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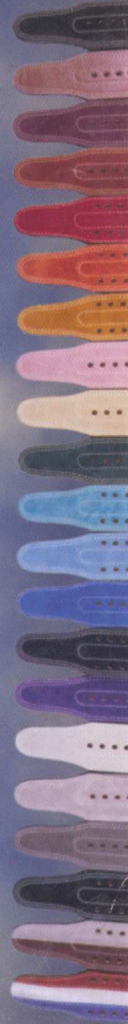
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ON THE COVER.... a stunning graphic representation of some of the great names involved with the Louisiana Tech Collegiate Powerlifting program, as produced by artist Benito Hinojosa.

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Louisiana Tech Powerlifting A Program at the Pinnacle as told to Powerlifting USA by Billy Jack Talton

The March 1999 team championships won by both the Louisiana Tech Men's and Women's teams at the USAFL Collegiate Nationals has perhaps set the standard which future great collegiate teams must exceed in order to measure their accomplishments as an outstanding collegiate program. There has been no other collegiate program that has produced a total of 18 national champions! The Louisiana Tech Men's team was begun in 1974 and participated in its first National Collegiate meet in 1976, hosted by Ohio University. Louisiana Tech was represented by 5 lifters in a field of 135. Three of the Tech men were able to score 8 points and earn 9th place in the team standings. Montclair State of New Jersey won with 38 points. The Tech lifters were in awe of lifters like Enrique Hernandez who totaled 1185 lbs. in the 132s, Roger Estep who totaled 1660 in the 198s, and especially the 2000 lbs. total of Wayne Bouvier in the Superheavyweights.

The Louisiana Tech Women's program started in 1979, when one female joined the team. In 1982, Louisiana Tech's Women's team made their first national meet appearance represented by Brenda Humphries in the 114 lbs. class in a meet hosted by Marshall University. Brenda scored 3 points

had only one 1st place winner and the next highest was a 5th place finish. For the next 6 years, the Tech men struggled, placing in the top five on 5 occasions and finishing in 6th place once.

In 1979, the Tech men traveled to Pensacola, Florida for the National meet hosted by future USPF President Conrad Cotter. Tech was unseated as national champion in what turned out to be one of the most competitive meets ever for the team title. The scores that year were: University of Texas, 33; Kutztown State, 30; Slippery Rock University, 29; Louisiana Tech, 27; and University of Nebraska, 26.

In 1980, Tom Kelchner, John Pettit, and Dennis Burke hosted the National meet at TCU in Fort Worth, Texas. University of Texas repeated as national champion led by the great lifting of Chip McCain. Chip totaled 1879 lbs. to win the 220 lb. weight class that year. Other great collegiate lifters in the meet were Joe Stientef in the 114s from State University of New York, Vincent Jones in the 132s for the U.S. Air Force Academy, Billy Keel of Jacksonville State in the 165s, 198 lbs. David Hart of Ball State, and Bob Dempsey in the 275s with a 1967 lbs. total.

The year 1981 was a disaster for the Tech men in a meet hosted at Kutztown State College. Missed attempts, bombings and "not making weight" spelled defeat for Tech as they scored only 15 points, the fewest team points in 5 years. Host Kutztown State took control and outscored Auburn to win 57 to 49. In the Superheavyweight division, Kutztown State's Andy Carrilano was a hometown crowd pleaser.

In 1981, Jan Todd, then at Auburn University, made a request that I, as Collegiate Chairman, add a Women's division to the USPF National Championship meet. Ever since 1981, the USPF and later in other federations, these championships have included both women and men.

The Tech Women started their national level competition in 1982 with one woman who scored 8th placing the Tech Team 20th place. Things changed quickly for the bet-

ter in 1983 when 3 Tech women lifted in the national meet at Louisiana Tech 62 to 56. The US Military Academy Women's team won first and upset the defending champion, the Temple Iron Owls. This victory by the US Military Academy women would set them on a course that would lead to 5 consecutive National Collegiate titles, 1989-1993. During this dominance by the US Military Academy, the Tech Women's team could only manage to reach 3rd place on three occasions in the five year span.

If the US Military Academy ever intended to punish the Louisiana Tech men for the crushing defeat of the Army when they hosted the 1985 championship, it started in 1990 and ended 5 years later in 1994. The Tech Men's team had some of the best individual lifters in its history: Calvin Dial, Wade Hooper, Ricky Williams, Lance Maas; but the US Military Academy had more - team unity, great determination, and the will to win. The Tech men stumbled along every year from 1990 to 1993, getting outlifted and outcoached. Even more difficult than not winning is being close and Tech was close, finishing 2nd all 4 years.

There are many Tech lifters from that era who will never forget the aggressive lifting style of the Army team that was symbolized by the leadership of 181 lb. Bubba Stokes. 1994 proved to be the major turning point in the history of the Tech program. It was that year in a meet hosted at Oral Roberts University that the Tech Men and Women started the current 6 year consecutive winning streak. 1994-1999. The Tech Women outnumbered and outfitted their opponents, capturing 8 first places in the 10 weight classes and scoring 114 team points. Tech Women leading the way were 123 lb. Jennifer Rea; 132 lb. Cheryl Dorsey; 165 lb. Geneva Williams; 198 lb. Brandye Parr; and SHW Shareba Smith. Lance Maas, Tarrence Lewis, Calvin Deal, Ronald Grant, Carlos Bolton and John Magdelle won first places for Tech and lifted 1111 total points to out score runner-up Navy with 54 pts. and Texas A&M with 25 pts. The perseverance to win came from the previous 4 years of being 2nd to the US Military Academy.

Although Tech won the National titles in the 1995 National meet, it was a low point in National Collegiate competition because the majority of the strong collegiate programs had left the USPF that year to join the ADFPA. As the USPF National Collegiate Chairman and because of my commitment to Paul Fletcher, the host of the 1995 USAF National Collegiate

Line Gotschalk was the Temple coach in 1988 and hosted the national meet in Philadelphia. It took little time for all present to realize why he was hosting the meet, as both the Temple Men and Women claimed national titles that week-end, defeating the US Naval Academy, runners up in both the Men's and Women's divisions. Tech finished 4th in both divisions behind Temple, Navy, and Virginia Tech.

The most stunning defeat of a Tech Men's team came in the 1987 meet directed by Rich Peters at the University of Oklahoma. Tech was poised to make a run for the third consecutive national title, but a team "out of nowhere" had a different idea. Virginia Tech, under the leadership of one of their lifters, 148 lb. Eric Hammer, upset Louisiana Tech



Above... the 1st Tech Women's Title winning team from 1984 and below, the 9th Tech Title winners from 1999, (courtesy Dr. Talton)



and won by one point, 51 to 50. Virginia Tech appeared to be content since they were not sure how much each position was worth. The only pleasure Tech got from that meet was when Virginia Tech accepted the ceramic eagle symbolizing first national champions and again both the men and the women won. However, the Tech Men won by virtue of having more higher place finishes in the weight classes after a tie on points with Arizona State University.

The drug testing seemed to have contributed to a large decline in the number of lifters in this national meet. Also, some of the lifters in the meet tested positive. All these changes did not affect Tech's mission to repeat as national champions and again both the men and the women won. However, the Tech Men won by virtue of having more higher place finishes in the weight classes after a tie on points with Arizona State University.

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Sir Guggulot by Derek W. Cornelius

Yes, of course, I'm joking - who in their right mind would seriously write about something or someone called "Sir Guggulot"? What we're actually going to discuss is an herb called Commiphora Mukul, otherwise known as Guggul. Just as this plant has extremely unique and interesting names, so it also has extremely unique and interesting effects on the human body. In fact, Guggul is such a useful herb that when you learn about it you'll never want to poke fun at it again.

Grown in India, Guggul is a tree which exudes a resinous sap out of incisions that are made in its bark. This resin has been used for centuries as part of India's traditional medicine called Ayurveda. In our modern world of advanced chemistry, this resinous sap is processed and purified and then standardized for a given amount of its active constituents - A and E Guggulsterones. These two compounds are plant sterols with a high degree of human bio-activity and have been shown in studies to affect many biological processes including thyroid metabolism, cholesterol management, and dermal (skin) function. In each of these areas, Guggulsterones were shown in studies to be highly effective modulators with near drug-like potency.

Last month we looked at how manipulating the adrenergic system can greatly enhance fat loss - especially through the YNCA stack. In this article we will look at a way to increase the metabolism and fat loss by naturally stimulating the thyroid gland to produce more thyroid hormones.

I first became interested in Guggulsterones when I noticed a few studies on their thyroid stimulating properties. I discovered that Guggulsterones have a direct stimulating action on the thyroid gland through some of the other enzymatic mechanisms. One of the studies concluded that Guggulsterones are a viable option for the treatment

my surprise, no one experienced any type of dramatic results on this product - even at high dosages.

My next step was to study how the Guggul was processed and to make sure I was getting the best material. After much research I discovered that there are two ways of processing Guggul. One, using a solvent to extract the Guggulsterones, produces a low potency yellowish powder. The other produces a high-potency coffee brown powder and is naturally processed according to ancient Indian practices. The product that I initially obtained was the low-potency solvent extracted Guggul. In hopes that there was a difference in effectiveness between the two types of extracts, I decided to obtain the high-potency brown powder. To my utter surprise, I discovered that nearly every product on the market was made from the yellowish low-potency powder - the coffee looking extract just couldn't be found in desperation. I decided to do a search in India in hopes of finding the required extract. After much ado, I found the elusive brown Guggul extract and I immediately ordered some for sampling. This time when I gave it to people to try, something totally different occurred. Instead of having a minimal response, the Guggul extract caused its users to break into a sweat and feel very hot. Upon taking their body temperatures, some of these people noticed a dramatic increase. Amazingly, a few people reported body temperatures as high as 101 degrees.

What does all of this mean? Well... first, only purchase a product that is made with a high potency, natural extract. Not only should the label indicate this fact, but it can be personally verified by opening one of the capsules. The material inside should be dark brown in color and have an odor similar to a mixture of coffee and raisins.

(article continued on page 80)

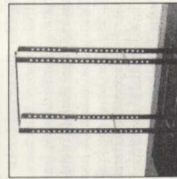
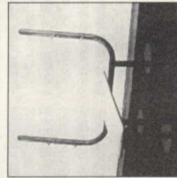
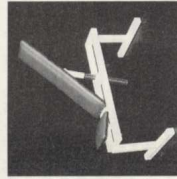


The Indian Sub-Continent has produced cultures with unique insight into the human body and its reaction to natural substances. The photograph above is that of a painting (ca. 1920) based on illustrations of The Blue Beryl' by Sangye Gyamso (1653-1705), illustrating an anterior view of the human anatomy. In the picture, bones are classified into 23 different groupings. Joints, hair, toe and fingernails are all precisely counted and illustrated. A grid background serves as a scale and reference system for the figure. Details of the head and vertebrae complete the work. This composition is part of a group of 40 paintings entitled 'The Buddha's Art of Healing: Tibetan Medical Painting from Buryatia' which will be exhibited in Chicago's The Field Museum, beginning June 26th and continuing through September 12th, as part of a description of one of the world's oldest surviving medical traditions. For more information, please call 312-922-9410

of hypothyroidal conditions. With this information in hand, I immediately went out and obtained some standardized Guggul from my/herbal supplier. This Guggul product was made from a yellowish powder and was claimed to be standardized to 2.5% Guggulsterones. I gave it to various people to test its effects on body temperature and fat loss. To

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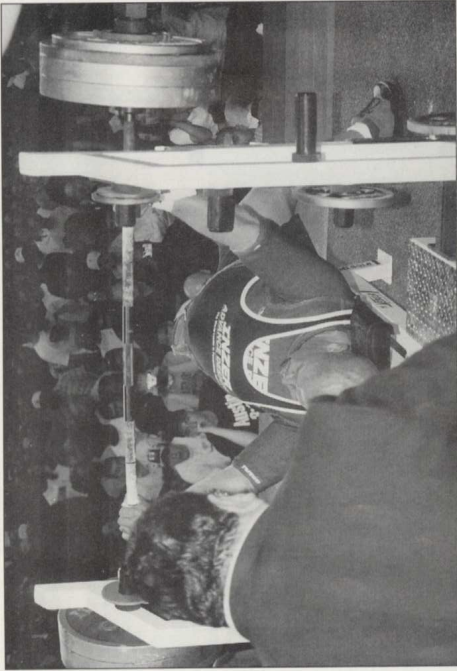
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as reported to PL USA by Herb Glossbrenner

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George Halbert with 683 pounds at 227 bodyweight. (photographs courtesy of Peter Thorne)

her movie star and bodybuilding legend - Arnold Schwarzenegger. The Veterans Memorial Auditorium on Broad Street in Downtown Columbus, OH has been the traditional site. This year's event took place March 5-7, Friday, Saturday and Sunday. It was quite a weekend for muscle moguls who traveled from the four corners of the continent. In fact, it attracted fans from all over the world. A large number of booths attracted a crowd estimated at 50,000 or better over the three day

members in his club who've bench pressed over 600 lbs. (including himself @ age 52). If that is not positive proof that his methods (called unorthodox by some) work well, it doesn't end there. Louie's developed and coached a multitude of National and World Powerlifting Champions. The list is so long that I couldn't begin to mention them all, but 7 of the 20 stars participating in this event reside right in Columbus and train @ Westside Barbell.

The co-promoters of the event were Gary Benford and Jim Lorimer. Lorimer became famous by organizing and staging the 1970 World Weightlifting Championships in his very building, the very same stage, back in September 1970 the immortal Russian Strongman Vasily Alexeev became the first man in history to lift over 500 lbs. from the floor to extended arms above his head (501 1/2 lbs.). It was a lift for the record books. It was fortunate enough to be there and witness this barrier busting feat 18 1/2 years ago! Gary Benford is also a household name in PL promotional circles.

He gained everlasting notoriety for staging the famous YMCA National Powerlifting Championships back in the 80s. A multitude of World and American Records were broken at this annual event which drew the best powerlifters in the country in head to head competition. This well publicized event actually, I'd planned to come a few days earlier to take pix and observe some training sessions at Westside

Barbell. Unfortunately, Louie and some of the gang came down with a bad case of the flu. Louie's wife Doris picked me up at the Greyhound bus station and whisked me off to the Auditorium. The bus had been delayed and I got there maybe fifteen minutes before the lifting started. It wasn't easy reaching the back stage area with security forces and masses of people making it almost impossible to get through. I made it in and was greeted only minutes before the event started. Talk about cutting it close!

This event was sanctioned by the APF (American Powerlifting Federation) and sponsored by Schwarzenegger/Lorimer Productions under the auspices of Classic Productions, Inc. I took the side right hand side, the right hand side, of the stage. The other side was officiated by Louie Glitt of Ohio. Her husband, big Dean Glitt, was the head referee. I glanced out into the crowd. The numbers were overwhelming, which had to be a huge incentive for the lifters. As far back as the eye could see, there were people. Benford estimated the crowd to be between 4 and 5 thousand. It was exhilarating. My adrenaline was chugging. Believe me, there's nothing like it anywhere.

Of the 20 elite participants, two were ladies. Amy Weisberger, 34, is a massage therapist from Columbus, OH. She weighed 123, and was primed and pumped to the max. She fed off the huge audience's enthusiastic response each time she mounted the platform. This 5 time WPC World Powerlifting Champ has a soft, pretty face which does not reflect the tremendous strength she possesses. This time, with one lift only to concentrate on instead of 3, she was really cooking. Peaked perfectly for this competition, she went to town. Unbeknownst to Amy, her biorthym cycle was on a double high, plus 4 (physical) and plus 10 (emotional). This is very conducive to high athletic performance. She did not disappoint, and blew away her first attempt (253.5). She went straight to 276.7. This was an all time World Best for the 123 lb. (56 kg.) class. She made it with power to spare. This lift surpassed the 275.6 lift by the famous Mary Jeffrey done July 16, 1988

and duplicated just a couple of years ago by Vanessa Gibson of England for a WPC World Record. On a 3rd attempt called for 281.1. With do or die determination, Amy succeeded in completion - two WRs for this spunky lady in less than 5 minutes! She was beaming ear to ear. The other female participant was Tina Rinehart. From Chillicothe, OH, age 31, she weighed 126. It was the first I'd seen of Tina. She opened with a mind boggling 303 and made it. Astounding! She went to 308.6 on her 2nd attempt and pressed that as well, but then hips raised from the bench - no lift. Returning for her final try, this time she made it with no rule infractions for a new World Record. In doing so, she became the 3rd woman to crash the 300 barrier in this category and unquestionably the lightest woman ever to achieve this feat! Gary Benford, serving as Emcee and color commentator, then interviewed both grey coat and tie. Both gals were visibly excited and for good reason - it was an exciting moment in their careers. Both praised each other's efforts and thanked the proper people for the honor of participating in this stellar event. Amy respectfully thanked her coach Louie Simmons for bringing her to the level of excellence that she'd finally achieved - a warm moment indeed!

It was a tough act to follow, but their male counterparts responded with their own mighty efforts. The little fellow in the meat ended up taking the top prize, Marcus Schick, a banker by trade, came all the way from Frankfurt, Germany. He is a stocky dwarf with short arms and a barrel chest (conductive to performing big benches!) I saw him win the WPC World Bench Press Championship in Graz, Austria last November. He hit a 200 @ 165 there to capture the outstanding lifter award. He was even stronger here! Because of his short limbs, Marcus had blocks placed alongside of the bench upon which to rest his feet. He weighed in light (155) and opened with a tremendous 507 (duck soup)! Next he went to 523 for a hard fought success. Only his 3rd try - a ponderous 540 - didn't go. The fact that he pressed 58 lbs. more than triple his bodyweight is terrific. According to the Reshel Formula (used in APF), Marcus was the outstanding male lifter in the meat. Therefore he took home the top prize - a \$1500 cash and deposited it in his own German bank account!

George Nelson, from Bend, OR, operates a logging company. At 54, George is the quintessential one to draw a conclusion one way

quintessential. He commenced with 529 @ 258 and put it away easily. Last year at this meet he'd made 540. To go for a meat PR, George went straight to 551 which twice proved to be too much. The 1988 featured a trio of premier pushers. At 41, Jerry Schwener (a local claims rep, who weighed 193 1/4) opened with a good 556.6. He increased to 573.2 for two misses. Jesse Kellum, 33, from Mandeville, LA, is a household name in BP circles. Jess spends 14 hrs. a day as a personal trainer for, among others, members of the New Orleans Saints pro football team. He's a multi-time APF Sr. National and WPC World Powerlifting Champ. Jesse came in at a light 194 1/2 here. Virtually always a winner, today's outing was a disaster for him. Our hero claimed a zero. It was the first time that Jesse had ever bombed. We were as dumbfounded as he was. He twice blasted his 595.2 opener to within an inch or so of completion, but couldn't lock out his arms. On a final lift ditched effort he took 619.5, an all time World best @ 198. The result was the same. It was nearly completed, but he couldn't lock out! Even the best is entitled to one bad day in their career. One thing I'm sure of is that Kellum will return with a vengeance. The big showdown between Jim and new Powerlifter David Waterman didn't pan out. Waterman, a registered nurse from Utica, NY, made his first national appearance at the Arnold Classic, two years ago. It was at this event that Dave blasted the 181 BP ceiling to kingdom come - hitting 570 and a fabulous 600.

A sports journalist who observed that event criticized Dave and other major performers for sloppy performance and rule infractions. Although the lifts were passed, these comments temporarily enveloped Dave in a cloud of controversy. To redeem himself, David returned to this event, last year and won the whole thing, registering 595 @ 186 but, and making 612 on an extra attempt. Then late last year at Kieran Kuller's big PR meet in FL, Dave eclipsed Kellum's All Time World Best (611.8) by holding 617.4. This perfectly executed lift was lauded by all and caused quite a stir. Now, I had a chance to judge Waterman for myself. I'm never one to draw a conclusion one way



Willie Williams of WV ended up with the heaviest lift of the day at the Arnold.

or the other until I've seen it with my own eyes. Well, after witnessing Waterman here, first hand, I can go on record as saying that this guy is the REAL DEAL! Had there been a special award for best built lifter, Dave would have won it by a landslide. He is one mighty impressive physical specimen, with heavy muscular all over including sharp definition. As far as brute strength goes, the execution of his lifts were flawless. He wears only a single ply polyester liner shirt - Wow! Waterman lies dead flat on the bench and presses without the vaguest hint of hip drive. He elevates the weight smoothly and deliberately, using a combo of deltoid, arm and chest strength only. His lifts are strict and would pass anywhere under the tightest of scrutiny, even though the APF rules allow raising of the head. Dave kept his noggin flat against the bench on all his attempts. He was, indeed, the example of excellence of execution!

Waterman, 27, didn't know it, but his biorthym was on a double high but due to the bodyweight loss his strength suffered here. Now, he struggled to secure his 584 opener, and missed 600 twice. I imagine he will not be too eager to torture himself like this again. Get back up to 275, big guy, where you truly belong!

George Halbert, 27, is a Columbus, OH mechanic. Last year at the Classic, George destroyed the all time mark for 220s with 657, and finished 2nd in the cash prize dept. At Kieran Kuller's Big Bench Bash for Cash extravaganza late last year George put his name in the record

book. He had his eye on topping the All Time World best in this category (657 by Halbert here last year). He looked a lot different than when I'd seen him last November in Graz, AUT. It was there Blakley made history by becoming the first person to surpass 300 kg. (661.4) on the European continent. Hewent on to post 683.4 there for the excited crowd. James is a bona fide member of the exclusive "700 Club" but due to the bodyweight loss his strength suffered here. Now, he struggled to secure his 584 opener, and missed 600 twice. I imagine he will not be too eager to torture himself like this again. Get back up to 275, big guy, where you truly belong!

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(article continued on page 78)

USAPL Women's Nationals as told to Powerlifting USA by Andrea Sortwell

champion from last year, and totaled 869 in late May. It was one of 3 qualifiers for the Teen/Junior worlds to be held in the Czech Republic in September. The other 2 qualifiers will be the recently completed Collegiate and High School Nationals. Lincoln was the sole qualifier for the ladies portion of the Masters Worlds scheduled for South Africa in October. With a lot on the line, the women came out to move some iron. Also, for the first time, the nominators (let's) were posted ahead of the internet, so we all knew who we were up against.

In the 97 class, Zindy Goss was the champ, new to the national scene, and representing the rapidly rising Alaska Iron Maidens. Her 303 deadlift contributed toward a fine 694 total. Following proved suitable for this premet. Jim, as always, hosts a well-run meet, and his contributions to our program are appreciated. The USAPL Women's meet is unique in that it is the only event in the U.S. exclusively for lady lifters. It actually consists of 3 events in one, the Women's open, the Women's Teen/Junior and the Women's Masters. With the increasing number of master bodies who are highly competitive in the open, this gives these women the opportunity to compete only once each year for both titles, and both world titles, although there will always be that one who would prefer the Master Worlds to the Masters Nationals that would have proved problematic this year, as the IPF Women's Worlds was recently moved up one week to May 22nd, which is the same weekend as the Masters Nationals. This prevented open level women at the Worlds from competing for the Master title and Master's world berths.

This meet was the qualifier for the



New Friends... (left to right) Joe Nathansen and Mealoa Browning (both of Hawaii) and Veronica Aguilera of Maryland (photograph by Irene Scott). Veronica would like to thank Bob Dopkosky for his help at the meet

her were master lifters Cathy Solan, and last year's champion Beth Grater, who was edged out by Cathy on bodyweight. This meet had been the first time ever that Beth was not the lightest lifter! Master legend, Judy Gadeny, could not please the judges with any of her squats, although she was close. Almost unbelievably for her, for the second year in a row, she did not total. Zindy and Cathy are on the Open World team.

In the 104s, Sioux-Z Hartwig was prepared and totaled 815 at this weight. Behind Sioux-Z was 14 year old Jennifer Male with 4 new iron American Records and a fantastic 704 total. Jennifer is the hope for the future of American Women's lifting. I hope her interest holds up as well as her lifts.

At 114, Jackie Davis put on her usual consistently strong performance. Her 903 total gave her the highest Wilks formula for the meet. Missing and missed was Yueh-Chun Chang. I hope, as so many, that she will be back next year, as the battle between Chang and Davis is always a good one. Andrea Cullum of Illinois, with 710, earned the all-around 16-17 award.

At 123, Sandra Moberly repeated as



Sandra Moberly took her third national title in seven attempts

to focus on her olympic lifting. That is one of the openings that allowed me to join the World team. Linda will be a force to be reckoned with. Another big bencher, Sandra Perron of Minnesota, showed with the intention of increasing her American record, which she made, with 248 on her second attempt. After making my own personal best of 242, I attempted to break Sandra's new record with 249, but I could not lock it out. Also at 165, teenager Katie Ford hopes her 869 will allow her to return to the Junior Worlds. She was considering expanding her opportunities by lifting at 181 at the upcoming High School Nationals.

Leslie Look decided that she had it with dieting to the 165s. A good move on her part, as she is proportionately strong at 181, carrying that 462, 231 and 462. For the highest total of the meet at 1156 and the heavy day's all-around championship title. In second place was Washington's Kim Moore, with a 403 squat and a 1033 total. Kim is also a young master.

Kadell Moore, from Alaska, won uncontested in the 198s and appeared to be testing out a back problem, given her light deadlift opener and the big jumps that followed.



A new record made (above) - Sandra Perron with 248 at 165 and almost made (below) - Andrea Sortwell's try with a 249



the much heavier bodyweights of the first and second place winners, and the exciting lack of depth in the 198s.

The "making weight at the last minute award" goes to Jennifer Rey, with 5 minutes left to go until weigh-in ended, she was still 1/2 ounce over and a 242 World Masters 50+ record in the trying to sweat it off. I did a pair of scissors under the door, thinking that she would not let a World Team berth come between her and her newly sported longer hair. Upon seeing the scissors, a high-pitched "I'm not cutting my hair" was heard. Seconds later, an ecstatic Jennifer Rey could be heard, having made weight, WITH-OUT the World team, pending the results from the Collegiate and High School meets. She may be able to drop to the 198s. In Runner-up in the weight making contest was myself, losing 6 lbs in 24 hours and weighing in on the money, at 75.00 about dropping to 198 as they observe

USAPL Women's Nationals

97 lbs	104 lbs	114 lbs	123 lbs	135 lbs	145 lbs	165 lbs	198 lbs
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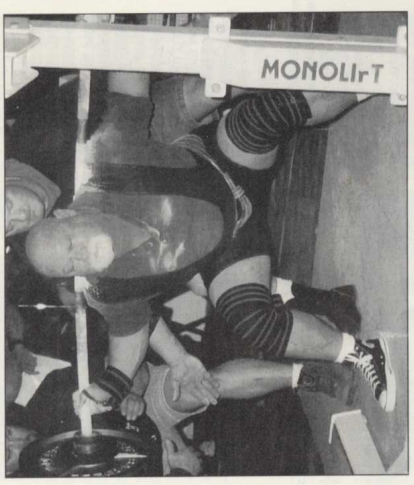
Leslie Look was one of the stars.

kilos. As I made weight at my first official weigh-in, not at the end of the time period, Jennifer wins the award. I was also the same 6 lbs. over at 3 weeks out. However, my diet was bulking up for the first time in about a 1/2 year, so I wasn't that fat. HONEST! Nevertheless, it seems that at most Nationals, my weight-making ability, and double as to whether I'll really do it, is the talk of the venue.

First place open team went to Titan/Safe. First place combined team was the Alaska Iron Maidens, followed by Nebraska Drug Free Powerlifters, Phantom Corps PL Team, and Team Indiana. Next year's Women's National event is tentatively being considered by Johnny Graham for Fort Hood, Texas. I hope to see you there.

The Westside Invitational

as reported to PL USA by Herb Glossbrenner



Last year's Westside Invitational had been such an enjoyable experience for me that I decided to attend it again. The lifting had been spectacular, the athletes on top of their game and the organization and production by Louie Simmons had been hard work to put on a successful meet and this takes its toll. Simmons, leader of Columbus Westside Club, wanted to participate in his own meet. Running it and lifting as well as almost impossible to do. Simmons, 52, is currently doing the best lifting of his career. The clock is ticking. He doesn't want the golden opportunity to slip away. Therefore, he made a bold decision, and decided to let someone else run it, but it was conceded when he was unable to find someone to step up to the plate right away. After a period of conflict and confusion, Billy Masters, a top notch lifter himself (909 SQ, 2230 TOT) from Lorain, was enlisted to be the meet director and it was set for Feb. 27-28. The event was held at the American Fitness Center (World Gym) in Elyria, OH, a Lorain suburb. Dave Hopkins, owner and proprietor of the gym, assisted Billy as co-meet director. This year's meet drew a record number of entries. On the first day were the Women and Amateur and Teen and Masters. Sunday the 28th featured the Pro (Open) division. 28 lifted the first day, while the final day drew 34 entries.

A lot of water had spilled over the dam since last year. Due to irreconcilable differences between APF President Ernie Frantz and Louie Simmons, Louie jumped ship. Last year's event was sanctioned by APF. This year it was held under the auspices of the IPA. I'd hoped to see it dual-sanctioned in order to bring the quibbling factions back

things were winding up. A word about the women. Amy Weisberger, a 34 yr. old Massage Therapist, went through the motions to pay tribute to her coach Louie Simmons by lifting in his meet. Her heart and soul tried hard, but her mind was on the Arnold Classic a week away where she hoped to better the All-Time Women's 123 Bench Press Record. Amy ended up with a 106.0 TOT, an easy win for this multi-time WPC World Champ. Gary Bentoroff's new Missus - Pascale Lercangere, had a perfect nine for nine day. She improved her total by 85 lbs. from last year by hitting a 400 SQ, 230 BP, & 415 D/L on 3rds for a 1045 TOT. She proved there was more left by hoisting 425 on an extra D/L try. Seems that Gary has a natural coaching ability. He brings out the best in everyone. Keep your eye on Pascale as she continues to improve in the 148s. It was my first glimpse of Bill Brown. She's a former USPF Women's Champ @ 165, now growing into the light-heavies. At 174, Jill recorded a 1290 TOT and tried lifts which would have given her 1340. She a SQ of 510. Next came a 300 BP opener and negotiated a 480 DL, before missing two tries with 520. Carla Preati, runner-up to Jill @ 173, had 465 balanced lifts: 430, 260, 465 1155. Her only miss was a 450 SQ 3rd. She's coming up fast. Sue Ann Pack, a light 184, won the 198s uncontested. She gained a lot of confidence and experience lifting alongside the others. Karen Szemore was another new face. She got all her 2nd attempts: 425 SQ, 330 BP, and 260 DL for an 1115 TOT. She'll be another interesting one to watch move up the ranks.

The Amateurs were a scrappy group. Mike Vallove came from behind 525 to 550 in the SQ. He out benched Mike Maxwell 375 to 300 and took a 50 lead into the DL. Mike managed a 525, 2nd, for a 1375 TOT. Vallove outdid him in the final lift with 535 to win the 165s with 1435. Sam Cuevas seemed destined to win that class. Unfortunately his big 405 BP start left him on the sidelines - a no go. Tracy Rizer took 1st @ 181 after Jason Onessko bit the dust. Robert Holcomb had no opposition and posted a 600 SQ (3rd), a good 425 BP and finished 3 good DLs for a 1585 TOT. Chris Flight won @ 220 in a landslide via 600, 425, 625 - 1590. Rob Burress emerged the winner @ 242, coasting to a perfect day: 650, 455, 600 - 1705. His chief opposition and projected winner Chris Young nailed a huge

765 SQ, and tried 800. Then the scaffold dropped from beneath him. He missed a 500 BP opener, and gave an increase to 520 (ditto), and gave it up. THE MAN WAS WISHIN' but it was OVERAMBITIOUS! Chris, be prepared for a lecture on "lifting smart" from Paul Sutphin when you get back home to West Virginia. Rob Raastetter, 270, was the sole 275 and posted the highest TOT among the tested boys. He nailed a 730 SQ, a 400 BP opener and a 630 DL for a good 1760 result. The "benchers only" group had to get 505. Kirk Koiseley got 405 (that worked nicely!) Randy Rhodes, 272, punched out a 500 opener, then missed his two trials with 515. Everyone was licking their chops waiting for the "Pros" to take the platform by storm on the 2nd day. Doug Heath, a Columbus fireman, was on call and couldn't make the weigh-in. He assumed meet director Masters had made out at home. Bill informed Doug he could guest lift, but since he didn't weigh-in, he couldn't count his lifting in the official results nor could he be considered for awards or best lifter. Doug rode his 2nd attempt SQ (555) down and up. It passed, so he ambitiously jumped to a mind-boggling 610. Realizing the gravity of the situation (gravity is a powerful force) after he took the bar from the stands, Doug put it back - aborting the try. Too heavy today! However, in the BP Doug was really cooking.

Allen McVanev, 31, was very impressive winning the 148s. He's a youthful looking warrior that lives in Ohio and trains alone in his basement. He also informed me that he's lifetime drug free. I've heard that one numerous times before, but in his instance I believe him. He did some great lifting. At the rules briefing Challet informed the lifters that a parallel SQ was the judges was looking for (I guess this means that the IPA SQ rule was not amended to "just break parallel

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as it was previously announced a couple years or so ago). So using that criteria as my guideline, I observed. McVanev ripped all 3 SQs breaking parallel by several inches and registered a personal best of 560 on his final lift. It was a beauty. He executed two BPs - 280, then 300, before missing his final 315 try. In the DL, Allen hoisted 500, then 540. He tried 560 on a 3rd - a lift he'd done officially in March 1997 (results not sent in to PL USA). McVanev missed this attempt, but wound up with a fine 1400 TOT. A new star is born. Should he choose to go, I can see an APF Senior National Title in his pocket later this summer. What about it Allen?

Fabian Wambagens, a rugged old Michigan warrior and APF mainstay, came down to participate. His Callen opened at a good 450, then twice failed 480. It was neck and neck between these two coming down the homestretch. Jason pulled a final effort with 710, a PR, was just too much. Fabian had badly injured his shoulder last November at the WPC Worlds in AUT, and his whole right side had burnt black & blue. He appeared to have recovered completely and stepping stoned his way to a 3rd attempt success at 315, the most I've seen him do in a long time. He humped up a 630 and a 655 DL.

(article continued on page 73)



Gary Frank (left) cracked the 2400 mark in battle with Steve Brodsky

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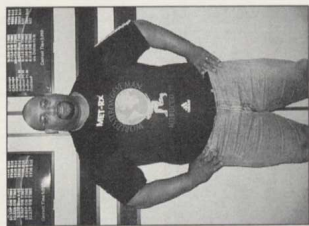
The Arnold Classic was all it was cracked up to be, and saw lots of the USA's top benchers going for some huge numbers, plus huge numbers of fans going up and down some jam-packed aisles of the exposition. And then there were the bodybuilding and fitness championships, martial arts demos, arm wrestling contests, and all sorts of other attractions. Columbus, Ohio is the place to be in early March.

On to the bench pressing, and this was something like the thousands literally, of cheering fans watching the lifting. Army Wetsberger and Tina Rinehart of Columbus opened up the lifting, and Army popped a 283 weighing only 123, and Tina did 308 weighing only 126!

Germany's Marcus Schick, at only 155 lbs., hoisted 507, and he ended up winning the Best Lifter Check for \$1500; as the Reshel formula was used to tabulate the winners, J.M. Blakey dropped down from 302 to 220 in only 12 weeks - that's a serious diet - and he cranked a 584, but missed his two attempts at 600. Dave Waterman hit 611 at only 193 lbs., and that is just amazing!

Bob "The World's Strongest Cop" Thomas hit a 617, and Beau Moore got a 633. Dan Kovacs, weighing in at a fit 307, popped a 650, and said he's looking to focus on some three lift meets and hit some very big numbers.

Kenny Patterson hit 666, but his two tries at 711 weren't there. Bill Crawford got 705 up, and there's a bit of controversy about his lift being turned down, so maybe next month there will be more to report on this. Anthony Clark did not have one of his better days, and bombed on his three attempts at 733. Willie Williams was the one man to hit 700 at the show, and he got it (705) on his third attempt. Willie was a crowd favorite, and his pre-lifting



Ralph Williams - one of the World's Biggest - Strongest Men.

strong ones, and we've got pictures here to prove it. Art Labaree is shown here squatting 785 off the Monolift, and Rick Purchase is deadlifting 495 lbs. plus another 80 lbs. of chains off a platform, but my favorite is Joe Miller, squatting 365 here. Joe's my favorite because he's 70 years old. We did a tour of the Los Angeles Lifting Club in our current POWELIFTER issue, and Joe and Nancy Avigliano, with partner Dave Fitzgerald have a really well equipped gym, especially for powerlifters. You can reach them at 818-846-5438.

As long as we're on California lifting, it's time for the annual Muscle Beach lifting season, and this spring and summer there are lots of events starting with the May 8th Strict Curl championships. Powerlifting gets underway June 12 with the Deadlift championships, and later on are bench press and push-pull contests, if you can't have thousands of screaming fans like at the Arnold Classic, lifting at the beach in the summer is probably the next best thing. The number to call at Muscle Beach is 310-399-2775.

Well, that's it 'til next month, where we'll report on Jamie Harris, who was at the Arnold lifting off for Anthony Clark and some other lifters. Big Jamie is now getting big in the wrestling world, and he's still selling Monster Factory. Right now what's hot is Andro Blast, a stack of andro, DHEA, and tribulus. For info and the special pricing, you can call us at 1-800-227-2355.

We'll also have some scoop on the upcoming National Strength &

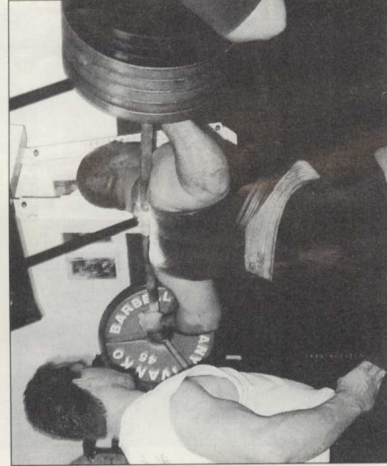
Conditioning Association's big annual expo, plus the latest on the powerlifting meet scene, and what's up with Dr. Ken Leistner, now that he's away from the Iron Island Gym. 'Til then, see you on video. NED LOW



70 yr-old Joe Miller squats 365.



Rick Purchase deadlifts 495 + 80 lbs. of chains at L.A. Lifting Club



Art Labaree squatting 785 off the Los Angeles Lifting Club's Monolift.

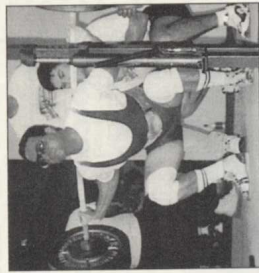
Having been in powerlifting since 1977, I have learned many things over the years. The following represent some observations that I think could be beneficial for Master lifters:

1. Listen to your body. If you are supposed to go heavy, but your body is saying, "not today" listen to it. You can't go heavy all the time. With age should come knowledge of your body.

2. It is definitely better to be a little undertrained rather than overtrained. As you approach a meet, if you need to take more time between workouts as you start handling the heavier weight, do it. Taking that extra day off will not only keep your body from overworking, it will keep you mentally ready to attack the weights and put in good, positive workouts.

3. Remember, no one cares what you did in the gym. The meet is what counts so why leave your best lifts in the gym? I know it sounds crazy but before a recent meet, the highest squat weight I handled in training was a 400 triple (done with no suits or wraps). I also did a lot of sets of 10 with lighter weights during the same workout. I went to my meet a little uncertain of what I would squat since I didn't go very heavy in my training. To my surprise I went out and hit a very

OLDER and WISER as told to Powerlifting USA by Rick Branch



Rick at the '96 USAPL National Masters

strong 550 third attempt squat in the 181 lbs. class. The point is: training without a suit and wraps, as I have done for years, has helped me strengthen my tendons and ligaments so that when I wear the battle gear, the lift really gets a significant boost and I don't leave the heaviest squat in the gym. This type of training has also applied to my bench. Others may not agree, however, I can only tell you what has worked for me.

4. Enjoy your lifting and the meet you compete in. With all the stresses of life, you don't need added pressure from lifting. Yes, go out and do your best and be keyed up before a meet, but above all - have fun! (I'll write back if & when I can ever really attain this goal.)

5. As you get older, stretching becomes very important. First, it will keep your first couple of warmup sets from feeling like you are attempting a world record weight. The "rusty gate syndrome" really exists for us older lifters. My first warmups used to feel like crap until I learned to stretch. Secondly,

by getting suits on, etc., but by also keeping my head together. Thanks, Joe.

7. Don't Do Drugs! I have never done any steroids of any kind, I've seen people "juiced up" and they certainly make gains, but they also have "traumatic" injuries and tend to fade from the scene after a short time. Remember, if it were easy, anybody could be a powerlifter! Stay away from drugs, the gains will come, maybe slower, but they will! And they will mean so much more that they were done cleanly.

8. Getting older doesn't mean getting weaker. Use your experience as a positive and you can still go out and perform at very high levels and possibly set personal records.

The key is listening to your body and staying injury free. Pick your spots carefully. Know when to push it a little more and when to back off. In conclusion, while not a national champion, I have lifted at a high level over the years and I am greatly enjoying the first few years as a Master lifter. The items mentioned above are mainly common sense, but you would be amazed at just how many people don't think. I wish you all good lifting and success!

Rick Branch

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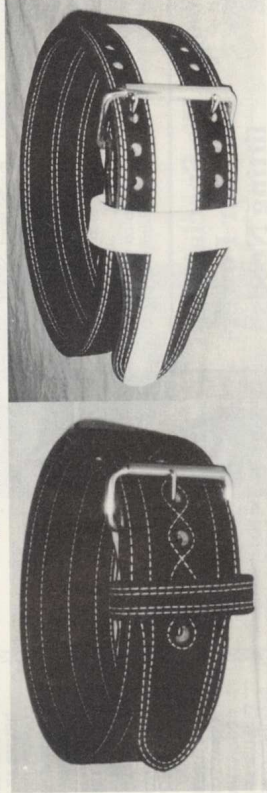


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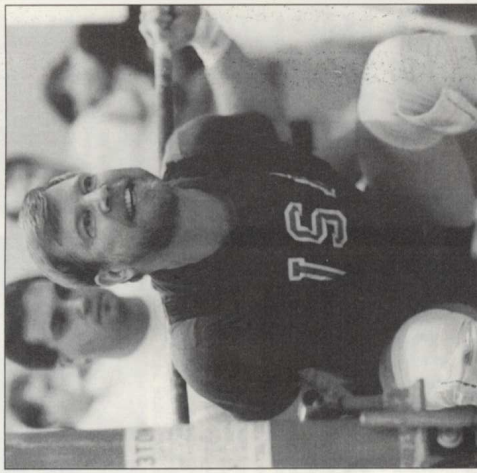


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TRAINING

Choices for the Master Lifter Pt. 2 - Dietary Dilemmas, Disasters & Delights as told to Powerlifting USA by Ron Fernando



A Healthy Diet is important to masters lifters. (above, Dick Herrick)

CUT SOME WEIGHT: How about if you are invited with your wife to another couple's house for dinner...and instead of skinnish chicken breasts, broccoli, and no salt pasta, your hostess serves you LASAGNA and GARLIC BREAD and ICE CREAM!

Again, you have choices. You can refuse all social invitations, for get about taking your wife out to restaurants because, hey, the cook is damn well using HIGH SODIUM BUTTER on that baked fish, and duck at home every day. (Prepare to be thrown at you by your other half) Or, you can go ahead and go, but take your own food in your own little plastic containers - just don't expect repeat invitations from anyone... OR, as I am trying to tell you all, ACHIEVE some balance in your dietary regimen which allows you to meet your goals in lifting while maintaining some sort of what I term as SOCIAL SANITY and not have to take out a 2nd mortgage to cover your supplement bill. Let's look at some basics about nutrition that thankfully have not changed from the early Joe Weider "Master Blaster" days:

PROTEIN BUILDS MUSCLE. OK, you once again have choices. Protein is protein, right? Well, yes

Last Sunday, while cleaning out my garage, I stumbled onto a couple of old Joe Weider Muscle Builder magazines of the later 1960's. Naturally, that ended in about two nanoseconds whatever "honey-do" task that my wife had assigned me as I managed to read each one (again) from cover to cover. Of course, I told her that I was looking for research topics, and yes, I will DEFINITELY clean out the cat box as soon as I finished, but I had to chuckle over the simplicity of advising in that era, especially in the realm of dietary supplements. In those days, it was enough to show "The Myth" Sergio Oliva, chugging down a delicious frosty blender full of "Super Pro 101" or the pre-Planet Hollywood Arnold display (ing his pop toothed grin as he sipped a can of "Cash Weight Gain 47" on the beach with Betty Weider and the rest of the gang to inspire legions of skinny teenagers to rush over to their favorite "Health Food Store" (as they were called then) and spend their allowances. I was awash in the seductive aroma of nostalgia, not unlike my mother's Thanksgiving dinners, and as I remembered that IN THOSE DAYS, to get really Big, STRONG and HARD, you had to consume a LOT of PROTEIN, LIFT HEAVY and THINK BIG...

Now, of course, unless your intellectual bent is biochemistry, pharmacology or nutrition, you may have a hard time just understanding the text in the average bodybuilding "supplement ad". It seems that each and every advertiser is coming out with a NEW and... secretly formulated design for replacing anabolic steroids. OR, these self same advertisers are hawkish protein powder formulations as if the customer were trying to add weight on Brahma bulls, not themselves. It doesn't hurt that the manufacturers are accusing each other of consumer fraud and other chicanery to pump up their own sales, of course, each and every ad is complemented by scientific looking graphs, "double blind" (what on earth does that mean?) tests, conducted at a "Major Univer-

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and no. Skinnish chicken has protein, but then again, so does Brie Cheese (yum) and... of course, so does ice cream. Look people, use your common sense. If the protein source is accompanied by a medley of FAT and CHOLESTEROL calories, this is one song you master lifters should not be singing. Trot out the Yellow Pages and go to your favorite supplement store. Look at ALL of the protein supplements. I meanly like all of the meal replacements like MetRx, Myoplex, Perfect Rx, etc. Advertising notwithstanding, these offer anywhere from 37-45 grams of high quality protein and are quite pleasant tasting to boot. Now the other choice is carrying around a couple of dozen hard-boiled eggs, maybe a cooler full of chicken breasts, etc. I personally keep two or three meal replacement packs in my briefcase with a plastic shaker. In between meetings, I chug one down. It's cheap (less than \$1.50 a serving which is a lot better than the Golden Arches for your protein requirement), tasty and FAST. So, keep pushing the manufacturers out their and thank fully, with new and much more effective manufacturing techniques, the stuff actually tastes GOOD. In the old days, protein powder - at best - tasted like dried paint. Protein

- DON'T LEAVE HOME WITHOUT IT.

STEROIDS ARE OUT - You know the really bad part about steroids - THEY WORK. On the other hand, they are ILLEGAL, EXPENSIVE and basically UNOBTAINABLE. Forget the local gym bum who swears up and down that he has a source for whatever it's probably nothing more than BATHTUB GIN at DOM PERIGNON prices. But... look at the latest magazines... there are now "legal steroids" available (androsterone, nore-19, doli-5, DHEA, etc. etc.) Do they work? There is a lot of evidence that these testosterone precursors do indeed work and, so far, no side effects. If you master lifters choose to take these, buy them from a REPUTABLE outfit like EAS, WEIDER, and not from some unknown manufacturer. I haven't heard of bogus andro yet, but knowing well the penchant for human greed, WHY NOT? Buyer beware, is all I can say. Remember that if you choose to lift in certain federations (and BOY, do we have some CHOICES for this - later article) the use of certain drug stuff will cause a "positive" on a drug test. ABALANCEDDIETIS CRITICAL FOR GOOD HEALTH. Golly, there's that "H" word again... what's it doing herin the context of per-

formance nutrition? Well, sad to say, as Master lifters need to be acutely aware of things like high blood pressure, heart disease and so on, as we approach 50-60-70 and above. At some point you gotta wonder, what's more important 10 lbs. on my bench or another 5 years of life? Thankfully, with the new lifting apparel, that piece is solved, but please, people, EAT YOUR VEGGIES. EAT YOUR FRESH FRUITS. DRINK LOTS OF H2O. Sounds like your mother talking? Well, Mother generally knows best. Here's a motto concept - EVERYTHING IN MODERATION. This means and what could a good balanced diet be like:

Breakfast: Meal Replacement Shake or omelette, Fruit cup, Bran Muffin and Juice/Milk

AM Snack: Protein Bar/Power Bar or Piece of Fruit.

Lunch: Meat, Chicken, Salad or cup skim milk, 1/2 cup cold water, sugar free pineapple cubes, one sugar free pineapple peaches

Mix the Myoplex with the water and milk, again with a fork until stiff. Top off with the fruit, and EAT. This is easy to make, quick and simple to clean up and really, really good for breakfast.

Anywho, choose well, and until next time - abola.

the requisite carbs for sustaining energy. But, if you get invited out - eat whatever you like. In MODERATION. Feel Like a treat, but can't shake the guilt? Try these two little recipes:

Twinklab Diet Fuel Brownies - 3 servings Twinklabs Chocolate Diet Fuel (60 grams protein), Instant Cream of Wheat, Three Packets Equal, 3/4 cup cold water, 3/4 cup skim milk, (optional) sugar free chocolate chips

Mix the milk with COLD water, add the Diet Fuel and Cream of Wheat into a brownie pan (microwave safe). This is critical - mix with a fork until the consistency of cake batter. Bake in the microwave for five minutes or until mixture is firm but not overly hard. Sprinkle the chips, cut and serve Yum!

EAS MYOPEX Fresh Fruit Pudding - 1-3 packets of Vanilla Myoplex (126 grams protein), 1 cup skim milk, 1/2 cup cold water, sugar free pineapple cubes, one sugar free pineapple peaches

Mix the Myoplex with the water and milk, again with a fork until stiff. Top off with the fruit, and EAT. This is easy to make, quick and simple to clean up and really, really good for breakfast.

Anywho, choose well, and until next time - abola.

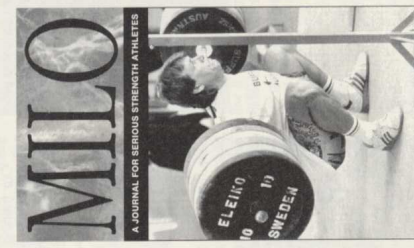
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Melbourne, Australia (November 1993).
91-kg Ivan Chakarow banged out a triple with 270 more so when you consider that it was a high-bar, distance, rock-bottom effort, and because he did it with no belt, no wraps, no spotters, we coined the phrase "no-no-no" to describe the style. The strength world would never be the same again, because now everyone knew what real squatting was, all about. Chakarow went on to win the World Weightlifting Championships a couple of days later, securing his spot as a MILQ guy.

MILQ 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,

TRAINING

Getting Up In Years

as told to Powerlifting USA by Doug Daniels



Rickey Dale Crain has continued to improve as a Master competitor.

Time was I was invincible. I could work eight hours a day at a relatively physical job and then hit the gym for a heavy squat workout. The next day, back to work again, and maybe it would be heavy bench and that evening. I could use and abuse my body and still count on bouncing back for more. Now in my early 40's, this is not quite the case. Aches and pains just seem to last a lot longer than they used to. As a powerlifter or any athlete grows in years, he must take into account the effects that age can have on his training as well as general health. In this article, I'd like to outline a few pointers that can keep the over 40 set recoding PR's for just that much longer.

The drop-off in your recuperative ability is a major effect of aging, but there are two things we can do to fight back. First, increase our recuperative ability and second, stress it less. Increased attention to nutrition is a sure-fire way to increase your recuperative ability. Strive to eat more high quality, low fat, high fiber foods. Give your body the nutrients it needs and the chances of better recuperation and overall well being will increase. I am not recommending complete abstinence from the other foods, but moderation is the best and most agreeable way to go. For insurance,

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quite less time spent with maximum weights. Maximum weights can really threaten your body with fatigue and injury. Two to three meigs per year would be a good target to train for.

While you may decrease the amount of training, I would suggest increasing the amount of reps you do, especially in the off season. Do more sets in the 10-15 range. These can stress the body less and hopefully allow better form. Finishing off with a high rep set of 20-30 reps would pump the muscles with refreshing blood, aiding recuperation. More warm-up sets and reps may be required to get loose and prevent injury. Old warm up progressions used early in your lifting career may not work any more. Re-evaluating your warm-up methods may mean instant gains to some lifters. Back to good form for a minute. Since we tend to recover from injuries slower as we age, this would demand better attention to exercise form. Too many unnecessary injuries occur due to bad form. Hopefully a mature lifter would not be tempted to lift too heavy a weight with suspect form just to soothe his ego. The side benefit of better form is increased work on the targeted muscle groups which should lead to better results.

Another suggestion would be to reconsider the weight class in which you compete. Carrying around excess weight at a younger age would generally present less health risk than it would to an older lifter. A better diet and increased aerobic work can help drop the fat pounds and increase your efficiency as well as improving your health prospects.

Chronological years are not the only measurement of age. Many years of powerlifting can add up even on a younger lifter and they too make suffer the same effects due to the wear and tear from many meats and heavy training sessions in the gym. Some lifters, like Rickey Crain, can compete for decades and seemingly not miss a beat, but lifters like him are the exceptions. The suggestions I made in this article can be used by lifters of all ages.

Getting up in years does not mean the end of a powerlifting career. However, it should mean re-evaluating your nutritional and training practices. Train smarter and eat better. Devote more effort to increasing your aerobic work and healthy dietary practices. Depending on the lifting association you subscribe to, you may be eligible to lift in masters or sub-masters events. These will pit you against other lifters in your age group. You may not be what you used to be, but you can still progress and enjoy powerlifting for many more years.

The last HURT ME article discussed the basic sequence of exercises for the upper body. This time we will look at a HURT ME - LEGS routine. This routine may be even more gruelling than the HURT ME - ARMS. It involves even more muscle groups, larger movements, and a marathon of squatting. You muscle endurance enthusiasts will love this one. Those of you who have still not discovered the joy, (and pain), of higher rep training will soon find out which muscle groups are your "weak links".

If you remember from the last HURT ME article the major benefits are muscle endurance, stabilizer strength, joint stability, and - of course - an increase in mental fortitude. With the HURT ME - LEGS another benefit, possibly the most important, is the reinforcement of proper squatting technique. The athlete/victim needs to constantly tend to keep the spinal erectors tight to maintain proper squatting posture. They also need to make sure that the knees track correctly over the feet. This seems easy until you try a set with the proper weight and even the strongest squatters find their knees wanting to dip in uncontrollably.



Robin, a Professional Violinist, does the HURT ME! Legs exercise routine. Here she is doing exercise #1, the Straight Lunges. (photographs courtesy from Tim Piper)

The HURT ME - LEGS routine is a series of six exercises designed to work all of the major muscles of the knees and hips as well as all of the small stabilizers. Each exercise is performed for 10 reps each done without rest or any weight changes. We begin with light weights, usually the 45 pound bar, and progress slowly adding weight when the lifter finds the exercise easy. We recommend doing 1-3 sets, 1-2 days per week. If the HURT ME after ALL the work is completed, if the HURT ME is done first the stabilizers will be so fatigued that it may lead to instability during your other lifts. The HURT ME - LEGS goes as follows.

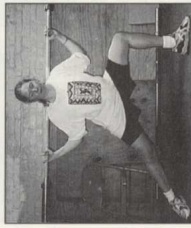
Exercise 1 - Straight Lunges: The bar is placed on the back similar to a squat. Step forward and lower the body down just like you

TRAINING

HURT ME! - LEGS

as told to Powerlifting USA by Tim Piper

were kneeling. Once you reach the deepest controllable position, try to come within 1 inch of the floor with your knee, push hard with the front leg and return to a standing position. The procedure is repeated leading with the opposite foot. This is repeated for 10 reps on each leg.



Exercise #2, doing the Side Lunge.

Exercise 2 - Side Lunge: The bar is still in the same position as the Straight Lunge. This time attempt to step to the side and then lower the body as low as possible for 10 reps on each leg alternating sides. This is usually more difficult than it looks. Many powerlifters fail to train the legs laterally. This may lead to a lack of strength in the abductors and adductors. If these muscles are weak, stabilizing the knees in the squat will be affected. The knees will be more likely to dip together.



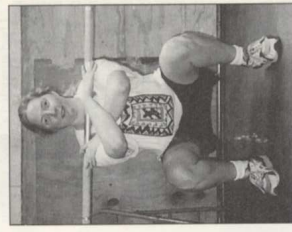
Exercise #3, Romanian Deadlift

Exercise 5 - Back Squat: Once the Overhead Squats are all done you can lower the bar to your favorite back squat position. Try to go at least parallel on these 10 squats even though you are very tired. No bouncing though, keep it controlled.



Exercise #5, doing the Back Squat

Exercise 6 - Front Squat: To finish off the HURT ME - LEGS you perform 10 front squats. Make sure you don't just "drop and bounce" the front squats. This is not the time to use sloppy technique. The legs are cashed by now and the last thing you need is a knee injury.



Exercise #6, doing the Front Squat

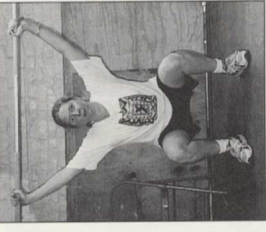
This HURT ME - LEGS routine is just as difficult as the HURT ME ARMS. Caution should be used with either routine and progressions should be made only when all exercises can be performed without cheating. Remember to do the HURT ME's only after all other work is done so you don't pre-fatigue the small stabilizer muscles and put yourself at risk of injury in a heavy squat, deadlift, bench. Know the difference between soreness and pain. A 700 squat is useless if you injure your back cheating. Our motto at the Salvation Army Great Plains Lifting Club is DON'T GET HURT.

Tim Piper
Western Illinois University
Brophy Hall 221c
Macomb, IL 61455
(309) 298-1781

Exercise 3 - RDL'S: Romanian Deadlifts or RDL's are really new to Olympic style lifters but there are still a lot of powerlifters who have not discovered them yet. The RDL is performed similar to a straight leg deadlift with minor modifications. The bar is held in front of the body, the back is locked in an arched position, and the knees are bent about 10-20 degrees throughout the exercise. The basic idea is to SLOWLY lower your torso, letting the bar hang straight down, while at the same time pushing your knees back maintaining 10-20 degrees of bend. If the knees are actually locked out then the involvement of the glutes is diminished. The back should remain locked so that the only joint actually moving is the hip. If done correctly you will feel this exercise in the hamstrings, glutes, and also the lower erector spinal muscles. If it feels too easy you haven't found the right body position yet. Ten SLOW reps, we try to make each rep last about 10 seconds, of the RDL's will make your hams burn.

Exercise 4 - Overhead Squat: The bar is now held overhead with a wide grip. Tall lifters will usually have their hands up against the bar sleeves. While holding the bar steady, lower the body as deep as can be controlled for the 10 reps. Olympic lifters will have no problem going all of the way down. This will really help train balance and posture.

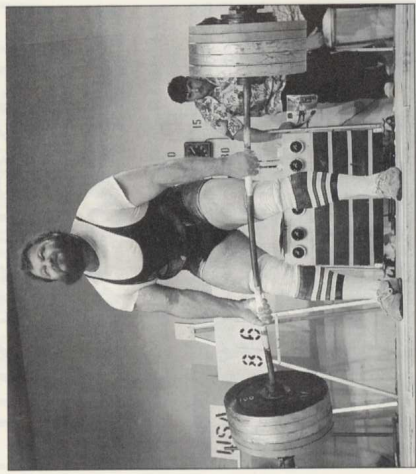
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Exercise #4, the Overhead Squat.

Exercise 4 - Overhead Squat: The bar is now held overhead with a wide grip. Tall lifters will usually have their hands up against the bar sleeves. While holding the bar steady, lower the body as deep as can be controlled for the 10 reps. Olympic lifters will have no problem going all of the way down. This will really help train balance and posture.

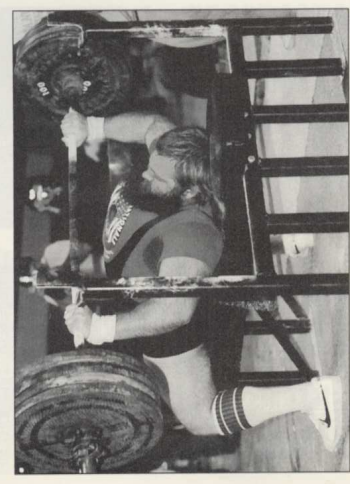
DOYLE KENADY: One Man's Remembrances as told by Marty Gallagher



Doyle Pulling Big at the Hawaii Meet. (photograph by Steve Dussia)

I can't say that I knew Doyle Kenady all that well, but our paths periodically crossed and when I heard he had fited of a heart attack at age fifty, some Doyle related memories came bubbling back to the surface. In 1980 I lifted in the Reno Open, as did a huge contingent of Doyle's Oregon/Washington/Pacific Northwest lifters. Reno was a wide-open city back in those days. If Las Vegas was all pagentry and pomp, then Reno was a working class paradise: a rough and tumble town without pretense or formality. The beefy lifters - who could drink twice the beer, eat three times the food and laugh four times as loud as any fite of the normal, button down tourists - lived large and tipped big. The powerlifters traveled in herds, like Vikings on shore leave, gambling, gorging themselves on all-you-can buffets and 99-cent shrimp cocktails. They enveloped the whole town in the process. The powerlifters of the West and Northwest flocked to Reno to do battle and have a few belly laughs in the process and there was no question that Doyle Kenady was the Alpha Leader of this particular powerlifting wolf pack.

I had struggled all week with my bodyweight. The night before I was a pound over the class limit and had come down with a severe case of cabin fever. I had been staying at my brother's bachelor pad right off the main strip, trying to behave, but by this juncture I was starved, dehydrated, weak and skinned - hardly the perfect pre-powerlift state of being. I decided it was time to quit being miserable. The boys were going out for a drink and asked if I wanted to tag along. Being Irish, I said sure, what the hell, what's one or two drinks gonna hurt? In order to keep the carbohydrates, calories and liquid intake to a minimum, I drank straight shots of Bushmill's Irish whiskey at the aptly named Black



Doyle Kenady benching 525 at the '81 West Coast Open (I. Horth)

change") and burned rubber exiting the motel parking lot. "Don't worry!" my accomplice said as he power shifted his 352 Mustang from 2nd to 3rd gear. "I took the room out in my ex-wife's name." This was of great comfort, but I had to lift in a championship powerlifting competition in less than an hour. My mouth tasted like a baboon had defecated in it and my head was ready to implode: loud noises or road bumps made me whimper in pain. At the contest I did about as well as expected. I started my day from hell by missing the class weight limit by one-half pound. I then lost my first two squats forward - over my head actually, the center bar knurling (all new and shiny and jagged) ripping the skin off the back of my skull on two successive dumped attempts. I was being systematically scalped. A Keith Richards-magnitude twenty megalon hangover, and was attempting to lift maximum poundage in a technically complex lift. My equilibrium was shot on account of extreme dehydration and I felt weak as a kitten.

My buddy, wearing clean white tennis shorts, a tank top and sunglasses, drank his way out of his guzzling his second Bloody Mary of the young morning, a little glow visible around his gills. He absentmindedly tried to cheer me up in his own inimitable style. "Hey! After you bomb out, do you want to get some steaks over at Landrum's Diner? They're running the T-bone special until noon. We should be able to make it. Assuming I missed my third squat and was tossed out of the meet in disgrace and shame (which seemed highly likely), who could ask for a more supportive coach? I readied for my third and final squat, verging on physical illness, standing one royal inch from barfdom. Physically, mentally and psychologically I was a beaten man and smart enough to know it. As I was wrapping my knees, a low level voice said: "Hey buddy, do you want a spot?" It was Doyle Kenady, offering me a helping hand. He didn't know me from Adam. I actually looked around when he first spoke, figuring he was talking to someone else in my immediate vicinity. Doyle apparently had watched my plight from afar and taken pity on me.

I must have looked forking pathetic: swollen eyeballs, cramps, shakes, sweat, breath that would melt paint and a nasty gash running up the back of my neck. Blood trickled down my head. Doyle was offering his services and this immediately lifted my spirits. "Sure!" I said stupidly. It was the first stroke of

doomed. The room looked like the after-math of a frat house party. I saw my unconscious buddy (naked, disgusting, ugly and repulsive) sleeping in the double bed next to me with a woman (equally disgusting, ugly and repulsive) whom I'd never seen before. She looked like Dennis Rod-

luck I'd had all day. I stood up and he wordlessly pulled my suit straps up. As I chalked my hands, Kenady pulled a chunk of chalk from the bin and put some on the back of my tee shirt where it would contact the bar. I was soaked with sweat: alcohol fumes oozed from my pores as my body worked overtime to expel bad and felt worse. "Keep your chest up and in the hole throw your head back," Doyle said as he popped an ammonia capsule under my nose. I inhaled like I was sucking the air out of the room. The noxious fumes seared my nostrils and broke through the alcohol fog. I maddened and strode to the platform with a clear head. As I wiggled into place under the bar, I heard Kenady yell from the edge of the platform: "Strong set-up."

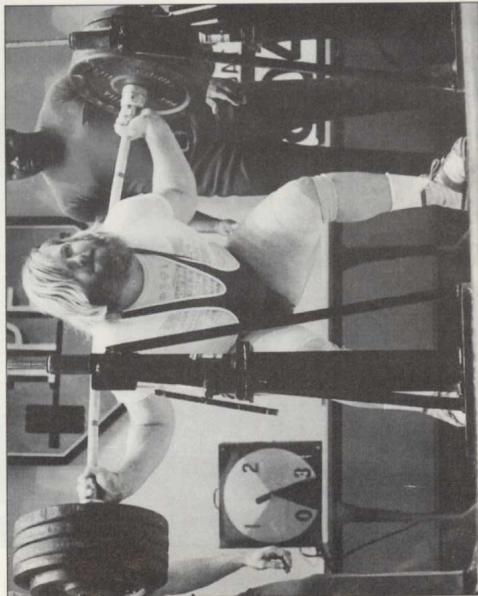
Suddenly, the crowd sat up and took notice. I was nobody from nowhere lifting bird weight, but Doyle Kenady was in my corner and my friend of Doyle's was a friend of theirs. I got a rousing cheer as I snapped the weight out of the rack and stepped back with it. The poundage felt ponderous, like a house. Doyle moved in right behind me to spot. In that eternity between the end of the set-up and before receiving the referee's command, he hissed into my ear: "Big breath. Chest up on the descent." The referee yelled, "Squat!" I unlocked my knees and inched my way down into the hole, struggling to keep my balance. If I had a blood word in me at that moment, I am positive I would have still been legally drunk. I had all the drawbacks of alcohol poisoning and none of the feel-good advantages. I fought for balance. Though I stood flat-footed on the floor, I wobbled like I was on a tightrope forty feet above the hole. I started up slow. It was heavy going down and heavier coming up: "Head back!" Kenady yelled from a foot away. I did exactly what he said. "Drive the legs!" I pushed on my legs with all my might for what seemed an eternity. Holy Moly, I made it! I had locked the weight out and I could just stay balanced until the referee gave the finish command. I wouldn't get tossed out of this debacle. "Rock it!" Whew weel! I felt a rush of exhilaration as the Doyle grabbed me in a bear hug from behind and he and the other spotters helped me back into the racks. "Good job dude!" He said. Before I could thank him he spun around and walked



Doyle's People: at the 1981 West Coast Open included, front row, left to right, Brad Coury, Doyle himself, John Horth, Dick Morton, Jeff Horth, Diane Rowell, Bill Keppler, B.W. Dunn, Marc Caplan, and Bob Sherwood; back row, Paul Wright, Bill Swigart, Bill Wright, Bill Stuck, Chris Murray, Ruthie Shaler, and Shelton Louie. (Jeff Horth photo)

master of the subtle psyche. For the grand finale, Kenady would squeeze the ammonia popper cradled in his massive right paw and thrust the nose-searing ampule under the lifter's eyes. The lifter would close his eyelids, inhale the vapors, experience the mind-clearing clarity of the pain and then listen intently to Doyle's last-second exhortations. Then, fully prepared, the lifter would attack the weight. After the lift was completed, Doyle would huddle with the lifter and advise them on what their next attempt ought to be. No exaggeration, Kenady must have repeated this procedure a hundred times at the Reno Open. Kenady was a national and world champion powerlifter, but foremost he was a coach. Sean Scully are the two greatest international powerlifting coaches of all-

All this and we haven't even mentioned his powerlifting prowess. Doyle won a listful of national and world championships and was the first man to deadlift 900 pounds 'officially'. The magnificent power prodigy, Dan Wohlbeier, actually pulled 900 in a local meet a few years prior, but Doyle became the first man to post a 900 pull in front of IPF judges. Doyle was a powermark king, with his trademark ZZ-Top style beard and stoic demeanor, he looked like a mountain man who'd come down out of the high Sierras for some supplies - changing out of buckskin breeches to powerlift a little before heading back to the cabin above the frostline. With his gargantuan deadlift he was always a threat. As a powerlifting athlete and coach, Doyle Kenady was without peer. No one can match his unprecedented dual accomplishments as an athlete and coach, given the number of national and world titles he has won in both. My condolences go out to his people and they can take some consolation in the fact that his impact and memory live on.



Doyle squatting at the '74 IPF World Powerlifting Championships. (Jim Pope photo)

TRAINING

A Revolutionary Approach to Powerlifting 3x3 - Part 6 - The Annual Plan #2 (July - November)

as told to Powerlifting USA by Stephan Korte

This article will explain the second half of a detailed annual plan. The first half lasts from January until July. It consists of completed 8 week cycles and will be followed with a maximum test. The maximum lifts will be done at the USAPL Nationals in July 1999. They are as follows: squat 775 lbs., bench press 430 lbs. and deadlift 645 lbs.

The second half of the annual plan will prepare the lifter for the IPF World Championships in November 1999. I used the USAPL and IPF calendar of events for this plan-but for no particular reason. Just modify the competition dates and the training cycle so that it will fit into your organization's event schedule.

The lifter should rest the week after the Nationals and start again with a new training cycle. The first cycle will be modified due to the specific time frame. It will last only 7 weeks: 4 weeks high volume phase and 3 weeks competition phase. The second cycle is a regular 8 week cycle.

IPF Words: November, 9-14th 1999

1. Cycle: Phase I - High Volume Phase: July 26th - August 20th; Phase II - Competition Phase: August 23rd - September 10th

2. Cycle: Phase I - High Volume Phase: September 13th - October 8th; Phase II - Competition Phase: October 11th - November 5th

with 58% of 785 lbs. = 455 lbs.; bench - 6-8 sets of 6 reps with 58% of 435 lbs. = 250 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 650 lbs. = 375 lbs.

Day 3: squat - 5-8 sets of 5 reps with 58% of 785 lbs. = 455 lbs.; bench - 6-8 sets of 6 reps with 58% of 435 lbs. = 250 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 650 lbs. = 375 lbs.

1. Cycle: July, 26th - September 10th. Phase I: Week 1-4 High Volume Phase - current maximum: squat 775 lbs., bench 430 lbs., deadlift 645 lbs. At this point the weights have to be increased a little less than before. The lifter has made great progress so far, that we cannot expect him to move on to a maximum of 800 lbs. = 500 lbs., bench 435 lbs., bench 435 lbs., deadlift 650 lbs.

Week 1 - Day 1: squat - 5-8 sets of 5 reps with 58% of 785 lbs. = 455 lbs.; bench - 6-8 sets of 6 reps with 58% of 435 lbs. = 250 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 650 lbs. = 375 lbs.

Day 2: squat - 5-8 sets of 5 reps with 58% of 785 lbs. = 455 lbs.; bench - 6-8 sets of 6 reps with 58% of 435 lbs. = 250 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 650 lbs. = 375 lbs.

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with 87% of 785 lbs. = 680 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 3 sets of 3 reps with 60% of 650 lbs. = 390 lbs.

Week 3 - Day 1: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1 set of 1 rep with 93% of 650 lbs. = 605 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1 set of 1 rep with 93% of 650 lbs. = 605 lbs.

Day 3: squat - 1 set of 1 rep with 93% of 650 lbs. = 605 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 3 sets of 3 reps with 60% of 650 lbs. = 390 lbs.

2. Cycle: September, 13th - November 5th. Phase 1: Week 1-4 High Volume Phase - current maximums: squat - 785 lbs., bench - 435 lbs., deadlift - 650 lbs. The motivation factor during the preparation for the World Championships should make it possible to aim for higher projected maximums. Notice: The increases are just slightly higher - projected maximums = 800 lbs., bench - 440 lbs., deadlift - 660 lbs.

Week 1 - Day 1: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Day 2: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Day 3: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Day 4: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Phase II: Week 5-7 Competition Phase - Considering that this competition phase will last only 3 weeks the percentages for the heavy lifts have to be modified.

Week 1 - Day 1: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 650 lbs. = 520 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 650 lbs. = 520 lbs.

Day 3: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 650 lbs. = 520 lbs.

Week 2 - Day 1: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 650 lbs. = 520 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 650 lbs. = 520 lbs.

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Day 2: squat - 3 sets of 3 reps with 60% of 785 lbs. = 470 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 1 set of 1 rep with 93% of 650 lbs. = 605 lbs.

Day 3: squat - 1 set of 1 rep with 93% of 650 lbs. = 605 lbs.; bench - 5 sets of 4 reps with 60% of 435 lbs. = 260 lbs.; deadlift - 3 sets of 3 reps with 60% of 650 lbs. = 390 lbs.

2. Cycle: September, 13th - November 5th. Phase 1: Week 1-4 High Volume Phase - current maximums: squat - 785 lbs., bench - 435 lbs., deadlift - 650 lbs. The motivation factor during the preparation for the World Championships should make it possible to aim for higher projected maximums. Notice: The increases are just slightly higher - projected maximums = 800 lbs., bench - 440 lbs., deadlift - 660 lbs.

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Day 3: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Day 4: squat - 5-8 sets of 5 reps with 58% of 800 lbs. = 465 lbs.; bench - 6-8 sets of 6 reps with 58% of 440 lbs. = 255 lbs.; deadlift - 5-8 sets of 5 reps with 58% of 660 lbs. = 380 lbs.

Phase II: Week 5-8 Competition Phase

Week 1 - Day 1: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Day 3: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Week 2 - Day 1: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Day 3: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

Week 3 - Day 1: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 1-2 sets of 1 rep with 80% of 660 lbs. = 530 lbs.

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have done this in the gym, not in a competition! If you could hit the 95% lifts easily, you should be confident enough to set new personal records in the upcoming competition.

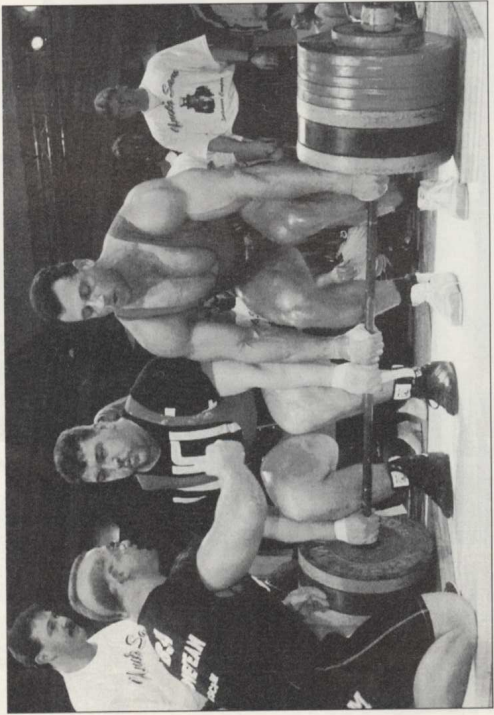
Last week before the competition - Monday: squat - 3 sets of 3 reps with 60% of 800 lbs. = 480 lbs.; bench - 4 sets of 4 reps with 60% of 440 lbs. = 265 lbs.; deadlift - 3 sets of 3 reps with 60% of 660 lbs. = 395 lbs.

Wednesday: squat - 3 sets of 3 reps with 50% of 800 lbs. = 400 lbs.; bench - 3 sets of 3 reps with 50% of 440 lbs. = 220 lbs.; deadlift - 3 sets of 3 reps with 50% of 660 lbs. = 330 lbs.

Competition - Squat: 1st 720 lbs., 2nd 760 lbs., 3rd 800 lbs.; Bench: 1st 395 lbs., 2nd 420 lbs., 3rd 440 lbs.; Deadlift: 1st 600 lbs., 2nd 635 lbs., 3rd 660 lbs.

This series will be continued in the future issues of *Powerlifting USA*. Look for Part 7: *Recovery Phase*. Until then: Set big goals, get big results.

If you have further questions, feel free to contact me. Also available for seminars: *ISP - Int. Scientific Publishing*, Mr. Stephan Korte, Lindenhof 9, 59759 Arnsberg, Germany or through this E-mail address: stephan.korte@salzburg.co.at



Ralf Gierz (left) and Michael Brugger (right) used the 3x3 training system to become two of Germany's most successful powerlifters ever. Gierz totaled 2180 lbs. at SHW and Brugger got a 2200 lb. European total record in the 275s. Both were great benchers too: Gierz with 600 lbs. and Brugger with 625 lbs.

Dr. JUDD

The Power of Purpose as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd Biasiotto has done some record breaking squats in his time.

I remember in 1983 when I first retired from powerlifting, I more or less lost direction as an athlete. I would still go to the gym to work out, but my heart wasn't in it. I didn't have any clear-cut goal or purpose for training. Consequently, I stumbled through my workouts, never really knowing where I was going and never really getting anywhere. My workouts had no intensity and I had no drive or desire. Take my word for it, not having a goal is the worst thing that can happen to an athlete or anyone else for that matter. Goals are essential to success. Without goals there is no direction, no hope, no growth. Every human being must have a purpose in his life just to stay alive.

The same can be said for an athlete. Without a purpose or an objective, an athlete is figuratively speaking, dead. When you set a goal and channel your energies toward that goal, you can tap the reservoir of power within you much easier. Without a goal in life, you cannot grow; you can't really live. Man by his very nature is a goal striving being. Thus, true success and happiness can only be achieved when he is functioning as he was made to function—as a goal-striver.

We are built to conquer, built to achieve goals. Without obstacles to conquer and goals to achieve we will never find true satisfaction in our life. When we have no goals to strive for, no meaning in what we are doing, we are apt to founder around finding life purposeless. In order to be great you have to have a purpose. You have to have something and to hope for. When you base purpose in what you're doing you're lost.

I believe this was never more evident than with Mike Tyson, the former heavyweight champion of the world. When Tyson first turned pro his goal was to become the greatest heavyweight champion ever. That goal was extremely important to Tyson. In fact, that's the only thing he ever talked about, or for that matter, ever thought about. It was his sole purpose in life. That goal kept Tyson on track. He sacrificed everything for it. He didn't drink, he didn't date, he wouldn't even leave his training camp. All he did was train. He was totally driven toward achieving his goal. In the ring he was relentless—a madman. He would beat his opponents from one end of the ring to the other. Some of the beatings he dished out were merciless.

When he claimed the Heavyweight Championship of the World at the age of twenty-one he was already considered by most boxing experts as the greatest heavyweight

Also, don't expect immediate results and don't get discouraged. Understand that Eddie Coan wasn't built in a day. Chances are you won't be either. Be patient and persistent. Remember that in sports, as in life, it's not what you start with, but rather what you end up with, that's important.

Another good idea is to develop a hierarchy of goals. Put each goal in writing. An effective and systematic way to develop your goal hierarchy is to establish primary, secondary and long-range goals. Long range goals are accomplished over a longer time span, say six months or more; secondary goals are of shorter duration, such as a week; primary goals are daily goals. Primary goals should lead to secondary goals and these in turn should lead to long-range goals. For example, let's say that your long range goal is to increase your bench press by 20 pounds in an eight-week cycle. This would be to increase your bench by five pounds every two weeks. Your primary goal would then be a weekly training regimen that would eventually lead to a five-pound increment by the end of every second week. Remember, you must be systematic about the goals. Write them down under the appropriate heading and check them off as you accomplish them. This will not only serve as a reminder of your daily routine, but it will also shape your behavior by reinforcing small bits of behavior.

Often the achievement of other goals will include a number of other considerations. On the sheet listing your goals, add a column that outlines all obstacles associated with that goal. These obstacles may include physical weaknesses, time restrictions, coaching or knowledge you must obtain, or monetary constraints.

After you have identified the obstacles to each goal, identify the people who can help you. This list may include family, coaches, training partners or experts, such as psychologists or nutritionists. Along these lines, set room for another column that identifies training aids, supplements, equipment, or knowledge that you need to succeed.

Having outlined this information, you can now construct a game plan that will help you to deal with obstacles effectively. The idea is to devise a systematic approach to reach your goals in the most economical and efficient way. With game plan in hand, all that's now required is action on your part.

Remember, merely writing a goal down does not guarantee that you will achieve it. As mentioned, goals are more than just visions; they are visions being acted upon.

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro DiPasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. Fax 1-905-372-3514. Long distance calls may be edited, however, every effort is made to retain the spirit of the original question.

DEAR MAURO: I AM AN ASPIRING STRENGTH TRAINER/COACH FROM A WELL KNOWN UNIVERSITY. I COACH SPEED SKATING, AND I HAVE BEEN WORKING WITH SOME ATHLETES IN THE AREA OF STRENGTH AND SPEED DEVELOPMENT. I AM TRYING TO FIND SOME RELEVANT INFORMATION ON SUPPLEMENTS, BUT I AM HAVING A DIFFICULT TIME FINDING WORTHWHILE INFORMATION. I FIND THE INFORMATION IN THE BODYBUILDING MAGAZINES TO HAVE TOO MUCH HYPE, AND THE RESEARCH PERIODICALS (WHERE I NORMALLY GET MY INFORMATION) ARE NOT UP TO DATE. I RECENTLY PURCHASED DR. MIKE COLGAN'S BOOK AND IT HAD SOME INTERESTING, BUT BASIC, INFORMATION. CAN YOU HELP ME FIND SOME GOOD INFORMATION?

ONE TOPIC THAT I AM HAVING A HARD TIME FINDING GOOD INFORMATION IS TRIBULUS TERRESTRIS. DOES IT INCREASE LUTEINIZING HORMONE OR TESTOSTERONE, AND WHAT IS ITS MECHANISM. THANK YOU, MAX.

Dear Max: There is no valid data available on tribulus terrestris (it's supposed to increase LH) just as there is none on many of the testosterone "boosters." The manufacturers and distributors of these products base most of their claims on unsubstantiated anecdotal information and marginal research papers (such as the effects of a compound in moths). The idea, of course, is to market the product effectively rather than prove it's effective. That's not to say that some valid research isn't being carried out, just that it's not as yet available. For example there is a study going on now trying to show if Andro-6 has any effects on the LHPTA. This study should be completed shortly.

Colgan's book was written in 1993 and while offering some useful information needs to be substantially updated. There are various sources for information. The best source are the books from CRC Press (1-800-272-7737) on nutrition and sports. I recently wrote a book for them called *Amino Acids and Proteins for the Athlete - the Anabolic Edge*. This book, with over 1650 references, would be a good source for some of the information you're looking for. I'm presently working on an opus on nutrition for the competitive athlete, but this book won't be available until sometime in 1999.

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I'd also send for Bill Phillips Sports Supplement Review (offer is in any issue of Muscle Media). It's free and contains a lot of useful information. I wrote a book back in 1995 titled the *Bodybuilding Supplement Review*. While it has a lot of useful information it's somewhat dated in that it doesn't have info on some of the more current supplements such as androstenedione. I hope that this info is of some use, Mauro DiPasquale, M.D.



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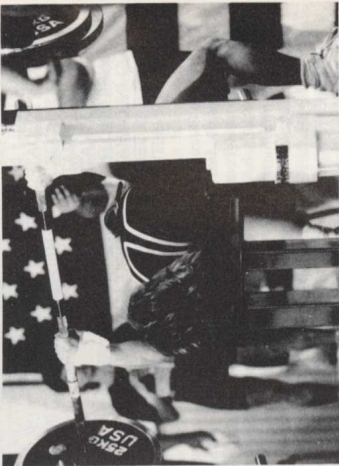


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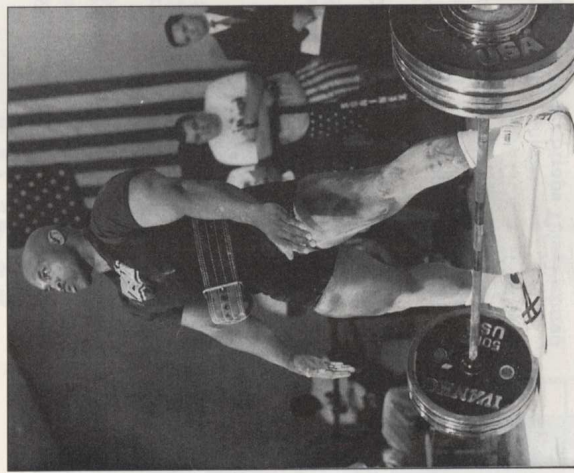
STARTIN' OUT

A special section dedicated to the beginning lifter

Murphy, that guy whose law states that whatever can go wrong will, and at the worst possible time, must have been a powerlifter. Meet mishaps have probably happened to us or to someone we know. With some planning, Murphy doesn't have to come along. You can take steps as soon as you decide to enter a meet to stop Murphy in his tracks. A well-planned outing eliminates stress, allows you to focus on performing your best at the meet and decreases the chance of Murphy making an appearance. The first step is making travel plans. Always make plans well in advance. It is much easier to make plans early and cancel them, than to make them at the last minute. Reservations can usually be canceled without penalty with as little as 24-48 hours notice. Reserving a hotel early insures you of the hotel you want in terms of location, price and amenities. Make reservations early for national peak times like Fourth of July, Memorial Day and Labor Day weekends. There also may be local events that may make finding a hotel difficult. One lifter decided to enter a meet at the last minute. Instead of making the two and a half hour trip the morning of the meet, she decided to get a hotel and stay overnight. The meet weekend coincided with a nearby major college football game. She couldn't get a hotel within 60 miles of the meet and had to make the trip the morning of the meet. If you are renting a car, you should reserve it early. This is especially important if you need a certain type of car. If you want to rent a car, you may find yourself with a smaller or larger car than you wanted. If you are using your own car, inspect it or have a mechanic do it for you. It's a shame to miss a meet because of a preventable broken belt or another minor mechanical problem. Also check the tires. Be sure to check the spare because it is no good if it is also flat. Leave early for the meet site to allow for a flat tire or getting lost. One of the worst feelings is when there are 20 minutes until weigh-in ends and you aren't sure where you are. The sooner you ask directions, the easier it will be to get back on track. When flying to a meet, it's wise to put lifting gear in the carry-on bag. This prevents you from being at the meet in Dallas while your gear ends up in Denver. Check your gear for fit and make sure it's in good condition early in the training cycle. It is especially important to check equipment for fit if there has been a change in weight. If new gear is needed, allow enough time in case it has to be exchanged or returned because overnight shipping is expensive. If experimenting with dif-

Murphy's Law & Powerlifting

as told to Powerlifting USA by Beth Bulebosh, CSCS



Veterans like Gene Bell are well prepared when they go to a meet.

ferent gear, try it out well in advance of the meet in case it doesn't give good results. Then there will be enough time to try something else or go back to the tried and true. Make sure your gear is legal in the federation in which you are competing. Something that is legal in the ABC federation may not be legal in the XYZ federation. Obtain a current rulebook, because rules change. It makes no sense to squat in the gym with a double thick squat suit if it is not contest legal. More than one lifter has been red lighted because of illegal equipment. Make a list of everything you'll need, including toiletries. Pack well in advance; rushing increases the likelihood that something will be forgotten. If packing is left until the morn-

ing of the meet, you will be rushed if you oversleep. Pack extras in case something breaks or rips. Even shoes may break and need to be replaced. People who pay attention to detail are seldom caught unprepared. Pack the most critical things first. If toothpaste is forgotten, a new tube can be easily bought almost anywhere. If a squat suit is forgotten, it will be harder to find a replacement. Murphy can appear during the peaking phase. Always train with contest rules in mind. It is difficult to predict contest lifts if the training squats are high and the bench presses aren't paused. Have a knowledgeable lifter play referee. It is a good idea to incorporate waiting for the judge's signal into training. One lifter had an other-

wise good squat red lighted because he failed to wait for the judge's signal. Warm up to prevent injury and follow safety procedures. It is unfortunate to put all that effort into training and not be able to compete because of a preventable injury. A poor lifestyle can undermine the best training plans, so make sure to get enough rest and follow a sensible diet. If you dedicate yourself to training, don't miss workouts and don't perform drastic measures to make weight your chances of performing well at the meet will increase. Everything may seem good so far, but Murphy can still make his presence felt. That proverb "better safe than sorry" can stop Murphy from throwing a clinker in things. It is unwise to try any new sports drinks or energy bars. The new food or drink combined with the stress of competition may not agree with you. One unfortunate lifter found this out the hard way and he spent more time in the restroom than on the platform. It is difficult to concentrate on lifting or to perform to your potential when your stomach is upset. Heading the other proverb about not changing horses in midstream is another way to keep Murphy at bay. It is unwise to change gear at the meet. You can always try the Ultra-permag knee wraps at home. If they work out, you can always use them in your next meet. A new lifting technique, no matter how good it seems, should not be tried at a meet. Altering form can lead to injury, because muscles may not be accustomed to being worked in that manner. One lifter widened his squat stance at a meet and strained a muscle. Start in the gym with light weights and gradually work up to heavier ones. Keep your guard at the meet so Murphy doesn't appear. Select attempts wisely. A successful opener is a tremendous confidence booster. When deciding between two weights, it's usually best to go with the lighter one. You can always take a big jump for your second attempt. The purpose of the opener is to get you in the meet, not to break any records. One lifter opened too high in the squats and he bombed. It was unfortunate because he drove 4 or 5 hours to get to the meet. Check totals while lifting. It's disappointing to find out if you would have only gone for 20 more pounds on the deadlift, you could have qualified for a national meet or set a record. It's also a good idea to keep an eye on opponent's lifts to prevent losing out on a best lifter award. With some planning and the advice in this article, meet day can be an enjoyable experience and Murphy doesn't have to tag along.

WORKOUT

of the Month

Ann Leverett's Deadlift Training

as told to Powerlifting USA by Ann Leverett

In past years I over-trained the deadlift, managing to win contest because of my genetics. Recently I have changed my style of training and at the age of nearly 45 am stronger than ever. The deadlift has greatly improved in the past two years.

I have won 10 USPF Senior Nationals, 2 USPF Master's Nationals, 3 APF Senior Nationals and 2 WPC worlds. I presently hold the USPF Master's American record in the deadlift at 347 lbs. @ 97 lbs. weight class and 370 lbs. @ 105 lbs. Also, the 347 lbs. deadlift was done in the 1996 IPF Worlds for which I won the gold medal. I have previously held IPF Master's World Records in the deadlift, at 97 lbs and 105 lbs.

The main points in this new training program are to train heavy and intense every workout, doing very few sets and reps and getting a lot of recovery time between workouts. Remember your goal is always to lift more weight than you did previously.

Pre-Contest Cycle

Workout #1 - warm up to 3x270

Workout #2 - warm up to 3x275

Workout #3 - warm up to 3x280

Workout #4 - warm up to 3x285

Workout #5 - warm up to 3x290

Workout #6 - warm up to 3x295

After the last workout you would have about 10 days before the contest in which you should rest.

Non-Contest Training Cycle

Workout 1: 5x135, 4x165, 3x200, 2x215, 1x225, 5x240

Workout 2: 5x135, 4x165, 3x205, 2x220, 1x230, 5x245

Workout 3: 5x135, 4x170, 3x210, 2x225, 1x235, 5x250

Workout 4: 5x135, 4x170, 3x215, 2x230, 1x240, 5x255

Workout 5: 5x135, 4x175, 3x220, 2x235, 1x245, 5x260

Workout 6: 5x135, 4x175, 3x225, 2x240, 1x250, 5x265

Rest time should be 3 to 5 minutes between sets.

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



Ann Leverett's new DL program has made her stronger than ever!

To increase by 5 lbs. If you only get 4 reps then next workout you should stay with the same weight.

The pre-contest cycle consists of eight weeks of training where you need to start doing triples instead of five reps. The rep sequence for contest training would be as charted.

This cycle should put your max at 330. At the contest your attempts would be: 300, 315, 330.

When you deadlift, you should stand behind the bar with your legs about 6 inches from the bar. When you squat down to grab the bar your knees will go forward over the bar on your lower back for about 5 to 10 minutes helps to speed up recovery time.

If you have any questions, I would be glad to answer them or help you anyway I can.

Ann Leverett
2326 E. 43rd St.,
Savannah, GA 31404

INTERVIEW

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

MR. PAUL WRENN as interviewed for PL USA by Fred Rice

Paul Wrenn is a name familiar to everyone associated with powerlifting. His pictures have appeared frequently on the pages of this magazine, including the March, 1999 issue where he is seen on page 24 setting up for a successful 942-pound squat at the 1981 World Championships in India. In this interview we talk about the past, the present, and the future of one of the all time great superheavyweights.

Paul not only lifts recreationally, but lifts in connection with his work as an evangelist. He regularly gives lifting and strength demonstrations in order to get the attention of his audience, and to illustrate spiritual truths. I can bear witness to the fact that the room was packed and everyone was captivated by one of these exhibitions at the USA Powerlifting Masters Nationals a couple of years ago. Paul does a good deal

North Carolina. My grandfather was a professional long distance runner, but employed weightlifting in his training. This, of course, was very unusual in those days. Since he used to get Strength & Health and the old Iron Man magazines, I started reading these. My goal at first was to look better, and I was successful at this, but the longer I trained the more I became interested in strength. Paul Anderson had just broken on the scene when I was young, and not only did I read about him, but I got to see him in person, and he greatly inspired me. I gave up on looking pretty, and pursued my goal of strength!

When I got out of the Army at 21 years of age, I only weighed 185 pounds. I started competing after I was married, and by that time had put on enough weight that I

started lifting, and how old were you at the time? I started working out when I was 13 years old. My grandparents raised me in Burlington,

PROFILE: AGE: 51. JOB: Christian evangelist for the past 21 years. INTERESTS: Powerlifting; reading, gardening, HEIGHT: 5'11", 10 inches. WEIGHT CLASS: 319-lb superheavyweight. TRAINING WEIGHT: 310.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME? **PW:** I started working out when I was 13 years old. My grandparents raised me in Burlington,

After spending several years in the Army, Paul married Barbara, who teaches history and math at Bible Baptist Academy in Clarksville, Tennessee, the Wrenn's hometown. They will celebrate their thirtieth anniversary this August. After their

marriage Paul worked his way through Mid South Bible College and Tennessee Temple Seminary. He is currently working on a doctor of ministry degree at the latter institution.

of prison ministry, and speaks frequently in churches and at camps. He says that people like to joke about him having "a captive audience" at the prisons, but, in fact, prisoners do not have to attend. Since lifting is very popular in prisons, he uses this as a means to attract an audience. Paul says that his goal in all of his appearances is to proclaim the Gospel of salvation from sin through faith in Jesus Christ.

Paul Wrenn is a name familiar to everyone associated with powerlifting. His pictures have appeared frequently on the pages of this magazine, including the March, 1999 issue where he is seen on page 24 setting up for a successful 942-pound squat at the 1981 World Championships in India. In this interview we talk about the past, the present, and the future of one of the all time great superheavyweights.

competed in the 242 class, although it was a while before I reached the limit of that class. Shortly thereafter I found that I was hauling to cut weight to make 242, so I decided to go super-heavyweight. In those days there was no 275 class, and I competed as a very light super. In fact, I went to the World Championships in 1972 in Harrisburg, PA at 268 lbs., and lifted against Jim Williams, John Kuc, and Don Reinhardt. This was the year that Jim Williams benched 675. It goes without saying that I grew into a full superheavyweight, and did my best lifting weighing 340.

FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?

PW: Prior to getting involved in powerlifting, I was an All South Olympic lifter in the 242 class. I snatched 300 and cleaned and jerked 369. As far as powerlifting is concerned, at the 1974 Seniors I took second place. In those years there was only one powerlifting organization in the United States. In 1975 I took first in the Junior Nationals. In 1977 and 1978 I was once again second in the Seniors. Then I won the Seniors in 1979 and 1981. At the '81 meet in Corpus Christi, Texas, I had my best total ever - 2342 - with a 975 squat, 540 bench, and 826 deadlift. In 1981 I won the World Championships. As a masters lifter I have been National Champion 12 years in a row. Someone said to me, "you can't go on winning indefinitely." My response was, "Why not?"

FR: WHAT ARE YOUR BEST LIFTS?

PW: My best lifts ever are 975 squat, 540 bench, and 855 deadlift. As a masters lifter my best lifts are 826 squat, 410 bench, and 710 deadlift. I did not compete for a number of years. When I did come back, as a masters lifter, I did not notice too much change in my strength, but I must say that since I have turned 50 I notice a bigger difference.

FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADPPA)?

PW: I got involved with the ADPPA when I turned 40. My first national meet in this organization was the National Masters in Mississippi. Before the lifting began, Brother Bennett approached me, and handed me, in



Hoisting the trophy he won for his 2342 total.

the presence of the other lifters, a record application. He said, "You'll probably need these. And I did."

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

PW: Many guys that I competed with are not with us anymore, and I believe that in some cases this is because of the side effects of drug usage. I made a commitment to drug free lifting when I came back as a masters competitor, and I will only lift under drug tested conditions. My theory is that I can beat a guy in my division, but I can't beat his pharmacist. I believe that out of meet testing is great, and is the only answer to the drug problem, but I have heard that there are designer steroids that cannot be detected.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

PW: The only supplements I take regularly are creatine and vitamins. I especially believe in vitamins because of all the traveling that I do, and the effect this has on my diet. I injured my shoulder this past year, and to aid the healing process I have been taking glucosamine, at the recommendation of Joe Hood. As far as diet, I try when I'm pushing real hard to get a little more protein than usual. I have a slight problem with diabetes. I take a pill for it, and I try to keep my carbohydrates lower than I used to, especially the simple carbohydrates.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

PW: I still enjoy competition, it's fun, and it's especially fun when you win, but I am also very motivated because the competition helps my ministry. So, I still work out pretty hard. I've won a National Masters title for twelve years in a row, then I drop back and do five goal is one more. I squatted 661 recently, and I'd like to do a little more.

FR: WHAT IS YOUR TRAINING PROGRAM?

PW: I squat on Monday, bench on Wednesday, and deadlift on Friday. In the squat I do the first 6 weeks of my 12 week cycle without any equipment, except a belt. I use a loose suit for a couple of weeks, and then I wear a light suit for the last 2 to 4 weeks. I only use wraps for the final 2 or 3 workouts. I do not use high reps, but stick mostly with triples, working up to one heavy set each workout - a triple, a double, or a single, depending on where I am in my cycle. Then I drop back and do four sets of triples in the box

strugs and bent rows.

For assistance I do some stiff legged deadlifts. I bench press on Wednesday. The biggest difference in my training program now, as compared to when I was younger, is the way I train the bench. I have modified this because of my shoulder injuries. I am using some of Louie Simmons' ideas, but have modified them somewhat. I go up to a heavy single every workout, but it is not an absolute max weight. Then I drop back and do five triples with competition grip, and then four triples with a close grip. I use lighter weights in these sets. I get a good workout, but do not stress my shoulders. I cycle the weights in these sets, adding about five pounds per week. I rest for about 60 to 90 seconds between sets. I will also do a few lockouts, just to get the feel of the heavy weight. As far as assistance work, I have been adding some rear delt work recently in order to strengthen my shoulders. I use an exercise that Louie Simmons recommends, where you use the lat pulley machine, and pull toward your face. I might do one or two sets of curls. In my Friday deadlift workout I usually do 6 sets of 2 to 3 reps, which I cycle, moving the weight up a little bit each week. For assistance I do some



Mr. and Mrs. Paul Wrenn of Clarksville, Tennessee. (M. Lambert)



Paul Wrenn squatted his personal record 975 pounds as a Superheavyweight at the 1981 Senior Nationals held in Corpus Christi, Texas.

TRAINING

How to Increase Your Total as told to Powerlifting USA by Tim McClellan



Tim McClellan coaching Rich Wenner

WARNING - Failure to read this article and take the information to heart could be detrimental to your competitive success. Your opponents are looking for ways to beat you and they are probably reading this piece. Further, you might even suspect it's a New Year's resolution of theirs to hammer you. You better keep up your progress! Continue on.

WARNING #2 - This article is common sense based. Do not let the common sense of this article put you to sleep. As a strong willed and strong headed powerlifter (strongwilled in your sport) you could easily say, "I know that stuff. I don't need that. Tell me how the champions train, that'll help me."

The fact of the matter is, common sense is just what you need, not the champion's routine. In fact, it's been said, "the unique thing about common sense is, it's not truly common". Indeed a dose of it will do more for your total than any dose of andro. Continue on.

TAKE THE QUIZ! Complete the following quiz. If you get the correct answer Powerlifting USA will send you and 8 friends on an all-inclusive... Continue on anyway...

Powerlifting contests tell us?

a. One's maximum amount of strength on the squat, bench press, and deadlift.
b. Who is the strongest lifter in each class.
c. If you have gotten stronger since your last contest.
d. All of the above

GRADE THE QUIZ - If you answered this question with any of the listed answers you could probably benefit from reading the rest of this common sense article. Fact is, none of the answers are close to being correct and the following information could help your total greatly.

WHAT POWERLIFTING IS - Powerlifting is a wonderful activity. I'd love to call it a wonderful sport, but once heard that in order for an activity to be called a sport it had to include running during some part of the training process. Other than those who are running from their wives or running from the refrigerator I haven't seen too much running in my 20 years of lifting and coaching.

Back to what powerlifting is. It's a test of the will, the spirit, the heart. It's an under-published, under-recognized endeavor that changes lives

magical in a time and era when everyone seems to look for and need magic. It's common sense, not a revolutionary new concept. It is however, aptly, and more often than not, made the difference in Rich's future meets. Continue on.

THE PROOF IS IN THE PUDING - Rich entered many meets after his first master's total. In fact, he was clearly NOT the strongest human being in his weight class in most all of the major meets he entered.

His success, however, is proof of how successful one can be when one competes appropriately, and shaves the edge that too many carry with them. Rich went on to win the IJF Junior World Championships, ADFFPA Men's Nationals, 3 ADFFPA Collegiate Nationals, the USPF ADFFPA Lifetime Drug Free National, and 10 national titles, usually not as the strongest guy in the class. He still has the memories and awards the stronger lifters never got. He simply lifted smarter and made more attempts.

WHAT IS A LIFTER TO DO?

1. **First and foremost, lift what you are capable of on meet day, at that time, under those circumstances.** (Always remember that your training successes and your personal capabilities, but lift to your current number of lifters that make all 9 attempts during one contest is probably less than two percent. This means most of your competitors are not lifting what they are capable of and that they are leaving a crack in the door for you to get through. Will you be smart enough to chip away at the rock? It's better to jump from 560 pounds to a 590 pound third attempt and make it that it is to miss 600 and get credited with 560! This is what most lifters do.

2. **Realize some days aren't going to be record setting days.** There are no better examples of this than most masters age-group lifters. Fred Glass in particular comes to mind. I've seen Fred compete for twenty-two years. At four to six meets a year, that old guy (62 years old) has gotten in quite a few meets during his masters years alone... all after a long and successful career as an open lifter. Fred understands that through hundreds of competitions that not everyone of them is going to represent personal records. Fred was a one-time 450 pound deadlifter at 123. If he tried to put a little as 5 pounds on his deadlift over 200 meets he would have tried to become a 1450 pound deadlifter! Don't we all wish!

The blessing of Fred is, he always tries his best, he always

anyone who needs it (including his competitors), he realizes some days will be better than others and he never lets interfere with his having a good time. No, he isn't a guy who is just there for the fun. At 62 years of age he told me he really thinks he has potential to set lifetime personal records! Yes, this guy is a powerlifter's powerlifter. But if he can keep trying that hard, that long, why can't everyone? Why do we have so many young lifters quitting after a few bad meets? Freddy didn't win a world title until his 40's! Go with the ups and downs and don't quit.

3. **Learn to make logical attempts, based on the accurate feel of your body.** This is something 99% of lifters do not do. Most lifters make inaccurate decisions on attempts based off emotion, the hype of their training partners and the lies you secretly want to hear to pump up your ego. They're the guys at the fraternity party who tell you to have one more beer, knowing full well you have to drive. They're fun, but watch this point either. In 1985 it was back down to 1609 this total of 1642 the year before would have easily won). It wasn't until 1986 (1686) and 1987 (1702) that we could get him proper supervision during each workout and manage the ups and downs. Rich Wenner was winning every contest he entered. It's fascinating to look back and analyze how two good, strong lifters with the same coach writing their programs could be so different. The story ends with Bill's total being 60 pounds higher than Rich's best, but with Rich having won eleven national and international titles to Bill's four. It's interesting to see that the guy with the significantly higher total won less than 40 percent of the number of championships! Moral of the story - get, friends who will tell you the reality of your ability on meet day and during training sessions. Over-inflation of your ego and capabilities only helps your opponents. Find a competent coach and enjoy the advantage Rich Wenner had.

5. **Generate realistic goals!** Most studies examining goals and achievements conclude that large percentages of athletes never achieve their goals. This either indicates a severe lack of effort on behalf of the athlete, or poor goal selection. I think with how hard the athletes work in the United States we can conclude it's faulty goal planning that hurts us. Set realistic short-term goals. Work step by step, pound by pound. This cannot be overstated. Seek quali-

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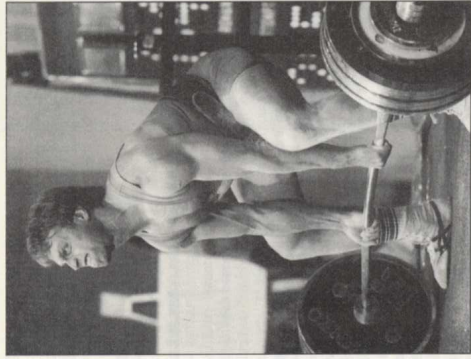
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Bill Schmidt did well under Tim's 'remote control'

1493 at 181. In 1984 he hit 1642! He really wasn't much stronger at this point either. In 1985 it was back down to 1609 this total of 1642 the year before would have easily won). It wasn't until 1986 (1686) and 1987 (1702) that we could get him proper supervision during each workout and manage the ups and downs. Rich Wenner was winning every contest he entered. It's fascinating to look back and analyze how two good, strong lifters with the same coach writing their programs could be so different. The story ends with Bill's total being 60 pounds higher than Rich's best, but with Rich having won eleven national and international titles to Bill's four. It's interesting to see that the guy with the significantly higher total won less than 40 percent of the number of championships! Moral of the story - get, friends who will tell you the reality of your ability on meet day and during training sessions. Over-inflation of your ego and capabilities only helps your opponents. Find a competent coach and enjoy the advantage Rich Wenner had.

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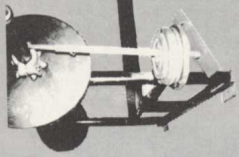
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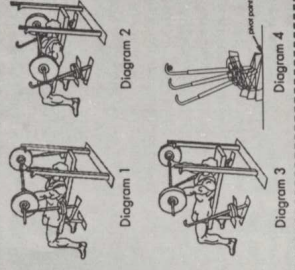
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"Skip" Gerdas, who graduated from high school with me, doing a 350 pound bent arm pullover while lying on a standard eight inch height flat bench, when he was approximately twenty years old. It was a great feat of upper body strength as he did it slowly and deliberately in front of a number of other trainees at Tony Pandolfo's Bodybuilding Incorporated Gym.

With the development of the Nautilus Pull-over, in its many incarnations, one could do the pull-over exercise without having the limitation of the arms and placing the resistance directly "against" the upper back and chest muscles as the resistance was now "attached" to the elbows instead of the hands. Without going into detail, a properly designed pull-over machine can provide the most effective training for the large muscles of the upper back and to a lesser extent, the chest and triceps. Because doing this specific exercise just doesn't look like anything one would do in a powerlifting contest (or on a football field), its use has been neglected or relegated to "another machine for the toning crowd". Like so many other things, it is a lost opportunity because it is the one machine that can provide the most effective type of muscle building stimulation for the largest muscles in the upper body. I favor the Nautilus Pull-over, especially the new ZST model and the original plate loaded model, but Hammer and others make pull-overs too that may feel comfortable and effective. Like our sleds, chains, sledge hammers, and other "odd ball" modalities, if one uses these "less than conventional" tools for powerlifting, they can be useful.

Dr. Ken Leistner
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with heavy weights, one cannot expect optimal performance on contest day. Simply put, if at some point you don't practice squatting heavily as you would in competition, don't expect to squat as well as possible or as well as your existing strength levels should allow. There are a lot of psychological as well as physiological factors that go into the three lifts too and these must be developed also. It is very difficult for most to squat with reduced weights, for any number of reps, and then load on their max PR on contest day and confidently deal with all of the "body signals" that tell you that you are getting crushed and still come up with the weight. Some can do it and, of course, some of Louie Simmons' routines are based upon using "lighter" or sub maximal weights for multiple sets of low reps, but at some point, the overwhelming majority of lifters will do better if they do skill specific work. That means they should squat heavily as they would in a contest so that they can in fact squat heavily in a contest.

That so many lifters use so many different programs and overall approaches to training indicates that there is wide individual response to training and the variables that make up training. Either everyone is right or everyone is wrong. Of course, looking at the Internet and all of the many self described "experts" out there, you would think that everyone is right except when they are describing anyone who disagrees with them as being absolutely wrong!

I prefer to think that the human organism is very adaptable. This is why there is confusion. Everyone has good results to point to, can show numerous examples of the efficacy of their philosophy, and can proclaim themselves to be "the trainer to the stars". As another of my often repeated phrases notes, the best way to judge the effectiveness of a program is by the average results for the average trainee. I would think that an Ed Coan or Bill Kazmaier, for example, can do almost any program and be great. Using them as an example of the "best way to train" is not sensible because, arguably, these are two of the greatest ever and probably would have been due to their genetics, willingness to work hard, consistency, and all of the emotional aspects that go into making a champion. In short, these two guys were the absolute top of the line and with their attitude towards training could have made anything work for them through sheer will and determination.

My philosophy includes specific skill development work, which means that we squat, bench, and deadlift. We also do variations on those as well as include, but are not limited to, squat work in the power rack, decline pressing, thick bar work in various press positions, variations on the deadlift and stiff legged deadlift, and the inclusion of some machines to allow for work that a barbell or dumbbells just won't achieve. I explained the use of the Nautilus Hip Extension machine in March and I would like to note that the most maligned and misunderstood upper body piece in any gym is the pull-over. The pull-over used to be a part of most bodybuilding and lifting programs. It was seen as a way, and accurately too, to involve a lot of muscle tissue. A barbell pull-over with bent or straight arms, though the bent arm motion was favored by the lifters and strength athletes, was limited by the amount of weight you could get off of your face, but was an effective if sometimes awkward exercise. I recall a local strongman, the late John

make one more proficient at squatting in competition, only if they "practice" the way they play? you have to do heavy low reps squats in practice/training in order to do them in competition.

While I believe both of the above statements to be true, they need clarification. If you like to do power cleans and do them efficiently, you can and do them progressively, you can and will get stronger in some of the major muscle groups that are also involved when an offensive lineman comes out of his stance and attempts to affect a block. If the lineman becomes stronger, and specifically stronger in those involved muscles, he will, other things being equal, be a better or at least a stronger blocker. However, the improvement in blocking came from the increase in strength in the involved muscles groups, not because he specifically did power cleans. Cleans are not blocking maneuvers, so one has to be careful how to interpret the result.

One will improve the squat by squatting. However, if high rep, low force squats are done, or if low rep done without using weights heavy enough to allow the athlete to do what is truly a single, double, or triple to the exclusion of enough challenging low rep work to allow for the full development of the skill of squatting

More From Ken Leistner

Vinod was, "if he stopped doing curls and took one quarter pound off of his arms and put it onto his trapezius muscles, he might be able to clean and jerk more". This is an extreme case of wanting every bit of the specific sport skills that can be as enhanced as is possible.

In powerlifting, there has long been many schools of thought regarding the "proper" approach to training and many have ignored the premise stated in the opening paragraph. When you have a sporting activity such as powerlifting, it is easy to confuse the specifics of the sport with the specifics of training, to confuse the intent of the sport with the intent of training, and to further confuse the specific research backed findings related to skill transfer as it relates to training. As noted in the March article, one of the major problems with powerlifting and "getting stronger" for powerlifting, is

that they both involve a barbell. While I have been adamant and redundant regarding the necessity of squatting, bench pressing, and deadlifting in order to learn and perfect the skills of those three movements because they make up the sport, I have also been clear that one can use other modalities or use the barbell in exercises other than the three lifts and benefit. The transfer of skills, which is an area that doesn't have a lot of guess work left to it as the body of research is quite extensive, indicates that one either practices a skill specifically in order to have a specific transfer, or you do not have a specific transfer. In weight room talk this means that a power clean is not an offensive blocking maneuver and doing a power clean will not necessarily make one a better offensive blocker. It also means that doing a squat in the weight room will

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INTERVIEW

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

GB: Pat, can you give us some information on yourself?

PH: I am 32 years old, and a full time firefighter. I also have a personal training business. I received certification through ISSA. I am 5'8" tall and weigh 230-235 lbs. I use Inzer's Z-suit, HD blast shirt and Z wraps. I also use the Marathon deadlift suit, Sofie's SST shoes and belt. I started powerlifting in 1983 and in 1985 I joined the Air Force, but continued to train and compete when I reached my first base. I competed in the APF Nationals in 1990, the AD-FPA Nationals in 1994 and the USAPL Nationals in 1998.

GB: What other sports were you involved in?

PH: Football, baseball, boxing, rugby, bodybuilding, racquetball, tennis and golf.

GB: How did you get started in powerlifting and what keeps you motivated at this level?

PH: My football coach gave me an entry for the 1983 Michigan High School Powerlifting Championships. I entered with little knowledge and no gear and placed 3rd in my weight class. I was hooked! I stay motivated knowing I can do better and win the Nationals and the Worlds. I want to be the best, and once I am there, the drive to improve my best performance will push me.

GB: Where do you train?

PH: At the Minot Air Force Base (ND) gym and my basement gym.

GB: How do you rate the current supplements on the market?

PH: There are a lot of good supplements on the market, and it is really hard to pick and choose without going broke. The things I have used that work are creatine, ephedrine/caffeine/aspirin stack, a good multi-vitamin/mineral and glucosamine/chondroitin. The jury is still out on HMB.

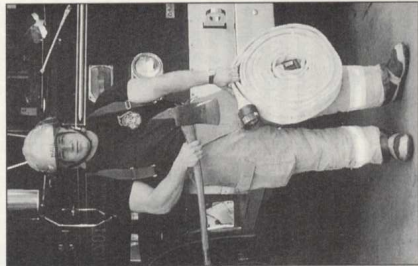
GB: What are your goals in PL?

PH: Short term, I want to win the USAPL Nationals in 1999. Long term, I would like to have several titles under my belt and do everything I can to promote the sport. I figure I will referee, coach, and put on meets. I would especially like to work with kids as a strength coach to help them excel in other sports.

GB: What's your training philosophy?

PH: I like to train consistently year round. I have found that taking time off seems to only make it

Pat Hall as interviewed for Powerlifting USA by Gene Bell



Pat Hall ... one very strong firefighter

niton, then our voices have to be as one. Some people feel that the equipment is the issue, but there are tons of sports that use equipment to further their performance. For example, track and field athletes use compression pants to aid in many of their events. So equipment isn't necessarily the issue. Maybe somebody should call Ben Weiler and see if he could help powerlifters as well. Lifters have to realize too, that if they are not part of the solution, they are part of the problem.

GB: Give us some insight into your job as state chairman for North Dakota.

PH: If there are any sanctioned meets in North Dakota, it is because I put them on. I have lost a lot of money promoting 10 lifter meets. People just don't seem to be interested. You, my fiancee, and I are the only certified judges in the state. The most successful meets are the non-sanctioned bench meets. Guess people don't feel the added hassle of meet sanction, membership cards, drug testing, and all the other stuff one must do to enter or have a sanctioned meet is worth it. Most people just want to put meets on without answering to anybody and enjoy lifting - at least in North Dakota. Besides that, some of the older guys in the state feel that they should be able to use androstene, DHEA, and whatever else comes over the counter. Part of the problem is me as well. I still like to lift, so it is hard to divert time from my family, my job, my personal training business and school to really promote the sport.

GB: What are some of the titles you have won?

PH: 1985 Michigan Teen Champ @ 198, several North Dakota Championships @ 1998, 200, 242, 1994-4th @ 1994 ADFPA Nationals @ 220, 1994 USPF Military Champion @ 220, 1995 USDF, North American Champ @ 242, 1998-5th USAPL Nationals @ 220.

GB: Anything you would like to add?

PH: I think many people look for the magic workout or the magic pill that will make them successful. The key to being successful in powerlifting is hard work and consistency.

People have to believe in themselves and their abilities more. It has been proven through science that we have only begun to tap into our potentials. No single workout will work for everybody, so once you find what works for you go for it. The supplements on the market today are only tools to help one excel, not crutches to rely upon because they don't work unless you work your body anyway. You have to remember that good recuperation and sleep will go a long way. The mind is also a major player in how you perform. I listen to motivational speakers to help keep a good healthy attitude, and it seems to help my workouts. I also believe in massage therapy and chiropractic to aid in healing. I think a lifter has to be well rounded in order to excel.

I would like to thank Mary, my fiancee, for being so supportive, Gene for the interview and for being a great training partner, and John Inzer and Inzer advance designs for sponsoring me. Thanks for the interview; it is a privilege and an honor.

Pat Hall's Deadlift Routine: Deadlift standing on 100 lbs. plates. The first few weeks, I kept it around 2-3 sets of 5-8 reps, usually 400-500 pounds. 6-8 weeks out I start moving the weight more towards a max, trying to see how much I can pull with just a belt, the closer I get to a meet. Then I will drop the weight down and pull 2-3 sets of 10-2 reps to finish platform deads. 2-3 weeks out, I will pull some heavies from the floor to see where I am going to open with, never going above the opening weight. Next, I will move the bar inside a power rack and work lockouts from the knees. Try to pull a little bit more each week, but if I feel weak, I may stop lockouts and just do the shrugs that follow. I usually try to do 2-4 sets of shrugs for 5-8 reps, using 600-700 pounds after lockouts. Next, I like to do some sort of weighted ab exercise either with a Nautilus type machine, a sit-up board with weights across my chest, leg raises, or using a cable crossover, incline bench, and something to hold my feet. I'll do weighted crunches similar to a machine Louis Simmons talked about. Next I will finish the workout with 3-4 sets of weighted hipers, and pullups or some kind of rowing movement. For a while, I was coming home after this and my squat workouts, and pulling my truck across the parking lot with a tow strap hooked to my power belt.

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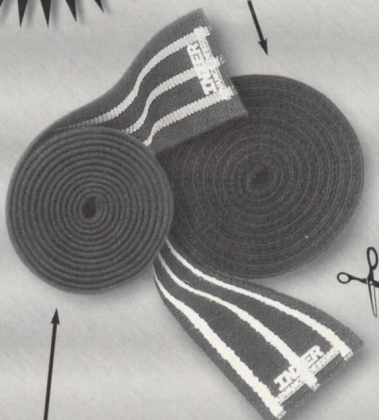
My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

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"I turn myself into a rubber band. I am ready to accept the weight and toss it back up." Ernie Frantz, World Champion Powerlifter.

An article on flexibility in Powerlifting

USA? Before you cancel your subscription thinking that Lambert has gone soft in his old age, you must know that Russian flexibility training builds superstrength and is sometimes more painful than squats! It is not the silly kind of toe touching you would find in yuppie health spas if you ever lost your nerve and left your iron pit. After I put a top powerlifter through my stretches he said he would rather squat 900 pounds any day of the week than suffer through this abuse again! So if you want to get stronger and test your pain tolerance in the process, I dare you to try flexibility drills from the empire of evil!

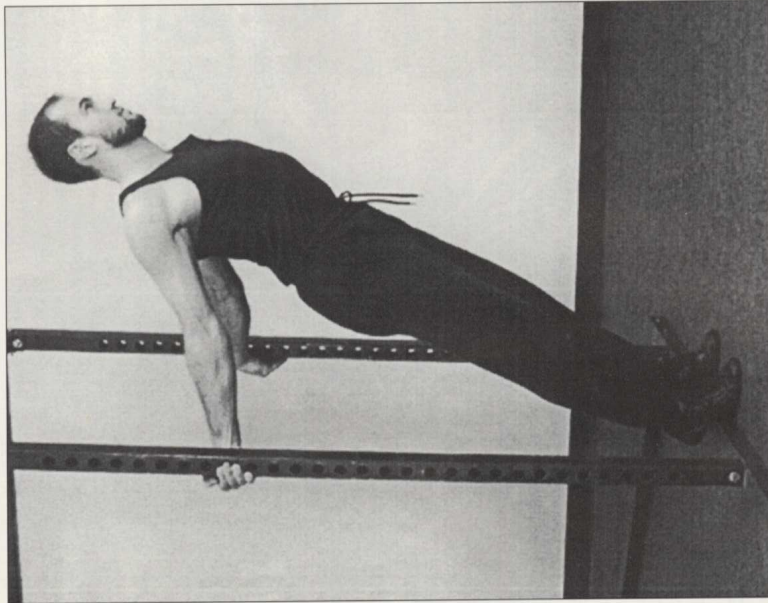
'Russian flexibility training builds superstrength and is more painful than squats!'

In Russian sports science flexibility training, or functional neuromuscular conditioning, is considered to be a form of strength training. It promotes superstrength in three ways:

- 1) an improved ability of the muscles to store tension;
- 2) a lowered sensitivity of the Golgi tendon organs, the governors of strength;
- 3) an increased activation of the muscles by the nervous system.

First of all, proper training improves your muscles' and tendons' ability to store energy, like a coiled spring. Russian research (Zakhar'yants, 1962) showed that elite athletes make a lot better use of the tension loaded into their muscles in the eccentric

Strength with Russian Commando Stretches!
as told by Pavel Tsatsouline, Master of Sports



Pavel Tsatsouline, demonstrates a shut-down threshold isometric pec stretch which boosts your bench in three different ways. (photograph provided from Scott Jacobson)

phase of the movement than the 'also-rans'. No wonder 'staying tight' is one of Ernie Frantz's famous ten commandments of powerlifting.

This dinosaur of the Iron Game knows that the key to lifting a heavy weight is the tension which you build into the muscles BEFORE the weight is lifted! To develop this ability Frantz has been practicing flexing his whole body with and without a weight for de-

cadec.

Scientific stretching will increase your tissue elasticity and sharpen your stretch reflex. You will be able to load more tension into your pecs and delts when you are lowering a heavy bench, save most of it through the pause, and uncoil with more force than ever! In one study the subjects gained 5% on their bench press after eight weeks of flexibility training of the shoulder girdle and

certain level, the shut-down threshold, the GTO recognizes that the struggle is hopeless and collapses the muscle to prevent it from ripping its tendons. You have experienced the dirty work of the GTR when you had your ass whipped in arm wrestling. One moment your biceps was shaking and very tense, the next it went to jello!

Good news: you can get a lot stronger by de-sensitizing the GTR with Shutdown Threshold Isometrics so it will need more force before it fires! This breakthrough technique involves powerful contractions of a maximally stretched muscle held through pain until the muscle starts quivering, and finally collapses. Repetitive firing of the Golgi tendon reflex will eventually de-sensitize it. By forcing yourself to perform at the limit of your ability, you will keep pushing this limit higher and higher!

'... they scream. I had to go to the gym in an old bank vault to keep things quiet.'

Beware that STI is an extreme technique which manipulates your body's protective mechanisms and there are risks involved. STI is very unlikely to injure the average Joe who operates under a great safety margin - his maximum voluntary contraction equals only around 30% of the maximal tensile strength of the tendons (Hirch, 1974). Yet this number can be much higher for an elite powerlifter, especially if he is juicing. Steroids strengthen the muscles un-naturally fast, and the tendons just cannot keep up. On a brighter side, according to Soviet data (Medkvaeder, 1986), isometrics causes noticeable hypertrophy of the connective tissues. The surface of the tendon attachments to the bones dramatically increases and adjacent muscles sometimes even develop connective tissues between them!

In addition to improving the ability of your muscles to store tension and pulling the GTR brick from under your gas pedal, Shut-down Threshold Isometrics promotes superstrength by increasing the recruitment and firing rate of your muscles through the full range of motion.

Scientists used to believe that isometrics only made you stronger at the exact angles you pushed from. Now research (Thepault-Mathieu et al, 1988) proved them wrong. While most pronounced strength gains indeed do occur at the specific training angles, there is a considerable transfer to the rest of the range of motion. More important, the closer to the stretched

position you train, the more strength you gain and the more carry over you get to the full range of the exercise! In the just mentioned Thepault-Mathieu study the subjects trained the biceps curl isometrically for five weeks. The group which trained a fully flexed biceps strengthened that position by 25% and the rest of the curl by 7%. The group which trained a semi-stretched biceps got a whopping 54% strength increase at that angle and an awesome 25% improvement for the full range of motion! Clearly, isometrics in an extremely stretched position will bring you spectacular gains in strength.

Now I will demonstrate how STI works on an example of a pec and shoulder stretch for the bench press. Are you ready for the pain? Stand inside a power rack or a wide doorway and grab the uprights level with your sternum. Send your elbows slightly, tuck your shoulders in, and pinch your shoulder blades together. Keep everything that way for the duration of the stretch.

Carefully shift your weight forward to your arms and toes until you feel a gentle stretch, like during dumbbell flies. Don't bend at the waist or hips, your torso and legs should stay in a straight line. Now, contract your pecs, pushing against the doorway, as if trying to reverse the stretch. Ease into it, taking two or three seconds to and build up the tension to the max. The latter is essential for safety: muscle pulls are caused by sudden combination of stretch and contraction. It is also essential that you apply one long, powerful, steady push - not waves or jerks.

If you pop back up whenever you are flexing, and that should not be a problem when you are deep in a stretch, change your foot position to shift more weight to your pecs. You can also have your training partner place his hand between your shoulder blades to prevent you from reversing the stretch. It is essential for safety that the spotter does not provide extra resistance, only a solid barrier to stop you from straightening up.

Breathe frequently and shallow when you are flexing - pant. Keep your abs tight and don't hyperventilate. Breathe normally between the contractions, it will help you relax.

As you recall, the idea of STI is to build up so much tension in the muscle that it buckles in from Golgi tendon reflex firing. If the muscle has not collapsed, and it may take a lot of practice before it will, release the tension after six to eight seconds with a sigh of relief and immediately increase the stretch.

Based on the data by Ivenov, maximal contractions of such length work best, yet do not let this guideline prevent you from experimenting. Maybe Bob Hoffman's old and never before activities requiring much exertion or skill. STI impairs your strength and coordination for the rest of the day. Practice fit in the end of your powerlifting workout, or in the evening by itself.

Powerlifter! Give Shutdown Threshold Isometrics a try! Not to become a 'balanced athlete', which is an excuse for mediocrities who never amounted to much in their field. Exclusively for STRENGTH!

By the way, the pec stretch is a walk in the park compared to a thigh and hip screamers in my book *Beyond Stretching*. Do yourself a favor and order a copy from Advanced Fitness Solutions, Inc., P.O.B. 65472P1.2, St. Paul, MN 55165 for \$54.95, including shipping. Remember what Dr. Judd said: 'It can make the difference between being good and great!'

Repeat the contract/relax sequence until your stretch stops increasing. Rest for a couple of minutes, shaking and loosening up the target muscles, and do another set. Russian sports scientist Leonid Matveev recommends doing three to five sets of three to five reps per workout - but these numbers are not writ in stone. Listen to your body and do not overdo it. If your stretch starts decreasing, or your

muscles start going numb, you have pushed it too far. Next time do less. The next time should be in a couple of days, even in a week, and never before activities requiring your strength and coordination for the rest of the day. Practice fit in the end of your powerlifting workout, or in the evening by itself.

Powerlifter! Give Shutdown Threshold Isometrics a try! Not to become a 'balanced athlete', which is an excuse for mediocrities who never amounted to much in their field. Exclusively for STRENGTH!

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Paul Urchick - World Champion A Story Not Told of Courage and Perseverance as told to Powerlifting USA by Fabian Wamborgans, PT



Winning a WPC World Championship - Paul Urchick, in Graz, Austria

When Herb Glosbrenner did his report on the 1998 APF Senior Nationals, he made reference to Paul Urchick's victory as well as a serious injury which occurred at the World Championships in 1995. Herb had part of it correct, because nobody knew the severity of the injury and the amount of work it took to come back as one of the premier lifters in the world.

Paul matured later than most as a national class lifter and for various reasons most obvious to me he didn't have an adequate training area as he lived in a rural area for a long time, and he didn't have the right workout partner either. Paul reached the TOP 10 in the 220 lb. class powerlifters when he was 34 years old. He finished second in the 1994 APF Senior Nationals. One month later his left tricep tore after he had benched 518 at the Seniors meet. In 1995, at the Senior Nationals, Chuck Vogelwohl, a great lifter himself, and Paul waged a fierce battle with Chuck taking an advantage in the bench press, and he held Paul off in the deadlift and won by 22 pounds.

At the World Championships October 29, 1995, Paul was attempting an 859 lb. squat for his 3rd attempt. I'm not sure what happened, but for brevity and for the sake of not pointing fingers we'll say he fell forward once the hooks from the Monolith were swung away before he was set. His left ankle buckled, his right knee went in on a 90 degree angle and the bar landed across his back, forcing him to the floor. Paul was left with a severe knee injury of which the severity

sports medicine orthopedic surgeon around, Dr. Robert Thietge, gave Paul the bad news that he tore three of the four ligaments in the knee: the anterior cruciate, the posterior cruciate ligaments and the medial collateral ligament. He also had torn the right tricep tendon (which we already knew).

Dr. Thietge's decision was to first perform surgery on the tricep tendon (11-04-95) but he had reservations on the knee because he stated if Paul wanted to continue powerlifting the procedure used could weaken the quadricep tendon. He also didn't want to use an allograft from a cadaver. Dr. Thietge stated he wanted to let the knee heal by scar tissue down. This was a blessing because a surgeon with less knowledge may have hastened to do surgery and Paul would probably never have recovered from this terrible accident. The tricep was repaired at the end of the first week. Paul was fitted with a brace for the knee. I began to go to his house every day after work and do range of motion exercises on his knee and his right elbow. Gradually the bruising and swelling subsided in the arm and leg.

With subsequent check ups with Dr. Thietge, he was able to measure the laxity in Paul's knee and he confirmed, which was obvious to us as he was slowly becoming able to walk without assistance, the knee was becoming less lax and more stable in the joint as more and more scar tissue formed. The tricep tendon appeared to be healing, but Paul continued to have severe discomfort in the elbow with certain

scarring World Meet. (Jason Wamborgans)



Below, and from left to right across both pages, is the sequence of Paul's injury at the Oct. 29, 1995 WPC World Meet. (Jason Wamborgans)

movements although he started to do light bench presses by 6 weeks. Also by this point we would go to the gym and Paul was doing what ever other exercises he could do that didn't irritate the tricep.

The range of motion had increased to the point and the knee was stable enough that I remember telling Paul "It's time to quit limping; you've just formed a habit." And I'd nag him every time I saw him limping. Soon after when we were at the gym, I told him it was time to do his first squat to a high bench and he said he wasn't able to. But I pushed him down onto the bench and he immediately jumped back up and that was the beginning of the squat return.

We analyzed his squat form and decided he had to change his technique in which he would sit back quicker and put more emphasis on his hips and buttocks. This was a little different than his pre-injury form in which his knees went more out to the side with less sitting back. This also seemed to be a blessing in disguise, because it turned out he had more power with this style.

This first squat was achieved in December 1995. Initially Paul was apprehensive and I could see him squat taking all the weight on his left leg. He was also having difficulty holding the bar because the right elbow didn't flex completely. Still by December 20th Paul had squatted 600 lbs., deadlifted 500 lbs. and bench pressed 290 lbs. Eventually he gained confidence in his squat technique and confidence that the knee would hold, and by February 1, 1996, only 4 months after the accident, he had squatted 700 lbs.

again. By March he was up to 800 lbs. In May, we decided to make a trip to Aurora, Illinois to train with Ernie Frantz and his team. Paul surprised everyone there by squatting 900 lbs. We already knew he had reached this stage. At this point he and people were shocked because they didn't think he'd be lifting again for over 2 years. However, he still had problems with his elbow which limited his bench press as well as made it difficult for holding the deadlift properly.

Paul insisted on lifting in the 1996 Senior Nationals, May 31, 1996, although I told him he wasn't ready and we shouldn't go. He lifted anyway and came in 5th place. It would have been a battle with Chuck Vogelwohl again if Paul hadn't been injured, as Chuck won easily. The tricep tendon continued to bother him, although at the World Cup in Las Vegas in August 1996 he squatted 910 lbs. and had an outstanding total.

Dr. Thietge said the only way to fix the tricep tendon was to have another surgery to make sure it was completely repaired. After the surgery August 26, 1996, Dr. Thietge stated the tendon had become detached partially or had not healed completely the first time. He had to reattach part of the tendon and muscle back to the bone.

After this surgery most of the pain in Paul's elbow and forearm was relieved and we set a training course for the 1997 Senior Nationals where Paul won his first Senior National in the 220 lb. class. Again, there was pain and swelling in the elbow, restricted range of motion, difficulty holding the bar for the

squat and deadlift and the obvious caution with the bench press. This was a terrific duel again between Paul and Chuck Vogelwohl with Paul winning on his last deadlift after missing on the second attempt and then having to wait for Chuck to take his third attempt. Paul had finally conquered the demons that were trying to keep him down! It was an exciting meet, a battle to the finish and a lesson for all to see that Paul, soul, good friends and determination can pay off.

During the course along the way he squatted 936 lbs. at the 1997 National Masters meet at 220 lbs. as a guest lifter, which was second of all time to Ed Coan's 964. Paul also squatted 960 weighing 228 in a small meet at Frantz's Gym in April 1998. He also benched 507 and eventually deadlifted 760 in different meets. During this whole time Paul endured a lot of trial and error trying new techniques, suffered a lot of pain, and battled apprehension and disappointment.

Many times the only spotters were myself and Maria and I remember one day the third person was an aerobics instructor. There I am with two women and Paul is squatting 880 lbs, cautiously taking it out of the rack, backing up, squatting and re-racking. (We didn't have a Monolith). Talk about perseverance! Although the times we trained at Frantz's Gym and Black's Gym we had great help and encouragement, but it meant a lot of driving.

The journey continued at the 1997 World Championships in Blackpool, England where Paul was still having intermittent trouble with his elbow in the bench press. He

inexplicably missed the 903 squat that he needed and only got his opening bench; Paul lost again by 11 lbs., this time to Kevin Hammon from Great Britain. This was another disappointment but only fueled the fire to continue to fight.

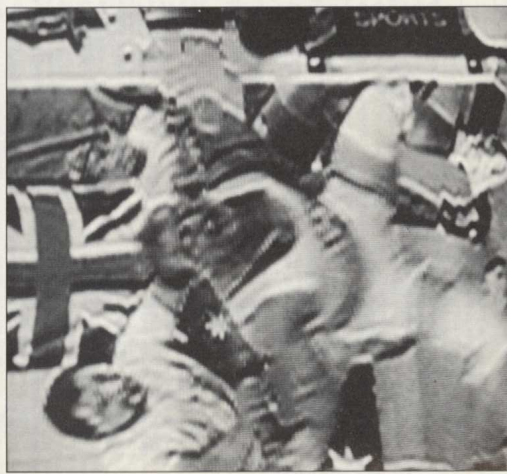
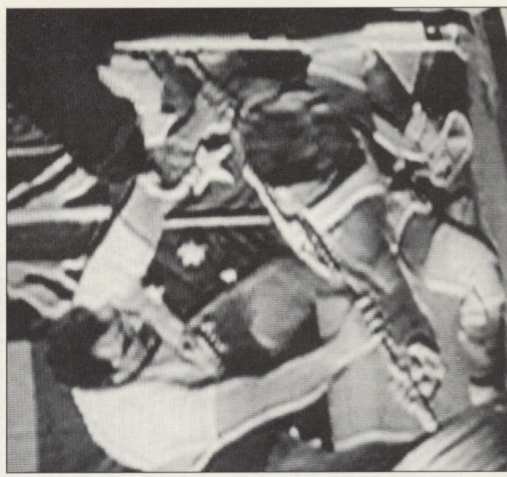
With 1998 approaching, we reviewed the training and set goals for the next Senior Nationals. A few weeks before the Senior Nationals Paul was informed that Chuck Vogelwohl had been injured and unable to compete. So at the last minute Paul decided to lift in the 242 lb. class weighing approximately 226 lbs., and he won his 2nd Senior National Championship.

The next goal was the World Championships in Graz, Austria in November 1998. The circumstances were not ideal due to the long travel and the shock of an attempted takeover of the lifting federation, but Paul was able to win his first World Powerlifting Championship at 39 years old. The total was 2137 - not his best - but weights were selected with caution to secure the victory.

Early 1999 - as we discussed finally attaining the World Championship - we agreed - no let downs. We decided to change the training routines and are both excited and looking forward to attaining new goals. At this point Paul is more injury-free than at any time since 1994.

The best part of attaining these lofty goals is that Paul and I have become close friends, the kind you only have once in a lifetime.

Fabian Wamborgans



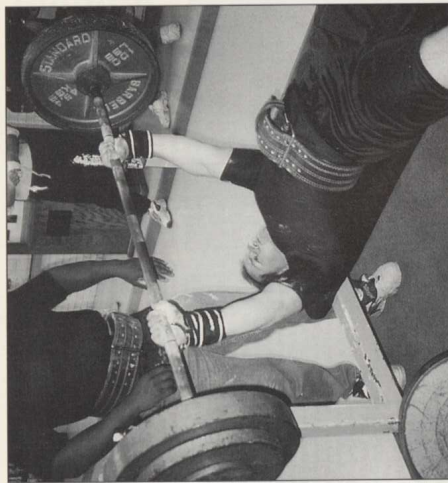
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Left... Benny Hutchison equals his PR with 330 for 1st place in the 181s at the March Madness BP/DL, while above Shawn Hawkins (left) 1st at 220 in the Bench with 355 and in the Deadlift with 500 (both PRs), hoists his awards next to training partner James White, who also got a PR in the Deadlift, winning the 242s with 600. (photos by Darrell Latch)

but a fourth with 410 was out of the groove. Hey, second pr of the day, taking the 220s with 300 on the bench. Com claim (shout out) and pulled pulling an easy 600 for his second attempt for another personal best. Darrell Latch finished with a personal best 220 (even though it was a sumo deadlift and not a real deadlift) to win the submas- 475, taking the master 2 and 275 class. Thanks to the ladies, John said at least it was more than his PR. Darrell Latch for providing these contest results) lifting partner (I could do). Shawn features get the.

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- 1 MAY, Fitness Unlimited Bench Press, Fitness Unlimited, 121 7745, East Main St., Lock Haven, PA 17445, 570-749-4164
- 1 MAY, APF Ohio State Meeting, Don Graham (days) 740-454-5580 or Brent Tracy (even) 740-452-8801
- 1 MAY, NASSA Arkansas State PL/BP, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, Danylobo@aol.com
- 1 MAY, Prairie State Challenge (Curl/BP/DL) & NPU Qualifier, Tim Piper, WIU, Brophy Hall 221C, Macomb, IL 61455, 809-298-1784.
- 1 MAY, AAU Tennessee State Open Peshah Rd., Henderson, TN 38340, 901-989-1098
- 1 MAY, Police Bench Press (non-sanctioned), Montreal Ron Cormier, 514-939-8482
- 1 MAY, APF BP Nationals/World Strict curl (Durham, CT) APF, Box 491-7962, apa@powerl.com
- 1 MAY, USAIP, Powerlift 99 BP, DL, & vhechioner BP - Empire State Plaza Convention Center, Ned Norton, Box 5427, Albany, NY 12205, 518-453-9205
- 1 MAY, MDSA Go for the Gold National, Darwin Jacobson, Box 1031, Willmar, MN 56201
- 1 MAY, Red Baron BP (Coming Community College), Deb Prutsman, CCC, 1 Academy Dr., Corning, NY 14830, 607-962-9476
- 1 MAY, USAIP SC State PL/BP (Laurens, SC - women, men, Jr., sub-master, master, class II) Dan Lark, 601 Hayward Ave., Lenoir Park, SC 29664, 864-369-9304, larkd@out.com
- 1 MAY, AAUT Teenage State Meet, Paul Bossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-333-1454, ext. 239 or Ben Zak 919-453-6116.
- 1 MAY, USAIP, Rock City Meet (Detroit) Mike Lawrence, 117 W. South Blvd., Troy, MI 48068, 248-813-9866.
- 1,2 MAY, AAFP Nationals (Chicago), Ill) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
- 2 MAY, USPF Region 4 & West Virginia State BP, Don Jeffrey, Box 231, Parkersburg, WV 26102, 304-469-2428
- 2 MAY (new date), 6th NPU Florida Natural (Orlando) NPU, Box 142347, Fayetteville, GA 30214, 770-596-9416,
- 2 MAY, USAIP, Wisconsin State BP, Muscles & Fitness Gym, 9509 E. Washburn Ave., Wauwatosa, WI 53704, Ford Sports, 608-249-2277
- 3 MAY, USAIP, Indiana State & Iron Dug Open BP, Mike Overdeer, 124 W. Van Buren St., Columbia City, IN 46723, 219-844-7575
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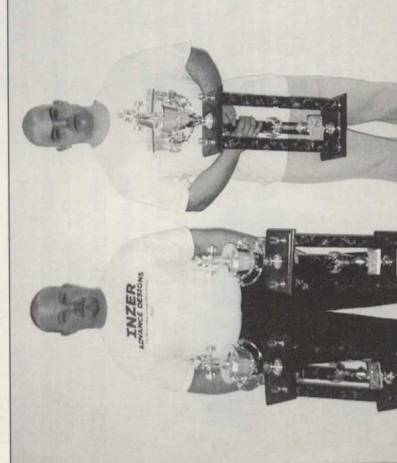
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BENCH	DEADLIFT
J. Sheal 500	Submaster 520*
B. Russell 220*	Master (50-59) 475
B. Hutchinson 330	D. Latch 240 lbs.
C. Wicheid 320	J. White 340 for a fourth attempt. Craig Weckle was perfect with three for three lifting, ending with 320 for win
S. Hankins 355*	D. Latch 475
M. Luster 395	D. Latch 475

*Personal record. The March Madness Bench Press/Deadlift Classic was held once again at the Cross County Mall in Mattoon, Illinois on February 6, 1999. This marked the fifteenth year for this event and its longevity is due to the continued support of the Cross County community, which is always appreciated. In the bench press competition submaster winner John Shea won best lifts and best pr on the day. John changed his mind and went for a second day to experiment, since he really didn't have any competitors. Brian Russell set a new personal record in the teenage division with 240 lbs. for the first time. Craig Weckle was perfect with 340 for a fourth attempt. Craig Weckle was perfect with three for three lifting, ending with 320 for win and 355 for his third attempt. Maining only a fourth with 375. And at 242 million Luster returned to competition for the win with an easy 395 after struggling with his second attempt. Will looked good for 420,



Coming Events

- Glenn Dale, MD 202769, 202-224-2124
- 8 MAY, USPF, Georgia State, Curtis Leslie, Box 500864, Atlanta, GA 31150, 9520
- 8 MAY, USAIP, Michigan High School/Tenage, Bruce Edwards, 2359 Grove Park Rd., Fenton, MI 48830, 810-750-9673
- 15 MAY, USAIP, Texas State PL/BP, Johnny Cochran, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
- 15 MAY, USAIP, Alaska State, Larry Malle, 4031, Tahoe Dr., Anchorage, AK 99515, 907-845-1464
- 15 MAY, AAU Northeastern Regional International Qualifier, Bruce Lynch, 165 International Qualifier, Taunton, MA 02780, 508-823-5729
- 15 MAY, USAIP, South Dakota State, Steve Hilton, 2983 Ind. Ave., Aberdeen, SD 57401, 605-226-2780
- 15 MAY, 3rd Bickdel of the Bad Boy Health Bench Open, Mike Farmer, Boy Health Medical Center, 21 West Clark Ave., Box 199, Millard, DE 19963, 302-424-5632 (12:30-8pm)
- 15 MAY (corrected date), AAUPC NU Open (raw & assisted, all div.) Tony Genelli, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
- 15 MAY, USPF, New York State / Region 1 Bench Press Championship, Mark Becht, 8723 Versailles Plank Rd., Angola, NY 14006, 716-549-3952
- 22 MAY, King of the Beach BP (Pensacola Beach) Chip Holston, Chip's Gym, #7 Harbourtown, Gulf Breeze, FL 32561, 850-934-4734
- 22 MAY, Budweiser presents Night of Power - City Oasis Night Club (early weigh-ins, no one under 21, D.J.) Bob Moore, 8 Park Lane, Norton, MA 02766, 508-222-3644
- 22 MAY, USA PA State Open, Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442
- 22 MAY, Raw Blester Tri-State Bench

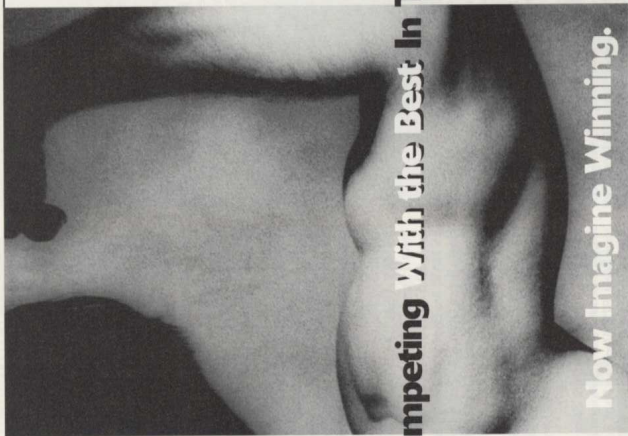
- Tahontevilla, 315 Irene Way, Stonevavilla, MD 21166, 410-643-9520
- 15 MAY, USAIP, Michigan High School/Tenage, Bruce Edwards, 2359 Grove Park Rd., Fenton, MI 48830, 810-750-9673
- 15 MAY, USAIP, Texas State PL/BP, Johnny Cochran, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
- 15 MAY, USAIP, Alaska State, Larry Malle, 4031, Tahoe Dr., Anchorage, AK 99515, 907-845-1464
- 15 MAY, AAU Northeastern Regional International Qualifier, Bruce Lynch, 165 International Qualifier, Taunton, MA 02780, 508-823-5729
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- 15 MAY (corrected date), AAUPC NU Open (raw & assisted, all div.) Tony Genelli, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
- 15 MAY, USPF, New York State / Region 1 Bench Press Championship, Mark Becht, 8723 Versailles Plank Rd., Angola, NY 14006, 716-549-3952
- 15 MAY, West Penn Iron Men Meet, M. Komo, Powerlifting Coach, Box 99901, Pittsburgh, PA 15233, 412-761-1955 ext. 267
- 15 MAY, 17th USAIP, Viking Open (men, women, teen, Jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
- 15 MAY, MDSA S. Dakota State/Open (Millbank?) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 15 MAY, Cross County Pull BP/DL

1999 Senior National Powerlifting Championships
 www.USAPLNATIONALS.com
 St. Louis, Mo
 July 16th - 18th

See Garner, Will & Tim Taylor, Hopper, Austin, Rick's, Benamartin, Harris, Douglas, Lubin & Campbell defend their National titles! Call now for your entry or meet packet! Make reservations now!

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- Friday & Saturday, June 25-26, 1999 York Barbell 2nd Annual IPA Hall of Fame World Powerlifting Championships IPA Sanctioned Event
- Sunday, June 27, 1999

Bob Hoffman Strongman Challenge: Truck Pull, Farmer's Walk, Dumbbell Hold, Loading Event
Stand-up Arm Wrestling Contest
AAA Sanctioned Event

Meet Legendary Strength Athletes!

- Sunday, June 27, 1999 Hall of Fame Induction Ceremony
- Mark Cameron
- Hugh Cassidy
- John Gamble

Also invited are last year's inductees: Bill Kazmaier, Vince Anello, Larry Pacifico, Don Reinhardt, Ruthe Shaler, Bev Francis, Mary Jeffries, Anthony Clark

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Website: www.yorkbarbell.com / Email: info@yorkbarbell.com

2nd Annual Spirit of York
Strength Spectacular!
June 25-27, 1999



Press Classic (men, women, police, fire, military, open, masters) Wolfgang's Gym, 3517 Courthouse Rd., Richmond, VA 23236, 804-276-0405, wvolh@compuserve.com
22 MAY, Greater Strength II Christ Centered Drug Free Meet, Doug Weddespoon, 55 Teague Rd., Marshall, NC 28753, 828-683-5512
22 MAY, USAPL Rocky Mountain States, Bill Davis, 1800 Garnett Way #19, Pocatello, ID 83201, 208-233-7115

22 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

22 MAY, IPA World Tour BP / DL Championship (over \$6,000 in cash prizes) Ray Carey, 215 St. Jean, App. 302, Ange-Gardien, P.Q., Canada, JOE IEO, 450-293-1659
22 MAY, Blue Ridge BP/Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiff@aol.com.
22.23 MAY (New Date), WABDL Budweiser World Record Breakers BP/DL Double Tree Hotel - Tri Cities/Pasco, WA Gas Redwisch, Box 5292, Bend, OR 97708, 541-389-0600.
22.23 MAY, USAPL National Masters, Mike Ripplie, 383 Arie St., New Orleans, LA 70005, 504-828-5205.

23 MAY, AAU Pennsylvania St. BP (new & assisted - all divisions) Bob Vermer, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620
23 MAY, Ohio Open Spring BP/DL (men, women, masters) Power Station Gym, 1821 University Blvd., Middletown, OH 45202, Rick Ruether 513-386-9134
26-30 MAY, IFF Women's Worlds (summary)

26-30 MAY, 2nd APF Florida State Open, Kieren Kidder, 116 W. Orange Ave., Daytona Beach, FL 32118, 904-238-3527
29-30 MAY (new date), WPA International Unity Meet (all fed. national membership) Bob Johnson, FL 33927, 941-697-7962, jone@aol.com
30 MAY, Double Masters Meet (DL BP, PL, Iron Strong), 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
5 JUN, WEPDF Superwoman National Qualifier II PC, BP, DL (one of all three for total) Thunderbolt Sports Center, Indianapolis, IN 317-697-7656
5 JUN (new date), USAPL YMCA Bench Press Challenge III (novice, teen, women, police & fire, open, master)

Brad Klinger, 40 Summer St., Kingston, NY 12401, 914-339-4865
5 JUN, Indiana Open II BP/DL Classic (Indianaapolis, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
5 JUN, MDSA Scoot to the Loot SQ, BP, DL (Esko, MN) Darwin Johnson, Box 1031, Willmar, MN 56201
5 JUN, U.S. Open BP (men, women, jr. submaster, master, notice - deadline -5/22/99) Louie LaPoint, 337 Roebury St., Keene, NH 03431, 603-352-8590
5 JUN, USPF South Texas (open, beginner), 40-49, 50+ submasters (open men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin,

KIERAN KIDDER'S HUGE IRON PRODUCTIONS INC. 1999 LIFTING CALENDAR

MAY 29th - 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 Monberg)

AUGUST 8th, APF BENCH BASH FOR CASH (Lewiston, Maine)

SEPTEMBER 17th, 18th, 19th - AWPC 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

Natural Victor's Crown Bench Press (high school, teen, raw, women, open) submasters, grandmasters, sculpting awards - local TV) Brian Miller, 218 William St., Cumberland, MD 21502, 301-777-0644

12 JUN, APF/AAPF Iron Island Bench/Deadlift Classic, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11570, 516-594-9014

12 JUN, USPF Region III (GA, FL, AL, NC, SC, TN - men open/novice, women, teen, masters) Ann/Earl Leventz, 2326 E. 43rd St. Savannah, GA 31404, 912-232-4575 (nights/weekend)

12 JUN, IPA Low Country Push/Pull, Fibby 4A's - Max Muscle, 5101 Ashley Phosphate Rd., #149, N. Charleston, SC 29418, Floyd & Bertha Powe, 843-875-1434, kyonita13@aol.com

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

12 JUN, Immaculate Heart of Mary Festival BP/DL, Ron DeAnicks, 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, APA Southern States PL, BP, DL (Deer Park, TX) Scott Taylor, Box 33927, El Jobean, FL 33927, 941-697-7962, apa@aol.com

12.13 JUN, NPUMen's & Women's Sr. Nationals (raw & assisted - qualifying totals - Baltimore, MD) & Police/Fire/Military Nationals, NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnsp@aol.com

13 JUN, Eastern Regional Bench/Curl, Brian Washington, Box 20042, Baltimore, MD 21284, espower@ballistic.net

13 JUN, 5th APF Freedom Hill Outdoor Bench Press & Deadlift Classic (men/women open, teen, junior, submaster, master) Dan DeFalco, 19641 Volland, Roseville, MI 48066, 810-294-7085 site open only.

18-20 JUN, (NEW DATE) USAPL Team/Jr. Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

19 JUN, USA "RAW" Bench Press Federations Summer Nationals (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

19 JUN, 3rd U.S.T.A. Grant A. Wish Chanty Bench Press (men, women, teen, masters), special olympics, police/teen, troop) Trooper Arnd C. Hansell, LSTA troop B5, 12105 Service Rd., Kemmer, LA 70663, 504-471-2775, FAX 504-472-784, email hercules@aol.com

19 JUN, Better Bodies No Pull - No Push! Deadlift / Bench Press Open, Better Bodies Cross Training, 882 Springdale Dr., Exton, PA 19341, or meet at 6-368-1930

19 JUN, CPA Regional Bench Press, Club Multi-Forme et. M. St-Laurent, 101 Rue Du Moulin, Megog, Quebec, Canada J1X 4A1, 819-847-4419

19 JUN, Summer Push-Pull, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

19 JUN, MDSA Willmarfest Tournament of Champions, Derwin Jacobson, Box 1031, Willmar, MN 56201

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

Cadillac, MI 49601, 616-775-1974
12 JUN, USAPL Fire/Police Challenge, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
12 JUN, All-American Fitness Summer Bench Press (men, women, teen, masters - sculptured trophies) All-American Fitness Center, 1910 Tate St., Corinth, MS 38834, 601-286-0060, aafc@aol.com
12 JUN, Powerman Push/Pull, Sam Austin, Box 633, Dublin, VA 24084, 540-674-0678 (h), 639-7000 (w)
6 JUN, AAU 4th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nece, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou, 610-258-1894
12 JUN, Slamfest BP and/or DL, Tom Skner, 412 S. Mitchell St.,

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lice & Fire Games, PO
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npuopen@aol.com
17 JUL USAPL Push/
Pull at the RAC - VA
Amateur Sports Con-
monwealth Games (VA
residents only) Games
Director, 711 C 5th St,
NE Roanoke, VA 24016,
540-343-0987
17 JUL USPF Beach BP
(Angola, NY) Butch Murr,
716-655-1878
17 JUL Super Bench '99 (men,
women, Jr., submaster, master, novice
-deadline 7/29/99) Louie LaPoint, 337
Roxbury St., Keene, NH 03431, 603-
352-8590
17 JUL USAPL Callomah State BP,
Many Villanel, 895 N. Bayshore W.,
San Jose, CA 95112, 408-275-6449
17 JUL, 3rd annual Florida Push/Pull
(both lifts for total, in memory of Law-
rence Mombreg/Kieran Kidder, 116 W.
Ocean Dunes Rd., Daytona Beach, FL
32118, 904-238-3527
17 JUL, APF SoCal Open (Chula Vista,
CA) James Kepnice, 619-401-1772.
17, 18 JUL, AAU Raw Nationals PL -
(all divisions) Tony Gennelli, 30 Cen-
tral Ave., Maye Landing, NJ 08330,
609-625-6407.
17 JUL, Chief Wapelloa Deye Iron
Man Contest, Robert Stinemmer, Bron-
ck, Okla., 52646, 319-766-
4310
24 JUL, USPF NW Reg 8 PL - N-
ational Qualifier (Shelton, WA) An-
thony Carrillo, 9430 Case Rd., SW
#21B, Olympia, WA 98512, 360-754-
275/352-8618 or Ted DePoe 360-
426-5973
24 JUL, ANPPC World Cup, Dr.
Darrell Latch, 126 W. Sale, Tuscola, IL
69153, 217-253-5429
24 JUL, USAPL Summer Slam PL,
Superior Fitness, Box 375, Belmont,
NH 03220, 603-267-1213
24 JUL, USAPL U.S. Open BP &
USAPL National Squat, John
Shifflett, Box 941, Stanardsville, VA
22973, 804-985-3932,
jshiff23@aol.com.
24 JUL, USAPL Battle on the Beach
(Metro Beach) Mike Lawrence, 117 W.
South Blvd., Troy, MI 48098, 248-813-
9866.
24, 25 JUL, USPF Sr. Nationals
(men/women - Dallas, TX) Seguin
Fitness, 1415 E. Court, Seguin,
TX 78155, 800-378-6460
24, 25 JUL, NPU New Jersey Natural
(PL, DL - Bordenstone) NPU, Box
142347, Fayetteville, GA 30214, 770-
996-3418, wnp@aol.com
25 JUL, Jungle Gym 1st Anniversary
BP/DL Classic (Lindenhurst, IL) Dr.
Darrell Latch, 126 W. Sale, Tuscola,
IL 69153, 217-253-5429

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IL 69153, 217-253-5429
30, 31 JUL, Bend Summer Strength
& Fitness Festival (women) and Strong-
est Man on the Planet (true strength
events as opposed to endurance - 1st
prize \$800) Gus Rehwisch, Box 5292,
Bend, OR 97708, 541-389-0600
31 JUL, North Dakota State Fair
Bench Press (men, women, teen, mas-
ter, submaster) Gary Clock, 1408
Debbie Dr., Minot, ND 58703, 701-
838-3203
31 JUL, Midwest USA Open & Fo-
ther/Son Raw BP/DL (Carmel, IN) Dr.
Darrell Latch, 126 W. Sale, Tuscola,
IL 69153, 217-253-5429
31 JUL, Ambler Area YMCA BP/DL,
John Keiper, 410 Commerce Dr., Ft.
Washington, PA 19034, 215-641-
1245
31 JUL, Iowa/Midwest Open BP/DL
(open, novice, teen, submaster, master,
women) Wayne Hammes, Box 433,
Oskaloosa, IA 52577, 515-673-5240,
hammes@kdsi.net
31 JUL, AAU World Bench Press Qual-
ifier for Hawaii, all Pacific Islands, and
Asia Record Breakers, Keith Ward, 41-
857 Kalaniana'ole Hwy., Waimanalo, HI
96795, 808-259-5256
JUL, MDSA Biggest BP/DL on the
Beach (Spicer, MN) Darwin Jacobson,
Box 1031, Willmar, MN 56201
Bruce Greig, Box 4, Okotoks, Canada

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

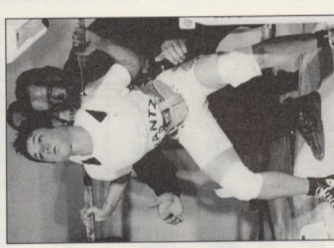
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Men/Women, Pro & Amateurs, Teens Juniors,
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84032 Landshut, Germany, 0871-
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26 JUN, Mountaineer Cup Profes-
sional Powerlifting Competition,
Nick Busick, Mountaineer Race
Track & Gaming Resort, Rt. 2
South, Chester, WV 26034, 304-
387-2400.
26 JUN, 4 JUL, Special Olympics
World Games PL, Brian Hansen,
618 Miller Rd., Hillsborough, NC
27278, 919-732-2031.
27 JUN, World Gym Summer BP/DL
Classic (Joliet, IL) Dr. Darrell Latch, 126
W. Sale, Tuscola, IL 69153, 217-253-
5429
27 JUN, (NEW DATE) 5th APF Free-
dom Hill Outdoor Bench Press & Dead-
lift Classic (men/women - open, teen,
Jr., submaster, master) Dan DeFalco,
19641 Volland, Roselle, MI 48066,
810-294-7055 after 6pm only
27 JUN, Prairie State Games BP (Il-
nois Residents only - open, women,
teen, masters) Dana Rosenzweig, 629
Springwood, Belleville, IL 62220, 618-
236-2802
27 JUN, USAPL Summer Benchlist,
Sorwell Productions, 11360 W. 84th
Place, Arvada, CO 80005, 303-425-
7075, a.sorwell@worldnet.att.net
26 JUN, Ozark Open II BP/DL Classic
(Poplar Bluff, MO) Dr. Darrell Latch,
126 W. Sale, Tuscola, IL 69153, 217-
253-5429
26 JUN, MDSA 3rd Mega-Meet
(Roseville, MN) Darwin Jacobson, Box
1031, Willmar, MN 56201
26 JUN, International Bavaria Cup
Deadlift (women, men, Jr., master,
teen) Karl Greiner, Flunzt, 25,
50520, Ahrens, TX 79604, 800-624-
792-6670
25-27 JUN, York Barbell Hall of Fame
PL Championships and 2nd Strength
Spectacular, Mark & Ellen Chaillet, York
Barbell Co., 3300 Board St., York, PA
17405, 800-358-9675
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ter, master - Philadelphia, PA)
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rhk@Bellatlantic.net
26 JUN, Ozark Open II BP/DL Classic
(Poplar Bluff, MO) Dr. Darrell Latch,
126 W. Sale, Tuscola, IL 69153, 217-
253-5429
26 JUN, MDSA 3rd Mega-Meet
(Roseville, MN) Darwin Jacobson, Box
1031, Willmar, MN 56201
26 JUN, International Bavaria Cup
Deadlift (women, men, Jr., master,
teen) Karl Greiner, Flunzt, 25,
50520, Ahrens, TX 79604, 800-624-
792-6670
19 JUN, 15th AAU Raw No Boys
Allowed Pennsylvania State/Open Con-
test Al Siegel, 304 Daisy St., Clearfield,
PA 16830, 814-765-3214
19 JUN, USAPL Sooner State Games,
Cheryl Auld, 10409 Glasgow Dr., Yukon,
OK 73099, 800-476-1036 or
usaplsok@aol.com
19 JUN, World Games PL, Brian Hansen,
618 Miller Rd., Hillsborough, NC
27278, 919-732-2031.
27 JUN, World Gym Summer BP/DL
Classic (Joliet, IL) Dr. Darrell Latch, 126
W. Sale, Tuscola, IL 69153, 217-253-
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19641 Volland, Roselle, MI 48066,
810-294-7055 after 6pm only
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27 JUN, USAPL Summer Benchlist,
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Place, Arvada, CO 80005, 303-425-
7075, a.sorwell@worldnet.att.net
26 JUN, Ozark Open II BP/DL Classic
(Poplar Bluff, MO) Dr. Darrell Latch,
126 W. Sale, Tuscola, IL 69153, 217-
253-5429
26 JUN, MDSA 3rd Mega-Meet
(Roseville, MN) Darwin Jacobson, Box
1031, Willmar, MN 56201
26 JUN, International Bavaria Cup
Deadlift (women, men, Jr., master,
teen) Karl Greiner, Flunzt, 25,
50520, Ahrens, TX 79604, 800-624-
792-6670
15 AUG, Missouri State Fair BP/DL
(Sedalia, MO) Dr. Darrell Latch, 126 W.
Sale, Tuscola, IL 69153, 217-253-5429
21 AUG (new date), AAU Lifetime
Drug Free (assisted) women & all divi-
sions - Shreveport, LA) Dr. Kyle
501-982-7668
21 AUG, Indiana State Fair BP/DL
(Indianapolis, IN) Darrell Latch, 126 W.
Sale, Tuscola, IL 69153, 217-253-5429
21 AUG, 14th Iowa State Fair BP/DL
(Iowa City, IA) Darrell Latch, 126 W.
Sale, Tuscola, IL 69153, 217-253-5429
(pure, novice, natural, masters, submas-
ter, teen, woman, beginner, law ent.,
deadlift) Jeff Baird, 3604 SW 12th St.,
Des Moines, IA 50315, 815-380-8275
21 AUG, 9th End of Summer BP/DL
Smoker, 30907 CR 16 West, Elkhart,
IN 46516, 219-674-6683
21 AUG, Mid-Atlantic BP, John Shifflett,
Box 941, Stanardsville, VA 22973, 804-
985-3932, jshiff23@aol.com.
21 AUG, USPF USA Amateur Classic (open,
teen men & women, BP - Austin, TX)
Seguin Fitness, 1415 E. court, Seguin,
TX 78155, 830-372-3396
7 AUG, MDSA 3rd Paul & Debbie
Ellering Fitness Center Open (Melrose,
MN) Darwin Jacobson, Box 1031,
Willmar, MN 56201
7 AUG, USPF Alamo Classic (open,
below), 40-49, 50+, submaster, women,
teen men & women, BP - Austin, TX)
Seguin Fitness, 1415 E. court, Seguin,
TX 78155, 830-372-3396
7 AUG, Greene County StrongMan/
Woman, John Shifflett, Box 941,
Stanardsville, VA 22973, 804-985-
3932, jshiff23@aol.com.
7 AUG, CPC Can Am World Cup,
Bruce Greig, Box 4, Okotoks, Canada

APF Pine Tree Open
7.8 Nov 98 - Lewiston, ME

BENCH	259	132	297	688
MEN Master	255	187	324	562
D. Magoon-43	215	132	242	540
D. Gaudette-17	262	93	242	540
M. Westlake-40	230	303	317	749
R. Scott-57	240	303	317	749
W. Vigne-47	160	374	209	380
W. Vigne-40	160	374	209	380
Novice	172	374	209	380
Submaster	172	374	209	380
C. Brown Jr.	473	292	501	1267
C. Laloie-34	260	391	606	1548
T. Higgins-34	175	363	451	1118
T. Frou-34	142	363	451	1118
T. Doonille	142	363	451	1118
181 lbs.	622	440	551	1614
195 lbs.	562	391	517	1454
210 lbs.	451	281	424	1157
225 lbs.	374	209	380	1107
240 lbs.	374	209	380	1107
260 lbs.	374	209	380	1107
280 lbs.	374	209	380	1107
300 lbs.	374	209	380	1107
320 lbs.	374	209	380	1107
340 lbs.	374	209	380	1107
360 lbs.	374	209	380	1107
380 lbs.	374	209	380	1107
400 lbs.	374	209	380	1107
420 lbs.	374	209	380	1107
440 lbs.	374	209	380	1107
460 lbs.	374	209	380	1107
480 lbs.	374	209	380	1107
500 lbs.	374	209	380	1107
520 lbs.	374	209	380	1107
540 lbs.	374	209	380	1107
560 lbs.	374	209	380	1107
580 lbs.	374	209	380	1107
600 lbs.	374	209	380	1107
620 lbs.	374	209	380	1107
640 lbs.	374	209	380	1107
660 lbs.	374	209	380	1107
680 lbs.	374	209	380	1107
700 lbs.	374	209	380	1107
720 lbs.	374	209	380	1107
740 lbs.	374	209	380	1107
760 lbs.	374	209	380	1107
780 lbs.	374	209	380	1107
800 lbs.	374	209	380	1107
820 lbs.	374	209	380	1107
840 lbs.	374	209	380	1107
860 lbs.	374	209	380	1107
880 lbs.	374	209	380	1107
900 lbs.	374	209	380	1107
920 lbs.	374	209	380	1107
940 lbs.	374	209	380	1107
960 lbs.	374	209	380	1107
980 lbs.	374	209	380	1107
1000 lbs.	374	209	380	1107

Best Lifters at the Pine Tree State
Open include Al Mehan (above) who went 914 479 622 2094 at a bodyweight of 291, and Lynne Barlow (below) who went 336 192 319 848 at 104 lbs. (all Maine State records) to win in the Women's Category. (photos provided courtesy of Russ Barlow)



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training partners for their help. Shane McKenna, all the guys at Universe Gym, "Iron" Mike Scott, Norm Casy, the Casy family, the McKenna family, for without great people there would be no great meet. (Thanks to Russ Barlow for providing results)

Granite State Open BP
29 Aug 98 - Swanzey, NH

Armorplate IPA BP
13 Mar 99 - Summerville, SC

Minnesota State Bench Press
24 Jan 99 - Buffalo, MN

Finish Under 20 Championships
13 Feb 99 - Yllorimo, FIN (kg)

Roland Sanders Jr. BP/DL
6 Feb 99 - Houston, TX

WABDL Roland Sanders Jr. Bench Press and Deadlift Championships. (photograph courtesy of Bob Garza)

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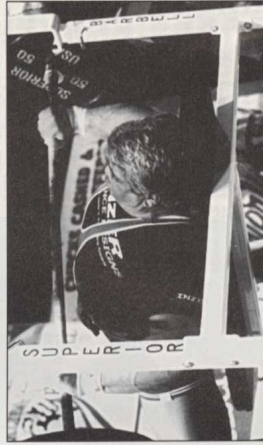
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AAU Beast of the Bench III

20 Feb 99 - Elizabeth City, NC

WOMEN
130 315 lbs. 165*
105 315 lbs. 114 lbs. 60
105 60 lbs. 132 lbs. 290*

started parting off. Al Sandelin set the (35-39) state record with a 460 bench, and was easily the most

Chad Holmes locks out a 750 deadlift at 222 pounds bodyweight at the Ozark Open (photo- graph provided courtesy of Doctor/Darrell Latch)

AAU Beast of the Bench III

20 Feb 99 - Elizabeth City, NC

WOMEN
130 315 lbs. 165*
105 315 lbs. 114 lbs. 60
105 60 lbs. 132 lbs. 290*

Ozark Open BP/DL

30 Jan 99 - Poplar Bluff, MO

Table listing results for Ozark Open BP/DL, including categories like Men's and Women's, and various lifts such as Bench Press and Deadlift.

was a 12-13 105 for the state record and B.L. Justin Roland used a 100 pound bench to claim BL at 122.

Chad Holmes locks out a 750 deadlift at 222 pounds bodyweight at the Ozark Open (photo- graph provided courtesy of Doctor/Darrell Latch)

Westside Barbell Club

Advertisement for Louie Simmons Presents Westside Barbell Club, including a list of video products like 'Squat Workout (New)' and 'Bench Press Workout' with prices.

Chris Allen was Best Bench Presser at the World Gym BP/DL

meets, with his 470 at 220. (Latch)

Table listing results for World Gym Open BP/DL, including categories like Men's and Women's, and various lifts.

Chad Holmes locks out a 750 deadlift at 222 pounds bodyweight at the Ozark Open (photo- graph provided courtesy of Doctor/Darrell Latch)

Large table listing results from various bodybuilding and powerlifting competitions such as AAUJEC, AAUJC, AAUJCC, etc., including names, weights, and lift amounts.

was a 12-13 105 for the state record and B.L. Justin Roland used a 100 pound bench to claim BL at 122.

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Big Luke Super Bowl Saturday Meet
 30 Jan 99 - New Martinsville, WV

SQUAT	Willard, D.	82.5	137.5	235	600
Open Juniors (14-15)	Dent, D.	80	100		
Open Juniors (16-17)	Griffith, C.	97.5			
Open Masters (55-59)	Blowers, D.	102.5			
Open Seniors	Blowers, D.	122.5			
Weightlifting	Blowers, D.	460			
Open Juniors (14-15)	Blowers, D.	460			
Open Juniors (16-17)	Blowers, D.	460			
Open Masters (55-59)	Blowers, D.	460			
Open Seniors	Blowers, D.	460			
Weightlifting	Blowers, D.	460			
Open Juniors (14-15)	Blowers, D.	460			
Open Juniors (16-17)	Blowers, D.	460			
Open Masters (55-59)	Blowers, D.	460			
Open Seniors	Blowers, D.	460			
Weightlifting	Blowers, D.	460			

Howell, D. 327.5 137.5 235 600
 Meating, L. 320 207.5 287.5 815
 (Thanks to Kenny Woodell for these meet results)

USAPL Rhodo Island BP
 16 Jan 99 - Providence, RI

Open Juniors (14-15)	95	242	350	460
Open Juniors (16-17)	95	242	350	460
Open Masters (55-59)	95	242	350	460
Open Seniors	95	242	350	460
Weightlifting	95	242	350	460

The Buckhannon Power Team
 Members (seen below) who competed in the Big Luke lams Super Bowl Saturday Meet included (kneeling, left to right) Mitch Siler, Mart Cunningham (and son Ben), Kenny Woodell, Chad Boram, Standing left to right, are Dion Wamsley, Shawn Wamsley, Mike Wamsley, Jerry O'Loughlin, Teresa Woodell, Kirk Crites, and Dave Lewelyn. According to Kenny Woodell, who supplied the photo "The meet was professionally run and a total success. Big Luke is a legend in the state of WV and held the 1st state championship back in 1976."



220 lbs.	R. Carroll	62.5	190*	62.5	330	
Master (50-54)	R. Hancock	200	115	240	555	
Open Juniors (14-15)	J. Tate	135	125	227.5	307.5	
Open Juniors (16-17)	J. Tate	162.5	137.5	192.5	492.5	
Open Masters (55-59)	J. Tate	172.5	150	277.5	645	
Open Seniors	J. Tate	240	137.5	240	617.5	
Weightlifting	J. Tate	240	137.5	240	617.5	
Open Juniors (14-15)	A. Thomas	270	182.5	250	702.5	
Open Juniors (16-17)	K. Eaddy	225	152.5	222.5	575	
Open Masters (55-59)	M. Stanley	220	135	245	595	
Open Seniors	M. Stanley	225	152.5	245	622.5	
Weightlifting	M. Stanley	225	152.5	245	622.5	
Open Juniors (14-15)	R. Schmidt	277.5	152.5	285	715	
Open Juniors (16-17)	R. Schmidt	107.5	132.5	240	590	
Open Masters (55-59)	M. Alwood	200	152.5	222.5	575	
Open Seniors	A. Alpek	165	150	197.5	512.5	
Weightlifting	T. Bowers	135	97.5	190	432.5	
Open Juniors (14-15)	D. Thompson	160	125	147.5	422.5	
Open Juniors (16-17)	D. Thompson	275	150	200	625	
Open Masters (55-59)	D. Thompson	282.5	187.5	285	755	
Open Seniors	D. Thompson	282.5	187.5	285	730	
Weightlifting	D. Thompson	282.5	187.5	285	730	
Open Juniors (14-15)	T. Green	75	100*	167.5*	322.5*	
Open Juniors (16-17)	W. Borland	165	132.5	125	200	457.5
Open Masters (55-59)	J. Ray	200*	160*	205*	565*	
Open Seniors	J. Ray	200*	160*	205*	565*	
Weightlifting	J. Ray	200*	160*	205*	565*	
Open Juniors (14-15)	R. Cozlin	250	230	232.5	712.5	
Open Juniors (16-17)	R. Taghward	285	175	272.5	722.5	
Open Masters (55-59)	M. West	140	200	300	640	
Open Seniors	M. West	140	200	300	640	
Weightlifting	M. West	140	200	300	640	
Open Juniors (14-15)	M. Remley	170	130	192.5	492.5	
Open Juniors (16-17)	M. Remley	170	130	192.5	492.5	
Open Masters (55-59)	S. Young	200	130	245*	595	
Open Seniors	R. Bosco	187.5	142.5	205	535	
Weightlifting	M. Stanley	225	152.5	245	622.5	

USAPL SE - United States (kg)
 13 Feb 99 - Moncks Corner, SC

BENCH	125				
Open Juniors (14-15)	125				
Open Juniors (16-17)	80*				
Open Masters (55-59)	37.5*				
Open Seniors	100				
Weightlifting	100				
Open Juniors (14-15)	167.5				
Open Juniors (16-17)	162.5				
Open Masters (55-59)	102.5*				
Open Seniors	130				
Weightlifting	130				
Open Juniors (14-15)	192.5				
Open Juniors (16-17)	155				
Open Masters (55-59)	420				
Open Seniors	420				
Weightlifting	420				
Open Juniors (14-15)	217.5				
Open Juniors (16-17)	195				
Open Masters (55-59)	530				
Open Seniors	530				
Weightlifting	530				

The BEST at BETTER BODIES... in the women's divisions was Rhonda Carroll, in the bench shirt, surrounded by her "Team Rhonda's Support Group." (photo courtesy Tracy Peel, General Manager, Better Bodies)

D. Rogers	327.5	215	342.5	822.5
M. Barnes	105	62.5	115	282.5
T. Dorr (20-23)	327.5	215	342.5	885
J. Haller	155	115	150	420
C. Coffe	102.5	102.5	285	490
Master (40-44)	181	50	62.5	162.5
S. Williams	50	50	62.5	162.5



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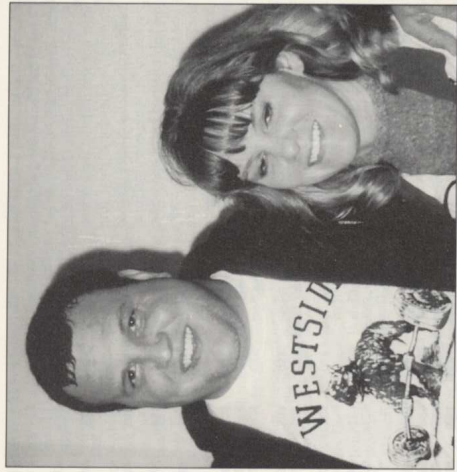
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Westside Pride... Mr. & Mrs. Rob Fusner (Herb Glossbrenner photos)

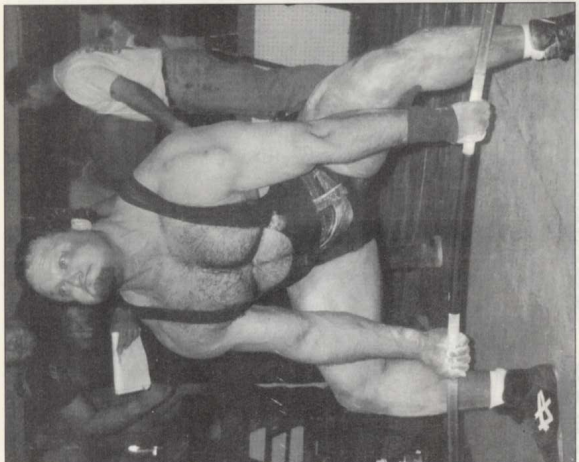
married 10 yrs., has 2 kids, and now works as a civics teacher, as well as coaching football, PL, and track at Bishop Sullivan High School. Gary is quite an athlete - throwing the shot 70'2" in '87 competing in the SE conference. For ten years, he played pro football for 6 months of the year, and did PL during the off season. Frank like the plates were made of aluminum rather than iron - TOT 2355 - ran well, and did a 4.68 40 yard dash @ 310 lbs. He came into his own in the late '80s with a TOT in the mid 2100s, and an official 800 DL. Two total knee reconstructions (91 & '93) sidelined him, and then made him SQ tentatively. After his knee surgery, he didn't use a supportive SQ suit. After bombing in last year's APF Seniors, he was depressed. I planted a seed in his mind while chatting afterwards - for others to believe in his abilities. I guess Gary is the real deal. He's redeemed himself in a big way. A little fine tuning on his Achilles heel lift (the SQUAT) and he'll produce a TOT that is the highest ever for a SHW. Twenty Five Hundred is not out of the question. He has the desire, strength and ability to do it. Oh yes, ever seen him with an EZ 870 dunk. He also handled 910 just a tad shy for 2P. From that point on his lifting was nothing short of sensational! Four times last year he'd surpassed a 600 BP, but results were never published from these meets. He opened @ 605, and rammed it up like a broomstick. He jumped all the way to 670 on his 2nd. I figured he'd bitten off more than he could chew. Oh brother, was I wrong - he destroyed it. On his final lift he ordered 700. With deep concentration, beforehand the horizontal plane wasn't broken, set himself and produced a

he handled it so easily. It was a new IPA Pro Open W/R. He also negotiated 515 on a 3rd attempt BP and pulled 685 up on his 2nd DL try. Final result - 2120! Not bad at all for an 8-9 year-2105 TOT. It was good seeing the big boy so happy and having fun again. Russ Barlow, 39; from Turner, ME had a great day! Russ came @ 314 and looked sharper than I'd seen him in years. He horsed right up with his SQs, concluding them with 840 - a good lift. In the BP, he hit 525, then 560. Hoping to beat his 580 personal best, he tried 585, but missed. I'm happy to report that a week later, March 6th, in a meet in Lynn, MA, Russ finally reached one of his personal goals - a 600 bench press! He found that it is much easier to do a personal record bench when you don't have to SQ first. Congrats, Russ. In the DL he topped 715, then 760, but only gave a halfway tug at 800. His 2160 TOT is his best in a long time. He seems destined to surpass his best ever result of 2200 new Century records over!

The biggest surprise and, in my opinion, the man of the whole meet was Gary Frank, 34. Halling from Baton Rouge, LA, he sports the popular shaven head look. At 6'3" he carries a well distributed, rock-hard 370 on his frame. He's been

went on to 540, then missed 560. Brock topped his 3 good DLs with 725 and had 2115. Wilson, renowned for his DL ability, began @ 765 - a bird weight (for him), and went straight to 820, a bit sloppy but passed. He'd bridged a big gap - TOT 2095. An 840 could have tied Brock and would've taken 3rd as lighter man, but Steve wisely declined knowing it was just a bit too much for even his mighty back. Milo Mills, 262, was a big surprise. He got 735 SQ & was granted 770 as well. Then he really started to smokin'! Passing his 3rd SQ, to concentrate on the remaining two lifts (his bread & butter) resulted in 3 good BP's: 520 - 555 - 570. The big surprise was his amazing pulling prowess. Milo hoisted in turn 735, 770, and finally a great 800 - TOT 2140. This guy headed right for the top. Dave Barro, last year's champ, posted the same result - TOT 2255, and didn't look quite as fine tuned as last year, but he was strong. He squatted 880, accepted following a missed opener. His 930 3rd was out of the question. He finished a 575 BP 3rd after missing on a 2nd. Dave is getting his BP back up after a pec tear sidelined this lift for a while. Always a top DL'er, Barro then 905. Following his 575 BP start, which he blasted up, Rob hoisted two DLs also - 625, then 825, but didn't get it.

Rob Fusner, 282, dominated the 308 division in decisive manner. He's making steady progress. Afterwards he was all smiles as he posed for a mug shot with his pretty wife. He registered no SQ misses and cake-walked his way through his wide stance strokes: 825, 880, then 905. Following his 575 BP start, which he blasted up, Rob went straight to 630, a weight he's handled before. Twice on this occasion he failed to master it was disappointing. In the D/L Rob was on fire and smoked all his attempts: 680, 730, and finally 750. His 2230 TOT could very easily be 2300 before the year is over. He is barely over the 275 limit and may decide to achieve this barrier breaking figure in that category. If that is his decision, this would be QUITE a FIGHT (with Barro). Brent Miksel, a full 308, captured the runner-up spot. Brent's gusto gained him the majority of whites. He SQ'd in turn - 845, 870, and finally 885. He rammed up 500, followed by 520 in the bench, then 540 finally stopped him cold. He pulled a 745 DL, faltered with 770, but delivered it clean and strong on a final attempt - 2175 TOT. Allen Mehan couldn't be stopped on the SQ. He took them all down and up with lots of power. Following his 920 3rd attempt, Allen leapt to a sky high 960 on a 4th and had everyone wagging their heads in disbelief, as



Dave Barro ... demonstrated that balanced lifting is the best lifting.

his BP's - 530. After a 655 DL start, he jumped to 690, failed, but came right back to put it away on a 3rd - TOT 1950. John Florio proved that he can compete on even terms with anybody and I believe he is now age 51. He's as solid as a block of granite and has a pair of spinal erectors as thick and deep as anyone I've seen. John had a great day, and hit the horizontal plane and ground up all 3 of his SQ's. His final lift with 900 was a determined gutbuster. John missed only his 3rds in the BP (a 480 try) and DL (attempting 700). He made 460 and 670 respectively and hit 2030 - one of his best TOT's in a long time.

In 5th was Alex Klest. His 800 SQ was EZ. He got 3W on his 825 2nd before missing his 845 final. He popped up a 520 BP opener, but couldn't get 2 tries with 540. He yanked up a 725, failed 755, and bypassed a 3rd to finish in 5th - 2070 TOT - a high result. Rising Westside talent Todd Brock added 105 lbs. to last year's TOT. He dualed with PL legend Steve Wilson for 3rd place. Brock took command in the first two lifts, Wilson got the affirmative on his 770 SQ deep as a TX oil well, then passed his last. He elevated all benches, finishing up 505. Two DLs of 585 and 660 allowed him to call it a day - TOT 1850 - just taking it easy and having fun. In 7th Dave Bosler made a good showing. He got all the finish the lock-out on two tries @ SQs - 730. Likewise, he made all

basement (1655) due to a BP of 330 & a DL of 600! Ed Clark, a shaven headed nice guy from Fairfield IL, captured 5th position. He lost the decision on his 690 SQ opener, but increased to 720 for a good one, then lost his 770 on the majority vote. Ed finished with a good 500 BP, a 3rd. Moving up a class increased his power, but not in the DL, where he managed a 550 1st, twice missing the 580 he'd done at last year's Westside meet, a class lighter - TOT 1770. John Green, overall 4th, came back with a 780 SQ after a missed 1st. He tried 800, but didn't get it. Thereafter, he lifted flawlessly - all benches to 430 and a 2nd DL (685), before 700 stopped him, for an 1895 TOT on a 7/9 day, not too shabby. Gabe Reitter, from the Columbus Westside Club, had also moved up a division since last year's meet. His 735 SQ start was a beautiful lift. He jumped all the way to 815 and got pinned. Then, to and behold, he reached deep down for that extra something and brought his 3rd to a success. After blowing away his 515 BP opener, Gabe missed his 540 and 550 tries. Likewise in the DL, after an EZ 630 pull, he made a huge increase to 700, which stopped him twice. Reitter's 1960 TOT shows significant improvement in one short year, and it looks like he may be yet another of the Simmons' crew destined for stardom. Gabe's 3rd place finish was eclipsed by his mentor and coach. Louie Simmons himself had put in a lot of hard training time to lift in his own meet. Having someone else run it meant that he could focus all on putting up some big numbers. Louie came in at a full 242. His snow white Fu-Manchu helped make big Papa Push stand out like a sore thumb. Louie handled his 740 SQ like a toy. Next, he buried 810. A 3rd @ 830 was aborted as he positioned himself under the bar and got a sharp reminder that he ain't a kid anymore. Louie is 52 now. His goal was to break the 2100 barrier. That's awesome. On his first BP at 545, he hit the uprights on the upward trajectory, nullifying the lift. He increased to 555 and got it. Louie took 575, a PR try, to surpass his 570 lift achieved 13 SEP 1997 @ this bodyweight. Last year weightlifting into the 275 category, Simmons achieved another dream, jointing the 600 Club, which is the best recorded BP ever for a man over 50! His 575 didn't go. On to the DL, where he pulled 660, then a PR 710. Wanting that 2100 figure, Louie went to 735, but only made a half-hearted try. Nevertheless, it was a good performance and 2075, to the best of my knowledge, is the highest TOT All Time for a man

flawless lift. It was superb - excellence of execution. The lift would've passed anywhere!

As for that wasn't a shocker in itself, Gary's DLing was something to behold. Not knowing how strong he really was, I convinced him to start conservatively. He took a modest 785 opener and pulled it up like the plates were made of aluminum rather than iron - TOT 2355 - and 2 attempts to go. Gary went straight to 830 and lifted it up conventional style - quite effortlessly. I could hardly believe my eyes - 2400! Just like that! With one attempt left he called for 900, a weight only 5 men in history have accomplished. It came clear to his believers out there who doubt his legitimacy, forget it! I was there and saw his lifts properly executed. Big Gary is the real deal. He's redeemed himself in a big way. A little fine tuning on his Achilles heel lift (the SQUAT) and he'll produce a TOT that is the highest ever for a SHW. Twenty Five Hundred is not out of the question. He has the desire, strength and ability to do it. Oh yes, ever seen him with an EZ 870 dunk. He also handled 910 just a tad shy for 2P. From that point on his lifting was nothing short of sensational! Four times last year he'd surpassed a 600 BP, but results were never published from these meets. He opened @ 605, and rammed it up like a broomstick. He jumped all the way to 670 on his 2nd. I figured he'd bitten off more than he could chew. Oh brother, was I wrong - he destroyed it. On his final lift he ordered 700. With deep concentration, beforehand the horizontal plane wasn't broken, set himself and produced a

he handled it so easily. It was a new IPA Pro Open W/R. He also negotiated 515 on a 3rd attempt BP and pulled 685 up on his 2nd DL try. Final result - 2120! Not bad at all for an 8-9 year-2105 TOT. It was good seeing the big boy so happy and having fun again. Russ Barlow, 39; from Turner, ME had a great day! Russ came @ 314 and looked sharper than I'd seen him in years. He horsed right up with his SQs, concluding them with 840 - a good lift. In the BP, he hit 525, then 560. Hoping to beat his 580 personal best, he tried 585, but missed. I'm happy to report that a week later, March 6th, in a meet in Lynn, MA, Russ finally reached one of his personal goals - a 600 bench press! He found that it is much easier to do a personal record bench when you don't have to SQ first. Congrats, Russ. In the DL he topped 715, then 760, but only gave a halfway tug at 800. His 2160 TOT is his best in a long time. He seems destined to surpass his best ever result of 2200 new Century records over!

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LOUIE SIMMONS TRAINING SECRETS

criteria as a guideline, I observed. Some of the lifters went that "extra mile" and actually broke parallel. Some reached parallel. More often than not the majority were above parallel, somewhere near the ballpark of what the officials deemed necessary. In nearly every instance, the lights flashed bright and white. The IPA allows the lifter to begin the SQ when he/she is ready. There is no SQ signal to start. There were irregularities in the BP and DL in one particular instance, where a guy exceeded his BP best. I noted a major rule violation each time. 1st attempt - bar didn't touch chest. 2nd attempt - the bar went up, came back down, then went back up again, and was pressed out. 3rd attempt - rode the uprighs! I noted that if a lifter was unable to pull the last few inches in the deadlift, the lifter would slump his shoulders holding the bar across the upper thigh, creating the illusion of being finished - and get the nod. Unlocked knees were also prevalent. The IPA is a well organized bunch. Chaital promotes and runs good meets. However, the judging has been such that unless there's some drastic tightening down of the screws, a spot of observance is being done to the sport. All the lifters who perform their lifts correctly under the rules are left at a decided disadvantage.

Radical changes are in order. Strict rules enforcement in the IPA needs to be implemented immediately. Failure to do so shortchanges the credibility of an otherwise fine organization. The responsibility lies on the shoulders of Mark Chaital, the IPA president, to step up to the plate and do the right thing (like or not). Failure to do so (no compromise) will result in my recommendation to Mike Lambert that henceforth no IPA results should be included in the TOP 100 monthly rankings. The alternative would be for IPA to have separate monthly lists of their own. It's grossly unfair to mix lifts of a different standard among those who've done them in the normal fashion. I should hope that these extreme measures do not become necessary. We've been down this road before. Need I reiterate? The athletes are not the ones to be held accountable, but rather those who mis-scrutinize their performances. I fault no lifter, but DO BEGRUDGE THE JUDGES! Passing such lifts does not do them favors, but instills a false sense of security regarding what they can do in a CORRECT MANNER. Continuation of loose judging not only makes a mockery of strength, but gives PL in general a black eye. You're the head honcho and decision maker Mark. It's all up to you. May the Force be with you!

WOMEN	IPA WESTSIDE OPEN / 27-28 FEB 1999 / COLUMBUS, OH			27-28 FEB 1999 / COLUMBUS, OH			TOT
	SQ 1	2	3	BP 1	2	3	
123	Wiegberger, Amy	390	430x	250	270x	270x	435x
148	Lerangens, P	335	385	400	205	220	415
	Brown, Jill	475	510	525x	300	325x	520x
	Prentiss, Carla	400	430	450x	215	245	465
	Pack, Sue Ann	220	250	270x	190	200	310
	SHW		425	450x	320	330	380x
AMATEURS							
	Rizer, Tracy	450	485	505x	280	310x	465x
	Orezo, Jason	400	430	435	215x	225x	325x
	Holcomb, Robert	550	575	600	405	425	440x
	Ficht, Chris	600	635x	640x	365	425x	625x
	Fought, Philip	550	570x	600x	300	315x	550x
	Phelps, Duane	550x					
	Burress, Rob	575x	600	650	425	455	600
	Haller, Lynn	585	630	650	300	315x	550x
	Convey, Eugene	550x	575x	600x	345x	345x	500
	Young, Chris	735x	765	800x	500x	520x	
	MASTER		660	693	400	455x	640x
	Merceroni, Dick	415	460	500	360	390	415x
	Liney, Drew	360	400	425x	225	250x	360
	Sand, Mike	310	330	350	195	215	257x
	TEEN						
	Ramirez, Kyle	200	230	260x	85	105	125x
	Dolan, Derrick	245	270x	285	100	120	140
	BENCH ONLY						
	Cromer, Troy		440	465	505	505	
	Knishley, Kirk		385	405	420x		
	Probst, Randy		500	515x	515x		
	Guest Lifter	500					
	Heath, Doug	500	555	610x	335	390	415
	McVaney, Allen	500	540	560	280	300	315x
	Wambangs, F	670x	670	710x	275	295	315
	Zhang, Matt	750	800x	825x	510	520	560x
	Adams, Jeff	660	710	730	480	520	560x
	McCarty, James	675	705	735	380	400	415
	Gallen, Scott	570	610x	610	450	480x	480x
	Silberhoff, Jason	600	640	680x	370	390	410
	Minuta, Len	520	560	560	315	325	335x
	Patterson, Eric	575x					
	Hill, Mike	680	735x	740x	480	500	510x
	Hawkins, Matt	785x	800x	800x			
	Urchick, Paul	870	900	920	500	520x	530
	Simmons, L	(52) 740	810	830x	555	575x	660
	Reiter, Gabe	735	815x	805	510	540x	550x
	Green, John	780x	800	815x	410	420x	430
	Clark, Ed	690x	720	770x	480	500	520
	Bailey, Don	725	775x	775x	330	350x	360
	Dave	880x	880	930x	550	575x	575
	Miller, Milo	735	770	850x	520	555	555
	Brook, Todd	770	850x	850x	510	540	560x
	Wilson, Steve	730	770x	770x	505	535x	535x
	Beck, Alex	800	825	840x	520	540x	540x
	Fiorio, John	(52) 750	840	840	430	460	480x
	Mosier, Dave	659	700	730	425	450	480
	Book, Brian	(53) 685	705	735	425	455	505
	Gomich, Dan	630	670	705	350	380	400x
	Furner, Bob	825	880	905	575	630x	630x
	Mehall, Brent	845	870	885	500	520	540x
	Mehan, Allen	825	870	920	425	485	515
	Waddle, Tom	900x	950x	950x			
	Frank, Gary	820	870	910x	605	670	700
	Barrow, Ryan	740	800	840	525	560	585x
	Brookley, Steve	815	850	875	505	535	575

Powerlifting USA BACK ISSUES



Oct/94... Paul Anderson Tribute, IFF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, THE AGE FACTOR, TOP 100 132s, ADPPA TOP 20 242s, WPC Women's 500, WDFPF Worlds, Goodwill Games, Is Pl a Mockery of Strength, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADPPA TOP 20 275s, Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, USA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADPPA TOP 20 181s, Seg/93... ADPPA Men's Nationals, NANA Grand Nationals, Female Confessions, O.K.C., Craig Tokarski Seminar, TOP 100 114s, ADPPA TOP 20 198s, Oct/93... APF Seniors, NANA World Cup, Grant Pitts Profile, ADPPA National's Rest Pause, Bombing Out, TOP 100 123s, WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview, Pt. II, Reverse Hinges, How Often to Bench, TOP 100 148s, ADPPA TOP 20 275s, WPC Women's Worlds, IFF Master Worlds, WPC Worlds, Greg Lofe Squat, Cycling Systems, TOP 100 165s, ADPPA TOP 20 SHWs, Feb/93... Drug Test Methods, National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADPPA TOP 114s, Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADPPA TOP 20 123s, Apr/94... Salva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psychology Up or Pysching Out, WNPf Worlds, TOP 100 220, ADPPA TOP 20 132s, May/94... USPF/ADPPA Collegiates, USPF Jr. Nats, IFF World Bench Press, Budweiser Record Breakers, Fluids, TOP 20 242s, ADPPA TOP 148s, Jun/94... NANA Natural Nationals, WPA National's, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADPPA TOP 165s, Jul/94... USPF National Masters, Rick Crain Profile, Lower Back Training, Mike McDonald Bench Legend, TOP 100 SHWs, ADPPA TOP 20 181s, Aug/94... APF SRs, Paula Suzuki Interview, Shane Haiman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADPPA TOP 20 198s, Sep/94... ADPPA Men's 500, USPF Men's National's, Relieve Pain With Alopec, Box Squats, Physiochemicals, TOP 100 123s, ADPPA TOP 20 220s,



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(article continued from page 9)

Next, the warm/hot feeling, the sweating, and the rise in body temperature that was experienced are indeed a confirmation of Guggulsterones thyroid stimulating ability. This is good news for those of us trying to lose weight - especially adipose tissue, fat stores. When the thyroid gland is stimulated, it produces more thyroid hormones such as thyroxin. These thyroid hormones have a profound effect on the rate of metabolism including a direct catabolic effect on adipose tissue. Practically, this means that Guggulsterones will stimulate your thyroid to produce more thyroid hormones, which in turn will raise your metabolic rate and burn more fat!

Guggulsterones by themselves have been shown to work very well for fat loss, but I have found a combination that is nothing short of amazing - Guggulsterones and a YNCA stack. We already know that the YNCA stack is an extremely potent fat burner, but it does its work outside the realm of the thyroid. It made sense to me that if one could combine the fat burning effects of the thyroid hormones with that of the adrenergic hormones (e.g. adrenaline) something very dramatic would result. Also interesting is the fact that YNCA type stacks tend to decrease the amount of thyroid hormones circulating in the blood over time. Guggulsterones do a great job of inhibiting this reduction, thus keeping all physiological fat burning systems operating at a maximum level.

The final ways that Guggulsterones can benefit in the fight to burn fat is in ketogenic diets and growth hormone use. Over time, ketogenic diets tend to reduce the thyroid's effectiveness by reducing the conversion of T4 to the more

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you find a compound that will help you lose fat, improve your cholesterol profile, and at the same time improve your complexion? I've looked long and hard and have yet to find even one competitor. Oh yeah, before I forget, the dosage one should take is 30-60 mg. three times per day with meals. Always remember though to find a product which contains the high potency naturally extracted Guggul My final advice then is to go out and find this knight in shining armor, shake his hand and then reap the host of benefits that he brings.

Derek Cornelius

WNPF Top 15 List

BENCH

The following weight classes were used for the 1998 Lifting season only. The original classes will be used in 1999.

	170 lbs.	155 lbs.
1-Aime	396	375
2-Lee	382	319
3-Holman	381	314
4-Kelley	375	314
5-Afari	369	314
6-Santillo	369	292
7-Mooley	363*	281
8-Alongi	360	276.5
9-Schaffer	345	270
10-Dunnello	330	263
11-Psall	330	2531
12-Phillips	319*	243
13-Alpert	314*	231
14-Dockray	308	220
15-Smith	308	

this beneficial being any better, but our funny named friend called Guggul has also been shown in studies to be as effective against acne as the drug tetracycline. In a study published in 1994, by the *Journal of Dermatology*, twenty patients with nodulocystic acne were randomly allocated to either tetracycline or Guggulsterones. Both were taken daily for 3 months and both produced a progressive reduction in the lesions in the majority of the patients. With tetracycline, the percentage reduction in the inflammatory lesions was 65.2% as compared to 68% with the Guggulsterones. As you can see, our friend Guggul is extremely potent at fighting acne. Who can benefit from this? (Hmmm!) Well, as far as I can tell, nearly everyone. There is not a single person I know that would not like a better complexion. This is especially true for those on anabolic/androgenic steroids as these tend to increase the skin's oiliness and potential for acne.

Let me guess... nobody is laughing at Mr. Sir Guggul! Indeed, he might have a funny name but in my book he's a hero. Where else can

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USFF and join the ADFPA and compete in the National Championship meet hosted by Johnny Grant in Fort Hood, Texas. This year the Louisiana Tech team will pit Louisiana Tech, defending National Collegiate champions in the Men's and Women's division in the USFF against their counterpart, the University of Texas. The match-up met expectations in the Women's division. The Tech women managed to score 85 points to edge out the University of Texas which scored 80 points. There were many times in the competition that a missed lift, an injury, or a bombout could mean the difference. However, when it ended, the Tech women struggled to a first place finish.

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists top 10 Tech Male Lifters by Wilks Formula and Top 10 Tech Female Lifters by Wilks Formula.

Louisiana Tech Men's Records

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists records for various lifts and totals for men's teams from 1979 to 1999.

Louisiana Tech Women's Records

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists records for various lifts and totals for women's teams from 1979 to 1999.

USFF and join the ADFPA and compete in the National Championship meet hosted by Johnny Grant in Fort Hood, Texas.

After 25 years of involvement and with his career as a collegiate powerlifting coach and sponsor of the Louisiana Tech Powerlifting Team coming to its end, Dr. Billy Jack Talton is making plans to continue the program at Tech, by establishing an endowed assistantship to provide the coaching and leadership for future teams. Donations to the Louisiana Tech Powerlifting Fund are being sought through the Louisiana Tech Alumni Foundation. The contributions will be placed in a fund for this purpose until the necessary \$50,000 is reached and exceeded. This principle amount will generate the interest required to fund the annual powerlifting coaching assistantship. The address to send contributions is Louisiana Tech Powerlifting Fund, Louisiana Tech Foundation, Alumni Center, P.O. Box 3183, Ruston, LA 71272 and you can keep up with records and other team news at http://www.latech.tech/athletics/powerlift/

second. A memorable battle between Tech's Reggie Davis and Texas A&M's Tony Cavallina in the 275s ended in a tie. Davis won by virtue of a lower bodyweight.

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IPA New York BP Wars

27 Feb 99 - Schenectady, NY

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists results for the IPA New York BP Wars.

USAPL Midwest BP

30 Jan 99 - Oshkosh, WI

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists results for the USAPL Midwest BP.

USAPL Louisiana High School

5 Mar 99 - Alexandria, LA

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists results for the USAPL Louisiana High School.

USAPL American Open

6,7 Feb 99 - Chicago, IL

Table with columns: Name, Date, Body/Wt, Total, and Rank. Lists results for the USAPL American Open.

AAFP HI Record Breakers

5 Feb 99 - Honolulu, HI

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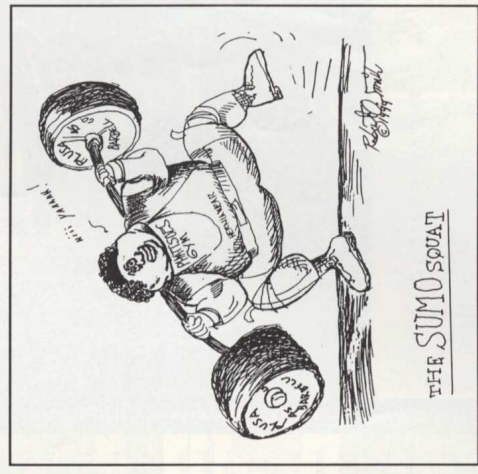


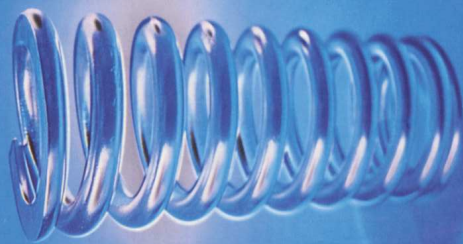
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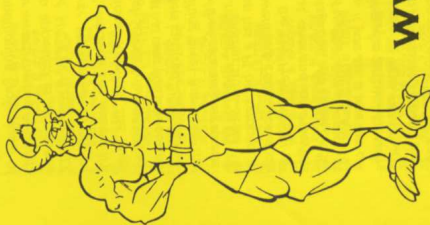
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