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MUSCLE MENU

- Volume 23, Number 1 - August 1999 -

WABDL RECORD BREAKERS.....	6
"MUSCLETOWN USA" REVIEW.....	7
IGF-1.....	10
MORE FROM KEN LEISTNER.....	11
BEAUTY AND THE BEAST.....	14
CHANGE CAN BE GOOD.....	16
POWER SCENE.....	17
DICK HARTZELL INTERVIEW.....	18
PURSUIT OF SUCCESS PT. 2.....	20
OVERCOMING PLATEAUS PT. 2.....	22
ASK THE DOCTOR.....	25
3rd WOMEN'S WORLDS.....	26
WORKOUT OF THE MONTH.....	32
APF SUBMASTERS/MASTERS/JR./TEEN.....	34
WOMEN'S TOP 50 114s.....	38
COMING EVENTS.....	47
TOP 100 123s.....	86
UNCLASSIFIED ADVERTISEMENTS.....	87

ON THE COVER.... Ryan Kennelly with a 650 bench press at the WABDL 7 UP Budweiser Record Breakers. (RonAllured)

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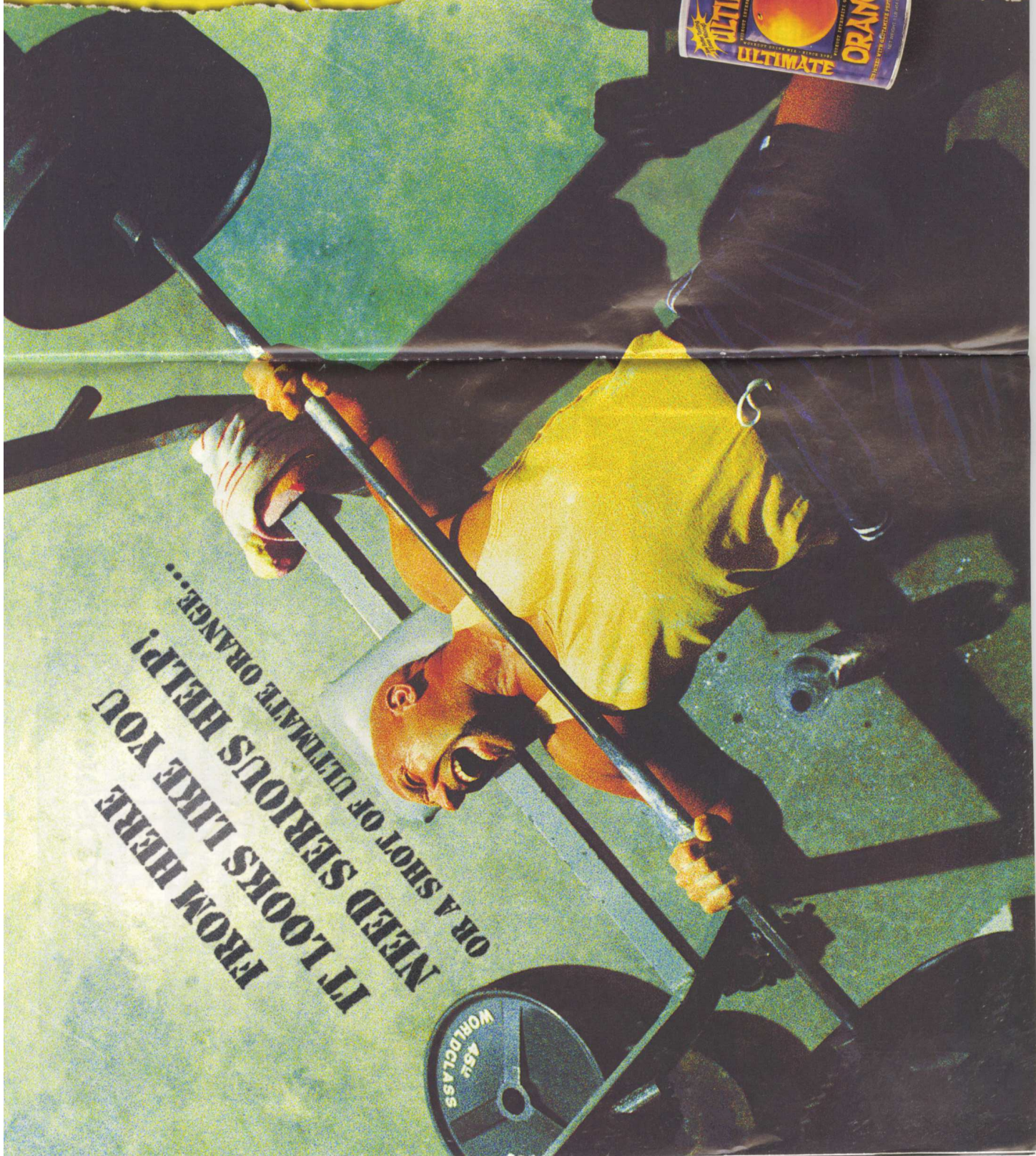
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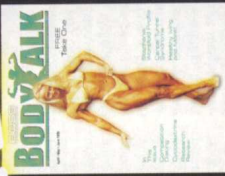
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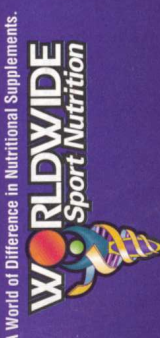
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IGF-1: A Truly Anabolic Agent?? as told by Thomas D. Fahey, Ed.D., Exercise Physiology Laboratory, California State University, Chico



IGF-1 (insulin-like growth factor) has been called the most potent anabolic agent since anabolic steroids. The skeletal powerlifter might say, "Here they go again." You have been barraged with one "wonder substance" after another. You had steroids, bee pollen, organ extracts, creatine monohydrate, clenbuterol, growth hormone, and now IGF-1. What is this new anabolic marvel and what effect does it have on strength and muscle size?

IGF-1, also called somatomedin C, is one of several hormones known as somatomedins. IGF-1 production is stimulated by growth hormone. It is released mainly by the liver, but may also be secreted by the testes, fat cells, bone, and heart. IGF-1 is an extremely anabolic hormone. IGF-1 speeds the movement of amino acids and glucose (sugar) into cells, helps build muscle glycogen (carbohydrate storage in muscle and liver), and helps build tissues and bone and cartilage. IGF-1 also causes a positive nitrogen balance, which means that it helps the body retain protein. You lose nitrogen when your body breaks down protein to use for energy. When you build protein rich tissues like muscle, you retain nitrogen. IGF-1 helps this process, which is critical to powerlifters who are attempting to increase strength.

Perhaps the most important issue building effect is that it helps move amino acids into muscle cells. Amino acid transport is a very important process in increasing muscle size. In general, the greater the rate that amino acids move into the muscle, the greater the muscle size. To the powerlifter, muscle size is important because the greater the muscle size, the greater its strength. IGF-1's effect on amino acid transport into muscle is similar to that of insulin. That's how the hormone got its name "insulin-like growth factor." In previous articles in *Powerlifting USA*, I discussed the anabolic actions of insulin and its role in muscle growth.

Insulin is an extremely anabolic hormone; IGF-1 promotes muscle growth in a way similar to insulin. Insulin, like IGF-1, stimulates the movement of amino acids into muscle cells. It does this by speeding up the action of cellular processes called sodium pumps. Many amino acids enter the muscle cells bound to sodium. The sodium is then removed from the cell by the sodium pump. Insulin and IGF-1 speed up this process, which causes more movement of amino acids into the muscle cells.

When your muscle cells get larger (hypertrophy), they require more amino acids to build muscle

lifter? Studies do not support the use of growth hormone or IGF-1 as early studies of anabolic steroids were also largely negative. There are no long-term studies of growth hormone or IGF-1 in elite strength athletes. Such studies are dangerous and almost impossible to get approved by university or hospital human subjects committees.

What we have left are testimonies of athletes. Certain bodybuilding magazines are full of athletes raving about the effectiveness of this agent. However, they are probably taking a variety of drugs and supplements making it impossible to isolate the effects of IGF-1.

About 10 years ago, I studied an elite powerlifter (3rd, Senior Nationals) who took growth hormone for 6 weeks. He increased his lean body mass by 15 pounds, but made no gains in his lifts. His heart walls increased by 15 percent.

That's an incredible change in only a few weeks. Even though the athlete made impressive gains in fat free weight, he didn't improve his performance, and he may have harmed his health.

The side effects of growth hormone, and by inference IGF-1, are well known. These include acromegaly, a condition characterized by enlarged facial, hand, and foot bones. High doses of these hormones can also cause muscle and nerve damage, diabetes and elevated blood fats (cholesterol and triglycerides). The drugs can also cause an enlarged heart that can result in sudden cardiac death. The effects of these drugs on nerve, muscle, and heart may be irreversible. Growth hormone and IGF-1 are very powerful drugs.

Synthetic IGF-1 have been developed by companies such as Ciba-Giegy for treatment of adult onset diabetes. It is very expensive, which makes it wide-spread use difficult for many strength athletes. However, like any drug, it will be readily available on the black market. Perhaps more available will be IGF-1 counterfeits. So, beware.

Growth hormone and IGF-1 are prohibited by the governing boards of many sports, including the USOC, IOC, and the NCAA. However, there are no medical tests for the detection of growth hormone or IGF-1 administration. Like anabolic steroids, there are severe legal penalties for the illegal distribution of these substances.

Current information does not support their use as effective drugs for powerlifters. Overuse can cause severe health effects. On balance, taking them does not appear to be worth the risk.

Thomas D. Fahey, Ed.D.

It is not heard as often now, but in any gym, there will be at least one lifter of moderate success, stating that he or she doesn't train the deadlift because "my squat takes care of it." To those who believe that each of the three competitive lifts is a technical event that requires skill practice and the development of those muscles that will be used in that specific movement, the above statement may be a bit difficult to accept. However, during the 1970s and 80s, that was a fairly common approach to training for many lifters. I can recall sitting with eight or ten lifters following the conclusion of the first day of lifting at the 1983 Junior Nationals (in those days having nothing to do with age categories, the Junior Nationals was a cut below the Seniors and open to those who had not yet won that meet). At the time, we could not have known that this would perhaps be one of the few available moments remaining for conversation as the next day's lifting would not end until approximately 2am!

I clearly recall one of the supers stating that he "rarely" deadlifted, believing that his work in the squat "covered him", as he put it, in the deadlift. This man was built for the deadlift and had held a number of state and national records. He was relative to his squat a poor deadlifter and, in my opinion, his deadlift had cost him at least two national titles. Yet, on the particular evening, he held a majority opinion with at least one other lifter stating that he did not deadlift at all except for "three or four times before a meet" and a few more, who performed the lift perhaps "once every month or so". These were all national level lifters and more than a few records were held by the group. Yet I felt that they were missing a very important point. Their belief was that the "same muscles" essentially powered both lifts and if one worked heavily and hard in the squat, the low back would receive "enough" work so that specific training on the deadlift wasn't necessary.

The squat as an exercise is one of those movements that, in my opinion, is not replaceable. If you are interested in being very big and very strong, you need to squat. If you wish to be a powerlifter, you need to squat. In "my day", the squat was referred to as the deep knee bend in the popular press and in every gym. Through the 1950s and early 1960s, it was more frequently referred to as the squat and once the lift became part of the official powerlifts, the "squat" remained. Unfortunately, this also meant that many lifters and also non-lifters now achieved depth that might be considered contest legal,

week. One should train the deadlift hard at least once every two weeks and train it weekly in order to maintain the skills needed to deadlift in a contest. One should push their deadlift assistance work hard too. While I believe that most understand and agree with this, there are still enough lifters who do not deadlift very often, due to the difficulty of the lift.

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More From Ken Leistner

the squat does work the musculature of the low back. The squat does work the hips and thighs. Still, it does not work the musculature as intensely, directly, or in the same movement pattern as the deadlift. Also, the squats retractors and a slow of other muscles do not get worked during the squat and these will be called upon when deadlifting. There is no doubt that the deadlift is draining and recovery time is a critical factor. However, using lat pull-downs and low cable rows, with once a week squatting or an additional day of leg presses does not make up for the lack of deadlift work. Also, the movement pattern, like every other motor skill, must be worked and if you deadlift 300 pounds for "skill work" while your strength and contest plans call for a 600 opener, you cannot reasonably expect to have the same form or technique when you reach the platform. Studies from years ago (decades at this point) noted that when doing the Olympic lifts, using a weight below a certain threshold or percentage of momentary ability, utilized different form or style than that used while attempting very heavy weights. At some point, one must deadlift and deadlift heavily to learn how to deadlift and, as importantly, reinforce proper deadlift technique. The solution, of course, is to deadlift.

If one is squatting heavily or intensely, deadlifting once per week can be enough to stimulate consistent gains. One does not have to deadlift heavily or maximally for their desired number of reps each week either, at least in my opinion. I believe that one can go heavy/hard "every other week, but they do need to deadlift once per week no matter what if they expect to have maximal contest results. This is not to say that one should max out or hit their limits every other

the deadlift is not, in my opinion, "a squat with the bar in your hands". It is a technically difficult lift, as difficult and technical as any other, excluding the Olympic lifts. There is no doubt that guys would rather squat than deadlift. Of course, almost no competitive lifters do fifteen, twenty, or more, reps in any set of the squat any longer, even in the "off season". This was typical in the "old days", but most lifters justly do not do this high rep, high intensity, and very difficult and uncomfortable work with a litany of scientific explanations that still, in my opinion, leaves them at a competitive disadvantage down the road. Doing heavy, low rep squats is not easy by any means, but it can be exhilarating and exciting as one moves a lot of weight successfully. Few have the same emotional "high" when doing the high rep work for very heavy, grueling final repetitions. The deadlift is work, pure and simple. Yes, successfully mastering the weight is rewarding, but you take a beating and lots of trainees, including competitive lifters, would prefer to pass on that if possible. While the deadlift requires a good deal of recovery time, you rarely see lifters squatting once every two, three, or four weeks, or once every four weeks, yet there are numerous lifters who, again, having scientific and other reasons, primarily relating to "recovery ability", are deadlifting that infrequently.

The deadlift utilizes a lot of muscle, some of which are trained during the squat. Of course, supporting a heavy weight while squatting and dependent upon style, extending the lumbar spine, during tending the lower back, during

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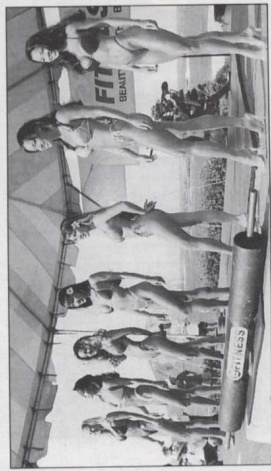
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The 24 Hour Fitness(R) 'Beauty & the Beast' World Strongman Challenge (TM) Article submitted by Christie L. Bridges



.....and what is the Beauty & the Beast without the Beauty of Hawaii?

It would have to be here. What Baskin let it be known that he is the strongman of the future! The young Oklahoma man handled the 800 lb. tire down the course for a very strong and convincing win. What made this feat even more amazing was that besides being the youngest competitor in the contest, Whit was one of the smallest at 6' tall and 260 lbs. Ken Brown was second while adding valuable points to put him in a first place tie with Bryan Neese for the overall score.

The final event of the first day was the nearly 30,000 lb. Alantis(R) Adventures Trolley Pull for time with a limit of 90 seconds. It was also here that the nine lowest scoring amateurs were eliminated, and the six IFSA Grand Prix pros were added to start the Grand Prix part of the contest. While the eight remain-

ing amateurs were still fighting it out for the American Championship they were just starting a new contest against the six pros! The cumulative points from the first four events did not count for the remaining events in the Grand Prix portion.

The fresh pros began the competition in order to give the exhausted amateurs a rest. Veteran Strongmen Harold "Chief Iron Bear" Collins, Canada's Hugo Girard, and Netherlands' Berend Venberg, and Samoa's Joe Onosai were the first four competitors. To get the pulling harness to fit Joe Onosai's 400 pound plus body all the straps were let out. When Joe began to pull the trolley, the tow rope broke loose, and Joe fell to the ground! For a moment the crowd noise waned out of concern for Joe's welfare. Several people ran over to see if Joe was all right. The place tie with Bryan Neese was all right. The place tie with Bryan Neese was all right. The place tie with Bryan Neese was all right. The place tie with Bryan Neese was all right.



Bryan Neese (Indiana) showing how to handle an 800 lb. tire on the way to winning the American Strongman Championship. Jamie Reeves (WSM '89) is officiating.

For a change of pace on the third event the contestants went to a two attempt elimination on the Bear Keg Toss for height. With an apparatus similar to a pole vault stand, each contestant attempted to throw a 15 kg / 33 lb. bear keg over the cross bar. The kegs were provided by one of the contest's sponsors, the Gordon Bierch micro brewery and restaurant in Honolulu. Three men tied for first on this event with throws of 20'. They were veteran WSM competitor Ken Brown, powerlifting legend Bull Stewart, and the youngest competitor, 21 year old Whit Baskin.

The fourth and final event of the qualifier, the Bridgestone-Firestone Flip, was a tough one, and if anyone was going to make his move

it would have to be here. Whit Baskin let it be known that he is the strongman of the future! The young Oklahoma man handled the 800 lb. tire down the course for a very strong and convincing win. What made this feat even more amazing was that besides being the youngest competitor in the contest, Whit was one of the smallest at 6' tall and 260 lbs. Ken Brown was second while adding valuable points to put him in a first place tie with Bryan Neese for the overall score.



Odd Haugen (Hawaii) heading for the finish line and second in the 75 meter Farmer's Walk race.



415 lb. Joe Onosai (Hawaii/Samoa) manhandles 785 lbs. and blows past everyone in the Hammer Strength(R) Super Yoke race. (photos courtesy Odd Haugen)

back to Ahola!

Next came the Hammer Strength(R) Super Yoke Race. The yoke weighed 785 lbs. and was constructed of two oxygen cylinders stabilized by a bar to prevent it from flipping over when it was dropped. Big Joe Onosai smoked everyone when he blew down the 25 M / 82' course in 19 seconds. The closest man to him was Jouko Ahola with 21 seconds, and that was good enough to regain his first place overall standing.

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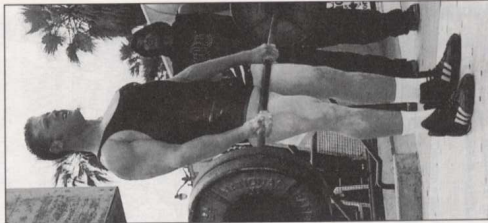
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Championships. Our video host, Chuck LaManita, was busy announcing the meet, and I got to meet the new head of Muscle Beach activities, Cyndi Dumo, who's looking to expand their list of events.

August is the month for the Muscle Beach Push-Pull contest (BP & DL) and for the Iron Warrior Festival of Strength (a five event strength contest). The Push-Pull is in a week. Every photographer who shot her immediately tried to set up a second shoot with her, so she'll probably be pretty busy the next time she returns. We caught up with her as she was demonstrating the proper form on the strict curl for a POWERLIFTER Video segment.

Hope you're enjoying Summer, and getting a good tan, but don't neglect that weight training. Stay strong and well see you on video
Ned Low



Chris Raimondi lifting at the Muscle Beach Venice DL meet.



Mike Baliski and Cyndi Dumo at Muscle Beach Venice, new facility of the City Of Los Angeles Department of Recreation.

POWER SCENE

If Jamie is the Beast (at least in the ring), then there's the Beauty. Maine's Bethany Brown was out visiting Los Angeles, and I think she set the record for most photo shoots in a week. Every photographer who shot her immediately tried to set up a second shoot with her, so she'll probably be pretty busy the next time she returns. We caught up with her as she was demonstrating the proper form on the strict curl for a POWERLIFTER Video segment.



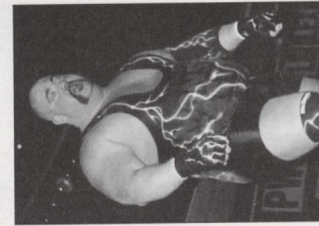
Bethany Bryan curling at Gold's Summer means it's time for some lifting action at world famous Muscle Beach, and we went to cover their APT sanctioned Deadlift

I caught two of their trainees at the gym, and both these lifters travel nearly an hour each way to get to the gym. That's what we like: dedicated powerlifters. Dan Jesolva has been at the Los Angeles Lifting Club for only two months, and he'll be doing his first contest in October, the APF California State meet. Jo Taylor, 49 years old and only 97 lbs., hit a 170 DL in her previous meet, which was her first meet, and she's aiming for at least a 220 DL in that upcoming October meet. Good luck and good lifting!



Jo Taylor stands with Dan Jesolva

At the other side of his powerlifting career, not to mention the other side of the country, is Pennsylvania's Jamie Harris, who is now appearing all over the East and Midwest in his new wrestling guise, The Big Evil. The ring announcer always play up Jamie's tremendous bench press accomplishments, and if they don't, then The Big Evil makes them sorry.



Jamie Harris in his wrestling persona (all photographs courtesy Ned)

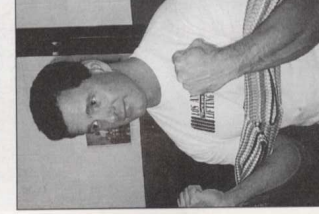
I paid a couple of visits recently to the Los Angeles Lifting Club in Burbank, and they've got things rolling. Their first meet drew 77 lifters and they turned away another 25 lifters who tried to enter after the deadline. Very nice for a first meet, and the meet went really well, so they should have another terrific turnout next time.

I was there to shoot for POWERLIFTER Video magazine, Dave Fitzgerald's Bench Press workout, and he does that with no arch. This guy is just plain naturally strong, not to mention big. He's just under 300 lbs. and you should see what he does with dumbbell presses where he gets up to using those 200 lb. dumbbells. I always wondered just who used those dumbbells, and now I know.



Big Dave Fitzgerald at LALC

As for my second visit, it answered the question of what is Zercher Squat. And how does it help build your squat and deadlift? Joe Avigliano demonstrated for all our viewers just what a Zercher squat is and how to do them properly, and how many reps to do, and why they're great assistance work for squatting and deadlifting.



The Zercher Squat as demonstrated by LALC's Joe Avigliano

ing with competition weights or adjust your attempts to reflect your strength level with that style.

The best time to begin use of a new lifting style is in the off season, which I define as more than 10 weeks prior to a meet. This can give you plenty of time to get used to the new style and make adjustments in training and evaluate if it works for you. For example, if you want to switch from conventional deadlift to sumo, you should start doing very light sumo deadlifts in training far in advance of your contest training period (which is 10 weeks or less prior to a meet). Changing styles may require increasing flexibility for best execution and the sumo style deadlift is a prime example of where this is crucial to get a maximum lift. Hamstring stretches would be highly recommended in this effort. This would also be true when switching to a wider stance squat. Increasing the width of your bench press grip will definitely decrease the distance the bar must travel and will add more pec to the movement, but flexibility in the shoulder area, especially at the pec/delt tie-in is necessary to execute the lift optimally. This will also reduce the chance for muscle tears and pulls on muscles, ligaments and tendons that are not quite ready for the new exercise style. This common sense approach really applies to any exercise modification. Start off with moderate weight and learn and maintain proper form.

Change can be good. In the office next to me there is a quote from Albert Einstein saying: 'Inanity is doing the same thing, time and time again, and expecting a different outcome'. As competitors, we should always be evaluating our training methods, diet and lifting gear for their current effectiveness. Even something that has worked for a long time may not be effective forever. Sometimes new and better products and methods become available that can improve results. Other times, trying new products and methods can prove that our current ways are still the best. Use common sense when deciding to make a change; doing so at a contest is risking a heck of a lot. Try new things out during your training cycle, either during the off season or early in your contest training period to allow Change can be good, but plan it carefully and make changes only for the better, not just to change.

Doug's Web address: members.aol.com/danil12345/default.htm

STARTIN' OUT

A special section dedicated to the beginning lifter

Change Can Be Good as told to Powerlifting USA by DOUG DANIELS

day when you have no contest to worry about. To play it safe, consume the same food and beverages as you did before at meets.

Meets are one of the best places as squat suits, bench shirts and knee wraps. You'll hear a lot of lifters either praising or debunking the latest triple layer knee wraps and such. Many times, the information and opinions you hear can be valuable, but do not use any new gear on meet day; this can be disastrous. You need time and several workout sessions to become accustomed to their use and the leverage changes they may cause.

Trying new gear on meet day with maximum weights can change your whole perspective on execution of the lift. This could result in missing a lift or, at worst, injury due to a miscue on the platform. Use what you came with, but you may want to order some new brands of gear for the next meet. Give them a try during your training sessions to see if they have merit or not. If they don't, then you have given them a try and eliminated them from future consideration. If they are miracles, then use them in your next cycle and in competition, after becoming accustomed to their effects and feel.

Changing lifting technique is another factor to consider. This can range from grip and width changes to using different style of execution such as regular deadlift style versus sumo. At a meet I attended, a lifter could not get a successful lift in with his sumo style deadlift, so as a last ditch effort, he attempted and made his third deadlift using conventional style to finish the meet out. I would assume he was trying out a new deadlift style, but on meet day, it was not working so he reverted back to his old style and saved the day. If you decide to change styles or techniques, I would not use it in competition until you are sure of success.

Many people claim to be open to change, but in reality we are, for the most part, very resistant to it. We become used to the way things are and how we do things even though they may be far from optimal. Nonetheless, I think that, as a whole, powerlifters may be just a little more open to change than the average person, sometimes a bit too open. Lifters scour PL USA monthly to get the new tip, exercise or supplement that can, even better results. Many are eager and willing to send in the books to try out the latest hi-tech knee wrap or trolu-derived protein supplement or change their grip width on the bench press. Trying new methods and products can many times result in better progress or in the realization that what you are doing now is superior. However, if we are going to try implementing changes in our powerlifting program, it's best to have some ground rules to follow.

Of all the facets of lifting to be changed, approach any change on meet day with the greatest care. One mistake or misjudgment can wipe out months of training in the blink of an eye. First of all, do not eat anything you are not accustomed to on the morning of the meet or during the meet itself. You may



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INTERVIEW

Personal dialogue between
PL USA Magazine and the
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DICK HARTZELL The Rubberband Man as interviewed for Powerlifting USA by Dr. Larry Miller



Dick Hartzell getting in some flexibility work. For further information on his products call 800-344-3339. (photograph by Dr. Larry Miller)

Like most of the readers of Powerlifting USA, I read Mike Lambert's magazine from cover to cover in hopes of learning something new about our sport. A number of months ago, I read one of Louie Simmons' articles on chairs and rubber bands. Over the past 19 years of competition, I have purchased some items which were based on the principal of progressive resistance to help improve my bench such as the weight release system and the Sello resistance machine.

After Louie's article, I purchased a pair of heavy-duty rubber bands. I thoroughly enjoyed training with them and found them to be much more efficient than any other piece of equipment I have purchased. I don't vary much in regards to my workouts, so when my bench appeared to be improving I had little explanation other than the bands.

At a bodyweight of 165 lbs., I opened with 480 at a recent competition, breaking my American Record. On a third attempt with 495 (which would have been a triple bodyweight bench, at age 45) I paused the weight at my chest and then proceeded to push it to lock out. To the amazement of those watching, somehow my oversized buttocks temporarily lifted off the bench and two red lights came up. With the continued use of the rubber bands, I hope to achieve my triple bodyweight bench within the next year.

The man who has spent the past 20+ years of his life developing the rubber bands is a genius. Spending a few hours or minutes with Dick Hartzell opens your eyes to a whole new method of training, stretching, and rehabilitation. I thought an interview with him would be enlightening.

LM: OK, Dick, let's start out with some background information.

DH: My name is Dick Hartzell. I am 58 years young and have been married to my wife Cheri for 35 years. We have three children: Sherril (age 33), Rich (age 29), and Lori (age 27). Each of them has one child.

LM: What do you do for a living?
DH: I sell rubber bands. If I don't sell rubber bands, I don't eat and I enjoy eating!

LM: How long have you been selling the rubber bands?

DH: I have been in the field of doing something I enjoyed. Within three months I had the product (a combination of bands and a platform base for doing squats and

ens off of the injured reserve list for the past two years.

LM: Have never been an advocate of low lifting because of the potential for injury, but it seems as if your equipment can be very successful at strengthening the shoulders, knees, and back.

DH: I think that shoulder traction with the rubber bands can significantly help the powerlifter. After your workouts you should take a quick stretch of the shoulder laterally and across the body to help you recover much more quickly. It will relieve the pressure right away.

LM: For the knees, you would extend using two bands looped end to end. To reduce low-back pain, you need to stretch the hamstring and strengthen the abdominal muscles. The bands provide excellent leverage and resistance for these activities. Specific band lifts for strengthening the back include hip flexor exercises, and the cat-back arch-and-round. Other lifts that will really help powerlifters are straight-leg pull-downs and abduction-adduction for developing groin and glute strength. There is no better way to strengthen the adductor muscles than with the bands. Having strong adductor muscles will help you with your squat and deadlift.

LM: Are there any additional benefits that the powerlifter could get out of the bands?

DH: Powerlifters can improve flexibility, get cardiovascular benefits, and stretch every day. When we use the bands every day, we kick old age in the butt! Lack of flexibility is a major problem in our country for young and old alike, including athletes. Measurable strength gains can be achieved within six weeks.

LM: What amount of time is necessary for the powerlifter to use the rubber bands for stretching?

DH: We recommend from 8-15 minutes a day, but even a quick stretch to get the blood flowing can help quite a bit.

LM: What other training aids do you have for the lifters who purchase the bands?

DH: As I mentioned, we carry two different packages. The Ultimate Unit comes with a base plus one pair each of light, average, and strong bands. It can generate up to 500 lbs. of resistance and retails for \$275. The Heavyweight Unit comes with an extra pair of each size of bands (light, average, and strong). It can give you up to 1000 lbs. of resistance and sells for \$375.

Each of these Units comes with an instruction booklet and a video for band exercises. We also have a Powerlifting Video, which we sell for \$10. This video shows the applications where the bands are used in conjunction with weights.

strength from the bands?

DH: Flexibility improvements will occur immediately. I prefer to see people stretch every day. When we use the bands every day, we kick old age in the butt! Lack of flexibility is a major problem in our country for young and old alike, including athletes. Measurable strength gains can be achieved within six weeks.

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LM: What is the life expectancy of the bands?

DH: The bands have a one-year warranty, but depending on use and storage they can last up to five years. Keeping the bands away from direct sunlight or extremely cold temperatures will prolong their life span.

LM: Your gym is different than most powerlifting gyms. Would you explain how it differs?

DH: In Youngstown, Ohio, we have the only all rubber band gym in the world. On one side we have 12 bases bolted to the floor for doing ballistic squats and freelifts. On the other side, we have rows of horizontal and vertical pipes with hand hook-ups for resisted running, resisted abdominal work, and vertical traction. Our main emphasis is on explosive training.

LM: Are there any additional comments you would like to make?

DH: It has been interesting experience for me dealing with powerlifters. I am impressed with their dedication and conscientiousness about every little detail. I see a number of people in strength training who are close-minded and in a rut, but the powerlifters are always open to new things and I admire that. A special thanks to Louie Simmons and the editor Mr. Mike Lambert for bringing me into the world of powerlifting.

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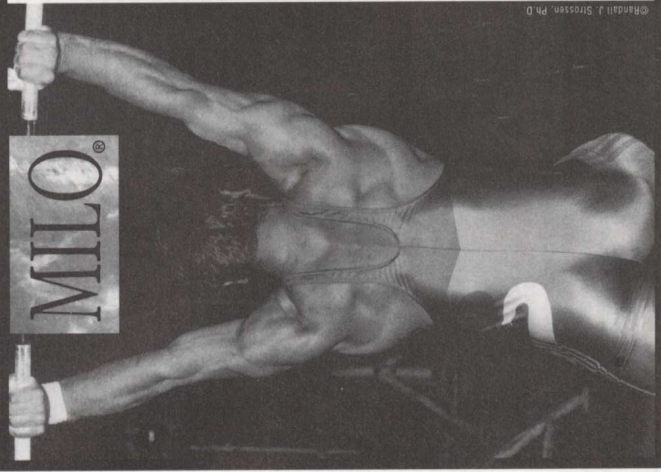
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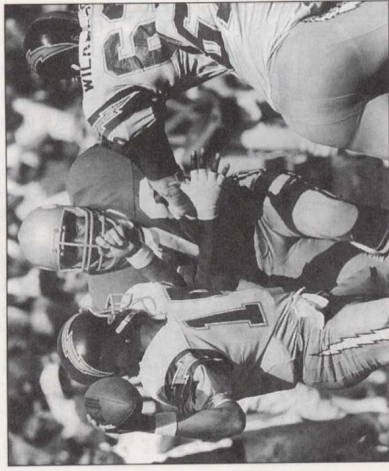
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Dr. JUDD

In Pursuit of Success, Pt. II as told to Powerlifting USA by Judd Biasiotto Ph.D.



Mike White, playing defensive end for the Seattle Seahawks, getting ready to sack star quarterback Dan Fouts of the San Diego Chargers.

It has been said that your talent and ability determine what you are capable of achieving. What you attempt to do is determined by your motivation. How well you do something is determined by your attitude.

The greatest football player who ever graduated from the University of Iowa was Mike White. That is a pretty big compliment considering that our school has produced an abundance of NFL players. I'm not exaggerating when I tell you the guy was absolutely awesome. At 6'5", 317 pounds he could run like the wind and if he hit you just right... believe me you would be the dearest person in the cemetery that they buried you in. It wasn't just his physical size though that made him great. He had a real nasty attitude when it came to football. I mean that in a positive way. He was totally committed to excellence and he was the most positive person you could ever imagine. I don't know of anyone who believed in himself more and I definitely don't know anyone who worked harder. He demanded maximum effort from himself and his teammates. When you went up against White it was to the death. He would never quit never give up. He had a will that would bend tempered steel. And everyone who played against him knew it. His obstinacy and tenacity literally struck terror in the hearts of his opponents. He was an emotional predator whose attitude suggested carnage and savage brutality. He looked and acted as if he owned the world and was about to evict the entire population. He had a presence that suggested he belonged anywhere he wanted to belong, even if it was in somebody else's bed, with their wife. The impression he gave was this is my world, I'm just letting you reside in it for the time being. That's ATTITUDE! And that is the type of mindset you will see in most elite performers. They are like Iranian terrorists. To beat them you have to kill them. I'm not just talking about athletes either. You will find that type of attitude in most really successful people. They give you nothing less than their very best. No matter what the circumstance. It doesn't matter how far ahead they are or how far behind they are going to give you everything they are worth. They are relentless, like a pit-bull dog with a bone.

An attitude that demands excellence brings about excellence. In fact, a positive attitude is the fundamental ingredient for success or failure in life. Over the years I have come to believe that the people who are most successful in the world aren't the most talented ones or the smartest, or the luckiest, or necessarily the bravest. The ones who make it are the ones who are admirably determined to succeed. They are just

to excel, and he will do what ever it takes to obtain that goal. He never gives less than is very best. That's why he is the best. That's why he is JORDAN!

If you want to be the very best you can be, you have to be willing to push yourself to the very limit. You have to have the self-discipline to do what ever it takes to excel. Willing to pay a price for what you want in life. I will say this too, the greater your commitment to excellence the greater your chance for success. Do you remember what the great sixteenth-century Spanish Conquistador Hernan Cortes did when he would invade the shores of another country. He would immediately burn his own ships so that there was no retreat. He was completely committed to victory. They were warriors; when they went to war they either came out on top or they didn't come out at all. They would either conquer there or die there. Going back home was not an option. That's commitment. When you can't commit yourself, when you lose purpose in what you're doing, you're lost.

Ted Turner recently said this very thing about commitment and purpose. He said "I've never run into the guy who could win at the top level in anything today and didn't have the right attitude, didn't give it everything he had, at least while he was doing it; wasn't prepared and didn't have the whole program worked out. Goals, attitude, effort, preparation, and planning are the keys to success. Lose anyone of those components and your lost!"

Along these lines you will find that most good athletes are totally focused on achieving their goals. They focus all their energies on their daily training. They will push themselves to the limit both mentally and physically, often overlooking pain and discomfort. Not only do they spend long hours in training, but the time they spend is "quality" time. Motivation and commitment seem to be the common bond between good athletes - they all tend to train with high intensity and purpose. Not surprisingly, they display a tremendous resiliency and an abundance of joy. Perhaps their thorough enjoyment of their sport can explain their ability to work long and hard. I've noticed that even when good athletes are not training, they are actively engaged in thinking about training and competition. They are simply committed to their sport. The same can be said of people who are successful in any field of endeavor. People who have purpose, heart, and determination are people who rule the world. As Martha Graham has said "Great dancers are not great because of their technique; they are great because of their passion."

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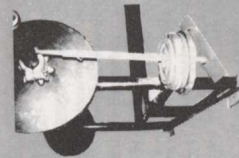
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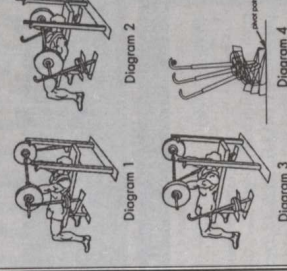
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Everyone likes to bench press, but no one likes to get stuck. Not making progress is no fun and sometimes grounds for retirement. Only the strong at heart will continue. But should anyone ever stall out? The answer is no. The problem is if you do the same training, you will get the same results.

There are basically four reasons for failing or succeeding: physiological, psychological, technical, and exercise selection.

Let's talk about psychological. Don't have deadbeats hanging around you. Stay in a positive mental state. If your training partner can't hang, no matter what their age, give them the hook. You must be competitive, even while training. But you also must want your training partner to succeed, so you will be pushed even more.

On maximum effort day go until only the top man is left. On dynamic day try to hurt your training partner with short rest periods. To win, you have to put yourself through hell. Have training partners that want to kick your ass all the time (during the workout). Trash talk is always present at Westside. A new lifter at the gym wanted to load my plates for me during one of his first workouts. I asked him if he respected me. He said he did. I said, "If you respect me while we train, I'll boot you out of here." He got the idea.

OVERCOMING PLATEAUS PART 2: THE BENCH PRESS

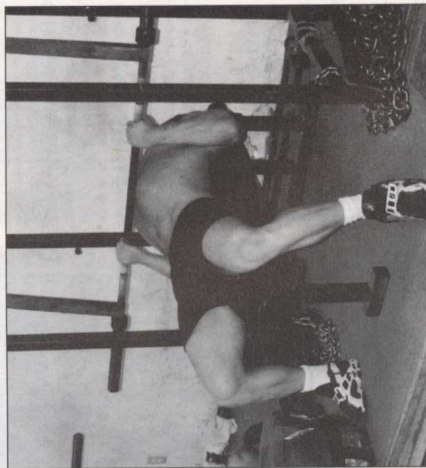
as told to Powerlifting USA by Louie Simmons

When I was young, I didn't want to lose to an old man. Now that I'm an old man, I don't like to lose to young men. I cop an attitude, and that attitude kept only five men on the TOP 100 list kicking my ass (and I know where they live).

I will sum up the psychological aspect of training with the words of Dr. Mel Siff and Dr. Yuri Verkhoshansky, authors of *Supertraining*. A high degree of performance depends on motivation, to gain certain goals, aggression, concentration, focus, the ability to tolerate pain, and cope with anxiety or stress; developing a winning attitude, and raising the ability to manage distractions and to relax.

What about the physiological aspects? This encompasses several aspects of training, such as the

in the lift when the bar moves toward the face. The bar should be lowered with the lats, not the arms. Without strong lat involvement, there is little chance that the bar will be placed on the chest correctly. It may land too high or too low. If it is too low, the delts are involved too much. If the bar lands too high, the triceps are involved too much. Strong lats will ensure the bar is placed in the correct position, that is, with the forearms vertical. In this position, an equal amount of delt, pec, and triceps are used in pressing.



John "Chester" Stafford works his lats by pulling down a bar suspended by flex bands. (photo courtesy of Westside Barbell Club)

development of starting, accelerating, absolute, and special strength. These are primarily developed with barbell training. The correct loading on the dynamic day as well as the maximum effort day is essential.

The physiological aspects also include the development of muscle hypertrophy. This can be accomplished with dumbbells, sled work, and the proper use of special exercises such as chins, rows, triceps extensions, and delt raises. Exercises that raise work capacity or general physical preparedness (GPP) are also essential, especially for drug free lifters. Men such as Bill Gillespie and Sean Culhan are perfect examples.

To address the technical aspects of benching, we must determine what is proper bench press form. It has always been thought that you should push the bar back over the face. However, it makes little sense to do so. When a bar moves toward the face, many bad things occur. The delts are placed under great stress, especially the rotators, and no one wants that. Also, the lats are no longer involved

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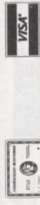
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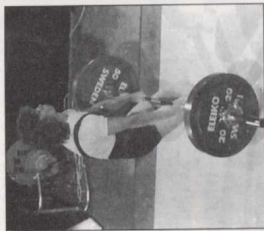
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3rd Women's IPF Worlds as told to Powerlifting by Herb Glossbrenner

For the first time the Women's PL Worlds weren't held on American soil. The 3rd edition of these Championships were held in Birmingham, ENG, with 64 lifters from 13 countries: USA, GBR, CAN, SWE, BRA, BEL, FRA, AUS, NOR, JPN, HOL, FRG, ESP. The British hosts staged the event at an ice skating event. The wooden platform was too slick. Lifters with narrow stances had a decided advantage. Leaders were scrubbing and fitting, but did little good. The USA steamrolled with six champions, 2 runners and one washout, and won the team scoring by a huge margin. A new star was born: OR's Ruthie Shaler shattered 2 WRs with no misses to be named best lifter.

97 lb. class - REMEMBER GINGER! - The USA's Ginger Lord defeated all-comers at the Women's Nationals, establishing WRs of a 259



Ginger Lord ... a great deadlifter

American challenger - Vicki Steenrod, who burst into prominence @ the U.S. Nats, where she elevated a WR 333 DL. There was a lot of foot slippage among the girls here. The inexperienced Steenrod wasn't low enough on her 1st set. Bogias stayed in with a 286 3rd. Bogias slipped twice, but also hung in there with a 297 3rd. Sue Jordan opened with a 242, and missed 242, a 2nd, a gutbuster, and ditto on her 3rd, as she was drained! BP: Jordan finished with 154. Steenrod managed 165. Bogias outdid them both (171) and forged in front. WR tries of 176 on a 3rd and extra try stalled out. Going into the DL it was close. Bogias (468), Jordan (463), and Steenrod at (452). Bogias' wide stance was handicapped the most. She slipped twice before finally delivering 330 for a 799 TOT. Jordan was psyched to the max (like her famous hubby Paul), and finished up a 341 opener (2-1). Steenrod lifted 330 to assure 3rd. Next, Vickie hoisted 352 drew even with SUE (WHO STILL HAD TWO), and Jordan was the lighter. Vickie waited. Jordan's 358 was nullified (for thigh support) - one remaining. Steenrod looked up to the task, but failed to finish it - she was 2nd! Jordan had the title, but came out to try 363 and missed. Steenrod had a bright future to come.

123 lb. class - ALL IN THE FAMILY! - JULIE THOMAS! - American Julie Thomas followed in

the footsteps of her famous hubby Walter to win the IPF World Title. Walker had a fabulous career with 5 wins, 3 silvers and a bronze at 5 Worlds. Wife Julie earned her first Women's World Championship easily. The real question was who would secure runner-up. Kazumi Tajika (JPN) and Anna-Majja Ylluoma (FIN) decided that issue. The FINNISH GIRL, SHE - FINISHED EARLY, raising a 308 DL. Tajika bridged the 33 lb. deficit with determined hoists: 286, then 325, and finally a 336 lift. Her last do or die effort was ruled good (2-1 decision) and tied Ylluoma's 744 TOT. Being 170 grams lighter in body mass the tenacious Nippon lady gained the silver medal.

Thomas who'd posted a WR 892 TOT in capturing the USA Nats, was on cruise control here. She lifted cautiously, seeking only the win. After a 292 SQ and 193 BP (only got her opener), she had a big 49 lb. lead over Ylluoma and a much larger advantage (77) over Tajika. Julie's initial pull (519) lowered the boom on the other two immediately. With it, she had an 804 TOT and her immediate victory! Thomas missed her final two tries @ 352, but no matter.

132 lb. class - IMPROVING PROFUSELY! - RUTHIE! - Yet another new American star emerged to international prominence. The new kid on the block was Ruthie Shaler, from Doyle Kenady's gym in Oregon. At the USA championships she held off Master Blaster Diane Frantz while setting WRs of a 380 SQ and 981 TOT there. Rita Bass, GBR, and Tina Woodley of Holland duelled to decide who'd claim which silver and bronze. Woodley's 297 SQ opener was shallow. Second time out - good! She made a gamble, and jumped to 330, got it, but was ruled out! Bass gained confidence

and ruled out! Bass gained confidence

and ruled out! Bass gained confidence

and ruled out! Bass gained confidence

with each lift. She got all 3, up to a 3rd with 330, a new GBR record. Bass BP'd 165, and missed 5 more. Woodley played catch up, and aced her 2nd, a big 193! A try with 209 was misgrouted. Bass had her by 5 with the final rest at hand. Rita pulled 341, then 358. Now Woodley made her move! Following her 330 start, day (9 for 9) with BP's of 159, 171, and 182. Then came 3 good pulls: 341, 363, 380 - TOT 959.

165 lb. class - THE AWESOME AUSSIE! - AGAIN! - Terry Prome's 457 WR deadlift at the USA Women's Nationals had earned her the trip. Could she pull the upset of the Century here? Her opponent was the icon herself, the indomitable Mary won as lighter lifter. Here Mary was 177.6. She came in considerably stronger, but was no match for the burly Brit. Mary lifted well, missing only her 402 SQ third attempt. SQ: 385 (2nd); BP: 198; DL: 418-1003 TOT, and got the silver medal. Tina Erikson (NOR) averted elimination with her do or die 363 squat. She also got a 187 BP, and then all her DLs (874) to TOT 926 for 3rd place. Oakes, 24, obliterated all the British records - SQ, 446; BP, 231; and a final 429 DL - TOT 1107, and became a W.C. in two different classes.

198 lb. class - WAIBLER - THE GREATER! - There were only 3 entries in this new weight class debut: Rebecca Waibler (West Germany), Janis Kerr (GBR) and Wanda many). Janis Kerr (GBR) and Wanda

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she went to 374. She pulled her heart out, but couldn't complete it even. She got only 1 white. With an 881 TOT, Wittesch had the silver. The courageous little Webb (676 TOT) finished 3rd. USA's Angie Ross set a WR SQ (380) winning the Women's Nationals. She improved that here, topping all successes here with 396! She went on to a flawless day (9 for 9) with BP's of 159, 171, and 182. Then came 3 good pulls: 341, 363, 380 - TOT 959.

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came up halfway - and stalled. **181 lb. class - WHO'S THE MOST? JUDITH OAKES!** - At the last championships Judith Oakes won the first ever gold medal for Great Britain in Women's powerlifting.

Judith Oakes won her 2nd Worlds at 165. She bypassed her chance to dethrone an injured Bev Francis and this year went 181. At only 171 1/4 she blew the others away. The American entry Mary Barreira made there by the skin of her teeth. At the USA Women's Nationals she'd missed the 165 class (166 1/2). Nevertheless she heaved to a tie with Patty Dent. Matching her 948 TOT, Mary won as lighter lifter. Here Mary was 177.6. She came in considerably stronger, but was no match for the burly Brit. Mary lifted well, missing only her 402 SQ third attempt. SQ: 385 (2nd); BP: 198; DL: 418-1003 TOT, and got the silver medal. Tina Erikson (NOR) averted elimination with her do or die 363 squat. She also got a 187 BP, and then all her DLs (874) to TOT 926 for 3rd place. Oakes, 24, obliterated all the British records - SQ, 446; BP, 231; and a final 429 DL - TOT 1107, and became a W.C. in two different classes.

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and then bowed out with a 231 BP, missing all of her true body. England's Janis Kerr, wife of European Champ Andy Kerr, got her 2nd SQ in - 330. She made a 209 last try bench - after missing it on a 2nd. In the DL she made a 374 2nd attempt, followed by a failure @ 391 for a TOT of 914.

Rebecca Waibler became West Germany's first ever Women's champ. Her 1047 TOT was comprised of a 374 SQ (she got all 3), a 231 BP (she missed 242 on a 3rd) and three fine DLs, back to back: 396, 418, and finally 441. Rebecca had stage fright to begin with. She gained confidence and had spontaneous outbursts, following each good lift.

SHWY - ANNIE (FOR SURE) - CANDY FOR HER! - Annie McDroy was a California lady from Bemis's Powerhouse. Scaling a hefty 250.3, she represented the Red,



Annie McElroy celebrates after getting a big squat on the board.

White, and Blue here in the final category. Catherine Gardner, AUS, nabbed the 181 bronze last year. She was barely over the new 198 class limit, and made significant improvement with her BP. Increase. She made all of her SQ attempts to 352 (66 more than last year). Her BP remained the same, however, at 132. Gimnette topped her DL by 22 with 396, and she TOT 881. This was good for bronze once again! Jo Ann Marshall (CAN) duplicated the silver here that she'd earned at the 1st Women's Worlds back in 1980, following a bronze medal finish last year. Coming in @ 233.9, she improved her TOT 27 over 1981. McElroy and Marshall struggled for SQ supremacy. Marshall got 452 on a 2nd. Annie took the lead with a final 463 dunk. Jo Ann pressed 171 with her 182. Annie lifted a 'light' 402. Marshall's 418 pulled her to within 5. Summoning all her energy for a final run, Jo Ann failed to realize her two subsequent tries. Neither 441 nor 463 would yield to her hug. McElroy wasn't through. Staying conservative, she elevated 'only' 441, then 465 - in grand fashion. Her 1102 result was enough

to become World Champion. She came to win, not anything else, and that is a smart lady.

The USA won the Team Championships by a country mile with Great Britain a far distant second. Vigorous I! Ruthie Shaler won everyone's heart and the outstanding lifter award. And... that's the way it was!

3RD WOMEN'S WORLDS
7-8 MAY 82 - Birmingham, England

79	SQ	BP	DL	TOT
Lord-USA	242	110	308	661
Brown-GBR	187	93	330	799
Kelly-CAN	182	99	270	551
Johnson-SWE	171	77	231	479
Kid-GBR	121	61	171	352
105				
Dillard-USA	308	132	325	766
DiL-GBR	299	126	314	739
DiL-CAN	264	143	219	626
Plouffe-FRA	231	126	264	622
Ennet-GBR	204	143	259	606
114				
Jordan-USA	308	134	341	804
Steenrod-AUS	286	165	332	804
Bogias-CAN	297	171	330	799
Blackman-CAN	253	93	319	666
Smith-GBR	231	154	264	650
Hellala-FIN	231	115	292	639
Backmark-SWE	242	121	264	628
Cargus-NOR	220	121	267	617
Johnson-SWE	220	121	297	637
Ennet-USA	208	121	286	606
Ennet-JPN	199	99	231	540
123				
Thomas-USA	292	193	319	804
Tajika-JPN	264	143	336	744
Ylluoma-FIN	286	148	308	744
Blackman-CAN	253	93	319	666
Jorge-BRA	270	132	286	688
Nilsson-SWE	270	132	286	688
Renzetti-CAN	243	137	303	683
Venezian-FRA	209	132	314	655
Beverly-CAN	248	110	308	666
Ennet-USA	231	104	275	610
ROSE-SWE	209	123	265	606
Bowdell-GBR	187	104	286	578
132				
Shaler-USA	386	182	424	992
Woodley-HOL	297	193	374	865
Bas-GBR	330	165	358	854
Canon-CAN	308	187	275	749
Ferreira-BRA	308	99	325	727
FATU-FIN	242	137	114	694
Nilsen-NOR	264	110	264	639
148				
Ross-USA	396	182	380	959
Wittesch-AUS	330	182	363	876
Webb-GBR	330	182	363	876
Cooley-CAN	275	143	303	722
Duile-FRG	242	154	286	683
Maritzze-BRA	242	154	286	683
Kotlison-ESP	176	110	220	507
165				
Francis-USA	413	264	418	1096
Prome-USA	441	187	402	1030
181				
Oakes-GBR	446	231	429	1102
Barreira-USA	386	198	418	1003
Ennet-NOR	383	171	374	925
Jackson-GBR	341	171	358	870
Wilson-CAN	374	---	---	---
Wittesch-FRG	402	231	441	1047
Kerr-GBR	300	198	374	914
174				
Sander-USA	363	---	---	---
SHW	463	---	---	---
McElroy-USA	463	182	463	1107
Marshall-CAN	452	171	418	1041
Gardner-AUS	352	132	396	881
Amholz-BRA	308	99	308	716

WORKOUT of the Month

John Kuc Deadlift Program as told to Powerlifting USA by John Kuc

What we are going to do in this narrative is map out a complete deadlift cycle. To do this a few assumptions must be made:

1. Lifter is in beginner to intermediate stage.
2. Has competed in a meet.
3. Has a best deadlift of 500 lbs.

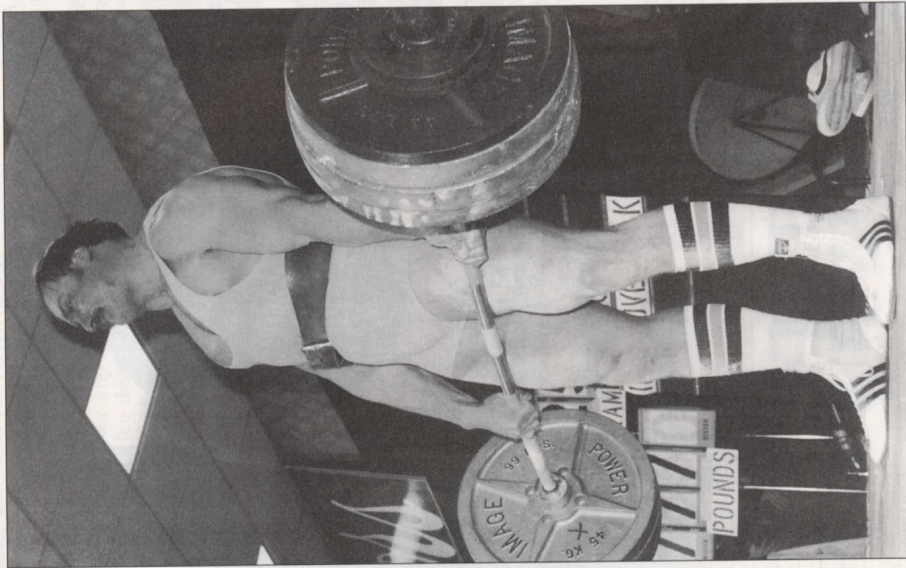
The fictitious lifter has just competed or cycled out with an all-time best lift of 500 lbs. We will now attempt to work out a sixteen (16) week cycle that will allow the lifter to add 30 lbs. to his previous best. For a lifter in this stage, without drugs, 30 lbs. is a very attainable goal, but some will do more and some less.

Step 1 is for the lifter to take a one week layoff. This workout will deal strictly with the deadlift, but I do advocate squatting and deadlifting on the same day. If you follow that guideline all back work should be done after the legs.

The training days will be Monday and Thursday. If they are not compatible with your schedule, Tuesday-Friday, or Wednesday-Saturday, may be used. Actual deadlifting from the floor will be done only once per week.

There seems to be two major problem areas for the beginner to intermediate lifter in the deadlift. Some have poor starts and others are weak in the lockout. We will lay out this program so that it can accommodate either condition. The first eight weeks will be higher reps with concentration on the assistance training. Both programs (start weakness or lockout weakness) will be identical, except for one assistance lift.

If your weakness is in the finish, you will use lockouts, and if the start is weak, deadlifts standing on blocks will be used. In our example Monday will be assistance work, and Thursday will be deadlifting. Our back workout will consist of four exercises; the deadlift, lockouts or off blocks, dumbbell rows



John Kuc was a fantastic deadlifter, pulling 870 at the IFF Worlds (Martinez) and pull-downs. If any of these movements are unfamiliar to you a description of each will be given at the end of the article. You have now had your week

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)

case before you may be able to handle more weight than someone who has never done them. The weights in the deadlift should be followed as closely as possible.

This program is not set for any specific body weight. A 242 lb. lifter may progress faster than an 181 lb. lifter. This should be especially true in the assistance exercises. Even though I am giving you some leeway in the assistance exercises, do not take them lightly. They are very important to the overall program. Add weight as often as you can, but do not sacrifice good form to do so.

The lockouts or block work will be done for the first eight (8) weeks only. The benefits received from them will carry through the second eight (8) weeks. We will add one (1) set each to the rows and pull-downs in the second eight (8) week phase, but the deadlift itself will get the heavy concentration of work.

Let's get started. The following is a day by day, set by set, workout schedule. Stay as close as possible to the schedule but use some common sense. Injuries or illness could affect your training; be prepared to make adjustments if necessary.

Through the first eight (8) weeks the lifter wanting to improve his start should use schedule marked 'A' (off blocks) to improve your finish, follow schedule 'B' (lockout).

1st week, Monday, (Off blocks-A) 135-10 225-6 315-4 265-4-3, (lockouts-B) 225-8 325-6 425-4 475-4 500-4-3, Dumbbell rows 4x10 (70), Pull-downs 4x10 (115).

Thursday, DL 135-10 225-8 325-6 400-4-4, Dumbbell rows 3x10 (70), Pull-downs 3x10 (115).

2nd week, Monday, A: 135-10 225-6 315-4 275-4-3, B: 225-8 325-6 425-4 475-4 515-4x21 Dumbbell rows 3x10, Pull-downs

3x10 Thursday, DL 135-10 225-8 325-6 400-4 405-4-3, Dumbbell rows 3x10, Pull-downs 3x10.

3rd week, Monday, A: 135-10 225-8 325-6 400-4 415-4 425-4 440-4, B: 225-8 325-6 425-4 475-4 530x4x2, Dumbbell rows 4x10, Pull-downs 4x10.

4th week, Monday, A: 135-10 225-8 325-6 400-4 410-4-3, Dumbbell rows 3x10, Pull-downs 3x10.

5th week, Monday, A: 135-10 225-8 325-6 400-4 415-4-3, B: 225-8 325-6 425-4 475-4 525-4 545-4, Dumbbell rows 4x10, Pull-downs 4x10.

6th week, Monday, A: 135-10 225-8 325-6 400-4 415-4-3, Dumbbell rows 3x10, Pull-downs 3x10.

7th week, Monday, A: 135-10 225-8 325-6 400-4 425-4-2, Dumbbell rows 3x10, Pull-downs 3x10.

8th week, Monday, A: 135-10 225-8 325-6 400-4 435-4, B: 225-8 325-6 425-4 475-4 535-4 600-4, Dumbbell rows 4x10, Pull-downs 4x10.

9th week, Monday (single week), Dumbbell rows 5x10, Pull-downs 5x10.

10th week, Monday, Dumbbell rows 5x10, Pull-downs 5x10.

11th week, Monday, Dumbbell rows 5x10, Pull-downs 5x10.

12th week, Monday, Dumbbell rows 5x10, Pull-downs 5x10.

13th week, Monday, Dumbbell rows 5x10, Pull-downs 5x10.

rows 5x10 Pull-downs 5x10. Thursday, DL-135-10 225-8 325-6 400-4 440-4 460-4 450-4, Dumbbell rows 3x10, Pull-downs 3x10.

14th week, Monday, Dumbbell rows 5x10, Pull-downs 5x10.

15th week, Monday, Dumbbell rows 3x10, Pull-downs 3x10 (cut back work load).

16th week, Monday, Dumbbell rows 3x10, Pull-downs 3x10 (light weight).

17th week Deadlift 530 lbs.

Exercise Descriptions:

Dumbbell rows: You will need a flat bench and one loaded dumbbell. To begin the exercise place your left leg to the rear with the knee locked. Bend the right knee and brace yourself with your right arm on the bench, elbow locked. With your left hand pick up the dumbbell. Make sure the dumbbell is free from the floor when your arm is hanging straight down. Pull or 'row' the dumbbell up to the side of your chest

Lockouts: Done on power rack or with the plates resting on blocks. Lockouts can be done from any point. For this program start the bar between the middle and top of your knee.

Deadlifts off blocks: Stand on a block that is high enough to bring the top of your feet within an inch and a half of the bar. Do not do stiff leg deadlifts. Perform the regular deadlift and use your regular stance.

The Book - ED COAN: The MAN, The MYTH, the METHOD

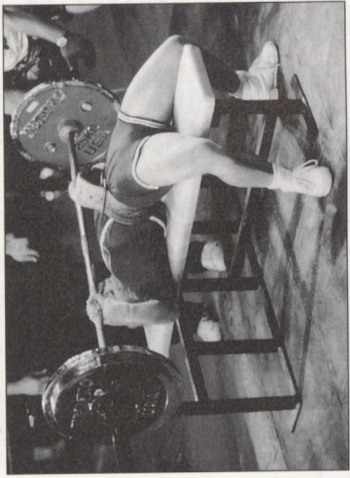
HOT OFF THE PRESS - Ed Coan set the highest powerlifting total ever posted on December 19th, 1998. Ed Coan squatted 1003, bench pressed 573, and deadlifted 887 in posting an historic 2463 total. This book is a combination autobiography, competition chronology and training manual. Over 200 pages, it contains over 350 photos and includes comprehensive appendices. In addition to a detailed autobiographical section, every competition Coan has ever entered is photo essayed. Finally, a comprehensive training section outlines Coan's philosophy of strength training. His unique approach is discussed in intricate detail. Over 100 photographs allow the reader to analyze the technique of the greatest barbell technician in the world. Coan's approach allows you to custom design your own training program, one that will revolutionize your approach to weight training. Do you want to exponentially multiply your strength and renovate your body simultaneously? Order Now! Authored by Marty Gallagher, feature writer for *Powerlifting USA*, *Muscle & Fitness*, *Flex*, *Iron Man Japan*, *Master Sport*, *Milo and Prime Fitness*, *Gallagher is the editor-at-large for the Parrillo Performance Press*. He is five-time national masters powerlifting champion and two-time world champion. Mike Lambert, editor-in-chief, *Powerlifting USA*, provides the competition photographs and Herb Glossbrenner, *PL USA* statistician, supplied a breakdown of every lift Coan has attempted in the past twenty years.

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WOMEN'S STOP 50 ALL-TIME

52 kgs. (114 lbs.) as ranked by Herb Glossbrenner



Mary Jeffrey is still the best bench and has the best total all-time.

Rank	Name	Date	Weight
21 NOV87	JEFFREY, M	04/19/88	215
1052	SOMMERS, K	07/19/84	215
1019	ROWELL, D	24/JAN91	215
959	CHANG, Y	16/MAR91	215
948	GRAFFAM, C	27/FEB98	215
942	TYREE, Y	07/NOV98	215
930	DAVIS, J	23/NOV91	215
914	FINLEY, C	23/NOV91	215
903	SHOPE-FISHER, L	27/OCT95	215
903	SIMMONS, D	09/MAY87	215
900	BEARD, T	06/NOV87	215
897	GIBSON, C	11/MAY85	215
881	JONES, M	13/NOV89	215
881	BURNS, S	11/DEC82	215
880	MCKINNEY, D	31/JUL92	215
859	STEENROD, V	30/MAY87	215
854	STREET, E	29/JAN83	215
854	GETZ, M	14/DEC91	215
848	DENMON, L	07/JUN86	215
848	PATTERSON, C	30/JUN90	215
848	CRISP, P	27/APR91	215
840	GARNER, M	29/MAR86	215
837	PRICE, M	23/JAN83	215
835	WASHBURN, K	21/JUN86	215
832	JOHNSON, F	09/NOV91	215
826	LEMASTER, L	24/SEP93	215
826	DISALVO, T	01/NOV87	215
826	MORTENSEN, C	03/NOV87	215
826	HENRY, K	01/NOV87	215
826	SHEPHERD, P	01/NOV87	215
826	HARTWIG, S	01/NOV87	215
826	KRAIN, G	01/NOV87	215
821	DRESCHER, C	01/NOV87	215
821	FISHER, E	01/NOV87	215
821	BOWLES, S	01/NOV87	215
821	BELLVEAU, N	01/NOV87	215
820	BURNS, S	01/NOV87	215
815	SHENDOW, L	01/NOV87	215
815	MINIS, T	01/NOV87	215
815	MANGANELLO	01/NOV87	215
815	JEFFREY, L	01/NOV87	215
810	BONA, D	01/NOV87	215
810	THORNTON, L	01/NOV87	215
810	CUTIERREZ, S	01/NOV87	215
810	RAMIREZ, S	01/NOV87	215
805	JESOLOWSKI, J	01/NOV87	215
805	MAFFIELD, R	01/NOV87	215
805	LEG, B	01/NOV87	215
805	MOORE, K	01/NOV87	215
804	BRUBAKER, M	01/NOV87	215

Rank	Name	Date	Weight
02/APR88	DEADLIFT	07/JUL84	425
00/MAY87	JEFFREY, M	07/19/84	425
07/APR91	TYREE, Y	21/JUN86	425
29/JUN90	SIMMONS, D	09/MAY87	425
29/JUN90	BEARD, T	06/NOV87	425
29/JUN90	JEFFREY, M	07/19/84	425
29/JUN90	TYREE, Y	21/JUN86	425
29/JUN90	SIMMONS, D	09/MAY87	425
29/JUN90	BEARD, T	06/NOV87	425
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TITAN HI-PERFORMANCE

22 GOLDS - 1997 NAT'L'S! 1,003 lb. SQUAT

THE CENTURION

Patent #5,046,194

The Centurion and Dual quad is the choice of Team Titan, 1997 Team National Champions with 22 gold medals! Why? Because the Centurion is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it features our H.P. (Hi Performance) leg design to prevent leg slippage for bigger, safer squats.

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

Colors: Black, Royal Blue and Red. Combination colors available.
Centurion (stock sizes) \$60.00, 2 for \$105.00
Custom Tailored Dual Quad \$75.00, 2 for \$135.00



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

SST PRO SERIES

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



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

- ▶ Knee Wraps \$12.50
- ▶ IPF 50cm 1 pr. \$19.95 ea.
- ▶ Mid (24") Wrist Wraps \$14.50
- ▶ Full (36") Wrist Wraps \$16.50

ULTRA BELTS

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

▶ Custom Colors. One or two prong \$90.00

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T. Brooks	260	160	300	720
J. King (45-49)	190	115	225	530
110 lbs.				
W. Turner	272.5	145	220	637.5
J. King (50-54)	160	110	200	470
82.5 kg. (55-59)	112.5	145	245	502.5
B. Powell	—	100	—	—
75-79 lbs.				
D. Miller	110	65	110	285
Open 67.5 kg.				
R. Harper	227.5	120	230	577.5
D. Campbell	195	137.5	185	517.5
140 lbs.				
V. Graham	255	170	252.5	677.5
J. Bog	160	110	200	470
82.5 kg.				
P. Foster	260	150	282.5	690
110 lbs.				
C. Evans	—	190	—	—
90 kg.				
A. Dexter	400-20	305	305	810
400-DK-312.5				
S. Hoog	215	152.5	220	587.5
S. Berarducci	215	140	227.5	582.5
140 lbs.				
C. Staudinger	287.5	165	290	742.5
T. Key	272.5	202.5	262.5	737.5
D. Steeg	205	167.5	235	607.5
C. Lippig	190	115	227.5	532.5
110 lbs.				
D. Fum	310	195	285	790
M. Hrocha	272.5	167.5	295	735
D. Chouinard	290	155	255	700
140 lbs.				
P. Malough	355	165	365	905
140+ lbs.				
M. Shultz	330	217.5	290	827.5
140+ lbs.				
T. Spornin	320	227.5	250	7197.5
L. Zimmerman	310	210	275	795
L. Desjardins	290	170	290	750
Guest Lifter - Bench 140 kg.				
M. Blakely	—	—	—	—

(Thanks to Bruce Greg for providing these results)

4th Tuscarawas County Police/Fire BP

Apr 99 - Deersville, OH			
180 lbs.	H. Bushard	350	
P. Plunsky	C. Smith	325	
R. Merymen	*405	275 lbs.	
B. Beck	305	J. Kold	315
B. Smith	250	M. Sander	*390
*405			
1st. Best, Best Merymen won the out-			
standing lift as well as a bench of double			
bodyweight as Jason Plunsky and Frank Rejz			
were close-benching for this award. All lifters			
by these lifters. I would like to thank Sheriff			
McKinnin for the use of his facility and the great			
hospitality. I would also like to thank the following			
lifters: Greg Gibson, Greg Fuller, Eddy Jones			
and John Heavilin, along with the following depart-			
ments who participated: Hot Tuscawaras CO.S.O.,			
Philadelphia Fire Dept., Shadyside Fire Dept. and			
Noble Correctional. (results of the competition			
provided to PI USA by Meet Director F. Rejz)			



John Dennison goes for 535 at the Rock Springs Meet (R. Wehrle)

C. Brown	115	60	135	310
82.5 kg.				
K. Maclean	130	75	—	—
H. Karnes	182.5	92.5	217.5	492.5
125 kg.				
M. Molyneux	145	75	145	365
J. Cannacci	155	100	4	192.5
447.5				
R. Heck	160	80	155	395
D. Dyabolo	135	72.5	182.5	390
162.5	102.5	160	460	
120	75	185	380	
82.5 kg.				
R. Brown	120	75	150	345
125 kg.				
140 lbs.				
170	95	210	475	
82.5 kg.				
100 lbs.				
195	110	180	485	
125 kg.				
125 kg.				
100	50	240	400	
100	50	117.5	267.5	
100	50	117.5	267.5	
100	47.5	110	257.5	
135	90	145	390	
100	50	240	400	
100	50	117.5	267.5	
110	70	110	290	
145	52.5	165	362.5	
125 kg.				

Rock Springs Bench Press

17 Apr 99 - Rock Springs, WY

N. Robinson	70	D. Brown	465
K. Thompson	65	J. Rept	420
D. Booker	235	S. Walker	480
T. Robinson	115	B. Collins	465
T. McMillan	185		
K. Bury	325	J. Thompson	425
J. Petunians	250	J. Miller	405
J. Walker	252.5	S.H.W.	570
D. Cho	265	J. Dennison	500
C. Barber	160	G. Bower	410
D. Aragon	140	Master (40+)	480
140 lbs.			
M. Schoenberger	240	M. Urtia	345
D. Dunn	210	(50+)	365
182 lbs.			
J. Torres	300	R. Wehrle	200
P. Haidle	300	S. Wehrle	95
181 lbs.			
M. Urtia	345	C. Barber	160
R. Griffin	340	P. Bliner	125
198 lbs.			
B. Newman	380	J. Walker	140
C. Reno	335	A. Miller	130

Ten Division are based on the Rock Springs Weightlifters Association along with the Rock Springs Parks and Recreation at the White Mountain Mall. Nice spring weather and a sunny day helped out travelers as they came in from Montana, Idaho, Utah, South Dakota and all around the state on a fantastic with a total of 72 lifters competing this year. Several new records were set with some very impressive lifts. Curtis Barber of Rapid City, SD, set a new record of 325 pounds. John Hernandez of Idaho took home the new record with a 265 pound lift. Dave Brown of Gillette WY hit the new 220 record with a great 465 pound lift with a bench of 420. John Robinson of Rock Springs WY got the new master 40+ record with a personal best of 480 and a 240 lb. lift. All the lifters had great times! Awards and prizes were super due to our tremendous community support. Engaged lifters were given to each the outstanding lifters. They seemed to go over very well. Our usual banquet was held after the meet at Sante Fe Trails Restaurant giving lifters a chance to mingle and relax. Thanks for a great meet everyone and we look forward to seeing you next year. (Thanks to Rock Wehrle, Rock Springs Weightlifters Association, for providing these contest results to PI USA)

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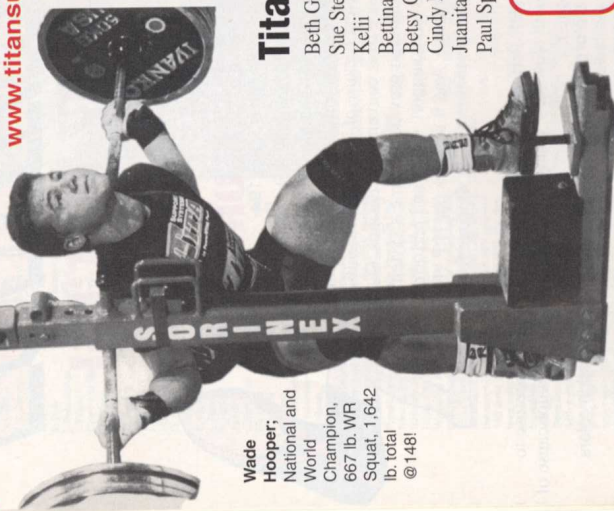
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Team Nat'l Champions, 22 Golds!

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

Wade Hooper; National and World Champion, 667 lb. WR Squat, 1,642 lb. total @148!



Titan is the choice of champions!

Beth Grater	Hank Hill	Ray Benemerito	Scott Siegel
Sue Stephens	Ellen Stern	Joe McAuliffe	Dan Austin
Keli	Mike Danforth	Brandon Green	Gene Bell
Bettina Altizer	Hideaki Inaba	Nick Best	Rob Wagner
Betsy Ojanen	Doan Nguyen	Beau Moore	Jeff Douglas
Cindy Regan	Brad Olson	Jon Arenberg	Kirk Karwoski
Juanita Trujillo	Martin Beavers	Tim Taylor	Brad Gillingham
Paul Springer	Jim Benemerito	Wade Hooper	Jason Wisner

THE GUARANTEE

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

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

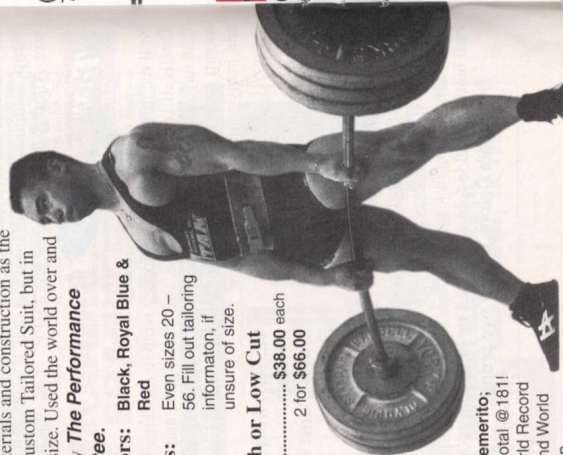
Titan recognizes your unique needs and provides you with an equally unique suit! Proven on World Records and backed by **The Performance Guarantee**. High or Low Cut. (Call for delivery time) **Now Available in Black, Royal Blue & Red**

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

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

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



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

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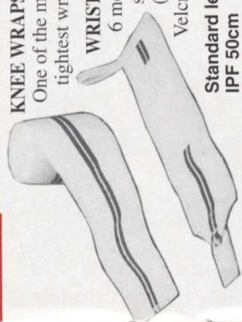
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Standard length \$10.95 (pr.)
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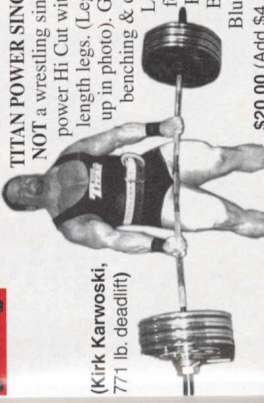
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NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting.

(Kirk Karwoski, 771 lb. deadlift)



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

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Pyruvate – 120 caps, 500-mg **CALL!**



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- Wrist Wraps \$8.95
- SPEED COLLARS:** \$36.50
- DIP BELT:** \$21.50
- TRAINING BELTS:** 4 x 2 1/2" \$22.50
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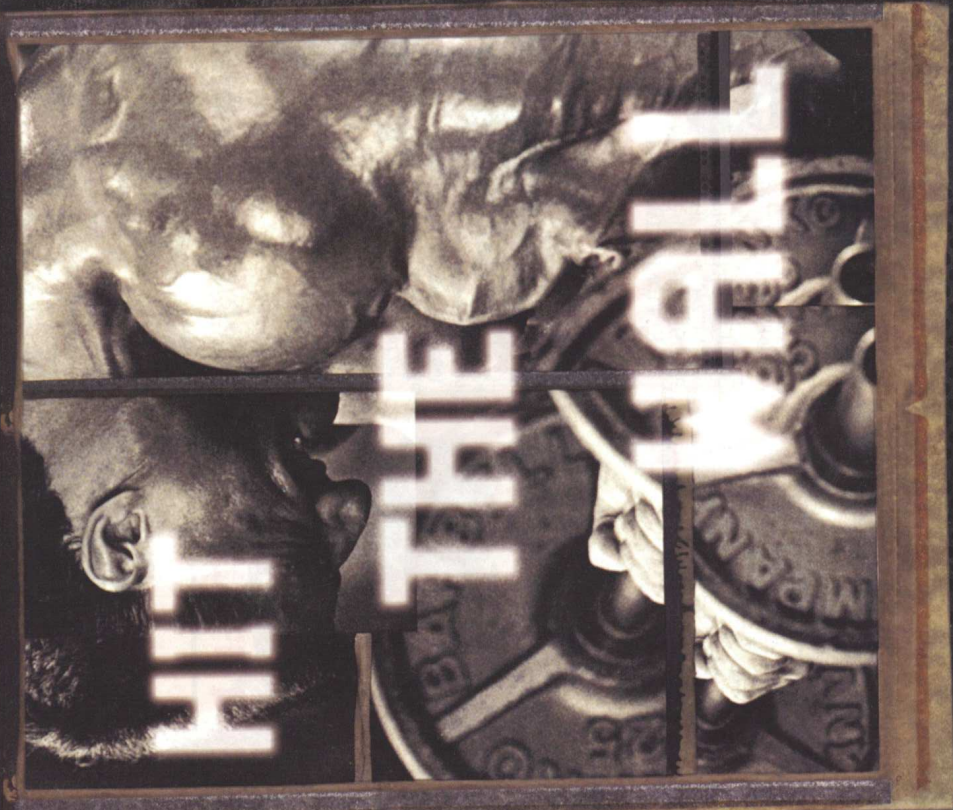


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MAY 18, 1999 President Clinton's drug policy advisor is having the government investigate pro-hormones such as *androstene*. Clinton has brought in the DEA to investigate the products. Androstene and its related products have been used by thousands of athletes to increase their testosterone and used properly are safe and effective for healthy individuals. The drug policy advisor, Barry McCaffrey, has stated that Andro products should be reclassified as *anabolic steroid* under the Controlled Substances Act and hopes this can be done by the time the World Series starts.

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1 AUG, APF West Coast Open Tribute to Doyle Kennedy, Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600
6.7 AUG, AAU Jr. Olympics (Assisted/Open and RAW - Cleveland, OH) Jay Siegel, 814-768-9400
7 AUG, Central Alabama Summer Classic, Total Fitness, 32941 US HWY 280 #105, Childersburg, AL 35044, 256-378-7582

7 AUG, 2nd Horseheads Pre-Season Meet (Teen Men & Women), Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583
7 AUG, USFP Joe Carvelli Memorial Open BP/DL (Nutterfort, WV), Tige Pratt, 304-622-7239
7 AUG, Kansas & Missouri Police & Firefighters Open PL, Power Sports, James Dures, 1413 S. 35th, Kansas City, MO 66106, 913-596-7326

7 AUG, USAPL Summer Classic/BP/Troy, NY 12181, 518-237-0972
7 AUG, Muscle Beach Push/Pull & Parks, CA 90291, 310-999-2775
7 AUG, AAU BP/DL Meet (w/women open, teen Jr. submaster, master) Annamaria Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650,

7 AUG, USFP Alamo Classic (open, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396
7 AUG, Greene County StrongMan/Woman, John Shufflett, Box 941, Stanardsville, VA 22973, 804-955-9932, jshufflett29@aol.com.
7.8 AUG, CPC Can Am World Cup, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3066
8 AUG, USFP Bench Bench for Cash with APF Michigan State Push/Pull (Newton, ME - Handcuffs Barbell) Kusan Kildar, 207-225-5070 or 844-240-1166
8.4, Daytona Beach, FL 32118, 904-677-4000
14 AUG, USFP Alabama State (men,

class II, women, teen, military, police & fire, spec. olympics, masters) Stene Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2353 (pm)
14 AUG, APA Summer Classic, George Bards / Asphalt Green, 555 E. 9th St., NY, NY 10128, 212-369-8890 ext 2/3
14 AUG, APA Sunshine State BP & DL Officers BP (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-9662, apa@evolve.com
14 AUG, APFA Plastic Diemina Meet (Lancaster, YMA, PA) Diana Moore, Garden Spot Dr., Stevens, PA 17157, 717-336-5591 after 8PM
14 AUG, Iron Society's Summer Box Bayside BP/DL, Matt Lamorne, Box 1992, Momery, CA 95942, 831-214-IRON
14 AUG, USAPL Pro Fitness Summer Open and Record BP (Pro Fit, 9509 Rockaway, NJ 07866, 973-627-9145
14 AUG, Iron Warrior (fled pull, shot & deadlift) BP, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
14.15 AUG, AAFP/APF Snake River PL/BP Championships, YMCA, 155 N. Corner, Idaho Falls, ID 83402, 208-523-0600, m4-6pm, Michael & Linda Higgins
15 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
21 AUG, USAPL Indiana State DL and Open BP (New Castle, IN - in state/out of state - open, master, submaster, teen, novice, sp. olympian, h.s., Jr.) Sonny Runyon, 18084 E. 19th St., Muncie, IN 47302, 765-529-7000 (td, 282-2152 (in), srnyon@aol.com)
21 AUG, USAPL, Mississippi State, Rhodes Club Fitness, Gulfport, MS 39507, 228-896-0190
21 AUG (new date), USAPL Great Plains Open & BP, Tim Piper, WIU, Brophy Hall 221c, Macomb, IL 61455, 309-298-1781
21 AUG, Body Factory Full Power Challenge/BP, 520 W. Appleage Ave., Pen Argil, PA 18072, Tim Parrish, 610-863-1900
21 AUG (new date), AAU Lifetime Drug Free (assisted / open and RAW - men & women - all divisions - Shreveport, LA) Dr. Kyle Pierce 318-795-0809, or Larry Kye 501-982-7668
21 AUG, Indiana State Fair BP/DL (Indianapolis, IN) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
21 AUG, 14th Iowa State Fair BP/DL (pure, novice, natural, masters, submasters, teen, woman, beginner, law enf., deadlift) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-380-8275
21 AUG, 9th End of Summer BP, Jon

Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
21 AUG, Mid Atlantic BP, John Shufflett, Box 941, Stanardsville, VA 22973, 804-955-9932, jshufflett29@aol.com.
21.22 AUG, WPFL-USFP Pan American BP/PL (Philadelphia, PA - open to all/drug tested - open, teen, Jr., submaster, master) Rob Kaller, Box 4941, rtk@bellatlantic.net
22 AUG, Illinois State Fair BP/DL (Springfield, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
22 AUG, IFF BP/DL/50/100/150/200 (men/women/olympian/olympian, sp) Photo Shoot (Plymouth, MI) Crystal Photo, 60039, 847-977-7160
27-29 AUG, WDFPR/WDFP World (teen, Jr., submaster, master, military, police, fire, spec. olympics) Bob Kaller, Box 4941, NE 68501, 402-470-3672
28 AUG, APFL Los Angeles Lifting Club End of Summer Bench Press (men, women, teen, submaster, master) Joe Avigliano, L.A.C., 1031 N. Victor, Pl. Burbank, CA 91506, 818-846-LIFT5A38
28 AUG, USAPL Southern Regional PL/BP, Willie Mastin, 13010 Ocean Blvd., San Antonio, TX 78249, 210-699-0964
28 AUG, Granite State Open BP or DL (men, women, Jr., submaster, master, novice - deadline 8/14/99) Louie LaPoint, 337 Roobury St., Keene, NH 03431, 603-352-8590
28 AUG, Kentucky State Fair BP/DL (Louisville) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
28.29 AUG, AAU North American PL & USA BP & AAU National Squat (male) (men/women - raw/assisted - youth, teen, Jr., novice, military, law, open, submasters, masters - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
29 AUG, APF/APF WV PL/BP, Amateur/Pro (out of state ok) Chris Young, 143 Pinewood Rd., Elkview, WV 25071, 304-965-3575
29 AUG, USAPL East Coast Deadlift (Ramada Inn, Newburgh, NY) Jackie Davis, 1190 Washington Green, New Windsor, NY 12553, or John Gengo, 914-569-0457
30 AUG - 6 SEP, Team USA, Team Canada vs. Team Russia, Team Azerbaijan, Team Finland (St. Petersburg, Helsinki) AICEP, 15 Carlier, #3, Pointe-Chaire, Quebec, H9S 4B5, Canada, 514-697-3735
4 SEP, APF Alabama State Push/Pull, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946
4 SEP, Son Light Open BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
5 SEP, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
11 SEP, Georgia "Drug Free" State, Pylon Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806; pylonpower@aol.com
11 SEP, USFP California State Bench Press (Bakersfield - men/women - teen, open, master) Chris Kotkas, Box 6813, P.M.G. CA 93222, 805-582-4949
11 SEP, USAPL Michigan Fall of Fame Meet (PL, BP, DL - Niles, MI) Ed Lucas 616-684-1205 or Richard VanEck 616-

Coming Events

562-863-1308
7 AUG, 2nd Midwestern Regional Bench and Deadlift Championships (men/women open, teen, junior, submaster, master) Tom Silver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974
7 AUG, Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
7 AUG, MDSA 3rd Paul & Debbie Ellering Fitness Center Open (Melrose, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
7 AUG, USFP 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 Shufflett, Box 941, Stanardsville, VA 22973, 804-955-9932, jshufflett29@aol.com.
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4 SEP, APF Alabama State Push/Pull, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946
4 SEP, Son Light Open BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
5 SEP, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
11 SEP, Georgia "Drug Free" State, Pylon Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806; pylonpower@aol.com
11 SEP, USFP California State Bench Press (Bakersfield - men/women - teen, open, master) Chris Kotkas, Box 6813, P.M.G. CA 93222, 805-582-4949
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Classic, Kirk Stroud, 372 E. Figue
Rd., Hurst, TX 76053, 817-268-3688
30-31 OCT, ANPC, Cantonville, Dr.
Darrell Latch, 126 W. Sale, Tuscola,
IL 61963, 215-542-4941,
90021,
rhk@ballantic.net
5-7 NOV, WABDL World BP/DL
Championship (Holiday Inn Air-
port), 15500, 817-268-3688
Porter, OR) Gus Redwisch,
389-0600 Bend, OR 97708, 541-
6 NOV, WNPF East Coast BP/DL
Championship (Holiday Inn Air-
port), 15500, 817-268-3688
Fayetteville GA 30214, 770-996-3418
6 NOV, APA Southeast Florida BP
Jobann, FL 33927, 941-697-7962,
ape@aol.com
6 NOV, Alabama Elite Powerlifting,
Robbins Fitness Advantage, 421 15th
St. East, Tuscaloosa, AL 35401, 877-
313-4946
6 NOV, 3rd Cadillac City Bench and
Deadlift Classic (men/women open, teen,
junior, submaster, master) Tom Skiver,
412 S. Mitchell, Cadillac, MI 49601,
616-775-1974.
6 NOV, Mike Stone Memorial/South-
eastern Championships (Tullahoma, TN)
Dr. Darrell Latch, 126 W. Sale, Tuscola,
IL 61963, 217-253-5429
6 NOV, USPF Texas Cup (open, be-

low), 40-49, 50+, submaster, women,
teen men & women, 1415 E. court, Seguin,
TX 78155, 830-372-3396,
7 NOV, USAPL, 703-372-3396,
BP (Touhy), PA) Proair Gym, Joe
Moculski, 570-562-3642 or Bob
Gibson, 570-342-0668
7 NOV, CPA Canadian Deadlift
Championships Marcel St Laurent,
457 71eme Ave. Nord #1,
Sherbrooke, Quebec, Canada J1E
2E2, 819-346-9466
9-14 NOV, IPF Men's Worlds
(Trento, Italy)
12-14 NOV, USPF Drug Tested PA
St. & Reg. II PL/BP Meeting & Ref
Clinic (open, teen, jr., submaster, mas-
ter) & Reg. II Mtg. & Referee Cert. Clinic
Rob Kaller, Box 829 Amber, PA 19002,
215-542-4941, rhk@ballantic.net
13 NOV, West Penn Iron Men BP &
BP/DL, Mr. Komo (PL Coach) Box
99901, Pittsburgh, PA 15233, 412-
761-1955, Ext. 267
13 NOV, AAU North Carolina State
Bench Press (Henderson, NC) Ben Zak,
Box 978, Grandy, NC 27939, 252-
453-6116
13 NOV, APA Texas State BP (Waco,
TX) APA, Box 27204, El Jobean, FL
33927, 941-697-7962, ape@aol.com
13 NOV, USAPL Dungeon Power
Works Fall Classic BP/DL (Three Riv-
ers, MI) Jon Smoker, 30907 CR 16
West, Elkhart, IN 46516, 219-674-6683
13 NOV, Mid-South Touch 'n Go BP,
Al Williamson, 800 N. Pughah Rd.,
Henderson, TN 38340, 901-989-0198
13 NOV, Iowa/Midwest Open BP/DL
(open, novice, teen, submaster, master,

women) Wayne Hammes, Box 433,
Oklaokea, IA 52577, 515-673-5240,
hammes@iddi.net
14 NOV, CPA Quebec Bench Press,
Marcel St. Laurent, 457 71eme Ave.
Nord #1, Sherbrooke, Quebec, Canada
J1E 2E2, 819-346-9466
15-21 NOV, WPC World Champi-
onships, Bruce Greig, Box 4,
Okotoks, Alberta, Canada T0L1T0,
403-938-3067
19-21 NOV, WNPF World Cham-
pionships, WNPF, Box 142347,
Fayetteville, GA 30214, 770-996-
3418
19-22 NOV, IPA Sr. Nationals Mark
& Ellen Chaillet, York Barbell, 3300
Board Rd., York, PA 17405, 717-
767-6481, FAX 717-764-0044
20 NOV, (new date) AAU Tennessee
Open Powerlifting Championship (men,
women, teen, submaster, master) Al
Williamson, 901-989-0198
20 NOV, Omaha Open, Keith
Machulda, 4808 Cass, Omaha, NE
68132, 402-444-5596
20 NOV, 2nd Southern States BP &
DL, Tito's Gym, 245 Fairfax, Brownsville,
TX 78520, 956-504-3324
20 NOV, USA "RAW" Bench Press
Federation Grand Nationals, Dr.
Darrell Latch, 126 W. Sale, Tuscola,
IL 61963, 217-253-5429
20 NOV, APA Texas State PL & Lone
Star BP/DL Classic (Deer Park, TX)
Scott Taylor, Box 33927, El Jobean, FL
33927, 941-697-7962, ape@aol.com
20-21 NOV, AAU Drug Free World
BP (Vista, CA - raw/open - men/
women - youth, teen, jr., open,
military, law, submaster, master,
4 DEC, Ohio Open "Winter" BP & DL,
Power Station Gym, 1821 University
Blvd., Middletown, OH 45043, 513-
385-9134
4 DEC, 12th Elkhart Bench Press Clas-
sic, Jon Smoker, 30907 CR 16 West,
Elkhart, IN 46516, 219-674-6683
4 DEC, AAUN.C. State PL (teen, open,
submaster, master) John Howie, 209
Myers St., Monroe, NC 28110, 704-
289-4940
4 DEC, USAPL Kentucky State (Blue-
grass Open) PL/BP Championship, Steve
Coman, 1614 S. Oneida St., Henderson,
KY 42420, 502-826-8354
4 DEC, Son Light Winter Classic BP/

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E-mail: bigski@localnet.com



Advertisement for 'DR' (Diane Parcoll) - Women's 132 lb. class winner and Best Lifter at the USAPL Wisconsin State Bench Press Championships (Photograph courtesy Muscles & Fitness)

Table of Wisconsin State Bench Press results for 2 May 99 - Madison, WI. Lists winners and scores for various weight classes.

Table of Florida State Deadlift results for 16 May 99 - Lakeland, FL. Lists winners and scores for various weight classes.

Table of Florida State Bench Press results for 24 Apr 99 - Lakeland, FL. Lists winners and scores for various weight classes.



Table of Wisconsin's Best Benchers from April 17th. Lists names, weight classes, and scores for men and women.

Advertisement for 'SHOW EM YOU'RE SERIOUS' featuring 'HOUSE OF PAIN' and 'IRONWEAR' products. Includes a list of items and prices.

Table of Better Builds Gym Meet results for Jun/99 - North Bend, OR. Lists winners and scores for various weight classes.

Large text block containing various news items, including 'BANNED BY THE IOC', 'Wisconsin's Best Benchers', and 'Better Builds Gym Meet'.

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An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty

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



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

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_____ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____

chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue

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S, M, L, XL, XXL \$28.00

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USAPL CORNER... USAPL Expenditures

As a non-profit entity and sports federation, USAPL belongs to you. When you pay your \$7.00 of that amount goes to pay all officers salaries. These officers holders represent a class of people who work more for love of sport than for monetary gain. Holding office generally costs money in the end thus accounting for the short list of candidates each election year who are qualified, willing and able to do the job. These jobs require full time work on a part time salary. It is not unusual to find that officers sacrifice potential earnings from real world jobs as well as sacrifice family time. Contrary to rumors, which occasionally pop up, your officers are not living high on the hog. There have been many a time when the national office has run on funds pulled out of the officers pockets while waiting for federation funds to become available to pay and reimburse.

Officer's salaries ensure that the federation is run on a day to day basis. Non profit does not mean no work required or no expense existent. These salaries ensure that vital and necessary functions are performed every day, at least 8 hours a day. This includes things such as processing drug tests, paying lab fees, securing and paying insurance premiums, processing and keeping track of records, issuing of certificates and sanctions, reimbursing meet directors, manning the phones to answer member questions, mailing inquiry literature, coordinating major contests, sanctioning and tracking contests, coordinating various committees, teams, referees, etc., On top of all the aforementioned, the national office is also responsible for providing office space as well as archive space. Remember that there are no plant assets in USAPL. There are no buildings, etc. owned by the federation. That means that all records going back to the creation of the federation are shipped to the elected president who is responsible for storing these. And yes, there is a reason for these archives. Lawsuits, claims, challenges, questions about legislation, etc. **must be available** for the officers and legal counsel to reference and consult. Consider that even a small office big enough to house all of this probably works out to the neighborhood of 600 square feet. At commercial rates, it would likely work out to between \$450,000

to \$600.00 rent per month or \$5,400.00 to \$7,200.00 per year. And in the case of the current administration, we do have a situation where the offices are in a commercial building and are donated to the federation. That means that potential income is foregone in order to donate that space to the federation. Sacrifices for love of sport.

You get the idea. Moreover, that doesn't even consider international relations and the tremendous amount of work involved with that aspect of the sport. In short, if this were a job being offered in the real world, the job description and the \$7.00 salary to be split among the various officers would most likely illicit lots of laughs....lots of laughs. It takes money to run an organization. Our officers work hard for you and the sport! So let's not begrudge them the salaries they are paid.

For more details, plan to attend the annual national meeting. As a non-profit organization the financials are open to members to view and ask questions about.

South Africa NOC Recognition

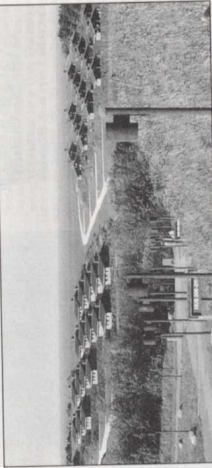
South Africa becomes the nation - South Africa becomes the world, the job description and the \$7.00 salary to be split among the various officers would most likely illicit lots of laughs....lots of laughs. It takes money to run an organization. Our officers work hard for you and the sport! So let's not begrudge them the salaries they are paid.

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Scenic view of the cabin accommodations used to house some of the Women's Worlds athletes in Thisted, Denmark (home of the Vikings).

latest IPF member nation to receive closer and showing that it can do.

1999 IPF 20th Women's World Championships - The USAPL Women's team again did the USA proud. On May 19th a full team was fielded in Thisted, Denmark and placed a very respectable 5th among 24 teams present from around the globe. A total of 104 athletes were present, once again attesting to a very strong and thriving IPF Women's program.

Special congratulations to Leslie Look (90 kg class) who had the

USAPL National Contest Qualifying totals

	114	123	148	165	181	198	220	242	275	275+
Men										
Open	945	1070	1275	1400	1500	1575	1660	1700	1735	1775
American Open*	760	860	965	1145	1260	1350	1420	1460	1500	1530
Teen (14-15)	585	690	730	825	925	950	1020	1045	1070	
Teen (16-17)	630	730	800	925	995	1035	1070	1135	1150	1215
Teen (18-19)	645	750	875	1015	1065	1135	1240	1265	1280	1315
Junior (20-23)	695	810	940	1095	1200	1250	1365	1380	1400	1425
Collegiate	655	760	875	1025	1075	1145	1250	1275	1290	1305
Master (40& up)
High School
Women										
Open	97	105	114	123	132	148	165	181	198	198+
Teen (14-19)	496	540	595	650	710	760	793	832	876	898
Junior (20-23)	335	358	385	407	435	479	518	562	610	625
Collegiate	360	385	413	440	462	512	551	600	655	672
Master (40& up)	365	391	418	440	462	507	545	589	640	655
High School

(--- Must have a total in a sanctioned meet.) *The American Open has two additional weight classes after the 275 class, the 319 and 319+, with qualifying totals for both of 1585.

USAPL Classifications (kg.)

	52	56	60	67.5	75	82.5	90	100	110	125	125+
MEN											
Elite	482.5	525	565	632.5	692.5	745	785	827.5	867	882.5	917.5
Master	440	482.5	520	580	635	682.5	722.5	760	787	810	842.5
Class I	400	432.5	465	522.5	570	612.5	645	682.5	705	725	757.5
Class II	352.5	380	410	457.5	500	540	570	600	620	640	667.5
Class III	305	332.5	357.5	402.5	437.5	470	497.5	525	542	557.5	580
Class IV	267.5	290	312.5	350	380	410	432.5	455	475	487.5	507.5
WOMEN											
Elite	44	48	52	56	60	67.5	75	82.5	90	90+	
Master	290	310	332.5	355	375	412.5	445	477.5	512.5	540	
Class I	262.5	282.5	302.5	322.5	340	375	405	435	465	480	
Class II	235	255	272.5	290	305	337.5	365	392.5	417.5	440	
Class III	210	225	242.5	257.5	272.5	300	325	347.5	372.5	392.5	
Class IV	182.5	197.5	212.5	225	237.5	262.5	282.5	305	325	342.5	
	157.5	170	182.5	192.5	205	225	242.5	260	280	295	



Leslie Look sets a straddle lift.

highest placing of any USA athlete with a silver in the overall, not to mention some nice hardware in the other lifts! Even more notable is the fact that just a few very short years ago it was questionable as to whether Leslie would ever be able to lift again as she suffered a full ACL blowout. Leslie can proudly add these medals to her collection, which includes several IPF Jr. World Titles.

USAPL's First IPF Cat I - P.J. Covillon made USAPL history by becoming the first USAPL referee to attain Category I status in the IPF. This is especially noteworthy



Team Photo, back to front: Andrea Sortwell, Dr. Mike Hartle, Liz Willett, P.J. Covillon, Deb Farrell, Dr. Larry Maile, Paula Houston, Zindy Coss, Sioux-Z Hartwig, Cathy Solan, Sandy Mobley, Jennifer Rey, Captain Kirk Karwoski, Leslie Look, Michael Kallter & Darrin Richardson. (photographs were supplied courtesy of Pete Alaniz)

ty because of the fact that there had been an USA referee drought in relation to Cat I and II testing. This marks a turnaround and a new beginning for the sport in the USA.

Cat I is the most difficult and highest ranking to achieve in the IPF and is a testament to P.J.'s performance as he attained this on his first try. This rank assures athletes, as well as the referee himself, that those credentials will be accepted.

IPF ELECTION YEAR - IPF Officers and delegate's positions are up for election at this year's IPF Congress in Trento, Italy on November 17th. Heiner Kobenich of Germany will be standing for Secretary General. Heiner stepped in to fill the vacancy left open last year and will now be seeking to win this post in open election. Grahame Fong has also announced that he will be seeking a second term as President to lead the sport into the new millennium and further advance the cause for IOC recognition. Readers may remember that President Fong was the first IPF President to actually lay out a plan for achieving IOC recognition. He has also steered the IPF through some major and historic events that forever changed the course and nature of our sport.

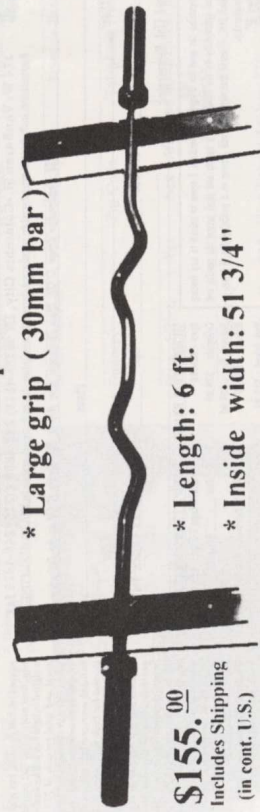
Good luck to all candidates, known and unknown!

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17 Apr 99 - Staunton, VA

White's Stop/IDL Championships
3 Apr 99 - Lewisburg, TN

Open	148 lbs.	D. Sanders	315
Open	181 lbs.	M. (Schwartz)	305
Open	205	D. Brown	315
Open	220 lbs.	B. Beeman	315
Open	245	B. Tansley	340
Open	270 lbs.	N. (Zabel)	380
Open	300 lbs.	J. Zabel	380
Open	330 lbs.	J. Martin	315
Open	360 lbs.	D. Sanders	315
Open	390 lbs.	D. Williams	380
Open	420 lbs.	D. Williams	380
Open	450 lbs.	D. Williams	380
Open	480 lbs.	D. Williams	380
Open	510 lbs.	D. Williams	380
Open	540 lbs.	D. Williams	380
Open	570 lbs.	D. Williams	380
Open	600 lbs.	D. Williams	380
Open	630 lbs.	D. Williams	380
Open	660 lbs.	D. Williams	380
Open	690 lbs.	D. Williams	380
Open	720 lbs.	D. Williams	380
Open	750 lbs.	D. Williams	380
Open	780 lbs.	D. Williams	380
Open	810 lbs.	D. Williams	380
Open	840 lbs.	D. Williams	380
Open	870 lbs.	D. Williams	380
Open	900 lbs.	D. Williams	380
Open	930 lbs.	D. Williams	380
Open	960 lbs.	D. Williams	380
Open	990 lbs.	D. Williams	380
Open	1020 lbs.	D. Williams	380
Open	1050 lbs.	D. Williams	380
Open	1080 lbs.	D. Williams	380
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Open	1230 lbs.	D. Williams	380
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Open	1590 lbs.	D. Williams	380
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Open	1710 lbs.	D. Williams	380
Open	1740 lbs.	D. Williams	380
Open	1770 lbs.	D. Williams	380
Open	1800 lbs.	D. Williams	380
Open	1830 lbs.	D. Williams	380
Open	1860 lbs.	D. Williams	380
Open	1890 lbs.	D. Williams	380
Open	1920 lbs.	D. Williams	380
Open	1950 lbs.	D. Williams	380
Open	1980 lbs.	D. Williams	380
Open	2010 lbs.	D. Williams	380
Open	2040 lbs.	D. Williams	380
Open	2070 lbs.	D. Williams	380
Open	2100 lbs.	D. Williams	380
Open	2130 lbs.	D. Williams	380
Open	2160 lbs.	D. Williams	380
Open	2190 lbs.	D. Williams	380
Open	2220 lbs.	D. Williams	380
Open	2250 lbs.	D. Williams	380
Open	2280 lbs.	D. Williams	380
Open	2310 lbs.	D. Williams	380
Open	2340 lbs.	D. Williams	380
Open	2370 lbs.	D. Williams	380
Open	2400 lbs.	D. Williams	380
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Open	2490 lbs.	D. Williams	380
Open	2520 lbs.	D. Williams	380
Open	2550 lbs.	D. Williams	380
Open	2580 lbs.	D. Williams	380
Open	2610 lbs.	D. Williams	380
Open	2640 lbs.	D. Williams	380
Open	2670 lbs.	D. Williams	380
Open	2700 lbs.	D. Williams	380
Open	2730 lbs.	D. Williams	380
Open	2760 lbs.	D. Williams	380
Open	2790 lbs.	D. Williams	380
Open	2820 lbs.	D. Williams	380
Open	2850 lbs.	D. Williams	380
Open	2880 lbs.	D. Williams	380
Open	2910 lbs.	D. Williams	380
Open	2940 lbs.	D. Williams	380
Open	2970 lbs.	D. Williams	380
Open	3000 lbs.	D. Williams	380

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NASA Arkansas State Notables include (left to right) judge Toby Johnson, Lifter Beau Harris, and judge Dr. Daryl Johnson, and Judge Bob Tabaka. (photo provided to Powerlifting USA by Dr. Johnson)

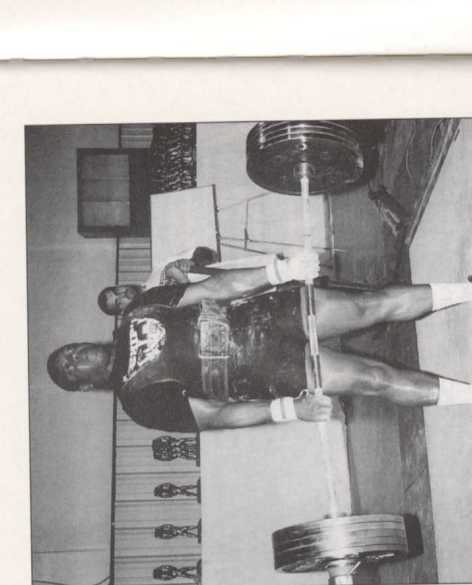
NASA Arkansas State (kg)
1 May 99 - Fayetteville, AR

100 lbs.	120 lbs.	130 lbs.	140 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.
T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene

NASA Arkansas State (kg)
10 Apr 99 - Green Bay, WI

100 lbs.	110 lbs.	120 lbs.	130 lbs.	140 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.
T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene

Each year our numbers seem to be growing. 100 lbs. from Byherville and Anthony Jones From Memphis, TN. Judges included Dr. Daryl and Toby Johnson, Beau Harris, and Judge Bob Tabaka. Meet Director Dave Balhazor and David Constantinou. (Thanks to Johnson for providing the meet results to PL USA) To Dave Balhazor for providing the meet results)



Chip Davis set a South Carolina State Deadlift masters Record of 268 kgs. at the USAPL South Carolina State Meet (Bob Burchett photo)

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1 May 99 - Fayetteville, AR

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T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene	T. Greene

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2nd USAPL S. Carolina PL/BP
1 May 99 - Laurens, SC

Open 121 lbs.	132 lbs.	143 lbs.	154 lbs.	165 lbs.	176 lbs.	187 lbs.	198 lbs.	209 lbs.	220 lbs.	231 lbs.	242 lbs.	253 lbs.	264 lbs.	275 lbs.	286 lbs.	297 lbs.	308 lbs.	319 lbs.	330 lbs.	341 lbs.	352 lbs.	363 lbs.	374 lbs.	385 lbs.	396 lbs.	407 lbs.	418 lbs.	429 lbs.	440 lbs.	451 lbs.	462 lbs.	473 lbs.	484 lbs.	495 lbs.	506 lbs.	517 lbs.	528 lbs.	539 lbs.	550 lbs.	561 lbs.	572 lbs.	583 lbs.	594 lbs.	605 lbs.	616 lbs.	627 lbs.	638 lbs.	649 lbs.	660 lbs.	671 lbs.	682 lbs.	693 lbs.	704 lbs.	715 lbs.	726 lbs.	737 lbs.	748 lbs.	759 lbs.	770 lbs.	781 lbs.	792 lbs.	803 lbs.	814 lbs.	825 lbs.	836 lbs.	847 lbs.	858 lbs.	869 lbs.	880 lbs.	891 lbs.	902 lbs.	913 lbs.	924 lbs.	935 lbs.	946 lbs.	957 lbs.	968 lbs.	979 lbs.	990 lbs.	1001 lbs.	1012 lbs.	1023 lbs.	1034 lbs.	1045 lbs.	1056 lbs.	1067 lbs.	1078 lbs.	1089 lbs.	1100 lbs.	1111 lbs.	1122 lbs.	1133 lbs.	1144 lbs.	1155 lbs.	1166 lbs.	1177 lbs.	1188 lbs.	1199 lbs.	1210 lbs.	1221 lbs.	1232 lbs.	1243 lbs.	1254 lbs.	1265 lbs.	1276 lbs.	1287 lbs.	1298 lbs.	1309 lbs.	1320 lbs.	1331 lbs.	1342 lbs.	1353 lbs.	1364 lbs.	1375 lbs.	1386 lbs.	1397 lbs.	1408 lbs.	1419 lbs.	1430 lbs.	1441 lbs.	1452 lbs.	1463 lbs.	1474 lbs.	1485 lbs.	1496 lbs.	1507 lbs.	1518 lbs.	1529 lbs.	1540 lbs.	1551 lbs.	1562 lbs.	1573 lbs.	1584 lbs.	1595 lbs.	1606 lbs.	1617 lbs.	1628 lbs.	1639 lbs.	1650 lbs.	1661 lbs.	1672 lbs.	1683 lbs.	1694 lbs.	1705 lbs.	1716 lbs.	1727 lbs.	1738 lbs.	1749 lbs.	1760 lbs.	1771 lbs.	1782 lbs.	1793 lbs.	1804 lbs.	1815 lbs.	1826 lbs.	1837 lbs.	1848 lbs.	1859 lbs.	1870 lbs.	1881 lbs.	1892 lbs.	1903 lbs.	1914 lbs.	1925 lbs.	1936 lbs.	1947 lbs.	1958 lbs.	1969 lbs.	1980 lbs.	1991 lbs.	2002 lbs.	2013 lbs.	2024 lbs.	2035 lbs.	2046 lbs.	2057 lbs.	2068 lbs.	2079 lbs.	2090 lbs.	2101 lbs.	2112 lbs.	2123 lbs.	2134 lbs.	2145 lbs.	2156 lbs.	2167 lbs.	2178 lbs.	2189 lbs.	2200 lbs.	2211 lbs.	2222 lbs.	2233 lbs.	2244 lbs.	2255 lbs.	2266 lbs.	2277 lbs.	2288 lbs.	2299 lbs.	2310 lbs.	2321 lbs.	2332 lbs.	2343 lbs.	2354 lbs.	2365 lbs.	2376 lbs.	2387 lbs.	2398 lbs.	2409 lbs.	2420 lbs.	2431 lbs.	2442 lbs.	2453 lbs.	2464 lbs.	2475 lbs.	2486 lbs.	2497 lbs.	2508 lbs.	2519 lbs.	2530 lbs.	2541 lbs.	2552 lbs.	2563 lbs.	2574 lbs.	2585 lbs.	2596 lbs.	2607 lbs.	2618 lbs.	2629 lbs.	2640 lbs.	2651 lbs.	2662 lbs.	2673 lbs.	2684 lbs.	2695 lbs.	2706 lbs.	2717 lbs.	2728 lbs.	2739 lbs.	2750 lbs.	2761 lbs.	2772 lbs.	2783 lbs.	2794 lbs.	2805 lbs.	2816 lbs.	2827 lbs.	2838 lbs.	2849 lbs.	2860 lbs.	2871 lbs.	2882 lbs.	2893 lbs.	2904 lbs.	2915 lbs.	2926 lbs.	2937 lbs.	2948 lbs.	2959 lbs.	2970 lbs.	2981 lbs.	2992 lbs.	3003 lbs.	3014 lbs.	3025 lbs.	3036 lbs.	3047 lbs.	3058 lbs.	3069 lbs.	3080 lbs.	3091 lbs.	3102 lbs.	3113 lbs.	3124 lbs.	3135 lbs.	3146 lbs.	3157 lbs.	3168 lbs.	3179 lbs.	3190 lbs.	3201 lbs.	3212 lbs.	3223 lbs.	3234 lbs.	3245 lbs.	3256 lbs.	3267 lbs.	3278 lbs.	3289 lbs.	3300 lbs.	3311 lbs.	3322 lbs.	3333 lbs.	3344 lbs.	3355 lbs.	3366 lbs.	3377 lbs.	3388 lbs.	3399 lbs.	3410 lbs.	3421 lbs.	3432 lbs.	3443 lbs.	3454 lbs.	3465 lbs.	3476 lbs.	3487 lbs.	3498 lbs.	3509 lbs.	3520 lbs.	3531 lbs.	3542 lbs.	3553 lbs.	3564 lbs.	3575 lbs.	3586 lbs.	3597 lbs.	3608 lbs.	3619 lbs.	3630 lbs.	3641 lbs.	3652 lbs.	3663 lbs.	3674 lbs.	3685 lbs.	3696 lbs.	3707 lbs.	3718 lbs.	3729 lbs.	3740 lbs.	3751 lbs.	3762 lbs.	3773 lbs.	3784 lbs.	3795 lbs.	3806 lbs.	3817 lbs.	3828 lbs.	3839 lbs.	3850 lbs.	3861 lbs.	3872 lbs.	3883 lbs.	3894 lbs.	3905 lbs.	3916 lbs.	3927 lbs.	3938 lbs.	3949 lbs.	3960 lbs.	3971 lbs.	3982 lbs.	3993 lbs.	4004 lbs.	4015 lbs.	4026 lbs.	4037 lbs.	4048 lbs.	4059 lbs.	4070 lbs.	4081 lbs.	4092 lbs.	4103 lbs.	4114 lbs.	4125 lbs.	4136 lbs.	4147 lbs.	4158 lbs.	4169 lbs.	4180 lbs.	4191 lbs.	4202 lbs.	4213 lbs.	4224 lbs.	4235 lbs.	4246 lbs.	4257 lbs.	4268 lbs.	4279 lbs.	4290 lbs.	4301 lbs.	4312 lbs.	4323 lbs.	4334 lbs.	4345 lbs.	4356 lbs.	4367 lbs.	4378 lbs.	4389 lbs.	4400 lbs.	4411 lbs.	4422 lbs.	4433 lbs.	4444 lbs.	4455 lbs.	4466 lbs.	4477 lbs.	4488 lbs.	4499 lbs.	4510 lbs.	4521 lbs.	4532 lbs.	4543 lbs.	4554 lbs.	4565 lbs.	4576 lbs.	4587 lbs.	4598 lbs.	4609 lbs.	4620 lbs.	4631 lbs.	4642 lbs.	4653 lbs.	4664 lbs.	4675 lbs.	4686 lbs.	4697 lbs.	4708 lbs.	4719 lbs.	4730 lbs.	4741 lbs.	4752 lbs.	4763 lbs.	4774 lbs.	4785 lbs.	4796 lbs.	4807 lbs.	4818 lbs.	4829 lbs.	4840 lbs.	4851 lbs.	4862 lbs.	4873 lbs.	4884 lbs.	4895 lbs.	4906 lbs.	4917 lbs.	4928 lbs.	4939 lbs.	4950 lbs.	4961 lbs.	4972 lbs.	4983 lbs.	4994 lbs.	5005 lbs.	5016 lbs.	5027 lbs.	5038 lbs.	5049 lbs.	5060 lbs.	5071 lbs.	5082 lbs.	5093 lbs.	5104 lbs.	5115 lbs.	5126 lbs.	5137 lbs.	5148 lbs.	5159 lbs.	5170 lbs.	5181 lbs.	5192 lbs.	5203 lbs.	5214 lbs.	5225 lbs.	5236 lbs.	5247 lbs.	5258 lbs.	5269 lbs.	5280 lbs.	5291 lbs.	5302 lbs.	5313 lbs.	5324 lbs.	5335 lbs.	5346 lbs.	5357 lbs.	5368 lbs.	5379 lbs.	5390 lbs.	5401 lbs.	5412 lbs.	5423 lbs.	5434 lbs.	5445 lbs.	5456 lbs.	5467 lbs.	5478 lbs.	5489 lbs.	5500 lbs.	5511 lbs.	5522 lbs.	5533 lbs.	5544 lbs.	5555 lbs.	5566 lbs.	5577 lbs.	5588 lbs.	5599 lbs.	5610 lbs.	5621 lbs.	5632 lbs.	5643 lbs.	5654 lbs.	5665 lbs.	5676 lbs.	5687 lbs.	5698 lbs.	5709 lbs.	5720 lbs.	5731 lbs.	5742 lbs.	5753 lbs.	5764 lbs.	5775 lbs.	5786 lbs.	5797 lbs.	5808 lbs.	5819 lbs.	5830 lbs.	5841 lbs.	5852 lbs.	5863 lbs.	5874 lbs.	5885 lbs.	5896 lbs.	5907 lbs.	5918 lbs.	5929 lbs.	5940 lbs.	5951 lbs.	5962 lbs.	5973 lbs.	5984 lbs.	5995 lbs.	6006 lbs.	6017 lbs.	6028 lbs.	6039 lbs.	6050 lbs.	6061 lbs.	6072 lbs.	6083 lbs.	6094 lbs.	6105 lbs.	6116 lbs.	6127 lbs.	6138 lbs.	6149 lbs.	6160 lbs.	6171 lbs.	6182 lbs.	6193 lbs.	6204 lbs.	6215 lbs.	6226 lbs.	6237 lbs.	6248 lbs.	6259 lbs.	6270 lbs.	6281 lbs.	6292 lbs.	6303 lbs.	6314 lbs.	6325 lbs.	6336 lbs.	6347 lbs.	6358 lbs.	6369 lbs.	6380 lbs.	6391 lbs.	6402 lbs.	6413 lbs.	6424 lbs.	6435 lbs.	6446 lbs.	6457 lbs.	6468 lbs.	6479 lbs.	6490 lbs.	6501 lbs.	6512 lbs.	6523 lbs.	6534 lbs.	6545 lbs.	6556 lbs.	6567 lbs.	6578 lbs.	6589 lbs.	6600 lbs.	6611 lbs.	6622 lbs.	6633 lbs.	6644 lbs.	6655 lbs.	6666 lbs.	6677 lbs.	6688 lbs.	6699 lbs.	6710 lbs.	6721 lbs.	6732 lbs.	6743 lbs.	6754 lbs.	6765 lbs.	6776 lbs.	6787 lbs.	6798 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By breaking things down into the athletic fundamentals, Metaform® puts better performance within reach.

Metaform®
NUTRITION AT THE SPEED OF SCIENCE.™

Ingredients	Myoplex Plus	
	Metaplexx TR™ METAFORM®	Deluxe EAS®
Time Released Proteins	YES	NO
Whey Protein Isolate	YES	NO
Calcium Caseinate	YES	UNKNOWN
Glutamine Peptide	YES	UNKNOWN
Citrimax™ (PCA-Garcinia cambogia extract)	1,000 mg	0
Taurine	1,000 mg	0

The Facts

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This product is not intended to diagnose, treat, cure or prevent any disease.

METAFORM'S Metaplexx TR™

represents one of the most scientifically advanced protein dietary supplements ever developed. This protein supplement is designed to release amino acids into your body over an extended period of time. A combination of specific dietary proteins, such as those found in Metaplexx TR™, may potentially deliver a more efficient stream of amino acids (nitrogen) to hard working muscles*. Amino acids are the building blocks used by muscles to recover from intense training.* Metaplexx TR™ is one of the first supplements to contain Nitrospare™, a precise combination of whey protein isolate, calcium caseinate and glutamine peptide which is designed to release amino acids in a revolutionary

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

Announcement from the WNPFF/NPU: "As recently noted by the president of the WNPFF, the NPU by mutual consent has ended its affiliation with the WNPFF. Unfortunately the agendas of the two organizations are not compatible. Rule and equipment issues were impossible to solve despite the genuine efforts of both organizations. The NPU goals and purpose have always been to provide drug tested contests for all natural powerlifters in the United States and other countries while providing efficient well run fun meets for all participants. We are extremely concerned and particular about providing rules and equipment that enhances the safety of the lifters. In many instances our governing body is more apt to endorse and institute rules that protect the lifters instead of staying with the old traditional way of doing things. In an effort not to completely compromise the philosophies that each of us have come to stand for over the years, we have mutually decided that it is better for us to end our affiliation at this time. We hope that both organizations will continue to prosper and serve the powerlifting community to the best of our abilities. The NPU will revert back to the WNPFF (World Natural Powerlifting Federation) and offer a WNPFF World Championship in Atlanta, Georgia on Nov. 19-21. We invite all members of the NPU/WNPFF and the WNPFF to compete with us and Atlanta. *Ralph E. Peace*, Vice President - WNPFF/NPU"

WABDL Healthworks 2nd SE BP/DL

24 Apr 99 - Foley, AL
 Class 1 198 lbs. 325
 M. Dornier-27
 A. Peterson-35
 M. McVay-30
 123 lbs. 220
 C. Tibboeaux-27 440
 156* R. Farris-32
 150 R. Phillip-8
 141* T. Waddell-26 345
 F. Aarab-56
 75 D. Waddell-18 260
 R. Lafferty-56
 140 J. Riechardt-19
 130 J. Riechardt-14
 Junior (20-24)
 132 W. Cannon-17 400
 130 A. Punney-14 231*
 128 J. Konek-22
 128 J. Konek-22
 Open 165 lbs. 436*
 J. Konek-22 485
 181 lbs. 405
 C. Elliot
 D. Banks-31
 J. Riechardt-19
 M. Dornier-27
 M. McVay-30
 A. Peterson-35
 325 T. Waddell-18 305
 R. Rogers-36
 415 D. Waddell-18 290
 S. Raney-49
 440 E. Brown-36
 626*
 T. Caporn-18
 R. Farris-32
 R. K. Callahan-14 300*
 308 lbs. 440
 A. Punney-14 330
 C. Cooke-26
 J. M. Nicks-14
 J. Odom-36
 600 Class 1 242 lbs. 450*
 Submaster (14-39)
 R. Driskill-39 675
 605 J. Konek-22
 290 J. Konek-22 510
 D. Tibboeaux-27
 165 lbs. 405*
 A. Watkins-37
 385 R. Farris-32
 D. Belanger-37
 220 lbs. 305*
 R. Rogers-36
 415 E. Brown-36
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 T. Caporn-18
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