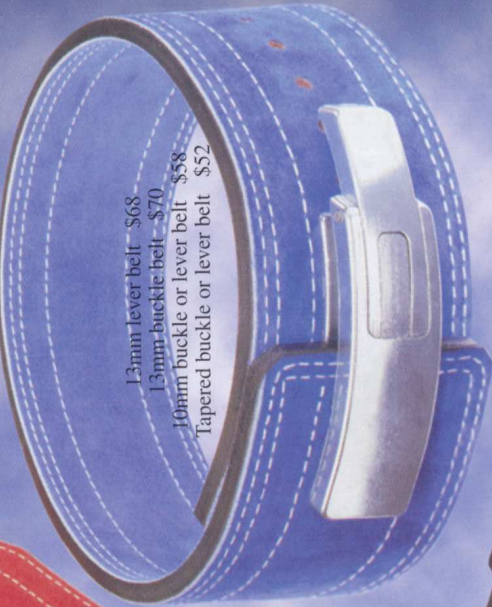


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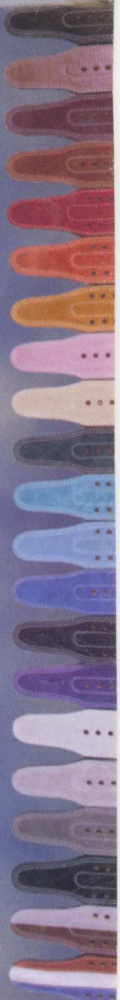
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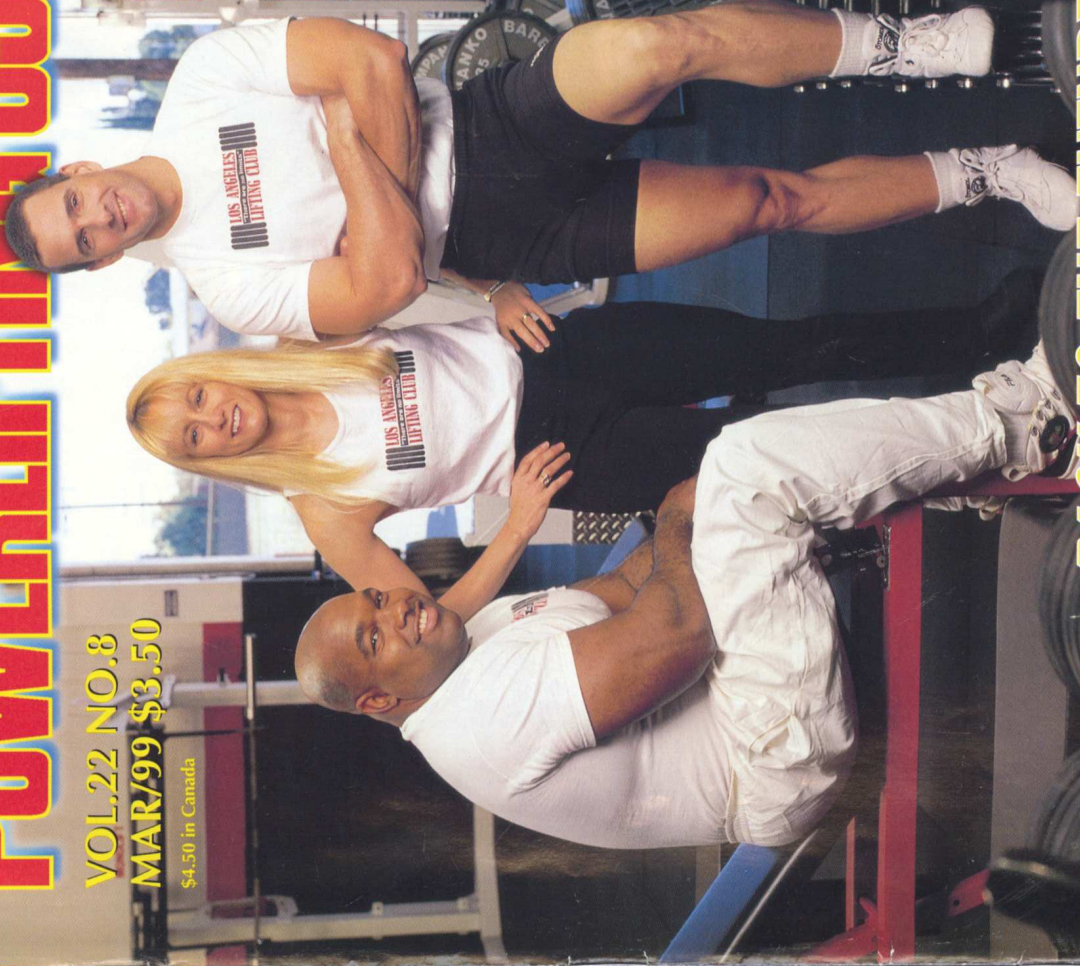
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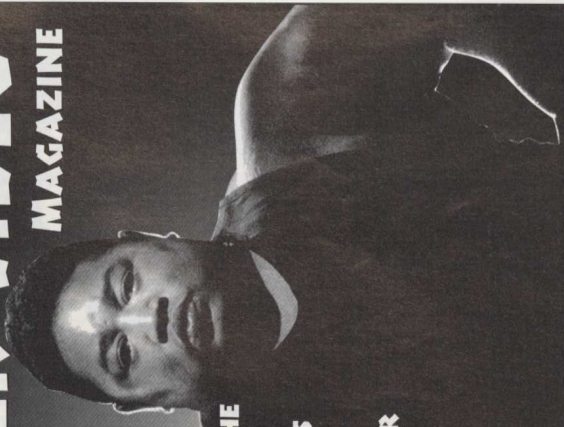
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MUSCLE MENU

- Volume 22, Number 8 - March 1999 -

- LOS ANGELES LIFTING CLUB.....Dr. Ken Leistner.....6
- DOYLE KENADY TRIBUTE.....Gus Rethwisch.....9
- WORKOUT OF THE MONTH.....Pat Beaumaster.....11
- CONCENTRATED FORCE.....Rick Brewer.....13
- MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....14
- ASK THE DOCTOR.....Mauro Di Pasquale MD.....16
- POWER SCENE.....Ned Low.....17
- RIISING FROM THE ASHES.....Judd Biasiotto Ph.D.....18
- NOT PARTIAL TO PARTIALS.....Doug Daniels.....19
- STRETCHING YOUR LIMITS.....Joe McAuliffe M.A.....20
- 11th IPF WORLDS.....Herb Glosbrenner.....21
- VISITORS TO WESTSIDE.....Louie Simmons.....25
- PAUL "TINY" MEEKER.....Tom McCullough.....26
- ED NELLOR INTERVIEW.....Fred Rice.....32
- WOMEN'S TOP 20.....Mike Lambert.....34
- TEENAGE TOP 20.....Mike Lambert.....36
- MASTERS TOP 20.....Mike Lambert.....38
- BILL REAGAN INTERVIEW.....Bill Swift.....39
- THOSE DIETING BLUES.....Derek Cornelius.....40
- COMING EVENTS.....Mike Lambert.....48
- UNCLASSIFIED ADS.....87

ON THE COVER...Partners in the Los Angeles Lifting Club (l-r) Dave Fitzgerald, Nance Avigliano, Joe Avigliano (Cliff Lipson)

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The Los Angeles Lifting Club BACK TO THE FUTURE

as told to Powerlifting USA by Dr. Ken Leistner



"THERE ARE NO LIMITS" ... that's the overlooking motto of LALC principals (l-r) Dave Fitzgerald, Nance Avigliano, and Joe Avigliano.

When I began to lift weights, my equipment was crude. I had little or no money to give to my new found activity and had to fashion my training modalities from any and all objects found around my home and father's shop. Having a family of iron workers certainly helped, but by any standard, my home gym was barbaric for the first years of its existence. "Barbells" made from truck axles and flywheels, "plates" formed from sewer covers and pallets of scrap iron were the foundation of my training paradise. That I became quite a bit stronger than I was is a testament to the fact that anything that provides progressive resistance and is used consistently will bring results.

Through the years, I have trained in good gyms and bad ones, well equipped weight rooms and those with equipment that could not be judged as safe. When Kathy and I opened the Iron Island Gym in February of 1992, we wanted a facility that reflected our philosophy of having safe, efficient and biologically correct equipment, but one that maintained an atmosphere of focused, purposeful training. When you speak with most powerlifters and athletes, their primary complaint relative to training sites is that most well equipped gyms also come equipped with a lot of people who are not interested in the same thing they are. Gyms with good, safe equipment and a knowledgeable staff attract many trainees and these will include those who are not interested in training as hard as possible, but want a well equipped and safe training environment. In most cities, if you have a good gym, you have a mix of trainees, some of whom have a level of seriousness

LOS ANGELES LIFTING CLUB - The Los Angeles Lifting Club, the premier facility for power and strength training, is now open! Located at 1031 N. Victory Place, Burbank, CA, (818) 846-LIFT, the Los Angeles Lifting Club features strength training equipment not found anywhere else in southern California. Monofil, Louie Simmons Power Bench & Reverse Hydraulic Machine, Forza Competition Benches, Nebula Leg Press & Hack Squat Machines, 9 foot Power Rack, 100 lb. Plates, Bumper Plates, Dumbbells to 200 lbs., Leister, Sutherland & Texas Power Bars, Chains, Bands and More... Owners/Partners Joe & Nance Avigliano and Dave Fitzgerald are on site and available for help,

encouragement and training. Joe Avigliano is one of the leading strength coaches in Los Angeles. His programs are 100% successful for gaining strength, muscularity and, ultimately, fitness. Joe coaches the prestigious Los Angeles Lifting Club Powerlifting Team. Five team members are currently bench press 600 lbs. California State record holders and National Champions, Joe, former pro football player and semi-pro coach, is also the strength, conditioning and running coach for the West Coast Baseball School. His clientele roster includes athletes, powerlifters, Olympic lifters, bodybuilders and actors. He uses the principles of the county's leading strength trainers, Dr. Ken Leistner, Louie Simmons and Bill Starr. Dave Fitzgerald, partner and team member, has been power-

lifting for 5 years, and has 23 1st place wins from 25 meets. Dave is currently the 10th ranked bench presser in the country with 630 lbs. and is the Connecticut State Deadlift record holder with 710 lbs. Dave is the only man in Connecticut to bench press 600 lbs. without a bench shirt and currently holds the California AFF State record of 578.5 lbs. Nance Avigliano, team member and partner, currently holds 6 California State Records in two divisions, collected in her first year of competitive lifting. In the 123 lbs. weight class, Nance is one of the top deadlifters in the country. She also works with Joe in training athletes and competitive lifters. The owners of the Los Angeles Lifting Club have come together

to provide a specialized and unique facility with the serious lifter in mind. Whether you're experienced or just a beginner, the Los Angeles Lifting Club has the equipment, programs and trainers to help you attain your goals and even surpass them. At the Los Angeles Lifting Club, "There Are No Limits".

The LALC is opened Monday thru Friday 6:00 am until 10:00 pm, Saturday, 8:00 am until 8:00 pm and Sunday 8:00 am until 5:00 pm.

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JOE AVIGLIANO - To get bigger & stronger for football, at age 15, Joe Avigliano began powerlifting with old time powerlifters at the YMCA in Queens, NY. The lifting worked, but a pre-season knee injury ended his pro career. He went on to coach semi-pro in New York & New Jersey.

Joe moved to Los Angeles in '89 and worked as a trainer. In 1997, Joe became a strength coach, focusing on training athletes and powerlifters. He convinced his wife, Nance, that he could alleviate 4 years of back pain from a car accident by strengthening her ham strings, back & ab muscles. One month later, her back pain was gone. And within 6 months, at age 41, she won her first powerlifting competition. People watching in the gym thought they were crazy, but after Nance won her first meet, everyone was coming to Joe for programs.

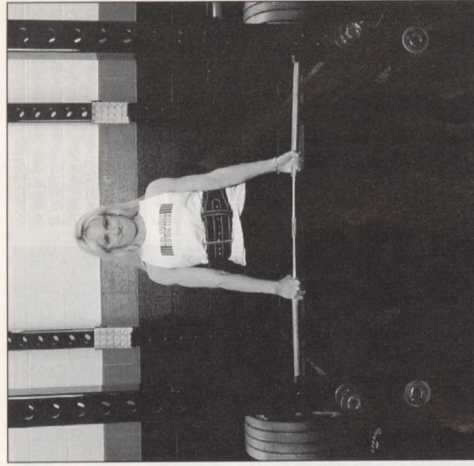
Joe also started competing in at powerlifting meets in California and in New York at Iron Island Gym. He set California state records in deadlift and submasters bench press, squat and deadlift, and is currently holding the submasters deadlift record of 485 lbs. in the 198 lbs. weight class.

After meeting Dave Fitzgerald, the Los Angeles Lifting Club



Joe Avigliano in a deep snatch position (Cliff Lipson photographs)

Unfortunately, most large cities, including New York and Los Angeles, don't have places like this for the powerlifter. Floor space is expensive, salaries are high, and utilities are akin to a monthly rental note. To make money, a gym owner has to bring in those who can pay the bills and lots of them. This requires cardio equipment and loads of machines. This also waters down the training environment for the



Nance Avigliano... look for her to move up the women's ranking lists.

athlete or lifter. Now, Los Angeles has a lifting club, a real, hard training gym dedicated to the lifter and athlete, that is not only a throwback to the old days, but a step forward into the future of coaching and hands-on teaching. As the Los Angeles Lifting Club has a tangential iron island connection, I'm really excited for the Southern California lifters.

During one of our meets at the Iron Island Gym my manager Frank DeMarco, a pretty big and strong guy himself, grabbed me and said, "Did you see the guy who just walked in?" I hadn't, yet. Someone else came over and said, "Did you see the monster that came in? I hope he's friendly". Remember, we had the best lifters in our area training regularly at the gym. We had professional football players, collegiate football players and field athletes, a

ters divisions, she also won best lifter. This victory was especially sweet because a month earlier (a few days before her 42nd birthday) she suffered a severe muscle pull in her leg from sprinting, and had to stop lower body training. After that meet she took time off to heal, and started a rehab program to get the leg back in shape, hopefully in time for the 1999 AFF Senior Nationals. Her first year of competition resulted in 6 California state records in two divisions including 281 lbs. deadlift and 127 lbs. bench press in the 123 lb. class.

Nance is currently using her PR skills to help promote strength training as a way to combat osteoporosis. And with the creation of the Los Angeles Lifting Club Gym, Nance, Joe and Dave have built a facility and a training team to help people compete, get strong and achieve even surpass their fitness goals.

NANCE AVIGLIANO - As a publicist and manager in the music business in Boston, Nance worked out to relieve stress and stay in shape. After moving to Los Angeles and marrying a trainer, Joe Avigliano, exercise and training also became a way of life. But a car accident in '93 left her with 2 crushed discs and pain with every waking moment. After 4 years of pain, Joe, now a strength coach, convinced his wife that he could alleviate her back pain by strengthening her ham strings, back & ab muscles. One month later, her back pain was gone. And within 6 months, at age 41, she won her first powerlifting competition.

Nance went on to win every competition she entered, both in the open and masters divisions. Wins included the Iron Island Deadlift Classic with a 295 lbs. lift and the National Push-Pull in Fresno, CA, where besides winning the open and mas-

DOYLE KENADY

Mountain Man from Oregon as told to Powerlifting USA by Gus Rethwisch

Doyle passed away from a heart attack at age 50, on my birthday, February 3rd. Doyle cut an impressive figure with his mountain man beard and prodigious strength at 5'10", 310 lbs. He was a 2 time IPF World Champion and just happened to be the greatest deadlifter as one of the best bench pressers and deadlifters on the East Coast, had much to share with Joe's encyclopedic knowledge. Combined with Dave's skill as a welder, the three pooled their lifting experience, and began to make equipment for their dream gym. This has become the Los Angeles Lifting Club Gym, jammed with heavy duty functional, basic training equipment, the type that an athlete needs to become stronger and functionally improved, they opened their doors recently to great success.



The Late Doyle Kenady deadlifting 903 pounds at the 1986 Hawaii Record Breakers Meet, promoted by his long time friend Gus Rethwisch. Doyle won the Jr. Nationals in 1974, the Sr. Nationals in 1978 and 1980. Aside from his personal accomplishments, he also coached many lifters, particularly women, to numerous championships.

When for a ten to 15 year period you drink 2 gallons of milk every day, 4-6 pounds of beef, 16-24 eggs - you get the picture. Doyle only weighed 165# out of high school. He eventually went up to about 310. His natural weight would have probably been 200# at best.

Somebody once asked Karl Wallenda of the famous 'Flying Wallendas' trapeze and high wire show "why do you do this and risk death every day". His response was "If you have to ask, you will never know". Why does somebody climb Mount Everest? The thing that the Flying Wallendas, but a few Superheavy powerlifters like Don Reinhoudt, Jim Williams, Paul Wrenn, Dave Waddington, Jon Cole, Wayne Bouvier, Matt Dimeil, John Kuc, Randy Patterson, etc. would understand what I'm talking about. The price is extremely high - failed marriages, getting fired from jobs, and, of course, your health suffers

Wayne Bouvier died at age 29, Matt Dimeil, O.D. Wilson, Jon Paul Signarsson of Ireland, Serge Reeding the Olympic Lifter from Belgium, etc., but I guarantee you if you were to ask any of them if it was worth it, they would say "hell, yes!" Doyle lived his passion. He's up in heaven now. I told him in a prayer "Doyle, you know if you would have done it differently, you could have had another 25 years." He said, in his laid back manner "Yes, I suppose so, but then I would have had to watch myself get grumpy, wither away, get old, hurt everywhere, and probably not even be able to triple 600# at age 75. Gus, you won't believe this, but a year ago I went into the gym alone. I weighed about 250 and I hadn't trained to speak of in 5 years and I tripled 700 with straps. I was feeding off that workout until I died". Then with a twinkle in his eye he looked like an economy sized Santa Claus when he died - he said "Don't come bitching to me when you get all sore and wrinkled up, and - by the way - my first deadlift workout in heaven was a triple with 800 and I didn't use straps!" Doyle's funeral was packed. It was the ultimate weightlifter's funeral - there was a barbell in the back of the church loaded to 903# and a picture of Doyle deadlifting that 903# on the cover of Powerlifting USA from my Hawaii Record Breakers meet. The picture was blown up and sitting by his casket. I walked by the casket, but I didn't talk to Doyle. You see, I never saw Doyle after his 1st heart attack. He preferred it that way. He didn't want me to see him at anything less than his best. The last time I saw Doyle was at my Hawaii Record Breaker in 1987 - a year after he pulled 903. He opened with 832 like water. He then jumped to 909 - close, but not that day. That's the Doyle Kenady that I knew, the only one that I will ever know.

what could only be called fate, he would up living only blocks away from the Aviglianos. They ran into each other and had one of those conversations that begin with, "You look like you lift weights." and the rest is, as is often said, history. The Aviglianos and Dave became fast friends and training partners. Dave, as one of the best bench pressers and deadlifters on the East Coast, had much to share with Joe's encyclopedic knowledge. Combined with Dave's skill as a welder, the three pooled their lifting experience, and began to make equipment for their dream gym. This has become the Los Angeles Lifting Club Gym, jammed with heavy duty functional, basic training equipment, the type that an athlete needs to become stronger and functionally improved, they opened their doors recently to great success.

This is a specialized and unique facility, one that caters specifically to athletes interested in functional improvement. Dave has built equipment that mimics much of the one of a kind pieces we had at the Island Gym. They have everything from the serious lifter needs like Sutherland bars, Texas power bars, power racks and benches, Louie's Reverse Hyper, chains and other strongman items. There is no other specialized facility in the Los Angeles area quite like this. It is a throwback in the sense that it is for the serious, focused lifter and athlete, not the toning crowd. It is a place for high school athletes, and the newcomers to learn the tricks of the powerlifting trade. It is a gym with the type of equipment and atmosphere that produces champions. It is a facility that has hands on ownership and individualized coaching. Already, their first team venture was a huge success with the team smoking numerous records at the recent California State meet.

For those Los Angeles area lifters seeking a place to train "for real", with great equipment, coaching, and atmosphere, the Los Angeles Lifting Club Gym is a reminder of Westside Barbell in Culver City and Zaver's in Costa Mesa, the legends of the Los Angeles powerlifting clubs. The legacy shall continue at the Los Angeles lifting Club Gym and they want serious committed lifters to get in and train NOW! You can reach the Los Angeles Lifting Club and Dave Fitzgerald at 1031 North Victory Place, Burbank, CA. Call them at 1-818-846-LJFT. The Monolith and other specialized equipment is waiting for you. There is nothing like a great group of enthusiastic lifters training together and this is the real deal in L.A.



Big Dave handles those L.A.L.C. 200 pound dumbbells (Clossbrenner) who had been debilitated by injuries suffered in an auto accident in 1993. Her recovery was miraculous and done completely under the auspices of her husband. Progressing from severe spinal disc damage to record holder in the deadlift indicates that he was obviously doing many things correctly. After Dave Fitzgerald moved to California, in training advisor in the Los Angeles area. He is the strength and conditioning coach for the West Coast numerous powerlifters. He has coached quite a bit of rehabilitative consulting to area athletes and was already making his living as a full time training specialist. One of his prime success stories was his wife Nance

DAVE FITZGERALD - Dave Fitzgerald started lifting at 18 years old. He started competing at 19 and so far, from 25 meets, he has 23 first place wins. Dave grew up in New Haven, Connecticut and has lifted in meets in Connecticut, New York, Pennsylvania, Massachusetts, Rhode Island, New Jersey, New Hampshire and California. Meet records include a 600 lbs. bench press with no shirt at Iron Island Gym, NY, Dec. 1996. Also done at Iron Island Gym was a 725 lbs. deadlift, to place in the Top 50 in the USA, and a 710 lbs. APA state record deadlift in New London, Connecticut in 1995, and an unofficial world record bench press of 630 lbs. at the Cirmwood meet in Harrisburg, Pennsylvania in 1997.

After working for 10 years in the Connecticut Department of Corrections, Dave and

number of collegiate and high school wrestling champions, and a lot of really huge, muscular men lifting at our gym. At our contests, we hosted national and world level lifters at every meet. To get this kind of response, this "mystery guest" had to have been impressive. When I walked towards the front desk, I literally stopped. There stood Dave Fitzgerald, big, black, and bad looking! Picture a man with the approximate dimensions of David Shaw in his prime, perhaps six foot tall, 275-290 pounds of thick, slab-like muscle, bulging arms that looked like cannonballs, topped off with a Mohawk hair style and a tattoo on the side of his head! Scary? That Dave was the friendliest, nicest, and most affable man we had hosted is an understatement. He became a mainstay at our contests, benching 600 without a bench shirt and 630, I believe, with one. He deadlifted 725 also, and did it easily, just missing 750. He was legitimately super strong and fiercely competitive. He was just as dedicated to giving advice to anyone who asked and showed unbelievable patience when dealing with the uninitiated trainee who asked the proverbial ridiculous question. I can state unequivocally that everyone at Iron Island loved Dave and was extremely impressed with his open and friendly manner. When he announced he was leaving for California, an announcement was made at one of our meets that "any friend of Dave Fitzgerald would like to sign a t-shirt that he is going to take with him may do so", there was literally a line to the back of the gym with people waiting to sign. Everyone considered Dave a friend and so many had benefited from his training expertise.

At one of our meets, a couple from California came to deadlift, Nance and Joe Avigliano. They both did well and Nance, of course, attracted a lot of attention. Yes, she was quite striking in appearance but the attention came from the fact that she was an animated, focused lifter who, with little advance notice, out-pulled others who were current title holders. She attracted notice because of her poise on the platform and because she was endeavoring to help others do their best. Her husband, Joe, seemed to be very athletic and although he knew no one at the meet other than his wife, soon was courting a number of lifters prior to their lifts. Afterwards, I made the off-hand comment that they should put a team together as they seemed to like to coach and advise others, and were doing a good job of it.

Little did I know that Joe was, in fact, a highly respected trainer and

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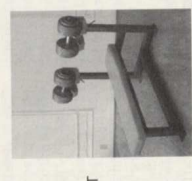
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WORKOUT

of the Month

This is a 16 week cycle for the squat. It should increase your maximum squat by 5%. This routine is based on current max of 500 lbs. The routine can easily be adapted to any individuals maximum squat since percentages are used.

The squat is performed twice a week in a 4 day a week workout schedule. Bench exercises are done Monday and Thursday, while the squat and deadlift exercises are done Tuesday and Friday. The power squats will be performed on Tuesdays. This squat workout consists of 4 mini cycles of 4 weeks each. The first 4 week cycle begins with 60% of maximum weight, and then increases by 10% each week; the rep decrease and rep increase cycle is added. The next mini cycle again begins with 60% of max plus 10 lbs. The following weeks go up 10% each week. The third mini cycle is similar to the previous two, starting at 60% and increasing up to 90%. However, 20 lbs. is added to the corresponding percentage weight. Reps continue to decrease and equipment is added as the cycle progresses. The final mini cycle is for contest preparation. During this cycle all competition equipment is used. The weight stays heavy, moving to 95% plus 10 lbs. for triples. The next week the weight increases to 100% for doubles. The following week the anticipated contest attempts are performed. This is done to give the novice to intermediate lifter confidence on the day of the meet. The last scheduled squat workout is on Tuesday if the meet is on Saturday. That workout consists of doing just the anticipated opening attempt.

The assistance exercises performed on the power squat day consists only of stiff leg deadlifts, abdominal exercises, and calf exercises. When performing the stiff leg deadlifts find a weight that

Pat Beaumaster Squat Routine

A good workout routine is a valuable tool, but it is only one piece of the puzzle. Proper effort, nutrition, supplementation, and rest are just as critical when it comes to successful strength training. Remember to stretch before lifting. It will add to your longevity in the sport. If you want to be good at a certain lift, you must do the specific lift, and do it correctly. You will be good at what you practice. When in doubt, squat deeper!

If you have any questions you can reach me at Pat Beaumaster, 10121 Kahler Ave. NE, Monticello, MN 55362. God Bless, and may the power be with you.

Week 1 - Squat Day 1 (60% of max), 300x8, 300x8, 300x8. Equipment used: no equipment. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 2 - Squat Day 1 (70% of max), 350x5, 350x5, 350x5. Equipment used: Belt. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps. Add 5 lbs. the next week of successful completion of 5x5. High bar squats are done on deadlift day. (No belt used for high bar squat.)

Week 3 - Squat Day 1 (80% of max), 400x3, 400x3, 400x3. Equipment used: Belt & wraps. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 4 - Squat Day 1 (90% of max), 450x3, 450x3, 450x3. Equipment used: Belt, wraps, suit. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 5 - Squat Day 1 (60% of max + 10 lbs.), 310x8, 310x8, 310x8. Equipment used: No equipment. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 6 - Squat Day 1 (70% of max + 10 lbs.), 360x5, 360x5, 360x5. Equipment used: Belt only. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 7 - Squat Day 1 (80% of max + 10 lbs.), 410x3, 410x3, 410x3. Equipment used: Belt & wraps. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 8 - Squat Day 1 (90% of max + 10 lbs.), 460x3, 460x3, 460x3. Equipment used: Belt, wraps, suit. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

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squat max 5 sets of 5 reps.
Week 9 - Squat Day 1 (60% of max + 20 lbs.), 320x8, 320x8, 320x8. Equipment used: No equipment. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 10 - Squat Day 1 (70% of max + 20 lbs.), 370x5, 370x5, 370x5. Equipment used: Belt only. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 11 - Squat Day 1 (80% of max + 20 lbs.), 420x3, 420x3, 420x3. Equipment used: Belt & wraps. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 12 - Squat Day 1 (90% of max + 20 lbs.), 470x3, 470x3, 470x3. Equipment used: Suit, wraps, belt, used through meet. Squat Day 2 - High bar

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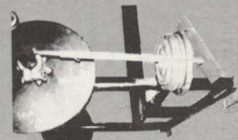
squat 50% of squat max 5 sets of 5 reps.
Week 13 - Squat Day 1 (95% of max + 10 lbs.), 485x3, 485x3, 485x3. Equipment used: same. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 14 - Squat Day 1 (100% of max), 500x2, 500x2, 500x2. Equipment used: same. Squat Day 2 - High bar squat 50% of squat max 5 sets of 5 reps.

Week 15 - Squat Day 1 (Meet Attempt) - 475x1, 500x1, 525x1. Equipment used: same.

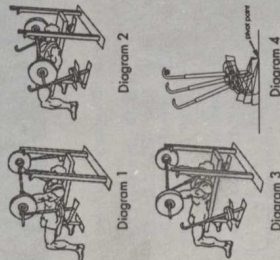
Week 16 - Squat Day 1 (Meet Week) - Squat opener 475 lbs, 500, 525
Assistance work on Day 1. Stiff leg deadlifts 8-12 reps for 3 sets. No belt is used. When successfully completing 3 sets of 12 reps, add 10 pounds the next week. Do abdominal work of your choice. Do calf work of your choice. Assistance work on Day 2. Abdominal work of your choice. Calf work of your choice. Call dominical work of your choice.

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Central Asia was a harsh land in the twelfth and thirteenth centuries. Nomadic tribes endured weather extremes and constant warfare to eke out their existence on the grassy plains. One young orphan rose above the tribal feuds to forge an army such as the world had never seen, and has never been seen since. Genghis Khan. Genghis Khan may literally translate to "universal/rigorous lord", but it meant sheer terror to his opponents. Much of Europe believed he lead a demonic horde straight from hell, sent to destroy the world.

What made his army the most feared in the world? Several things. Simple Butcher played a part - since his Mongols literally took no prisoners, and savagely massacred defeated opponents of all types including men, women, children (and even their livestock if they couldn't steal or eat them). Even towns which surrendered and begged for mercy were usually destroyed.

Mobility played a part in his success - since his army was composed entirely of cavalry. Everything Hitler tried to accomplish with his version of "blitzkrieg" (or lightning war), had been done better - far better - 700 years earlier by Genghis Khan. Some of their innovations? Mongol warriors were accustomed to drinking the milk of the mares they rode to save travel time, and each man was responsible for his own spare horse.

His tactics were nonpareil. Khan's combination of light and heavy cavalry often confuted his enemies, and most of his opponents mistakenly believed they were outnumbered. In fact, his opponents usually outnumbered him 2 to 1 and often held defensive positions which should have increased their effectiveness. He was a military genius who can teach us much about the "application of force."

Consider Genghis Khan the first guru of power.

STRATEGY - His customary offensive consisted of several widely separate columns flying across the country at breakneck speed. Fast couriers handled the communication between these Mongol columns. Each column was commanded by a military leader (orkok) who was free to react to their environment in whatever way they saw fit - provided they adhered to the basic plan which Genghis Khan had outlined. Each savage horde butchered every living creature (and burned every building) in its path without stopping. Speed was success, as Louie Simmons has suggested in a different arena.

If any column was unduly slowed

Weapon Four - Concentrated Force (Train like Genghis Khan) as told to Powerlifting USA by Rick Brewer



Teasa Lifter Tiny Meeker knows how to concentrate all of his energy on the bench press. As a result, he has benched over 600 drug free!

some of the energy - attention nor-

mally devoted to the other lifts to bring up the lagging area. (Much like the Mongol column which encountered a resistant enemy - until the other columns assisted.) In this case, our enemy is any weakness in the competitive lifts. Our goal is to push each lift to its ultimate potential (just as Genghis Khan pushed each column as far as possible). If all lifts are competitive, rotate your concentrated efforts between the competitive lifts.

NOW YOU MUST THINK. Imagine you have just finished your last lift of the next meet. You placed a very respectable second place. That is great! Just consider for a moment, what kept you out of first place? Improper depth, poor wrapping technique, weak triceps, no training partner, underdeveloped shoulders, weak spinal erector muscles, whatever the top reasons are likely to be. List the top 3 limiting factors. Write them down. Now, snap back to the present! Concentrate your forces, and butcher these weaknesses like Genghis Khan would have. Don't wait until after the next meet. These limiting factors are your enemy - destroy them before the next meet.

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by enemy forces, couriers ensured that the other Mongol columns quickly launched coordinated attacks from the flanks and the rear. Enemies were denied any safe haven and were never certain how many Mongol troops they would ultimately face - nor the direction from which they would come. "March divided, fight united." Genghis Khan knew how to concentrate his forces when necessary. He understood the application of force.

POWERLIFTING APPLICATION - Think of each Mongol column as a competitive lift (squat, bench press, deadlift). Choose an orkok (trainer/mentor) for each lift based on your particular strengths and weaknesses in that lift. If there are no knowledgeable powerlifters in your area, turn to books. Many are listed for sale in PL USA and many others are available at your local bookstore. Try several different training philosophies in a search for the ultimate training regimen for each lift. You will usually need different training schemes, different rep ranges, different styles, etc. for each lift. Don't forget to try different rest periods - although larger muscle groups normally require longer recuperation periods, this may not be so in your case. Your own strengths and weaknesses will dictate the best choices.

When one lift is lagging, use

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More From Ken Leistner

In the "old days", a powerlifter obviously trained to perform the bench press, squat, and deadlift in competition. The curl was the lift used instead of the deadlift for a brief period of time, but by the time of the first "National Tournament" in 1964, the three competitive lifts as we now know them were in place. In 1971 the order of the lifts as they were performed

in competition was changed so that the squat was done prior to the bench press and deadlift. This was a step backwards in my opinion. If one squats and does it well like Pat Susco, for example, the shoulders are quite fatigued and often sore prior to the first bench attempt. If one squats and then does the bench press, they then have to warm-up for the deadlift differently and in a more potentially fatiguing manner, than if they squatted and followed this lift with the deadlift. There are those that obviously disagree with this line of thought believing that the performance of the squat is fatiguing to the musculature involved with the deadlift and thus, the "bench press" afforded by the "break" is justified and necessary.

Despite the order of the lifts, prior to 1970, almost every lifter trained the powerlifts by doing the three competitive lifts and not much else. Those with an Olympic lifting background and/or those who competed in both power and Olympic lifting would often add the power clean or pulls, overhead pressing, and front squats as assistance movements. Power rack work mimicking the lifts or parts of the three lifts (or pulls and overhead presses) also served as assistance work for some. The only "machines" that were used for assistance purposes, were a few selective pieces. One was the leg press, which served as a substitute or adjunct to the squat and/or deadlift, dependent upon technique and philosophy. The leg extension and leg curl machines were used by some to "help strengthen the knee" or for the more astute, the muscles surrounding the knee joint. The "lat machine" was used too, I think primarily because some form of lat pull down exercise was part and parcel of anyone's program in any gym, bodybuilder, or lifter. As most powerlifters in the late 1960's and early 1970's came from a bodybuilding background or bodybuilding influence, the lat pulley gave

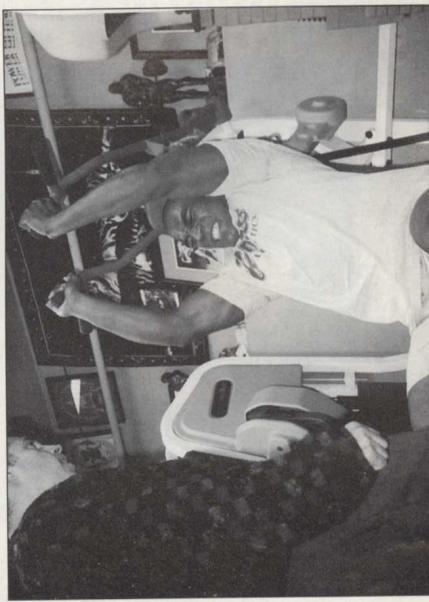
the lifters the order of the lifts as they were performed in competition was changed so that the squat was done prior to the bench press and deadlift. This was a step backwards in my opinion. If one squats and does it well like Pat Susco, for example, the shoulders are quite fatigued and often sore prior to the first bench attempt. If one squats and then does the bench press, they then have to warm-up for the deadlift differently and in a more potentially fatiguing manner, than if they squatted and followed this lift with the deadlift. There are those that obviously disagree with this line of thought believing that the performance of the squat is fatiguing to the musculature involved with the deadlift and thus, the "bench press" afforded by the "break" is justified and necessary.

ing stuffings kicked out of them. The involved musculature in the deadlift doesn't "know" it's lifting that brand new Texas or York bar, or a crudely fashioned bar made from beams and a piece of pipe. The development of tension in the involved muscles is what the body responds to, coupled with intensity of effort and consistency. Yet, at least until the growing popularity of Lou Simmons, the overwhelming majority of powerlifters have been very resistant to do anything in the gym that involved a machine or, in fact, anything not related to a barbell.

Lou has, as I have stated continuously and often, presented many ideas on training that are not conventional. Some I agree with, some I do not. Some of his techniques or ideas utilize different pieces of equipment including, but not limited to sleds, and his patented Reverse Hyper Machine. Lou also quick to point out that the training must, of course, include squats or squats in some form, bench pressing, and deadlifting. However, he has made it more acceptable to use certain machines or "other approaches" to training, other than the standard "barbell for everything" and I believe this is positive.

Some machines have good application to powerlifting and should not. A well rounded and thought out program will include work for the three lifts and this of course, would include the so called "supporting muscles" or "stabilizers". Thus, if one did the bench press on a machine for example, and then claimed that the "stabilizers" were not getting work, it is true that they would not be getting work while doing that particular machine movement, but there would certainly be a lot more concentrated work for the prime movers because there would be no lost effort in controlling the resistance, and thus, you have a more efficient and stimulating movement. In a properly constructed program the so called "ignored" muscles would receive work from any type of rowing movement which would give work to the rear deltoids for example, and in the course of a properly training cycle, would, over a period of a training cycle, also utilize, again for example only, the bench press with a barbell, overhead dumbbell presses, and other movements that would give plenty of work to

the lifters the order of the lifts as they were performed in competition was changed so that the squat was done prior to the bench press and deadlift. This was a step backwards in my opinion. If one squats and does it well like Pat Susco, for example, the shoulders are quite fatigued and often sore prior to the first bench attempt. If one squats and then does the bench press, they then have to warm-up for the deadlift differently and in a more potentially fatiguing manner, than if they squatted and followed this lift with the deadlift. There are those that obviously disagree with this line of thought believing that the performance of the squat is fatiguing to the musculature involved with the deadlift and thus, the "bench press" afforded by the "break" is justified and necessary.



Khari Samuel, Division IAA All-American linebacker from the University of Massachusetts (Leistner)

muscles that were stabilizers in one movement but prime movers in another.

There is definitely a place for machines in the program of any lifter. They not only provide variety in training, but in some cases, one that is forthcoming, provides work that cannot be duplicated with a barbell. The most obvious example to me, is one that is completely ignored by the lifting community. Lou has approached this area of thought with his Reverse Hyper Machine which is effective for many reasons. However, in 1971, Arthur Jones developed the Hip And Back Machine, which Nautilus now sells the updated version of the Hip Extension. Allow me to inject some logical thought into this discussion. When you squat, the thighs are extended which is why for almost every lifter, despite squatting style or technique, the hips (I'll include the muscles of the buttocks, the hamstrings and the low back) provide the majority of effort or force. For those using certain styles of squatting, the hips or hip area more accurately, provide the vast majority of the force necessary to squat heavy weights successfully. Lou's Reverse Hyper Machine is in fact, a "hip" extension or thigh extension machine. The thought process that went into the development of the original Hip And Back Machine is as follows and this is primarily from conversations Arthur and I had related to the squat, jumping strength, and running speed in the early 1970's. In the squat, there is rotation around the hip joint. The squat is a difficult skill movement as all lifters know. It is a lot more than "put the bar across your back and drop down and then come up" although this is the attitude of many uninformed members of most gyms. There is compressive force upon the spine that poses a potential danger. The degree of movement is limited, that is, the degree of rotation around the hip joint is limited in the squat relative to the amount of movement possible, due to the configuration of the body while squatting. Arthur's intention was to retrain the bar from the back and instead of restraining the calves which is effectively done when the feet are on the floor when one is squatting with a barbell, and instead of restraining the torso, which is done in the leg press, to instead restrain the thighs. No one had ever before thought in this direction. This removed the factors of compressive force upon the spine, balancing and controlling the bar, and for many, the fear of squatting their big weights or any weight for high numbers of repetitions. It more importantly, allowed what are potentially the strongest muscles in

the body, to achieve a higher "order" of work over a great range of motion because by changing the body's configuration, one could work the "hip muscles" over a range of motion much greater than that achieved in the squat.

The original machine and the eventual development of the Geared Hip And Back Machine could have revolutionized squatting if used properly, but few understood exactly what Arthur had in mind. I have no proof of this, but I believe that over time, Arthur too came to see that almost no one understood the machine and potential good this machine could achieve and this led to the more easily used and commercially viable Duo Hip And Back Machine, one seen in many health clubs through the 1970's and 1980's that were reserved almost exclusively for the use of women so that they could "tighten up their butts". The new Nautilus ZST Hip Extension as designed by Greg Webb uses both thighs at the same time and, in effect, allows for the extension of the thighs via involvement of the same muscles used in the squat, but over a wider range of motion. The potential benefits of the machine are enormous but the bias against machine use is such for lifters, that it has all but been ignored or again, relegated to "use for women only". Of course, and this is a point lost to those commercial interests and club owners who knew little or nothing about lifting sports and/or who just wanted your money, a lifter obviously has to practice the skill of the sport of

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powerlifting. This means they have to practice the skill of squatting and squatting with very heavy weights because that is, in fact, the sport! Again, this is but one example where machines, or a machine could provide much benefit to the lifter. Will the lifters of today be logical and reasonable enough to explore this area of potential improvement?

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 questions 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 am 240 lbs. & 22% bodyfat. I want to lose 32 lbs. of fat. I was wondering what my daily calorie requirement is? My guess has been around 2400 calories a day. Thank you for your time, **Shawn**.

Dear Shawn: That's as good as any. Once you're on the 2400 a day see if you're losing body fat consistently. If you don't then drop the number of calories by 100 calories per day for a week and/or increase your aerobic. Keep dropping the number of calories on a weekly basis until you reach your goal. Remember to keep your protein levels high as you drop your calorie count. **Mauro Di Pasquale, M.D.**

Dear Mauro: I am using the ephedrine stack (caffeine & aspirin) & yohimbe in this way to avoid having my body get used to them. Day 1: Ephedrine Stack, day 2: yohimbe, day 3: off, day 4: repeat from day 1. Is this effective? Thank you for your time, **Chris**.

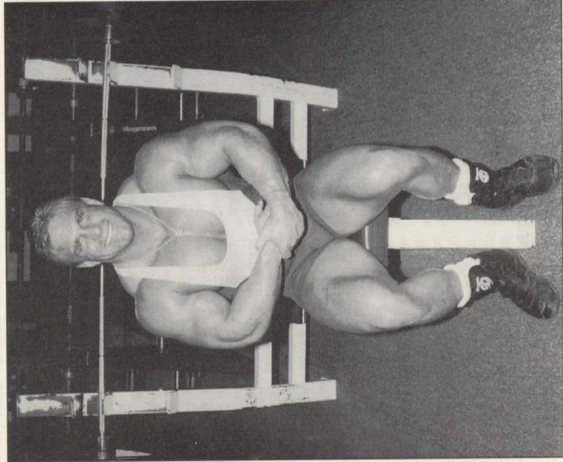
Dear Chris: That's as good as any way to keep your body from getting used to the ephedrine/ASA stack. There is no written in stone best way to use the ephedrine stack for prolonged periods of time. Some bodybuilders use it all the time and don't care about whether it's doing it's job or not. That's called addiction because in fact they can't even get going if they don't use the stack. Many bodybuilders and lifters, including myself, use the stack only before training in order to get the most from the stimulant effect of the stack as well as the fat burning effects. Experiment and see what works best for you. **Mauro Di Pasquale, M.D.**

Dear Mauro: I was hoping you could clear something up for me. I have read that it is best to take creatine monohydrate, in solution, with simple carbohydrates. Is this the case?
And if it is, how does one reconcile this with the "anabolic diet"? As four ounces of grape juice has around twenty grams of carbs, nearly a full days allotment. Thank you for your time. Any thoughts you might have on this issue would be greatly appreciated. Sincerely, **Miguel**.

Dear Miguel: The reason why they say it's best to take CM with carbs is that the carbs increase serum insulin which in turn increases the transport of creatine into muscle cells. So it's not so much the carbs, as any method that increases insulin secretion will do the trick. And it's a known fact that amino acids such as arginine, glutamine and the BCAAs also increase insulin secretion. It's also a known fact that the combination of amino acids and carbs increases insulin better than carbs alone. I've found that using up to 5 grams of simple carbs along with 10 grams of amino acids will result in an increased insulin secretion that maximizes the use of CM. This amount of carbs is well within the guidelines I set for the anabolic diet and is as effective in increasing insulin secretion (if used with the amino acids) as using much larger amounts of carbs. I hope that this info helps. **Mauro Di Pasquale, M.D.**

Dear Mauro: In January, I was diagnosed with severe arthritis in my left hip. I will be having an osteotomy in July. A screw will be put in my pelvis. Will I ever be able to train again? My doctor says that I will be able to train my upper body. I will ask him if I will ever be able to bench press heavy again. I can only swim for my lower body. Will I ever be able to bench press heavy again, in your opinion? What kind of training program would you

Coming Soon: Return of The Bench Wars. Early March brings the Arnold Classic in Columbus, Ohio, and the U.S.'s top benchers will be in action. Anthony Clark is coming up from Texas, and Dave



Dave Waterman is scheduled to bench at this year's Arnold Classic



Deborah Haley and Jack Armstrong in the "Rack" at Gold's Gym.

POWER SCENE

Valley, and it's a qualifier for the AAU Worlds.
Next comes the AAU California State Championships in June at Compton College, with Victor Hill in charge of that meet. August 21 will be the North American Powerlifting Championships, again in Moreno Valley, and again it's a Worlds qualifier.

In September comes the National Squat and Deadlift Championships in Moreno Valley, and in late November is the World Bench Press Championships in Vista, CA. Martin puts on excellent meets and they're very well attended. For info, call him at 310-416-3566.

We recently wrote about California's Deborah Haley, who was putting up some strong numbers in the gym, and promised we'd have more to say. Well, Deborah injured her neck recently, so we'll have more coverage on her later this year, when she's recovered.

Meanwhile, Oklahoma's April Thompson moved out here to sunny Southern California last Summer, and she likes heavy training. April has hit a 405 squat in the gym, and gets a kick out of going heavier than many of the guys.

For the moment, though, April is focused on fitness competitions, and is training for April 16th's Galaxy show in Redondo Beach. The Galaxy shows combine a swimsuit round with an obstacle course, so you have to be strong, quick, and good-looking.

April works full-time at Marina del Rey's Fitness Forum, and then works a second job selling clothes. To get in her first workout, she gets up at 4:00 AM, and she hits a second workout of the day after her second job. Wow!

Well, that motivates me, so I'm off to the gym. 'Til next month, stay strong! **Ned Low**



April Thompson (all photographs provided courtesy of Ned Low)

Waterman will be making the journey in from New York. Ohio's J. M. Blakley and George Halbert will be there. So will Florida's Beau Moore, Pennsylvania's Bob Thomas ("The World's Strongest Cop"), Oregon's George Nelson, and Germany's Marcia Schick, and there may be additions as the meet approaches.

Weight-ins are Friday, March 5 at noon, and the lifting begins Saturday at 1:00 PM (or so). Kicking the lifting off will be a squatting exhibition by Stephan Korte, who did 100 reps at 220 lbs. at last year's FIBO show in Germany. For the Arnold, Stephan is aiming at 315 lbs. for 50+ reps. Wow!

Then the bench wars begin. Last year over 5000 people cheered on the lifting, and this year should be another standing-room only sell-out. The Arnold has become powerlifting's biggest annual gathering of the absolute top benchers, and if you can get there, you should check out **POWER SCENE** and **POWERLIFTER Video** will be there covering all the powerlifting action.

It's also a weekend of great bodybuilding, martial arts, and fitness competitions, plus a huge fitness expo. For info on any of this, call 614-431-3600.



Martin Drake... a busy promoter.

Out here in California, Martin Drake puts on his own top powerlifting meets, and he's got a full schedule planned for 1999, starting with the AAU North American Bench Press Championships. That meet will be May 8 & 9 in Moreno

Dr. JUDD

Rising From The Ashes

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



Dr. Judd Biasotto and Kenny Blanchard

Let me tell you about my best friend Sebastin. I first met Sebastin ten years ago while visiting my mother in Easton, PA. I liked him immediately. He was so intelligent, warm, kind-hearted, and full of life that it was impossible not to like him. It was a joy just being around him.

That night he invited me to his home to meet his wife Lisa, and his two little boys Gabriella and Philip. It was a magical evening by his entire family. His sons were absolutely grand and Lisa... well, she was just the very best. That was the beginning of the best friendship that I've ever had. Aristotle once said that friendship has two minds in one soul. That's the way it was for Sebastin and me. Actually, we became more like brothers than friends. He was always there for me and I always tried to be there for him. It was great.

About two years ago, Sebastin started experiencing some really tough times. First he made an honest-but-mistake by withdrawing over ten thousand dollars in cash from his personal savings and then depositing it into a brand new account without informing the IRS. A federal officer of the IRS. Amazingly, even though Sebastin proved beyond a shadow of a doubt that the money he had deposited was his own, the IRS still refused to return his funds. It was more than a year before the IRS finally relinquished his assets. Of course, they fined him significantly before they returned the money.

Then three days after he settled with the IRS, he had a terrible automobile accident, in which he sustained a major neck injury. The injury was so severe that he was unable to go back to work. When he was still unable to return to work after six months his employer had to terminate his position. As you can imagine this impasse was a real hardship on him and his family. In fact, it broke Sebastin's spirit. It was as if his life's blood had been drained from his very soul.

Lisa, on the other hand, was a "rock." The worse things got, the stronger she became. She went out and acquired a really good paying job and started supporting the family. Within less than a year she turned everything around. There is an old saying "tough times never last, but tough people do." Believe me, Lisa was living proof of that.

Anyway, they bought a beautiful new home in Boca Raton, Florida, and they obtained a Pizza Hut franchise. It was absolutely amazing what they accomplished in a year's time. They were better off after the misfortune than ever before. They had money, a bright future and, best yet, Sebastin had his health back. The problem was that Sebastin just couldn't let the past

him every day and he is never without a smile or a kind word for someone else. He is an absolute treasure. Believe me, he is one of the most loved and respected men in our entire community. Less than a week ago Kenny came to my office and he said a beautiful thing. He said, "You know Judd, considering everything, I'm the happiest man in the world." Do you know something, he's not lying!

Kenny didn't let adversity destroy him. He didn't look at why he couldn't do something, rather he focused on what he could do. So many times we let what we don't have keep us from using what we do have. Great men are generally at their best when their backs are at the wall. Adversity stimulates them to rise to the occasion and in many cases it drives them beyond their mental and physical parameters. It takes them to the stars.

You know, most people invariably assume that adversity is inherently bad. I don't believe that for a second. Show me a man who hasn't had adversity in his life and I'll show you someone who hasn't lived. Adversity constitutes a sign of life. In fact, I would venture to say that the more adversity you have, the more alive you are. Adversity helps you grow; it builds character and endurance. Perhaps Martin Luther King Jr. put it best when he said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge and adversity."

Nikos Kazantzakis says a beautiful thing, "You have your paradise, you have your colors, you paint paradise, then in you go. Paradise is what I choose to paint, but if you prefer to paint yourself a nightmare, go ahead. However, take credit for the fact that YOU painted the nightmare; no one else did. Sure, life is hard, but it's also great. No one can protect us against pain or sadness, but through such experiences we can learn what love is, what compassion is, and what life is all about. Sometimes you have to experience sorrow to understand what happiness is all about and sometimes you have to experience defeat to appreciate victory. And sometimes you have to look at death to understand life. Experiences make us grow. Life is not easy, but it's worth it if you're willing to live it fully. And you can't do that "half stepping it."

When disaster strikes, you have a choice to either give up or go ahead. The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done, no matter how hopeless things look or how overwhelming the odds against them. They are aware that fighting back may not always restore things to normal, but that trying always makes things better and provides immense self-satisfaction. They are disciples of the classic slogan, "When the going gets tough, the tough get going."

Partial lifts, like half and quarter squats, as well as deadlift and bench press lockouts are favorite exercises that many powerlifters have relied on to develop increased strength in weak areas of the powerlifters. For example, if a lifter has trouble locking out the bench, he may incorporate bench press lockouts into his routine. This hopefully would enable the lifter to overload that area of his bench with a weight much heavier than what he could do during a full range bench attempt. After a cycle or two on these, the end result should be a much stronger lockout and a heavier bench in competition. The problem is that sometimes lifters fail to get desired results from this practice and haven't a clue why. We have all known lifters, perhaps even ourselves, who can half squat enormous weights, but can not even come within 50% of such weight in a full range competitive style lift. It would seem that something does not add up.

Let's start by examining perhaps the most popular partial move, deadlift lockouts in the rack. A lifter used to train with had exceptional power and speed off the floor in his deadlift. However, he had difficulty locking out his deadlifts at the top. In essence, his best lift was limited to how much he could lockout, which was very frustrating to him. His method of choice to solve this problem was heavy lockouts in the power rack. As his strength in this partial lift improved, the weight he locked out far exceeded his competitive poundage. But, come on-

squat, this can accentuate the problem. You may become less accustomed to proper depth and have more difficulty pleasing the judges at the contest. This false sense of strength may also tend to make a lifter take too heavy of an opening attempt at a meet, resulting in a bomb-out or an injury. Confidence is important in powerlifting, but it must be tempered with a realistic outlook. Base your confidence on success with competitive style attempts.

Another problem is that in order to continue adding weight to the partial lift, the lifter may actually shorten the movement further, making it a "partial partial." A half squat with 400 may soon degrade to a quarter squat with 500. This further reduces the positive transfer of strength from the partial lift to the full range movement. The advantage of doing a full range lift is that since the bar is always moved the same distance (bearing technique changes) a lifter can easily evaluate one rep against the other to measure actual strength changes, comparing "apples to apples" as they say.

The injury factor is a real concern. Using heavy weights can expose a lifter to a higher chance of injury. The body may have not built up enough structure to handle that heavy a weight, especially if the difference in weight used is much greater than the weight used for a full lift. Work up gradually to heavy weights in partials over time and do not push your body's stress levels. I would also be sure to warm-up thoroughly before attempting heavy partials. The best time to do partials is right after full range reps. I would still gradually work up to the heaviest partial sets, instead of going straight to max attempts.

Partial lifts also may detract from technique development. As I mentioned earlier, a partial lift may vary greatly from the actual segment of the full lift you are trying to work. I find that many lifters need as much technique work as strength work. The weakness in a particular area of a lift may be a result of poor or inefficient style and not actual strength deficiency. Think about that for a while.

I guess you have figured out by now I am not partial to partials. Many readers may disagree with me on this, but if you've been "partial" to partials and are not getting bigger lifts on the platform, examine my theories and see if they describe what you're doing! I have to be at least partially right on this.

Doug's Web address: members.aol.com/daddani12345/default.htm

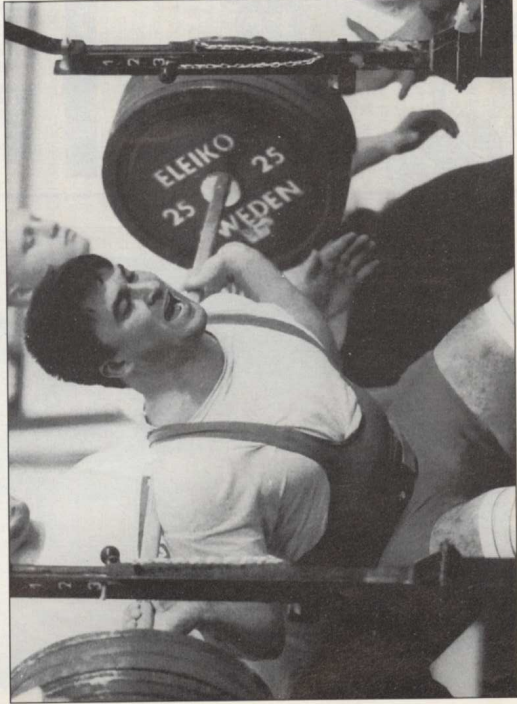
Not Partial to Partial

as told to Powerlifting USA by Doug Daniels

The squat is a very complex movement and a partial lift does not resemble the flow and execution of the full squat. Again, the transfer of power developed through partial movements may not be a great as desired. The answer, in this case, would be similar. Make your partial lift resemble the complete squat as much as possible.

As you might expect, the bench press is similar. When benching, the bar follows a certain path up to completion. Ideally, the bar does not go straight up, but it goes up at a slight arc to over the head at lockout. If you push the bar from a position that is not along the press arc, power transfer may again can be less than desired.

Partial lifts can give a lifter a false sense of strength due to the amount of weight lifted. For lifters who have depth problems in the



Partial Rep Training might actually reduce the amount of weight you can successfully squat in a contest.

TRAINING

Stretching Your Limits as told to POWERLIFTING USA by Joe McAuliffe, BS, MA, CSCS

I have been powerlifting for eleven years and have come across so many expert opinions and theories on training and nutrition. I have developed an eclectic philosophy on training and I am still learning. However, until recently, I did not imagine the results I would get by consistently doing intense stretching for my upper body. (Three days per week for three months).

Stretching is the lost component of Powerlifting. It enhances performance and rehabilitates and prevents injuries. For a few years, I thought I was "stretching." It was not until I started doing it with a partner on a daily basis that I began to see the results. Being a Personal Trainer, I stretch people all day because I know how much it benefits each one of them. Now that I have several professionals on my staff, I make sure I schedule myself for fifteen minutes of torture per day.

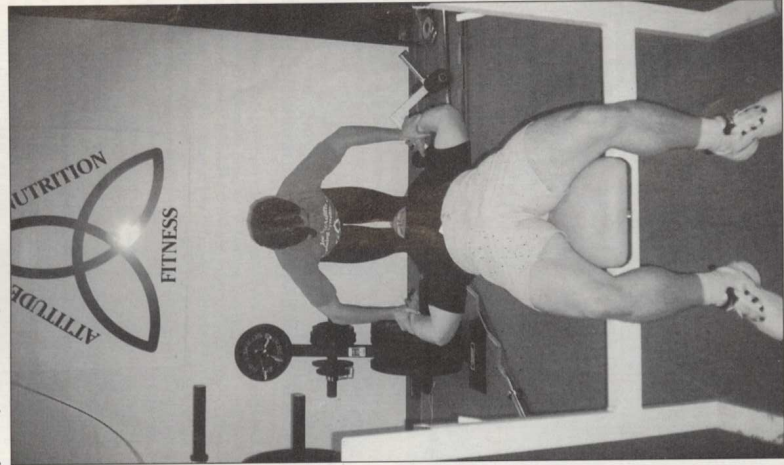
Last year I did not have a great year on the Bench - 479 lb. at Nationals was unacceptable for me. I was told I needed surgery because of a calcium deposit on my right shoulder. I was unable to train without pain or the aid of a shirt. I said no to surgery - I knew I would come back without it. It has been painful, but it's worth it. I feel like a kid again - who knows what I can do now.

position with feet on the floor and the shoulder muscles contracted. Then rotate your arms to about 90 degrees (this may vary at first because of injuries, scar tissue build-up and genetic factors). Have your partner sit or stand behind you and grab your wrists, then let him slowly apply pressure until you feel tension; hold it there for 30 seconds; relax, deep breathe, then have your partner push down on your arms

with even pressure and go to the maximum non-injury stretch that you can tolerate. I must reiterate that if you do not have a Fitness Professional doing your stretching, you must not be too aggressive, especially in the beginning. An injury can slow your progress. Once you have achieved the most tolerable pain-stretch position possible, breathe deep and try to relax and hold it for two minutes or more. This is very important because of the neurological factors involved. Each week, try to improve your range of motion. This is one of many partner stretches that you can do. Educate yourself and read as much as you can on the subject. I have put forty-five lbs. back on my Bench Press recently at the New Jersey States and lifted 524 lbs. compared to lifting 479 lbs. at the Nationals. I attribute my progress to the intense stretching sessions that I have been doing for the past several months. Thanks, Kaitie!

Good Luck! Good Lifting!

Good Time!



Joe McAuliffe getting the full stretch treatment from Kaitie, a C.P.T.

Calcutta, India hosted the 11th IPF Worlds at Netaji Stadium - a big indoor sports facility - which easily accommodated several thousand fans and curiosity seekers each day. Manojit Bose, IND GEN-SEC, had a legion of workers who'd diligently prepared. Despite doubters misgiving it was well organized. The meet headquarters was the Park Hotel, a modern European facility, nestled in the heart of city of 10 million plus. The IPF Congress voted unanimously to test all competitors for amphetamines here. Flunking would result in forfeiture of medals, erasure of performance and 1 yr. suspension. A 10-3 vote passed that next year (82) steroids would be included in the testing. This year all categories lifted separately (a first) with the upper 3 classes combined at the final afternoon. The opening ceremonies included a parade of nations, plus local song & dance festivities. Despite extreme caution nearly all the USA team experienced severe jet lag and gastrointestinal stress. Number of participants - 114 lb. class - LITTLE SOLDIERS - The rest of the world was catching on. All these little fellows were improving by leaps & bounds. The Nippon's reign went on the same! Hideaki Inaba, JPN, extended his unbroken string of World titles. Now it was 8! Only 1 shy of the winnigest ever warrior - USA's Pacifico! In this match-up, the 3 lowest were Ericsson, SWE; Cairns, NZL and the host's hope - Yasodhar, IND. In that order they were separated in the final lift by 11 lbs. of each other. The Indian's good DL ability (441) outstripped all competitors except Inaba - the Champion. Despite his last ditch efforts he couldn't catch nor surpass the others. He was dead last - 1036 TOT (8th place). MacVicar, CAN posted 1102 for 5th thanks to his SQ successes (452)! Aimo, Tuomisto, FIN and Phil Stringer, GBR were an even match up. They mounted a challenge to USA's Chuck Dumber, nipping at his heels

like rabid dogs! Well prepared at training camp was Inaba (the reigning champ)! Hideaki SQ'd 507 Dumber, (too excited) two times tried it (could not)! Inaba BP'ed 259. Chucky's turn: laying down - he amazed the crowd - 308! Now Chucky led by 27! Only one test left - DJL Stringer. GBR forged ahead of the tiny FINN Tuomisto (he's smaller than Chucky) - 451 to 446 SQ. Aimo stopped @ 253. In response the fit Brit topped a tremendous trio - 286! With a 738 to 699 S.T. Stringer seemed assured of third! Tuomisto lay back & waited Stringer DL - 396. Aspiring to the silver he stormed 418 - No! (1135 TOT). Tuomisto made his move, leaved up his 435 2nd attempt and solidified a bronze as lighter man Dumber, caught napping, with no warm-ups, lost his 1st DL to the clock without even attempting it. He then did his 363, but got no more (1151 TOT). Tuomisto, with 1 attempt remaining, tried 457 hoping for the silver and negating Chucky to 3rd. No soap - a noble effort! Inaba teased Chucky by missing his opener (474). Then he came back and made it TO WIN! Nothing riding on it, he then missed a 496 final. A grin for the fans - cause he'd done it again!

123 lb. class - HIRO THE HERO! USA's Ernesto Millan got his World team slot when Rick Gaugler chose to stay home. Gant was up a class and reigning Bantam king McKenzie, GBR was also absent. Thus the title was up for grabs. Ernie, gant and tall wanted it all! He cut 11 lbs., which killed his chances. Millan got one SQ (413). In 5th after a 253 BP, he made a 485 DL opener. He got a shot at a medal later. It looked like a 3 way



Samurai Power... Hideaki Inaba

11th IPF WORLDS as told by PL USA Statistician Herb Glossbrenner



match to settle the medals! The top guns were: Bhairo, GBR, Yrjo Haatainen, FIN and last year's bronze recipient - Hiro Isagawa, JPN. Haatainen missed once in each discipline: 452 SQ, 264 BP, 496 DL. His 1212 TOT looked good for a prize, but which one? Bhairo, GBR ruled the SQ - 496 2nd, the class leader. He failed to negotiate his 3rd - 512 equal to McKenzie's (GBR) W/R Isagawa, JPN had no misses (474) and was right behind him. The Brit BP'ed flawlessly - 281. Then the JPN BP whizz dazzled: 1st - 308, smooth. He next ground out the 1st W/R of these championships - 325! He assumed a 22 lbs. lead, and tried more - 330 - couldn't! Bhairo, panicky at this point, raised 463 (240) and waited. Hiro raised 452, then 474, (1273) & narrowly missed 485. He looked like the sure winner! Bhairo tried 496 to overtake him - for naught! Millan increased to a huge 545, hoping to displace the FINN for silver. He got it knee high - no more - 4th place (1151) for the cruise! Cuban, JPN now had pocketed gold in the first two categories! The hero? It's Hiro!

132 lb. class - GOLD REPLENISHED GANT (NO BRITISH CHANCE)! - Now 24, and a 7 time W.C., Lamar Gant, USA wasn't anywhere near top shape here. Still he managed to win - barely breaking a sweat! Defaria, FRA & Icks, FRG deadlocked for 4th (1157). The Frenchman earned the higher position as lighter. K. Lampela, FIN had absolutely no problem claiming bronze (1212). He assured that position with a 507 DL opener. After that he had delusions of grandeur - twice tried 633 - didn't budge. With a pulled thigh muscle coming in, Lamar SQ'd only

missed 485. He looked like the sure winner! Bhairo tried 496 to overtake him - for naught! Millan increased to a huge 545, hoping to displace the FINN for silver. He got it knee high - no more - 4th place (1151) for the cruise! Cuban, JPN now had pocketed gold in the first two categories! The hero? It's Hiro!

muscle coming in, Lamar SQ'd only

452 - twice failed 501 (a far cry from his 573 best)! Tony Galvez, GBR hoped to mount a challenge. He leapt into a healthy lead (545). No misses and a 93 lead over "plastic man"! Galvez punched a 270 BP. Now Lamar worked to make up lost ground. First 292, then 319, following a miss! Galvez maintained a 44 lb. advantage when the bar went to the floor: Galvez pulled 518 on his 2nd (1333), and failed 529 on his last try. Being overly cautious, Gant assured silver with 507 - an effortless lift. Next he did 562, which did him no good. Shud've taken 567. He only tied Galvez TOT and Lamar was 1 kilo heavier. Strong boy, but wrong choice. No sweat, he went to 606 (it's no risk). He needed it - (leased a lift) an easy lift! Now 8 World titles - STILL THE CZAR - LAMAR! A lot more titles in the years to follow.

148 lb. class - SO HAPPY - JOE BRADLEY! The two Finland lifters: Karvinen & Humtala played see-saw. Their struggle went back forth. Humtala stayed alive making a do or die 529 3rd. Karvinen edged ahead with 3 strong SQ's - 545. Humtala forged back in



Oops... Gant (above) and Bradley (below) both dumped squats.



Oops... Gant (above) and Bradley (below) both dumped squats.

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Columbus, OH 43228

back view of dog appears on back of t-shirt

from 347 to 308 on the BP. Karvinen, the superior puller of the pair, retook the lead in DL 584-540. His 1438 gave him 4th with Huniela (1416) one position lower. Three times W.C. @ 132 Eddie Pengelly, GBR dived the fast-rising Swedish star Stefan Nentis. It was a tight fight! Nentis started & stopped with 573. Eddie was ready to mount an offensive. He ground up 584, 2nd. Next he failed 611, his only miss of the day. Nentis pressed 341, Pengelly made 3 - the final 347, a P/R - and had a 16 lb. advantage. The Swede was a good deadlifter and put 617 on the score board, missing 11 more (1532)! The Brit eased up all 3 of his lifts dramatically (622 for 1554, Good for runner-up. USA's Joe Bradley mimicked his mentor & coach - Dr. Fred Hatfield. He bounded with explosive vertical jumps before each lift to prepare himself. Mighty Joe controlled his descents: 551, then 611. Amazing! On a final try he dumped a ponderous 650 off his back. His explosive BP ability put him too far ahead to catch. He opened with 374 - rocketed up. Next, he followed with back to back W/R's - 418 & 424! Holy smokes! With an incredible 1036 S.T. he was 104 ahead. Joe's 551 DL (1587) was a 2nd attempt repeat. This led the title. His 578 last stroke amassed a 1614 TOT. This was a new W/R sum surpassing the '78 aggregate of Mike Bridges (1609) and duplicated by Ricky Chain in last year's W.C. win in Arlington, TX.

165 lb. class - ALEXANDER THE GREAT - A NO QUIT FIGHT BROTHER! With defending titlist Gaugler absent, Lars Backlund, SWE looked like the heir apparent. Unfortunately things didn't pan out for him. He collected the same as the previous year - silver! Skuli Oskarsson, silver in '78, hoped for a big dunk to carry him through. His plans didn't work out. This left the lead under a distant 3rd. Lightest of the trio - he SQ'd 628, an opener - and grabbed the lead. He'd been badly injured in a traffic accident, and couldn't finish off 661. His meager BP (275) left him over a hundred behind the leaders (in 4th). He DL'd ability (639 opener) salvaged the bronze. A huge 683 try didn't budge. Wouldn't have helped anyway. Backlund likewise struggled. He registered a dismal single success in each of the lifts: 595 SQ (miss 617 twice). He missed them made 418

(highest BP), but failed 441, hoisted 600 - got nil with 622 - and called it a day - 1614 TOT (2nd place). Newcomer Steve Alexander, GBR, had great form, well balanced lifts, and a reserve of strength. After mistakes, he repeat his 595 SQ opener. Good, then he upped to 617 BP: 385. Strong solid DLing: 628, 644, 655. TOT 1658! The new champ for the British to boast about! He's Alexander the Great. Worthy of note was the 6th place finisher: 50 year old World Masters champ - Kjell Skybak, NOR with 1482 TOT here.

181 lb. class - PRONTOUS PRO-FUNDITY-BRIDGES HAS WON THREE! The Finnish duo of Veli Kumpuniemi and J. Nyssonen fought tooth & nail to determine which would take home the bronze medal. Nyssonen distanced himself from his teammate in the first two lifts: 672 SQ and 407 BP. Huge advantage. On paper Kumpuniemi seemed pulverized - 154 lbs. back. Down but not out. Veli reached his deadly deadlift - a formidable equalizer. Meanwhile West Germany's Max Stamm brandished his own weapons. He uncorked a big 683 SQ and added a 385 BP. He was poised just 11 back of Nyssonen. Max's back attack made him the undisputed runner-up. He hoisted a fine 650 2nd attempt for a 1719 TOT. His vast SQ improvement moved him up two positions from the previous year. Nyssonen mustered a mere 573 DL opener. He was vulnerable. Kumpuniemi was locked and loaded, and put his trademark spinal erectors to the test. He raised 727, on his 2nd try. This brought him equal to teammate Nyssonen's 1653 aggregate. Being the lighter of the two, Veli confirmed the bronze for himself. He geared up for a W/R try to eclipse Stamm - and try for silver. Former 7 Ron Collins was in the hunt, but his initial squat effort got reds. Someone thought the ref had hit the wrong button, and told Collins, Ron, believe he had the lift, increased to 699 for 2 more misses. Warming up for BP, Collins was informed of the mistake. After much discussion, he was granted two more tries to make 699, but he missed both.



There's Thunder in Those Thighs! ... Mike Bridges

superiority to anyone on the planet - there came a huge increase to 749! A near two hundred lb. jump from 1st to 2nd attempt to challenge himself, a mighty effort which yielded a new W/R TOT - 2083! He ordered up 771, but intentionally allowed the clock to expire. This was to allow more resting time for Veli Kumpuniemi. FIN, who chose to try 793 for his final effort. A success would produce not only a W/R, but would deny Stamm the silver medal. No lift - an anti-climatic drama. It was done, didn't change a chance - Bridges won in an avalanche! Long live the Krypton Kid! (Read my profile on Mike in the May 95 PL USA).

198 lb. class - FREE FROM FALTERS - THREE FOR WALTER! It was cut and dried this year for the top 3. There were three men all weighed in identically, but that is as far as the similarity went. Thomas was head and shoulders above the rest ability wise. He squeezed out his 771, before missing @ 782 on his 3rd. As it turned out it was Walter's only falter all day! From there on out he lassoed all of his attempts and reeled them in. He hoisted BP's: 451, 485, 501! He cinched his DL's tight also: 699, 749, and finally 777. His 2050 TOT was terrific, 154 lbs. more than that of the current IFF champ - 17 years after the fact! In Walter Thomas' 6th World appearance, he now won his 3rd World Title in 3 different categories. Along the way, he also collected 2 silvers and a bronze.



Walter Thomas concentrates on max effort

a substantial number of pounds distancing the medalist trio from each other. Two World Champions were in the lineup. Bill West, GBR earned two silvers (77 & 78), won in 1976 @ 165 and was the defending champ in this class from last year. USA's Walter Thomas had returned to the scene, a former two time champion. West was content this year to receive the bronze medal. He stayed right with the leaders in the SQ: both he and Ken Matsson, SWE secured their 744 2nd attempts. Subsequently both failed to raise 755. It looked like a donkey brook, because both men weighed identically. West's 396 BP put him out of runner-up contention. After the stout Swede blasted up 463, and then 485, West was 88 behind and eating Ken's chalk dust. Matsson, inspired, next hoisted a big 507 on his final try. A majority of reds greeted Fred Hatfield & legendary Larry Pacifico at the USPF. Srs. If there was anyone at this competition who had a superior physique than Jim's - it might have been Mr. Universe - Serge Nubret - who was there to watch Everybody who spotted Cash was doing double takes. Jim possessed layers of thick musculature, chiseled and rock hard, a look that can only be obtained by lifting heavy weights. What better way to celebrate one's 28th birthday than to earn a World P/L title. He did that handsly. Two powerful Swedes were entered to double team him. Ray Yvander, too ambitious, zeroed with a 777 SQ. Conny Nilsson was also greedy. He was forced to retake his big 793 opener to stay alive, and go it alone against the American Hercules. Cash squatted 810 easily, and almost got 832. Jim PB'd 441, and couldn't finish 457 twice. Conny managed 446, on a 2nd, and failed his final 457 effort. Tony Stevens, GBR was behind them, and missed key lifts. He SQ'd 727 - couldn't handle 771 in two tries. BP 473. Then Stevens hoisted a 705 DL, confirming 3rd (1906). Nilsson was only 11 behind Cash, and pulled 727, behind Cash, and pulled 727, limit, producing a 1967 TOT and runner-up. Jim's 733 DL gave him a comfortable win - right off the bat (1984). He followed up with 782, narrowly falling with 804. His TOT was 2033 - and he was undisputed W.C.

220 lb. class - COMPETITION SUBMISSION - SMASHED BY CASH! - Jim Cash, USA earned the right to be Fred Hatfield & legendary Larry Pacifico at the USPF. Srs. If there was anyone at this competition who had a superior physique than Jim's - it might have been Mr. Universe - Serge Nubret - who was there to watch Everybody who spotted Cash was doing double takes. Jim possessed layers of thick musculature, chiseled and rock hard, a look that can only be obtained by lifting heavy weights. What better way to celebrate one's 28th birthday than to earn a World P/L title. He did that handsly. Two powerful Swedes were entered to double team him. Ray Yvander, too ambitious, zeroed with a 777 SQ. Conny Nilsson was also greedy. He was forced to retake his big 793 opener to stay alive, and go it alone against the American Hercules. Cash squatted 810 easily, and almost got 832. Jim PB'd 441, and couldn't finish 457 twice. Conny managed 446, on a 2nd, and failed his final 457 effort. Tony Stevens, GBR was behind them, and missed key lifts. He SQ'd 727 - couldn't handle 771 in two tries. BP 473. Then Stevens hoisted a 705 DL, confirming 3rd (1906). Nilsson was only 11 behind Cash, and pulled 727, behind Cash, and pulled 727, limit, producing a 1967 TOT and runner-up. Jim's 733 DL gave him a comfortable win - right off the bat (1984). He followed up with 782, narrowly falling with 804. His TOT was 2033 - and he was undisputed W.C.

242 lb. class - TWO RUGGED REIJO KIVIRANTA TOOK GOLD FOR FINLAND. Dan had high expectations here, Finland packed a one, two whollop which he might well have over-

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Rugged Reijo Kiviranta took gold for Finland.



Perfect Lock-out... Jim Cash was impressive in the 220s, physically and stylistically.

FINNISH BEASTS - FINISH A SWEET! - America rested her hopes on Danny Wohleber - a real tough guy - and an Ohio Buckeye! A pec tear that was never repaired handicapped his BP. No need for concern. That lift was firmly supported between two incredibly strong bookends, Wohleber's SQ and DL were his power base. Indeed, twice he had it up. Both times - at the last instant - his grip snapped loose, a big disappointment. Kiviranta claimed gold. Saarelainen was runner-up due to a mere 100 grams of bodymass. To compound matters, Wohleber contracted malaria, returned home, and was hospitalized. He recovered to show up for his date with destiny. Two years, on Dec. 12, 1982, Danny Wohleber became the first man in history to surpass the 900 lb. D/L barrier (904) - a great moment in history.

275 lb. class - HACKETT HAS IT! THOUGH TOTAL FINISHED - A GOLD FINISH! - The plague of international upset that befell all the USA team struck Ernie Hackett the hardest. He was in top form, but soon lost a great deal of bodyweight and the extreme dehydration adversely affected his strength. At his weakest, the 27 yr. old Physical Therapist from Watertown, ME, was still far stronger than all of the rest of the World's best. He opened light to see how he felt. He SQ'd 771, then 810 easily, but got called on

come. Unfortunately a bout of "Delhi-belly" was a cruel equalizer - and weakened him.

Arthur White, GBR suffered costly misses. Otherwise he might have claimed bronze. The FINNS were relentless in their attack. Saarelainen had the upper hand: 771 SQ & 529 BP. Reijo Kiviranta matched his teammate's dunk. Following his 479, 2nd BP he was behind 49. Wohleber took the early lead over both. He stabilized his 821. His 854 was a tactical miscalculation - a tad too heavy this day. Following his 386 BP, Dan was in 3rd place. CAN powerhouse Roger Daggett was right on his tail (within 5). It was all up to the DL, and Wohleber was 110 back of Saarelainen and 61 behind Kiviranta. Hannu raised 727, with difficulty - on a repeat. He tried 738 - for a last go, but ran out of gas. Reijo grabbed the lead by elevating 777. This forced a tie at Wohleber began with 749 - and zapped it up. This put the clamps tight on 3rd place. He had two tries to bring home the gold bacon. This required a huge number - 843! Twice he had it up. Both times - at the last instant - his grip snapped loose, a big disappointment. Kiviranta claimed gold. Saarelainen was runner-up due to a mere 100 grams of bodymass. To compound matters, Wohleber contracted malaria, returned home, and was hospitalized. He recovered to show up for his date with destiny. Two years, on Dec. 12, 1982, Danny Wohleber became the first man in history to surpass the 900 lb. D/L barrier (904) - a great moment in history.

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his second meet he made 750 in the 275's. He has very good form and a very strong back. The box squat is bringing up his hip strength so he can lock out that 800 when it comes. Sled work and glute/ham raises have helped too.

It doesn't matter if you visit Westside or move here, progress comes to you. With 22 lifters totaling over 2000, 22 with 800+ squats, and 18 with 550+ benches, we have a good experimental base to work from. Anyone can make fast gains if they pay attention to the complex training system we offer.

Before he came to Westside, George Halbert's best bench was 475 for 2 years. After 1 year at Westside he made 628 in the 275's. He is now the holder of the all-time best bench in the 220's (657) and 242's (688).

Bob Youngs went from a 1470 total to 2000 in 2 years.

Tom Rutigliano was stuck at 1570 in the 181's. He became the WPC World Champ with an 1851 total in 3 short years. Tommy lives in New Jersey.

Tom's friend John Wardell was stuck in the bench press at 418 for an incredible 8 years. After 3 visits in 5 months, he did 501 in the APF Nationals.

Tom Waddie's best total was 1855 for years. After 6 months at Westside he made 2060 at the 1993 APF Nationals. Tom did 2259 at the 1995 APF Nationals.

John Chester Stafford moved from Minnesota to train with us at Westside. He is a very talented lifter; he had a 1978 total in the 275's. After 4 months here, he made a 2070 total. Each core exercise was followed by triceps work first, lat, upper back, and then hammer curls.

The result was a 440 bench, a 40 pound increase.

For the deadlift, Andrew had been doing a 4-board press with 150 pounds of tension from a set of Flex bands. He would work up to a max. He also did steep inclines, working up to a max. These exercises were done as three minicyles, 2 weeks each. Each core exercise was followed by triceps work first, lat, upper back, and then hammer curls.

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For the squat, we had John take his squat stance out as far as possible to build up his hips, and we had him push up the Reverse Hyper weight. John likes the Reverse Hyper weight. By building up the correct muscles, his form has greatly improved, taking him from a 749 squat to an 800 squat in less than 4 months.

His bench press was a bit off because of his weak triceps and because he didn't know how to use a bench shirt. For the triceps, John did J.M. presses for a few weeks for a 3 rep max. When he started to stall on these, he moved to straight bar extensions to the chin for 5 reps. These helped considerably, but as they started to fade, he moved on to two arm dumbbell extensions for fast sets of 10 reps.

We are still teaching John how to use a bench shirt. He would let the shirt blast the weight out of the bottom, and then he would try to take over where the shirt left off. By early 1999, we will have taught him to push along with the shirt to the top. John's deadlift is pretty good. At

I am proud to say we have fans all over the world, and we are fans of our fans. We believe that it is just as important to do that first 300 bench as it is the first 600, and that's the truth. We have two new friends visiting from South Africa, Mike Barker and Brett Birchall, both superheavyweights. Brett, at 350 pounds, has a lot of potential in the squat. George Halbert's helping Brett with his bench press, and the morning crew, which I train with, is concentrating on Brett's deadlift and squat. On February 27, 1999, we will see how Mike and Brett respond to our methods.

Westside Barbell
614-276-0923

TRAINING

Visitors to Westside as told to Powerlifting USA by Louie Simmons



Westside's Connection in Brazil: (left) Rosimar Rauch, (middle) Flavio Danna, (right) Evandro Casa Grande, at the 1998 WABDL World Championships. (photo provided courtesy of Flavio Danna)

guy who has good potential, but is not a genetic freak. And he can go back home and continue to make progress.

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At Westside Barbell we have a steady invasion of visitors. Recently people have come from Brazil, Northwest Territory (Canada), and South Africa and from all across the United States. Most lifters to have made a trip here found it was worth the effort.

Mike Hill came here from West Virginia with a 1450 total in the 220 class. In less than 3 years he has done 1855 in the same class. How? By working on his technique and discovering his weaknesses. His training partner, Chris Young, a 242, was doing 1740 when he came here with Mike. In less than 3 years, Chris raised his total to 2000. Both are regulars here, visiting as often as possible.

I received a call two months before the 1998 WPC Worlds in Australia from Andrew Dexter, from Canada. He wanted to come here to train the last six weeks before the Worlds. Of course, we said yes. If anyone is willing to live in a hotel in a foreign country just to train, we are happy to have them. Andrew had a 1600 total at 198. He was 23 years old. He told us that only two Canadians were USPF Elites. Well, after 6 weeks, he became the third, with a 1747 total and a Junior World title.

Andrew's form in the squat was terrible by our standards. He was box squatting, but not sitting back nearly far enough. Nor was he pushing his knees out to the sides, and he would round over. Building up his abs stopped him from rounding over in the squat. To teach him to push his knees out to the sides, we used a verbal reminder on each squat set. We also had him sit on a well-bowed parallellogram with a Flex-band wrapped around his legs just above his knees. Then by pushing his knees apart, his hips became stronger and he learned to force his knees apart. This is adduction/abduction work, but this will not work on a machine because the hips must be lower than the knees to be effective. Machines are built so the hips are higher than the knees. By doing this and a few other special exercises, Andrew's squat went from 573 to 633 in 6 weeks.

Andrew's bench press was 400 when he arrived here. His triceps needed work, and he had a bad habit of pushing the bar over his face. First we had to fix his bench form. To do this, he had to build the correct muscles. The strongest muscle must be the triceps. A set of thick bars and upper back are next. The delts, especially rear, are next. The chest will take care of itself.

On speed day, Andrew would use 205 for 4 sets of 3 reps and 4 sets of 3 reps with 225 plus a set of chains (on all sets). The chains add 20 extra pounds at lock-out. On max effort days, he sometimes did benches with 275 and a set of chains for a single, adding another set of chains for a single, and continuing to add chains

more dumbbanded. He wowed them with his enormous strength: SQ 881, opener - demolished it! 2nd attempt 942 - sat low and bounded up. He took 1003 - the first time ever tried in a Worlds - rode it down, but couldn't rise up. Add a 518 BP and a 735 DL. He was World Champ - at last! A 2nd attempt 804 effort, produced a whooping 2265 TOT result. The crowd was near bedlam when he grew 887 a stab on his last attempt. He gave it a hearty tug - a bit too much. It was a fitting end to a great Championships.

USA won the team championship. The overwhining medal count was 7 golds, 1 silver and 1 bronze. Bridges was named "best lifter". A trying ordeal on the stomach. Nevertheless USA had won it! All's well that ends well!

EDITOR'S NOTE: The IPF, for the first time, tested for amphetamine use at this championship and during the competition several lifters were declared to have failed the test, news which was carried on the wire services in the United States. One lifter had to turn in his gold medal to IPF President Vic Mercer, who assured us that there could be no doubt about the propriety of the testing. Later, after a challenge (there were statements that the same sample bottles was used for multiple lifters without being cleaned between uses!) to the procedures used for testing led by Ian Todd, the IPF decided that the results were unusable and all of the suspensions were dropped.

Paul Wrenn, USA is always friendly & cheerful. He was a big hit with the Indian kids. They followed him like he was Jumbo, the giant elephant - a popular circus attraction. His chief rival appeared to be big Andy Kerr, 305, of Great Britain. Andy seemed to be right on track to split the Aussies. He had a 771 SQ and a 534 BP under his belt. Although he was 154 lbs. behind the Chattanooga choco-choo, he looked like a sure runner-up. His first DL with 771 was up. Whoops, the judges said he didn't have his knees locked. The next two lifts he couldn't raise. Andy pulled the crowd, and leaping down the platform ramp and leaping the railing like a frog. Their response to him was enthusiastic. His 782 DL was a testimony to his exuberance. This lift brought Jon to a 2011 TOT, which duplicated R. Ekstrom, SWE and earned the bronze as lighter man. Sigmarsson would later gain fame as a many time champion in "World's Strongest Men" competition. He later succumbed to heart failure at the age of 32, but left us with an enduring legacy.

Hackett would not be denied his destiny to become the first ever 275 World Champ. He'd earned the right by defeating mighty Larry Kidney, the CA Cop, to win the Seney, Hackett finished his BP's strongly. He made 507 on a final lift after missing it once. In the DL, he took three for a comfortable ride: 733, 766, 788 - dumb soup - 2121 TOT. Ernie jokingly pointed out to his roommate Mike Bridges that he'd become the first man in the Championships thus far who'd out-totaled the "Champion of Champions".

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SHWNS - JOVIAL WRENNS - BIG TOTAL WINS!

A hundred lbs separated the two Aussies who claimed both silver and bronze. A. Kapica, 404, SQ'd 771, BPD 374, DL'd 683, TOT'd 1929 - the runner up. In third was Ray Rigby, 292, once called the "World's Strongest Nurse". Just this past year, he joined History's legion of greats on the great platform in the sky. Well remember that he won the SHW/W.C. SQ, 413 BP, 755 DL, 1829 TOT. Ray's final lift edged out CAN's Remzetti (1818) for that honor.

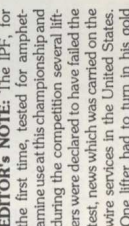
Nothing Was Going To Stop Ernie Hackett

depth. Undismayed, he increased to 821 - and sank it! Good! Hackett's major resistance was a versatile Canadian strongman, Tom Magee, who displayed a flash of the brilliance of what would be his future greatness. Magee, 270, worked his way through an impressive series of well executed lifts. SQ, 782, BP 518, DL, 744. He had 8 lifts and no misses until his 799 pull came up shy. TOT 2044 - the silver medal recipient! Iceland's Jon Pal Sigmarsson was a real showman. He captivated the crowd, and leaping down the platform ramp and leaping the railing like a frog. Their response to him was enthusiastic. His 782 DL was a testimony to his exuberance. This lift brought Jon to a 2011 TOT, which duplicated R. Ekstrom, SWE and earned the bronze as lighter man. Sigmarsson would later gain fame as a many time champion in "World's Strongest Men" competition. He later succumbed to heart failure at the age of 32, but left us with an enduring legacy.

A Giant Step for Superheavyweight Paul Wrenn

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5-8 NOV 81 - Calcutta, IND	
114 lbs	507
125 lbs	579
Dimitar USA	259
135 lbs	479
Toshiro FIN	446
145 lbs	323
155 lbs	435
165 lbs	347
175 lbs	380
185 lbs	300
195 lbs	264
205 lbs	396
215 lbs	309
225 lbs	407
235 lbs	385
245 lbs	429
255 lbs	429
265 lbs	418
275 lbs	418
285 lbs	418
295 lbs	418
305 lbs	418
315 lbs	418
325 lbs	418
335 lbs	418
345 lbs	418
355 lbs	418
365 lbs	418
375 lbs	418
385 lbs	418
395 lbs	418
405 lbs	418
415 lbs	418
425 lbs	418
435 lbs	418
445 lbs	418
455 lbs	418
465 lbs	418
475 lbs	418
485 lbs	418
495 lbs	418
505 lbs	418
515 lbs	418
525 lbs	418
535 lbs	418
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A Giant Step for Superheavyweight Paul Wrenn



Nothing Was Going To Stop Ernie Hackett

INTERVIEW

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

Paul "Tiny" Meeker as interviewed for PL USA by Tom McCullough



Tiny Meeker rests before battling the weights.

TM: Tiny, could you give the readers a little background about your life?

PM: Yeah, I was born May 28, 1971, in Houston, Texas. Since then I have lived most of my life in Humble, Texas. I graduated from Humble High School in 1989. I also did a couple of years in college, but didn't go any further than that. While in high school I played some football and basketball. I was an All-District defensive tackle. Currently I work as a bouncer and body guard and I am five foot nine inches, weigh 282 pounds, have a 55 inch chest and 22 inch biceps.

TM: With measurements like this most of us can see that you aren't exactly tiny. How did you ever get the nickname of "Tiny"?

PM: One of the first places I ever worked for had two guys working there named Paul. One was tall, skinny guy. Every time someone yelled Paul, we both turned around. So as a joke, everyone started calling me "Tiny." The name just kind of stuck with me. As you can see, every year I keep getting taller (ha ha ha).

TM: How long have you been weight training?

PM: That is kind of a hard question, because even as a kid I lifted weights. When I went into the sixth grade I had the opportunity to actually work out with George Foreman at the Humble High School weight room. I didn't actually started powerlifting until my sophomore year in high school. When I was 15 years old I actually weighed 240 pounds. I had a 315 pound bench press. During my sophomore year, I made All-District powerlifting champion and in my Junior year I made All-Region powerlifting champion. Unfortunately during my senior year, they kicked the powerlifting program out, so I wasn't able to continue my competition. I probably would have been the Texas State champ if this had not happened.

PM: Of course, Bob Garza would be at the top of the lift. He is the one who taught me the basics and

used to the shirt. It can even hurt your lift. If you learn how to use it correctly, it can help you dramatically. If you just put it on at a meet and never train in it, you may find that you have the same bench or only just slightly more than you had without the shirt.

TM: Do you train in the same bench press shirt that you use at a contest?

PM: I like to train in an old shirt and I get closer to a contest and lift heavier weight, I use a tighter one. At a contest you really want to get as tight of a shirt as you can, but you also need to work with that shirt before the contest to get use to the feel.

TM: What are your preferences in bench press shirt?

PM: I personally like the single ply polyester, only because they are very easy to get on and off. If you prefer to wear the double ply shirts you have to be real careful to have to pull both the inside and the outside of the shirt down. Right now I am wearing the Iner denim with a Velcro back. It is so easy to put on and in between your lifts you can unstrap it. I feel like this particular shirt gives me much better support and spring. For me, I have found that the poly shirts work best coming off the chest and the denim shirts work great off the chest too, but they also work more in the triceps during the lockout. Once again, if you don't train to use the shirt during your training, it isn't going to work as well for you.

TM: Do you have any special techniques or secrets in using gear you are doing a lot of cardio exercise, you are just not going to gain weight. You just need too many calories.

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

PM: My life is certainly getting a lot better because of it. It may even get better if I land some big sponsors. Overall powerlifting makes me a happy person. I am a very competitive person. When you get out of school, there isn't really a lot you can do. With powerlifting, the sky's the limit. You can be any age and be in this sport.

TM: How do you see the sport of powerlifting in the future?

PM: If you had asked me this last year, I would have said that I was worried, but now I am starting to see a lot of exciting things happening. I personally would like to see more meets, one national champion and one set of world records. There are some federations, as I understand it, that are working hard to make this come

ing to gain weight. That's basic-



Tiny Meeker trying 629 at the WABDL Worlds, which would have been a new world record at 308 lbs.

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

PM: They got snoubowarding and beach volleyball in the Olympics, so I can't see why powerlifting won't, eventually make it. The reasons I hear for why they don't do it are pretty bogus. I think that we will make it into the Olympics sooner or later.

TM: Would you like to see this sport unified or do you enjoy having a choice of federations to lift in?

PM: I not too sure I would like to see just one federation, but I think we may be able to cut down on the number of federations we have just a little. Lately it has gotten kind of ridiculous with so many national and world champions. I think I would love to see one set of records and one national and world champion.

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

PM: Don't worry so much about winning, your time will come. You have got to be patient. Keep training hard and good things will happen.

TM: Are there any final comments you would like to make or people you would like to thank?

PM: Yes, I would like to thank Bob Garza for bringing me back into this sport, my training partner John Stewart and Sheldon Weingust. I would also like to thank you and Mike Lambert of

Front Squats are Back!

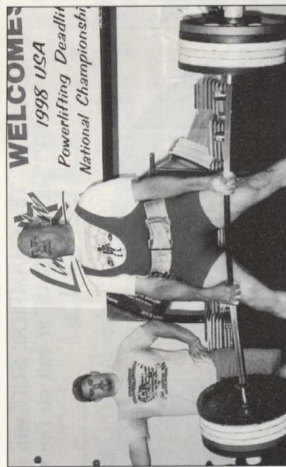


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INTERVIEW

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

Ed Nellor Interview as interviewed for Powerlifting USA by Fred Rice



WELCOME!
1998 USA
Powerlifting Deadlift
National Champion

Ed Nellor at the 1998 USA Powerlifting Deadlift Nationals. (Nellor)

In one of Herb Glosbrenner's articles on the history of powerlifting, he listed all-time top deadlifts in various weight classes. Near the top in the 198 class was Ed Nellor with 766, a lift that he accomplished in 1983. Ed is now a master lifter in the 45-49 age category, and is still putting up impressive numbers in both the squat and the deadlift.

PROFILE: SUBJECT: Ed Nellor.
AGE: 47. **MARITAL STATUS:** Married; five children ("yours, mine, and ours"), ages 12-28; two grand-children. **HOMETOWN:** Omaha, Nebraska. **JOB:** Estimator for painting contractor. **INTERESTS:** coaching young lifters; publishing Nebraska state powerlifting newsletter; watching sports. **HEIGHT:** 5 ft. 8 in. **WEIGHT CLASS:** 198 and 220. **TRAINING WEIGHT:** 205. **EQUIPMENT USED IN COMPETITION:** Suits: Tian, Bench shirt: Frantz. **EQUIPMENT USED IN TRAINING:** I wear a loose suit and wraps for most of my squat training. I use a tight suit and a bench shirt for my last couple of workouts before a meet.

FR: How did you get started lifting, and how old were you at the time?

EN: I started training in high school to get bigger and stronger for football. I did both the Olympic lifts and other general training movements. I did my lifting in my bedroom, and because I didn't have a bench actually attempted to bench press on my bed! When I would miss a clean in doing a clean and jerk attempt, the weights would hit the floor with quite a bang, and those downstairs would yell, "What's going on up there?" Fortunately I didn't do too much damage to the house. I continued lifting in college, and I heard about powerlifting, but couldn't find a powerlifter, but eventually was able to find an Olympic-lifting meet, and entered that. This was after I was out of college. I placed third in this meet, snatching 160 and cleaning and jerking 240 at 165 bodyweight. The press had just been eliminated from competition. I continued competing in Olympic lifting for about two years. After making contact with Mike Kennedy, I entered the Nebraska state powerlifting meet in 1973. But since I was training by myself and had never seen a powerlifting meet, I had no idea of the depth of the

ing. In 1978 I attempted a world record 694 at 165, but missed it because the platform was not nailed properly and spread apart during my attempt. At 181 my best was 680, and at 198 I did 766. As far as the other lifts are concerned, as a young competitor my best squats were 560 at 165, 630 at 181, and 685 at 198. My best bench presses were 315 at 165, 330 at 181, and 400 at 198 (all without a bench shirt). As a masters lifter my best lifts at 198 have been 605-341-645, and at 220 they have been 628-347-655. My best total as a masters lifter is 1625 in the 220 class (actual bodyweight 206).

FR: What are your goals in powerlifting?

EN: I would like to win an IPF World title. I believe that my best opportunity to do this will be after I turn 50, and that it would be in the 198 class, because I am now competing as such a light 220 that I am giving away too much weight.

FR: What is your training program?

EN: For recovery purposes I only squat once every 8 to 10 days, and deadlift once every 8 to 10 days. In other words, I will do a squat workout, and then 4 to 5 days later I will deadlift, and 4 to 5 days after that I will squat again, and so forth. In both the squat and the deadlift I do my warm-ups, and then do cycles, starting with high reps, and then ending up with triples at the end of the cycle. I never do max singles in training. My deadlift training is all done in the conventional style, to build up my back, although I compete sumo style. The only assistance work I do for the squat is a deep set of 6 reps in the pause squat after my one heavy max set, and crunches. I do crunches every day that I work out, including my bench press days. I don't do any assistance work for the deadlift. I bench more frequently than I squat or deadlift. After warming up I do max sets of 6, 4, and 2 reps. As far as bench press assistance, I do 4 sets of lying triceps extensions and 3 sets of curls.

a masters lifter seven years ago. I had trained Jim Hart when he was in high school. Jim had been in the military with Johnny Graham in Kentucky, and when he returned to Nebraska, he and I began to promote ADFPA meets because we liked their stance, and thought that organization would be very good for our high school lifters. I have been a national referee for the ADFPA USA Powerlifting since 1994.

FR: What are some of the titles you have won and records you hold?

EN: I have won the USA Powerlifting Masters Nationals twice in 1996 and 1997.

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

EN: I am against drug usage and in favor of drug testing. If a person wants to build his body in a healthy manner, he is doing something unhealthy by taking drugs. One interesting thing I think we are seeing is that what the lifters on drugs are doing today, the drug free lifters will do tomorrow, because of better nutrition and training, and just seeing what the human body is capable of.

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

EN: I am kind of an eat anything type. I do take multiple vitamins, vitamin C, and creatine.

FR: What are your best lifts?

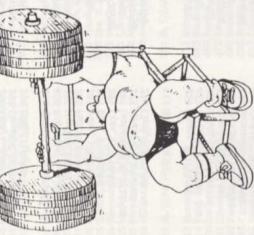
EN: My best deadlift in competition at 165 was 639, although I did considerably more in training.

FR: How did you get involved with USA Powerlifting (The ADFPA)?

EN: My first ADFPA meet was as

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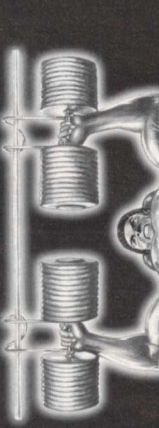
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Vicky Hembree (left) and Allison Amerling (right) both ranked in the Women's TOP 20, along with Vicky's young daughter (below), and Allison's mother (far right in background) at the AAU World Championship meet in Orlando.

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148 lb. BENCH	292 Liggett, M., 7/16/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	148 lb. BENCH	240 Blackburn, L., 7/16/98 335 Gibson, S., 12/13/98 310 Newgard, R., 8/8/98 330 Wolfenbarger, G., 1/25/98 325 Wolfenbarger, G., 1/25/98 325 Taylor, R., 2/28/98 319 Chow, S., 5/20/98 225 Welch, M., 5/20/98 220 Anderson, C., 1/25/98	148 lb. BENCH	240 Blackburn, L., 7/16/98 335 Gibson, S., 12/13/98 310 Newgard, R., 8/8/98 330 Wolfenbarger, G., 1/25/98 325 Wolfenbarger, G., 1/25/98 325 Taylor, R., 2/28/98 319 Chow, S., 5/20/98 225 Welch, M., 5/20/98 220 Anderson, C., 1/25/98	148 lb. BENCH	240 Blackburn, L., 7/16/98 335 Gibson, S., 12/13/98 310 Newgard, R., 8/8/98 330 Wolfenbarger, G., 1/25/98 325 Wolfenbarger, G., 1/25/98 325 Taylor, R., 2/28/98 319 Chow, S., 5/20/98 225 Welch, M., 5/20/98 220 Anderson, C., 1/25/98
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148 lb. SQUAT	485 Liggett, M., 7/16/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	148 lb. SQUAT	485 Liggett, M., 7/16/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	148 lb. SQUAT	485 Liggett, M., 7/16/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	148 lb. SQUAT	485 Liggett, M., 7/16/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98
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97 lb. TOTAL	777 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. TOTAL	777 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. TOTAL	777 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. TOTAL	777 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98
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97 lb. DEADLIFT	330 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. DEADLIFT	330 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. DEADLIFT	330 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. DEADLIFT	330 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98
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97 lb. BENCH	176 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. BENCH	176 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. BENCH	176 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98	97 lb. BENCH	176 Leveritt, A., 7/4/98 324 Dangelbald, N., 1/16/98 465 Sverchek, L.B./15/98 453 Blewett, W., 1/16/98 250 Serna, C., 5/16/98 407 Cobough, A., 5/12/98 400 Sims, R., 3/28/98 960 Lerangene, P., 2/28/98 911 Vikers, V., 4/16/98 396 Birmingham, P., 1/14/98
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POWERLIFTING USA presents the

WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 1998. If any errors or omissions are noted, please report them to **POWERLIFTING USA Magazine**, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some merit results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.

Marylanders Sandy Mobley (left) - 123.05 lb. class and Stoups-Harwig (right) - 105 lb. class enjoying themselves at the **IPF Women's World Championship Banquet**.

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TEENAGE TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 1998. If any errors or omissions are noted, please report them to **POWERLIFTING USA Magazine**, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.



Mike Booker (above at the AAU Bench Press Nationals) led the 114 lb. class rankings in the Squat, Bench, and Total by 212 lbs!

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114 lb. SQUAT

- 255 Henry, D., 5/28/98
- 256 Cooper, J., 1/16/98
- 257 Long, L., 1/16/98
- 258 Johnson, L., 3/98
- 259 Oromo, C., 4/19/98
- 260 Henry, D., 5/28/98
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114 lb. BENCH

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Dieting is not the most fun topic for powerlifters. As you diet, you will become weaker. This might be over-coming a weaker body with massive doses of anabolic steroids but these are neither legal nor easy to obtain. Becoming weaker is not what a powerlifter is about. There are times however when diet is necessary or advantageous to diet. Some powerlifters might want to look on the beach in the summer. Others might want to reduce their level of bodyfat for health reasons. A few smart types will want to diet to prepare their bodies for a growth phase. Dieting does several beneficial things for those preparing for growth. First, it reduces bodyfat to a level which is conducive to gaining weight. Although strength is important, not-ably I know wants to be powerful at the expense of being called 'fat boy'. Constantly gaining weight to achieve greater levels of strength is just not the answer - you'll just keep getting larger and larger. The other thing dieting does is prime the body for building larger muscles. Many of the people that I know have experienced their greatest gains in muscle right after they finished dieting. For some reason the body just prepares itself to gain weight. Now that we have all understanding for the need to diet, let's consider the biggest problem fac- ing dieters - FAILURE!

Hopefully, when we fall at some- thing we learn the reason and im- prove next time. Unfortunately, some people never learn and continue do- ing the same things over and over. I observe this phenomenon all the time with dieters. They'll commit to some new program and be excited that it's working for the first few weeks and then (WTFAM!) - disappointment sets in as fat loss slows down. Gains aren't reached and the diet miserably fails. With disappointment comes depres- sion and the person will often 'de- cate' with food and gain all of the weight back in several days. A few months later, the person tries a new diet, but the cycle repeats itself.

Diets are easy to fail at because there is a law at work. I call it the Law of Diet Dynamics. This law states that all diets work and all diets stop work- ing. The question is "What can be done to diminish or overcome this law and the hopeless cycle of dieting blues?"

Many people's idea of a diet is to take some "magic" pill with lots of "magic" ingredients (mainly herbal), restrict their calories or food intake and hope for the best. Remember the Law of Diet Dynamics? This diet will work for a time even if that "magic" pill is nothing more than a placebo because of the reduced calo- ries. Unfortunately, the body is quite efficient at maintaining its current weight and will halt the fat losing effect of the diet in short order (usually within a month) by decreasing its Basal Metabolic Rate. How does the body control its metabolic rate and is there anything we can do to manipu- late these controls?

Overcoming Those Dieting Blues! as told to Powerlifting USA by Derek W. Cornelius

To make things simple, let me explain a little about thyroid hormones. The two main thyroid hormones are T4 (thyroxin) and T3 (trio-iodo- thyronine). The thyroid gland mainly produces T4 which is later converted by a deiodinase enzyme to T3. The interesting thing is that T3 is about five times more potent at raising the Basal Metabolic Rate than T4. In a dieting situation, the body produces less deiodinase enzyme, therefore pro- ducing less T3. Bingo! Without the effects of the more potent T3 the Basal Metabolic Rate decreases. Of course, there is plenty of T4, but it's not that potent enough to maintain the metabolism. With a lowered me- tabolism, fewer calories are burned on a daily basis and the diet ceases to work.

In order for the body to start losing fat again, we must find a way to raise the Basal Metabolic Rate. Such meth- ods center around two approaches. One is to stimulate the adrenergic (adrenaline) system and the other is to increase the amount of thyroid hor- mone activity. Each of these ap- proaches is effective and has varying effects on the metabolism. In this article we will focus on the most effective, safe, and natural way to stimulate the adrenergic system.

Most of you have heard of the ECA (Ephedrine, Caffeine, Aspirin) stack. ECA is incredibly potent at altering one's metabolism. Nearly anyone that has ever tried this stack will testify that it causes a definite shift in the ratio of LBM (lean body mass) to fat mass. In favor of LBM. Studies show that this stack is not only highly effective, but that it is extremely safe for long term use. One such study in an obesity journal shows an ephed- rine/caffeine stack to be more effec- tive than the popular weight loss drug dexfenfluramine. Another study shows the same ephedrine/caffeine stack to be effective and safe even up to the 12 month mark (although effectiveness tended to wane after the 6 month period). The above two studies - and there are more - tested only ephed- rine and caffeine. Studies, as well as anecdotal evidence, show that aspirin further increases the effectiveness of Yohimbine, an alpha Sub 2 adrener- gic receptor blocker. To explain why

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 con- sequences, medical and otherwise, and consult with the applicable powerlifting federation or other authority before use.

this is added I must explain a little biochemistry. All of the ephedrine alkaloids do their work by stimulating nerve endings to produce cat- echolamines like adrenaline, an ad- renergic hormone. In turn, this adrener- gic hormone stimulates various adrener- gic receptors of which there are the beta and alpha types. The receptors we want stimulated to increase the rate of fat loss are the beta sub 2 and the beta sub 3. Fortunately, IR, 2S norephedrine does an excellent job of doing this. The receptor that we don't want stimulated is the alpha sub 2. It is this receptor that prevents fat mo- bilization out of the cell. Thus, when- ever this receptor gets stimulated no fat can get out of the cell and no subsequent burning of that fat can occur. Women have an especially large amount of alpha sub 2 receptors in their lower body and thus tend to have a very difficult time keeping fat off of this area.

As an alpha sub 2 adrenergic receptor antagonist, Yohimbine is ideal at blocking the above described ef- fect. I have seen some women who just could not lose their lower body fat. Some of these women would be to point of emaciation in their upper bodies and still have loads of fat in their legs, hips and buttocks. Remem- ber, to burn the fat you must first mobilize it. These women could only mobilize the fat in their upper bodies they had so many alpha sub 2 recep- tors in their legs and hip area that this fat would barely mobilize and, thus, barely get burned. These same women, when placed on the YNCA stack, would immediately start noticing a reduction in their lower body fat. The Yohimbine would block the alpha sub 2 receptors, thus allowing the fat to be mobilized, and the effects of the norephedrine, aspirin and caffeine would then do their part in burning this mobilized fat.

A final benefit of the Yohimbine is the ability to drastically increase the libido - in both men and women! This effect is quite noticeable and I have heard of some absolutely wild reports as to what this compound has done for a person's sex life. Although in certain dosages, Yohimbine is a prescription for impotence in men, it works equally well in women - maybe too good!

In this article we have looked at some of the important reasons for achieving dieting success. We have seen how the Law of Diet Dynamics gives a person a false sense that they will achieve success only to find a few weeks later that their diet will be nothing more than a disaster. Finally, we have seen how the prudent use of some special, naturally occurring com- pounds can stimulate the adrenaline system to help overcome that dread- ful law. In a future issue we will look at how to stimulate the thyroid hormone system in order to obliterate the Law of Diet Dynamics - keep your eyes open!

Derek Cornelius

INCREASE YOUR GROWTH HORMONE 9000%



PROVEN SCIENTIFIC DATA

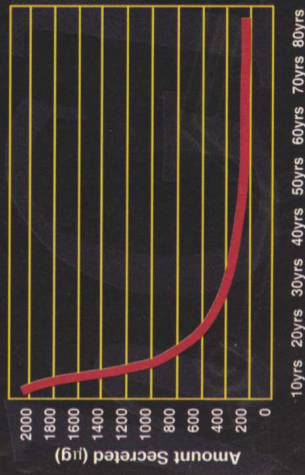
The active ingredient in Rejuvenate hGH has been used in hGH testing around the world for years.¹ Medical experts agree it is the gold standard for natural growth hormone elevation.

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Maybe the most exciting facet of Levodopa (the active ingredient in Rejuvenate hGH) is the prolonged increase of GH levels. In a study conducted by the department of medicine at Columbia University, peak hGH levels occurred 2-3 hours after a 500mg oral dosage of Levodopa. The average increase in hGH levels was over 900%!³



Growth Hormone Decline

Source: Journal of NIH Research, April, 1985

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¹ Horm Metab Res 1997 Apr;25(4):284-9

² Clin Pharmacol Ther 1998 Aug;64(2):283-91

³ J Clin Endocrinol Metab 1998 Jul;87(7):276-9

⁴ Drs. T. Kletz, G. Young with NIH, Harper's November, 1997

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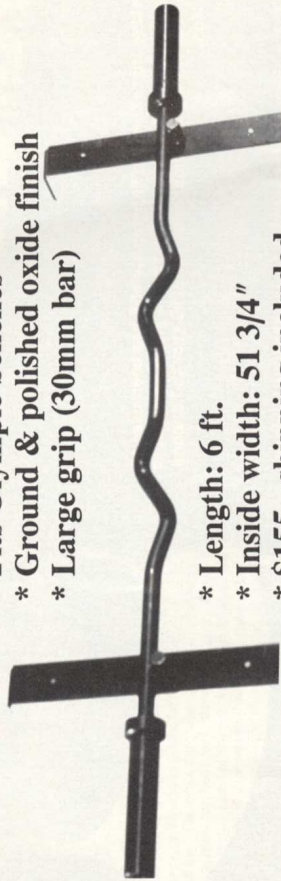
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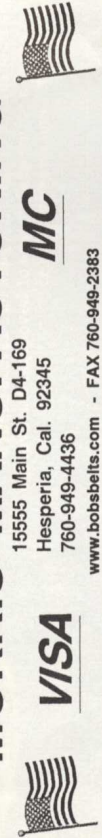
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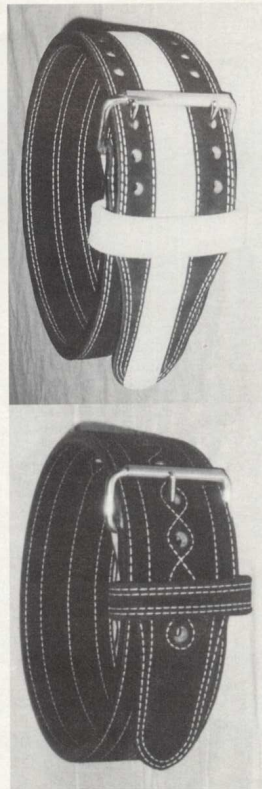
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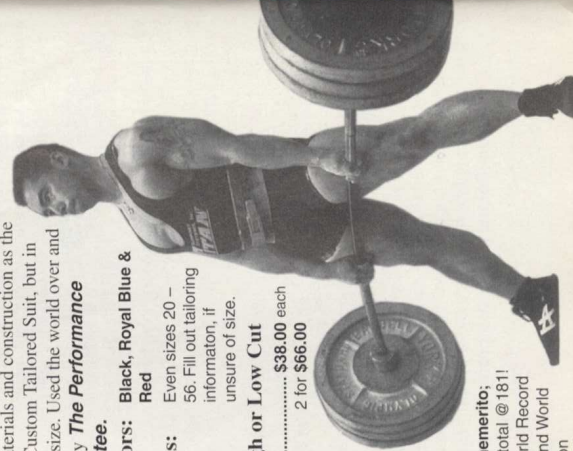
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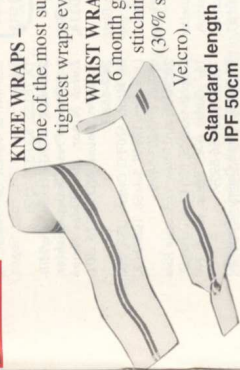
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Coming Events

MEET DIRECTORS...a listing here is a FREE service to publishers your contract to bring you details of at least 3 months in advance. Send your competition, "Coming Events" Box 467 Cambridge, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

5-7 MAR, CPU Masters/Jrs/Women's & Nationals & National Bench Press Championships & The 1st CPU/USAPL International - 11 length (open, limited entries - 11 men and 10 women per country) St. Elie D'Orford, Quebec, Canada JOB250, 819-822-0727, fax 819-864-7125. louis@intranet-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, 2nd APF Bike Week Bench Bash adn Deadlift by Formula, Kieran Kiddler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

6 MAR, NAPA Kansas/Missouri Police/Fire/Highway Open/PS, Jim Duree, 1413 S. 55th St. #11, Kansas City, KS 66106, 913-596-7326

6 MAR, USAPL Spring SQ & DL Challenge, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

6 MAR (new date), NPU South Carolina Natural (Greenbelt), SQ NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wps@eol.com

6 MAR, 2nd Best on the Bench (Touch N Go - Northern High School) Glen K. V. Co., 919-477-9457 or Gold's Gym, 919-309-9577, or Body Perfection 252-478-8191

1st WABDI, Oklahoma State Bench Press Open, (men, women) Kieran Kiddler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

6 MAR, Larry Frederick Jr. Memorial Bench Challenge (novice, open, teen, masters, women, sculptured trophies) Maggie Currie, North Penn YMCA, 608 Eastman, Lansdale, PA 19446, 215-368-1601

6 MAR, USAPL Eastern Regional, St. Mary's/Bikens H.S., Leonardtown, MD, Bob Doucette, 410-326-1070

6 MAR, IPF Bench Press Classic (Armor Plate Gym) Floyd and Bertha Shifflett, Box 941 Stanardsville, VA 22973, 804-985-3932

6 MAR, 15th Mike Gardina's Biggest Bench Press (men, women, teen, masters) Bertha Shifflett, Box 941 Stanardsville, VA 22973, 804-985-3932

6 MAR, 15th Mike Gardina's Biggest Bench Press (men, women, teen, masters) Bertha Shifflett, Box 941 Stanardsville, VA 22973, 804-985-3932

6 MAR, APF/WPA Can-Am (men, women, all age groups) West Coast Press, 1217, Pittsfield, MA 01201, 413-499-1217

6 MAR, APF/WPA Can-Am (men, women, all age groups) West Coast Press, 1217, Pittsfield, MA 01201, 413-499-1217

2944 (D), 932-7050 (N)
20 MAR, USPF Texas State (open, below), 40-49, 50+, submaster, women, teen men & women, BP - Austin, TX Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396

20 MAR, USAPL Law/Fire/Military Bench Press Championships, Butch Minor, 100 White Marsh Park Dr., Bowie, MD 20715, 301-262-4553

20 MAR, ANPPC Central USA, Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

20 MAR, AAU New York State Raw (Dolphin Gym, SI, NY) Chris Lundwall, 147 Gurley Ave., Staten Island, NY 10308, 718-966-9999

20 MAR, Miami County Championship (high school, masters, men, women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-3197

20 MAR, USAPL Battle of the Great Lakes II (PL/PP (men, high school I & II), Masters, Police/Military/teen, women, raw - Cleveland, OH) Gary Kamaga, 6346 Chestnut Hill Dr., Parma, OH 44123, 440-884-7608 (also) WABDI

20 MAR, 1st Regional BP/DL (Dolphin Gym, Springfield, OH) Greg Barnett, Box 5292, Bend, OR 97708, 541-389-0600

20 MAR, NPU National Northeast (em Challenge (Bordentown, NJ) NPU/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

20 MAR, WPA World PL/BP/DL Championships (Augusta, GA) Scott Taylor, Box 27204, El Johnson, IL 33927, 941-697-7962, apa@eol.com

20 MAR, AAU Great Lakes Open, Joe Overeng, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20 MAR, AAU Erie County (PA) Closed PL, Joe Overeng, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20 MAR, USPF Men/Women Drug Tested Teen/Junior (14-15-16-17, 18-19, 20-23) & Collegiate Nationals (Philadelphia) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

21 MAR, USAPL Ketchikan Meet, Lisa Machado, 601 Schoenbar Rd., Ketchikan, AK 99901, 907-225-9579

21 MAR, AAUPC New Jersey High School, HCHS, 790 Bergen Ave., Jersey City, NJ 07306, 201-332-5970 ext. 22, Rob Stern or Jon Chevalier (201-998-3198)

21 MAR, Jungle Gym Spring BP/DL Classic (Lindenhurst, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 MAR, NPU (formerly WNPF) Motor City Championships (Detroit, MI - PL, SQ, BP, DL) Ron DeMadis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM

21 MAR, USAPL Pro-Fit Bench Press/Deadlift and Record Breakers (raw & assisted, all div.) Tony Garfield, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407

26-27 MAR, AAU BP Record Breakers (raw & assisted, all div.) Hawaii State Raw is Real! PL - No Gear No Fear Keith Ward, 41-857 Kalamancie Hwy.,

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13 MAR, USAPL Wisconsin High School Championships (Peggy Brekin, High School)

1421 Pepper St., Wisconsin Rapids, WI 54494, 715-569-4517

13 MAR, USAPL 6th Martin Luther King BP, Manny Villarreal, 895 N. Bayshore W., San Jose, CA 95112, 408-275-6449

13 MAR, USAPL Military Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

13 MAR, USAPL Illinois High School Championship (F., So., Varsity, Women) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

13 MAR, Snake River BP/DL/2 man or woman DL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Tu-Th 4-7PM, Gary Jones, Michael & Linda Higgins

13 MAR, IPA Bench Press Classic (Armor Plate Gym) Floyd and Bertha Powe, 103 Alton Ct., Summerville, SC 29485, 843-875-1434

13 MAR, (NEW DATE) USAPL Minnesota State BP (Apple Valley, MN - open, jr., masters, men/women) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007, green2@usinter.net.com

13 MAR, 15th Mike Gardina's Biggest Bench Press (men, women, teen, submaster, masters) Mike Gardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-732-6133 after 6pm

13 MAR, AAU North Carolina Teen PL, Paul Rossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-333-1515, ext. 239 or Ben Zak 919-453-6116

13-14 MAR, WDFPF Pan Am Games Pomfret, MD 20675, 301-934-

Waimanalo, HI 96795, 808-259-5266
27 MAR, USAPL, Interior Alaska Meet, Rita St. Louis, 305 Slough St., Fairbanks, AK 99701, 907-456-4735
27 MAR, Boost of the Northeast BP/DL (separate events) Carl Secker, 24 Jefferson St., Warren, PA 16365, 814-723-3442
27 MAR, USAPL, Apple Push 'n Pull, Lit. Pointer, 1710 E. 16th St., Idaho Falls, ID 83404, 208-529-8600
27 MAR, 19th, Central Ohio BP (open, master, teen, women) Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-2475
27 MAR, USAPL, Maine State PL/BP, John Mathieu, Box 7325, Oakland, ME 04063, 207-465-7102, mfc@maine.net
27 MAR, 9th, Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whiteacre, Winchester, VA 22601, 540-667-6288
27 MAR, Holley-Strength Systems (open, Bench Press and Open Deadlift Unlimited, WJ) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475
27 MAR, Indiana Open BP/DL (Indiana) Son Li, 11963, 217-253-5429
27 MAR, USAPL, West Virginia State Federation, WV, John Messinger, 398 Forest Circle, South Charleston, WV 25303, 304-744-2475
27 MAR, 2nd, Hawaii AAU "Raw" State Meet (national judges) Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-5266
27 MAR, 1st APF Michigan State BP/DL (men/women, teen, jr., sub-master, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974
27 MAR, Women, Submaster, Master, DL (men, women, submaster, master, jr. low/life, jr.) Eugene Ryback Jr., 143-2nd St., Royersford, PA 19468, 610-948-7823
27 MAR, 2nd National Invitational BP (open, novice, master, teen, women) George Herring, 3925 Creekside Ct., Lawrenceville, GA 30044, 770-963-6738
3 APR, MDSA King & Queen of the BP/DL, Darwin Jacobson, Box 1031, Willmar, MN 56201
3 APR, Bench Fest 99, Brian's Gym, Box 507, Rainville, AL 35986, 256-638-7232
3 APR, Nebraska State & Midwestern Open (A.V. Sorenson Rec. Ctr.) Keith Machulda, 4808 Cas, Omaha, NE 68132, 402-444-5956
3 APR, CPFA Canadian Championships, Hugo Girard, 29 Alain Gatinneau, Quebec, Canada J8V
3 APR, APF California State Notice PL & BP, Central California Open, Jay McVeagh, 1408 N. Si., Fresno, CA 93721, 209-233-5737
7 APR, APAN, Carolina BP/DL (separate meets) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, ap@eowl.com
9-10 APR, USAPL, California State, Kiefer, 1045 Cedar Hills Ct., Lenox, NC 28645, 828-758-9777
9-11 APR (new date), USAPL High School National, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
10 APR, Alabama State BP (open, 1974)

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MAY 22nd - 2nd ANNUAL AAPF (drug tested) FLORIDA STATE POWERLIFTING CHAMPIONSHIPS
JULY 10th & 11th - APF MEN AND WOMENS SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS
JULY 17th, 3rd ANNUAL FLORIDA PUSH/PULL (must do both lifts for a total) (in memory of Lawrence Mombreg) AND CITY TBA
AUGUST, APFBENCHBASH FOR CASH (NORTH), DATE AND CITY TBA
SEPTEMBER 17th, 18th, 19th - AWPFC WORLD POWERLIFTING CHAMPIONSHIPS, LAS VEGAS (drug tested)
OCTOBER, APF BENCH BASH FOR CASH (SOUTH) DATE TBA
NOVEMBER, 2nd ANNUAL AAPF AND APF SOUTHERN STATES POWERLIFTING, DATE TBA
ALL CONTESTS WILL BE HELD AT THE NEW HUGE IRON TRAINING CENTER IN DAYTONA BEACH, UNLESS OTHERWISE MENTIONED

high school, women, submasters, masters - sculptured trophies to top 4 per class) Mike Esposito, Box 1349, Vernon, AL 35592, 205-695-9445/1839
10 APR, APACPA Can-Am Challenge BP/DL (Leviston, ME) APA, Box 27204, El Jobean, FL 33981, 941-697-7962, ap@eowl.com
10 APR, USAPL, Latewood BP/Classic, Casey Fleming 4220, 920-682-0623
10 APR, USAPL, Capital City Push/Pull (open, master, teen, women) Jeff Bucher, 1306 Herbers Rd., Delhi, MI 48820, 517-669-9368
10 APR, USA, Lancaster YMCA Classic (men, women, masters, teen) Cindy Drab, Lancaster YMCA, 572 N. Queen St., Lancaster, PA 17603, 717-397-7474, ext 113, 717-687-9911 (h)
10 APR, 16th Southern States Bench Press (open, over 40, women, novice, teen) Weightlifting Equipment of GA, Inc., 150 Seagosh Rd., Stockbridge, GA 30281, 770-474-2633
10 APR, USA "Raw" Bench Press Federation Spring Nationals, Son Light, 126 W. Sale, Tusculo, IL 61953, 217-253-5429
10 APR, USAPL, Missouri State/Ozark Open PL & BP (open, jr., master, novice in PL, open, teen, master in BP) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-561-1242 (8-10PM)
10 APR, 7th Dungeness Powerworks Slam Bench & Deadlift, Tyrone Ward, 27 N. Main, Three Rivers, MI 49093, 616-273-1092 or Mark Wellinger, 616-435-7586
10 APR, APF Spring Bench Blast, Iron Island Gym, 3465 Lawson Blvd., Oceanville, NY 11570, 516-594-9014
10-11 APR (new date), APF Maine State (open to all men/women, master, teen, jr., open) Russ Brown, RR2 Box 125, Turner, ME 04282, 207-422-0180
10-11 APR, AAUPC Assisted Drug Free Men's & Women's State Nationals, Armed Forces, Police Fire, and Submasters (in Missouri) Son Light (Dunwoody, FL) Michael, 304 Daisy St., Clearfield, PA 16830, 814-468-9444
10-11 APR, USAPL, California State, Chin Kiu Nipon Valley College Plus, Ed., 2277 Nipon Valley Hwy., Napo, CA 94558, 707-253-3228
10-11 APR, NASA High School Nationals (Dallas, TX) NASA, Box 735, Noble, OK 73068
10-11 APR, USAPL, Virginia State & High School Championships with Special Guest COAN (Chincoteague, VA) Gayle Schroeder, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963
11 APR (new date), NPU (formerly WNPF) Western New York Natural (Niagara Falls, NY - PL, SQ, BP, DL) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM
11 APR, Mid Atlantic Bench/Curl, Brian Washington, Box 20042, Baltimore, MD 21284, epow@bellatlantic.net
11 APR, NPU Lone Star Natural (PL, BP, DL - Dallas, TX) NPU, Box 142427, Fayetteville, GA 30214, 770-996-3418
11 APR, Rockford Open BP/DL (Rockford, IL) Son Light, 126 W. Sale, Tusculo, IL 61953, 217-253-5429
11 APR, USAPL, Open Ohio State (open, men, and new men & women, teen, master, team) Ed of Frank Ring, 24775 Aurora Rd., Bedford Hills, NY 10517, 914-444-4444
11 APR, USAPL, Power Open (in) Joe Woodson (Leviston, ME) J. Joe Woodson, Box 1031, Willmar, MN 56201
11 APR, Biggest Bench on the River II (\$5000 cash giveaway) Reed Buche, P.O. Box 1031, Willmar, MN 56201
17 APR, APF Los Angeles Lifting Club Inaugural Push/Pull Classic (men, women, teen, submaster, master) Joe Avigliano, L.A.C., 1031 N. Victory Pl., Burbank, CA 91506, 818-846-LIFT5438
17 APR, White's Truck Stop/YMCA Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshifflett23@aol.com
17 APR, USAPL Midwest Open PL, BP, DL, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
17 APR, AAU New Hampshire State Drug Free, Rob Dion, 80 S. Main St., Concord, NH 03301, 225-0034
17-18 APR, USAPL Boy's/Girl's Drug Tested High School National PL/BP (Fr-Sr, Jr-Sr - Philadelphia, PA) Rob Keller, Box 829, rkh@Bellatlantic.net
17-18 APR, APF/AAPF Bench Press & Deadlift Nationals, Terry Danglefield, Olympic Fitness Center, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

Spero Tshonkhids, 315 Irene Way, Sparks, MD 21156, 410-643-9520
24 APR, Blackstone Valley Bench Press (non-sanctioned - all wt. classes, women and masters) Alan Murray, 93 Benson Rd., Northbridge, MA 01534, 508-234-9812
24 APR, APA Old Line State PL/BP after 3PM
24 APR, APF 3rd WU Open BP/DL (Macomb, MI) John Fearon, 309-837-2418
24 APR, Bench Blast V. Jamie Pruzanski, Box 1146, Wildwood, NJ 08260, 609-523-0216
24 APR, Clay County YMCA BP, Tom McCullough, 225 E. Krizan, Brazil, IN 47834, 812-442-6761
24 APR (corrected date), AAU NC Teenage BP, William Hawkins, 3025

18 APR, USAPL, Colorado Classic, Sorrell, P.O. Box 11360 W. 84th St., Aurora, CO 80005, 303-425-7075, jh@eowl.com
18 APR, NPU (formerly WNPF) Ohio Championships (PL, BP, SQ, DL - open women and masters) Alan Murray, 93 Benson Rd., Northbridge, MA 01534, 508-234-9812
24 APR, APA Old Line State PL/BP after 3PM
24 APR, APF 3rd WU Open BP/DL (Macomb, MI) John Fearon, 309-837-2418
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24 APR, AAU East Coast BP/DL, LIFT5438
17 APR, USAPL, Life University School of Chiropractic Life Power BP/Master, 1015 P.O. Box 1015, Marietta, GA 30067, 778-290-5546
17 APR, MDSA, N. Dakota State/Open (Leviston, ND) Dustin Jacobson, Box 1031, Willmar, MN 56201
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1999 California APF State Novice Powerlifting Championships and the 1999 APF Central California Open Powerlifting Championships, April 3, 1999, Fresno YMCA, Fresno, CA, Jay McVeagh, 209-233-5737
1999 APF National Teenage - Juniors - Submasters, Masters Powerlifting Championships, May 21, 22, 23 - 1999 at the Holiday Inn Hotel - Fresno, CA, Jay McVeagh, 209-233-5737 and Bob Packer 209-439-4394

USAPL POWERFEST 99
Bench Press, Deadlift,
and Wheelchair Bench
Saturday
May 1st
at the Empire
State Plaza
Convention Center
in Albany, NY

Contact
NED NORTON,
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Albany, NY 12205
518-453-9205

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April 17, 1998
Biggest Bench on
the River II
\$5,000
(cash giveaway)

Divisions: Open, Masters, Women, Teenage
Location: New Roads, LA.
Meet Director: REED BUECHE
225-638-9922

826 Hawthwood Ave., Pittsburgh, PA 15217, 412-921-2620

23 MAY, Ohio Open Spring BP/DL (men, women, mixed), River Springs Gym, 1821 University Blvd., Middletown, OH 45202, Rick Routhier 513-385-9134

26-30 MAY, **IPF Women's Worlds** (Denmark)

29 MAY, 2nd APF Florida State Open, Kieran Kiddler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

29-30 MAY (new date), **WPA Internationals/Unity Meet** (all-level), **International Unity Meet** (all-level), **Scott Taylor**, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@aol.com

30 MAY, Double Masters Meet (DL, BP, PL) Jon Smoker, 30907 CR 16 West, Elkhat, IN 46516, 219-674-6683

MAY, USPF Drug Tested Connecticut PL/BP (open, teen, jr., collegiate, sub-master, master - Hartford, CT) Rob Keller, Box 829, Amherst, PA 19002, 215-542-4941, rkh@bellatlantic.net

5 JUN, MDSA Scout to the Loot SQ, BP, DL (Esko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

5 JUN, U.S. Open BP (men, women, jr., submaster, master, novice - deadline -5/22/99) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

5 JUN, USPF South Texas (open, beginner, 40-49, 50+, submaster, women, men), 1415 E. court, Seguin, Texas 78755, 830-972-3396

5-6 JUN, **USA National Men's Open** (Lift/LR, Rk, AB) Larry Kromelski, 1582-7668

5-6 JUN, **NASA National Masters/ Submasters** (Nashville TN) **NASA**, Box 735, Noble, OK 73068, 405-872-9684

6 JUN, AAU 4th Suburban North York VA BP/DL Classic (Suburban, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodore, 610-258-1894

12 JUN, **IPA Lone Coast Push/Pull**, Phosphate Rd., #149, N. Charleston, SC 29418, Floyd & Bertha Pouse, 843-875-1434, kpointe13@aol.com

12 JUN, **Pasco Power Team's King of the Bench**, Ted Moylen Memorial, Rick Lawrence, 3248 Darlington Rd., Hollywood, FL 34691, 727-942-7894 or Mike Marin, 727-863-2228

12 JUN, **Inmaculate Heart of Mary Festival** BP/DL, Ron DeAmicks, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

12 JUN, **USAPL East Coast Bench Press**, Ron Falcone Jr., 16 Chadwick Rd., Wayne, NJ 07470, 973-942-0924

12 JUN, **APF Deadlift Classic**, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014

12 JUN, **APA Southern States** FL, BP, DL (Dear Park, TX) Scott Taylor, Box 33927, El Jobean, FL 33927, 941-697-7962, apa@aol.com

12-13 JUN, **NPU Men's & Women's Sr. Nationals** (new & assisted - qualifying totals - Baltimore, MD) **Qualifying totals - Baltimore, MD**, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

13 JUN, Eastern Regional Bench/Curl, Championship (over \$6,000 in cash

1989

Senior National Powerlifting Championships

ST. Louis, Mo

July 16th - 18th

USA Powerlifting

All events will be unity hand crafted oak & walnut by co-lead director Steve Chesell. This will be a three day meet. With the National meeting on Thursday, don't miss this event!!!!

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1454, ext. 239 or Ben Zak, 912-433-6116.

1 MAY, USAPL Rock City Meet (Detroit) Mike Lawrence, 117 W. South Blvd., Troy, MI 48068, 248-813-9866.

1-2 MAY, **AAFP Nationals** (Chicago, IL) **Son Light Gym, 126 W. Chicago, IL 60654, 773-561-9699**

2 MAY (new date), 6th NPU Florida Natural (Orlando) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

2 MAY, USAPL Wisconsin State BP, Muscles & Fitness Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227

8 MAY, USAPL Cesar Chavez / 5 de Mayo BP, Sunny Villarreal, 895 N. Boylston, San Jose, CA 95112, 408-275-6493

8 MAY, AFA Judgement Day BP/DL (Scottsboro, AL) NPH, Box 22294, El Jobean, FL 33981, 941-697-7962

8 MAY, Best of the Southwest (PA) BP and/or DL (natural raw - submaster) - McMurran, PA) Steve Swiatak, Bodokatum, 724-941-7270

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

8-9 MAY (NEW DATE) **AAU North American BP (Raw/Assisted, youth, teen, jr., novice, military, law, life-time, submasters, masters, physical challengers)** Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797

8-9 MAY, USAPL Heavy Metal Classic (full power) Joe Morvace, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

9 MAY, Azalea Festival BP/DL Classic (Fritchtown, MO) Son Light Gym, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

9 MAY, **CPC Canadian Championship**, Bruce Craig, Box 4, Okotoks, Alberta, Canada T0L 1J0, 403-938-3067

14-16 MAY, **AAU Collegiate Nationals** (men/women - raw/assisted) & **AAU North American High School Championships** (men/youth groups - raw only, all AAU youth age groups - USNA, Annapolis, MD) Spero Tahontikidis, 315 Irene Way, Stevensville, MD 21166, 410-643-9520

15 MAY, AAU Northwestern Regional International Qualifier, Bruce Lynch, 165 Paul Revere Ter., Taunton, MA 02780, 508-823-5729

15 MAY, USAPL South Dakota State, Steve Hilton, 2983 Ine. Ave., Aberdeen, SD 57401, 605-226-2780

15 MAY, 3rd Brides of the Bud Boy Health Bench Open, Mike Farmer, Day Health Medical Center, 21 West Highway, Box 99, 99, DE 19663, 302-424-6532, 123-80-8

15 MAY (renewed date), **AU/PC NJ Open** (raw & assisted all divs.) Tony Garcia, 30 Coe Ave., Morris Plains, NJ 07950, 909-626-5407

15 MAY, USAPL New York State/Regis Bench Press Championships, Regis Beach, 8723 Versailles Plank Rd., Angola, NY 14006, 716-549-3952

15 MAY, West Penn Iron Men Meet, Mr. Komo, Powerlifting Coach, Box

Elizabeth City, NC 27909, 252-333-1116.

1 MAY, USAPL Rock City Meet (Detroit) Mike Lawrence, 117 W. South Blvd., Troy, MI 48068, 248-813-9866.

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15 MAY, West Penn Iron Men Meet, Mr. Komo, Powerlifting Coach, Box

Weldon Mill Rd., Henderson, NC 27536, 919-430-1825.

24 APR, USAPL Zumbro Valley Open, Steve Johnson, 1107 7th St. N.W., Kasson, MN 55944, 507-634-4730

24 APR, East Coast Classic BP (men, women, jr., submaster, master, novice - 4/10/99 deadline) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

24 APR, MDSA 2nd North County PL (Bemidji, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

24 APR, TNT Uptate NY Bench Press Challenge (open, novice, raw, master, teen, female) Keith Nairn, 5 Cheltingham Ave., Schenectady, NY 12306, 518-355-1849

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 (Lakeland, FL) 126 W. Cheltingham Ave., Schenectady, NY 12306, 518-355-1849

24 APR, 20th AAU Raw Powerday BP & DL (separate lift) Al Spalding, 304 Day St., Clearfield, PA 16830, 814-765-9214

24 APR, Iowa Midwest Open Bench Press or Deadlift (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oketolaosa, IA 52577, 515-673-5240 or hammes@ldsl.net

24-25 APR, 17th USAPL Shenandoah (BP) Tom, women, masters, class II (Open Tom Giordani, Sharon Fitness Products, 54 Phillips Way, Sharon, PA 16146, 724-342-2525

24-25 APR, USAPL Indiana State BP and Open BP, Sonny Runyon, 1804 E. 19th St., Muncie, IN 47302, 765-282-2152

24-25 APR, NAVA WV State PL/BP PS, Greg Van Hooser, Box 58, Millwood, WV 25562, 304-273-2283

24-25 APR, WABDL Healthworks/BP/DL Meet, Tricia Young, 120 W. Berry Ave., Foley, AL 36535, 334-971-1999

25 APR, USAPL NH State, Superior Fitness, Box 375, Belmont, NH 03220, 603-267-1213

25 APR, **CPA Canadian Bench Press Championships, Marcel St. Laurent, 457 Tieme Ave, Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466**

25 APR, USAPL Washington State, Mike Trupiano, 23106 19th Dr. S.E., Bothell, WA 98021, 425-486-5864

25 APR, 1st AAFP Metro-Detroit Open PL/BP/DL (drug tested - men/women - open, teen, jr., submaster, master) John Maddox, 17006 Arlington Ave., Allen Park, MI 48101, 313-274-7516

25 APR, 7th NPU Pennsylvania Natural (Lancaster) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 APR, NPU Pennsylvania Natural (Lancaster) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 APR, AAU BodyShop BP Meet, Body Shop, 956 Erie Ave., Sheboygan, WI 53081

1 MAY, NAPA Arkansas State PL/BP, Darryl & Tacey Johnson, 626 E. Co. Rd. 96, Blytheville, AR 72315, 870-63-5094, Doryto@compuserve.com

1 MAY, Prairie State Challenge (Curl

1999 IPA World Tour..... Bench Press & Deadlift Championship Saturday, May 22, 1999 Hellenic community of Montreal 5220 Grande Allee - St. Hubert, Quebec, Canada

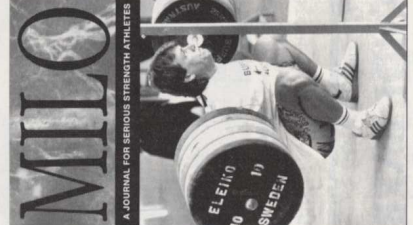
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Melbourne, Australia (November 1993)

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, disc-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 MIO guy.

MIO 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,

NASA Arkansas State Powerlifting and Bench Press Competition
 May 1st, 1999
Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315-870-763-9094.
Daryltobey@aol.com

RAW - men & women - all divisions - Shrestepart, LA Dr. Kyle Pierce 318-795-0809, or Larry Kye 501-982-7668
17-18 JUL, AAU Raw National Nationals (all divisions) Tony Garreff, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
24 JUL, USAFL Summer Slam PL, Superior Fitness, Box 375, Belmont, NH 03220, 603-267-1213
24 JUL, USAFL U.S. Open BP & USAFL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jahiff239@aol.com.
24 JUL, USAFL Battle on the Beach
 (Piero Beach) Mike Laing, c/o 813-986-8600, Troy, MI 48069, 248-613-6449

24-25 JUL, USPF Sr. National Regional Bench and Deadlift Championships (men/women) - Dallas, TX Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 832-372-3396
24-25 JUL, NPC New Jersey Natural (PL, BP, DL - Bordentown) NPU, Box 142347, Fayetteville, GA 30214, 770-946-3131, vmp@aol.com
30-31 JUL, Border Summer Strength & Fitness Festival (Women) and Strongest Man on the Planet (three strength events as opposed to endurance - 1 prize \$800) Gus Rethwick, Box 5292, Bend, OR 97708, 541-389-0600
31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Aaa Record Breakers, Keith Wad, 41-857 Kahanalana Hwy., Waimanalo, HI 96795, 808-259-5266
JUL, MDSA Biggest BP/ DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Burlington, MN 56201
JUL, Border Classic Bench Press, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324
I AUG, APF West Coast 1999 Tribute to Doyle Kennedy, Gus Rethwick, Box 5292, Bend, OR 97708, 541-389-0600

6-7 AUG, AAU Jr. Olympia (Assisted/Open) and RAW - Cleveland, OH) Jay Siegel, 814-768-9400
7 AUG, MDSA 3rd Paul & Debbie Ekleng Fitness Center Open (Melrose, MN) Darwin Jacobson, Box 1031, Burlington, MN 56201
8 AUG, USAFL U.S. Open BP, DL, or Total - open only) Al SQ, 3014 76th St., Clearfield, PA 16830, 814-769-9271
10-11 JUL, APF Men's/Women's Total, Bench, Squat, Kiddle, St. Louis, Mo 63367, 314-625-1166
11-12 JUL, USAFL U.S. Open BP, DL, or Total - open only) Al SQ, 3014 76th St., Clearfield, PA 16830, 814-769-9271
16-17 JUL, USAFL U.S. Open BP, DL, or Total - open only) Al SQ, 3014 76th St., Clearfield, PA 16830, 814-769-9271
16-17 JUL, USAFL U.S. Open BP, DL, or Total - open only) Al SQ, 3014 76th St., Clearfield, PA 16830, 814-769-9271

10 JUL, Eastern OK BP and Professional Bikini Contest (Pro, open, teen, notice, women, masters - Ellaha, OK) Kim Brownfield, Box 36, Council Hill, MO 74428, 918-473-1059
10 JUL, USAFL State BP (MD & DC residents only) Salisbury, MD, Gary Howard, 4107-49-9566
10 JUL, AAU Pennsylvania State Raw Squat, Bench, Squat, Total - open only) Al SQ, 3014 76th St., Clearfield, PA 16830, 814-769-9271
10-11 JUL, APF Men's/Women's Total, Bench, Squat, Kiddle, St. Louis, Mo 63367, 314-625-1166
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17 JUL, 3rd annual Florida Push/Pull (both lifts for total, in memory of Lawrence Moubgen) Kieran Kiddle, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
17 JUL, Beach Bench Press (Angola, NY) Butch, Mar, 716-655-1878
17 JUL, APF S. California Open BP/ DL (Chula Vista, CA) James Negrice, 619-401-1772
17-18 JUL, WABDL Orange County Buisness Classic BP/ DL (Anaheim, CA) Nancy Jackson, 442-991-1111
17-18 JUL, AAU Natural Lifetime Nationals (Assisted / open and

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- * strong support off chest
- * extra comfort built in
- * great immediate results

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

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3rd USAPL Palmetto Classic
12 Dec 98 - Laurens, SC (kg)

BENCH	
Open 123 lbs.	336
K. Tallon	330
A. Blackmon	292
M. Landford	259
148 lbs.	317
J. Finley	313
C. Gentry	314
L. McGill	341
198 lbs.	341
R. McClint	303
S. Summers	303
Junior (14-16)	248
165 lbs.	281
A. Wilson	253
Junior (16-17)	214
148 lbs.	330
C. Gentry	330
278 lbs.	369
R. Eddy	319
M. Hardin	319
198 lbs.	418
R. Nelson	479
248 lbs.	303
148 lbs.	429
220 lbs.	429
181 lbs.	418
D. Trammell	303
198 lbs.	479
278 lbs.	303
Submaster	462
T. Lee	462
M. Carnes	341
Master (40-44)	462

Adrian Luster set a USAPL Junior American Record with a 250 kg (551 lb.) bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)



SHW	407	352	451	1212	C. Davis	451	341	589	1383	A. Neal	468	352	518	1339	
Junior (14-15)	165 lbs.	275	181	330	810	P. Borch	440	297	485	1223	L. Hoagland	407	369	534	1311
275 lbs.	259	—	—	—	—	M. Bolick	374	203	451	1030	R. Duncan	584	402	584	1570
E. Timmerman	—	—	—	—	—	Master (60-64)	407	281	407	1096	C. Faulkberry	—	—	—	—
181 lbs.	—	—	—	—	—	Open 132 lbs.	253	248	303	804	Power Team's Open Power Team: God's Squad, Men's	—	—	—	—
L. Gordon	—	—	—	—	—	148 lbs.	319	281	424	1025	Team's Open Power Team: God's Squad, Men's	—	—	—	—
Junior (18-19)	114 lbs.	77	143	297	165 lbs.	156 lbs.	540	330	595	1466	Luster: Best Male Bench- Adrian	—	—	—	—
181 lbs.	—	—	—	—	—	198 lbs.	528	369	690	1526	Luster: Best Female Bench- Summers Best Male	—	—	—	—
Junior (20-23)	132 lbs.	248	303	804	198 lbs.	540	330	595	1466	Record was set by Adrian Luster with a 551 lbs.	—	—	—	—	
R. Nelson	253	248	303	804	198 lbs.	540	330	595	1466	Luster, the best female bench went to S. Summers,	—	—	—	—	
C. Davis	198	148	248	595	198 lbs.	540	330	595	1466	and the best female bench went to S. Summers,	—	—	—	—	
198 lbs.	501	374	501	1377	198 lbs.	540	330	595	1466	retired.) Darrell Carms, Jerry Beckham, Scott Case,	—	—	—	—	
A. Luster	705	551	1807	567	352	617	1537	462	297	600	1361	—	—	—	—
Submaster 181 lbs.	462	297	600	1361	198 lbs.	540	330	595	1466	and many competitors were present. (Thanks to	—	—	—	—	—
J. Jefferson	462	297	600	1361	198 lbs.	540	330	595	1466	Dan Lutz, USAPL SC State Chairman, for rights)	—	—	—	—	—
C. Davis	523	341	540	1405	220 lbs.	628	418	705	1752	MD	—	—	—	—	—
M. Carnes	523	341	540	1405	220 lbs.	628	418	705	1752	Novice 217 lbs.	405	—	—	—	—
A. Garry	451	352	507	1311	220 lbs.	628	418	705	1752	Submaster	405	—	—	—	—
M. Carnes	451	352	507	1311	220 lbs.	628	418	705	1752	W. Golden-144	250*	405	—	—	—
G. Pennell	451	352	507	1311	220 lbs.	628	418	705	1752	D. Roberts-248	385	—	—	—	—
R. Finley	451	352	507	1311	220 lbs.	628	418	705	1752	D. Junks-180	235	—	—	—	—
R. Finley	451	352	507	1311	220 lbs.	628	418	705	1752	Submaster	405	—	—	—	—
T. Bowers	451	352	507	1311	220 lbs.	628	418	705	1752	K. Earley-114	75	—	—	—	—
J. Sinclair	451	352	507	1311	220 lbs.	628	418	705	1752	Master (40-44)	405	—	—	—	—
J. Sinclair	451	352	507	1311	220 lbs.	628	418	705	1752	W. Golden-144	250*	405	—	—	—
D. Allen	407	259	461	1118	220 lbs.	628	418	705	1752	Master (40-44)	405	—	—	—	—
Master (45-49)	407	259	461	1118	220 lbs.	628	418	705	1752	W. Golden-144	250*	405	—	—	—

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17 Oct 98 - New Orleans, LA

24th TOTAL	535
Open 123 lbs.	505
E. Underwood	505
132 lbs.	460
148 lbs.	675
E. Echok	980
181 lbs.	1180
198 lbs.	1060
P. Pope	1060
R. Ramirez	940
220 lbs.	1380
T. Barr	1065
123 lbs.	1800
P. Fletcher	1720
132 lbs.	1720
J. Bounds	260
C. Dimaggio	785
165 lbs.	335
M. Johnson	305
198 lbs.	300
N. Gauthaux	430
148 lbs.	430
R. Satcher	505
181 lbs.	340
M. Tuna	460
198 lbs.	500
T. Earnest	455
220 lbs.	450
S. Harty	450
220 lbs.	550
H. West	250

Outstanding lifter: Paul Fletcher. On the first 'coop' of the meet, he lifted 1800 lbs. on the bench. The record was set by Adrian Luster with a 551 lbs. bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)

Outstanding lifter: Paul Fletcher. On the first 'coop' of the meet, he lifted 1800 lbs. on the bench. The record was set by Adrian Luster with a 551 lbs. bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)

USAPL W/BP & IPF Qualifier
28 Nov 98 - New Martinsville, WV

BENCH	418
114 lbs.	501
T. Woodell	143
MASTERS	501
Master (40-44)	501
MEN Open	405
K. Woodell	286
165 lbs.	318
J. Cowger	281
C. Nestz	264
M. Cunningham	418
198 lbs.	402*
C. Buppold	330
K. Heller	451*
M. Cunningham	418
242 lbs.	501*
T. Heller	402*
R. Lankey	451
C. Ward	501
198 lbs.	501
D. Currence	589
242 lbs.	600
W. McComas	672
242 lbs.	617

Outstanding lifter: Doug Currence, Charleston. He lifted 672 lbs. on the bench. The record was set by Adrian Luster with a 551 lbs. bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)

International Austrian Prix (kg)
13 Dec 98 - Innsbruck, Austria

132 lbs.	225.5
148 lbs.	310
165 lbs.	310
181 lbs.	310
198 lbs.	310
220 lbs.	310

Outstanding lifter: Ken Woodell. He lifted 418 lbs. on the bench. The record was set by Adrian Luster with a 551 lbs. bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)

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NEW HISTORY
The record was set by Adrian Luster with a 551 lbs. bench press at the 3rd annual Palmetto State Classic held in Laurens, South Carolina on December 12th, 1998. (Bob Burchett photo)

1976-1998 - 23 plus years of promoting powerlifting in the state of West Virginia by the likes of Luke Lams (left) and (right) Paul Sutphin.



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Ricks' TIPS - TRAINING With Injuries by David Ricks, IPF World Champion. - So to say, if you've been training on a regular basis for any length of time, chances are you'll incur an injury at some point. The injury may be attributed to numerous causes such as overloading your muscles and/or tendons/ligaments, not stretching sufficiently or using poor technique.

Let me break it, the one action "no pain, no gain" is false. Your body is like a finely tuned car engine. Provide it the right components to perform, and when the engine isn't sounding right, take it to a mechanic to get it tuned up. If you get an injury, don't hesitate and have a doctor take a look at it. You may think it's a minor injury, but in my experience it could mask a more severe problem that needs immediate attention.

Personally, when the injury warrants it, I highly recommend seeing a chiropractor who's experienced in sports medicine. I've used chiropractic care on my back, knee, shoulder and hamstring problems. A chiropractor will look at your skeletal arrangement, because it may be the cause of your injury. The chiropractor can adjust the skeletal alignment and then try to address muscle injury, and once you've received the OK to get back into the gym, your work is centered around deciding how hard you can work without re-injuring yourself.

Back To The Gym. - Even though your ego wants you to go as heavy as possible, you must become a realist and start out with extremely low weights and low volume (sets/reps). Indeed, you may need to start off doing 50% of what you're accustomed to. If you push it, you'll run the risk of delaying recovery or maybe making the injury worse. As you're doing each exercise, pay special attention to your technique. Poor technique could have contributed to your injury, like your squat technique causing you to bend too much at the waist, placing undue strain on your back. So in order to avoid further damage you need to improve your squat technique and the same holds true for all other exercises.

Another important aspect of rehab training is doing adequate stretching exercises. I know that some of you, like myself, have hectic schedules and taking an extra 10-15 minutes to stretch may crutch your work-out time. But I can't over emphasize how important stretching is in the prevention and recovery from injuries. Your best bet is to do light weight warm-ups followed by light stretching. Then, after you have completed your training, hit some major stretches again but be careful not to stretch beyond a slight feel of tightness; stretching a muscle too much can be dangerous too. You might also consider some type of ointment such as Icy Hot. I use it on my lower back before a heavy deadlift or squat work-out and on my chest before a heavy bench work-out and feel that it helps my muscles warm up and get ready to crank.

Bottom Line. - As unfortunate as it is, if you're pushing the weights with a great degree of intensity, injuries can occur. If now this will be hard, but don't get completely frustrated and lose your enthusiasm for the sport. The key is to be smart about your recovery and to turn a momentary setback into a valuable lesson. Listen to your body and develop a sensible plan to get yourself back on track and I'll be there in the end you'll be stronger. For any comments, e-mail me at: drfck8474@aol.com

SPORTS MED. - Keys To Powerlifting Success: Stability, Balance, Strength & Power, PART II by Mike Hanke, D.C. - **Knowing Where You're At!** - Last month's discussion relayed the importance of stability and where joints fit into the picture for the powerlifter. As we expand upon their importance, you need to know about proprioception. The definition of proprioception is the awareness of your posture,

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movement and changes in equilibrium, and the knowledge of position, weight and resistance of objects in relation to your body. For example, when you stand up and close your eyes, most of you can touch your nose with the tip of your finger without looking. That is proprioception - the ability to know where you or a part of your body is, even without looking.

When you injure a joint complex, whether through acute trauma, such as slipping on the ice and falling on your shoulder, or cumulative trauma, like what you might experience from overtraining, the proprioception of that joint is thrown off. A good example of this involves your ankles. Most of my athletic patients that have sprained an ankle and have never rehabilitated properly usually end up with some other injury or nagging pain in their foot, ankle, knee, hip or lower back. This happens because of the instability of the joint, muscles, ligaments and tendons and the lack of proper proprioceptive information going to the brain. When that occurs, the brain doesn't know how to best signal the body how to move or support the various structures in the ankle. The result is often chronic ankle sprain syndrome. Basically, the injury can occur again and again. This is how stability and proprioception are very closely related.

Balance is Key. - Why would you need this in powerlifting? Though all we do is move heavy weight, balance is important in more ways than one. A good example of what balance is and why it is important would be to see if you are able to balance on one foot for more than 30 seconds without falling over. If you can, try that with your eyes closed. Harder, isn't it?

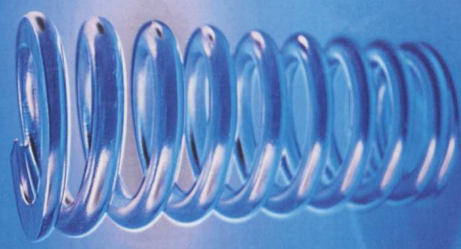
When you can't do the above you need to improve your balance. This is where stability comes in again. Watch the muscles around your foot and ankle when you try and stand on one foot. You will see them twitching and contracting and relaxing at different rates and times. This happens because your brain and nervous system are receiving constant input and sending constant output to that region to enable the joint complex to remain stable and balanced. If you can't hold that position, it needs to be trained properly. If you can stand on one foot for 30 seconds without falling over, it is hard to imagine that you will get the maximum performance required from your neuromusculoskeletal system when you ask it to do a heavy squat attempt.

If your stabilizers are not strong enough or developed enough to hold you upright in an unstable environment (i.e. standing on one foot), then most likely they will not be able to properly stabilize your ankle, knee, hip, lower back and every other joint in between when you want to squat the Big One.

Next issue I will show how strength relates to stability and balance. Before this series is over I will explain how to improve your strength and power by improving your stability and balance. Be healthy. Be strong.

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High Glycemic Carbs	YES	NO	YES	YES	YES	
Creatine Monohydrate	5 grams	7 grams	7 grams	5 grams	NO	
Bioavailable Glutamine Peptide	10 grams	NO	NO	NO	Undeclared	



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1-Rensick	560	2-Thomas
2-Duncan	500	2-Peshek
3-Tuohela	500	3-Calli
4-Wheeler	500	4-Ragland
5-Shell	485	5-Dipasquale
6-Walton	476	7-Booker
8-Hiel	476	8-Dolci
9-Davis	465	9-Champion
10-Jenkins	453	10-Arcieri
11-Knowles	450	11-Lewis
12-Wright	446	12-Roundtree
13-Nickless	440	13-Moyers
14-Hausman	439	14-Wines
15-Ferrari	439	15-Watkins
		250 lbs.
		1-Thompson
		2-Brinton
		3-Dowers
		4-Mowrey
		5-Hunter
		7-Hlavacchi
		8-Whit
		8-Zupko
		9-Puch
		10-Ayoab
		11-Jackson
		12-Balley
		13-Zimmerman
		14-Deek
		15-Cook

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