback to take the 132s, while Tim Taylor (below) scratched out 4th. (Hiro Sasagawa)**



medal. In second place was Japan's perennial veteran Hideaki Inaba. One of the true tones of our sport, Mr. Inaba had recently returned from Argentina where he had taken the Gold at the World Masters Championships. Now at 54 years of age, he still comes to battle the young lions and was strong enough to take home the silver medal! The first American team points on the board were earned by Indianapolis native Ervin Gainer, who placed 6th in his first IPF World Championships, earning 5 points for the USA Powerlifting team. He is a true gentleman, on and off the platform. The 56 kg. class favored another repeat champion in Russia's Mighty Mite, Constantin Pavlov. The 25 year old from Siberia nailed down a 620 kg. total to take the gold. Hu/Chun-Hsiung of Chinese Taipei, coming into the meet with some impressive numbers, was not able to put together a solid gold medal challenge, and locked up the silver with a 582.5 kg. total. Roy Brandzaeg, of Norway, who attended the International Friendship Cup in Denver last July, took the bronze with the same total of 582.5 at a heavier bodyweight. He meanwhile established a new a personal record in the bench press at 132.5. There were no American lifters in the 56 kg. class.

The 60 kg. class featured Wim Elyn of Belgium taking first place, which is an incredible feat, considering that in the Spring of 1997 Wim was confined to a wheelchair, unable to walk. His team members report that nine doctors had told him that he would never lift again. The 10th Doctor consulted a Vice President of the European Olympic Committee, who took his case, and performed some experimental treatment which culminated in a gold medal performance for this Belgian military man who defuses bombs for the Irishhood. Ireland's Gerald McKinnara boosed himself into 2nd place, taking the silver medal back to his historic homeland. Lee Yung-Chang of the potent Chinese Taipei team took third. Another military man, USA's veteran Tim Taylor, who is currently stationed in Japan, took 4th place honors. Tim has taken home silver and bronze in former international powerlifting battles. The final deadlift attempt found Tim with the weight he needed for 1st place in his hands. Unfortunately, on this day, with a nagging back injury, and cramping hands that kept the coach in a constant message mode between 2nd and third attempts, it was not to be. Tim's strong faith and positive attitude are highly valued by the members of Team USA.

The 67.5 kg class brought forth



**BIG AL** Sivokon wins huge. (photograph provided courtesy Ukrainian Powerlifting Federation)



**Wade Hooper** got the World Record in the squat. (H. Isagawa)

America's "Ragin' Cajun", Wade Hooper, coming to do battle with Alexei Sivokon of Kazakhstan. The battle started in the squat, with both men successfully driving up a world record 305 kgs. The record belongs to Hooper, by virtue of his lighter bodyweight. Long the World Record holder in the squat, Wade Hooper's characteristic intensity was immediately apparent. That after the squat, Sivokon went 2 for 3 in the bench press, narrowly missing 202.5, and came off the bench with a 5 kg. advantage on Hooper. In the dead-



**Buznjev** wins Ukraine Gold (Hiro)

lift, Wade nailed his 245 kg. opener but his next two attempts at 260 were unsuccessful. Sivokon sailed through to a successful 300 kg. third attempt, and then had 316.5 loaded on the bar for a World Record 4th attempt which also earned him white lights and a new world mark. The remarkable Sivokon made all of his attempts, with perhaps the exception of his 4th deadlift, look easy, displaying the hallmark of a technician who is extremely good at the heavyweights, the 800 kg. total is now registered in all but the three lightest weight classes. Alexei Sivokon's exceptional performance netted 618.32 Wilks. Formula Points, making him the "Best Lifter" of this World Championships. 24 year old Jaroslav Olech of Poland took a run at the silver medal, attempting to pull 290 kgs. The weight came about 1/2 way up before it stalled, keeping him at bronze. With bench numbers that



**MOR** makes it one more for Russia. (Hiro Isagawa photograph)

pull up his subtotal, Olech's 290 squat and 270 deadlift indicate that he could be a contender for the gold in the future. The rest of the pack were some distance behind Sivokon, Hooper, and Olech. The 75 kg. class was largely a contest between Ukraine and Russia. The gold medal was taken by Shirajuddin Bazayev who brought first place to the host country of the Ukraine. Victor Baranov of Russia, at a lighter bodyweight, outscored the Ukrainian on Wilks points, but was 7.5 kgs. behind in the total, earning him second place. The bronze medal went to another competitive Russian, Victor Furazhkin, who totaled 782.5. There were no USA lifters in this class.

The 82.5 kg class started off with a 4-way battle between two Ukrainians, Mor of Russia and USA's Dave Ricks who were tightly bunched after the squats. Although



**Above...** Dave Ricks led the charge for the USA at 181 after Rob Wagner (below) fell to injury (photographs by Hiro Isagawa).



Ricks made 202.5 in the bench press, it would come down to the deadlift to decide the medal placing. Dave decided a 300 kg. deadlift for a shot at the bronze. As the 3rd attempt came in, Ricks decided to tackle 335 in a bid for the gold, by virtue of bodyweight. It was a valiant effort, but not to be on this day. Dave Ricks took 4th place in his comeback to the international scene, and we're quite happy & proud to have him back. Mor of Russia took first place, followed by Ukrainian countrymen Dmytro Soloviov and Vasily Kurtsak, respectively. USA's additional man in this weight class did not fare so well. Robert Wagner, experienced in international competition, but nursing a groin injury, opened up in the squat with a solid 310 kgs. putting him very much in the thick of the leading pack. Unfortunately, during his 2nd attempt with 320 kgs., Rob shot forward into the air in the direction of the chief referee, shouting in pain. He landed, unable to get up, having apparently torn the groin muscles. Coaches and teammates rushed in to carry Rob off the platform and to the medical station. He was treated, but had no choice but to retire from the competition. His sage advice and analytical perspective continued to help the rest of the team through the meet.

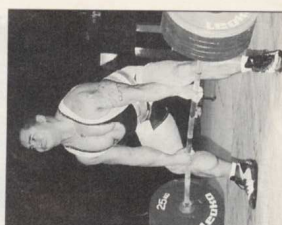
The 90 kg. class started out looking to be a dynamic challenge match between Ray Benemerito of the USA and Roman Szymkowiak of Poland. As the tables turned, the

unexpected winner was Ukrainian Sergely Romanenko, putting Ukraine into possible team championship contention. This put Russian Coach and Federation President Vladimir Bogachev hussling back to review his plans with the other coaches. Ray B. was solidly in medal contention with a 319 squat and a 200 bench, but the deadlift proved to be an unusual nemesis. A flaring knee injury apparently stalled the explosive sumo-style pull that Ray is known for. The outspoken iron warrior from New Jersey could not get one in. Ray continued to support the team with his characteristic leadership. The battle for third place centered tightly between France and Belorussia, with both lifters tying in total weight. The lighter man was France's Francois Kalic, and he took home the bronze medal.

The 100 kg. class found the four top men locking horns past the 900 kg. mark. The final standings were to be decided after the bar got on the floor. Oleky Soloviov of Ukraine, who reportedly in the past has not been known for his deadlift, pulled 330 kgs. for the win. Andrius Gecas of Lithuania had the biggest squat, a national record at 372.5 kgs., but could only manage 317.5 in the deadlift, which was still good enough for the silver medal. Volodymyr Ukhtach of the Ukraine pushed up a national record 250 kg. bench en route to the bronze. USA's Tony Harris pulled the biggest deadlift of the class at 342.5



**Romanenko** (above) put it all together at 90 kgs., while Ray Benemerito (below) could not get a deadlift in. (Hiro Isagawa)



**Soloviov** used his deadlift to win at 100 kgs. (Hiro Isagawa photo)

kgs. On his last attempt Tony pulled 350 kgs. all the way up to lockout, seemingly within microseconds of the judge's call, however, the bar slipped from his hand just before he got the signal to put the bar down. The 125 kg class had Iceland's Audrun Jonsson as the potential favorite. However, it was a 980 kg. total with a personal best mark of 395 kgs. in the squat that won it for Russia's Maxim Podymny, Iceland's Jonsson sealed up the silver with a

slipped from his beety hands and 4th place was on his bodyweight. As affable as he is powerful, one wonders what great reservoir of strength still lies below the surface. The 125 kgs. plus class lived up to it's billing as the unlimited class of size and strength for men. European favorites were Maxim Gurianov of Russia and Tibor Meszaros of Hungary, both reported to have hit 1070 kgs. in previous meets. Meszaros, considered a dark

them did not make it through the squats. Unfortunately, another USA lifter, Willie Cromer, making his debut at the Worlds was unable to get the needed white lights for his squats. Willie seemed strong enough for his 340 kg. opener, but could not get the judges to pass it. Willie is already planning for a comeback in Trento, Italy in 1999. Willie's quiet strength indicates that there is much more to be pulled from the well. When it came to the deadlift, Gankov put his name on the record books. He finished with a 382.5 pull, a 47.5 kg. lead, and a 1002.5 total which broke the record set by John Kuc so many years ago. This powerful young undergraduate student in engineering went 9 for 9 and looked capable of an even bigger total. He will be one to watch! Ivanenko of the Ukraine wound up 2nd with a 955 total. Vachels Pokunov of Russia and Sweden's Jurgens Lungberg tied at 940 but the lighter Russian took home the bronze.

The 125 kg class had Iceland's Audrun Jonsson as the potential favorite. However, it was a 980 kg. total with a personal best mark of 395 kgs. in the squat that won it for Russia's Maxim Podymny, Iceland's Jonsson sealed up the silver with a



**Jeff Douglas** (above) and Willie Cromer (below) gave it a go for the USA in the 242.5. (Isagawa)



**Tony Harris** was just out of the medals. (Ukrainian PL Federation)

horse, could hit big numbers but not consistently. Ukrainian Champion Victor Nalekin would also be in the medal hunt. Last year's runner-up, USA's big Brad Gillingham looked as big as a house (someone mentioned that he should be assigned a township number) and he came to do some serious power business. Brad had researched every winning total for his weight class over the last 14 years, and the plan was to exceed them all. Nalekin opened up with a 400 kg. squat, then got 410, and finally missed at 420 kgs. Three men conquered the 400 kg. mark in the squat. Brad's final squat looked good to the coaches, but did not get the majority of white lights needed to set the stage at subtotal. Gillingham rammep up the biggest bench of the day at 265 kgs. and felt that he had more in him. Again it came down to the deadlifts, and pulled 400 kgs. for a 1030 total and in an unsuccessful bid for the gold, and settled with 1027.5 for the silver medal. Nalekin also missed 385 in his run at the silver, and ended with a 1012.5 total for the bronze. USA's big Brad Gillingham would also have a crack at 385 in his medal pursuit, nearly completing the lift before balance became a factor, and he was forced by the ponderous weight to take a step back. His tremendous efforts garnered 4th place for Team USA. Adding color to the big men's class was Evgeny Popov who placed 7th with a 925 total. The Bulgarian Master lifter is well remembered for his great prowess on the weightlifting platform, and had just returned from Morocco after competing in the World's Strongest Man Contest there.

The 1998 IFF Men's Open World Championships showcased some of the heaviest lifting ever. The scoring/expediting table was well run, and Heiner Koerberch



**Gankov** of Russia broke Kuc's record (Ukrainian PL federation)

## TEAM SPONSORS UKRAINE '98"

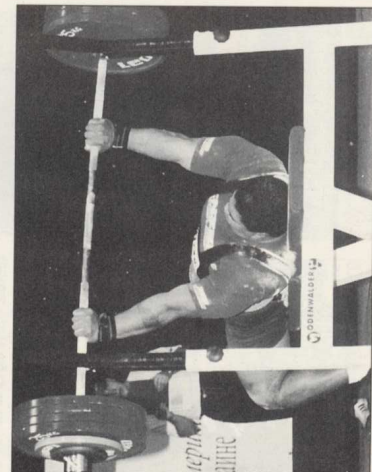
Team Members: The following sponsors are responsible for team uniforms and team shirts, as well as \$260.00 per team member in US dollars. Their patronage represents the backbone of our great sport. Power Quest, B&W Gym - Dennis Brady, Gilly's Gym, House of Pain, Inzer Advanced Designs, Odd Haugen, Powerlifting U.S.A. Magazine, Safe U.S.A., Titan Support Systems, Executive Committee U.S.A. Powerlifting i.e.: Mike Hartle, John Mathieu, Mike Mooney, Mike Overdeer, Dan Wagman



Russia's Maxim Podlynyy (Hiro)

reported that the platform crew registered in the upper third of his program which tracks the speed of the leaders. The meet venue and platform proper were well run. There were some challenges regarding the various hotels, and their location. Some concerns were voiced at room prices and transportation.

The closing banquet was well appointed. This is the traditional time to present team standings and best lifter awards. Russia scored 66 points to edge the host Ukrainian team into second place with 62 points. Team USA took third place, nosing out Chinese Taipei 44 to 42 points. The well-blended American team moved up one place from 4th at last year's Worlds in Prague. In total, there were 148 men representing the best and brightest of 32 nations at the end of the competition. It is always impressive to be a part of World Championships, especially in Europe where the public interest is so high. TV cameras are rolling to present the day's highlights on national television, and the excitement is palpable. The adrenaline rush that comes with the roar of the crowd surrounded by the lights and pounding music leave an indel-



Tony Leiato with the biggest 275 bench. (Ukrainian PL Federation)



The USA Contingent, with IPF Prez Grahame Fong in the center; front row, left to right, Rob Wagner, James Benemerito, Ervin Gainer Sr., Tim Taylor, Wade Hooper, Dave Ricks; 2nd row - Angie Overdeer, Jeff Douglas, Ray Benemerito, President Fong, Tony Leiato, Willie Croner; 3rd row - Tony Harris, Mike Overdeer, P.J. Couvillion, John Mathieu, Richard Herrick MD; back row - Odd Haugen, Brad Gillingham, unidentified. (photograph supplied to PL USA by Wade Hooper)

ible impression on the part of your brain that stores powerlifting memories.

It would not be fitting to end this report without recognizing the long

(Editor's Note... meet results can be found on p. 13, Dec/98 PL USA)



Tibor Meszaros pulled in the winning deadlift. (Hiro Isagawa)

and exemplary record of service of one of the Team USA coaches. For the first time in many years, Sean Scully was not able to lend his considerable knowledge and skills to the efforts of America's team. Just prior to our departure, it was found that Sean's wife Melissa had become very ill. Quite obviously, his duties as a husband and father precluded him from traveling with the team to the Ukraine. He was missed by all those whose international powerlifting prowess has been positively impacted with his great job of coaching through the years. Please join us in keeping the Sean Scully family in your thoughts and prayers.

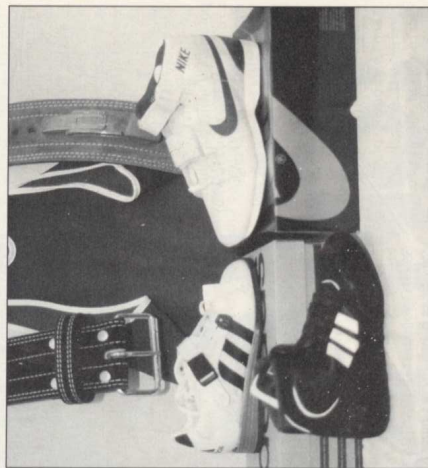
Thanks to Peter Thorpe for his initial draft of this report.

# ELITE

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

**ELITE COMPETITION BELT** - features seamless roller buckle - available with one, two, or three color combinations - six rows of heavy duty stitching - available with single or double buckle - 10 cm wide by 11-13 mm thick ..... \$69.00  
*Lever & competition belts are available in the following colors - Black, Royal Blue, Navy, Red, Sand, Gray, and Green. Be sure and give your waist size, style belt, and color (if necessary) when ordering!*

**Nike High Cut Lifting Shoes** - Features include: Steel shank support - External Heel Stabilizer Collar - Heel Counter and Box Toe Reinforcement - EVA Foam Midsole/Heel Block - Non Slip Rubber Outsole - Tuck Board Reinforced Innersole - Dual Density, Anatomical, Molded Sockliner - 5/8" Foam, Ankle Cushioning - Hook & Loop Closure, Stability Straps - Foam Lined, Jersey Knit Quarterlining - Nylon Reinforced Vamp/Tip - Performance Leather, Full Grain Upper  
white/blue sizes 10 1/2 - 13 only ..... \$79.00



**Bench & Deadlift Suits** - Reversible, 2 suits in 1 (red with white trim or blue with white trim) - Give height and weight. xsmall - xlarge ..... \$19.00 3xl - 5xl .... \$24.00

**Deadlift Shoes** - Padded ankle & tongue for increased support and comfort. Non-skid sole especially designed for increased traction, flexibility and feel. Unique split level design that allows maximum flexibility and support.

Black/White - sizes 5-15 ..... \$44.50

Elite Sales Inc., Box 345, Accord, Ma. 02018  
Call Toll Free 1-800-433-0324 in Mass. Call 1-781-749-4389

Shipping is \$5.00 on orders within the continental US (except for bars). Overseas orders add 25% for surface freight or 40% for local air freight.  
Master Card and Visa accepted

# INTERVIEW

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

## JERRY TANCIL as told to Powerlifting USA by Tom McCullough



Jerry Tancil rams up a heavy bench press in Florence, South Carolina.

Jerry Tancil has to be one of the most amazing masters powerlifters I have seen in quite some time. Not only is he an outstanding lifter, but he is truly one of the nicest individuals you will ever meet. Jerry Tancil is 44 years old and lives with his wife Suzette in Georgetown, South Carolina where he works as a construction worker for BB & K Construction. When Jerry is in the house, every one has a good time.

**TM:** Jerry, how long have you been powerlifting and how did you get started in this sport?

**JT:** I got started about 10 years ago because I wanted to put on some size. One day I wandered into a gym and watched some guys bench pressing. I was impressed at how much these guys were doing. At the time I only weighed about 200 pounds, so when they were done I walked over and put on about 135 pounds and nearly got squished to death. I knew then I need to change make some changes.

**TM:** Is there any particular person who helped you when you first started?

**JT:** Yeah, about four years ago a fellow named Dwight Causey came into the gym where I trained and watch me bench 500 pounds on one of my bench press days. Dwight ask me if I had ever competed and said no I had never really thought about it. So before I knew it he had dragged me off to an ADFFA meet here in South Carolina. My first bench press was a state record and after that I was hooked.

**TM:** Is there a particular person who you admire and who inspired your lifting?

**JT:** Oh, yeah, Danny McMillan! He is my hero. All you have to do is just watch him lift some time. He is one of the most amazing lifters I have ever seen. Not only is he a great lifter, he is one of the nicest individuals you will ever meet in your whole life. I met him in my second contest and he was just too nice. He is a great lifter and a great person and is now one of my closest friends.

**TM:** I sure can see where Danny's personality has rubbed off on you, Jerry. I realize you have accomplished quite a bit since your first day in the gym, but out of all of this what are you the most proud of?

been the biggest challenge to your lifting success?

**JT:** Well, I had a heart attack in March of 1997, which slowed me down for a hot minute. So for the last year I have been trying to comeback from that and just get back to where I was.

**TM:** That is a big hurdle to have to jump, but it looks like you have done it. What are some of your future powerlifting goals?

**JT:** I don't believe in setting goals that are unrealistic. My current goal in the bench press is to hit over 600 again this year and eventually 700!

**TM:** How do you train for contests?

**JT:** I never change anything. I do the same reps year round regardless of when I go to a contest. I always train very heavy on the chest and go lighter with more reps on all of my accessory training. A few weeks before a contest I'll put on my bench press shirt and get an opener for my contest.

**TM:** What particular gear do you wear?

**JT:** I wear all Inzer gear! A few

kind of hard to keep up with all of that and unless you have some pretty deep pockets you can't afford to try them all, especially with the results you get from using them.

**TM:** What has the sport of powerlifting done for you and your life?

**JT:** In the gym you learn how to set realistic goals and accomplish them. If you can apply this same thing to life you are able to do anything you want to.

**TM:** What do you like and dislike about the sport of powerlifting?

**JT:** You know, you hear a lot about the different federation problems and the politics, but people are still going to lift weights. It doesn't matter what these federations do, because there are still going to be people lifting weights in the gym and having a good time doing it. Despite all of the fighting, we can all still have fun in that gym and one can take that away.

**TM:** So what changes would you like to see in our sport?

**JT:** Quit all of this bickering! We are all powerlifters no matter what federation we are a member of. As long as we are just out there lifting, it doesn't really matter what federation we are doing it with. We all start in the gym, we all still have to go to a gym to

train. The rest doesn't make a difference. Just have fun!

**TM:** Would you like unification or do you like several federations?

**JT:** Unification would be great! But I'm still going to lift regardless of whether or not we ever unify. All of the people I know feel the same way. While I champion in the future, I'm not going to worry about it if it never happens. If Joe Schmo over here has a World record and I have a World record in a different organization I'm not going to worry about it until the day comes that we are all in the same ball game. I have no problem with being a World record holder in the WPA while someone else is a record holder in another federation. Good for them. More power to them! I'm still going to be lifting. So who cares.

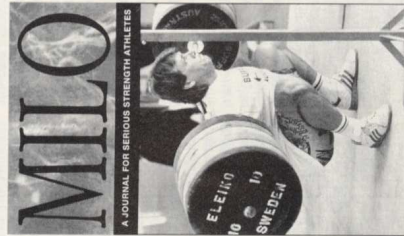
**TM:** Do you actually believe powerlifting can make it to the Olympics in the near future?

**JT:** Man... I can't believe it's not. People have been fascinated with strength forever. Even if we just had to go with an individual lift what federation we are doing it with. We all start in the gym, we all still have to go to a gym to

believe it's not already in the Melbourne, Australia (November 1993).

91-kg Ivan Chakarov banged out a triple with 270 kg in the squat—impressive enough in itself, but even more so when you consider that it was a high-bar, close-stance, rock-bottom effort, and because he did it with no belt, no wraps, no spotters, we coined the phrase "no-no-no" to describe the style. The strength world would never be the same again, because now everyone knew what real squatting was all about. Chakarov went on to win the World Weightlifting Championships a couple of days later, securing his spot as a *MILIO* guy.

*MILIO* goes around the world to cover strength sports: weightlifting, Highland Games, arm wrestling, strongman, powerlifting—just about everything that has to do with strength. We've become recognized around the globe as the premier journal for serious strength athletes, and are proud that our readership includes some of the biggest names in the world of strength—Olympic champions, world champions,



© Randall J. Strosser, Ph.D.

What are you waiting for?

**MAKE YOUR MOVE**

ADAPTOGEN™ is tested and proven to accelerate athletic and sexual drive, speed recovery and fuel lasting MUSCLE GAIN results in 21 days or less!

ORDER NOW: Risk-Free! 4-6 month supply: \$49.95 4-6 month BULKY: \$19.90

**MASS 1-800-ASK-MASS**  
Muscle And Sports Sciences  
www.MuscleMass.com  
FREE English Express Shipping

Olympics. It's hard to believe, I don't see what the problem is. People have come up with lots of excuses, but I don't believe them. Equipment is one, but every sport uses some kind of equipment so I don't see what the problem really is. Every sport buys the best equipment money can buy, so I don't see that this is an issue. As far as the drug issue goes, you are just not going to make it to the Olympics doing drugs. They test! So if you are doing drugs, just don't plan on going to the Olympics. If you are using them, have fun where you are.

**TM:** Do you have any advice for lifters just starting out in powerlifting?

**JT:** Yeah... have fun! Find a fed-

eration to compete in where you are still allowed to have a good time. That is what going to a meet is all about. A few years ago I started lifting in the APA and love it. It's fun... it really is. I really have a ball going to their meets and that's what it's all about. They have a good set of rules, they don't give you anything, but they are not barbaric either. I have been in meets with other federations where they were so strict and so picky, that it wasn't fun. If I don't have fun, I just don't go back. And I never lifted in that particular federation again. It's got to be fun. As usual it has been a pleasure talking with you are there any final comments you would like to make or people you would like to thank?

**JT:** First off, I would like to thank my wife Suzette. She is my number one supporter and is behind me 100%. Without her I wouldn't be able to have as much fun as I do. I would also like to thank Allen Bremner, Daine Barino at the South Carolina Barbell Club, and Danny McMillan and his wife. I would also like to thank Mike Lambert and PL USA for making this opportunity possible.

# NO!-NO!-NO!

world record holders. But we're also the journal of first choice for every unsung hero who struggles for new PRs in his backyard, garage or basement.

*MILIO*. Training. Personalities. History. Major contests. Schedules. Softcover book format. 128 pages with no interior advertising. Top authors and photographers. A world-class package worthy of everyone who takes strength as seriously as we do.

Four issues a year:  
\$29.95 USA; \$33.95 Canada/Mexico; \$49.95 all others.  
Single issues available for \$9 USA, \$10 Canada/Mexico,  
\$14 all others. Checks and money orders only, please.

**IronMind Enterprises, Inc.**

P.O. Box 1228

Nevada City, California 95959 USA

tel (530) 265-6725 fax (530) 265-4876

www.ironmind.com

As most readers of *Powerlifting USA* know, I sold the Iron Island gym to my manager and long time associate, Ralph Ralola on October 4, 1998. While I benefited the gym business and the joys of having a successful venture, I did not enjoy the many hours of work necessary to make it successful. Now working in my home/office facility again forty five to forty eight hours per week seems almost like "not working". While I will miss being involved with the direction of the numerous meets we ran yearly, I am involved with the training of a number of athletes and lifters. Another thing that I don't believe I will miss is the involvement with the ongoing politics in the sport of powerlifting.

Prior to the opening of the Iron Island Gym, I was able to "straddle the fence" on most political issues. If I had a strong opinion, my many columns in *PL USA* reflect that I expressed those opinions, but behind the scenes I have often been called upon to bring warring factions together or served as a conciliator between and among groups to try to restore a semblance of a working relationship. Sometimes my efforts were successful, other times a miserable failure. While directing four or five meets each year, Ralph and I were, by necessity, involved with the politics of the sport and we saw first hand, over and above the ongoing involvement I've had with that end of things

## More From Ken Leistner

loose to be followed by a period of reorganization and relative peace. This will, in time, revert back to the chaos and bitterness. Just as the USAPL/IPF/USPF mess seems to have been settled, and the AAU appeared to have resolved some problems with international competition, the APF/WPC is undergoing some serious problems.

While there has always been change in powerlifting, the organization of the APF was perhaps as significant as the establishment of the ADFFA. The ADFFA was originally formed by concerned lifters seeking a drug tested or "drug free" venue to demonstrate their abilities. This was a strong and definitive statement by an organization, one that literally stood in the face of convention with the attitude that "we don't want to do things your way or be a part of what you're representing. We don't like the way you're doing it so we intend to do it ourselves, our own way." This was bold and it was beneficial in many ways and it worked. When Ernie

is working with the "takeover", I just want everyone to know and be aware of exactly which organization you are lifting in, and not be deceived.

The 1999 Worlds have been awarded to Bruce Greig in Canada, who has a very good agenda scheduled. He has my support and the support of all the countries behind him. Bruce will also be hosting an International World Cup in the early part of 1999. The APF and WPC will stick together and pull through all this nonsense brought about by certain individuals. I welcome and encourage all comments and suggestions by the WPC Congress members and APF members. Please comment to: WPC/APF Headquarters, 692 South Broadway, Aurora, IL 60505. Your support and loyalty is appreciated. Remember, this is your organization, the way you want to run it, I need your help and input. Don't let anyone take it away from us. Thank you very much.

### Letter from the WPC/APF President to all Members and Member Countries

I founded the American Powerlifting Federation in 1982 as a non profit federation, followed by the World Powerlifting Congress in 1984, a for profit organization. The APF started with 10 Board of Directors and have grown to over 2,500. The WPC started with two countries, South Africa and the U.S. and we now have 20 affiliate countries. Without the support, dedication and loyalty of all the lifters and the Congress members, none of this would have been possible.

Both organizations were founded to get away from the strictness and rules of the IPF, they were formed to what the lifters wanted in an organization. It is the member that decides what the rules should be, we do not have closed door meetings. Our rules are not as strict as other federations when it comes to equipment and such,

Frantz, a long time competitor and powerlifting promoter saw things in the existing governing body he did not like or agree with. He did very much the same thing. He stood up and essentially took the position that "you're not being fair to the lifters and rather than listen to the excuses, I will begin an organization that will address the concerns of the lifters I deal with and have my own organization".

While the tenets of the organizations just noted were very different, they sprang from a similar need and similar commitment. Many people have disagreed with Ernie through the years, and I've been one of them on a number of occasions. Ernie first founded the APF and WPC on the premise that lifters should be enjoyable for the participants, not necessarily the administrators. I can't find fault with that. If nothing else, he has been consistent. I know that in one instance, I argued vehemently against his decision to give permission to a lifter to both represent the U.S. and travel to the world championships. I noted the unfairness to the lifter who I believed had earned the right to be on the world team in that weight class and Ernie's response was "pure Ernie" and very representative of his sensitivity towards the lifters' needs. "Ken, I know you want everything done absolutely correctly. Here's what I feel though. This lifter already paid for the plane ticket and it's not like they can afford to lose any money. The other lifter in the class will be able to move up a class as they have to come down quite a bit anyway most of the time. This way, both get to go, no one loses money, and they'll both have the chance to lift at the worlds". While the decision may not have been exactly in keeping with the rules of the organization, Ernie was very, very consistent at all times, as I've noted in print before, for making decisions that considered the lifters' first, last, and always. In my long experience with him, I don't know, unlike those who were administrators in many of the other organizations that he made decisions that put himself or his own needs first. It was always what he thought, right or wrong, was best for the lifters and the APF. For that, I have maintained my respect for him and my warm feelings.

I have no idea what this latest hassle is about. I don't think I even want to know, however, I do know that as the founder of the organization and its leader for approximately fifteen years, he was shown a great deal of disrespect at the recent world championship and that was uncalled for. I also know that there has been some discontent in for-

align countries over the necessity of drug testing those who choose to lift in the amateur division of the APF. Ralph Ralola is the one responsible for pushing the idea through with Ernie and the two of them bulldozed it into the APF for the benefit of the sport and the lifters. I can speak of the work Ralph and I did. There was a crying need for a drug tested division in the APF. Everyone in our area loved our APF sanctioned meets but the majority did not use anabolic drugs. For years, they competed against those who did but it got to the point that Ralph and I wanted to provide a drug tested venue and we also thought it would help to expand APF membership. As I have often said, lifters just want good meets to lift in and couldn't care less who the national organizing body is. We had great meets that attracted lots of lifters and I would speculate that our meets received the most praise by mail and phone to Mike at the PL USA offices through the years. With all of the drug free lifters clamoring for a more "even playing field" we requested of Ernie that the APF institute a drug tested division. This worked great for us and at every meet we tested six to twelve lifters and at every meet except one, had a positive test come up and the behind the scenes bawling or sanctimonizing of the lifter. Yes, this including an Iron Island lifter much to our disappointment but if nothing else, we did it the correct way and with fairness. Ernie's insistence that a "public spectacle" of a lifter's failure of a drug test was in keeping with his attitude of "let's do the right thing for the lifter and the sport. The lifter will be punished but they don't need to be publicly embarrassed". The amateur division has been a great success in our area as Ralph continues to hold APF sanctioned meets without my assistance and frankly, the majority of lifters are drug free and have been for a lifetime. Has this benefited the APF and the sport. I believe so.

One of the dissenting factions in Europe referred to Ernie as a "dictator". I will say that again, while I have disagreed with some of Ernie's opinions, he has, for the major rules questions, thrown it open to the board for discussion and decision. Let's face it and the Europeans won't want to hear this: most of the world championships for the WPC have been in the U.S. and also good reasons. Many times in Europe, or anywhere out of the U.S., there have been problems related to securing a decent venue, providing appropriate and reliable transportation, etc. We may be spoiled, but at its worst, almost any meet in the U.S. is held where you can get

**STOP!** You can pay more, but you can't get a better bag. Now you can get your name embroidered on a Medium or Large Gym Bag for only \$1 extra!



**\$18** Small (16x19x19")  
Single compartment, cotton shoulder strap

**\$35** Medium (20x10x10")  
These exterior compartments, removable shoulder bag

**\$41** Large (24x12x11")  
These exterior compartments, removable shoulder strap, great for P/L meat or BB show

**COLORS? BLACK, RED, OR BLUE**  
S/H = \$4.00/200R

**24 HOURS TOLL FREE**  
1 (888) 463-7246  
1 (888) H-OF-PAIN

**HOUSE OF PAIN IRONWEAR III**

**HOUSE OF PAIN, 212 TANYA, ROCKWALL, TX 75087**

Worlds in Munich where the entire U.S. team was removed from its hotel accommodations the day before the lifting began to be placed in a piss poor hotel with horrible facilities. The original meet hotel was no great shakes and was perhaps the best the IPF could come up with, but the new one? Mike Lambert and I in a room with two beds and an aisle not a foot and a half between those beds. Hot water available only between 6am and 7am and again between 8pm and 10pm. Cooking smells, primarily remnants of cabbage and onions, filling the hallways twenty four hours per day. Food that was barely edible in the hotel dining room and a dining room that was much too small to accommodate everyone at the same time. Yes, the APF/WPC has pushed for championships to be held in North America (with this year's in Canada and Gary Benford doing a great job in the past in Ohio) but for the benefit of the lifters, not Ernie himself.

I can't make any further specific comments as I don't have the information that would allow that. However, like most powerlifting political messes, this one - I'm sure - is more involved with personal ego than substance that would directly affect the lifters. And Ernie? He's consistent, seeing the lifters in the APF and WPC as "his flock", doing what he thinks is best for them and most of the time, doing just that.

vide adequate room and board. I have a vivid memory of an IPF

WPC vs WPC???? ... the controversy between Ernie Frantz and Carl Smith that erupted just prior to the WPC Worlds in Graz, Austria, continues to froth. Ernie was not allowed to participate in the proceedings, and with one brief exception, was not present at the venue for the competition. At this admittedly very preliminary point, it appears that out of the World Powerlifting Congress there might emerge another organization, perhaps called the World Powerlifting Council(?). While Bruce Greig has reportedly been awarded the WPC Congress world meet for 1999, there have been inquiries in 1999, there have been inquiries to one prominent meet director in the US as to whether he would be interested in directing a WPC next year. Although it is widely rumored that the USPF might be the new member of the WPC Council, there is also some source noting that the IPA may become the US representative. Carl Smith states in a FAX of Nov. 11th "The EPC (European Powerlifting Congress) has the only legally and democratically elected Executive of an interna-

tional body within the WPC. On these grounds it has taken control of the affairs of the WPC until elections are held at a Special Meeting the end of January or first of February in Vienna, Austria. A constitution and proper rulebook will be decided as well as all relevant matters. Each affiliate country will be soon notified of the exact place and date. A major federation in the USA is making application to the WPC. This is being looked upon favorably at the present time as they have a democratic constitution with duly elected officers. It appears they have much to offer the WPC. This gives us great new possibilities for further growth. The WPC will remain in place as opposed to any efforts by Mr. Frantz to continue with 'his version' of a world body. I advise all athletes to consider their 'loyalties'. We are not dismayed by those wishing to continue with Mr. Frantz. However, all those wishing to participate and compete on a credible and recognized platform will want to continue with this process. An exciting new order is in the process of making. New possibilities are open to us and the sport. If we follow negativity, hatred and single-person domination the sport cannot survive. As one says

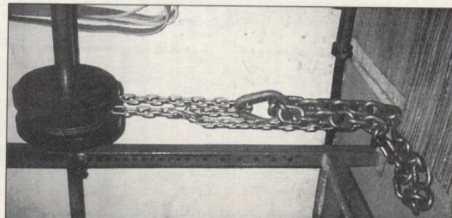
in English, "What goes around comes around". Next year should be fantastic! The South Africans have come out in support of Ernie Frantz with Neddie Primich stating "As far as South Africa is concerned we are standing fully behind Ernie Frantz and the WPC he founded. We find the treatment the received disgraceful and totally unacceptable. We find the actions of Carl Smith at the WPC Worlds an insult to every one of our WPC friends and us. Our status as WPC congress members was totally ignored. We are calling on all WPC members to take a stand on this debacle and support the WPC under Ernie Frantz. We must all work together on this and consolidate to show the dictators of the New World Order that we have designs on the WPC that we are a strong democratic and transparent organization working for our lifters and our chosen sport. We must not be splintered or segmented in any way. United we stand - Divided we fall" and no truer words can describe our situation." (from the Nov. 16, 1998 edition, Vol. 17, No. 24, of *POWER HOTLINE*)

There are many keys to success, but two invaluable ones are accelerating strength training and accommodating resistance by adding chains or bands or sometimes both.

Chains and bands are used in all of our training, be it the dynamic method for speed strength and acceleration or the maximum effort day to develop absolute strength. In the bench press, bands and chains have helped 17 of our lifters achieve 550 or more and 7 lifters have done 600 or more. When I talk about bench training, I am referring to my lifters with a 550 bench or better; that's who we experiment with.

On speed day for the bench, while doing the 8-10 sets of 3 reps, the chains are attached in the following manner. Loop a 1/4-inch-link chain with a hook around the bar sleeve to regulate the height of the 5/8-inch-link chain (5 feet long). Run the 5/8 chain through the metal loop and adjust it so that half of the 5/8 chain is lying on the floor while the bar is in the rack. Use 60% of a no-shirt max on the bar. For example, if your max is 500, put 300 pounds on the bar. When the bar is on your chest, only the weight of the bar should be on your chest; that is, all the 5/8 chain should be on the floor.

If your best bench is 250 pounds or less, use one pair of 1/2-inch-link chains; these weigh 23 pounds each, so you are locking out an extra 11.5 pounds. A 350 or more bench should use one pair of 5/8-inch-link chain. By doing this, you will be locking out an extra 20 pounds. (They weigh 20 pounds each, but half is on the floor at lock-



Chains set up for the bench press

# TRAINING

## BANDS and CHAINS as told to Powerlifting USA by Louie Simmons



Louie standing up with bands on the bar. Louie recently squatted 805.

out.) A 500 pound bench can use both the 5/8 and 1/2 inch chains for a combined added weight of 31 pounds. A 600 bench uses two 5/8 chains and sometimes adds a 1/2 inch chain, for 40 or 51 added pounds at lock-out.

You can experiment on your own, but remember this process is to build bar speed and acceleration. It also teaches you to launch the bar off your chest. A special note: Lower the bar fast and try to catch and reverse the weight as fast as possible. Never pause.

On max effort day, warm up to 315, then do a single. Next, add a 5/8-inch chain on each side and do a single. On the next set, use two sets of chain, then three sets, and so forth. This is similar to how a bench shirt works: the weight is less at the bottom and much greater at the top. The chains build not only acceleration but also a fast start and a strong lock-out.

For floor pressing, simply drape the 5/8 inch chain over the sleeve of the bar and you're ready. J.M. Blakley and George Halbert do a lot of floor presses like this. George will use 200 pounds of chain (=5 sets of chain) and works up to a single. His best at a bodyweight of 220 is 440 plus 200 pounds of chain, which is 640 at the top.

J.M. uses a different combination of weight and chains. J.M.'s best is 400 pounds on the bar with 7 sets of chains, for a combined weight of 680 at lock-out. Try any weight-to-chain ratio. Feel free to experiment. A cambered bar can be used as well.

These are a few methods to add to your max effort day. Bands are a little tough for some on speed day because of the added eccentric properties they create. Also the weight resistance is much more radical at different positions: much less at the bottom, but much greater at the top. Remember, the bands are literally pulling down on you.

There are three bands with different strengths: pink is the least strong, for 300 pound benchers and below; green for 300-450 pound benchers; and blue for 500 pound benchers and above (shirtsless as possible, use several bands. Lower

the bar straight down, aiming between the nipples and chin, stop 4-5 inches off the chest, and press back up. Use a close grip.

Bands and chains are often used for triceps extensions. This will naturally change the strength curve of the movement by accommodating the resistance (fits are usually easier at the top).

A Westside supporter who constantly bugs me with some of the craziest ideas actually came up with

through the metal ring so about three chain links are lying on the floor when you are standing. When you are sitting on the box, slightly below parallel, half of the chain will be unloaded onto the floor.

How much chain should you use? If you squat 350 or less, use one set of 5/8 inch chain, equaling 40 pounds at the top. If you squat about 600 pounds, use about 60 or 70 pounds of chain at the top. If you squat 800 pounds, use 80+120 pounds of chain at the top. As you can see, about 10% of your squat weight should be added with chain. If you are doing sets with 400 on the bar, you will be standing up with 520. An 800 squatter whose top training weight is 480, or 60%, will add 80-120 pounds of chain to the bar, equaling 600 at the top.

To use bands for squatting, if you squat 650 or less, use green bands. If you squat more than 650, use blue bands. Here are two examples of 900+ squatters. Billy Masters and Dave Barro used a top weight of 500 pounds and 150 pounds of tension with blue bands. Billy did 909 and Dave did a perfect 925. Neither train at Westside, but they use our methods.

When squatting, wave your training weights from 50% to 60% in a 3 or 4 week cycle. Do mostly 8 sets of 2 reps with 45 seconds rest between sets.

For max effort work, one can choose a bar weight of, say, 400 or 500 pounds. Do a single and then add a set of chains. Keep doing singles and adding a second and third set of chains until you break a PR or miss. You can do the same with Flex bands. Good mornings are a great exercise to do with chains and bands. High pulls with the pink or green bands are also great.

I have seen one of our lifters with a 600 deadlift go to 670 in 6 months by using bands on the deadlift. Bob Young would use 275-315 on the bar, with about 200 pounds of tension from the bands. We use the platform that Jump-Stretch sells with their bands to do this exercise.

If you want to excel at powerlifting or any sport, then you must develop speed strength, increase acceleration, and gain absolute strength. Bands and chains can be instrumental in developing these aspects of strength. I highly recommend that you try them as soon as possible. For chains, call Topper's Supply at 614-444-1187. For bands, call Jump-Stretch at 1-800-344-3539.

Westside Barbell  
614-276-0923

## Another Westside Story

...This Westside story is not about singing and dancing, but about reading Marc Caviglio's account of his visit to Westside Barbell in the September 1998 Powerlifting USA. I felt compelled to share my visit to Westside Barbell with the readership of Powerlifting USA.

My story began in August 1997, with a phone call to Louie regarding execution of the vaulted J.M. Press (which I still cannot do correctly, even after both Louie and J.M. Blakley, himself, showed me how to do them). In my conversation with Louie, I had mentioned that I would be in Zanesville, Ohio accompanying my friend Steve Helmicki, who would be competing at The Iron House Classic meet. Louie stated that he would be competing at that same contest, and asked if we could manage it and stay another day to come to Columbus he would show me how to perform the movement. "WOW!" I, of course, immediately said "YES!"

We then met with Louie in Zanesville, in September 1997. My friend, Steve had a rough go in the squats. Louie, himself, squatting, came over to Steve to offer both encouragement and technical advice.

After the contest, we followed Louie back to Columbus, and from there Louie took us to a hotel. As he was about to leave he asked us "You guys eat yet," and we had not. Louie pointed to his car and said "Hop in," Louie took us to an Italian restaurant, and we had his attention for TWO FULL HOURS. Imagine breaking bread with Louie Simmons for two hours, and ask any question that comes to mind. That time was worth its weight in gold. The following morning we had breakfast with Louie and the rest of Westside, and from there we were off to Westside Barbell.

Once we were there it was okay to ask questions, but be prepared to train. On-the-job training works best when you have the "master" and his "disciple" putting you to task. After we trained, Louie took the time to answer any last questions that we had.

In sum, I felt it was the most enjoyable and educational opportunity that I had ever had since being affiliated with powerlifting. Louie does this, all of this, out of the goodness of his heart.

It is very rare nowadays to meet someone at the top of his game willing to give and sacrifice so much to help better others. Wherever powerlifters gather, raise a glass to Louie Simmons, and be thankful we have him.

Derek Barker







# Dr. JUDD

## Hard Work Does It Every Time as told to Powerlifting USA by Judd Biasiotto Ph.D.



**HARD WORKER...** Larry Pacifico won the 220 lb. class at the 1979 IFF World Championships, a meet for which he was also the promoter!

When I was in college one of my best friends was a guy named Reverend Danny Lovett. He was a minister, but don't let that fool you. In South Georgia just about everyone that attends a Baptist church on a regular basis is a preacher. I'll have to admit though, Danny was as religious as anyone I have ever met. Unlike Pat Robertson and Oral Roberts, Danny just didn't talk to God, he prayed with God. He was totally committed on tennis and golf with him on the weekends. He was totally committed on spreading the word of the Lord.

Nevertheless, I remember we had this big anatomy test coming up and I asked Danny if he wanted to study with me. He said that he wanted to, but he just didn't have the time. He had to attend a retreat for his church. I warned him that he better study because the test was going to be a real killer. He assured me he came to be totally prepared when it came time for the test. That weekend I spent every waking hour studying anatomy. I really got into it. By the time Monday rolled around I was ready. I met Danny right before class and asked him if he had studied for the test. Amazingly, he told me that he hadn't even opened the book. I asked him what he was going to do. Do you know what he told me? He said "I am putting this test in the Lord's hands. He will take care of me." He then gave me this bright eyed look and said "Trust in the Lord and all things will be possible to you."

I was right, the test was a real nightmare. The kind that separates the men from the boys. I was ready, though, and as a result I got a 97, the highest grade in the room. How did Reverend Danny do? Well, he didn't even qualify as a fetus, he got a 23, the lowest grade on the test. Here is the point, the Lord helps those who help themselves. There is no free ride in life. You reap what you sow. If you're not willing to work no one is going to help you, not even the Lord.

We all want to believe that there is some easy way to the end of the rainbow. That there is some magic formula for success. In fact, most athletes and non-athletes are looking for a magic elixir that will transform them into a superman over night. Well the magic elixir is a nasty little lie that can linger for a lifetime, a fantasy substitute for the reality that we live. I would love to tell you that one day I ate a big bowl of Magic Flutie Flakes, went to the gym, and turned into a world class powerlifter. If I had such a magic formula that by passing the hard work phase, I would be instantly rich and I wouldn't have the body of a man eleven years old stamp collector. I would also be a fraud and a stonewaller. The fact is there are no shortcuts in life. Over the past two decades I have researched just about every ergogenic aid known to man. I've read just about every book on human performance

studies conducted by John Lawther, a researcher from Michigan, found that the number one variable related to elite performance was time spent in training - not genetics. According to Lawther, elite performance was due more to quality training than to exceptional inborn capacities. Lawther estimated that twenty hours of quality training per week for a period of eight years appears to be the amount of work required to reach a world-class level. That's approximately ten thousand total hours. Apparently, a certain time is needed for an athlete to learn the most efficient methods and skills for enhancing performance. Even a world-class athlete must learn the basics of the sport to build a firm foundation. To train twenty hours a week, is to say the least, very difficult. Yet, as Lawther emphasizes, it is twenty hours of quality training - twenty hours of training - that is required for elite performance.

I'll go one step further and say that even prodigies have to work hard to be successful. You could be the greatest physical specimen to ever walk the face of the earth, but if you don't eat, sleep, and train right, you won't be around long. I don't care how much talent you have, if you're going to be successful, you have to work. You could be potentially the brightest person ever born, but if you don't get the proper inputs, or don't use them correctly, you're not going to function very well. The same is true physically. If you want to be great you have to pay a price. You have to jump in there and get your hands dirty. There is just no other way. I believe it was Jay Smith who said "The only place you find success before work is in the dictionary."

Larry Pacifico, arguably the greatest powerlifter of all time was once asked, "What is the secret to your great strength?" Pacifico turned to his questioner in surprise that he had asked such an elementary question and replied, "There is no secret. Hard work... that's what it takes, there is nothing else. Hard work does it every time."

### SOME KEYS TO SUCCESS

- \* Don't waste your time looking for shortcuts. Get in your mind right now that in life there is no free ride.
- \* If you want to be great expect to work hard and long. Nothing worth in life comes easy.
- \* Focus on what you're doing. Don't worry about the past or the future. Only do the moment counts.
- \* Every day do something that will get you a little closer to your goals.
- \* Get a training log (preferably the one I published) and record your workouts as you perform them.
- \* Roll your sleeves up and get to work. It is the only way to reach stardom.

### WNPF Worlds

6-8 Nov 98 - Lancaster, PA  
 Bench Press  
 Women  
 33-39 306  
 40-44 386  
 45-49 316  
 50-54 316  
 55-59 316  
 60-64 316  
 65-69 316  
 70-74 316  
 75-79 316  
 80-84 316  
 85-89 316  
 90-94 316  
 95-99 316  
 100-104 316  
 105-109 316  
 110-114 316  
 115-119 316  
 120-124 316  
 125-129 316  
 130-134 316  
 135-139 316  
 140-144 316  
 145-149 316  
 150-154 316  
 155-159 316  
 160-164 316  
 165-169 316  
 170-174 316  
 175-179 316  
 180-184 316  
 185-189 316  
 190-194 316  
 195-199 316  
 200-204 316  
 205-209 316  
 210-214 316  
 215-219 316  
 220-224 316  
 225-229 316  
 230-234 316  
 235-239 316  
 240-244 316  
 245-249 316  
 250-254 316  
 255-259 316  
 260-264 316  
 265-269 316  
 270-274 316  
 275-279 316  
 280-284 316  
 285-289 316  
 290-294 316  
 295-299 316  
 300-304 316  
 305-309 316  
 310-314 316  
 315-319 316  
 320-324 316  
 325-329 316  
 330-334 316  
 335-339 316  
 340-344 316  
 345-349 316  
 350-354 316  
 355-359 316  
 360-364 316  
 365-369 316  
 370-374 316  
 375-379 316  
 380-384 316  
 385-389 316  
 390-394 316  
 395-399 316  
 400-404 316  
 405-409 316  
 410-414 316  
 415-419 316  
 420-424 316  
 425-429 316  
 430-434 316  
 435-439 316  
 440-444 316  
 445-449 316  
 450-454 316  
 455-459 316  
 460-464 316  
 465-469 316  
 470-474 316  
 475-479 316  
 480-484 316  
 485-489 316  
 490-494 316  
 495-499 316  
 500-504 316  
 505-509 316  
 510-514 316  
 515-519 316  
 520-524 316  
 525-529 316  
 530-534 316  
 535-539 316  
 540-544 316  
 545-549 316  
 550-554 316  
 555-559 316  
 560-564 316  
 565-569 316  
 570-574 316  
 575-579 316  
 580-584 316  
 585-589 316  
 590-594 316  
 595-599 316  
 600-604 316  
 605-609 316  
 610-614 316  
 615-619 316  
 620-624 316  
 625-629 316  
 630-634 316  
 635-639 316  
 640-644 316  
 645-649 316  
 650-654 316  
 655-659 316  
 660-664 316  
 665-669 316  
 670-674 316  
 675-679 316  
 680-684 316  
 685-689 316  
 690-694 316  
 695-699 316  
 700-704 316  
 705-709 316  
 710-714 316  
 715-719 316  
 720-724 316  
 725-729 316  
 730-734 316  
 735-739 316  
 740-744 316  
 745-749 316  
 750-754 316  
 755-759 316  
 760-764 316  
 765-769 316  
 770-774 316  
 775-779 316  
 780-784 316  
 785-789 316  
 790-794 316  
 795-799 316  
 800-804 316  
 805-809 316  
 810-814 316  
 815-819 316  
 820-824 316  
 825-829 316  
 830-834 316  
 835-839 316  
 840-844 316  
 845-849 316  
 850-854 316  
 855-859 316  
 860-864 316  
 865-869 316  
 870-874 316  
 875-879 316  
 880-884 316  
 885-889 316  
 890-894 316  
 895-899 316  
 900-904 316  
 905-909 316  
 910-914 316  
 915-919 316  
 920-924 316  
 925-929 316  
 930-934 316  
 935-939 316  
 940-944 316  
 945-949 316  
 950-954 316  
 955-959 316  
 960-964 316  
 965-969 316  
 970-974 316  
 975-979 316  
 980-984 316  
 985-989 316  
 990-994 316  
 995-999 316  
 1000-1004 316  
 1005-1009 316  
 1010-1014 316  
 1015-1019 316  
 1020-1024 316  
 1025-1029 316  
 1030-1034 316  
 1035-1039 316  
 1040-1044 316  
 1045-1049 316  
 1050-1054 316  
 1055-1059 316  
 1060-1064 316  
 1065-1069 316  
 1070-1074 316  
 1075-1079 316  
 1080-1084 316  
 1085-1089 316  
 1090-1094 316  
 1095-1099 316  
 1100-1104 316  
 1105-1109 316  
 1110-1114 316  
 1115-1119 316  
 1120-1124 316  
 1125-1129 316  
 1130-1134 316  
 1135-1139 316  
 1140-1144 316  
 1145-1149 316  
 1150-1154 316  
 1155-1159 316  
 1160-1164 316  
 1165-1169 316  
 1170-1174 316  
 1175-1179 316  
 1180-1184 316  
 1185-1189 316  
 1190-1194 316  
 1195-1199 316  
 1200-1204 316  
 1205-1209 316  
 1210-1214 316  
 1215-1219 316  
 1220-1224 316  
 1225-1229 316  
 1230-1234 316  
 1235-1239 316  
 1240-1244 316  
 1245-1249 316  
 1250-1254 316  
 1255-1259 316  
 1260-1264 316  
 1265-1269 316  
 1270-1274 316  
 1275-1279 316  
 1280-1284 316  
 1285-1289 316  
 1290-1294 316  
 1295-1299 316  
 1300-1304 316  
 1305-1309 316  
 1310-1314 316  
 1315-1319 316  
 1320-1324 316  
 1325-1329 316  
 1330-1334 316  
 1335-1339 316  
 1340-1344 316  
 1345-1349 316  
 1350-1354 316  
 1355-1359 316  
 1360-1364 316  
 1365-1369 316  
 1370-1374 316  
 1375-1379 316  
 1380-1384 316  
 1385-1389 316  
 1390-1394 316  
 1395-1399 316  
 1400-1404 316  
 1405-1409 316  
 1410-1414 316  
 1415-1419 316  
 1420-1424 316  
 1425-1429 316  
 1430-1434 316  
 1435-1439 316  
 1440-1444 316  
 1445-1449 316  
 1450-1454 316  
 1455-1459 316  
 1460-1464 316  
 1465-1469 316  
 1470-1474 316  
 1475-1479 316  
 1480-1484 316  
 1485-1489 316  
 1490-1494 316  
 1495-1499 316  
 1500-1504 316  
 1505-1509 316  
 1510-1514 316  
 1515-1519 316  
 1520-1524 316  
 1525-1529 316  
 1530-1534 316  
 1535-1539 316  
 1540-1544 316  
 1545-1549 316  
 1550-1554 316  
 1555-1559 316  
 1560-1564 316  
 1565-1569 316  
 1570-1574 316  
 1575-1579 316  
 1580-1584 316  
 1585-1589 316  
 1590-1594 316  
 1595-1599 316  
 1600-1604 316  
 1605-1609 316  
 1610-1614 316  
 1615-1619 316  
 1620-1624 316  
 1625-1629 316  
 1630-1634 316  
 1635-1639 316  
 1640-1644 316  
 1645-1649 316  
 1650-1654 316  
 1655-1659 316  
 1660-1664 316  
 1665-1669 316  
 1670-1674 316  
 1675-1679 316  
 1680-1684 316  
 1685-1689 316  
 1690-1694 316  
 1695-1699 316  
 1700-1704 316  
 1705-1709 316  
 1710-1714 316  
 1715-1719 316  
 1720-1724 316  
 1725-1729 316  
 1730-1734 316  
 1735-1739 316  
 1740-1744 316  
 1745-1749 316  
 1750-1754 316  
 1755-1759 316  
 1760-1764 316  
 1765-1769 316  
 1770-1774 316  
 1775-1779 316  
 1780-1784 316  
 1785-1789 316  
 1790-1794 316  
 1795-1799 316  
 1800-1804 316  
 1805-1809 316  
 1810-1814 316  
 1815-1819 316  
 1820-1824 316  
 1825-1829 316  
 1830-1834 316  
 1835-1839 316  
 1840-1844 316  
 1845-1849 316  
 1850-1854 316  
 1855-1859 316  
 1860-1864 316  
 1865-1869 316  
 1870-1874 316  
 1875-1879 316  
 1880-1884 316  
 1885-1889 316  
 1890-1894 316  
 1895-1899 316  
 1900-1904 316  
 1905-1909 316  
 1910-1914 316  
 1915-1919 316  
 1920-1924 316  
 1925-1929 316  
 1930-1934 316  
 1935-1939 316  
 1940-1944 316  
 1945-1949 316  
 1950-1954 316  
 1955-1959 316  
 1960-1964 316  
 1965-1969 316  
 1970-1974 316  
 1975-1979 316  
 1980-1984 316  
 1985-1989 316  
 1990-1994 316  
 1995-1999 316  
 2000-2004 316  
 2005-2009 316  
 2010-2014 316  
 2015-2019 316  
 2020-2024 316  
 2025-2029 316  
 2030-2034 316  
 2035-2039 316  
 2040-2044 316  
 2045-2049 316  
 2050-2054 316  
 2055-2059 316  
 2060-2064 316  
 2065-2069 316  
 2070-2074 316  
 2075-2079 316  
 2080-2084 316  
 2085-2089 316  
 2090-2094 316  
 2095-2099 316  
 2100-2104 316  
 2105-2109 316  
 2110-2114 316  
 2115-2119 316  
 2120-2124 316  
 2125-2129 316  
 2130-2134 316  
 2135-2139 316  
 2140-2144 316  
 2145-2149 316  
 2150-2154 316  
 2155-2159 316  
 2160-2164 316  
 2165-2169 316  
 2170-2174 316  
 2175-2179 316  
 2180-2184 316  
 2185-2189 316  
 2190-2194 316  
 2195-2199 316  
 2200-2204 316  
 2205-2209 316  
 2210-2214 316  
 2215-2219 316  
 2220-2224 316  
 2225-2229 316  
 2230-2234 316  
 2235-2239 316  
 2240-2244 316  
 2245-2249 316  
 2250-2254 316  
 2255-2259 316  
 2260-2264 316  
 2265-2269 316  
 2270-2274 316  
 2275-2279 316  
 2280-2284 316  
 2285-2289 316  
 2290-2294 316  
 2295-2299 316  
 2300-2304 316  
 2305-2309 316  
 2310-2314 316  
 2315-2319 316  
 2320-2324 316  
 2325-2329 316  
 2330-2334 316  
 2335-2339 316  
 2340-2344 316  
 2345-2349 316  
 2350-2354 316  
 2355-2359 316  
 2360-2364 316  
 2365-2369 316  
 2370-2374 316  
 2375-2379 316  
 2380-2384 316  
 2385-2389 316  
 2390-2394 316  
 2395-2399 316  
 2400-2404 316  
 2405-2409 316  
 2410-2414 316  
 2415-2419 316  
 2420-2424 316  
 2425-2429 316  
 2430-2434 316  
 2435-2439 316  
 2440-2444 316  
 2445-2449 316  
 2450-2454 316  
 2455-2459 316  
 2460-2464 316  
 2465-2469 316  
 2470-2474 316  
 2475-2479 316  
 2480-2484 316  
 2485-2489 316  
 2490-2494 316  
 2495-2499 316  
 2500-2504 316  
 2505-2509 316  
 2510-2514 316  
 2515-2519 316  
 2520-2524 316  
 2525-2529 316  
 2530-2534 316  
 2535-2539 316  
 2540-2544 316  
 2545-2549 316  
 2550-2554 316  
 2555-2559 316  
 2560-2564 316  
 2565-2569 316  
 2570-2574 316  
 2575-2579 316  
 2580-2584 316  
 2585-2589 316  
 2590-2594 316  
 2595-2599 316  
 2600-2604 316  
 2605-2609 316  
 2610-2614 316  
 2615-2619 316  
 2620-2624 316  
 2625-2629 316  
 2630-2634 316  
 2635-2639 316  
 2640-2644 316  
 2645-2649 316  
 2650-2654 316  
 2655-2659 316  
 2660-2664 316  
 2665-2669 316  
 2670-2674 316  
 2675-2679 316  
 2680-2684 316  
 2685-2689 316  
 2690-2694 316  
 2695-2699 316  
 2700-2704 316  
 2705-2709 316  
 2710-2714 316  
 2715-2719 316  
 2720-2724 316  
 2725-2729 316  
 2730-2734 316  
 2735-2739 316  
 2740-2744 316  
 2745-2749 316  
 2750-2754 316  
 2755-2759 316  
 2760-2764 316  
 2765-2769 316  
 2770-2774 316  
 2775-2779 316  
 2780-2784 316  
 2785-2789 316  
 2790-2794 316  
 2795-2799 316  
 2800-2804 316  
 2805-2809 316  
 2810-2814 316  
 2815-2819 316  
 2820-2824 316  
 2825-2829 316  
 2830-2834 316  
 2835-2839 316  
 2840-2844 316  
 2845-2849 316  
 2850-2854 316  
 2855-2859 316  
 2860-2864 316  
 2865-2869 316  
 2870-2874 316  
 2875-2879 316  
 2880-2884 316  
 2885-2889 316  
 2890-2894 316  
 2895-2899 316  
 2900-2904 316  
 2905-2909 316  
 2910-2914 316  
 2915-2919 316  
 2920-2924 316  
 2925-2929 316  
 2930-2934 316  
 2935-2939 316  
 2940-2944 316  
 2945-2949 316  
 2950-2954 316  
 2955-2959 316  
 2960-2964 316  
 2965-2969 316  
 2970-2974 316  
 2975-2979 316  
 2980-2984 316  
 2985-2989 316  
 2990-2994 316  
 2995-2999 316  
 3000-3004 316  
 3005-3009 316  
 3010-3014 316  
 3015-3019 316  
 3020-3024 316  
 3025-3029 316  
 3030-3034 316  
 3035-3039 316  
 3040-3044 316  
 3045-3049 316  
 30

# TRAINING

## "Did Ya' Ever Wonder...?" as told to Powerlifting USA by Bill Nichols

Have you ever opened Powerlifting USA and thought, "How in the world do these guys and gals get so strong?" How about when you've looked through your favorite muscle "mag" and pondered how some people get so big. How about when you've sat down and watched your favorite professional team and some monster bulls his way over the goal line, or some superstar hits a long home run, or that last second three pointer that wins the game... "Did ya ever wonder... could that be me someday?"

When speaking of any type of athletic performance from powerlifting to bodybuilding, football, baseball, basketball, track, soccer, (well, the list is endless...), there are many critical factors that have to be considered if one is to be successful. Some of these factors cannot be controlled by the athlete. A good example of this is genetics. On the other hand, many factors for athletic excellence can be controlled. No matter what one is trying to do with their body getting bigger and stronger, making the varsity or professional team, or just trying to get in better shape, there are four very important factors the or she has to adhere to. I call these four factors: consumption, training, recuperation, and mind set or the (C.T.R.M.) concept. Every successful athlete

bar, can be considered one of those meals we spoke of earlier.

Also remember... consumption not only means the proper food intake, but also the proper supplement and vitamin intake. Over the years I have experimented with probably every supplement and vitamin available. For best results, I would suggest a "trial and error" approach to find what works for you.

The second important factor in the C.T.R.M. concept is "training." I believe any type of athletic performance can be enhanced by incorporating progressive resistance weight training. More specifically, I believe that doing the 3 main powerlifts - the squat, bench, and deadlift, in addition to other weightlifting movements, on a methodical and percentage basis, can enhance not only the powerlifter or bodybuilder but any athlete. With this in mind I suggest a four-day or six-day split routine for best results.

A four-day split routine would be as follows: **Monday and Thursday: train chest, shoulders, triceps, and biceps. Tuesday and Friday: train legs, calves, lower upper back, and abdominals.**

A six-day split (which by the way, I have done for years), is somewhat the same, only adding two

the great minds in the iron world, I have concluded that three to six meals a day, coupled with proper nutritional supplements is the most successful. Included in these three to six meals a day is a large amount of complex carbohydrates, a moderate amount of protein, and a small amount of fat. I know what some of you out there are thinking. "Wait a minute, I have to eat 14 steaks, two dozen eggs, and 25 pounds on my total." Guys and gals, that is just flat out wrong! Your body... just like anyone's... can only assimilate approximately 40 to 50 grams of protein at one time. Eating too much, too often, of the wrong things, can only impede progress.

For example, one quart of skim milk has over 30 grams of protein, and coupled with a 10 gram protein

ers wondering why their bench, squat, or deadlift, etc., is not going up. My answer is usually the same... you are overtraining and not letting yourself fully recuperate.

If you are serious about any type of training, especially powerlifting, you must understand that the rebuilding of muscle fiber does not happen in the gym, but at home when you are resting. With this in mind, train the muscle groups that fit together, so that those same muscle groups can recuperate together.

One last note when speaking about recuperation... remember, that "training means training, not straining." Too often many athletes try to do too much too often. I call this the "B.M.O.C." syndrome. Guys and gals always want to be the "Big Man On Campus." When one comes to the gym, you do not need to go heavy all the time. Don't worry what the guy in the corner of the gym is doing... you know what I'm talking about... counting his 45 pound plates on the bar when the gym is not looking. If you are scheduled to go light this day, then go light and work on form. Instead of worrying about the guy in the corner, consider those "guys" throughout the state, country, and the world, that you could some day compete against if you train smart. Incorporate

rate heavy training and light training days on a weekly basis. Your overall progress will occur much faster in life than just training unwanted injuries.

The fourth important factor in the C.T.R.M. concept is "mind-set." Any serious athlete has to be mentally focused. The athlete has to realize that preparing for any workout or building up for some type of goal is more than just physical. The mind has to prepare, as well as analyze, a cascade of thoughts to achieve good workouts and accomplish one's goal.

The most accomplished athletes in the world use "mental imagery." Mental imagery is the ability to see yourself excelling at what you are trying to do. A elite powerlifter seeing himself squat 800 lbs., a football player visualizing himself score a touchdown, or a gymnast picturing a perfect dismount from a routine, are all good examples of athletes utilizing mental imagery prior to competition.

Mind-set is also the ability to believe that what you are doing will work. A person who constantly changes routines, not being patient while waiting for results, is doomed for failure. Believing in yourself and what you are doing can only be an asset.

A proper mind-set also is the

ability to prioritize. Achieving one's athletic goals is a fantastic thing, but remember... there are more important things in life than just training. Family, education, and pursuit of one's career are essential for a long and successful life. Incorporating any type of training into your life is very fulfilling, but do not become a "gym rat" with no life outside the gym.

One other thing I must mention regarding priorities... if you young lifters and athletes have not seen or heard about anabolic steroids, you will. They are a quick success fix with horrible and deadly side effects. Not to mention that they are illegal without a prescription. I have known athletes that have lost everything: family, career, and reality, because of steroids. I have known lifters that have developed testicular cancer because of the drugs. There are also documented deaths, including suicide, because of "roids" steadily, methodical, natural, progress is the key to success. Do not be fooled by chemically enhanced cycles.

Well... there you have it! The C.T.R.M. concept is the foundation for success! The C.T.R.M. factors can work only if they are all brought and utilized together. So until next time... eat right, train hard, rest, and stay focused!



Bill Nichols has steadily improved, utilizing the C.T.R.M. principles, to become one of the greatest squatters in history. (Lambert photo)

## Beyond A Century Performance Powders...

- How much have you been paying?
- Pro-HGH 40 tabs (1 Month) . . . \$95.00
  - Sublingual HGH 60 dose . . . \$90.00
  - ANDROSTENEDIONE 50mg 60 tabs . \$8.75
  - 5-Androstenediol powder (zincose) \$24.00
  - Creatine Monohydrate 99+% 1000g \$24.75
  - Pyruvate, Calcium 100g . . . \$9.50
  - HMB powder 100 grams . . . \$15.00
  - Norandrostenedione p.w.d. 200 days . \$49.50
  - OKG 99% 100 grams . . . \$15.75
  - Chrysin pure powder 50 grams . . \$39.00
  - Tribulus Extract 40% 4 months 100g \$14.00
  - Yohimbe 2% Sid. Extract 50 grams \$8.50
  - DHEA 20g powder (200 100mg dose) \$22.00
  - Glutamine 100g/250g . . . \$9.00/\$16.00
  - Ephedrine Tabs 25mg ephedrine 100cb. \$8.00
  - Low Heat® Whey Protein 80% 2lb . \$13.50
  - Whey Protein Optimum Choc/Van/Straw 3lb \$32.50
- We Will Match Advertised Prices!!

Shipping only \$4.00 any size order!  
Visa/MC/Discover/Am Ex orders call:  
**1-800-777-1324**

Or send money order to:  
Beyond A Century Since 1983-  
HC76 Box 200P Greenville, ME 04441

Hundreds of products - Ask for a free catalog!  
<http://www.beyond-a-century.com>  
Authenticity of Products Guaranteed!

## Get THE ROPE Advantage

Work your muscles harder than you've ever dreamed of. Joint and spine friendly  
*Used by World, National and State Champions*

Kit P. 815 Sq. 54 years of age  
Mark P. 495 B.P. High School  
Brett A. 440 B.P. Teen  
Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE  
Poster Manual and Apparatus  
Only \$49.95

## BODYBUILDER WORKS

Call me or call them, but use it!!!

## THE SHIRT

Padded where the bar sits for more comfortable squats  
Only \$29.95.  
Please include shirt size with order

Send check or money order to:  
The Body Hobby Shop  
2205 Wilson St. San Angelo TX. 76901

For info, call 915-947-2818  
and check out our web site at:  
[www.mipweb.com/body/hobby.htm](http://www.mipweb.com/body/hobby.htm)

## BODYBUILDER

### A GAMMA ORYZANOL EMULSION



A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF GAMMA ORYZANOL TO BUILD MUSCLE AND REDUCE STRESS!

For THE PROFESSIONAL AND THE BEGINNER

"Body Builder delivers. My lifts are way up and my body fat lower than ever!"  
-W. KIT PRICE  
World Champion Power Lifter

EQUI-AIDE PRODUCTS  
PO Box 393 • Merrick, NY 11566  
516-378-0271 • 1-800-413-3702  
[WWW.EQUIAIDE.COM](http://WWW.EQUIAIDE.COM)

34

35

# TRAINING

## A Balding Man's Advice on Powerlifting Technique Part II by Rob Wagner, M.Ed., C. S. C. S., Manager University Strength and Fitness, University of Pennsylvania

In 1987 I set my first national record in the squat in the ADFPA (now USAPL). I was competing as a 165 lb. lifter and needed a 690 lbs. squat to break the old standard. I had planned to take a shot at this record on my third attempt. I had opened around the 630 lbs. mark, took a second around the 70's and then proceeded to the record. Everything seemed fine during the set up. I brought the bar out, steadied myself and waited for the signal. The judge verbalized the signal and I dropped his hand and I went into my descent. As I came out of the hole my subconscious suddenly decided that my body was going to attempt a different feat of strength. Much to my surprise I found myself suddenly attempting a world record 690 lbs. good morning. The disappointing part was not only did I miss the Squat but my Good Morning was red lighted as well. The good news was that you could take a fourth attempt on National Records in the ADFPA in 1987. During the brief interlude between attempts, my handlers were able to watch the lift on a camcorder. In reviewing the lift they noticed a flaw in my bar positioning. The bar was resting in its normal spot but with the heavier weight I was getting pulled forward. The adjustment recommended was to place the bar just slightly lower on my upper back. This change resulted in my first National Record.

As I became more active in coaching I discovered how important was the interaction of bar position, stance and foot placement. In both the competitive arena and in gyms I have seen many heavy lifts missed due to the inability to properly orient the factors just mentioned. Most lifters assume that missing a lift is always a strength problem. They will attempt to remedy the problem by doing more sets and reps or by adding additional exercises. Gradually the technique problem manifests itself into an overtraining problem. At this point the lifter not only has a technique problem but has also encountered a loss of strength due to too much work on the movement. In the first article of this series I proposed some technical advice on how to set up the squat. In this article the technical focus will be on positioning of your stance and foot placement and their involvement with bar placement.

First allow me to define our terminology. I believe the stance and foot placement is an integral factor in performing the squat movement in accordance with the rules of the sport. More specifically your ability to break parallel (the rule in most of the rulebooks) can be greatly affected by your stance and foot

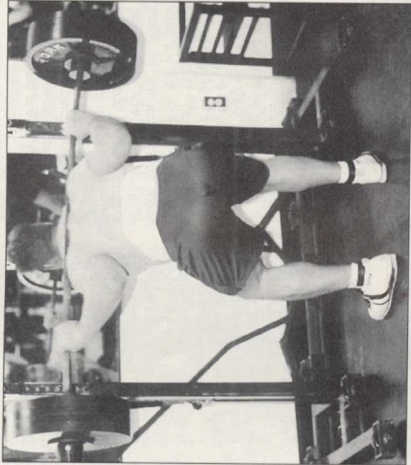
nation of your stance I need to point out some rules you should always follow. The first is to keep the shin as vertical as possible throughout the entire squat movement. The knee should never travel past the toe. If it does you are placing yourself at an injury risk. The second rule is that you always will keep the knee pointed in the same direction as the foot. Don't allow your knees to pinch in during your ascent. The information provided in this article presents general guidelines to better your performance of the lift. These are not the laws of squatting. Take the information provided here and use what works for you.

Stance is the width or distance apart you space your feet. Foot placement is the angular positioning of your feet. Stance and foot placement will effect a couple of important anatomical considerations related to squat performance. The first of these relates to your center of gravity (COG). This is a point at which the mass of the body can be considered to act. It can almost be thought of as a balance point. Action on the COG occurs in a vertical line due to the force of gravity. The barbell also has a center of gravity (bCOG) and due to its rigid nature the bCOG is fixed and does not move as long as plates are of equal weight and are loaded evenly. The bCOG is always at the center of the barbell. The COG of the human body is different however. It will change as the position of the body changes. When standing with no weight it is usually located internally in the vicinity of the spine and at around waist level. When your body position changes it can move up or down and even outside the body. When a lifter lifts or places a loaded bar on his body you create a combined cCOG. This cCOG will lie along the line that joins the two COG and bCOG. The important point is that the location of the cCOG lies closer to the heavier object (the body and the bar). As the object (bar) increases in weight so does the movement of the cCOG towards the heavier object. The positioning of the cCOG will play a role in your balance and force production. The cCOG will need to be in close proximity (vertically) of the foot to help with this. A simple way to look at it is to keep the bar over the foot during the squat because it is almost certain that the cCOG will be in close proximity to the bar (see figure 1). Your stance will greatly affect the positioning of the COG and its positioning over your foot during the squat.

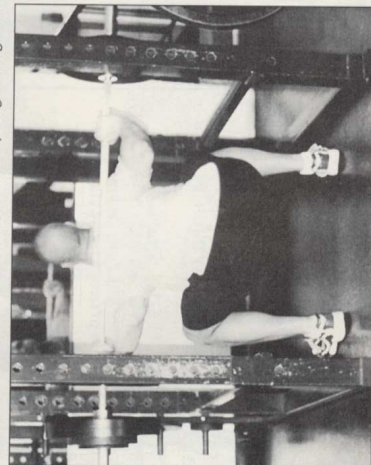
The other area affected by stance and foot placement is the flexibility of the hips. Flexibility is defined as the range of motion created around

any of these joints and the ability to reach proper depth or develop maximum force is negated. Stance and foot placement greatly affect decrease the joint angle at the knee. The movement of these three joints will allow the muscles involved to exert their greatest forces relative to the squat.

Before discussing the determi-



Photograph #1: Narrow Stance - note relatively long looking shin.



Photograph #2: Wide Stance - individual has long upper thigh - notice knees outside of torso and ability to reach depth. (Wagner photos)

nation of your stance I need to point out some rules you should always follow. The first is to keep the shin as vertical as possible throughout the entire squat movement. The knee should never travel past the toe. If it does you are placing yourself at an injury risk. The second rule is that you always will keep the knee pointed in the same direction as the foot. Don't allow your knees to pinch in during your ascent. The information provided in this article presents general guidelines to better your performance of the lift. These are not the laws of squatting. Take the information provided here and use what works for you.

Stance is the width or distance apart you space your feet. Foot placement is the angular positioning of your feet. Stance and foot placement will effect a couple of important anatomical considerations related to squat performance. The first of these relates to your center of gravity (COG). This is a point at which the mass of the body can be considered to act. It can almost be thought of as a balance point. Action on the COG occurs in a vertical line due to the force of gravity. The barbell also has a center of gravity (bCOG) and due to its rigid nature the bCOG is fixed and does not move as long as plates are of equal weight and are loaded evenly. The bCOG is always at the center of the barbell. The COG of the human body is different however. It will change as the position of the body changes. When standing with no weight it is usually located internally in the vicinity of the spine and at around waist level. When your body position changes it can move up or down and even outside the body. When a lifter lifts or places a loaded bar on his body you create a combined cCOG. This cCOG will lie along the line that joins the two COG and bCOG. The important point is that the location of the cCOG lies closer to the heavier object (the body and the bar). As the object (bar) increases in weight so does the movement of the cCOG towards the heavier object. The positioning of the cCOG will play a role in your balance and force production. The cCOG will need to be in close proximity (vertically) of the foot to help with this. A simple way to look at it is to keep the bar over the foot during the squat because it is almost certain that the cCOG will be in close proximity to the bar (see figure 1). Your stance will greatly affect the positioning of the COG and its positioning over your foot during the squat.

The other area affected by stance and foot placement is the flexibility of the hips. Flexibility is defined as the range of motion created around

any of these joints and the ability to reach proper depth or develop maximum force is negated. Stance and foot placement greatly affect decrease the joint angle at the knee. The movement of these three joints will allow the muscles involved to exert their greatest forces relative to the squat.

Before discussing the determi-

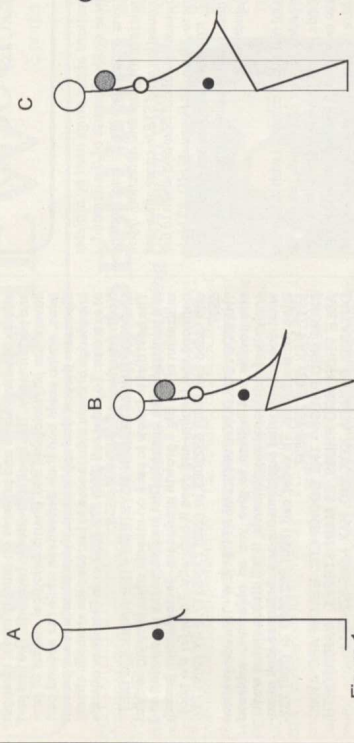


Figure 1  
Lifter A shows estimated COG position, and their orientation around the foot in the bottom of the squat. Lifter C shows the same points oriented around the descending or ascending portion of the squat.

here since moving the feet in or out can increase or decrease the displacement between the hips and the bar/foot line. When you descend into a full squat and your hips are placed at an extreme position behind the bar and foot line you lose a force advantage. Usually if you do complete this lift you will feel it in the low back. In finding stance we should try to position the hips closer to the bar and foot line in the bottom of the squat in order to take advantage of our ability to produce force.

To determine stance look at the proportionality between the upper and lower leg. If your upper leg is shorter than the lower leg your stance can stay on the narrow side (inside shoulder width to 3-5" outside shoulder width of each leg) (see photo 1). If your upper leg is longer than the lower leg suggest you assume a wider stance outside the distances mentioned above (see photo 2). Having a shorter upper leg will displace the hips behind the bar and foot) at a smaller distance relative to your body size even with a narrow stance. On the other hand if you have a longer upper leg a wider stance will decrease the vertical distance between the hip and bar line. The closer your hips are to this line the greater force you will be able to produce because you will be keeping the bar and the cCOG over the foot. The stance plays a role

of the leg will determine the position of the head of the femur (your upper leg bone) in the acetabulum (the socket of the hip joint). The placement you are striving for is the one that allows you the greatest range of motion while you are in your stance. The specific range of motion you are looking for is a legal squat depth. You should be able to break parallel without having to force yourself down. The foot positions can range from straight ahead to a more flared "10 of 2" clock position.

Now that you have read the guidelines of this approach we can know find your stance and foot position. Determine your upper leg/lower leg ratio and start narrow or wide, which ever suits you best. If you have the shorter upper thighs start narrow and work outward and work in. Starting with a 5 to 1 (clock position) foot placement try to squat down with your hands on your head. If you find that your hips bind, try rotating the feet out slightly. If this doesn't work you may need to work the stance out or in respectively. The goal is to achieve below parallel depth and this should be done without having to force it. It may take a little tinkering to find the optimal position. As you go through this process be aware of the amount of body lean that you need to create to get to parallel. In the last article I mentioned torso length and bar positioning. The torso length and body lean should still dictate where you place the bar on your back.

Remember to apply the rules of the first article to help when the bar finally goes on your back. A lifter who has a shorter thigh and has the flexibility to achieve depth in a wide stance is the best case scenario. This lifter is taking advantage of the factors mentioned above and reduces the distance the bar will travel overall! The final issue in determining this stance is comfort. Now I look at this in two ways. The first way is to determine that the new stance and foot placement does not cause bodily discomfort. This is taking into consideration that a period of time of about four weeks would be allowed for adjustments of flexibility and different anatomical positioning. The other way relates to the lifter's ability to produce effective drive or force in the new set up. Sometimes what may be a lifter's best stance may not always be the most effective from a leverage standpoint. This situation usually requires some minor adjustments to stance and foot placement before the lifter feels that he or she can move weight in this new position.

Remember even a minor adjustment can have big impact. The key is to put yourself in the best position possible. Then it is up to you to move the weight. You could be breaking some records of your own if you give some of these guidelines a try. In the next article I will discuss the squat descent and ascent and how to control the body through the movement.

Rob Wagner

# 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 enjoy and learn a lot from your column. I wish to ask you the following question: For what period of time can I safely use 19-Nor Androstenedione before adverse side effects may develop? I have been using it for about 6 weeks and have experienced terrific results. But then I read a fleeting reference somewhere that too prolonged a use could shut down the pituitary gland. Is this possible? Your knowledge about this would be greatly appreciated. **Kingston.**

**Dear Kingstons:** I wouldn't use it for more than 8 weeks at a time with a subsequent eight weeks off. If it does depress the HPTA (hypothalamic-pituitary-testicular axis) then you need to give it a chance to recover before you use it again. On the other hand I haven't seen any convincing data that shows any suppression of the HPTA by androstenedione. I also haven't seen any convincing data that these substances do very much at all. **Mauro Di Pasquale M.D.**

**Dear Mauro:** I have been reading some ads concerning some electrolysis equipment as a way for definite depilation. They say they comply with FDA regulations. Are they safe? Can they harm your skin, even if used according to its instructions? Another thing I would like to know if deca-durabolin is less or more androgenic than Winstrol. Some papers I read say one thing and some other say other things. Regards, **Omar.**

**Dear Omar:** Local measures for getting rid of unwanted hair include electrolysis and depilatories. The depilatories are only temporary while electrolysis, if done correctly and by a professional, is a permanent solution and will not damage the skin. However, while electrolysis may be effective it is only useful for dealing with small areas of the body. Also electrolysis, done correctly and by a professional, can become prohibitively expensive. The home electrolysis units, regardless of the cost, while safe in that they will not harm other parts of the skin, are not all that effective. Often the hair returns after a month or so because the root is not permanently destroyed by the current - either because the design of the instrument is faulty (not enough current to the right areas), or because the user doesn't use it properly. As to whether Deca (Deca-Durabolin or nandrolone) is more or less androgenic than Winstrol (stanozolol), the consensus is that Winstrol is more androgenic. However studies have shown that nandrolone binds to the androgen receptor more than stanozolol. This might be somewhat confusing for some since they might equate the increased binding with more androgenic effects. Such is not the case, however. Stronger binding to the androgen receptor does not mean a greater androgenic effect of that compound over one that doesn't bind as tightly. All the best, **Mauro G. Di Pasquale, M.D.**

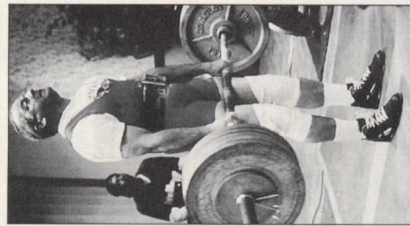
**Dear Mauro:** I WROTE YOU A LITTLE WHILE AGO ABOUT THE EFFECTS OF TRIBULUS TERRIBIS ON TESTOSTERONE AND ASKED YOU FOR SOME REFERENCES ON SUPPLEMENTS. THANKS A LOT. THEY WERE VERY HELPFUL. I HAVE BEEN DEBATING WITH SOME OF MY FELLOW TRAINERS OUT THERE ON THE AMOUNT OF PROTEIN ONE NEEDS, AND CAN ABSORB IN ONE SITTING. MY THOUGHTS WERE 2.25 GRAMS PER KILO OF BODY MASS FOR A STRENGTH ATHLETE AND I HAVE READ THAT IN ONE SITTING THE BODY CAN ABSORB

# INTERVIEW

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

## Talking to Bob DeRisi

### As told to Powerlifting USA by Pat Cuntrera



Bob DeRisi with a 515 WNPF American Record in the 60-64, 181 lb. class. (Courtesy DeRisi)

**PC:** COULD YOU PLEASE TELL THE READER A LITTLE ABOUT YOURSELF?

**BD:** My name is Bob DeRisi. I reside in Levittown, Pennsylvania with my wife Phyllis, where I train and coach. I am presently in the automotive service business as a service director.

**PC:** HOW DID YOU GET INVOLVED IN POWERLIFTING?

**BD:** After a successful high school and military career in track, football, softball and various intramural activities, the fellows at the gym talked me into trying powerlifting.

**PC:** WHAT DO YOU CONSIDER TO BE YOUR GREATEST ACCOMPLISHMENT?

**BD:** Winning my first national masters title in the ADFPA and the ability to stay competitive and clean.

**PC:** WHY DID YOU CHOOSE TO COMPETE IN THE AAJPC?

**BD:** I started competing in the old AAU. I then continued onto

the ADFPA and now the AAJPC. The AAJPC has been the most aggressive in its theories and ideas concerning lifters. They put the lifter first and promote that idealism throughout.

**PC:** COULD YOU TELL ME A LITTLE ABOUT YOUR TRAINING METHODS?

**BD:** I try to maintain a regimen year round, only taking time off for vacations and such. When I choose to compete I usually plan an 8-week cycle in advance. This usually includes 2 hours, 3 times a week of gym workouts using a well-rounded session. The off days are for cardiovascular work including the treadmill and bicycle.

**PC:** DO YOU HAVE ANY ADVICE FOR THE BEGINNING LIFTER WITH REGARD TO TRAINING, DIET, AND SUPPLEMENTS?

**BD:** I would tell any beginning lifter to expect to pay their dues. The time spent building the base strength will pay off as his or her career expands. There are many supplements on the market but I have found Nutritional Technologies Products are excellent. They answer any questions when they arise. Also, I follow a good basic diet with fresh fruits and vegetables along with a smart plan of good reliable supplements. In my career of lifting and training, I have avoided all use of drugs, finding out along way that drugs are not worth the price they take on a person's mind and body if they choose that route.

**PC:** IS THERE ANYTHING YOU WOULD LIKE TO CHANGE ABOUT THIS SPORT?

**BD:** I would like to see all the sanctioning organizations agree upon the same rulebook and all officials to be reading from the same page.

**PC:** WHY DID YOU CHOOSE TO GIVE YOUR TIME TO THE AAJPC, REFEREEING AND PITCHING IN AT MEETS?

**BD:** The AAJPC offers the lifter

ANY FORMULA ONLY \$44.95 !!!  
CREATINE: 2,000gm 100% USP Pure, HPLC tested, certificate of analysis with each bottle.  
WHEY PROTEIN: 10lb 100% Natural Instant - Ultrafiltered - Cool Processed - 1gm fat, GLUTAMINE: 1,000gm 100% USP Pure  
19-NOR-ANDRO: 200 servings @ 100mg 5-ANDRO-DIOL: 100mg's, 360 caps  
CHRYSIN: 70grams 100% USP Pure  
19-NOR-ANDRO STACK: 160 capsules  
3 caps = 100mg 19-Norandro, 100mg Androstenedione, 100mg Saw Palmetto, 500mg Chrysin, 750mg Tribulus.  
19-NOR-4-DIOL + 5-ANDRO-DIOL: Each cap = 100mg of each, 70 caps !!!  
5-ANDRO-DIOL + ANDRO-DIONE: Each cap = 100mg of each, 240 caps !!!  
19-NOR-4-DIOL + 19-NOR-DIONE: Each cap = 100mg of each, 60 caps !!!  
SUPER SIZE BULK DEALS!!!  
WHEY PROTEIN INSTANT: 50lb \$195  
CREATINE 100%: 25kg drum \$425  
Flat \$5.00 shipping for all continental U.S.  
TOLL FREE (888) 3 NUTRITION

PUBLICATIONS BY MAURO G. DI PASQUALE B.S.C., M.D., M.R.O., M.F.S. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 984-0555.

FROM CHROMIUM TRAINING SYSTEMS - THE ANABOLIC DIET - The Anabolic Diet maximizes the production and utilization of the Big 3 growth hormones: testosterone, growth hormone and insulin - and does it using natural, safe, and endo and exo (800) 582-2083 or (208) 732-5317. FAX (208) 732-5337.

THE BODYBUILDING SUPPLEMENT REVIEW - This comprehensive review was written to give you an objective, unbiased analysis of nutritional supplements. It will discuss what works, what doesn't and what supplements or substances look promising for the future. To order call (800) 582-2083 or (208) 732-5337.

ABLE FROM MGD PRESSED BOOKS ETC. BELOW ARE AVAILABLE FROM MGD PRESSED BOOKS ETC. 20 MAIN STREET, WARKWORTH, ONTARIO, CANADA, K0K 3K0 FAX: 905-372-3514.

NEWSLETTERS - DRUGS IN SPORTS - This quarterly from 1991 to 1995 and the ANABOLIC RESEARCH REVIEW - Issues from 1995 to 1997. Individual Price is \$10.00 US or 13.50 Canadian plus \$1 P&H. All 17 issues for \$99.00 US or \$135.00 Canadian plus \$5 P&H.

BEYOND ANABOLIC STEROIDS - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive since most cannot be detected - and non-competitive athletes) ANABOLIC STEROID EFFECTS - FACT, FICTION AND TREATMENT - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. This book spells out the facts, myths, and gives advice to both men and women on how to best use anabolic steroids.

ADVERSE EFFECTS OF ANABOLIC STEROIDS - This slide effects associated with the use of anabolic steroids, cancer, gynecostasia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

DRUG USE AND DETECTION IN AMATEUR SPORTS All Five Updates, plus 10 issues of DRUGS IN SPORTS - last issue March, 1995. Special Price \$90.00 (U.S. funds) or \$120.00 Can plus \$10.00 P&H. My book, updates, and newsletters are excellent sources for information on drug use by athletes (especially substances), growth hormone and other ergogenic substances) and the laboratory techniques for drug detection. Buy all the MGD Press publications (Books, Newsletters, Steroids, Anabolic Steroid Side Effects, Drug Use And Detection In Amateur Sports plus all five updates, plus 10 issues of DRUGS IN SPORTS) for \$98.00 US Funds or \$135.00 Can. plus \$10.00 P&H. \*\* PLEASE DOUBLE THE P&H FOR OVERSEAS ORDERS.

ABOUT 15-20 GRAMS OF PROTEIN. DO YOU KNOW OF ANY RECENT INFORMATION IN THIS AREA? Carter.

**Dear Carter:** I usually suggest that strength athletes and bodybuilders take in about 1 gram of protein per pound of body weight. You can go as high as 1.5 grams per pound but that would only be necessary in those athletes who wanted to maintain lean body mass while losing substantial amounts of body weight.

The amount you can absorb at one sitting would vary according to the properties of the protein. Proteins, like carbs, have different rates of absorption. Sort of like the glycemic index for carbs. For example whey protein is more rapidly absorbed than casein. Casein coagulates and takes longer to digest and thus provides lower but more prolonged levels of amino acids and peptides absorption. By using a combination of various proteins and amino acids you might be able to absorb much more than 20 grams at one sitting. In fact it's my feeling that in an optimum form you could absorb as much or perhaps even more than 100 grams at one sitting. For more information on protein absorption and the effect on protein synthesis you might want to get a copy of the paper below. (Proc. Natl. Acad. Sci. USA Vol. 94, pp. 14930-14935, December 1997. Slow and fast dietary proteins differentially modulate postprandial protein accretion. Yves Boirie, Martial Dangin, Pierre Cochat, et al.) **Mauro Di Pasquale, M.D.**

As to whether Deca (Deca-Durabolin or nandrolone) is more or less androgenic than Winstrol (stanozolol), the consensus is that Winstrol is more androgenic. However studies have shown that nandrolone binds to the androgen receptor more than stanozolol. This might be somewhat confusing for some since they might equate the increased binding with more androgenic effects. Such is not the case, however. Stronger binding to the androgen receptor does not mean a greater androgenic effect of that compound over one that doesn't bind as tightly. All the best, **Mauro G. Di Pasquale, M.D.**

I WROTE YOU A LITTLE WHILE AGO ABOUT THE EFFECTS OF TRIBULUS TERRIBIS ON TESTOSTERONE AND ASKED YOU FOR SOME REFERENCES ON SUPPLEMENTS. THANKS A LOT. THEY WERE VERY HELPFUL. I HAVE BEEN DEBATING WITH SOME OF MY FELLOW TRAINERS OUT THERE ON THE AMOUNT OF PROTEIN ONE NEEDS, AND CAN ABSORB IN ONE SITTING. MY THOUGHTS WERE 2.25 GRAMS PER KILO OF BODY MASS FOR A STRENGTH ATHLETE AND I HAVE READ THAT IN ONE SITTING THE BODY CAN ABSORB

the option of both raw and assisted divisions, with the intent of having fun. Refereeing has been consistent at both local and national meets. The ability to help out from weighing in to leading gives a heightened sense of satisfaction.

**PC:** THE AAJPC IS LEADING SUCH AS MODIFIED CONVENTIONAL SYSTEM, WILDCARD MEETS AND MOST IMPORTANTLY RAW LIFTING. WHAT IS YOUR OPINION OF THESE IDEAS AND HOW DO YOU THINK THEY WILL AFFECT POWERLIFTING?

**BD:** I think the lifter will have to pay attention to what is going on around them with focus on the poundages called for during modified conventional meets. The lifter, when given the choice of Raw can be financially helpful especially for the first time starters. Also, I feel that the Master Lifters should be able to utilize knee wraps in the Raw division.

**PC:** WHAT IS YOUR FEELINGS REGARDING DISNEY'S IN- AND POWERLIFTING?

**BD:** Whenever a large corporation gets involved in a sport, the sport usually finds itself on an upswing. Their resources including the facility at Orlando (which everyone should see) only improves the sport's public relations.

**PC:** WHAT ARE SOME OF YOUR INTERESTS OUTSIDE OF THIS SPORT?

**BD:** General fitness along with softball, walking, bicycling and swimming is still fun and invigorating to me. I also like to watch stock car racing and other sports productions.

**PC:** WHAT IS YOUR ULTIMATE GOAL IN POWERLIFTING?

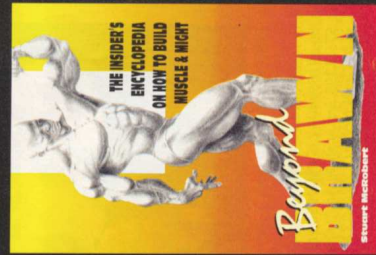
**BD:** I would like to win another National Masters title while going 9 for 9 and totaling 1400.

**PC:** WOULD YOU LIKE TO MAKE ANY FINAL COMMENTS?

**BD:** I would like to thank the good friends that have advised and helped me through the years in particular HOWARD KASMAN, JOE PYRA and of course my wife PHYLLIS. I would also like to thank Mike Lambert, Powerlifting USA Magazine and Pat Cuntrera for giving me this interview.

# Here's what Dr. Ken Leistner says about BEYOND BRAUN...

"BEYOND BRAUN is an encyclopedia of information, detail upon detail, of all of the subtopics related to weight training...It is information upon information about how to train properly and effectively...I obviously liked it a lot and recommend it highly."



496 pages  
22 chapters

Step-by-step instruction for how to build **SUPER** strength—for beginning, intermediate and advanced lifters.

No matter how experienced you are, this encyclopedia will teach you how to lift much bigger weights.

## GUARANTEE

If the instruction in **BEYOND BRAUN** does not enable you to build the additional strength to pack **MANY** pounds onto your powerlifting total, return the book for a no-questions-asked refund. Your satisfaction is guaranteed!

"I want to say without hesitation that **BEYOND BRAUN** is the greatest book ever written on how to train with weights. And it is the greatest book ever written on how **TO LAST** while training with weights."

- Dick Conner, veteran coach of The Pit's famous ADFPA powerlifting team

"BEYOND BRAUN is an astonishingly complete how-to guide for building strength safely and effectively. It is a must read for ALL powerlifters who want to have long competitive careers—NOT just for beginners. I just wish I had read this book before I started competitive powerlifting."

- Bill Piche, 600-pound deadlifter in ADFPA competition, 198-pound class

"BEYOND BRAUN shows in intricate detail the most productive and safe ways to train. This is the book we all wish we had years ago. It is an absolute MUST READ."

- Richard A. Winnett, Ph.D., Publisher, MASTER TRAINER

Stuart McRobert's **BEYOND BRAUN** will teach you everything you need to improve your training routines in order to realize your full powerlifting potential. But for pure lifting technique, McRobert's companion volume is needed. In 214 pages, and 244 photos, **THE INSIDER'S TELL-ALL HANDBOOK ON WEIGHT-TRAINING TECHNIQUE** shows you how to perfect your lifting technique, for safer and more productive training.

### THE DETAIL IS EXTENSIVE:

- 10 pages for the bench press
- 17 pages for the deadlift
- 16 pages on the squat

And then there are the assistance exercises and much other valuable supplementary information. This is a very serious book, for very serious lifters. Become a technique expert, and train safely for a lifetime!

## GUARANTEE

If this is not the most helpful and useful book on exercise technique you have ever read, return it for a refund!

## The Insider's Tell-All Handbook on Weight-Training Technique



THE ILLUSTRATED STEP-BY-STEP GUIDE FOR IMPROVING YOUR MAXIMUM GAINS

## For Review..... BEYOND BRAUN by Stuart McRobert. Stuart McRobert's first book, BEYOND BRAUN, was a very useful, information filled book that turned a lot of heads upon publication. It was a well written synopsis of sensible training advice, applicable to the average man or woman as well as the typical advanced trainee. The common sense advice, and highly detailed training information would allow anyone to read it, and have a framework which would allow them to train productively for many years.

BEYOND BRAUN is, as the title implies, the next step. In truth, it is an encyclopedia of information, detail upon detail, of all of the sub-topics related to weight training. It is not a powerlifting or weightlifting "book". This is the book that remains on the floor next to the bed or on the night table which can and should be looked at nightly. It should be brought into the gym and reviewed prior to training, as a reminder to do things correctly, and well, and for motivation. This is a book that can serve as a reference for those who seek factual, usable, effective, practical, and applicable training information that can make a difference in one's quest for muscular size and strength. It is information upon information about how to train properly and effectively if you believe in the concept of "basics first" training. I obviously liked it a lot and recommend it highly. Dr. Ken Leistner

## ANCIENT CELTIC BATTLE TIPS (Weapon Two - Internal Motivation) as told to Powerlifting USA by Rick Brewer

the best Celtic duelist's heard any of this - they focused on their trophy. What trophy? The barbarians collected the heads of their vanquished foes as trophies (the first deerskins heard the taunts and chants, I believe the successful barbarian merely grinned and moved eagerly toward his new trophy (like a half-starved dog moves to a juicy steak on the ground). We can learn a lot from this mind set.

Let your spotter scream at you for effect. Get your buddy to slap you around at the edge of the platform. Snort that ammonia and make animal noises if you choose. But focus on your trophy. Not the (and no, not your opponents head), but rather the successful lift you will soon execute. It's all about moving the weight. It's all about moving the weight. When you're really bad, try it naked.

Next month: choosing your weapon so you don't end up with the sharpest sword at the gut./git.

Remember the slacker in Full Metal Jacket? He couldn't do anything right in boot camp, and as a result his buddies had to carry him (literally at times). They all suffered because he wouldn't learn, until they held him down and beat him. The beating (soap bars in pillowcases) made a magical transformation in him. Suddenly, he began to learn. He could memorize, he could drill, he was a perfect soldier! Ok, ok, he went crazy and then shot the drill sergeant and then killed himself - besides that he was perfect. Did you pity him? I didn't. I hated him. The fact that he could learn to do everything perfectly after he received some external motivation (the soap beating) simply proved that he wasn't trying before. If he could be a perfect soldier after that, he could be a perfect soldier - before all of his buddies suffered. Here was an individual with an internal motivation problem.

What drives you? Is it your spotter, standing behind you screaming "One more rep! Don't quit on me! Fight it! I like a spotter who talks, and I do it, too. But is that really the motivation? There is nothing wrong with external motivation of this sort, but the internal drive should overpower it. In my case, I may not even hear the spotter if I am really focused (of course, my wife says I am

## WE HAVE WHAT YOU NEED:

- Safety Power Squat Bar 385.00\*
- Pulling Sled 100.00\*
- Belt-Squat Belt 88.00\*
- Manta Ray 43.00\*
- Glute/Ham Machine 460.00
- Weight Release 87.00\*
- Stability Ball 55.00\*
- Combo Power Rack 645.00

614-276-0923

**WESTSIDE BARBELL**  
1417 Demorest Road  
Columbus, OH 43228

\*Shipping included. Send check or money order.

## SERIOUS CLOTHES.

Don't believe it? Do an experiment:

NEXT HEAVY-DAY, WEAR SOME **Flowerd Parties.**

If you like it, call Victoria's Secret. If not, call us.

 Eyes: White, Ash	 Get Big! real, Ash	 Eyes: White, Ash	 Eyes: White, Ash
 Beast: Black, Ash, Navy	 Trophy: White, Black	 OR B&W	 IRONWEAR
Preshrink 100% cotton Shirts \$13 Large color design on back, House of Pain logo left chest.		T-Shirts: M-4X (+ \$1 for 3X, 4X) Tank Tops: M-XL Rag Tops: one size fits L-2X	
S-H = \$4 Order 3 or more items and pay zero \$Ht.		USA	
HOUSE OF PAIN		HOUSE OF PAIN	
1-888-H-OF-PAIN 1-888-463-7246		212 TANYA ROCKWALL, TX 75087 972-771-9769	

USAPL Michigan Hall of Fame 19 Sep 98 - Niles, MI	
BENCH	
M-1	350
M-2	350
M-3	350
M-4	350
M-5	350
M-6	350
M-7	350
M-8	350
M-9	350
M-10	350
M-11	350
M-12	350
M-13	350
M-14	350
M-15	350
M-16	350
M-17	350
M-18	350
M-19	350
M-20	350
M-21	350
M-22	350
M-23	350
M-24	350
M-25	350
M-26	350
M-27	350
M-28	350
M-29	350
M-30	350
M-31	350
M-32	350
M-33	350
M-34	350
M-35	350
M-36	350
M-37	350
M-38	350
M-39	350
M-40	350
M-41	350
M-42	350
M-43	350
M-44	350
M-45	350
M-46	350
M-47	350
M-48	350
M-49	350
M-50	350
M-51	350
M-52	350
M-53	350
M-54	350
M-55	350
M-56	350
M-57	350
M-58	350
M-59	350
M-60	350
M-61	350
M-62	350
M-63	350
M-64	350
M-65	350
M-66	350
M-67	350
M-68	350
M-69	350
M-70	350
M-71	350
M-72	350
M-73	350
M-74	350
M-75	350
M-76	350
M-77	350
M-78	350
M-79	350
M-80	350
M-81	350
M-82	350
M-83	350
M-84	350
M-85	350
M-86	350
M-87	350
M-88	350
M-89	350
M-90	350
M-91	350
M-92	350
M-93	350
M-94	350
M-95	350
M-96	350
M-97	350
M-98	350
M-99	350
M-100	350



**PERHAPS the finest team in the history of Washington High School Powerlifting (left to right) Paul Anderson (181) 370 285 460 1115 5th in state; Alex Moore (UNJ) 525 390 530 1445 1st in state; Cameron Boys (165) 405 235 450 1090 5th in state; Kyle Siverts (198) 425 295 575 1295 3rd in state; Andy Pham (132) 300 185 315 800 6th in state; Derek Noble (220) 460 320 520 1300 3rd in state; Jeff Williams (165) 380 260 495 1135 3rd in state; Adam Putter (123) 315 260 410 985 1st in state. Not pictured: Scott Spence (242) 535 350 565 1450 1st in state; Andy Nemeth (123) 275 200 350 825 4th in state. Front: Coach Kevin Erene of Newport High School - State Team Champions for 1997 and 1998. According to Kevin "A fantastic group of kids... they earned their lifts through years of box squats, speed benching with chains and speed deadlifts" (photo/info courtesy Kevin Erene)**

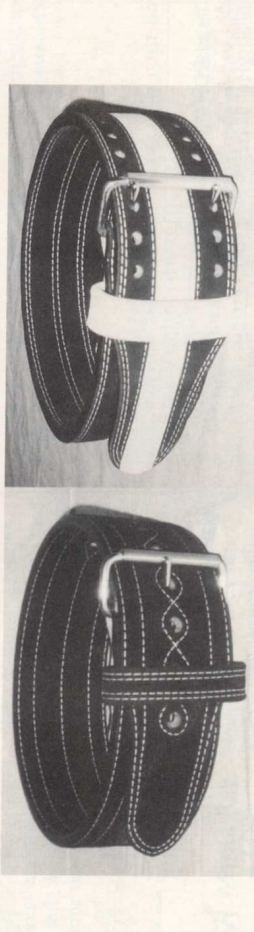
Fitness Unlimited BP Challenge 3 Oct 98 - Royal Oak, MI	
M-4	200
M-3	240
M-2	300
M-1	740
J. Alexander	515
D. McLaren	300
242 lbs. O	350
K. Slaughter	475
340	545
1350	
C. Krueger	625
400	600
1625	
WOMEN T-1	300
K. Holloway	105
165	275
710	
N. Johnson	145
105	195
445	
34-lift Powerlifting Records	
162 lbs. M-1	465
320	1315
181 lbs. M-2	
355	
600	
181 lbs. M-3	
300	165
275	740
425	
1350	
C. Krueger	
600	
1625	
K. Holloway	
300	165
275	740
425	
1350	
Michigan YMCA, 315 West Main St., Niles, Michigan	
Novak. Meet was a great success for all of us. Krissy Holloway deserves special mention, this her first meet, she is 15 years old and set new state records! (Thanks to Gary H. Nowak for the results)	

\*After competed RAW, Note: Tim Haselbach 485 (Lifter over) by Wilks Formula conversion. (Thanks you to Bob's for providing results)

# \*BOB'S CUSTOM LIFTING BELTS\* \*MORRIS MANUFACTURING\*



15555 Main St. D4-169  
Hesperia, Cal. 92345  
760-949-4436  
<http://www.ceoil.com/bobsbelts>



**Original Powerbelt \$70 Reinforced Powerbelt \$85**  
Bob Morris is the pioneer of the "Powerbelt" over 20 years ago, with integrity, value and craftsmanship in every belt. Both styles have the handmade seamless roller buckle in single or double row of holes. Your choice of 1,2, or 3 colors combinations.

PLEASE ADD \$5 SHIPPING AND ALLOW 3-4 WEEKS FOR DELIVERY. BE SURE TO INCLUDE WAIST SIZE, COLOR(S) CHOICE, TYPE OF BELT, AND HOLE PREFERENCE WHEN ORDERING

# HI-PERFORMANCE

## 22 GOLDS - 1997 NAT'LS! 1,003 lb. SQUAT



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

The Centurion and Dual quad is the choice of Team Titan, 1997 Team National Champions with 22 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. Out 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, safer 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

### SST PRO SERIES

The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing; (2) Wedge arch support; (3) Crepe sole; (4) Full grain leather with Cambrelle lining; (5) Heel counter; (6) Hi-density molded sockliner; and (7) Velcro lateral strap. Additional charges for wider than E width (\$10.00) or special heel (\$10.00). Send tracings + shoe size. Allow 4-6 weeks. Sorry no COD's. Starting at \$139.00

### SIGNATURE SERIES WRAPS

Still the most unique, revolutionary wrap in existence! Signature Series Red Devils still give more coverage, still wrap tighter and still return more energy than any other wrap around! Wrist Wraps feature Aplx and thumb loop. Six month guarantee. Endorsed by Gene Bell, Wade Hooper, Ray Benemerito and many other great Champions!

▶ Knee Wraps \$12.50  
▶ IPF 50cm \$13.50  
▶ Mid (24") Wrist Wraps \$14.50  
▶ Full (36") \$16.50

### ULTRA BELTS

The heaviest, strongest belt in existence! Every belt features: (1) Stainless steel seamless roller with 3mm thick walls; (2) Two layers of steerhide, maximum legal thickness; (3) Eleven 1" spaced holes; (4) Full leather buckle fold over. Used by "Captain" Kirk Karwowski!

▶ Custom Colors. One or two prong \$90.00



Order blank on next page or call 1-800-627-3145  
[www.titansupport.com](http://www.titansupport.com)

**TITAN**  
SUPPORT SYSTEMS, INC.  
#1 in Powerlifting Performance  
www.titansupport.com

## Team Nat'l Champions, 22 Golds!

All suits feature our H.P. (hi-performance) leg design to prevent leg slippage for bigger squats.

### Titan is the choice of champions!

Beth Gratter	Hank Hill	Ray Benemerito	Scott Siegel
Sue Stephens	Ellen Stein	Joe McAuliffe	Dan Austin
Kelli	Mike Danforth	Brandon Green	Gene Bell
Bettina Alitzer	Hideaki Inaba	Nick Best	Rob Wagner
Cindy Ojamen	Doan Nguyen	Beau Moore	Jeff Douglas
Cindy Regan	Brad Olson	Jon Arenberg	Kirk Karwowski
Juanita Trujillo	Martin Beavers	Tim Taylor	Braed Gillingham
Paul Springer	Jim Benemerito	Wade Hooper	Jason Wisner

### THE GUARANTEE

Unmatched, unsurpassed! Six month blowout + One year "Run" guarantee (a major cause of blowouts).

## CUSTOM TAILORED SUIT

Not an off the shelf product! Every suit is custom tailored from scratch to fit only one lifter. . . . **YOU!** Each suit is then individually coded and the pattern is computer stored.

Titan recognizes your unique needs and provides you with an equally unique suit! Proven on World Records and backed by **The Performance Guarantee**. High or Low Cut. (Call for delivery time) **Now Available in Black, Royal Blue & Red**

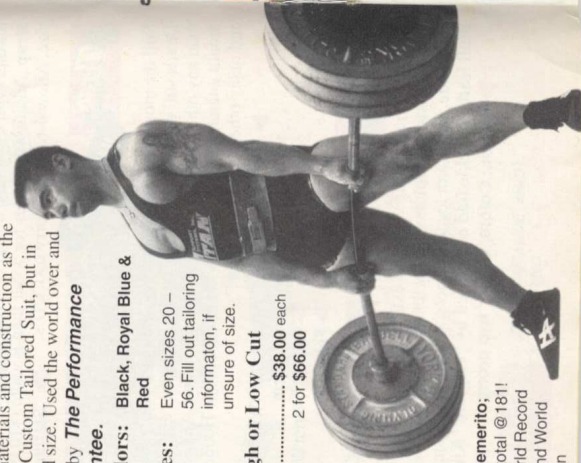
- ▲ **Fits:** *Regular* - snug fit for new lifters or for passive support  
*Meet* - light, supportive fit for training and competing  
*Competition* - tightest fit, not recommended for new customers
- ▲ **Styles:** *Sideseam A* - strongest commercial side seam ..... \$42.50 each  
2 for \$77.00  
*Sideseam B* - our original handmade 3 cm side seam ..... \$44.50 each  
2 for \$81.00
- ▲ **Custom Deadlift Suits!** Style A or B



## THE VICTOR

**WORLD-RECORD** setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee**.

- ▲ **Colors:** Black, Royal Blue & Red
- ▲ **Sizes:** Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- ▲ **High or Low Cut**  
..... \$38.00 each  
2 for \$66.00



Ray Benemerito,  
1906 lb. total @ 181!  
Multi World Record  
Holder and World  
Champion

## RED DEVILS

### KNEE WRAPS -

One of the most supportive, tightest wraps ever! \$15.95/pr.

### WRIST WRAPS -

6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).



Standard length IPF 50cm \$10.95 (pr.)  
Mid Length 24" 11.95  
Full Length 36" 12.95  
14.95

## SAFE'S SQUAT SHOES

### CONTENDER:

*Designed & manufactured exclusively for powerlifting.*  
Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; (6) lateral strap (7) Avg. width & standard heel \$109.95



## SINGLET'S

### TITAN POWER SINGLET'S

NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting.

(Kirk Karwowski, 771 lb. deadlift)



Legal in all federations and RAW meets. Black, Royal Blue & Gold \$20.00 (Add \$4.00 for logo)

## BELTS

**COMPETITION** buckle belts feature stainless steel seamless roller & full leather buckle foldover.

**LEVER** belts feature Hi-Tech patented lever for maximum tightness and easy on/off application. All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.



▲ **Black, Royal Blue, Red** \$70.00

## SUPPLEMENTS

Dynamize Products - used by more than 150 pro & College teams.

**Creatine** - 100% pure, 180 micron finel 500 gm

**Whey Protein** - 51 gm per serving, very high BCAA levels

**Vanadyl Sulfate** 180 caps. 10 mg

**Pyruvate** - 120 caps, 500-mg



## OTHER PRODUCTS



**CHALK:** 1 lb. \$8.00  
**AMMONIA CAPS:** Box of 10 \$4.00  
**RADICAL RED:** Knee Wraps \$14.95  
Wrist Wraps \$8.95  
**SPEED COLLARS:** \$36.50  
**DIP BELT:** \$21.50  
**TRAINING BELTS:** 4 x 2 1/2" \$22.50  
4 x 4" \$25.00

**TEXAS POWER BAR:** Lifetime guarantee. frt add'l \$199.00  
**SUIT SLIP ONS:** get into suits easier! give weight 19.00  
**BRIEFS:** Titan quality and performance 15.50  
**DUAL QUAD BRIFIERS:** Patented Harness Design 25.00  
**DEADLIFT SLIPPERS:** Low profile, rubber soled 5.00  
**GRRIP:** Silica compound grip enhancer! 8.95  
**LIFTING STRAPS:** 1.5", 2", heavy duty & leather Call  
**TITAN T'S AND TANK TOPS:** 3 color logo 8.75  
**ADIDAS DEADLIFT SHOES:** Gummed rubber soled 44.95  
**TRICEP ROPE:** Great for cable work 19.50  
**DEADLIFT HELPER:** Xtra Heavy duty, frt add'l 95.00  
**SERPA P/L EQUIPMENT:** Call or write for filer Call

### ORDER FORM

ITEM	Color		Size	Quan- tity	Price
	1st	Alt.			
Hi or Low Cut			Shipping & Handling		
CUSTOM SUIT	<input type="checkbox"/> Reg.	<input type="checkbox"/> Meet	<input type="checkbox"/> Comp	Overseas add 30% Air	\$5.50
	<input type="checkbox"/> Style A	<input type="checkbox"/> Style B	<input type="checkbox"/> Dual Quad	Tx. Res. add 7.75% Tax	
Male <input type="checkbox"/>	Female <input type="checkbox"/>	Weight	Leg (Largest part)	Total	
Height	Overall (TOP OF TRAP TO 6" BELOW GROUCH)				

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





# Coming Events

**MEET DIRECTORS** ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to "Coming Events", Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

**23 JAN**, Southside Fitness AAU BP Challenge, Job Hou-Swe, 607 E. Wil-son Ave., Appleton, WI 54915

**23 JAN**, 3rd Capitol District BP/DL, Tom Conzani, Albany YMCA, 274 Washington St., Albany, NY 12203, 518-449-7196, Ext. 16

**23 JAN**, USAFL Minnesota State Men & Women Open, Karl Gillingham, 10 Lincoln Ln., Northfield, MN 55057, 507-645-2774

**23 JAN**, Mid-Virginia John Baptist, HI 96721, 808-935-3625

**OLYMPIC FITNESS CENTER**  
Presents  
**the 1999 A.P.F./A.A.P.F. Bench Press & Deadlift Championships**  
"Remember, to lift in the Worlds, You must lift in this Meet!"  
**Men's & Women's Open, Masters, Submas-ters, Junior, Teens, Police & Fire**  
April 17th & 18th, 1999  
**Holiday Inn Express, 933 South Route 83, Elmhurst, IL 60279**  
contact: **TERENCE DANGERFIELD, 224 N. 4th St., St. Charles, IL 60174, 603-377-7527**

**31 JAN**, NASA Power Sports Na-tionals (Springfield, IL) NASA, Box 735, Noble, OK 73066

**6 FEB**, WABDL Beaded Soldiers Jr. BP/DL Bob Grier, 9234 Beyer Bend Ct., Houston, TX 77037, 281-820-5923

**6 FEB**, AAU New York State Teen & Masters BP/DL Luke 315-548-3582

**6 FEB**, AAPF Hawaii State Record Breakers, Greg Paine, Box 232, Hilo, HI 96721, 808-935-3625

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL Badkaiser New En-gland States (men & women open, sub-master, master, collegiate) H. Whitaker, 8 Harrison Ave., Taunton, MA 02780, 508-822-2777 8-10pm or 823-6164 ext. 680

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**23 JAN**, APA TFL State Meet (Cherwell, TN) Scott Taylor, Box 2720, El Joben, TN 33927, 941-697-7962, apt@earthlink.net

**23 JAN**, Better Bodies Bench Press Open (limited to 1st 50 entries) Better Bodies Cross Training, 882 Springdale Dr., Exton, PA 19341, or call Tracy at 610-363-1930

**23 JAN**, BP/DL Contest (separate or combined), Big App Gym, 5563 21st Ave. Blvd., Raleigh, NC 27606, 919-859-6838

**30 JAN**, Big Luke Lums Superbowl Martinsville, WV 304-455-4384

**30 JAN**, Oank Open BP/DL Classic (Poplar Bluff, MO) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**30 JAN**, USAFL Midwest BP Classic David Doan, 494 Hillside Dr., Berlin, WI 54923, 920-361-4258

**30 JAN**, NASS Bench Press Na-tionals (Springfield, IL) NASA, Box 735, Noble, OK 73068

**30/31 JAN**, 4th Bench Press & Pow-erlifting Conference, C.J. Bastien, 28884 Highland Rd., Romulus, MI 48174, 800-233-1591, cbastien@battentecorp.com

**31 JAN**, British Columbia Canadian Drug Free Meet, Cheam Community Centre, 1065 Boulevard, Sardis, BC, Joel Thessen 604-823-6402, Robt. O. Smith 604-739-2355, Mark Freed-man 604-986-1229

**31 JAN**, World Gym Open BP/DL Classic (Indianapolis, IN) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, Southern Illinois BP/ DL (Effingham, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, USFP Florida State, Bill Beeslie, 4215 Cammen St., Tampa, FL 33609, 813-289-3063

**27 FEB**, 3rd APF Michigan BP/ DL (Eaton Rapids, MI) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, APF West Coast BP/DL, 735 Noble, OK 73066

**27 FEB**, Southern Illinois BP/ DL (Effingham, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, USFP Florida State, Bill Beeslie, 4215 Cammen St., Tampa, FL 33609, 813-289-3063

**27 FEB**, 3rd APF Michigan BP/ DL (Eaton Rapids, MI) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**16 JAN**, USAFL Rhode Island State BP David Rodolph, 126 Cheam St., Rehoboth, MA 02769, 508-252-4237

**16 JAN**, A Cold Day in Tuscola, BP/DL Classic, Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**16 JAN**, USAFL Illinois State, Tim Piper, 309 E. Smith, Colchester, IL 62326, 309-776-3337

**16 JAN**, AAUPC SJ Open (few & assigned, all div's) Waretown Health & Fitness, 304 Rt. 9, Waretown, NJ 08758, Phil Batzaglia, 609-660-9770

**17 JAN**, NASS Big 3 Men's & Women's P/BP/PowerSports, all div's, age groups and no formulas) Gary Schell, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116

**17 JAN**, Pennsylvania State Open P/L and Pennsylvania Open High School BP (Best Western - Indiana, PA) Joe Spillane, 1313 Dixon Rd., Clarkburg, PA 15725, 724-639-9661

**17 JAN**, Pump Total Fitness Bench Press (teen, women, men, masters) Jeff Davis, 2325 North US 27, St. Johns, MI 48879, 517-224-2441

**17 JAN**, Winter Blues Meet (DL, BP, P/L) Jon Smoker, 30907 CR 16 W, Elkhart, IN 46516, 219-674-6683

**17 JAN**, NASS Cowtown DL (open, teen, master, women) Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-847-6082

**22 JAN**, USAFL Montana State, Mary Elizabeth Aude, 229 Grand Ave., Billings, MT 59101, 406-252-6217

**23 JAN**, WEOPF Supermam National Qualifier (power clean, BP, DL - enter all 3 or single event - men, women, master, teen) Teddall's Gym, 8736 21st St., Indianapolis, IN 46219, 317-897-7556

**23 JAN**, Planet Fitness Open BP/DL Classic (Burlington, IA) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**6 FEB**, NPJ Natural USA Meet (Balti-more, MD) NPJ/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

**6 FEB**, March Madness BP/DL Classic (Mattison, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**6 FEB**, USAFL Badger Open, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402

**6 FEB**, Big Bench Press Shootout (non-rotation, men, women, Jr., submaster, novice), Louie LaPoint, 337 Coxtony St., Keene, NH 03431, 603-322-8590 (deadline 1/23/99)

**6 FEB**, USAFL Sprintsfest '99, Cheryl Judd, 10409 Glasgow Dr., Yukon, OK 73093, 800-476-0036 or 800-476-0036

**6 FEB**, A.A.P.F. Carmack Classic BP, Ben Zak, R. 978, Grandy, NC 27959, 919-453-6311

**6 FEB**, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201

**6 FEB**, APE Texas State, Radar Capelhart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575

**6 FEB**, USAFL American Open (men only), BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**7 FEB**, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-941

**U.S.A. POWERLIFTING**  
AMERICA'S CHOICE  
FOR DRUG-FREE STRENGTHSPORT

**1998**  
**USA POWERLIFTING**  
**AMERICAN OPEN**  
formerly  
**THE LIFETIME NATIONALS**

**FEBRUARY 6 & 7, 1999**  
**New name--same great meet!**

**Spectacular awards:**  
**1st - 5th in all classes**  
**3 Best Lifters**  
**3 Team Trophies**  
**Best Squat, Bench and Deadlift**

**Overall best lifter will receive total sponsorship to the 1999 USAFL Men's Nationals**

QUALIFYING TOTALS	
114	123 132 148 165 181 198 220 242 275 319 UNL
760	860 965 1145 1260 1350 1420 1460 1500 1585 1585

**MEET SITE: LINCOLNWOOD RADISSON, LINCOLNWOOD, IL**

FOR FURTHER INFORMATION: P & W GYM, 5920 N. Ridge, Chicago, IL 60660 (773)561-9692

**27 FEB**, Southern Illinois BP/ DL (Effingham, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, USFP Florida State, Bill Beeslie, 4215 Cammen St., Tampa, FL 33609, 813-289-3063

**27 FEB**, 3rd APF Michigan BP/ DL (Eaton Rapids, MI) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, APF West Coast BP/DL, 735 Noble, OK 73066

**27 FEB**, Southern Illinois BP/ DL (Effingham, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

**27 FEB**, USFP Florida State, Bill Beeslie, 4215 Cammen St., Tampa, FL 33609, 813-289-3063

**27 FEB**, 3rd APF Michigan BP/ DL (Eaton Rapids, MI) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

Joe Mocoquas, 205 W. Grove St., Taylor, PA 18517, 717-562-3642 or 717-562-3643.  
**5-7 MAR, CPU Masters / Women's & Nationals & National Bench Press Championships & The 1st CPU/USAPL International Challenge** (open, but limited entries - 11 men and 10 women per country)  
**St. Elie D'Orford, Quebec, Canada**  
**JOB250, 819-822-0727, fax 819-864-7125, louis@intratnet-quebec.com.**  
**5-7 MAR, Arnold Classic** Team Deadlift and World Record Bench Press Challenge, Classic Productions Inc., 7543 Pingue Dr., Worthington, OH 43085, 614-431-2600.  
**6 MAR (new date), NPU South Carolina Natural** (Greenville, SC) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com.  
**6 MAR, 2nd Best on the Bench** (Trough Knight, Box 72241, Durham, NC 27704, 919-477-9467, or Gold's Gym, 919-309-9577, or Body Perfection 252-478-8191.  
**6 MAR, 1st WABDL Oklahoma State Bench Press** (open, Jr., teen, masters, women, novice - Henryetta, OK) Kim Drounfield, Box 36, Council Hill, OK 74428, 918-473-1059.  
**6 MAR, Larry Frederick Jr. Memorial Bench Challenge** (invite, open, teen, masters, women, sculptured trophies) Maggie Currie, North Penn YMCA, 408 Eastman, Lansdale, PA 19446, 215-688-1601.  
**6 MAR, USAPL Eastern Regional, St. Bay's Keyes H.S., Leonardtown, MD, 410-326-1070.  
**6 MAR, Old Dominion BP** John Shifflett, Box 941, Staunton, VA 22973, 540-894-9532, jshiff23@aol.com.  
**6 MAR, Ed Lubinski Memorial Bench Press** (men, all ages, regional class) Berkshire Natlits, 205 West St., Pittsfield, MA 01201, 413-499-1217.  
**6-7 MAR APA/CFA/WPA Cap-Ann Int'l. PL/BP/DL (Rudland, VT) Scott Taylor, Box 27204, El Jebon, VT 33927, 941-697-7962, apa@aol.com.  
**6-7 MAR, USAPL New Jersey H.S., John Dalesto, 1425 Frontier Rd., Bridgewater, NJ 08807, 908-904-4568.  
**7 MAR, CBI Open BP/DL Classic** (Pans, IL) Son Light, 126 W. Sole,******

**4th Annual Bench Press and Powerlifting Conference, January 30 and 31, 1999, Wyndham Garden Hotel, Romulus, Michigan (Detroit Metro Airport)**  
**Featuring Seminars and Strength Demonstrations by Carrie Boudreau - Women's World Champion and World Record Holder, Ray Benemerito - 198# National Champion, Eddy Coan - The #1 Powerlifter in the World for over a decade! Dr. Mauro DiPasquale - Doctor, Author, and Powerlifting Champion, Rob Wagner - World Record Squat and Strength Coach. And this year's Lifter of Honor, World Champion, Gene Bell.**  
**Order Tickets Now! Seating is limited for this exclusive event. Contact: C.J. Batten at 28884 Highland Road, Romulus, MI 48174 or 734-946-9850 or "cj'batten@battencorp.com"**

Sale St., Tuscola, IL 61953, 217-253-5429  
**14 MAR, USAPL RI State PL/BP** Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@att.net.  
**20 MAR, IPA High School National** **Deve Bradshaw, McDonough, H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944 (D), 932-7050 (N)  
**20 MAR, USAPL Texas State** (open, below), 40-49, 50+, submaster, women, teen, master, BP - Austin, TX Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396.  
**20 MAR, Law/Fire/Military Bench Press Championships, Butch Minor, 100 White Marsh Park Dr., Bowie, MD 20715, 301-262-4553  
**20 MAR, ANPFC Central USA, Son Light Gym, 126 W. Sole St., Tuscola, IL 61953, 217-253-5429  
**20 MAR, AAU New York State Raw** (Dolphin Gym, St. NY) Chris Lundwall, 10908, 718-966-5999.  
**20 MAR, Miami County Champion-Ship** (11 members, men, women) 66071, 913-294-3197.  
**20 MAR, USAPL Bids of the Great Lakes II PL/BP** (men, high school & II, Jr., Masters, Police/Military, Fire, women - Cleveland, OH) Gary Nangas, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608.  
**20 MAR, NPU (formerly NY) NPU/USAPL 10th Cabin Fever DL Contest** (open, men, women, teen, masters, beginners) Smoker's Iron Works, 30907 CR 18 West, Elkhat, TN 37533, 904-774-2475.  
**20-21 MAR, (new date) WABDL (Double Tree Hotel, Springfield, OH) Gus Rehnisch, Box 5292, Orr, OH 47708, 614-389-0600.  
**20-21 MAR, NPU Natural Northeast Challenge** (Bordentown, NJ) NPU/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.  
**20-21 MAR, WPA World PL/BP/DL Championships** (Augusta, GA) Scott Taylor, Box 27204, El Jebon, VT 33927, 941-697-7962, apa@aol.com.  
**20-21 MAR, AAU Great Lakes Open**, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.  
**20-21 MAR, AAU Erie County (PA) Closed PL**, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.********

**21 MAR, AAUPC New Jersey High School, HCHS, 790 Bergen Ave., Jersey City, NJ 07306, 201-332-5970 ext. 222-9938**  
**21 MAR, Jingle Gym Spring BP/DL Classic** (Lindhurst, IL) Son Light, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**21 MAR, NPU (formerly WNPF) Motor City Championships** (Detroit, MI - PL, SQ, BP, DL) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM  
**21 MAR, USAPL Pro-Fit Bench Press/Deadlift and Record Breakers**, Joe Morale, 350 Rt. 46, Roadway, NJ 07866, 973-627-9156.  
**21 MAR, AAUPC East Coast BP/DL** (new & assisted, all div.) Tony Garreff, 30 Central Ave., Ways Landing, NJ 08630, 609-625-6407.  
**26-27 MAR, AAUBP Record Breakers** "Drug Tested/AAU Hawaii State" Keith Ward, 41-857 Kalamoale Hwy., Waimanalo, HI 96795, 808-259-5266  
**27 MAR, 9th Weightlifting Unlimited Bench Press**, Randy Brooks, 545 Whites, Winchester, VA 22601, 520-997-6288  
**27 MAR, 6th NPU Florida Natural** (Trenton, NJ) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com  
**27 MAR, Police Strength Systems Open Bench Press and Open Deadlift** (Fountain, WV) Son Messenger, 398 25303, 904-774-2475  
**27 MAR, Indiana Open BP/DL** (Inhabitable) Son Light Gym, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**27 MAR, USAPL West Virginia State** (Institute, WV) John Masarik, 398 25303, 904-774-2475  
**27 MAR, North State & Midwest-Invitational** (A.V. Son Rec. Ctr.) Keith Mochalski, 4808 G. Omaha, NE 68132, 402-444-5559.  
**27 MAR, 2nd Hawaii AAU "Raw" State Meet** (national judges) Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-5299, fax 808-259-8700.  
**27 MAR, 1st APF Michigan State BP/DL** (men, women, teen, Jr, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974.  
**27-28 MAR, Power Palooza PL/BP & BP & Central California Open**, by McVeach, 1408 N. St., Fresno, CA 93721, 209-233-5737.  
**7 APR, APA N Carolina BP/DL** (open, rate meet) Scott Taylor, Box 27204, El Jebon, VT 33927, 941-697-7962.  
**27-28 MAR, USAPL Oregon State**, Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570.  
**28 MAR, AAU Southeastern 3rd Annual Frank Kostyo Memorial**, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268.  
**27-28 MAR, USAPL Collegiate Nationals, Mike & Monique Harle, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.  
**28 MAR, Bay State Corr. Ctr. Meet** (Guest Lifters welcome, 3 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald or Larry Givens, 617-277-8474 ext 160.  
**MAR, Texas State Deadlift Meet**, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324  
**MAR, AAU State Raw PL, Keith Ward, 41-857 Kalamoale Hwy., Waimanalo, HI 96820, 808-259-8700.****

**DRUG FREE 1999 Law, Fire and Military Bench Press Championships** Sport Fit - Bowie Raquet & Fitness, 100 White Marsh Park Drive, Bowie, Maryland 20715, (301) 262-4553  
**10 APR, APF Spring Bench Blast**, Iron Island, NY, 3465 L. South, Iron Ore, Oceanside, NY 11750, 516-594-9014.  
**10-11 APR, USAPL California State**, Chrisu, Kiling, Napa Valley College Phys. Ed., 2277 Napa Valley Hwy., Napa, CA 94558, 707-253-9228.  
**10-11 APR, NASHA High School Nationals** (Dallas, TX) NASHA, Box 735, Noble, OK 73068.  
**10-11 APR, USAPL Virginia State & High School Championships** (Chantecoque, VA) Gwile Schroeder, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963.  
**11 APR, NPU Lone Star Natural (PL, BP, DL - Dallas, TX) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418  
**11 APR, Rockford Open BP/DL** (Rockford, IL) Son Light, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**11 APR, USAPL Open Ohio State** (open men & women and new men & women, teen, master, team) Ed of Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.  
**11 APR, USAPL Power Gym All-American BP** (all wt. classes/div.) Joe Mocoquas, 205 W. Grove St., Taylor, PA 18517, 717-562-3642 or Bob Ganiko 717-342-0668.  
**16 APR, AAU Teenage State Bench Press** (Henderson, NC) Wm. Haukins III, 919-430-1826  
**17 APR, Biggest Bench on the River** (65000 cast/invite) Reed Bunche, 70760 W. Main St., New Roads, LA 70760, 225-636-9922  
**17 APR, APF/APA/TN Tennessee State PL** (Tullahoma, TN) Son Light, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**17 APR, APF Los Angeles Lifting Club Inaugural Push/Pull/Classic** (men, women, teen, submaster, master) Joe Augliano, LALC, 1031N. Victoria Pl., Burbank, CA 91506, 818-846-LIFT16438)  
**17 APR, White's Truck Stop YMCA** Spring BP, John Shifflett, Box 941, Staunton, VA 22973, 540-894-9532, jshiff23@aol.com.  
**17 APR, USAPL Midwest Open PL, BP, DL**, James Hart, Box 82204, Lincoln, NE 68501, 402-470-3672  
**17 APR, AAU New Hampshire State** Drug Free, Rob Don, 80 S. Main St., Concord, NH 03303, 255-50034.  
**17-18 APR, APF/APA/BP Bench Press & Deadlift National Finals** **Dornerfield Olympic Fitness Center, 224 N. 30th St., St. Charles, IL 60174, 630-377-7527  
**18 APR, NPU (formerly WNPF) Ohio Championships** (PL, BP, SQ, DL open to all) Ron Dushnikis 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM  
**24 APR, AAU Florida State Bench Press** All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268  
**24 APR, World Gym Open BP/DL** (Mishawaka, IN) Son Light, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**24 APR, 20th AAU Raw PowerDay** BP & DL Classic (separate meets - open, teen, Jr., submaster, master) Al Slight,****

**24 APR, USAPL High School Nationals, Johnny Graham, 1706 S. 25th St., Tulsa, OK 74106, 918-254-6779.  
**25-26 APR, AAUPC Drug Free Internationl Invitational** (raw/assisted, open, teen, Jr., submaster, master, men & women, all age groups) Tom Trevorah USA  
**3 APR, North State & Midwest-Invitational** (A.V. Son Rec. Ctr.) Keith Mochalski, 4808 G. Omaha, NE 68132, 402-444-5559.  
**3 APR, Florida Open BP/DL** (Inhabitable) Son Light Gym, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**3 APR, APF California State Novice PL & BP & Central California Open**, by McVeach, 1408 N. St., Fresno, CA 93721, 209-233-5737.  
**7 APR, APA N Carolina BP/DL** (open, rate meet) Scott Taylor, Box 27204, El Jebon, VT 33927, 941-697-7962.  
**27-28 MAR, USAPL Oregon State**, Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570.  
**28 MAR, AAU Southeastern 3rd Annual Frank Kostyo Memorial**, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268.  
**27-28 MAR, USAPL Collegiate Nationals, Mike & Monique Harle, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.  
**28 MAR, Bay State Corr. Ctr. Meet** (Guest Lifters welcome, 3 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald or Larry Givens, 617-277-8474 ext 160.  
**MAR, Texas State Deadlift Meet**, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324  
**MAR, AAU State Raw PL, Keith Ward, 41-857 Kalamoale Hwy., Waimanalo, HI 96820, 808-259-8700.******

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**24 APR, USAPL High School Nationals, Johnny Graham, 1706 S. 25th St., Tulsa, OK 74106, 918-254-6779.  
**25-26 APR, AAUPC Drug Free Internationl Invitational** (raw/assisted, open, teen, Jr., submaster, master, men & women, all age groups) Tom Trevorah USA  
**3 APR, North State & Midwest-Invitational** (A.V. Son Rec. Ctr.) Keith Mochalski, 4808 G. Omaha, NE 68132, 402-444-5559.  
**3 APR, Florida Open BP/DL** (Inhabitable) Son Light Gym, 126 W. Sole, Tuscola, IL 61953, 217-253-5429  
**3 APR, APF California State Novice PL & BP & Central California Open**, by McVeach, 1408 N. St., Fresno, CA 93721, 209-233-5737.  
**7 APR, APA N Carolina BP/DL** (open, rate meet) Scott Taylor, Box 27204, El Jebon, VT 33927, 941-697-7962.  
**27-28 MAR, USAPL Oregon State**, Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570.  
**28 MAR, AAU Southeastern 3rd Annual Frank Kostyo Memorial**, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268.  
**27-28 MAR, USAPL Collegiate Nationals, Mike & Monique Harle, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.  
**28 MAR, Bay State Corr. Ctr. Meet** (Guest Lifters welcome, 3 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald or Larry Givens, 617-277-8474 ext 160.  
**MAR, Texas State Deadlift Meet**, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324  
**MAR, AAU State Raw PL, Keith Ward, 41-857 Kalamoale Hwy., Waimanalo, HI 96820, 808-259-8700.******

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 IPA World Tour.....**  
**Bench Press & Deadlift Championship**  
**Saturday, May 22, 1999**  
**Hellenic community of Montreal**  
**5220 Grande Allee - St. Hubert, Quebec, Canada**  
**Over \$6,000 in cash prizes**  
**Men/Women, Pro & Amateur, Teens Juniors, Open, Submasters & Masters**  
**For information & entries call**  
**Ray Carey (450) 293-1659**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press, Deadlift & Squat Only. All Divisions, Nice Awards and Drug Testing.**  
**March 27, 1999**  
**NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418**

**1999 Natural Powerlifters United (WNPF) Florida Natural Powerlifting Championships, Orlando, FL - National Qualifier, Powerlifting, Bench Press**

1989

Senior National Powerlifting Championships

St. Louis, Mo

July 16<sup>th</sup> - 18<sup>th</sup>



All awards will be uniquely hand crafted oak & walnut... This will be a three day meet...

Gateway to the IPF Worlds!!!

Witness as powerlifting returns to the glory days!!

314.625.1225

304 Daisy St., Clearfield, PA 16830, 814-765-3214

24 APR, 1st AAFP Bavarian Open Powerlifting & Bench Press (Drug Tested) by uniaxial men, women, open, teen, junior, submaster, master/Jeff Fleischer, 239 W. Cedar, Gladwin, MI 48624, 517-426-0061

24 APR, Iowa Midwest Open Bench Press or Deadlift (open, novice, teen, submaster, master, women) Wayne Hammes, 117 W. 35<sup>th</sup>, Oklaheola, IA 52557, 515-673-3240

24 APR, AAU World World Bench Press State PL & BP & DL Joe Pate, 251 East Dr., Budd Lake, NJ 07828, 973-691-2695

18 SEP, 5th AAF Wolverine Open (open, women, teen, jr., submaster, master) Dan Delella, 16641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18 SEP, USAPL Bench Press Nationals (men, women, teen, master, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/DL, Todd Mountain, 499 Spring St., Suite 13, St. Mary's, PA 15857, 814-834-9222

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-541-1879

9 OCT, 3rd Posttown Invitational Powerlifting (men, women, submaster, master, teen, law/fire, jr.) Eugene Ryback, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, master, team - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-KING

Ing Society/Nationalists, Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

22 MAY, IPA World Tour BP/ DL Championship (over \$6,000 in cash prizes) Roy Cange, 215 St. Jean, Appz, 302, Argey-Cadix, P.Q., Canada, JOE 1E0, 450-293-1659

22 MAY, Blue Ridge BP (Strongman/ Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshifflett@aol.com)

22 MAY, (New Date) WABDL Business World Record Breakers BP/ DL (Double Tree Hotel - Tri Cities) Pasco, WA, Gas Rehusch, Box 5292, Bend, OR 97708, 541-389-0600

22-23 MAY, NPU Police - Fire - Military Nationals (PL, BP, DL - NJ) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

22-23 MAY, USAPL National Masters, Mike Bippie, 383 Aris St., New Orleans, LA 70005, 504-828-5205

22 MAY, Ohio Open Spring BP/ DL (men, women, masters) Power Station Gym, 1821 University Blvd., Middletown, OH 45202, Rick Ruetter, 513-385-9134

26-30 MAY, IPF Women's Worlds (Donna Kay) USAPL, Wayne's Delling Memorial Big Boy BP & BP/ DL & Larry Goro Memorial "Big Boy" Open PL (220, 242, 275, 310, women, masters, jr., Beverly Park H.S.) Brian Washington, Box 22042, Baltimore, MD 21284, 410-636-6165

30 MAY, DLA Stable Masters Meet (DL, BP, PL) John Smoker, 30907 CR 16 West, Elkhart, IN 46016, 219-674-6683

5 JUN, USPF South-Texas (open, women, teen, jr., & women, BP - Austin, TX) Seguin Fitness, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974

7 AUG, CPC Can Am World Cup, Alberta, Canada TOL 170, 403-938-3067

14 AUG, Cavanaugh Days BP/Trap Bar DL, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695

21 AUG, Mid Atlantic BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshifflett239@aol.com

22 AUG, JFF BP/ DL SQMP Competition (men/women) - Myrtle Beach, SC Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

27-29 AUG, WDPFF Combined Worlds (junior/teen/young men support teams) (police, military, fire) James Hinch, 102 S. 22<sup>nd</sup> St., Lincoln, NE 68501, 402-474-3672

Hill Outdoor Bench Press & Deadlift Classic (men/women, teen, junior, submaster) (Donna Kay) 19641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18-20 JUN, (NEW DATE) USAPL (International) Tony Garreffo, 30 Con- tinentals, 1090 Landing, NJ 08330, 609-695-6407

24 JUL, Independence BP, John Shifflett, Box 941, Stanardsville, VA 22973, jshifflett239@aol.com

24 JUL, AAU Battle on the Beach (Metro Beach) Mike Lander, 117 W. South Blvd., Troy, MI 48068, 248-813-9866

24 JUL, 1st AAFP Michigan State Bench Press and Deadlift Championships (drug tested by uniaxial) (men/women, teen, junior, submaster, master) Jeff Fleischer, 239 W. Cedar, Gladwin, MI 48624, 517-426-0061

24-25 JUL, NPU New Jersey Natural PL, BP, DL - Bordentown NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Asia Record Breakers Keith Ward, 41-857 Kalamancole Hwy, Waimanalo, HI 96795, 808-259-5266

18 SEP, 5th AAF Wolverine Open (open, women, teen, jr., submaster, master) Dan Delella, 16641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18 SEP, USAPL Bench Press Nationals (men, women, teen, master, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/ DL, Todd Mountain, 499 Spring St., Suite 13, St. Mary's, PA 15857, 814-834-9222

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-541-1879

9 OCT, 3rd Posttown Invitational Powerlifting (men, women, submaster, master, teen, law/fire, jr.) Eugene Ryback, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, master, team - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-KING

www.1999.swpfig.se, E-mail: info@1999.swpfig.se

17 JUL, APF S. California Open PL/ DL (International) Tony Garreffo, 30 Con- tinentals, 1090 Landing, NJ 08330, 609-695-6407

24 JUL, Independence BP, John Shifflett, Box 941, Stanardsville, VA 22973, jshifflett239@aol.com

24 JUL, AAU Battle on the Beach (Metro Beach) Mike Lander, 117 W. South Blvd., Troy, MI 48068, 248-813-9866

24 JUL, 1st AAFP Michigan State Bench Press and Deadlift Championships (drug tested by uniaxial) (men/women, teen, junior, submaster, master) Jeff Fleischer, 239 W. Cedar, Gladwin, MI 48624, 517-426-0061

24-25 JUL, NPU New Jersey Natural PL, BP, DL - Bordentown NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Asia Record Breakers Keith Ward, 41-857 Kalamancole Hwy, Waimanalo, HI 96795, 808-259-5266

18 SEP, 5th AAF Wolverine Open (open, women, teen, jr., submaster, master) Dan Delella, 16641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18 SEP, USAPL Bench Press Nationals (men, women, teen, master, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/ DL, Todd Mountain, 499 Spring St., Suite 13, St. Mary's, PA 15857, 814-834-9222

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-541-1879

9 OCT, 3rd Posttown Invitational Powerlifting (men, women, submaster, master, teen, law/fire, jr.) Eugene Ryback, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, master, team - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-KING

1999 Natural Powerlifters United (NPU) Lone Star Natural Powerlifting Championships - Dallas, Texas - National Qualifier - Powerlifting & Squat Only - All Divisions - Nice Awards and Drug Testing - April 11, 1999 - NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418

18 SEP (tentative) USAPL Capital Classic, Ocean, PG Plaza Community Chr. Hts., Hattiesburg, MS 39401, 301-864-1611/1612

18 SEP, AAUPC, 17th New Jersey State PL & BP & DL Joe Pate, 251 East Dr., Budd Lake, NJ 07828, 973-691-2695

18 SEP, 5th AAF Wolverine Open (open, women, teen, jr., submaster, master) Dan Delella, 16641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18 SEP, USAPL Bench Press Nationals (men, women, teen, master, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/ DL, Todd Mountain, 499 Spring St., Suite 13, St. Mary's, PA 15857, 814-834-9222

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-541-1879

9 OCT, 3rd Posttown Invitational Powerlifting (men, women, submaster, master, teen, law/fire, jr.) Eugene Ryback, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, master, team - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-KING

15-17 OCT, AAU Worlds, Tom Trevor, 411 Belmont Dr., Palatka, IL 32177, 904-328-4804

16 OCT, 8th NPU Lifetime Drug Free Nationals (raw & assisted - Greenline, SC) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

24-28 OCT, IPF World Masters (South Africa) 23 OCT, Testosterone Showdown (Curl BP, DL) Tim Piper WU, Brophy Hall, 222 C. Macomb, IL 61455, 309-298-1781

30 OCT, 17th AAU Raw Central PA Open (open, men, women, all divs., & age 18+) J. Sigel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

30 OCT, APF Illinois Bench Bnrd., Iron Island Gym, 34605 Lawson Blvd., Oceanstate, NY 11570, 516-594-9014

1999 Natural Powerlifters United (NPU) Lone Star Natural Powerlifting Championships - Dallas, Texas - National Qualifier - Powerlifting & Squat Only - All Divisions - Nice Awards and Drug Testing - April 11, 1999 - NPU, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418

18 SEP (tentative) USAPL Capital Classic, Ocean, PG Plaza Community Chr. Hts., Hattiesburg, MS 39401, 301-864-1611/1612

18 SEP, AAUPC, 17th New Jersey State PL & BP & DL Joe Pate, 251 East Dr., Budd Lake, NJ 07828, 973-691-2695

18 SEP, 5th AAF Wolverine Open (open, women, teen, jr., submaster, master) Dan Delella, 16641 Volland, Roseville, CA 95666, 810-294-7055 after open only

18 SEP, USAPL Bench Press Nationals (men, women, teen, master, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/ DL, Todd Mountain, 499 Spring St., Suite 13, St. Mary's, PA 15857, 814-834-9222

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-541-1879

9 OCT, 3rd Posttown Invitational Powerlifting (men, women, submaster, master, teen, law/fire, jr.) Eugene Ryback, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, master, team - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-KING

15-17 OCT, AAU Worlds, Tom Trevor, 411 Belmont Dr., Palatka, IL 32177, 904-328-4804

16 OCT, 8th NPU Lifetime Drug Free Nationals (raw & assisted - Greenline, SC) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

24-28 OCT, IPF World Masters (South Africa) 23 OCT, Testosterone Showdown (Curl BP, DL) Tim Piper WU, Brophy Hall, 222 C. Macomb, IL 61455, 309-298-1781

30 OCT, 17th AAU Raw Central PA Open (open, men, women, all divs., & age 18+) J. Sigel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

30 OCT, APF Illinois Bench Bnrd., Iron Island Gym, 34605 Lawson Blvd., Oceanstate, NY 11570, 516-594-9014

OCT, Fall Bench Press Classic, John Shifflett, Box 941, Stanardsville, VA 22973, jshifflett239@aol.com

6 NOV, NPU East Coast BP/ DL (Lancaster, PA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

6 NOV, USPF Texas Cup (open, beginner, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 800-372-3396

6 NOV, 3rd APF Cadillac City Bench and Deadlift Classic (men/women open, teen, junior, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974

9-14 NOV, IPF Men's Worlds (Trento, Italy) 15-21 NOV, WPC World Championships, Bruce Greig, Box 4, Okotoks, Alberta, Canada TOL 170, 403-938-3067

20 NOV, (tentative) USAPL State Meet (MD) DC residents) John Decker, 800 E. Franklin Ave., Glenn Dale, MD 20769

20 NOV, AAUPC, 17th New Jersey State PL & BP & DL Joe Pate, 251 East Dr., Budd Lake, NJ 07828, 973-691-2695

20 NOV, USAPL, Heavy Metal Classic (raw power) Joe Morrales, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

9 MAY, Anzole Festival BP/ DL Classic (Fredericktown, MO) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

9 MAY, CPC Canadian Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

8 MAY, 10th NPU NYC Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

1-2 MAY, AAFP Nationals (Chicago, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

15 MAY, Cross County Pull BP/ DL Classic (Mattoon, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

16 MAY, AAUPC NJ Open (raw & assisted, all div.) Tony Garreffo, 30 Continentals Ave., Mays Landing, NJ 08330, 609-625-6407

1 MAY, Prairie State Challenge (Curl/ BP/ DL) Tim Piper WU, Brophy Hall 222 C. Macomb, IL 61455, 309-298-1781

1-2 MAY, AAFP Nationals (Chicago, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

8 MAY, 10th NPU NYC Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

8 MAY, USAPL Heavy Metal Classic (raw power) Joe Morrales, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

9 MAY, Anzole Festival BP/ DL Classic (Fredericktown, MO) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

9 MAY, CPC Canadian Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

9 MAY, AAUPC NJ Open (raw & assisted, all div.) Tony Garreffo, 30 Continentals Ave., Mays Landing, NJ 08330, 609-625-6407

21-23 MAY, APF National Masters (PL & BP, Jay McVeigh, 1408 N. St., Fresno, CA 93721, 209-233-5737

21-23 MAY, AAU Collegiate Nationals (men/women - raw/assisted) & AAU North American

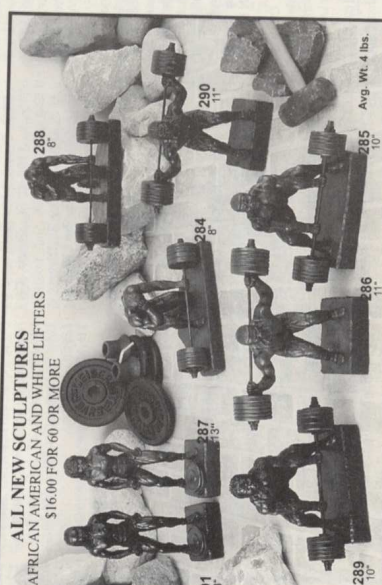
22 MAY, Lifetime Natural Powerlifting - Box 735, N. Okla, OK 73068, 405-672-9684

6 JUN, AAU 4th Suburban North YMCA BP/ DL State (Chaska, MN) PA Scott Beck, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou, 610-258-1894

12 JUN, APF Deadlift Classic (raw & assisted) Fayetteville, GA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com

15-18 JUL (new date) USAPL Men's Nationals & International Friend Nations Cup (St. Louis, MO) National Development (California) Martin Mike (Ill), Competition (Fr-Su), Mike Chisell, 15 Lakeside Dr., Lake St. Louis, Mo 63367, 314-625-1225

16-24 JUL, World Police & Fire Games, PO Box 19551, S-10432, Stockholm, Sweden, Tel +46 (0) 86731999, Fax +46 (0) 8151999, 814-833-3727



ALL NEW SCULPTURES AFRICAN AMERICAN AND WHITE LIFTERS \$16.00 FOR 60 OR MORE

Don-Len Trophies • 624 Maple Street • Conshohocken, PA 19428 (610) 828-3773 • Fax (610) 828-4806





From the Originator of the Bench Shirt

**INZER**  
ADVANCE DESIGNS presents:

## The Inzer HEAVY DUTY Series Blast Shirts

- High Performance Heavy Duty
- \* extended power support range
  - \* new arm lock design
  - \* extra tricep support
  - \* extra reinforced construction
  - \* guaranteed more results than any other shirt
  - \* recommended for experienced powerlifters only

### Improved Heavy Duty

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

### Extra High Performance Heavy Duty

- \* extra extended power support range
  - \* new arm lock design
  - \* more tricep support
  - \* extra reinforced construction
  - \* guaranteed more support and power than anything ever available before now
- An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Name \_\_\_\_\_

Address \_\_\_\_\_

phone \_\_\_\_\_

Qty. \_\_\_\_\_

\_\_\_\_\_ Heavy Duty Blast Shirt \$58

\_\_\_\_\_ High Performance Heavy Duty \$77

\_\_\_\_\_ Extra High Performance Heavy Duty \$100

Color \_\_\_\_\_

relaxed measurements of shoulders  
chest \_\_\_\_\_ arm \_\_\_\_\_

colors - Black, Red, Navy Blue, Royal Blue  
MC VISA DVR COD CHECK add \$5.50 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,  
Texas 75606, 1-800-222-6897, 903-236-4012

More Items Available  
from

**INZER**  
ADVANCE DESIGNS  
The World Leader in Powerlifting Apparel

800-222-6897

903-236-4012

### Inzer Advance Designs T-shirts — 2 color logo

Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White  
S, M, L, XL, XXL, XXXL, XXXXL ..... \$8.00

Tank Tops — 2 color logo ..... \$10.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red  
S, M, L, XL, XXL ..... \$28.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo ..... \$33.00

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

Wrist Wraps — heavy duty, full length with velcro and thumb loop ..... \$17.00

### COMPETITION BELTS

#### Lever Belts

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

10 cm x 13 mm • 6 rows of stitching ..... \$68.00

10 cm x approximately 10 mm • 4 rows of stitching ..... \$58.00

#### Buckle Belts

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

• single or double prong • any color • made in USA • lifetime guarantee ..... \$70.00

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA ..... \$58.00

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality .... \$29.00

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

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

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

Ammonia Caps - Box of 12 ..... \$5.00

### T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design ..... \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design ..... \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

### VIDEOS

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

USAPL New York State

7-8 Nov 98 - Saratoga Springs, NY  
 Women SQ BP DL Total

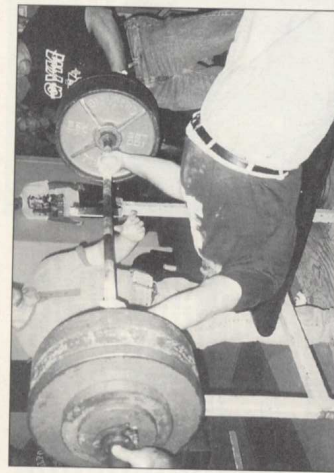
W. Grater	240	130	265*	635
B. Grater	240*	130*	265*	635*
M. Bertoli	165	115		
M. Bertoli	165	115		
J. Davis	335*	195*	400**	930**
L. 14-15	100	60	160	320
C. Guilmette	55	115*	55	225
J. Salzman	230*	120*	275*	628*
L. 4.0-4.4				
J. Tomaskovic	105	135	160	400
L. 13-14				
L. 14-15				
A. McCallan	245*	130*	240*	615*
R. 16-17				
R. 18-19				
M. Galante	215*	130*	275*	620*
L. 16-17	380*	200	420*	1000*
M. Galante	275	161	300	736
M. Galante	275	161*	300	736
L. 37-44				
C. Began	405	220*	365*	990*
M. 16-17				
F. McQuaid	320*	205*	385*	910*
R. 18-19	310*	225*	315	850
R. 20-21	310*	225*	315	850
A. 14-15	385	300	465	1150
L. 16-17	400	225	440	1065
A. 18-19	385	300	465	1150
L. 20-21	315	170	310	695
J. 22-23	140	110	215	475
C. 24-25	160	100	215	475
L. 26-27				
L. 28-29				
L. 30-31				
L. 32-33				
L. 34-35				
L. 36-37				
L. 38-39				
L. 40-41				
L. 42-43				
L. 44-45				
L. 46-47				
L. 48-49				
L. 50-51				
L. 52-53				
L. 54-55				
L. 56-57				
L. 58-59				
L. 60-61				
L. 62-63				
L. 64-65				
L. 66-67				
L. 68-69				
L. 70-71				
L. 72-73				
L. 74-75				
L. 76-77				
L. 78-79				
L. 80-81				
L. 82-83				
L. 84-85				
L. 86-87				
L. 88-89				
L. 90-91				
L. 92-93				
L. 94-95				
L. 96-97				
L. 98-99				
L. 100-101				
L. 102-103				
L. 104-105				
L. 106-107				
L. 108-109				
L. 110-111				
L. 112-113				
L. 114-115				
L. 116-117				
L. 118-119				
L. 120-121				
L. 122-123				
L. 124-125				
L. 126-127				
L. 128-129				
L. 130-131				
L. 132-133				
L. 134-135				
L. 136-137				
L. 138-139				
L. 140-141				
L. 142-143				
L. 144-145				
L. 146-147				
L. 148-149				
L. 150-151				
L. 152-153				
L. 154-155				
L. 156-157				
L. 158-159				
L. 160-161				
L. 162-163				
L. 164-165				
L. 166-167				
L. 168-169				
L. 170-171				
L. 172-173				
L. 174-175				
L. 176-177				
L. 178-179				
L. 180-181				
L. 182-183				
L. 184-185				
L. 186-187				
L. 188-189				
L. 190-191				
L. 192-193				
L. 194-195				
L. 196-197				
L. 198-199				
L. 200-201				
L. 202-203				
L. 204-205				
L. 206-207				
L. 208-209				
L. 210-211				
L. 212-213				
L. 214-215				
L. 216-217				
L. 218-219				
L. 220-221				
L. 222-223				
L. 224-225				
L. 226-227				
L. 228-229				
L. 230-231				
L. 232-233				
L. 234-235				
L. 236-237				
L. 238-239				
L. 240-241				
L. 242-243				
L. 244-245				
L. 246-247				
L. 248-249				
L. 250-251				
L. 252-253				
L. 254-255				
L. 256-257				
L. 258-259				
L. 260-261				
L. 262-263				
L. 264-265				
L. 266-267				
L. 268-269				
L. 270-271				
L. 272-273				
L. 274-275				
L. 276-277				
L. 278-279				
L. 280-281				
L. 282-283				
L. 284-285				
L. 286-287				
L. 288-289				
L. 290-291				
L. 292-293				
L. 294-295				
L. 296-297				
L. 298-299				
L. 300-301				
L. 302-303				
L. 304-305				
L. 306-307				
L. 308-309				
L. 310-311				
L. 312-313				
L. 314-315				
L. 316-317				
L. 318-319				
L. 320-321				
L. 322-323				
L. 324-325				
L. 326-327				
L. 328-329				
L. 330-331				
L. 332-333				
L. 334-335				
L. 336-337				
L. 338-339				
L. 340-341				
L. 342-343				
L. 344-345				
L. 346-347				
L. 348-349				
L. 350-351				
L. 352-353				
L. 354-355				
L. 356-357				
L. 358-359				
L. 360-361				
L. 362-363				
L. 364-365				
L. 366-367				
L. 368-369				
L. 370-371				
L. 372-373				
L. 374-375				
L. 376-377				
L. 378-379				
L. 380-381				
L. 382-383				
L. 384-385				
L. 386-387				
L. 388-389				
L. 390-391				
L. 392-393				
L. 394-395				
L. 396-397				
L. 398-399				
L. 400-401				
L. 402-403				
L. 404-405				
L. 406-407				
L. 408-409				
L. 410-411				
L. 412-413				
L. 414-415				
L. 416-417				
L. 418-419				
L. 420-421				
L. 422-423				
L. 424-425				
L. 426-427				
L. 428-429				
L. 430-431				
L. 432-433				
L. 434-435				
L. 436-437				
L. 438-439				
L. 440-441				
L. 442-443				
L. 444-445				
L. 446-447				
L. 448-449				
L. 450-451				
L. 452-453				
L. 454-455				
L. 456-457				
L. 458-459				
L. 460-461				
L. 462-463				
L. 464-465				
L. 466-467				
L. 468-469				
L. 470-471				
L. 472-473				
L. 474-475				
L. 476-477				
L. 478-479				
L. 480-481				
L. 482-483				
L. 484-485				
L. 486-487				
L. 488-489				
L. 490-491				
L. 492-493				
L. 494-495				
L. 496-497				
L. 498-499				
L. 500-501				
L. 502-503				
L. 504-505				
L. 506-507				
L. 508-509				
L. 510-511				
L. 512-513				
L. 514-515				
L. 516-517				
L. 518-519				
L. 520-521				
L. 522-523				
L. 524-525				
L. 526-527				
L. 528-529				
L. 530-531				
L. 532-533				
L. 534-535				
L. 536-537				
L. 538-539				
L. 540-541				
L. 542-543				
L. 544-545				
L. 546-547				
L. 548-549				
L. 550-551				
L. 552-553				
L. 554-555				
L. 556-557				
L. 558-559				
L. 560-561				
L. 562-563				
L. 564-565				
L. 566-567				
L. 568-569				
L. 570-571				
L. 572-573				
L. 574-575				
L. 576-577				
L. 578-579				
L. 580-581				
L. 582-583				
L. 584-585				
L. 586-587				
L. 588-589				
L. 590-591				
L. 592-593				
L. 594-595				
L. 596-597				
L. 598-599				
L. 600-601				
L. 602-603				
L. 604-605				
L. 606-607				
L. 608-609				
L. 610-611				
L. 612-613				
L. 614-615				
L. 616-617				
L. 618-619				
L. 620-621				
L. 622-623				
L. 624-625				
L. 626-627				
L. 628-629				
L. 630-631				
L. 632-633				
L. 634-635				
L. 636-637				
L. 638-639				
L. 640-641				
L. 642-643				
L. 644-645				
L. 646-647				
L. 648-649				
L. 650-651				
L. 652-653				











**Best Woman Lifter at the USA**  
Anne Davis with a 205 at 148 (all photos courtesy of Dr. Darrell Latch)

**USA "Raw" BP Grand Nationals**  
21 Nov 98 - Tuscola, IL

Novice Men	165	Bill Reagan (BL)	600*
4th	280	Mike Murphy	405
3rd	290	Bill Reagan (BL)	600*
2nd	290	Mike Murphy	405
1st	290	Bill Reagan (BL)	600*
Novice Women	145	Lisa Warren	145*
4th	190	Kathy Jackson	185*
3rd	190	Kathy Jackson	185*
2nd	190	Kathy Jackson	185*
1st	190	Kathy Jackson	185*
Novice Men (18-19)	270	Jack Twet	325
4th	270	Jack Twet	325
3rd	270	Jack Twet	325
2nd	270	Jack Twet	325
1st	270	Jack Twet	325
Novice Women (18-19)	132	Lisa Warren	145*
4th	132	Lisa Warren	145*
3rd	132	Lisa Warren	145*
2nd	132	Lisa Warren	145*
1st	132	Lisa Warren	145*

**Bill Reagan lock out 600 in raw fashion at the USA "Raw" Nationals.**  
Bill Reagan (BL) broke the existing national record of 570 with a 600 (which he did with a 273 lb. bar) in the 18-19 age group. He also broke the existing national record of 270 with a 325 in the 18-19 age group. Reagan is a 1985 Olympian and a 1988 World Champion. He is currently training with Dr. Darrell Latch at the University of Texas at Dallas.

**Best Woman Lifter at the USA**  
Anne Davis (BL) won the national title in the 148 lb. class with a 205 lb. lift. She is currently training with Dr. Darrell Latch at the University of Texas at Dallas.

**USA Powerlifting (formerly ADPA) Membership Application**  
124 W. VanBuren St., Columbia City, IN 46725 • (219) 248-4819 fax  
Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

Prize: # \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen: Yes / No

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address/City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

MEMBERSHIP PRICES: \$100 - \$100.00  
 \$200 - \$200.00  
 \$300 - \$300.00  
 \$400 - \$400.00  
 \$500 - \$500.00  
 \$600 - \$600.00  
 \$700 - \$700.00  
 \$800 - \$800.00  
 \$900 - \$900.00  
 \$1000 - \$1000.00

ADD'L ITEMS PURCHASED:  \$100.00  
 \$200.00  
 \$300.00  
 \$400.00  
 \$500.00  
 \$600.00  
 \$700.00  
 \$800.00  
 \$900.00  
 \$1000.00

MEMBERSHIP CARD: \$ \_\_\_\_\_  
 ADD'L ITEMS PURCHASED: \$ \_\_\_\_\_  
 TOTAL PURCHASES: \$ \_\_\_\_\_

TEL: (219) 248-4819 FAX: (219) 248-4819

USA POWERLIFTING™  
 124 W. VanBuren St., Columbia City, IN 46725 • (219) 248-4819 fax  
 Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

**USA Powerlifting (formerly ADPA) Membership Application**  
124 W. VanBuren St., Columbia City, IN 46725 • (219) 248-4819 fax  
Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

Reagan with another national record for the open bench press and came all the way back to the top of the record book for 3 and finishing with a new personal record of 325. Reagan is a 1985 Olympian and a 1988 World Champion. He is currently training with Dr. Darrell Latch at the University of Texas at Dallas.

**USAPL Iron Challenge**  
17 Oct 98 - Nampa, ID

Bench Press	165	Z. Rajchlow	250
4th	165	Z. Rajchlow	250
3rd	165	Z. Rajchlow	250
2nd	165	Z. Rajchlow	250
1st	165	Z. Rajchlow	250
Deadlift	220	Deadlift	400R
4th	220	Deadlift	400R
3rd	220	Deadlift	400R
2nd	220	Deadlift	400R
1st	220	Deadlift	400R

**USAPL Colorado State Bench Press**  
7 Nov 98 - Boulder, CO

Women	220	M. McKenzie	435
4th	220	M. McKenzie	435
3rd	220	M. McKenzie	435
2nd	220	M. McKenzie	435
1st	220	M. McKenzie	435
Men	155	T. Walsh	320
4th	155	T. Walsh	320
3rd	155	T. Walsh	320
2nd	155	T. Walsh	320
1st	155	T. Walsh	320

**USAPL Colorado State Bench Press**  
7 Nov 98 - Boulder, CO

Reagan with another national record for the open bench press and came all the way back to the top of the record book for 3 and finishing with a new personal record of 325. Reagan is a 1985 Olympian and a 1988 World Champion. He is currently training with Dr. Darrell Latch at the University of Texas at Dallas.

**USA "Raw" BP Grand Nationals**  
21 Nov 98 - Tuscola, IL

**USA Powerlifting (formerly ADPA) Membership Application**  
124 W. VanBuren St., Columbia City, IN 46725 • (219) 248-4819 fax  
Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

**USA Powerlifting (formerly ADPA) Membership Application**  
124 W. VanBuren St., Columbia City, IN 46725 • (219) 248-4819 fax  
Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

**HIGH PERFORMANCE FITNESS EQUIPMENT**  
AMERICAN DESIGNED OR AMERICAN MADE

**PRO POWER RACK**  
\$285.00

**LEG PRESS HACK SQUAT**  
FROM \$589 TO \$689

**300 LB. OLYMPIC PRO SET**  
\$133.95 + Freight

**INCLINE PRESS**  
\$639.00

**3WAY POWER AT \$609.00**

**POWER SHRUIGER**  
\$599.00

**POWER ROW**  
\$599.00

**JACKHAMMER LINE FOR GYM, SCHOOL, HOME!**

**CROSSOVER SALE**  
\$699 PLATE LOAD  
\$999 150 LB. STACK  
\$1099 150 LB. STACK  
92" TALL

**13 Piece JACKHAMMER LINE**  
Chest Press, Shoulder Press, Tricep, Decline Press, Lateral Raise, 3 Way Press, Arm Curl.

**HEALTH PRO PROVIDES THE FINEST PROFESSIONAL EQUIPMENT MADE IN AMERICA. FULL LINE OF FREE WEIGHT EQUIPMENT.**

Smith \$549.95 Olympic Bench \$119.95 + up  
Science Call \$149.95 Roman Chair \$126.95  
\$15.99 50 Lbs. x 50 Set Special  
Sit Up Bench \$99.00 Weight Stacks 8, 8 A, 8 B, 8 C  
Send \$1 home cat. or \$8 gym business start-up package.  
Inquiries to (281) 458-7059

**HEALTH PRO, P.O. Box 111805 • Houston, TX 77289**  
Phone Orders 1-800-553-8904

**BARWEIGHT NOT INCLUDED**  
Bells, Gloves, Knee Wrap, Wrist Wrap and Access Bars Available

**AB STRAPS**  
\$24.95

**GRAVITY INVERSION BOOTS**  
\$78.00  
Back Pain Relief

**NEW!**

**Vertical Leg Press - Sale \$289**  
418 Vertical Leg Press accommodates all sizes and features an angled back rest for proper positioning.

**NEW! \*\***  
1800 Lb. Test Olympic Bar Competition \$239

**XXX NUTRITION**  
Quality Sports Nutrition

**FORTESS SYSTEMS**  
DYMATIZE  
ICON  
HDT  
NEXT NUTRITION  
MUSCLETECH  
SPORTPHARMA  
TRIM FAST  
MET-RX

**FORTESS SYSTEMS**  
MED-SPORT  
PREMIER  
THINK  
VITALIN  
NVE STACKERS

**Call Today For Our Low Prices.**

**No Shipping Charges For Orders Over \$100.00.**

**Get 1 Free Bolt Magnum 200 mg 30 caps When You Mention This Ad.**

**We Accept VISA-MASTER CARD-AMEX**

**REWARD & REVARIANT G**  
• ULTIMATE SLEEP AID  
• RECOVERY  
• PROTEIN SIPPING  
• STIMULATES GH RELEASE  
• PRO-SEXUAL

**32 SERVING (33oz liquid) \$49.99**  
**4 SERVING (6oz liquid) \$12.99**  
**40 SERVING (200 g powder) \$49.99**

**"Our Prices Are So Low... They're INDECENT!"**  
**(800) 215-2667**  
E-Mail Us At XXXNUTRISH@AOL.COM

**LOUIE SIMMONS PRESENTS**  
**Training Secrets of Westside Barbell Club**  
NOW ON VIDEO!

**Squat Workout (New) \$54.95**  
**Bench Press Workout \$49.95**  
**The Bench Press Video (Revised) \$35.95**  
**The Squat Video \$29.95**  
**The Dead Lift Video \$29.95**  
**T-Shirts (M, L, XL, 2XL, 3XL) \$14.95**  
**Shipping/handling \$4.00**

**Send check or money order to:**  
Westside Barbell Club  
1417 Demorest Road  
Columbus, OH 43228

**back view of dog appears on back of t-shirt**

**USAPL Iron Challenge**  
17 Oct 98 - Nampa, ID

**USAPL Colorado State Bench Press**  
7 Nov 98 - Boulder, CO



**ANPPC NATIONALS**  
31 Oct/1 Nov 98 - Tuscola, IL

**BENCH PRESS**

Men	220	Tom Carnaghi	370
Master Men (40-44)	198	Tom Carnaghi	370
D. Burdige	370	Tom Carnaghi	370
Teenage Men (16-17)	220	Luke Trammel	340
198 lbs.	242	Darrell Branson	360
161-177	300	Perry Holman	400
178-197	300	Fred Sorg	400
198-217	400	Wills Wiger	400
218-237	400	Wills Wiger	400
238-257	400	Wills Wiger	400
258-277	400	Wills Wiger	400
278-297	400	Wills Wiger	400
300-319	400	Wills Wiger	400
320-339	400	Wills Wiger	400
340-359	400	Wills Wiger	400
360-379	400	Wills Wiger	400
380-399	400	Wills Wiger	400
400-419	400	Wills Wiger	400
420-439	400	Wills Wiger	400
440-459	400	Wills Wiger	400
460-479	400	Wills Wiger	400
480-499	400	Wills Wiger	400
500-519	400	Wills Wiger	400
520-539	400	Wills Wiger	400
540-559	400	Wills Wiger	400
560-579	400	Wills Wiger	400
580-599	400	Wills Wiger	400
600-619	400	Wills Wiger	400
620-639	400	Wills Wiger	400
640-659	400	Wills Wiger	400
660-679	400	Wills Wiger	400
680-699	400	Wills Wiger	400
700-719	400	Wills Wiger	400
720-739	400	Wills Wiger	400
740-759	400	Wills Wiger	400
760-779	400	Wills Wiger	400
780-799	400	Wills Wiger	400
800-819	400	Wills Wiger	400
820-839	400	Wills Wiger	400
840-859	400	Wills Wiger	400
860-879	400	Wills Wiger	400
880-899	400	Wills Wiger	400
900-919	400	Wills Wiger	400
920-939	400	Wills Wiger	400
940-959	400	Wills Wiger	400
960-979	400	Wills Wiger	400
980-999	400	Wills Wiger	400
1000-1019	400	Wills Wiger	400
1020-1039	400	Wills Wiger	400
1040-1059	400	Wills Wiger	400
1060-1079	400	Wills Wiger	400
1080-1099	400	Wills Wiger	400
1100-1119	400	Wills Wiger	400
1120-1139	400	Wills Wiger	400
1140-1159	400	Wills Wiger	400
1160-1179	400	Wills Wiger	400
1180-1199	400	Wills Wiger	400
1200-1219	400	Wills Wiger	400
1220-1239	400	Wills Wiger	400
1240-1259	400	Wills Wiger	400
1260-1279	400	Wills Wiger	400
1280-1299	400	Wills Wiger	400
1300-1319	400	Wills Wiger	400
1320-1339	400	Wills Wiger	400
1340-1359	400	Wills Wiger	400
1360-1379	400	Wills Wiger	400
1380-1399	400	Wills Wiger	400
1400-1419	400	Wills Wiger	400
1420-1439	400	Wills Wiger	400
1440-1459	400	Wills Wiger	400
1460-1479	400	Wills Wiger	400
1480-1499	400	Wills Wiger	400
1500-1519	400	Wills Wiger	400
1520-1539	400	Wills Wiger	400
1540-1559	400	Wills Wiger	400
1560-1579	400	Wills Wiger	400
1580-1599	400	Wills Wiger	400
1600-1619	400	Wills Wiger	400
1620-1639	400	Wills Wiger	400
1640-1659	400	Wills Wiger	400
1660-1679	400	Wills Wiger	400
1680-1699	400	Wills Wiger	400
1700-1719	400	Wills Wiger	400
1720-1739	400	Wills Wiger	400
1740-1759	400	Wills Wiger	400
1760-1779	400	Wills Wiger	400
1780-1799	400	Wills Wiger	400
1800-1819	400	Wills Wiger	400
1820-1839	400	Wills Wiger	400
1840-1859	400	Wills Wiger	400
1860-1879	400	Wills Wiger	400
1880-1899	400	Wills Wiger	400
1900-1919	400	Wills Wiger	400
1920-1939	400	Wills Wiger	400
1940-1959	400	Wills Wiger	400
1960-1979	400	Wills Wiger	400
1980-1999	400	Wills Wiger	400
2000-2019	400	Wills Wiger	400
2020-2039	400	Wills Wiger	400
2040-2059	400	Wills Wiger	400
2060-2079	400	Wills Wiger	400
2080-2099	400	Wills Wiger	400
2100-2119	400	Wills Wiger	400
2120-2139	400	Wills Wiger	400
2140-2159	400	Wills Wiger	400
2160-2179	400	Wills Wiger	400
2180-2199	400	Wills Wiger	400
2200-2219	400	Wills Wiger	400
2220-2239	400	Wills Wiger	400
2240-2259	400	Wills Wiger	400
2260-2279	400	Wills Wiger	400
2280-2299	400	Wills Wiger	400
2300-2319	400	Wills Wiger	400
2320-2339	400	Wills Wiger	400
2340-2359	400	Wills Wiger	400
2360-2379	400	Wills Wiger	400
2380-2399	400	Wills Wiger	400
2400-2419	400	Wills Wiger	400
2420-2439	400	Wills Wiger	400
2440-2459	400	Wills Wiger	400
2460-2479	400	Wills Wiger	400
2480-2499	400	Wills Wiger	400
2500-2519	400	Wills Wiger	400
2520-2539	400	Wills Wiger	400
2540-2559	400	Wills Wiger	400
2560-2579	400	Wills Wiger	400
2580-2599	400	Wills Wiger	400
2600-2619	400	Wills Wiger	400
2620-2639	400	Wills Wiger	400
2640-2659	400	Wills Wiger	400
2660-2679	400	Wills Wiger	400
2680-2699	400	Wills Wiger	400
2700-2719	400	Wills Wiger	400
2720-2739	400	Wills Wiger	400
2740-2759	400	Wills Wiger	400
2760-2779	400	Wills Wiger	400
2780-2799	400	Wills Wiger	400
2800-2819	400	Wills Wiger	400
2820-2839	400	Wills Wiger	400
2840-2859	400	Wills Wiger	400
2860-2879	400	Wills Wiger	400
2880-2899	400	Wills Wiger	400
2900-2919	400	Wills Wiger	400
2920-2939	400	Wills Wiger	400
2940-2959	400	Wills Wiger	400
2960-2979	400	Wills Wiger	400
2980-2999	400	Wills Wiger	400
3000-3019	400	Wills Wiger	400
3020-3039	400	Wills Wiger	400
3040-3059	400	Wills Wiger	400
3060-3079	400	Wills Wiger	400
3080-3099	400	Wills Wiger	400
3100-3119	400	Wills Wiger	400
3120-3139	400	Wills Wiger	400
3140-3159	400	Wills Wiger	400
3160-3179	400	Wills Wiger	400
3180-3199	400	Wills Wiger	400
3200-3219	400	Wills Wiger	400
3220-3239	400	Wills Wiger	400
3240-3259	400	Wills Wiger	400
3260-3279	400	Wills Wiger	400
3280-3299	400	Wills Wiger	400
3300-3319	400	Wills Wiger	400
3320-3339	400	Wills Wiger	400
3340-3359	400	Wills Wiger	400
3360-3379	400	Wills Wiger	400
3380-3399	400	Wills Wiger	400
3400-3419	400	Wills Wiger	400
3420-3439	400	Wills Wiger	400
3440-3459	400	Wills Wiger	400
3460-3479	400	Wills Wiger	400
3480-3499	400	Wills Wiger	400
3500-3519	400	Wills Wiger	400
3520-3539	400	Wills Wiger	400
3540-3559	400	Wills Wiger	400
3560-3579	400	Wills Wiger	400
3580-3599	400	Wills Wiger	400
3600-3619	400	Wills Wiger	400
3620-3639	400	Wills Wiger	400
3640-3659	400	Wills Wiger	400
3660-3679	400	Wills Wiger	400
3680-3699	400	Wills Wiger	400
3700-3719	400	Wills Wiger	400
3720-3739	400	Wills Wiger	400
3740-3759	400	Wills Wiger	400
3760-3779	400	Wills Wiger	400
3780-3799	400	Wills Wiger	400
3800-3819	400	Wills Wiger	400
3820-3839	400	Wills Wiger	400
3840-3859	400	Wills Wiger	400
3860-3879	400	Wills Wiger	400
3880-3899	400	Wills Wiger	400
3900-3919	400	Wills Wiger	400
3920-3939	400	Wills Wiger	400
3940-3959	400	Wills Wiger	400
3960-3979	400	Wills Wiger	400
3980-3999	400	Wills Wiger	400
4000-4019	400	Wills Wiger	400
4020-4039	400	Wills Wiger	400
4040-4059	400	Wills Wiger	400
4060-4079	400	Wills Wiger	400
4080-4099	400	Wills Wiger	400
4100-4119	400	Wills Wiger	400
4120-4139	400	Wills Wiger	400
4140-4159	400	Wills Wiger	400
4160-4179	400	Wills Wiger	400
4180-4199	400	Wills Wiger	400
4200-4219	400	Wills Wiger	400
4220-4239	400	Wills Wiger	400
4240-4259	400	Wills Wiger	400
4260-4279	400	Wills Wiger	400
4280-4299	400	Wills Wiger	400
4300-4319	400	Wills Wiger	400
4320-4339	400	Wills Wiger	400
4340-4359	400	Wills Wiger	400
4360-4379	400	Wills Wiger	400
4380-4399	400	Wills Wiger	400
4400-4419	400	Wills Wiger	400
4420-4439	400	Wills Wiger	400
4440-4459	400	Wills Wiger	400
4460-4479	400	Wills Wiger	400
4480-4499	400	Wills Wiger	400
4500-4519	400	Wills Wiger	400
4520-4539	400	Wills Wiger	400
4540-4559	400	Wills Wiger	400
4560-4579	400	Wills Wiger	400
4580-4599	400	Wills Wiger	400
4600-4619	400	Wills Wiger	400
4620-4639	400	Wills Wiger	400
4640-4659	400	Wills Wiger	400
4660-4679	400	Wills Wiger	400
4680-4699	400	Wills Wiger	400
4700-4719	400	Wills Wiger	400
4720-4739	400	Wills Wiger	400
4740-4759	400	Wills Wiger	400
4760-4779	400	Wills Wiger	400
4780-4799	400	Wills Wiger	400
4800-4819	400	Wills Wiger	400
4820-4839	400	Wills Wiger	400
4840-4859	400	Wills Wiger	400
4860-4879	400	Wills Wiger	400
4880-4899	400	Wills Wiger	400
4900-4919	400	Wills Wiger	400
4920-4939	400	Wills Wiger	400
4940-4959	400	Wills Wiger	400
4960-4979	400	Wills Wiger	400
4980-4999	400	Wills Wiger	400







# Powerlifting USA

## BACK ISSUES

May/93... NASA Natural Nationals Squating With Equipment, Positives From Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADPPA TOP 20 132s  
 Aug/93... USPF Seniors, USPF Masters, NASA Seniors, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHW, ADPPA TOP 20 181s  
 Sep/93... ADPPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.C., Craig Tokarski Seminar, TOP 100 114s, ADPPA TOP 20 198s  
 Oct/93... APT Profile, NASA World Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADPPA TOP 20 220s  
 Dec/93... WDFPF Worlds, Anthony Clark Profile, How Often to Bench, Reverse Hypers, How Often to Bench, TOP 100 148s, ADPPA TOP 20 275s  
 Jan/94... IFF Men/Women Worlds, IFF I/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADPPA TOP 20 SHWs  
 Feb/94... Drug Test Methods, ADPPA National Nationals, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADPPA TOP 114s  
 Mar/94... Women's TOP 20, Drug Testing Methods, PL II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADPPA TOP 20 123s  
 Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out, WNPF Worlds, TOP 100 220, ADPPA TOP 132s  
 May/94... USPF/ADPPA Collegiate, USPF Jr. Nats, IFF World Championships, Budweiser Record Breakers, Fluids, TOP 20 242s, ADPPA TOP 148s  
 Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Stricking Points in the Squat, TOP 100 273s, ADPPA TOP 165s  
 Jul/94... USPF National Masters, Ricky Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADPPA TOP 181s  
 Aug/94... APT SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADPPA TOP 198s  
 Sep/94... ADPPA Men's USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Physiochemicals, TOP 100 123s, ADPPA TOP 20 220s  
 Oct/94... Paul Anderson Tribute, IFF Jr. Worlds, Safety Squat Bar, Carrie Bound read Interview, The AGEFACTOR, TOP 100 132s, ADPPA TOP 20 242s  
 Nov/94... WDFPF Worlds, Goodwill Games, Is Pt a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADPPA TOP 20 275s  
 Dec/94... Jan Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jis/Women's, United We Stand, TOP 100

# CRAIN'S MUSCLE WORLD, LTD. POWERLIFTING PARAPHERNALIA



- ARMONA INHALED CAPSULES** - 10 count / box \$ 6.00  
**CRAMER Q.D.A.** - Quick Dry Adhesive Spray - 8 oz. \$ 8.00  
**CRAMER Q.D.A.** - Quick Dry Adhesive Spray - 16 oz. \$ 10.00  
**CRAMER Q.D.A.** - Quick Dry Adhesive Spray - 32 oz. \$ 12.00  
**DMSO** - 3 oz. roll-on - 90% STRENGTH 100% PURE \$ 2.50  
**CHAMBER COIN BASKET TAP** - 1/2 oz. \$ 5.00  
**CHAMBER COIN BASKET TAP** - 1 oz. \$ 10.00  
**NOSE TORK** - Smelling Salts - bottle \$ 4.95  
**DRIVE THE NERVE** - 25 mg. Steroids - 100 mg. Steroids \$ 14.95
- LIFTING GLOVES**  
 Style #1 (Leather w/Neoprene) \$ 14.00  
 Style #2 (Synthetic w/Leather) \$ 14.00  
 Style #3 (Synthetic w/Leather) \$ 14.00  
 Style #4 (Synthetic w/Leather) \$ 14.00
- Iron Mind Enterprises, Inc.**  
 Strongman Apparatus - By Randall J. Stronzo, Ph.D.  
 Mito - The World's Best Magazine For Everyone Interested In Strength! \$ 6.00  
 The De Ryger Dip Ring \$ 6.00  
 Super Squats Hip Belt \$ 8.95  
 Douglass Squat Stand \$ 8.95  
 Filled Castles \$ 5.95  
 A Weighted Vest \$ 5.95  
 Bag of Nuts \$ 5.95  
 Captain's of Crush Grippers (Colored \$5 each) \$ 4.95  
 Trainer #1, #2, #3, The Challenge #4 \$ 4.95  
 Eagle Loop \$ 4.95  
 Iron Hammer w/ Leverage Bar \$ 17.95  
 Iron Hammer w/ Leverage Bar \$ 17.95  
 One Wicked West Bottle \$ 4.95  
 One Wicked West Bottle \$ 4.95
- VITAMINDER**  
 The Organizer #50 (1000 tablets) \$ 8.00  
 The Seven Pack #570 (1000 tablets) \$ 8.00  
 Tablet Spatula/Charger \$ 2.95  
 Power Dip Belt - Style #1 (full dip belt w/chain) \$ 30.00  
 Power Dip Belt - Style #2 (loop w/chain) \$ 30.00  
 Bumper Sticker - Powerlifting: World's Greatest Sport \$ 2.00  
 Autographed Color Picture of Ricky Dale Crain (8x10) \$ 8.00  
 Chain's Muscle World Towel \$ 4.00  
 Prima Nylon Sports Bag - 16x20x10 (with Hook, Ring, Strap) \$ 5.00  
 Ridgeway Straps - Organized Lifting Straps - 100% Nylon \$ 7.25  
 Neoprene Bar Pad w/ Leatherette covering \$ 20.00
- Conway Tri-Back Bomber \$14.98  
 Conway Weight Belt \$22.98  
 Conway Lat Straps (S-XL) \$22.98  
 Conway Mighty Abs \$39.95  
 Conway Power Straps \$7.98  
 Conway Safety Scissors \$14.95  
 Conway Vist-Troop Blaster \$22.95

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

Athletes Need Supplements, 65 vs. 95  
 Jan/97... IFF Men's Worlds, WPC World's Step by Step Training by Louie Simmons, Rejecting Rejection, Gene Team Pt. 2, ADPPA National's Chrono- logical, 'Ban All Equipment', Rest/Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s  
 Sep/96... USPF Sr. Nationals, IFF Women's Worlds, Training for Women by Louie Simmons, APT Teen/Jr./Mas- ters, Your First Meet, Joey Almondov Froilite, IFF World BP, TOP 100 253 All Time, APT Seniors Chrono- logical, Herb Glossbrenner Responds to the Response, TOP 100 148s  
 Nov/96... APT Can-Am, Clark benches 780, James-Henderson Squat Work- out, Paul Wrenn profile, TOP 100 165s  
 May/97... Dream Team Pt. 1, Kick Start

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

Oct/97... Brad Cillingham Profile, Re- sistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Train- ing, Larry Miller Interview, TOP 100 Ls  
 Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s  
 Dec/97... Vicki Stremond, Functional Protein Profiles, Louie Simmons Squat Workout, USPF, Best Women, Walt Ausien DL, TOP 100 181s  
 Jan/98... IFF Men - Master - Jr. - Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best of Women, TOP 198s  
 Feb/98... WABDL, Worlds, IFF BP Worlds, Bench Primer Pt. 1, IFF Seniors, Asians, Speed Strength, TOP 100 200s  
 Mar/98... Mark Phillip Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Cillingham backstage  
 Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APT All Time TOP 100 Women, Westside Invitational, Foun- dational Training by Louie, TOP 242s  
 May/98... Ed Coan's Suspension, Pro- fit Interview, Arnold Classic, Philippine Focused Benchling, top 100 10 Men, Olympic Cycle, Louie, Ernie Millan, Olympic Mark, Louie Simmons on Re- searching Resistance, 10 Keys to Suc- cess, AAUPC/WDFPF Split, TOP 100 SHWs  
 Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jooko Aholo, Jon Arenberg, IFF Women's Worlds, TOP 100 Flwys  
 Aug/98... USAPL Men's Nationals, Plat- form Deadlifts, ADPPA Women, Yueh- Chun Chang, IFF World's, APT Nation- als, Shane Hammon, TOP 100 Bantam  
 Sep/98... APT Seniors, Part I, The Ed Coan Decision, Power Belts, York Sum- mer Picnic, Visit to Westside, 3x3 Train- ing Plan Part 1, TOP 100 132s  
 Oct/98... 'FUD' Lives, APT Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Sim- mons, John Neighbour, TOP 100 148s  
 Nov/98... A World's to Remember, Ja- pan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelows, Steve Leypoldt, Isoflavones  
 Dec/98... IFF Masters-Juniors - Mens/ WPC/WDFPF/AAU / AAFP World Meets, Injury Avoidance, USA All Time 800lb, Deadlift List, Dennis Brady, TOP 100 181s

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, IFF World Bench Press, Trainers of tomor- row, Changing Weight Classes, Joe

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IFF/WPC/WDFPF Worlds, Per- cent Training Pt. II, IFF World Masters, World's Strongest Man, Hank Hill Inter- view, TOP 100 198s  
 Feb/96... Top 20 Women/Masters/ Nightmares, Aloe Vera for Training, Off Exports, Multi-Year Training System, First Sentors, Framework for the Nov- ice  
 Mar/96... TRIPLE SENIORS ISSUE AD- DRA/APP/USPF, How to Use Creatine, Chris Confessore Interview, Women & The Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Suc- cessful Deadlifting Strategies, Elite Level Deadlifts, Bruce Wilhelm Pro- file, L.M.W. Compounds, TOP 100 242s  
 Dec/95... Walker Thomas Interview, I

(article continued from page 9)

ing from China is laden with many impurities – many of which could be potentially dangerous. It is therefore wise to be extremely cautious when buying from a company which sells these compounds.

A final area of concern for many lifters is overcoming drug tests. Not only is a positive test for anabolic steroids an embarrassment but it can prevent you from competing for extended periods of time. Unfortunately, the area of drug testing and steroid/nutrients has not been studied extensively and no one can say for sure which compounds will not show up on a drug test. My best guess for the safest compound to take in terms of drug testing is 5-androstenediol. This compound does not convert significantly into testosterone and thus shouldn't alter one's testosterone/epitestosterone ratio. Furthermore, 5-androstenediol is naturally occurring and isn't tested for specifically by any drug-testing program that I am aware of. Finally, the similar Methandrolicol used to be one of the hardest anabolic steroids to test for. Pentanol may be able to be taken right up until competition, but the other steroid nutrients I would be extremely careful with. I would guess that most of the other steroid nutrients will show a positive on a drug test if taken within a few days of the test. You will probably need

to take at least two weeks off before the test in order to show a negative. The only exception to this might be 4-androstenediol which might only require several days.

The science of steroid nutrients has come a long way over the last several years, but is there more to come? I feel comfortable in saying that 19-norandrostenediol will not be surpassed for overall effectiveness. However, I am working on several new steroid nutrients which will have some pretty unique and interesting properties. For example, one of these steroid nutrients that I may soon develop is a potent cortisol antagonist – on the order of 10 times more potent than

will have a STRONG basis on how these powerful supplements can benefit your workouts. From how they work, to how to properly stack them, to what's on the horizon, you can now have confidence in the STRENGTH of steroids in helping you to become STRONG!

## Power People



1979 Junior National Champion in the 198 lb. division, **Keith "Jake" Boyer** has recently been hired as Superintendent of the Selingsgrove Area School District in Pennsylvania. Boyer, 51, was previously employed as the Assistant Middle-School Principal at Pleasant Valley Middle School. With a Bachelors and a Masters degree from East Stroudsburg State, Jake is now completing his Doctoral Degree in School Administration at Widener University. Powerlifter Makes Good!

**1999 Junior Olympic Update** - The 1999 Junior Olympics will be held August 6th and 7th in Cleveland, Ohio. The Greater Cleveland Sports Commission has been working on this major event for four years now and it promises to be the best one yet! The meet site will be the huge Cleveland Convention Center. Registration and most indoor sports will be held there also. Powerlifting is definitely in the "heart" of the action of '99. The facilities and equipment will be first class. The local Olympic committee has planned many events for all the young participants. The Rock & Roll Hall of Fame, Jacobs Field, Gund Arena, the Public Square, Shopping, Fine Dining, and night life are all within walking distance. Don't miss out!! Check out the website at [www.cleveland.com/jogames](http://www.cleveland.com/jogames). Any interested competitors should contact the AAU office in Orlando, Florida, for further Junior Olympic information and application packets. (407) 934-7200.

**Note to Officials:** Once again, hotel rooms and hospitality rooms during the meet will be provided free of charge. Officiating will be limited to 10-12 referees and will be taken on a first-come first-served basis. The Meet Director, Jay Siegel, must be contacted in writing prior to May 1, 1999. Jay Siegel, 304 Daisy Street, Clearfield, PA 16830, (814) 768-9400 (days)

## Power People



The "Virginia is for Lovers" Powerlifting Team competed at the March AAU meet in Disney World. Team members include (top row, left to right) Jill Mead, Mike Craven (coach), Barbara Beasley, Rudi Garcia, Sue Powell, Cathy Estep, Dave Weiss (assistant); bottom row - Brian Powell (assistant), Judy Wood, Diane Minneti, Cigi Leader, Benita Sands, standing Nick Minneti (assistant). (photo courtesy of Cigi Leader)

# Ordinary Egg

7 grams of Fat, 0 grams Carbohydrates, 7 grams Protein



EACH SERVING CONTAINS

20g of protein

No Fat

No Lactose

No Aspartame

No Cholesterol

PLUS  
Protein-sparing polysaccharides

and  
100% Pure Egg White Protein for:

Maximum Biological Value

Optimum Nitrogen Retention

# Extraordinary Egg

20 grams of protein, No Fat, No Lactose, No Aspartame, No Cholesterol

PURE EGG from Victory contains only protein from 100% egg whites. Each serving provides 20 grams of protein that mixes easily into a delicious shake. Egg whites are one of the best overall sources of protein because of their high ratio of essential to nonessential amino acids. More than 20% of the amino acids in PURE EGG are branched chain amino acids (L-leucine, L-isoleucine and L-valine) which are particularly important during and after those ultra intense workouts.

To enhance protein synthesis, PURE EGG also includes a special carbohydrate/polysaccharide complex, something other protein products don't offer. The presence of polysaccharides means less protein gets used for energy.

That means more nitrogen is available for your muscles. And, it's a proven fact that a positive nitrogen balance is necessary for muscle repair.

What you won't find in PURE EGG PROTEIN are ingredients you don't want. PURE EGG is completely fat-free with zero cholesterol; lactose-free and contains no aspartame. It's that simple!

Mix PURE EGG PROTEIN with milk, water or your favorite juice. Available in creamy, natural vanilla and delicious chocolate flavors.



**VICTORY**  
It's Not Like The Stuff The Pros Use.  
It Is The Stuff The Pros Use.

AVAILABLE AT **FINESSE** NATURE FOOD CENTRES AND OTHER FINE HEALTH FOOD STORES.

OR CALL TOLL FREE 1-800-1-FLEX-IT (435-3948)

FOR CANADA AND WORLDWIDE CONTACT: FINESSE, 2875 BATES ROAD,

MONTREAL, QUEBEC H3S 1B7 (514) 731-3785

As with all supplements, this product will not promise faster or greater muscular gains. This product is, however a nutritious, breast food supplement which, like other foods, provides nutritional support for weight training athletes.





**John Grimek Dies...** passing away abruptly at age 84(1), he was a man who spanned the epochs of Iron Game with a physical tenacity and grace of character that will never be matched. Above, he is seen with Mike Lambert at one of the ADFPA Men's Nationals (Jeff Temple)

two children in college is a tremendous drain on resources. SS disability provides me with only \$15,000 a year. Running the AAUPC office takes \$6,000.00 a year. Thus with new medical expense that I must be prepared to undertake to reduce my stress load, I must spend that \$6,000.00 on my health, not my hobby. I trust that each of you can appreciate this situation.

I will remain active in a lesser degree as Chairman of the Referee Committee with help from Joe Oregonia, Meet Director, and international Referee, judging meets as funds and health permit. I will continue to write AAUPC UPDATES and send out the entry forms for the two Disney meets. I ask that the Executive Committee vote me in as

a member of that body, so I may continue to have input in the organization that I started, along with others in 1994. This action would be greatly appreciated.

I have enclosed a copy of the order of ascension. Should none of the officers be unable or unwilling to take on the position of National Chairman, then I suggest you hold an election to pick a new chairman from your numbers after Dec. 1st but prior to Jan. 1st, 1999. If this becomes necessary I have a few suggestions. I wish to have a few you for your past support and trust. It is only due to health and financial reasons that I must resign, again thank you. With deep regret, Joe Pyra, Sitting AAUPC National Chairman

**Joe Pyra RESIGNS!!!** ...Dear Mike, I would like to announce my resignation as Chairman of the AAUPC, for health and financial reasons. A copy of the letter set to the AAUPC Executive Committee is attached for your use. I regret that I must take this action, but there are times when one must decide on proper priorities. Mr. Harry Halverstadt, a drug free Master powerlifter of good repute has been elected by the AAUPC as the New National Chairman. Harry, whom I've known for many years, has my full support. I believe that he is fully capable of leading our drug free efforts. I wish him the best of luck in his new office. I will continue to support drug free powerlifting in ways that I am capable of, including my continuing to hold my powermeets in February and September each year. I look forward to seeing the sport grow and will continue to be a productive part of it. Sincerely, Joe Pyra, Sitting National Chairman.

"Dear Executive Committee Members, After great thought and painful deliberation, I have decided to resign from the position of AAUPC National Chairman, effective Dec 31, 1998. My wife and I have had long and serious discussions concerning this decision. Basically the reasons are health and finances. Due to the continued and constant pain that I suffer from, and other stress related problems, new medical conditions have occurred. My doctor(s) have advised me to reduce all areas of stress before my other problem becomes more serious. The first step to take is to reduce my pain level, even if the underlying cause cannot be corrected at this time. I already have begun these measures.

The second area of concern (which is also a matter of stress) is financial. Being on disability, with

## Champions always wear... The POWERBELT™

**Style A \$70.00**  
3 Color Suede Double Thick

**Style B \$70.00**  
2 Color Suede Double Thick

**Style C \$70.00**  
1 Color Suede Double Thick

**Style D \$65.00**  
Suede Thick Leather Suede Lining

**Style E \$52.00**  
4" Tapered Suede Single Thickness

**Style F \$26.00**  
1 Leather Single Thickness

**Style G \$33.00**  
6" Single Thickness

**Style H \$23.00**  
4" Single Thickness

**Style I \$60.00**  
Suede Belt Single Thick

- 100% AMERICAN PRIME HIDE / SUEDE AIRCRAFT TYPE RIVETS
- MAXIMUM LEGAL THICKNESS
- SEAMLESS STEEL ROLLER BUCKLE
- Same as Style C

**Style J \$24.00**  
Adjustable Belt with velcro

**Style K \$99.00**  
Same as Style L

**Style L \$70.00**  
Leather 1.23" Thick Suede

**Style M \$35.00**  
Import Economy Call For Colors

**Style N \$99.00**  
Same as Style L

**Style O \$99.00**  
Same as Style L

**Style P \$18.00**  
Lever Action- Buckle Only

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

## The Genesis™ POWER SHOE™

BY CRAIN'N' MUSCLE WORLD, LTD.

MADE IN U.S.A.

**Style A \$100.00**  
White Suede White Leather White Suede Lining

**Style B \$100.00**  
White Suede White Leather White Suede Lining

**Style C \$100.00**  
White Suede White Leather White Suede Lining

**THE ONLY SQUAT SHOE EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER**

- Wedge Heel
- Wrap Around Style For Incredible Support
- Cowhide Outer For Stiffness
- Yakskin Lining For Comfort
- 2 Velcro Straps For Support
- Sizes 05-15

**Power Deadlift Slipper \$12.00**  
Call For Colors Size 05-15

**Deadlift Shoe \$60.00**  
Call For Color and Size Availability

**APF Southwest Regional (kgs.)**  
31 Oct/1 Nov 98 - Hurst, TX

Women	Sq	BP	Total
S. Vaughn	275	170	237.5
Pro Nov	280	185	220
H. Stan	240	160	220
Pro Sub	240	160	220
H. Stan	157.5	102.5	192.5
Pro Master	157.5	102.5	192.5
H. Stan	207.5	115	215
Pro Nov	265	167.5	215
Pro Open	205	127.5	217.5
J. Ojeda	210	160	215
Pro Nov	245	162.5	222.5
Pro Master	227.5	182.5	235
Pro Nov	272.5	187.5	272.5
Pro Open	272.5	200	300
Pro Nov	227.5	140	287.5
Pro Open	240	155	297.5
Pro Nov	260	165	220
Pro Open	227.5	147.5	250
Pro Open	240	132.5	24.5

**German Bench Press Nationals**  
31 Oct 98 - Schwedt (kg)

Women	Sq	BP	Total
A. Schulz	212.5	167.5	220
Pro Nov	44	kg	Medrich
H. Koerger	77.5	kg	Haenicke
Pro Sub	87.5	kg	Hansel
Pro Nov	82.5	kg	Falkner
Pro Open	87.5	kg	Goedecke
Pro Nov	65	kg	Pfeiffer
Pro Open	115	kg	Milhaus
Pro Nov	92.5	kg	Schneitz
Pro Open	72.5	kg	Aschenbach
Pro Nov	55	kg	Tronger
Pro Open	60	kg	Tronger
Pro Nov	110	kg	Hahn
Pro Open	100	kg	Wilkow
Pro Nov	87.5	kg	Nafie
Pro Open	80	kg	Borchert
Pro Nov	145	kg	Koeb
Pro Open	100	kg	Burholme
Pro Nov	90	kg	Liannann
Pro Open	90	kg	Hochstet
Pro Nov	90	kg	Ebert
Pro Open	70	kg	Hochstet
Pro Nov	137.5	kg	A. Jensch
Pro Open	130	kg	Do. Pkacz
Pro Nov	110	kg	Leipe
Pro Open	105	kg	Roche
Pro Nov	140	kg	Hoehn
Pro Open	130	kg	Neider
Pro Nov	117.5	kg	Obmann
Pro Open	115	kg	Vetter
Pro Nov	105	kg	Wagner
Pro Open	180	kg	Schickel
Pro Nov	175	kg	Schickel
Pro Open	155	kg	Leibel
Pro Nov	127.5	kg	Leibel
Pro Open	127.5	kg	Leibel
Pro Nov	147.5	kg	Kobler
Pro Open	130	kg	Grunhuth
Pro Nov	117.5	kg	M. Neve
Pro Open	75	kg	Stoppa
Pro Nov	160	kg	Krumholz
Pro Open	127.5	kg	A. Mrozek
Pro Nov	142.5	kg	W. Selig
Pro Open	135	kg	Boecher
Pro Nov	130	kg	Boecher
Pro Open	210	kg	Keldel
Pro Nov	200	kg	Grillmaier
Pro Open	210	kg	Grillmaier

## The Genesis™ POWER SUIT™

BY CRAIN'N' MUSCLE WORLD, LTD.

MONOLIFT™

4 TIME WORLD CHAMPION • 800 lb @ 165 lb

ONE HEIGHT WEIGHT/INCH MEASUREMENT

**THE GENESIS™ POWER SUIT™ \$35.00**  
Light Blue, Navy Blue, Grey, Burgundy, White, Navy Blue, Black, Red, Royal Blue, Grey, Olive Green, Gold, Forest Green, Grey, Call For Colors

**POWER WRAP™ \$19.95**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

**POWER SUITS \$25.00**  
Double Thick Training (Great!) • \$35.00  
Double Thick (Great!) • \$57.00  
Double Thick (Great!) • \$39.00  
No Straps • \$25.00  
High Performance Heavy Duty Blast Shirt • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
High Performance Heavy Duty Blast Shirt Double Thick • \$17.00  
Extra High Perf. Heavy Duty Blast Shirt Double Thick • \$17.00  
Elastic Straps • \$42.00

<

# TOP 100

For standard 198 lb./90 kg USA lifting in results received from November 1997 through October 1998.



# PL USA Top 100 Achievement Awards

\$3.00 per line per insertion.  
Figure 34 letters & spaces per line

## UNCLASSIFIED ADS

MACHINED STEEL FRACTIONAL PLATES 1 to 17.5 lb & metric for all bar sizes. Black paint, zinc or nickel plated, stainless steel. Personalized, customized or plain vanilla \$8.75/pr & up delivered. Unique equipment, collector books & more. Complete catalog \$3. Mention PL USA for a free Sandow postcard. Visit our website at [www.fractoplates.com](http://www.fractoplates.com). PDA, 104 Bangor St., Mauldin, SC 29262

IRON MAN MAGAZINE, honest coverage of the Iron Game, \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Used Selectively Reconditioned. Call to 30 Different Manufacturers. Call Fitness Equipment International, 800-462-0473

Exercise Equipment - Build Your Own Professional Metal Gym Equipment, 120 plans - only \$3.00 each. Complete catalog \$2.00. C. Miller, Box 1234, Ft. Lauderdale, Florida 33302

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 1735 Shawnee Rd., Lima, Ohio 45805; (419) 229-5346 SASE.

WANTED: POWERLIFTING USA May/79, Scott Frostbaum, PO Box 340484, Brooklyn, NY 11234. Please contact ASAP

Attention Powerlifters. Now you can have the same training advantage Russian weightlifters have for years. Magnetic Relax products can accelerate your training progress plus the opportunity of being the first to introduce these products to your area, can result in unbelievable financial rewards. For product or opportunity info please call 1-800-482-8842

THE CABLE / BAR SYSTEM Develop True Power \$18 a copy, detailed instructions, over 50 pics, Box 3023, Sequim, WA 98282. Email - cablebar@olympus.net

BOOK BARGAINS '98 USA Bench Press. Clear view 108p color cover. Great value plus protector, spiral binding. All Time

For this powerful routine, Send \$25 check or money order: Body by Coogs Dept. PL 308 P.O. Box 1503 Medina, OH 44258

ADD 25-75 LBS. TO YOUR BENCH! This routine has produced 4 National Bench Champs 20 State Bench Titles American Bench Press Record Bronze medal in World Record

Check out these personal records: 280 bench at 123 bodyweight 325 bench at 132 bodyweight 400 bench at 164 bodyweight 452 bench at 184 bodyweight Alltime DRUG-FREE lifters!

For this powerful routine, Send \$25 check or money order: Body by Coogs Dept. PL 308 P.O. Box 1503 Medina, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

FOR THIS POWERFUL ROUTINE, SEND \$25 CHECK OR MONEY ORDER: BODY BY COOGS DEPT. PL 308 P.O. BOX 1503 MEDINA, OH 44258

## DEADLIFT

880	Kennard, T., 6/26/98
879	Watersman, D., 10/11/98
878	Terry, C., 2/2/98
877	McChinn, J., 11/23/97
876	McChinn, J., 11/23/97
875	McChinn, J., 11/23/97
874	McChinn, J., 11/23/97
873	McChinn, J., 11/23/97
872	McChinn, J., 11/23/97
871	McChinn, J., 11/23/97
870	McChinn, J., 11/23/97
869	McChinn, J., 11/23/97
868	McChinn, J., 11/23/97
867	McChinn, J., 11/23/97
866	McChinn, J., 11/23/97
865	McChinn, J., 11/23/97
864	McChinn, J., 11/23/97
863	McChinn, J., 11/23/97
862	McChinn, J., 11/23/97
861	McChinn, J., 11/23/97
860	McChinn, J., 11/23/97
859	McChinn, J., 11/23/97
858	McChinn, J., 11/23/97
857	McChinn, J., 11/23/97
856	McChinn, J., 11/23/97
855	McChinn, J., 11/23/97
854	McChinn, J., 11/23/97
853	McChinn, J., 11/23/97
852	McChinn, J., 11/23/97
851	McChinn, J., 11/23/97
850	McChinn, J., 11/23/97
849	McChinn, J., 11/23/97
848	McChinn, J., 11/23/97
847	McChinn, J., 11/23/97
846	McChinn, J., 11/23/97
845	McChinn, J., 11/23/97
844	McChinn, J., 11/23/97
843	McChinn, J., 11/23/97
842	McChinn, J., 11/23/97
841	McChinn, J., 11/23/97
840	McChinn, J., 11/23/97
839	McChinn, J., 11/23/97
838	McChinn, J., 11/23/97
837	McChinn, J., 11/23/97
836	McChinn, J., 11/23/97
835	McChinn, J., 11/23/97
834	McChinn, J., 11/23/97
833	McChinn, J., 11/23/97
832	McChinn, J., 11/23/97
831	McChinn, J., 11/23/97
830	McChinn, J., 11/23/97
829	McChinn, J., 11/23/97
828	McChinn, J., 11/23/97
827	McChinn, J., 11/23/97
826	McChinn, J., 11/23/97
825	McChinn, J., 11/23/97
824	McChinn, J., 11/23/97
823	McChinn, J., 11/23/97
822	McChinn, J., 11/23/97
821	McChinn, J., 11/23/97
820	McChinn, J., 11/23/97
819	McChinn, J., 11/23/97
818	McChinn, J., 11/23/97
817	McChinn, J., 11/23/97
816	McChinn, J., 11/23/97
815	McChinn, J., 11/23/97
814	McChinn, J., 11/23/97
813	McChinn, J., 11/23/97
812	McChinn, J., 11/23/97
811	McChinn, J., 11/23/97
810	McChinn, J., 11/23/97
809	McChinn, J., 11/23/97
808	McChinn, J., 11/23/97
807	McChinn, J., 11/23/97
806	McChinn, J., 11/23/97
805	McChinn, J., 11/23/97
804	McChinn, J., 11/23/97
803	McChinn, J., 11/23/97
802	McChinn, J., 11/23/97
801	McChinn, J., 11/23/97
800	McChinn, J., 11/23/97

## TOTAL

2000	Zwanzig, M., 7/5/98
1999	McChinn, J., 11/23/97
1998	McChinn, J., 11/23/97
1997	McChinn, J., 11/23/97
1996	McChinn, J., 11/23/97
1995	McChinn, J., 11/23/97
1994	McChinn, J., 11/23/97
1993	McChinn, J., 11/23/97
1992	McChinn, J., 11/23/97
1991	McChinn, J., 11/23/97
1990	McChinn, J., 11/23/97
1989	McChinn, J., 11/23/97
1988	McChinn, J., 11/23/97
1987	McChinn, J., 11/23/97
1986	McChinn, J., 11/23/97
1985	McChinn, J., 11/23/97
1984	McChinn, J., 11/23/97
1983	McChinn, J., 11/23/97
1982	McChinn, J., 11/23/97
1981	McChinn, J., 11/23/97
1980	McChinn, J., 11/23/97
1979	McChinn, J., 11/23/97
1978	McChinn, J., 11/23/97
1977	McChinn, J., 11/23/97
1976	McChinn, J., 11/23/97
1975	McChinn, J., 11/23/97
1974	McChinn, J., 11/23/97
1973	McChinn, J., 11/23/97
1972	McChinn, J., 11/23/97
1971	McChinn, J., 11/23/97
1970	McChinn, J., 11/23/97
1969	McChinn, J., 11/23/97
1968	McChinn, J., 11/23/97
1967	McChinn, J., 11/23/97
1966	McChinn, J., 11/23/97
1965	McChinn, J., 11/23/97
1964	McChinn, J., 11/23/97
1963	McChinn, J., 11/23/97
1962	McChinn, J., 11/23/97
1961	McChinn, J., 11/23/97
1960	McChinn, J., 11/23/97
1959	McChinn, J., 11/23/97
1958	McChinn, J., 11/23/97
1957	McChinn, J., 11/23/97
1956	McChinn, J., 11/23/97
1955	McChinn, J., 11/23/97
1954	McChinn, J., 11/23/97
1953	McChinn, J., 11/23/97
1952	McChinn, J., 11/23/97
1951	McChinn, J., 11/23/97
1950	McChinn, J., 11/23/97
1949	McChinn, J., 11/23/97
1948	McChinn, J., 11/23/97
1947	McChinn, J., 11/23/97
1946	McChinn, J., 11/23/97
1945	McChinn, J., 11/23/97
1944	McChinn, J., 11/23/97
1943	McChinn, J., 11/23/97
1942	McChinn, J., 11/23/97
1941	McChinn, J., 11/23/97
1940	McChinn, J., 11/23/97
1939	McChinn, J., 11/23/97
1938	McChinn, J., 11/23/97
1937	McChinn, J., 11/23/97
1936	McChinn, J., 11/23/97
1935	McChinn, J., 11/23/97
1934	McChinn, J., 11/23/97
1933	McChinn, J., 11/23/97
1932	McChinn, J., 11/23/97
1931	McChinn, J., 11/23/97
1930	McChinn, J., 11/23/97
1929	McChinn, J., 11/23/97
1928	McChinn, J., 11/23/97
1927	McChinn, J., 11/23/97
1926	McChinn, J., 11/23/97
1925	McChinn, J., 11/23/97
1924	McChinn, J., 11/23/97
1923	McChinn, J., 11/23/97
1922	McChinn, J., 11/23/97
1921	McChinn, J., 11/23/97
1920	McChinn, J., 11/23/97
1919	McChinn, J., 11/23/97
1918	McChinn, J., 11/23/97
1917	McChinn, J., 11/23/97
1916	McChinn, J., 11/23/97
1915	McChinn, J., 11/23/97
1914	McChinn, J., 11/23/97
1913	McChinn, J., 11/23/97
1912	McChinn, J., 11/23/97
1911	McChinn, J., 11/23/97
1910	McChinn, J., 11/23/97
1909	McChinn, J., 11/23/97
1908	McChinn, J., 11/23/97
1907	McChinn, J., 11/23/97
1906	McChinn, J., 11/23/97
1905	McChinn, J., 11/23/97
1904	McChinn, J., 11/23/97
1903	McChinn, J., 11/23/97
1902	McChinn, J., 11/23/97
1901	McChinn, J., 11/23/97
1900	McChinn, J., 11/23/97

## DEADLIFT

770	Brookins, 11/15/97
769	Terry, C., 2/2/98
768	McChinn, J., 11/23/97
767	McChinn, J., 11/23/97
766	McChinn, J., 11/23/97
765	McChinn, J., 11/23/97
764	McChinn, J., 11/23/97
763	McChinn, J., 11/23/97
762	McChinn, J., 11/23/97
761	McChinn, J., 11/23/97
760	McChinn, J., 11/23/97
759	McChinn, J., 11/23/97
758	McChinn, J., 11/23/97
757	McChinn, J., 11/23/97
756	McChinn, J., 11/23/97
755	McChinn, J., 11/23/97
754	McChinn, J., 11/23/97
753	McChinn, J., 11/23/97
752	McChinn, J., 11/23/97
751	McChinn, J., 11/23/97
750	McChinn, J., 11/23/97
749	McChinn, J., 11/23/97
748	McChinn, J., 11/23/97
747	McChinn, J., 11/23/97
746	McChinn, J., 11/23/97
745	McChinn, J., 11/23/97
744	McChinn, J., 11/23/97
743	McChinn, J., 11/23/97
742	McChinn, J., 11/23/97
741	McChinn, J., 11/23/97
740	McChinn, J., 11/23/97
739	McChinn, J., 11/23/97
738	McChinn, J., 11/23/97
737	McChinn, J., 11/23/97
736	McChinn, J., 11/23/97
735	McChinn, J., 11/23/97
734	McChinn, J., 11/23/97
733	McChinn, J., 11/23/97
732	McChinn, J., 11/23/97
731	McChinn, J., 11/23/97
730	McChinn, J., 11/23/97
729	McChinn, J., 11/23/97
728	McChinn, J., 11/23/97
727	McChinn, J., 11/23/97
726	McChinn, J., 11/23/97
725	McChinn, J., 11/23/97
724	McChinn, J., 11/23/97
723	McChinn, J., 11/23/97
722	McChinn, J., 11/23/97
721	McChinn, J., 11/23/97
720	McChinn, J., 11/23/97
719	McChinn, J., 11/23/97
718	McChinn, J., 11/23/97
717	McChinn, J., 11/23/97
716	McChinn, J., 11/23/97
715	McChinn, J., 11/23/97
714	McChinn, J., 11/23/97
713	McChinn, J., 11/23/97
712	McChinn, J., 11/23/97
711	McChinn, J., 11/23/97
710	McChinn, J., 11/23/97
709	McChinn, J., 11/23/97
708	McChinn, J., 11/23/97
707	McChinn, J., 11/23/97
706	McChinn, J., 11/23/97
705	McChinn, J., 11/23/97
704	McChinn, J., 11/23/97
703	McChinn, J., 11/23/97
702	McChinn, J., 11/23/97
701	McChinn, J., 11/23/97
700	McChinn, J., 11/23/9

**C4™ - METAFORM'S THERMOGENIC FORMULA  
RENDERS THE COMPETITION OBSOLETE.**

# MetaForm™ HEAT™

**High Energy Advanced Thermogenic**

**ORANGE CREAMSICLE FLAVOR  
DIETARY SUPPLEMENT**

• **64™ THERMOGENIC FORMULA**  
• **ION-EXCHANGE WHEY PROTEIN**  
12 - 1.6 OZ. PACKETS  
NET WT. 19.2 OZ (540g)

**Metaform HEAT™ The World's First Maximum Potency Synergistic Blend Of Thermogenic Ephedrine Isomers, Beta Receptor Agonists, Methylxanthines and Key Bioflavonoids.**

We're raising the standards for Thermogenesis, the energy igniting flame you need to hone your body to the ultimate level of definition, separation and symmetrical mass. To accomplish this we assembled the most potent array of thermogenic nutrients ever developed. How did we do it? It's no secret... it's all in the synergy.

**THE SUM IS GREATER THAN IT'S PARTS**

While other products may be Thermogenic, it is easy to see that many of our competitors just don't add up.

	HEAT™ BIPPED FUEL™ POWDER	ULTIMATE ORANGE™ POWDER
Ion Exchange	Yes	No
Whey Protein	Yes	No
Green Tea	Yes	No
Quercetin	Yes	No
Guarana	Yes	Yes
Yohimbe	Yes	No
Methuang	Yes	Yes

Alpha Form™ is a registered trademark of Metaform Nutrition. Ultimate Orange™ is a registered trademark of Body Nutrition.

**MORE BETA RECEPTOR AGONISTS**

The cornerstone of a great thermogenic formula is Beta Agonists, which depending on whether they're classified as beta-1, beta-2, or even beta-3, trigger the release and breakdown of stored fat. Metaform HEAT™ contains the maximum potency of Ephedrine from standardized Methuang, a well-researched Beta Agonist.

**MAXIMUM METHYLXANTHINES**

Methylxanthines include Caffeine and Theophylline, which work synergistically with Beta Agonists to inhibit the removal of Beta-receptors, the metabolic springboards for high intensity training and calorie burning. Methylxanthines also regulate epinephrine, adenosine and phosphodiesterase to elicit an even greater calorie burning effect. Metaform HEAT™ contains both Green Tea and Guarana Extract, which are rich sources of Methylxanthines.

**ALPHA RECEPTOR ANTAGONISTS**

This is where we really take the lead as the first thermogenic formula to contain standardized Yohimbe, a well-documented Alpha 2 Adrenoreceptor Antagonist. By including standardized

Yohimbe the mobilization of fat is enhanced. This is accomplished by feedback loop regulation of epinephrine.

**KEY BIOFLAVONOIDS**

Metaform HEAT™ contains Quercetin a potent bioflavonoid that has a synergistic effect with caffeine and epinephrine, increasing and prolonging their effects. Guarana and Green Tea Extracts contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle protein breakdown by controlling prostaglandins, chemicals which can potentiate cortisol's muscle-wasting effects. These statements have not been evaluated by the Food and Drug Administration. Use as directed. © 2004 Metaform Nutrition.

**THE FIRST ONE IS FREE**  
Call 1-800-439-8048 or visit our website:

[www.metaformnutrition.com/metaform](http://www.metaformnutrition.com/metaform)  
to receive a free sample packet of METAFORM HEAT™ and a free Thermogenic Diet and Exercise Handbook.



**NEW AND AMAZING!**

**INZER ADVANCE DESIGNS**

# IRONWRAPS

enable you to lift more than ever before. A leap ahead in powerlifting knee wrap technology.



"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

Louie Simmons



"Ironwraps are the best I've ever used."

Bull Stevett

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap. VERY, VERY POWERFUL!

IRONWRAPS Z (actual size)

IRONWRAPS A (actual size)

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

You owe it to yourself to use the greatest knee wraps of all!

All Inzer Power Gear is backed by the Inzer Performance Guarantee. Guaranteed to out perform any other brand.

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_  
2 pair \$40 Shipping \$5.50  
Total \$45.50  
Ironwraps A \$22  
Ironwraps Z \$22

Overseas orders add 20% surface or 30% air. Texas residents add 8.25% sales tax.  
INZER ADVANCE DESIGNS  
P.O. Box 2981 • Longview, Texas 75606  
903-236-1012 • 1-800-222-6897