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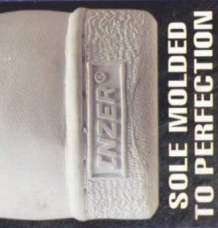
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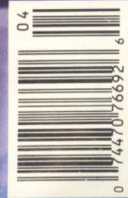
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport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

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ON THE COVER.... Arnold Classic winner Glen Chabot (Low)

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The Arnold Schwarzenegger Classic Bench Press Challenge 2000 as reported for Powerlifting USA by Peter Thorne

Saturday, February 26, at 1:30 PM Gary Benford stepped onto the stage at the Columbus Ohio Convention Center. The crowd, estimated to be close to 10,000, filled the entire hall and crowded the stage. They stood shoulder to shoulder to see the big benchers. In fact, the Arnold Bench Press Challenge is, by far, the most popular event in the convention hall each year at the Arnold Classic. Gary took the microphone and announced that Bob Thomas, a policeman from Pitts-

burgh, PA, would rep 402 pounds 30 or more times to start the day's lifting. Bob started out like a piston with the weight going up and down. Finally, he appeared to get a pec injury and his lifting for the day ended with an impressive 28 reps.

Then came the big benchers. Gary Benford filled the packed house with information on each lifter. Then some of the best benchers in the world were at it, battling with each other to be Number One. The first three men's places would be decided by the Rishel Formula, which takes bodyweight, the weight lifted, and age for older lifters as the factors for determining the winners. The ladies were also judged on formula with the winning woman getting cash and the first place trophy. Gary Benford did an outstanding job announcing and keeping the meet exciting and moving along.

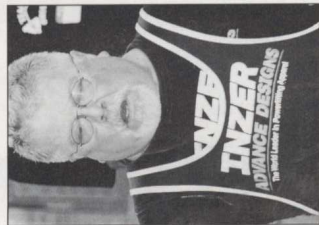


Tina Rinehart did some spectacular bench pressing: 314, 325 & 330 lbs. in the 132s.

3rd place was Willie Williams, the big 350 pound country boy from Huntington, West Virginia. Willie said: "It was a great meet. There was a lot of people. I got my opener of 705 lbs. and I thought I had 749 pounds, but it was not for that day. It is not like a regular meet because the Arnold Classic has big crowds and a whole bunch of excitement. It's not as simple as the Arnold Classic, picked up \$1,500.00 and the second place trophy. Nelson weighed in at 260 lbs. and just keeps getting stronger each year. George says, 'There is no bigger pump than stepping on the stage at the Arnold Classic. The energy is fantastic. One reason that may be is because the Arnold is the most crowd friendly of the bench press meets or powerlifting contests. The people can see, understand and appreciate each lift. It's exciting as each man is competing with every other lifter. With the formula any one of these top lifters could grab a payday and first place. I opened with 540 pounds and it was a good lift. On my second lift I tried 562 1/2 pounds. The lifting platform was excellent. It was the best I ever lifted on but I did not get a proper foot placement and missed my lift. I tried the 562 1/2 again. This time I made sure my feet were right and so was the lift. It felt good and even better when the judges said 'good lift'. It was a 562 lbs. for the logger from Oregon and second place.

MEN'S COMPETITION

1st Place: Glen Chabot of Raleigh, NC. Glen weighed in at 277 lbs. and just 30 years of age. Glen took the \$2,000.00 and the first place trophy. Glen said, "I arrived for the Arnold Classic and knew right away this would be the biggest show I had ever seen. My nerves kicked in and my weight started to drop. I was eating well but I weighed in at 277 lbs. I had expected to be somewhere around 285 lbs. I still felt like I could get my lifts and I was



George Nelson gets ready for 562. (photos courtesy P. Thorne)

and Willie, of course, is great. I opened at 633 and it felt decent and it was a good lift. The crowd was awesome, just phenomenal. I had 661. I just could not finish it with the right arm, but I just could not finish with the left. I was disappointed with my lifting and I was excited to be in such an awesome meet. The crowds were great. I want to thank Ed Coan for helping. It was an honor to have Ed help. Thanks to Dan Kovacs too for his help."

Juvenile Probation Officer Kim Brownfield was the Gold Medal winner in the Paralympics in Barcelona, Spain. Kim is called the strongest physically challenged athlete in the world. Halling from Eufala, Oklahoma, Kim said: "It was a privilege to be up on the platform with what were definitely the strongest bench pressers in the world. The crowd was phenomenal. I enjoyed it very much. I opened with 589 lbs. When I first did it I felt tired from all the walking. I was like a kid in a candy store visiting all 500 of those great sales booths. So I walked around all day. Being on crutches, I think it took too much out of me. The weight did not feel heavy, but I was tired. I did make the lift (589 lbs.) but it was all I had for that day. I tried the 600 lb. and it did not feel too heavy. I hope to be back next year."

World Record Holder, George Halbert, weighed in at 196 pounds, George said: "The crowd was great. My training was excellent all the way up to the meet. Dropping weight down to 196 pounds was easy. My training was smooth and I was lifting only 30 pounds less than when I was 275 pounds bodyweight.

Kenny Patterson of the West Side Barbell Club weighed in at 231 lbs. Kenny Patterson said: "The meet was run very well. I just had a bad day. I opened with 639 lbs. It felt OK. Then I jumped to 705 lbs. In an attempt to break my own World Record of 701. It was real close to lockout but not close enough. I lost 5 pounds more than I had planned. That 5 pounds may have been a part of my missing the lift. It was a great meet. It just was not my day."

Beau Moore, a fitness center district manager from Florida, weighed in at 329 lbs. "I had a great time," Beau said. "Just being with all the great lifters, George and Kenny

will make a big difference and I won't miss my lift again." Sunday at 4:00 PM the crowd started filling out. Soon the hall was taken over by the forklift trucks and workers from the George Fern Co. In a day another event would be taking place. In hours it would be just one big empty hall waiting the new arrival. Yet, in that near empty building, if you listened closely you could still hear the distant sound of 10,000 people cheering for Glen, George, Willie, Kim, Kenny, Beau, George, Marcus and Frank. Along with the power of the men you could still feel the energy from them, Amy, Paula and Shannon. That will exist in that part of space in Columbus, Ohio, perhaps to be discovered and recognized by some being far in the future. We all benefit from the works of those who excel and push the barriers back, even a little bit.



Willie Williams sets to push 705.

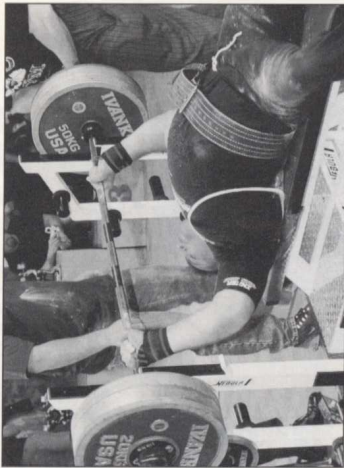
I felt ready for a big day at the Arnold Classic. I felt the best I have felt in a long time. I believe it was just some mental mistakes that caught me. I feel, and my training said, that I should have made the lifts. Usually I am relaxed and calm out at the top. My left hand was not so relaxed and calm. In the end I did not get the 650 pounds I wanted and I was out of the contest."

Frank Prauner, World record holder and German strongman, weighed in at 198 pounds. Frank said "I was sick the week before and I lost about 16 pounds in that week. Now that I had lost so much weight that I figured I could lift a 198 pounder. Then I could go after Dave Waterman's record. I opened with 650 pounds and I lost control of the lift and got red lights. I felt a lot of strength to make the lift so I decided to make my jump to 661 lbs. for my second lift. I pushed the bar and started to push it back. Suddenly there was a pain in my left pec and my day was over. I think I had not enough water in my body and that could cause the problem. I think I will be all better in about one month. My thanks to all my supporters."

WOMEN'S COMPETITION
1st place Tina Rinehart is a mom as well as 130 pounds of well-packed power. Today she picked up a check for \$500.00 as best woman lifter and broke her own World Record two times. Tina felt the atmosphere of the Arnold Classic was fantastic. Looking great, she stepped out for her opener and gave nearly 10,000 spectators a bench press treat.

Tina said: "The atmosphere was great and I felt ready for some big lifting. My opener was ready at 314 lbs. I slid under the bar and lowered the weight. Everything seemed OK. Then I started driving the weight up. It was too heavy and I did not make it. I turned and saw it was an overload. I went directly to the warm-up room. With the guys holding my legs on the slippery floor I blew up 314 lbs. Then my turn came again and the 314 went up easily. I called for 325 pounds. 6 pounds more than the World Record I currently hold. The crowd, the stage, and my lifting felt good. It was a good lift. We loaded the bar for a 4th attempt at 330 lbs. for another World Record. It was another good lift. I felt I could get even more. Perhaps one day 350 lbs. For today it was 330 pounds, over two and one half times my bodyweight and two World Records and the winning beneficiary. I was impressed with Gary Benford, who ran a great meet and was an excellent announcer."

Shannon Summers is 15 years old. She will be in an upcoming I have spoken to my coach (Dad) and we realize that I will be training more in the shirt. We realize that has already totaled more than 1050

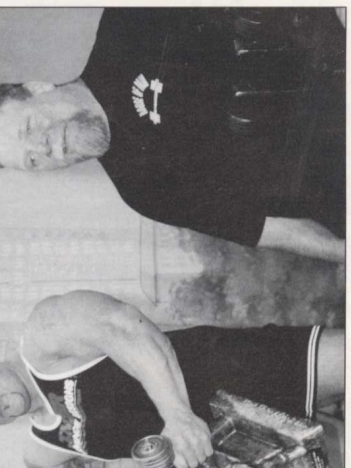


Kim Brownfield - the Paralympic Champion - managed 589 pounds.

at 14 years old. At the Arnold Classic Fitness 2000, Shannon says, "My opening attempt was not my heaviest opener. I felt pretty confident and it felt light. It came up well and it was a good lift. I then went for 268 pounds. The hand off was great and the weight felt really light. The weight just flew up and everything was wonderful. My next attempt is 281 pounds. I had time to focus. The hand off was really good. As I brought the weight down it felt very heavy. At the press signal I got myself but then I realized how awesome it felt here. I realized when my lift got out of the groove that I needed to train more in my shirt. In my squat training I train in my special Inzer suits for the meet. Training in my suits helps my squat. I have spoken to my coach (Dad) and we realize that I will be training more in the shirt. We realize that

will make a big difference and I won't miss my lift again." Sunday at 4:00 PM the crowd started filling out. Soon the hall was taken over by the forklift trucks and workers from the George Fern Co. In a day another event would be taking place. In hours it would be just one big empty hall waiting the new arrival. Yet, in that near empty building, if you listened closely you could still hear the distant sound of 10,000 people cheering for Glen, George, Willie, Kim, Kenny, Beau, George, Marcus and Frank. Along with the power of the men you could still feel the energy from them, Amy, Paula and Shannon. That will exist in that part of space in Columbus, Ohio, perhaps to be discovered and recognized by some being far in the future. We all benefit from the works of those who excel and push the barriers back, even a little bit.

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Glen Chabot with his trophy and \$2000 check, flanked by George Nelson (left) and Willie Williams (right)

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POWER PROFILE

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

MIKE DANFORTH Rising lifter wins "Champion of Champions" award at the 1999 WPF World Championships as told by Marty Gallagher

Mike Danforth is a 30 year old, 181 pound powerlifter from Wilton, Maine who used balanced lifting and controlled ferocity to win the Champion of Champions award at the 1999 WPF World Championships. To understand the obvious, it must come as a total surprise anytime a powerlifter wins the Champion of Champions award at a world championship event in which Ed Coan is entered. But sure enough, after the dust had settled and the cross-class rallies were tabulated, Danforth walked away with the best lifter award. "It was kinda shocking to win the best lifter award, the furthest thing from my mind, to tell you the truth. Hey, it's an honor just to lift in the same competition as Ed Coan, whom I consider a friend."

Danforth spoke in measured tones, reflectively, in between bites as he sat in the fabulously funky retro diner in the Plaza Hotel and Casino. This was immediately after Ed Coan pulled a 352 pound (not kilos) deadlift to limp to victory. Coan blew out a right frontal thigh muscle on a successful second attempt squat, a mere four minutes after missing his 947 pound opening squat that had been accidentally loaded to 1036. After blasting out of the hole with the heaviest opening squat of all time, Mister Ed got bent forward, causing him to miss this ponderous poundage. Ironically, it was Mike Danforth (spotting after completing his lifting the day before) and Kirk Karwoski who caught the massive

misload. Danforth strode to the platform amidst the confusion immediately after the missed lift and screamed over the din that the weights had been misloaded. The loaders were in the process of stripping the weight off the bar and in another ten seconds the monstrous mix-up would have slipped by unnoticed. How'd it happen? I suspect the platform judge most likely called for "two forty four pound plates" and in the pre-lift madness the loaders loaded two 44 pound plates on each side. Yeeoww! In the end, Mr. Danforth accepted the Best Lifter trophy for his clean and low equats, his crisp, explosive bench presses and his never-in-doubt deadlifts. He sewed up the class win and the BL title with ease and composure. He lifted in his own fashion and seemed unfazed by anyone or anything. Cool as a



Mike Danforth was a winner starting at the 1995 USPF Sr. Nationals

Steve Murdoch, national champion Shelby Corson and bodybuilding immortal Laura Creavalle. A mighty impressive cast of iron from a state with a population equal to that of Baltimore or Cleveland. Maine is to powerlifting what Bulgaria is to Olympic lifting: an indigenous population that exerts an iron influence all out of proportion to their numbers.

Coan's problems dramatically affected Mr. Danforth - but you wouldn't know it to watch Mike in the restaurant grabbing a quick bite in the moments immediately after all the ED-related drama. We kept urging Mike to head back to the meet in order to receive his best lifter award. It was a fabulous accomplishment, yet he seemed far more intent on finishing his hot turkey sandwich with mashed potatoes than receiving the biggest pow-

two, usually eight reps per set. I move onto incline dumbbell triceps extensions; three sets of 8-10 reps and finish the workout with a few sets of biceps curls. This workout takes around 90 minutes."

"My deadlift cycle is six-weeks long and I work up to one all-out set of deads. For the first four weeks of the 6 week cycle I will work up to a 3 rep top set. Then, in weeks five and six, I hit a big double. After regular deadlifts I like to do a set of stiff-legged deadlifts with around 550 for 5 reps. Stiffs keep my erectors strong and my pull powerful. After deadlifts, for some back assistance work, I will perform three sets of chins with a 35 pound dumbbell. On the first set I might get 10 reps and on next two sets, 8 and 6 reps (respectively). Then I move onto reverse-hyppers for three sets and finish the workout with rear delt raises for 3x6. I love stiff-legged deadlifts and credit them with my pull improvement over the past few years. In the off season I don't do any regular deadlifts, just stiff-legged deadlifts. This is a tough workout and clocks in around 90 minutes."

"On my last workout day of the week I concentrate on shoulders, triceps and abdominals. I start with press-behind-the-neck and work up to one top set of 3-5 reps, then

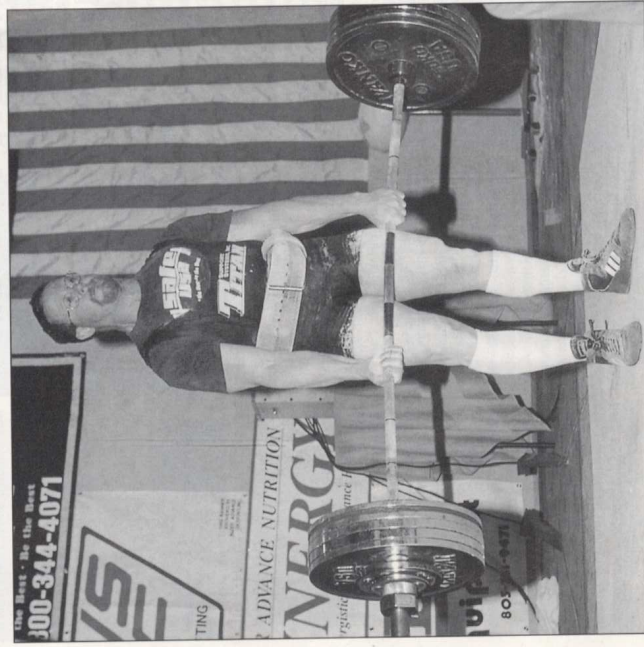
NUTS & BOLTS:

"My squat cycle lasts 10 weeks, which is a long cycle for me. For the first five weeks I will work up to an all out 5 rep set using wraps and a belt. I then drop to a triple, using wraps, belt and suit bottoms, for the next two weeks. For the next two weeks I hit a double in full gear and with my suit straps up. Fourteen days out I hit a single, then I refrain from squatting until the competition. There is a certain amount of technical adjustment that occurs as you add gear, so I use a relatively long squat cycle. After I am done squatting, I will do some leg extensions and finish off with three sets of 8-10 reps on the glute/ham machine. This entire workout takes roughly 90 minutes."

"I use a short, six-week bench press cycle prior to a meet. On bench day, I will work up to a top weight using my competition grip. For the first two weeks of the cycle I hit two work sets of 3 reps each. I rest 3-5 minutes between these sets. For the next two weeks of my 6 week cycle, I drop to one triple. Then for the final two weeks of the cycle I work up to a heavy 2 rep set, but wearing a bench shirt. I will follow competition benching with some weighted dips, for a set or



Mike has gained valuable experience competing in the IPF Worlds



Mike is very athletic looking light as he is as good at one lift as he is at the others.

immediately onto lateral raises. I finish up with some triceps work. I work my abdominals twice a week for five total sets. This day four workout takes about 45 minutes."

FUTURE PLANS

It is always tough to talk seriously about the future when the paint isn't even dry on the previous undertaking. The lean, taunt lifter leaned back contentedly after finishing the last bite of his lunch and ruminated a bit as he blissfully digested his chow. "I suppose I will head to West Virginia to lift in the USPF National Championships in late June. I'm pretty enthused as a result of this contest. I will take a few weeks off to relax and heal. I will then figure them out a specific cycle for the June meet." He demurred on offering any predictions, "I couldn't throw a guess at this juncture, I need to absorb the lessons from this meet before I figure out my next move." Regardless of the outcome of his soul searching, one thing is for sure: Mike Danforth will show up to his next contest bigger, better, stronger and smarter than before. This guy has powerlifter stamped all over him and puts old timers in mind of Mike Bridges or Gene Bell at the beginning of their respective and illustrious careers. If Danforth can begin to add quality bodyweight - like Mike Bridges did when climbing from 148 to 165 and eventually 181 - then Danforth will surely become a future Hall of Fame candidate. He is tall for his current class, lean, and built-strong. At a full 200 pounds you could easily see him squatting and deadlifting 750 and breaking the 2000 pound total barrier. Mr. Danforth is someone to keep a close eye on.

INTERVIEW

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

LM: Let's start out with some background information about yourself, Leonard.

LMc: I am 35 years, old, single and I've been a fifth grade school teacher for the past 8 years. This is my ninth year teaching at Fiquett, Elementary School.

LM: Did you indicate to me previously that you coached football?

LMc: I have coached for the past eight years, but not this past year because I am going back to graduate school. I am going to Brenau University school to get my Masters degree in Elementary Education.

LM: How and when did you get involved with the sport of Powerlifting?

LMc: I got started in Powerlifting in 1983 when I finished High School. I went to a Community College in Pittsburgh and while I was there I began lifting on a Universal machine. Then I graduated to the free weights and won a College competition with 360 lbs. bench while weighing 160 and a friend urged me to get involved in more competitions. I won a couple more contests and got the bug and have been lifting ever since.

LM: Have you competed in 3lift meets or strictly bench press meets?

LMc: I did a three lift meet, but just did token lifts so as to get a bench press record. So, I really haven't competed in a three lift meet.

LM: What are some of the records that you hold?

LMc: I have an American record in the USPF with a 490 in 1996 in the 181s. In 1998 at the USAPL BP Nationals I broke the National record with a 485. I did a 501 with a 4th attempt. I had a World Record in 1992 during the IPF Bench Worlds in Taiwan with a lift of 419 in the 165 lbs. class. In 1997 I had a World record of 490 at the IPF Bench Worlds in Canada. The most I have lifted was a 515 in 1997. I have accumulated about 250 trophies since I started competing in 1998.

LM: What was your most memorable moment in powerlifting?

LMc: Probably the competition in 1997 when I won my second gold medal in Canada. I lost in 1993; moved up a weight class in 1994 and finished 5th. In 1995 I finished second at the Nationals so I didn't go to the Worlds. In 1996 I finished

third at the Worlds, in Denmark and in 1997 I finished first at the Nationals so I was excited to go back. We almost didn't make it to Canada because of the problems between the IPF and the USPF and USAPL becoming the new IPF affiliate. I had to call the Director of the meet to get the USA team a chance to compete.

LM: Have you noticed any differences since switching organizations?

LMc: Now I am lifting with the USAPL because of their affiliation with the IPF. I only want to compete where I can qualify for the IPF Worlds. I don't see any real difference.

LM: What are your views on steroids?

LMc: I haven't had any problems with drug testing because I am drug free. I have been competing for 15 years and I usually get tested twice a year. I would like to see some year around testing for those people trying to slip through the cracks.

LM: Do you follow any special diets or supplement programs?

LMc: My diet consists of Chicken, Fish and Turkey. I have cut out the fried foods. I cut out pizza. I pretty much eat the same thing day in and day out. I have tried Creatine, but have cramped with it. For me, I feel that it is a God given talent. I have a natural talent and don't want to waste my money on supplements. I haven't found anything that works and you have to worry about the contents of what you're taking and whether or not it will affect your drug test.

LMc: Who are some of the athletes that have impressed you over the years?

LMc: Chuck Brunson has been a staple in my camp for a long time. He and I feed off of one another. We met at a competition in 1992 in Florida. He went to Taiwan with me. I also lift with Robert Allen. The three of us get together and try and push each other. James Henderson has been a great help. We've been around the world together. He is a 5 time world champion. He keeps me spiritually motivated and helps me out with tips.

LM: How much longer do you plan on competing and do you plan on moving up a weight class?

LMc: I think I will finish my career in the 181s, especially since I am 35 years old. I have been pretty successful over the years and have finished in the top 3 since I started. As long as I can stay competitive, I'll stay in this weight class.

LM: What type of training program are you on?

LMc: Well, I do a 4x4 routine by doing four sets of 4 reps in ascending weight. I might start out with 315x4, 350x4, 355x4, 380x4. I do this routine for a while and then went to 4 sets of 3 reps. 315x3, 365x3, 405x3, 415 to 430x3. I do a 10 week cycle. Once I get to the end of the cycle, the 405x3 might go to 440x2. My assistance exercises include some dumbbell work and some triceps push downs and some heavy curls. I also train with very strict form.

LM: What type of equipment do you like to use?

LMc: I use Inzer. He has been very supportive over the years. I use the Extra Heavy Duty high performance shirts. His shirts have also kept me healthy and in injury free. I never train with my shirt. The sponsors use shirts and I put the shirt on the day of the meet.

LM: Who do you consider to be some of the best benchers since you've been to so many world meets?

LMc: The Russians have always been at the top. I don't know where they get these guys. I don't know if they're taking anything, but they pass the drug tests.

LM: Any memorable or funny moments during your lifting career that stand out?

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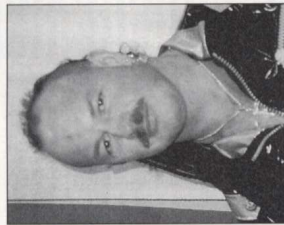
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It was the place for Powerlifters to be, 2000's Arnold Classic was a huge show, and thousands of cheering fans is what every Powerlifter's dream should have. Willie Williams, Louie Simmonds, Kenny Patterson, J.M. Blakley, Beau Moore, Ed Coan, Chris Confessore, Kieran Kidder and Ernie Frantz were all there to compete or help support the lifters. Marcus Schick and Frank Pfraumer arrived from Germany. Stephan Korte came from Austria.



From Germany... Frank Pfraumer (above) and also Markus Schick



Willie Williams - a great favorite

of the day. North Carolina's Glen Chabot came through with a strong 722 lb. bench on his opener, and that won the 2000 Bench Press Challenge. Glen gave the audience quite a performance, charging the stage with fire in his eyes and exhorting the crowd to get behind him, which they did. His 722 was clean and smooth, and he's got more in him, so look out for his next meet.

Willie Williams was a crowd favorite last year, and this year once again got the crowd roaring when he lifted. Willie popped a 705, as he did last year, and that gave the meet two 700 lb. benches.

Pittsburgh's Bob Thomas put on a remarkable exhibition right before the actual contest, benching 402 lbs. for 28 reps, and the last six or seven of those reps were done with a hurt pec.

POWER SCENE



Rick Brewer of House of Pain was giving out temporary tattoos!

Chris Confessore was working the Iron Curtain Labs booth, alongside World's Strongest Man Magnus Ver Magnusson. Powerlifter, Mr. Universe bodybuilder, and tv show host Joe DeAngelis was working the Universal booth. British powerlifters Brian Batchelor and Vanessa Gibson were in the Dorian Yates Approved booth. Former USPF President and amazing squatter John Black was walking around the floor. Dr. Squat (Fred Hatfield) was touring the show.

And, of course, POWERLIFTER Video was covering the action, including getting to videotape the lifting from right on the stage. (We apologize to the fans whose sight lines were blocked by the videotaping, because we sure got to shoot the action up close.) We'll have all the action in our next issue.

Gary Benford did a terrific job as mc, the lifters were very pleased with the meet, especially all the thousands of cheering fans, and I'm looking forward already to next year's Arnold Classic 2001.

We'll be back next month - but you know that - with all the usual comings and goings of the pow'rlifting world. Till then, good lifting, stay healthy, and make your reservations for next year's show. It's worth checking out. **NEED LOW**

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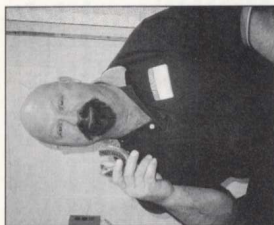
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Louie Simmonds was in the house



Ernie Frantz - in official capacity



Glen Chabot receives congratulations from Peter Thorne and George Nelson. (photos by Low)

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Chronology of PL USA Covers as told by Herb Glossbrenner

Vol. No.	Mo./Yr.	Subject (Description)
1.	Vol 1 No.1	Ervin Wright (DL)
2.	Vol 1 No.2	Rickey Crain (SQ)
3.	Vol 1 No.3	Gary Crawford, Mary Phillips, Vince Anello, Walter Thomas
4.	Vol 1 No.4	Steve Wilson (DL)
5.	Vol 1 No.5	Stacy Lippert, Steven McCormick, Rhodes Burke, Trujillo, Gaudier, Aledo, Cowing, McCormick, Patterson, Young King
6.	Vol 1 No.6	Tom Hardman, Mary Phillips, Joe White
7.	Vol 1 No.7	Roger Estep (SQ)
8.	Vol 1 No.8	Denny Monarates (DL)
9.	Vol 1 No.9	Chip McCain (DL)
10.	Vol 1 No.10	Mike MacDonald (DL)
11.	Vol 1 No.11	Chuck Dunbar (SQ)
12.	Vol 1 No.12	Chuck Dunbar (SQ)
13.	Vol 2 No.1	Glenn Stevens (DL)
14.	Vol 2 No.2	Clay Patterson (Two)
15.	Vol 2 No.3	Clay Patterson (Two)
16.	Vol 2 No.4	Jerry Jones/Standing
17.	Vol 2 No.5	John Hono (DL)
18.	Vol 2 No.6	Clay Patterson (Two)
19.	Vol 2 No.7	Clay Patterson (Two)
20.	Vol 2 No.8	Clay Patterson (Two)
21.	Vol 2 No.9	Clay Patterson (Two)
22.	Vol 2 No.10	Clay Patterson (Two)
23.	Vol 2 No.11	Clay Patterson (Two)
24.	Vol 2 No.12	Clay Patterson (Two)
25.	Vol 3 No.1	Worlds Strongest Man Top: Kuhl, Reinholdt, Kuhl, Kazmarek, Reinholdt, Hellund, Hellund, Bob Young, Kazmarek
26.	Vol 3 No.2	Dave Shaw, Ray Verdonck, Roger Combs, Dan Wollebner
27.	Vol 3 No.3	Ernie Beldar (DL)
28.	Vol 3 No.4	Ernie Beldar (DL)
29.	Vol 3 No.5	Ernie Beldar (DL)
30.	Vol 3 No.6	Ernie Beldar (DL)
31.	Vol 3 No.7	Ernie Beldar (DL)
32.	Vol 3 No.8	Ernie Beldar (DL)
33.	Vol 3 No.9	Ernie Beldar (DL)
34.	Vol 3 No.10	Ernie Beldar (DL)
35.	Vol 3 No.11	Ernie Beldar (DL)
36.	Vol 3 No.12	Ernie Beldar (DL)
37.	Vol 4 No.1	Sam Mangiardi (DL)
38.	Vol 4 No.2	Chip McCain (DL)
39.	Vol 4 No.3	Vince Anello (DL)
40.	Vol 4 No.4	Mike MacDonald (DL)
41.	Vol 4 No.5	Mike MacDonald (DL)
42.	Vol 4 No.6	Mike MacDonald (DL)
43.	Vol 4 No.7	Mike MacDonald (DL)
44.	Vol 4 No.8	Mike MacDonald (DL)
45.	Vol 4 No.9	Mike MacDonald (DL)
46.	Vol 4 No.10	Mike MacDonald (DL)
47.	Vol 4 No.11	Mike MacDonald (DL)
48.	Vol 4 No.12	Mike MacDonald (DL)
49.	Vol 5 No.1	Paul Whitney (DL)(inset: Dave Waddington (1003 SQ))
50.	Vol 5 No.2	James Cash (DL)
51.	Vol 5 No.3	Mike MacDonald (DL)
52.	Vol 5 No.4	Bill Kazmarek (drawing)
53.	Vol 5 No.5	Bill Kazmarek (drawing)
54.	Vol 5 No.6	Bill Kazmarek (drawing)
55.	Vol 5 No.7	David & Peter Paul (DL)
56.	Vol 5 No.8	David & Peter Paul (DL)
57.	Vol 5 No.9	Dwayne Fey (SQ 881 WR)
58.	Vol 5 No.10	Vicki Steemrod (DL)
59.	Vol 5 No.11	Bill Trocas (DL)
60.	Vol 5 No.12	Bill Trocas (DL)
61.	Vol 6 No.1	James Cash (DL)
62.	Vol 6 No.2	Sculpted DL Figure
63.	Vol 6 No.3	Walter Thomas (DL)
64.	Vol 6 No.4	Chuck Bronson (DL)
65.	Vol 6 No.5	Chuck Bronson (DL)
66.	Vol 6 No.6	Chuck Bronson (DL)
67.	Vol 6 No.7	Chuck Bronson (DL)
68.	Vol 6 No.8	Chuck Bronson (DL)
69.	Vol 6 No.9	Chuck Bronson (DL)
70.	Vol 6 No.10	Chuck Bronson (DL)
71.	Vol 6 No.11	Chuck Bronson (DL)
72.	Vol 6 No.12	Chuck Bronson (DL)
73.	Vol 7 No.1	Lamar Cant (DL)
74.	Vol 7 No.2	Lamar Cant (DL)
75.	Vol 7 No.3	John Gamble (Standing)
76.	Vol 7 No.4	Don Mills (DL)
77.	Vol 7 No.5	Steve Wilson (leaning bicyc)
78.	Vol 7 No.6	Hideki Inaba (DL)
79.	Vol 7 No.7	Steve Knight (DL)
80.	Vol 7 No.8	Ed Coan (Portrait)
81.	Vol 7 No.9	Peggy Box (SQ)
82.	Vol 7 No.10	Fred Hatfield (DL)
83.	Vol 7 No.11	Dave Schneider (WR SQ)
84.	Vol 7 No.12	Dave Schneider (WR SQ)
85.	Vol 8 No.1	Joe Morelli (DL)
86.	Vol 8 No.2	Ed Coan (DL 791 WR)
87.	Vol 8 No.3	James MacCarthy Jr. (SQ)
88.	Vol 8 No.4	Ed Coan (DL 791 WR)
89.	Vol 8 No.5	Ed Coan (DL 791 WR)
90.	Vol 8 No.6	Ed Coan (DL 791 WR)
91.	Vol 8 No.7	Ed Coan (DL 791 WR)
92.	Vol 8 No.8	Ed Coan (DL 791 WR)
93.	Vol 8 No.9	Ed Coan (DL 791 WR)
94.	Vol 8 No.10	Ed Coan (DL 791 WR)
95.	Vol 8 No.11	Ed Coan (DL 791 WR)
96.	Vol 8 No.12	Ed Coan (DL 791 WR)
97.	Vol 9 No.1	David Jacoby (Changing to Superman)
98.	Vol 9 No.2	Ed Coan (DL 859 WR)
99.	Vol 9 No.3	John Letch (DL)
100.	Vol 9 No.4	Fred Hatfield (Celebrating)
101.	Vol 9 No.5	Fred Hatfield (Celebrating)
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103.	Vol 9 No.7	Fred Hatfield (Celebrating)
104.	Vol 9 No.8	Fred Hatfield (Celebrating)
105.	Vol 9 No.9	Fred Hatfield (Celebrating)
106.	Vol 9 No.10	Fred Hatfield (Celebrating)
107.	Vol 9 No.11	Fred Hatfield (Celebrating)
108.	Vol 9 No.12	Fred Hatfield (Celebrating)
109.	Vol 10 No.1	Charles Olson (DL 854)
110.	Vol 10 No.2	Mike Hall (DL 859 WR)
111.	Vol 10 No.3	Richard Peters, John Erickson, Manisha Peters
112.	Vol 10 No.4	Richard Peters, John Erickson, Manisha Peters
113.	Vol 10 No.5	Richard Peters, John Erickson, Manisha Peters
114.	Vol 10 No.6	Richard Peters, John Erickson, Manisha Peters
115.	Vol 10 No.7	Richard Peters, John Erickson, Manisha Peters
116.	Vol 10 No.8	Richard Peters, John Erickson, Manisha Peters
117.	Vol 10 No.9	Richard Peters, John Erickson, Manisha Peters
118.	Vol 10 No.10	Richard Peters, John Erickson, Manisha Peters
119.	Vol 10 No.11	Richard Peters, John Erickson, Manisha Peters
120.	Vol 10 No.12	Richard Peters, John Erickson, Manisha Peters
121.	Vol 11 No.1	Dave Paanella (DL)
122.	Vol 11 No.2	Doug Furnas (DL 821)
123.	Vol 11 No.3	Gerald Welch (SQ 821)
124.	Vol 11 No.4	Walter Thomas (DL)
125.	Vol 11 No.5	Andrew Stewart
126.	Vol 11 No.6	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
127.	Vol 11 No.7	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
128.	Vol 11 No.8	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
129.	Vol 11 No.9	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
130.	Vol 11 No.10	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
131.	Vol 11 No.11	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
132.	Vol 11 No.12	Lamar Cant (inset: Ed Coan as Victoriano Rusk, inset: Jim Pall Sigmanon)
133.	Vol 12 No.1	Bill Kazmarek (WSM)
134.	Vol 12 No.2	Ed Coan (inset) Gary Heley
135.	Vol 12 No.3	Mike Bridges (SQ)
136.	Vol 12 No.4	Mike Bridges (SQ)
137.	Vol 12 No.5	Mike Bridges (SQ)
138.	Vol 12 No.6	Mike Bridges (SQ)
139.	Vol 12 No.7	Mike Bridges (SQ)
140.	Vol 12 No.8	Mike Bridges (SQ)
141.	Vol 12 No.9	Mike Bridges (SQ)
142.	Vol 12 No.10	Mike Bridges (SQ)
143.	Vol 12 No.11	Mike Bridges (SQ)
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145.	Vol 13 No.1	Mike Bridges (DL)
146.	Vol 13 No.2	Mike Bridges (DL)
147.	Vol 13 No.3	Mike Bridges (DL)
148.	Vol 13 No.4	Mike Bridges (DL)
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158.	Vol 14 No.2	Ed Coan (DL 920)
159.	Vol 14 No.3	Ed Coan (DL 920)
160.	Vol 14 No.4	Ed Coan (DL 920)
161.	Vol 14 No.5	Ed Coan (DL 920)
162.	Vol 14 No.6	Ed Coan (DL 920)
163.	Vol 14 No.7	Ed Coan (DL 920)
164.	Vol 14 No.8	Ed Coan (DL 920)
165.	Vol 14 No.9	Ed Coan (DL 920)
166.	Vol 14 No.10	Ed Coan (DL 920)
167.	Vol 14 No.11	Ed Coan (DL 920)
168.	Vol 14 No.12	Ed Coan (DL 920)
169.	Vol 15 No.1	Ed Coan (DL 920)
170.	Vol 15 No.2	Ed Coan (DL 920)
171.	Vol 15 No.3	Ed Coan (DL 920)
172.	Vol 15 No.4	Ed Coan (DL 920)
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175.	Vol 15 No.7	Ed Coan (DL 920)
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177.	Vol 15 No.9	Ed Coan (DL 920)
178.	Vol 15 No.10	Ed Coan (DL 920)
179.	Vol 15 No.11	Ed Coan (DL 920)
180.	Vol 15 No.12	Ed Coan (DL 920)
181.	Vol 16 No.1	Ed Coan (DL 920)
182.	Vol 16 No.2	Ed Coan (DL 920)
183.	Vol 16 No.3	Ed Coan (DL 920)
184.	Vol 16 No.4	Ed Coan (DL 920)
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186.	Vol 16 No.6	Ed Coan (DL 920)
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Ben Willoughby, Mark Webber, DC
 235. Vol 23 No.3 Oct/99 Jesse Kellum SQ
 236. Vol 23 No.4 Nov/99 Jess Johnson Spotted by Chuck Lannita, Jack Armstrong, Scott Bruner & Rob Gaslin.
 265. Vol 23 No.5 Dec/99 Scott Roberts, (inset) Larry Miller (BP)
 271. Vol 23 No.6 Jan/00 Donnie Cole (DL), insects Dave Kuhl (DL), Steve Knight (DL)
 272. Vol 23 No.7 Feb/00 Gary Frank & Jackie Halten
 273. Vol 23 No.8 Mar/00 Liz Willett (SQ)

Since the Women make up about 10% of the populace of PL, Mike tried to feature about that percentage with a female on the cover. He came close. The far sex accounted for 18 full along with two full covers (planning it with MAR/98 (intercept)). The first female on the cover was Vicki Steemrod (DL) on the cover of JUN/81 and NOV/86 and Vicki Steemrod-APR/92 and DEC/97. Carrie Boudreau-Graham had the MAR/92 cover all to herself and appeared on the cover also w/ 3 insects: JUL/95, SEP/96 and SEP/97. Others who had the cover all to herself were: Ruthie Shaler MAR/83, Carl Mullali (Jun) JUN/83, Peggy Box APR/84, Kuhl (DL) OCT/84, Steve Knight (DL) JUN/85, UN/89, UN/90, UN/91, UN/92, UN/93, UN/94, UN/95, UN/96, UN/97, UN/98, UN/99, UN/00, UN/01, UN/02, UN/03, UN/04, UN/05, UN/06, UN/07, UN/08, UN/09, UN/10, UN/11, UN/12, UN/13, UN/14, UN/15, UN/16, UN/17, UN/18, UN/19, UN/20, UN/21, UN/22, UN/23, UN/24, UN/25, UN/26, UN/27, UN/28, UN/29, UN/30, UN/31, UN/32, UN/33, UN/34, UN/35, UN/36, UN/37, UN/38, UN/39, UN/40, UN/41, UN/42, UN/43, UN/44, UN/45, UN/46, UN/47, UN/48, UN/49, UN/50, UN/51, UN/52, UN/53, UN/54, UN/55, UN/56, UN/57, UN/58, UN/59, UN/60, UN/61, UN/62, UN/63, UN/64, UN/65, UN/66, UN/67, UN/68, UN/69, UN/70, UN/71, UN/72, UN/73, UN/74, UN/75, UN/76, UN/77, UN/78, UN/79, UN/80, UN/81, UN/82, UN/83, UN/84, UN/85, UN/86, UN/87, UN/88, UN/89, UN/90, UN/91, UN/92, UN/93, UN/94, UN/95, UN/96, UN/97, UN/98, UN/99, UN/00, UN/01, UN/02, UN/03, UN/04, UN/05, UN/06, UN/07, UN/08, UN/09, UN/10, UN/11, UN/12, UN/13, UN/14, UN/15, UN/16, UN/17, UN/18, UN/19, UN/20, UN/21, UN/22, UN/23, UN/24, UN/25, UN/26, UN/27, UN/28, UN/29, UN/30, UN/31, UN/32, UN/33, UN/34, UN/35, UN/36, UN/37, UN/38, UN/39, UN/40, UN/41, UN/42, UN/43, UN/44, UN/45, UN/46, UN/47, UN/48, UN/49, UN/50, UN/51, UN/52, UN/53, UN/54, UN/55, UN/56, UN/57, UN/58, UN/59, UN/60, UN/61, UN/62, UN/63, UN/64, UN/65, UN/66, UN/67, UN/68, UN/69, UN/70, UN/71, UN/72, UN/73, UN/74, UN/75, UN/76, UN/77, UN/78, UN/79, UN/80, UN/81, UN/82, UN/83, UN/84, UN/85, UN/86, UN/87, UN/88, UN/89, UN/90, UN/91, UN/92, UN/93, UN/94, UN/95, UN/96, UN/97, UN/98, UN/99, UN/00, UN/01, UN/02, UN/03, UN/04, UN/05, UN/06, UN/07, UN/08, UN/09, UN/10, UN/11, UN/12, UN/13, UN/14, UN/15, UN/16, UN/17, UN/18, UN/19, UN/20, UN/21, UN/22, UN/23, UN/24, UN/25, UN/26, UN/27, UN/28, UN/29, UN/30, UN/31, UN/32, UN/33, UN/34, UN/35, UN/36, UN/37, UN/38, UN/39, UN/40, UN/41, UN/42, UN/43, UN/44, UN/45, UN/46, UN/47, UN/48, UN/49, UN/50, UN/51, UN/52, UN/53, UN/54, UN/55, UN/56, UN/57, UN/58, UN/59, UN/60, UN/61, UN/62, UN/63, UN/64, UN/65, UN/66, UN/67, UN/68, UN/69, UN/70, UN/71, UN/72, UN/73, UN/74, UN/75, UN/76, UN/77, UN/78, UN

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are tight. The drop to the floor after the last attempt could loosen the collars, which could make the weights shift during the next attempts.

As I mentioned earlier, spotting is important in the gym as well and is necessary for many other lifts outside of the 3 powerlifts. Other exercises require alert spotting like overhead presses and dumbbell work. It is important to keep the lifting area and other gym paraphernalia. Inspect all equipment you use before you use them. Make sure to the collars are on tight throughout the workout and in working order. Alert spotting is not only crucial on max attempts in the gym, but on rep sets too.

At most meets there are ample spotters available, but at the gym it may be just you and one or two partners. To the rescue is the power rack. This great tool has been covered in other issues of *PL USA* so I won't get deep into it in this article. The main safety feature of the power rack is that it can catch the weight in the event the lifter loses the lift. Many professional gyms have power racks, but for the home gym you can fashion one by using strong materials like piping, etc. We built our own for our old garage gym and it came in handy and saved us from a few disasters. Adjustability to fit several lifts and all sizes of lifters would be a definite plus.

Machines like Hammer and Eagle are inherently safer than free weights because the resistance comes in the form of an "out of the way" weight stack and there is no bar to fall. For work-outs where you can't get a reliable spot, you should consider using machines. However, though machines may be safer than free weights, muscle pulls, etc., are still possible through sloppy use and lack of concentration. As I mentioned earlier, make sure any weight equipment you use is in good order before you use it.

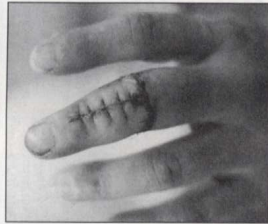
When you come down to it, spotting or lifting safety is no more than common sense and alertness. Just like safety on the job, if you're alert and think a little, you can greatly decrease the chance of a lifter, spotter, or even a spectator suffering an unnecessary injury. Alert spotting is important at both meets and at the gym, for both max attempts and rep sets. Verify the equipment you use is properly loaded and in good working order. Train hard but above all, train safe by making spotting as important of a part of your training as your routine and nutritional program.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Spotting as told to Powerlifting USA by DOUG DANIELS



Larry Pacifico had a finger nearly severed in a spotting accident.

This would give the spotters time to get into the groove with the lighter weights overall. As they progress in experience, they will be more capable to spot the heavier weights.

Of the three powerlifts, the squat demands the most in the way of spotting. The spotters must devote their full concentration on the lifter. All three should have their hands from the un-racking of the bar until its safely back in the rack after the attempt. During power meets, there are usually 3 spotters located around the lifter. For big attempts, you can see up to 4-6 spotters. With three spotters, one should be behind the lifter and the other two will be positioned at each side of the lifter.

All three should have their hands out and be ready to react in case of trouble. The rear spotter should be ready to grab the lifter around the waist or grab the bar. The side spotters should grab the end of the bar or the weights, depending on how much room is available on the end of the bar. The lifter must do his part by staying under the bar and walking it back to the rack. If the worst happens and the bar can not be re-racked, the back spotter should shout out "drop it" and all hands should get away quickly. The rear man should be the most experienced spotter and the leader of the spotting team. If you use more than 3 spotters, add spotters to the side positions first. Don't go overboard

on the amount of spotters as too many can get in the way and create an unnecessary hazard. One more note before I move on; I've noticed that as the squats proceed, the racks tend to get pushed forward because of all the re-racking. In some cases, the base of the rack could start to come off the platform and create another hazard possibly tipping forward. The spotters and head judge must watch for this. If the rack is too far forward, the spotters should reposition the rack between attempts as soon as possible.

The bench press also requires a great deal of attention. If the bar drops during the lift, it will naturally fall on the lifter. At a national meet I attended, a 500 pound plus lift fell right out of the lifter's hands and crashed on his chest. The spotters did react quickly and immediately took the bar off his chest and re-racked the weight. Luckily the lifter was not hurt. If there is only one spotter, he should be stationed in the middle, between the racks. If you have two, have one stand on one side and the other spotter should provide hand-off spotting coverage. After the lifter has the bar in position to lift, the middle spotter should step to the empty side and assume that side's spotting duties. The important thing after the attempt is to get the bar safely back in the rack. Be careful not to get the lifter's fingers caught between the rack and the bar. As with any lift, make sure the collars are tight before each attempt. Also make sure there are no weights or collars on the floor that could create a tripping hazard. It's best to always put the plates back in the plate racks if they're not being used for that attempt.

The deadlift does not require a great deal of spotting. Just make sure if the lifter blacks out due to exertion, you catch him before he falls. Anything can happen, so be alert. Keep the lifting free of tripping hazards. If there is no weight change between attempts, the spotters should check to see if the collars

One aspect of powerlifting, or lifting in general, that can be overlooked among all the other concerns and planning involved in either preparing to compete in or run a meet is - spotting. This includes spotting both at a meet and at the gym. The best devised training plan and nutritional regimen go down the drain if you or a lifter at a meet or in the gym is injured during a lift due to an accident. I'd like to cover a few ideas on this critical subject this month.

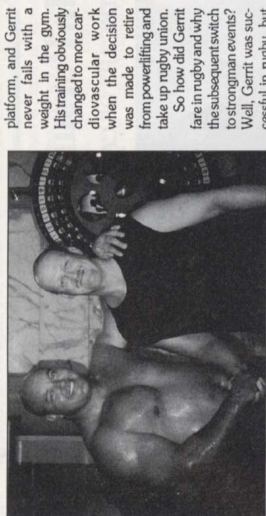
What good spotting really comes down to in the end is common sense and alertness. I've seen several forty-five pound plates slide off each side of the bar while a lifter was benching. In this instance, the spotter was more interested in encouraging the lifter to complete the rep than in noticing that the plates were sliding off. An unnecessary accident like this could mean serious injury to the lifter as well as the spotters and others nearby.

Before I even start talking about safe spotting practices, let's look at the people who end up lifting more weight than anyone else at the meet - the spotters themselves. At most meets, spotters are usually volunteers that belong to the host gym or are friends of the meet director. In many cases, this could be their first time spotting at a contest, let alone their first time dealing with something potentially big time weights. This makes it an absolute must that the lead spotter, meet director or official spend some quality time with the spotters going over what it takes to spot each lift prior to that lift beginning at the meet. Each spotter should have a clear understanding of his responsibilities for each lift.

One spotter should have job of holding the measuring stick so the squat rack height can be set. Other spotters should have the job of adjusting the height of each squat rack in addition to moving the racks in or out depending on the lifter's preferences. Another thing to keep in mind is to make sure that plates are removed or added somewhat symmetrically on each side. If one side is being loaded or unloaded so that the weight of that side varies significantly from the other, the bar could tip off the squat or bench rack. One spotter should stand in the middle of the rack securing the bar and watching for this unsymmetrical loading. The same spotter should also check that the bar is loaded equally on each side after the collars are secured for the next attempt. The plates should be flush to the inner and outer collars and to each other. If possible, at multi-platform meets, it may be beneficial to not have the heavier weight classes be the first to lift.

The Strongmen Interviews:

GERRIT BADENHORST by Derek Cope



Gerrit Badenhorst with Derek Cope at the '99 WSM

Prior to spectating at the 1999 Worlds Strongest Man contest in Malta, I had the opportunity to interview in depth five of the top athletes: Gerrit Badenhorst, Joe Onasal, Tori Olafsson, Jouka Ahola, and Magnus Samuelsson. All of these athletes have a powerful lifting background of some sort or other. What will be interesting and beneficial to PL USA readers is how these athletes originally trained for the powerlifts and then how their training has changed to incorporate the events that are associated with strongman contests.

While each of the above men have different training philosophies they are all agreed on one basic tenet and that is that powerlifting forms the bedrock for all their strongman endeavors and this further underscores the fact that, as a group, powerlifters are the strongest men on earth.

Connoisseurs of powerlifting and strength events will recognize the name of Gerrit Badenhorst. Gerrit is one of a very small number of men who have ever totalled in excess of 2425 lbs. (1100 kg) with Gerrit having official lifts of a 992 lb. (450 kg) squat and an 887 lbs. (402.5 kg) deadlift to his credit.

Before outlining his current training regime some background information on this immensely talented athlete would be appropriate. Gerrit Badenhorst was born on 10/10/62 in De Aar, Orange Free State, South Africa. Gerrit currently resides at Bloemfontein and a number of B.C.C. Commentators affectionately refer to him as the "Bloemfontein Bull".

As a youngster Gerrit was successful at a wide variety of sports - high jumping, cricket, rugby, athletics. In 1987 he began powerlifting and he placed at the A.P.F. Worlds in Dayton, Ohio in the 110 kg class. Gerrit came fourth at this event and went 8 out of 9 posting 738 574 705 via a 1818 (825 kg) total. It was at this time that Gerrit employed the services of a nutritionist and gradually put on quality bodyweight to fill out his lean and athletic frame. His five day a week powerlifting routine paid dividends and the results would mean that Gerrit would never place 2nd at anyone in powerlifting again.

At the W.P.C. Worlds at Johannesburg, South Africa, in November 1988 Gerrit hit 9 out of 9 for a 2281 (1035 kg) total via 925 507 848 and, despite lifting at superheavyweight, he won the best lifter award just over a year later at Stone in England. Gerrit bagged another W.P.C. World title at superheavyweight with massive lifts of 959 529 848 for a 2336 (1060 kg) W.P.C. World Record Total.

At the W.P.C. World Championships at Pescara, Italy in October 1990 Gerrit posted his biggest total ever at a

bodyweight of under 140 kg. He won his third W.P.C. title and won best lifter in the heavy division, but just look at his numbers! Gerrit went 8 out of 9 and hit 992 551 887 for a 2430 lb. (1102.5 kg) total. This total surpassed great names such as Rainhoth, Kazmaier and Noren on the all time ranking list.

It was at this point that Gerrit retired from powerlifting and, at age 28, embarked in a career in rugby union. Interestingly, Gerrit stated in the interview that, looking back, he would have liked to have stayed one more year with powerlifting and would have liked to have bulked up to a bodyweight of 150 kg plus. This extra

bodyweight would, he feels, have given him the strength to post an even bigger total than his historic 2430 lbs.

Regarding Gerrit's preparation for his powerlifting titles it is interesting how he peaked just prior to his contests. For each of the 3 powerlifting disciplines Gerrit would calculate a platform maximum single and formula a 12 week peaking cycle to accomplish that projected maximum. In the squat, for example, Gerrit would split the 12 week buildup into different phases. During the first phase, Gerrit would gradually work up to a maximum in the squat without any equipment. During the next phase, Gerrit would utilize wraps and belt and work up to a maximum single. The final phase would see Gerrit using all his equipment and Gerrit would hit his best double 3 weeks prior to the meet.

The last two weeks he would train the squat, but not with heavy, saving himself for the big attempt on the platform. A similar pattern was employed for the bench press and deadlift, with the only difference being in the bench where Gerrit would hit his best repetitions two weeks prior to the meet. Using this type of peaking schedule Gerrit posted training lifts of 936 x 2 in the squat and 837 x 3 and 859 x 2 (390 kg) in the deadlift. Gerrit has made point that he always hit his best poundages when it mattered, i.e., on the

platform, and Gerrit never falls with a weight in the gym. His training obviously changed to more cardiovascular work when the decision was made to retire from powerlifting and take up rugby union. So how did Gerrit fare in rugby and why the subsequent switch to strongman events? Well, Gerrit was successful in rugby, but late in life at the age of 28, in 1992, he unexpectedly received an invite to the Mighty Man contest in South Africa and was guaranteed more money than he was receiving from his rugby endeavours. After a scant 8 weeks of serious strength training, he placed fourth in the contest and from then on left the rugby scene and focused on strongman events. Dr. Douglas Edmunds invited Gerrit to some Highland Games events and it was through Douglas Edmunds and Rodney Andrews that the invite came to compete in the Worlds Strongest Man contest in Iceland in 1992.

I asked Gerrit how his training now differs when preparing for strongman contests as compared to when he was competing in powerlifting. Gerrit feels that the power disciplines are still the key lifts for strongmen. However, Gerrit trains the squat with slightly higher repetitions and has narrowed his stance somewhat to work the quadriceps more intensely. When Gerrit was competing in powerlifting, he would normally start wrapping the knees at around 485 lbs, but for strongman training Gerrit relies less on supportive equipment and has gradually increased his unsupported squat up to 660 lb.

Gerrit no longer works on specific squat cycles but rather trains the squat according to how he feels. The deadlift, he admitted, is trained heavier than the squat and Gerrit will normally work repetitions in the 3 to 4 range. Gerrit does not use a supportive suit when training the deadlift and will go to around 620 lbs. to 660 lbs. before donning the belt. Rack work is worked hard, but only one rack height is used and that is where the bar sits around 2 inches below the knee. Prior to the Worlds Strongest Man contest in Malta, Gerrit pulled 848 lbs. (385 kg) for 3 reps from this rack height and had done a 914 lb. (415 kg) single.

With regard to upper body power, Gerrit trains the chest twice a week, bench pressing in one workout and working the incline press in the other and I'm sure that it would be their wish that the "change" of the Bloemfontein Bull may long continue.

promotes running in his training program, working hard on short sprints and hill sprints. Rack carrying is also done every week. Gerrit will carry a heavy rack 30 meters, and then his training partner will take the rack from Gerrit and carry it 30 meters and this is done time and time again to build strength and endurance for events which involve either the Atlas stones or the Huselet stone.

As mentioned previously, Gerrit has an awesome deadlift and has never been beaten in a straight deadlift event at World Strongest Man level. Gerrit pulled 420 kg. with room to spare in the deadlift event in Sun City and he pulled 410 kg. in Mauritius. As regards advice on deadlifting, Gerrit feels that the legs should be trained very hard for the deadlift as they must be used predominantly in the initial phase of the pull from the floor. The bar should always be close to the shins and the weight pulled in to the body. This fact of technique becomes even more important if the lifter has a long torso.

The hamstrings must be trained regularly and Gerrit had used the stiff-legged deadlift from a block with good effect. He recognizes that the stiff-legged deadlift could be a potentially dangerous movement, hence his advice would be to use lighter weights and higher repetitions; applying this philosophy, Gerrit works up to 180 kg for 8 to 10 reps.

To work and improve the grip Gerrit recommends using the front grip while warming up in the deadlift and only supinating the grip when front gripping becomes difficult. Rack work is also very important, as this prepares the athlete's body and mind to handle heavier weight.

Another assistance exercise that Gerrit recommends is the standard deadlift from a 4 to 5 inch block as the athlete is, by necessity, taught to use the legs in the drive off the floor.

To complete the interview I asked Gerrit what he felt his greatest achievements up to date were and Gerrit obviously mentioned his 1100+ kg total, especially as this was achieved in only 4 years of competitive training. Gerrit's win at the 1993 Mighty Man Contest was also a highlight as was his 2nd place in the World Strongest Man final in the Bahamas in 1995.

In closing Gerrit would like to thank his training partners through the years, in particular Leon Kleynhans and Pieter De Bruin.

Although not qualifying for the World Strongest Man final in Malta, World Bodenhorst's achievements in powerlifting and his participation in World Strongest Man finals are adequate proof that Gerrit is one of the strongest men of this generation. Gerrit's physique, sportsmanship, and general demeanor have won him many admirers and fans all around the world and I'm sure that it would be their wish that the "change" of the Bloemfontein Bull may long continue.

Top 10 of the Century Broddingnagian Biathlon as told by Herb Glossbrenner

Lifter/Class	TOT	SQ	DL	Date	Coan, E	1863	962	901	28Jul91
114 lbs.	940	455	485	28Mar92	Goggins, S	1703	881	821	06Dec87
123 lbs.	1080	441	639	10Jul82	Urchick, P	1603	881	821	22Dec87
132 lbs.	1063	507	536	02Apr83	Cash, J	1620	854	821	06Mar85
140 lbs.	920	503	413	07Jul84	Black, J	1620	854	766	08Feb87
150 lbs.	914	435	479	28Jan79	Vogelphi, C	1614	843	771	20Oct95
160 lbs.	914	452	463	08Apr94	Hatfield, F	1603	876	727	23Jul83
170 lbs.	903	429	474	22Apr90	Leslie, C	1600	850	750	09Dec89
180 lbs.	889	450	444	28Sep90	McCain, C	1598	810	788	08Nov80
190 lbs.	889	443	446	06Jun94	Dunagan, H	1598	837	760	01Jun96
200 lbs.	887	374	512	11Jul97	Coan, E	1890	1003	887	20Dec98
210 lbs.	1080	441	639	10Jul82	Goggins, S	1840	1032	832	29Oct95
220 lbs.	1063	507	536	02Apr83	Weasels, W	1733	953	795	05Apr97
230 lbs.	1080	441	639	10Jul82	Wesley, B	1733	953	795	05Apr97
240 lbs.	1010	509	510	12Jul89	Wheeler, D	1703	832	874	19Nov80
250 lbs.	1003	474	529	11Mar89	Wheeler, D	1692	821	821	12Jul81
260 lbs.	1003	474	529	11Mar89	Hechter, G	1692	865	826	23Mar87
270 lbs.	1000	470	430	15Nov86	Bell, W	1692	863	826	23Nov87
280 lbs.	992	490	501	01Nov86	Urchick, P	1686	959	727	11Apr98
290 lbs.	986	483	501	12Jul80	Nichols, B	1680	950	730	18Apr87
300 lbs.	981	441	540	16Feb90	Pasanello, D	1884	1030	834	28Mar89
310 lbs.	975	515	460	29Oct88	Wohleber, D	1864	960	904	12Dec82
320 lbs.	1267	595	672	08Apr88	Lowe, G	1810	1000	810	21Mar98
330 lbs.	1179	617	562	08Nov81	Furnas, D	1802	981	821	28Mar97
340 lbs.	1140	520	620	15Nov86	Warman, S	1802	959	843	23Jul92
350 lbs.	1124	551	573	12Feb87	Karwoski, K	1747	1003	744	23Jun95
360 lbs.	1118	512	606	09Jan82	Nichols, B	1736	970	766	08Feb98
370 lbs.	1110	535	575	10Nov90	Banno, D	1727	865	820	08Feb98
380 lbs.	1102	524	526	06Jul85	Cheriet, M	1717	865	799	09Apr86
390 lbs.	1090	530	560	30Apr88	Hicklet, E	1708	903	804	01Feb81
400 lbs.	1085	515	570	08Apr96	Wilson, OD	1878	1002	8716	16Feb89
410 lbs.	1350	656	694	08Apr88	Henny, M	1852	948	9031	15Jul89
420 lbs.	1344	683	661	61Mar96	Ware, J	1827	987	840	29Jan89
430 lbs.	1328	711	617	28Jul90	Wrenn, P	1801	975	896	12Jul81
440 lbs.	1322	644	677	23Mar87	Reinhart, D	1789	904	885	03Mar75
450 lbs.	1289	628	617	08Nov80	Hechter, G	1785	964	821	03Mar75
460 lbs.	1289	628	617	08Nov80	Cole, J	1783	9011	882	28Jan82
470 lbs.	1289	628	617	08Nov80	Retiwisch, G	1770	905	865	23Jan86
480 lbs.	1270	605	665	23Jul83	Dimeel, M	1770	1010	760	03May86
490 lbs.	1265	645	600	17Apr88	Frank, G	1770	930	840	23Jun96

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More From Ken Leistner

Having made the "call" for an emphasis on the squat, bench press, and deadlift, something I've done since the inception of my column in *Powerlifting USA* magazine. In 1978, let me again reiterate that, certainly, one can do and benefit from doing assistance exercises and some of the more recently expressed innovations in training. One that comes to mind immediately is the use of chains. *PL USA* readers understandably credit the very innovative Lou Simmons with developing this idea and while Lou has done much recently to really refine their use and push their use, it is just as certainly an old procedure. Two early practitioners of chain use were Arthur Jones and Richard Sorin. In 1970, prior to his material in *Iron Man*, heralding both the development of his Nautilus machines and his training ideas that accompanied the use of both the barbell and the machines, Arthur Jones

the need for variable resistance to provide "more" when leverage factors changed and a muscle was able to "exert more strength" for lack of a better descriptive term, he attached chains to the weight baskets. This was refined with the development and use of what was first termed "spiral pulleys" which later were called Nautilus cams and cams they were. Similar to those cams found in automobile engines, the resistance varied as the cable and later, the chain, and most recently, the kevlar belts traveled a greater distance. This was accomplished by altering the shape of the cam in order to provide a greater, varying radius as the movement progressed.

Richard Sorin won't admit to being just a few years younger than I am because he doesn't have to! He appears ten years younger than his actual age, and lifts thirty years younger than that. Richard is known for his gripping and hand strength prowess but he was, and remains, a physically impressive man who continues to lift "a lot" of weight in many different movements. His equipment has been used at almost all of the national level USPF meets for at least a decade, borne of his knowledge and experience with the competitive powerlifts. Richard was an early experimenter, tinkering in his own shop and coming up with many different pieces of equipment that would help to increase his strength and throwing power. As an All American thrower, his track and field legacy has been continued by his son Bert, but more importantly for the purpose of this brief article, Richard was totally dedicated to developing his strength so that he could be the best track and field athlete possible. To aid in his quest, he built his own benches, racks, forearm developers, grip machines, and tinkered with existing equipment in order to make it safer and more efficient. A clear example is the electric hydraulic squat rack previously mentioned. Jim Sutherland, when he was producing equipment under his first company, the Hastings Barbell Company, developed the first electric hydraulic rack, using a worm gear and actuator motor to accomplish a quick and easy change in height. Richard used his lifting experience and welding skills to improve upon the design so that the Sorinex squat racks so often seen on the cover of *PL USA* with some one like Ed Coan using close to a half ton of weight on it, were developed and produced for the lifter's safety and efficiency. Richard also used chains.

"I had tried using chains on the fifty five gallon drum I used as my lat pull-down resistance. I would hang the chains off of the drum, and as it went up in the air, connected by cable over a ceiling mounted pulley, more chain came off of the floor. This provided a crude form of variable resistance; as I elevated the drum higher, more chain came off of the floor and thus, I received more resistance."

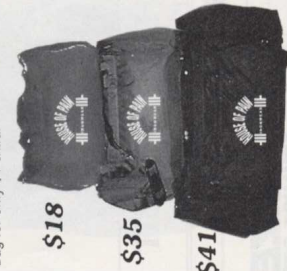
In order to improve his own lifting, early experiments had Richard looping chain over his bar while squatting and bench pressing. He tried the chains for deadlifts and overhead presses. He noted that they worked well in some exercises and not as well in others. In each case however, his interest in equipment prevailed and he found ways to accommodate all of the lifters in his South Carolina area so that they too could follow his lead. He developed a very efficient and simple "chain holder" that fits any Olympic or power bar. He has a multitude of chains, seen at his website, and dependent upon the size of chain one wishes, he has the "holder" that safely and easily allows the chains to fasten to the bar and unfasten, in a matter of seconds. Check out his website at www.sorinex.com. It is a lifter's supermarket of sorts, but right now look at the color coded, coated chains that can quickly and easily be used for all of the lifts plus the various assistance movements and "Dino type" exercises that so many lifters do in order to both enhance their training results and make them enjoyable. One of the nice things about Richard is that you can call him (see number at end of this column) and not only order directly, but ask him what size chains you would need for best results in the various lifts. You don't set the type of records he has by not knowing what has to be done, long years of experimentation, and a real love of the game.

For those who understand the benefits of variable resistance but want it in a barbell exercise, especially in the competitive powerlifts, chains are a good alternative. Topper is a company that advertises in *PL USA* and they, Sorin, and Lou Simmons should be contacted for the type of information that can improve your lifting. The use of chains, and Sorin's chain holders, is a very economical and easy way to add variety and enjoyment to your result producing training. Experiment and learn. Richard or Bert Sorin can be reached toll free at 1-877-767-4639

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Ask the Doctor

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

DEAR MAURO: I am interested in more details regarding "The Anabolic Diet." I am referring to your article "The Anabolic Diet: An Answer to More Muscularity?" that appeared in the January issue of *MUSCLE & FITNESS* magazine, pages 112-134.

First, I am curious as to why there are two days of carb loading? Second, why the weekend? Why not any two days during the week? Thank you for your time and consideration.

Best Regards, **Dr. Frank D.**

DEAR FRANK: The five days on and two days off seems to work the best for cycling the response to the various hormones. Any two days will do but most people socialize on the weekends and so like to be on the less restricted part of the diet at this time. All this is explained in my book *The Anabolic Diet* and my new book now in press which is an expanded slightly modified form of the anabolic diet for the general public.

The whole basis of the Anabolic Diet is to manipulate the anabolic hormones, including insulin (with dramatic increases on the week ends) in order to maximize lean body mass and decrease body fat. I've found that there is an acute anabolic growth spurt when a short term carb diet is followed by carb loading and then back to the low carb diet. Cellular hydration is maximized by the water and carb loading intracellularly leading to an intense anabolic stimulus. Constant fluctuations with increases in insulin sensitivity and cell volume, as well as the favourable changes in testosterone and growth hormone, make for an anabolic effect unparalleled by any other diet.

If you or any of your patients try the diet, let me know how it works out. All the best. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: I was squatting on Thursday morning. My goal was to squat what I normally could ten times and do it thirty. The first fifteen, no problem, next five I struggled a little. I then did three, two, and the rest I had to do as singles. During this squat session I did not rack the weight. But I did and still do have a little problem and I need some advice. On the fourth single I heard a small pop inside my head and then it felt like my head was going to explode. It started in the back and worked its way forward. All I remember was racking the weight and falling down. My partner said I was out for about five minutes. I blew it off, thinking no big deal. On Friday I was straining and the same thing happened again. Kind of freaked me out a little. So what I am saying is I need some advice. I live in a state that has lots of penal neck specks for doctors. The first thing he will say is to stop lifting and to find another sport. Thanks in advance for the help and sorry

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)

WORKOUT of the Month

How many of you have gone into a powerlifting meet and it all comes down to your deadlift or determine if you place first or fourth? I am sure many of you can answer yes to this question. I do not have THE answer, but I do have a workout that can guarantee you an increase in your deadlift in your next meet.

Before trying this routine you must make a commitment to yourself that you will: A) have a goal, B) be patient, C) never use can't, and D) "train to win".

Even though I use the sumo style, conventional style deadlifters will also benefit from this as well. I use an eight week training cycle, deadlifting once per week. You will increase the weight twenty pounds each week. My reason for this is that you will not overtrain the back, eight weeks is short and sweet. Thirdly, you will never peak early.

Assuming your max is 500 pounds, you can expect to make an increase of 35 to 40 pounds in eight weeks. Because my starting lifts are started with percentage (never lower than 80%) we will use 80% to start the cycle.

On this workout you will start your deadlifts one week earlier than your squat or benches. Rest eight to ten days before meet

MAX = 500 X 80% = 400 LBS.

Week 1: 155x10 235x3 335x1 400x4x2

Week 2: 155x10 245x3 340x1 420x4x2

Week 3: 155x10 245x3 340x1 440x4x2

Week 4: 155x10 255x3 350x1 400x1 460x4x2

Week 1-4 Assistance exercises:
Heavy pull-downs (front & back) 4x8
Low cable rowing 4x8
Hi-pulls 4x8
Dumbbell shrugs (bend body slightly forward) 70x10x2, 75x6, 80x6, 90x6, 100x10x2.

Week 5: 185x10 255x3 350x1 420x1 480x2x2

Week 6: 185x10 255x3 350x1 435x1 500x2x2

Week 7: 185x10 275x3 375x1 450x1

Multi-World Champ Dan Austin 8 Week Deadlift Routine

185x8 255x3 350x1 420x1 475x2

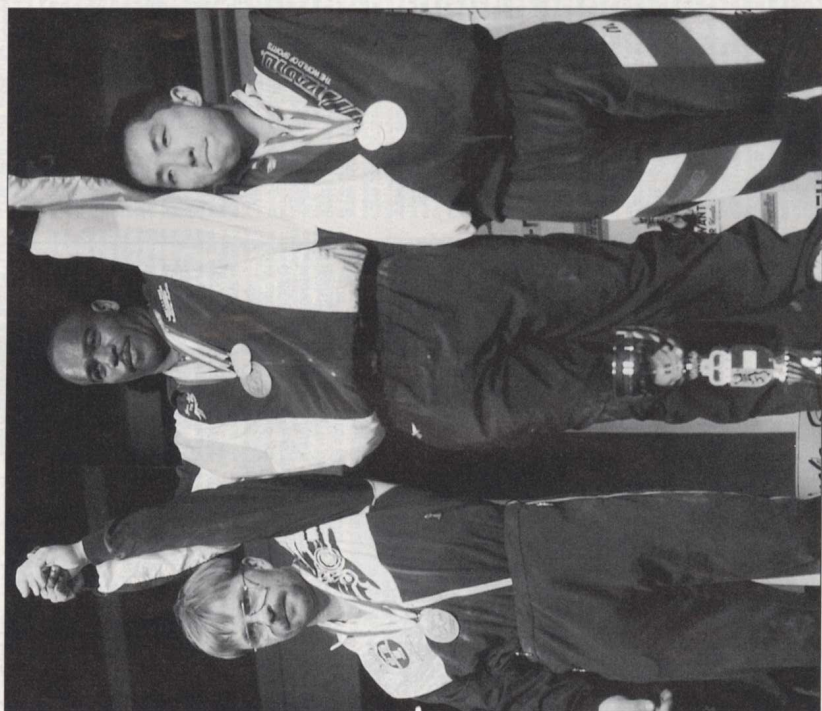
Week 8: 185x10 275x3 375x1 475x1 540x2x2

Weeks 5-8 Assistant exercises: (Friday) Same exercises as Weeks 1-4, except weeks 5-7 do 3x6 and on week 8 do 2x6.

Warmup Poundages: Always stretch before lifting. For grip problem use acupuncture on the wrist for 30 seconds and wrap the wrist tightly.

"People may doubt what you say, but they will believe what you do."

"Happy are those who dream dreams and are ready to pay the price to make them come true."



Dan Austin is one of the most successful international lifters in the history of United States Powerlifting

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for the long post. **Bob T.**

DEAR BOB: The kind of thing you're experiencing could be nothing but a bad pull or it could be something serious. The only way to find out which is to see a neurologist and have him check you out for any neurological/musculoskeletal problems. I'd recommend that you have it looked into.

Let me know how it turns out. **Mauro Di Pasquale M.D.**

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Methoxivone: A New Compound for a New Millennium by Derek Cornelius of Syntrax Innovations

What do you think when you hear the word "ANABOLIC"? For the few of us who truly know what this word represents, we start to salivate upon thinking about its real meaning. ANABOLIC means strong, hard muscles, Herculean endurance, and a general sense of well being and confidence. Unfortunately, most of the society sees ANABOLIC in a negative light. It's like the four letter "A" word of medical science. Say in public the "A" word and "STERIOD" and you just might have a board of pre-tentious cops in your face calling you a criminal and telling you that "A" steroids are addictive, destructive, blah, blah, blah and just as bad as cocaine. Well, the situation is so bad that for the past several decades hardly any companies have spent a dime on substances that are ... shhh ... ANABOLIC! Indeed, this was not the case 30 years ago. In fact, this was the prime time for research into anabolics - especially anabolic steroids! While most companies were pouring millions of dollars into new, more effective anabolic steroids, one company in Hungary, named Chinoin, decided to look for a non-steroid compound that would have the positive effects of anabolic steroids but without the negative characteristics. After over 10 years of research, they discovered Methoxivone. Although developed in the last millennium, it is destined to become one of the best ergogenic in this new millennium.

Many months ago I talked about a supplement which I named the "Anabolic Silver Bullet". Commonly referred to as Ipriflavone, this dietary nutrient was also produced by Chinoin in Hungary in the midst of creating their perfect anabolic. Indeed, in the article on Ipriflavone, we saw how it was not only highly anabolic to both bone and muscle tissue, but how it increased endurance, lowered cholesterol and decreased the size of fat stores. Furthermore, we looked at the safety of Ipriflavone and determined that it had no estrogenic activity, no carcinogenic or teratogenic activity, and finally no chronic or acute toxicities. Basically, Ipriflavone looked like the perfect anabolic compound. Well, that was then and this is now! After thousands of people have taken this compound and after dozens of anecdotal reports, we now have the ability to make a really good assessment.

Is Ipriflavone worth its salt? The answer is, "YES!" The majority of people taking Ipriflavone do not instantly change their body type overnight, but make progress over time. Unfortunately in the world of quick fixes, people want to feel the effects of something right away ... sometimes even overnight. Nearly every body that I know that has taken Ipriflavone in the proper dosages for

and satisfying. Finally, it won't increase your lean body mass by 40 pounds as you might have expected.

Another misconception that I would like to clear up is that an anabolic compound will cause a person to gain weight. Actually, this is far from the truth. An anabolic or anti-catabolic compound is what I like to call a nutrient-partitioning agent. Normally, when you ingest calories a certain portion of them are used for immediate needs, others are partitioned off into fat stores, and still others are used to build prolineacetic tissues. A nutrient partitioning agent will take more of those calories and shuttle them into prolineacetic tissues. Therefore, a nutrient partitioning agent or anabolic compound will make you leaner and more muscular if your calorie intake remains the same, but it won't cause you to gain weight. To gain weight, you must either consume more calories or slow down your metabolism. The great thing about taking an anabolic is that it causes a preferential increase in muscle mass. We see this point perfectly demonstrated in people taking anabolic steroids. If they eat extra calories, they will gain weight with a good proportion of this being lean body mass. If they diet and eat fewer calories than normal, they will obviously lose weight; however, more muscle tissue will be preserved and more adipose tissue will be lost than normal. Methoxivone is no exception to this rule. I have seen it do wonders for those people who have an eating habit which supports their goals. Women, who tend to eat a modest amount of calories, tend to lean out significantly and become very fit-looking. I have seen men, on the other hand, either gain large amounts of lean body mass or lose considerable amounts of body fat - again, depending on their calorie intake.

The last things I want to discuss are safety and recommendations. In terms of safety, Methoxivone should be just as safe as Ipriflavone (which is unusually safe for men, women, and even children). As with Ipriflavone, Chinoin performed many Methoxivone studies on multiple animal types that demonstrated its high margin of safety - in both acute and chronic situations. As with other anabolic isoflavones, Methoxivone also has the potent ability to increase endurance, lower cholesterol and improve overall health and well being. An effective dose of Methoxivone is 200 mg - 400 mg taken 2-3 times per day. The only catch with this bio-availability. Unfortunately, without an effective system, Methoxivone is not well absorbed and therefore could be rendered ineffective. Please make sure that any isoflavone product you purchase has a scientifically sound method to drastically increase

at least 6 weeks has made some very significant improvements. You're right though, this article is not about Ipriflavone. However, it is about another, similar isoflavone, called Methoxivone. Methoxivone, or 5-methyl-7-methoxyisoflavone was the result of Chinoin's extensive research on anabolic isoflavones. Said in another way, Methoxivone is three times more potent than Ipriflavone in terms of increasing lean body mass, decreasing adipose stores, increasing endurance, etc.

If Methoxivone is so great then why didn't I just develop it instead of Ipriflavone over a year ago? Unfortunately, because Ipriflavone was discovered many years before Methoxivone, a great deal of developmental work had been done on it. In fact, in several countries Ipriflavone was studied and brought to the market as an anti-osteoporosis agent (remember that Ipriflavone is anabolic to bone tissue). Thus, a few years ago when I started researching these anabolic isoflavones, I was limited only to Ipriflavone because of its cost and availability. Although I was impressed with Ipriflavone, I had my sights set on Methoxivone. My excitement stemmed not only from the published data on Methoxivone, but also based on the plethora of correspondence I had with Chinoin. According to their research department, they performed a barrage of experiments to examine its anabolic potency. To give an idea of its capability, Methoxivone was studied to see whether it could antagonize the catabolic effects of glucocorticoids, i.e., cortisol.

For those of you who don't know already, glucocorticoids are one of the most catabolic entities (especially relating to proteinaeous tissue such as muscle) in the human body. Although they do have some very important beneficial properties such as anti-inflammatory, when it comes to gaining muscle and losing fat, they are your worst nightmare. Glucocorticoids are always in your body and they are always wreaking havoc. They are produced in the adrenal cortex, released into the blood, and attach to various receptors in nearly every tissue in the body. The problem arises when these corticoids activate catabolic enzymes such as calpains. Calpains are proteolytic enzymes that are especially active in muscle tissue and are a key component in the process of muscle turnover. In simple terms, the more glucocorticoids you have the more proteolytic enzymes like calpains you

its bio-availability. Finally, be careful with liquid formulations of this product. I have been witness to a few shoddy internet companies which sell purported Methoxivone products in some suspicious liquid carrier. These products are not only difficult to consume but could potentially be very harmful. Several of these products have been tested and they contained only half of the amount of Methoxivone that was listed on the label. Talk to it that the Methoxivone is being oxidized and broken down into potentially dangerous compounds. As they say, "Let the Buyer Beware".

In the first part of this millennium, you will see sports nutrition technology make absolutely gigantic strides. I am personally working on about a dozen novel compounds that will be highly effective ergogenic. In the meantime, embrace one of the best ergogenic and anabolic supplements available - enjoy Methoxivone and enjoy the new millennium!

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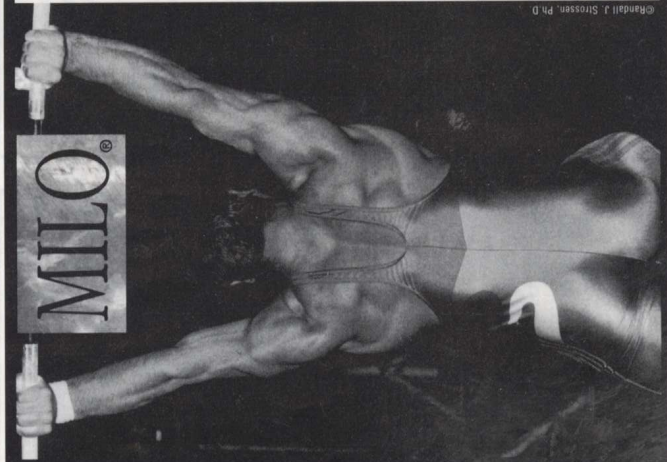
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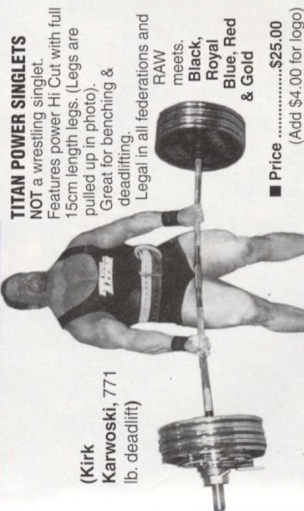


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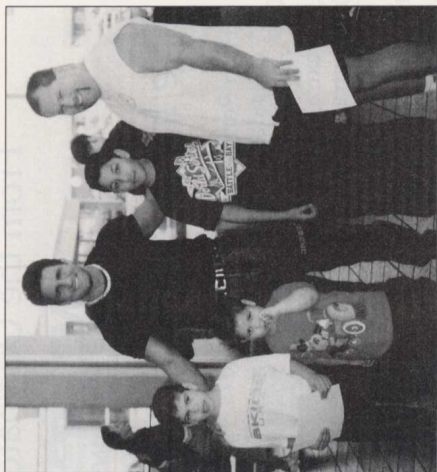
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Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000
3 JUN, Central States Open BP/DL (Burlington, IN) Dr. Darrell Latch, 126 W. St., Highland, IL 61953, 217-225-5429
3 JUN, WNPFF Raw Nationals & Drug Free Nationals (FL, BP, DL, SQ) Panama City Beach, FL WNPFF, Box 142347, Fayetteville, FL 32014, 770-996-3418, wnpff@aol.com
3,4 JUN, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Reithuisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gsrhomas@usaesi.net
3,4 JUN, NAKSA Masters & Submasters (Huntington, IN) NAKSA, Box 785, Nobles, OK 73068, 405-527-8513
3,4 JUN, (new date) AAU Nationals & USA Raw Open & USA Amateur BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. St. St. Tuscumbia, IL 61953, 217-253-5429, sonlight@advancenet.net
9-11 JUN, USAPL Team/Jr. Nationals (Dallas, TX) WNPFF, Box 76543, 294-526-0779, hnecks52@hotmail.com
10 JUN, APA Palm Boy Open BP/DL (Palm Boy, FL) APA, Box 27204, E. Jobann, FL 33927, wps50@hotmail.com, 941-697-7962
10 JUN (new date), WABDL Hawaii Invitational, (Honolulu, HI) Gus Reithuisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gsrhomas@usaesi.net

10 JUN (new date), Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Pkwy, Marietta, GA 30066, 706-790-3806, pflphongym@aol.com
10 JUN, USPF Reg. III (men, class II) 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575
10 JUN, Firehouse Strongman/Woman Contest (open, police/fire) Graham Bartholomew, 2698 Moran Dr., Wadboro, MA 02061, 301-843-5046 (H), FAX 301-423-2965, grahamb@firehouse.com
10 JUN, 7th Miller's Ironhouse All Natural BP (open, raw, HS, teen, women, subs, master, grandmasters - sculptured awards) Miller's Ironhouse Gym, 218 Williams St., Cumberland, MD 21502, 301-777-0644, mironhouse@aol.com
10 JUN, U.S. BP, U.S. Arm Curl, U.S. China-Up, U.S. Strength Classic (all three) (men/women open, middle school, h.s., jr (19-23), submasters (35-59), masters, fire, police, special olympian, novice - all wt. classes) Glen Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707
10 JUN, 18th USAPL Viking Open (open, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-1999
10 JUN, East Coast III (Eastside Gym, Tulsa, OK) Bob Smith, 1000 E. 15th St., Tulsa, OK 74104, 918-436-5555
10 JUN, Immaculate Heart of Mary Festival 2000 BP & DL, Rom DeAmicks, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
10 JUN, New England Open Arm Wrestling (men, women, nt. hand-seated) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8950
10 JUN, APF Muscle Beach Venice Beach Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. St., Highland, IL 61953, 217-225-5429
10 JUN, AAU USA Amateur Nationals BP/DL Classic (Catawba, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894
10 JUN, APF Call. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
10 JUN, APF Sr. Nationals (Michigan) Dan DeFallo, 810-294-7055, ddefallo@mediasone.net, www.APFMichigan.com
10-11 JUN, WNPFF European & Fire National (Glasgow, Ireland) Anita Mahoney, ID#PA
11 JUN, WNPFF Police & Fire Nationals, Paul Dunn, 162 Park Ave. #F-6 E. Orange, NJ 07017, 973-687-7308
11 JUN, APA Connecticut Open BP & DL, Donna Siga, 38 John Brook Rd., Canterbury, CT 06031, 860-546-2091, dslaga@comp.com
15-18 JUN (new date), York Barbell Strength, Spectacular IPA World Cup & Bob Holman's Strength Challenge, York Barbell, 3300 Board Rd., York, PA 17402, 717-836-8959
16-17 JUN, USPF New England Open BP & DL, New Hampshire State Meet, Dave Follinsbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489
17 JUN (new date), 20th APF West Coast Open (dl, ds, & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dazzer2000@hotmail.com
17 JUN (new date), AAU All-South Power Classic (FL, SQ, BP, DL - men/women), ESP, Palm Bay, Box 704, Rindlemont, NC 27317, 336-672-1170, FAX 336-498-1875
17 JUN (new date), Pasco Power of Tempo, FL Rick Laurence, 727-942-7894 or Mike Marin 727-863-2228
17 JUN, L.S.T.A. Grant A Wish Charity Bench Press Contest (New Orleans, LA - Men, women, teen, masters, special olympics, policemen/firemen-sculptured trophies - free t-shirts to registrants) Arvid C. Hanson, 504-471-2775, Fax: 504-471-2784, e-mail: hansonarvid@aol.com
17 JUN, 1st annual YMCA Bench Press Championships (Downtown Y, Corpus Christi, TX) Bobby Morgan, Rt. 1 Box 828, Ingleside, TX 78562, 361-986-9244 or 882-1741
17 JUN, AAPF Police & Fire Nationals (qualifier for the AWPFC Worlds) Tony Pastorello, 702-655-0825
17 JUN, Mid Southern Open BP & DL, PC & Curl (Vilona, AR - near Little Rock - teen, jr., open, submaster, master) Dan Singleton, 1200 3rd St., Hor Springs, MS 38671, 662-363-6144
17 JUN, AAU Phoenix Fitness BP, BP, Push/Pull (men & master, novice) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, gurnat@ullnet.net
17 JUN, USAPL Push/Pull BP/DL - Judy Woodie, Box 163288, Sacramento, CA 95816, 916-431-5503
17 JUN, Power Mania 2000, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pflphongym@aol.com
17 JUN, APF Police & Fire Powerlifting Open (Drug Tested) Hage Iron, 910 S. 910 South Atlantic Avenue, Daytona Beach, FL 32176, 904-677-4000, hageiron@bellsouth.net

Present
The YZK USPF Sub-Masters & Masters Nationals to be held October 13-14 in Chattanooga, VA
For info: James Greene, 2297 Estuary Ct., Or Beach, VA 23451 or Call (757) 491-6963
E-Mail: strength@ex.net
Website: <http://www.ex.net/physiquetraining>

17 JUN, Summer 2000 Push/Pull, Jon Smoker, 30907 Coarb Rd. 16, Elkhart, IN 46516, 219-674-6683
17 JUN (tentative) NAKSA West Coast Open (Amarillo) NAKSA, Box 735, Nobles, OK 73068, 405-527-8513
SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. St. St. Tuscumbia, IL 61953, 217-253-5429, sonlight@advancenet.net
17 JUN, Max Flex BP & DL Classic (all states) (men, women, teen, masters, juniors) Crystal Lake, IL 60039, 847-277-7760
17 JUN, AADA France World Cup of Clubs Bench Press for Reps, Joseph Pommier, 15 rue du chemin de fer, 77340 Pontault-Combault, WNPFF 17.18 JUN (additional day), WNPFF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPFF Box 142347, Fayetteville, CA 30214, 717-836-8959, wnpff@aol.com
17-18 JUN, 1st Annual New Drug Free NAKSA West Coast Open (men, women, teen, masters, juniors) (Out of State) and PA Open (no age group) Sledge Engineering, 304 Dassy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
18 JUN, 1st Iron House Open BP/DL Classic (Hoopston, IL) Dr. Darrell Latch, 126 W. St. Tuscumbia, IL 61953, 217-253-5429
18 JUN, NASS Thick Bar (2*) Worlds (Hurst, TX - novice, open, teen, masters, women) Bill Holland, 300 W. Northern Ave., Seguin, TX 78179, 214-381-1111, willy@awh.net
23-25 JUN, EPC, WNPFF BP & PL (Weidenscheid, Germany) Jürgen Weidenscheid, 49-6204-969502
24 JUN, APA Eastern Texas Open BP/PL APF APA, Box 27204, E. Jobann, FL 33927, wps50@hotmail.com, 941-697-7962
24 JUN, USPF North Jersey Drug Free High School Championships (Clifton, NJ) Ron Reuther, 973-684-7392 or 954-9400
24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. St. Tuscumbia, IL 61953, 217-253-5429, sonlight@advancenet.net
24 JUN, Doves Hobbies Probs. Box 1971, Crystal Lake, IL 60039, 847-277-7760
24-25 JUN, TWIN LAB WABDL National BP & DL (Holiday Inn Select N. Irving, TX) Gus Reithuisch, Box 5292, Bend, OR 97708, 541-389-0600, 541-389-0600, wabdl.org (not .com!!), gsrhomas@usaesi.net, Ken Anderson, 972-392-3132
25 JUN, Illinois Prairie State Games BP



Pro Wrestler "Disco Inferno" poses with some of the Bench Press winners of the "Raw Push-Pull" in the Park '99 (left to right) Mike Knight Jr. (BP 50 at 59 lb. bodyweight, 8 years old), David Knight (BP 25 at 55 bodyweight, 3 yrs. old), "Disco Inferno", Tony Knight (BP 99 at 107 bodyweight, 10 years old), Mike Knight (BP 535 at 262 bodyweight, 41 years old), photograph and information courtesy of Mike Knight.

Table with columns for weight class, name, and score. Includes categories like 100 kg, 75 kg, 50 kg, etc.

Push-Pull in the Park '99
7 Aug 99 - Gall, CA
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100 kg (340-350)
100 kg (380-390)
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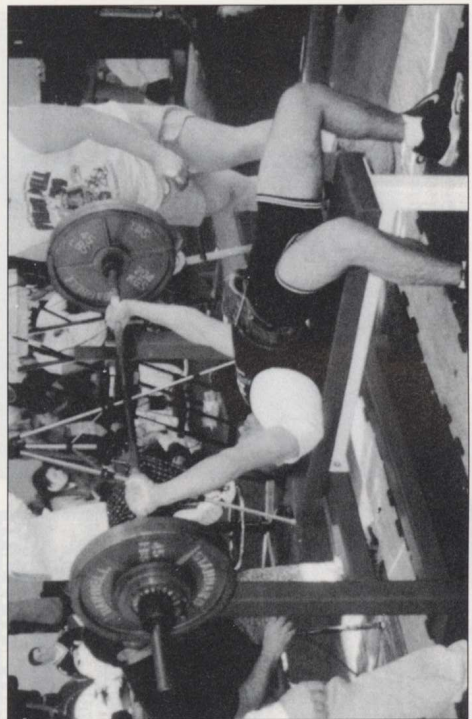
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AAUPC 100% Raw Teen Int'l. 17, 18 Dec 99 - Annapolis, MD	WOMEN	60 lbs. (8-9)	80 lbs. (10-11)	105 lbs. (14-15)	130 lbs. (17-18)	155 lbs. (20-21)	180 lbs. (23-24)	205 lbs. (26-27)	230 lbs. (29-30)	255 lbs. (32-33)	280 lbs. (35-36)	305 lbs. (38-39)	330 lbs. (41-42)	355 lbs. (44-45)	380 lbs. (47-48)	405 lbs. (50-51)	430 lbs. (53-54)	455 lbs. (56-57)	480 lbs. (59-60)
AAUPC 100% Raw Teen Int'l. 17, 18 Dec 99 - Annapolis, MD	WOMEN	60 lbs. (8-9)	80 lbs. (10-11)	105 lbs. (14-15)	130 lbs. (17-18)	155 lbs. (20-21)	180 lbs. (23-24)	205 lbs. (26-27)	230 lbs. (29-30)	255 lbs. (32-33)	280 lbs. (35-36)	305 lbs. (38-39)	330 lbs. (41-42)	355 lbs. (44-45)	380 lbs. (47-48)	405 lbs. (50-51)	430 lbs. (53-54)	455 lbs. (56-57)	480 lbs. (59-60)
AAUPC 100% Raw Teen Int'l. 17, 18 Dec 99 - Annapolis, MD	WOMEN	60 lbs. (8-9)	80 lbs. (10-11)	105 lbs. (14-15)	130 lbs. (17-18)	155 lbs. (20-21)	180 lbs. (23-24)	205 lbs. (26-27)	230 lbs. (29-30)	255 lbs. (32-33)	280 lbs. (35-36)	305 lbs. (38-39)	330 lbs. (41-42)	355 lbs. (44-45)	380 lbs. (47-48)	405 lbs. (50-51)	430 lbs. (53-54)	455 lbs. (56-57)	480 lbs. (59-60)



Teenage International Champion Jerry Funkhouser with a 270 lb. bench en route to his win in the 165s

198 lbs. (14-15)	210 lbs. (17-18)	230 lbs. (20-21)	255 lbs. (23-24)	280 lbs. (26-27)	305 lbs. (29-30)	330 lbs. (32-33)	355 lbs. (35-36)	380 lbs. (38-39)	405 lbs. (41-42)	430 lbs. (44-45)	455 lbs. (47-48)	480 lbs. (50-51)	505 lbs. (53-54)	530 lbs. (56-57)	555 lbs. (59-60)	580 lbs. (62-63)	605 lbs. (65-66)	630 lbs. (68-69)	655 lbs. (71-72)	680 lbs. (74-75)	705 lbs. (77-78)	730 lbs. (80-81)	755 lbs. (83-84)	780 lbs. (86-87)	805 lbs. (89-90)	830 lbs. (92-93)	855 lbs. (95-96)	880 lbs. (98-99)	905 lbs. (101-102)	930 lbs. (104-105)	955 lbs. (107-108)	980 lbs. (110-111)	1005 lbs. (113-114)	1030 lbs. (116-117)	1055 lbs. (119-120)	1080 lbs. (122-123)	1105 lbs. (125-126)	1130 lbs. (128-129)	1155 lbs. (131-132)	1180 lbs. (134-135)	1205 lbs. (137-138)	1230 lbs. (140-141)	1255 lbs. (143-144)	1280 lbs. (146-147)	1305 lbs. (149-150)	1330 lbs. (152-153)	1355 lbs. (155-156)	1380 lbs. (158-159)	1405 lbs. (161-162)	1430 lbs. (164-165)	1455 lbs. (167-168)	1480 lbs. (170-171)	1505 lbs. (173-174)	1530 lbs. (176-177)	1555 lbs. (179-180)	1580 lbs. (182-183)	1605 lbs. (185-186)	1630 lbs. (188-189)	1655 lbs. (191-192)	1680 lbs. (194-195)	1705 lbs. (197-198)	1730 lbs. (200-201)	1755 lbs. (203-204)	1780 lbs. (206-207)	1805 lbs. (209-210)	1830 lbs. (212-213)	1855 lbs. (215-216)	1880 lbs. (218-219)	1905 lbs. (221-222)	1930 lbs. (224-225)	1955 lbs. (227-228)	1980 lbs. (230-231)	2005 lbs. (233-234)	2030 lbs. (236-237)	2055 lbs. (239-240)	2080 lbs. (242-243)	2105 lbs. (245-246)	2130 lbs. (248-249)	2155 lbs. (251-252)	2180 lbs. (254-255)	2205 lbs. (257-258)	2230 lbs. (260-261)	2255 lbs. (263-264)	2280 lbs. (266-267)	2305 lbs. (269-270)	2330 lbs. (272-273)	2355 lbs. (275-276)	2380 lbs. (278-279)	2405 lbs. (281-282)	2430 lbs. (284-285)	2455 lbs. (287-288)	2480 lbs. (290-291)	2505 lbs. (293-294)	2530 lbs. (296-297)	2555 lbs. (299-300)	2580 lbs. (302-303)	2605 lbs. (305-306)	2630 lbs. (308-309)	2655 lbs. (311-312)	2680 lbs. (314-315)	2705 lbs. (317-318)	2730 lbs. (320-321)	2755 lbs. (323-324)	2780 lbs. (326-327)	2805 lbs. (329-330)	2830 lbs. (332-333)	2855 lbs. (335-336)	2880 lbs. (338-339)	2905 lbs. (341-342)	2930 lbs. (344-345)	2955 lbs. (347-348)	2980 lbs. (350-351)	3005 lbs. (353-354)	3030 lbs. (356-357)	3055 lbs. (359-360)	3080 lbs. (362-363)	3105 lbs. (365-366)	3130 lbs. (368-369)	3155 lbs. (371-372)	3180 lbs. (374-375)	3205 lbs. (377-378)	3230 lbs. (380-381)	3255 lbs. (383-384)	3280 lbs. (386-387)	3305 lbs. (389-390)	3330 lbs. (392-393)	3355 lbs. (395-396)	3380 lbs. (398-399)	3405 lbs. (401-402)	3430 lbs. (404-405)	3455 lbs. (407-408)	3480 lbs. (410-411)	3505 lbs. (413-414)	3530 lbs. (416-417)	3555 lbs. (419-420)	3580 lbs. (422-423)	3605 lbs. (425-426)	3630 lbs. (428-429)	3655 lbs. (431-432)	3680 lbs. (434-435)	3705 lbs. (437-438)	3730 lbs. (440-441)	3755 lbs. (443-444)	3780 lbs. (446-447)	3805 lbs. (449-450)	3830 lbs. (452-453)	3855 lbs. (455-456)	3880 lbs. (458-459)	3905 lbs. (461-462)	3930 lbs. (464-465)	3955 lbs. (467-468)	3980 lbs. (470-471)	4005 lbs. (473-474)	4030 lbs. (476-477)	4055 lbs. (479-480)	4080 lbs. (482-483)	4105 lbs. (485-486)	4130 lbs. (488-489)	4155 lbs. (491-492)	4180 lbs. (494-495)	4205 lbs. (497-498)	4230 lbs. (500-501)	4255 lbs. (503-504)	4280 lbs. (506-507)	4305 lbs. (509-510)	4330 lbs. (512-513)	4355 lbs. (515-516)	4380 lbs. (518-519)	4405 lbs. (521-522)	4430 lbs. (524-525)	4455 lbs. (527-528)	4480 lbs. (530-531)	4505 lbs. (533-534)	4530 lbs. (536-537)	4555 lbs. (539-540)	4580 lbs. (542-543)	4605 lbs. (545-546)	4630 lbs. (548-549)	4655 lbs. (551-552)	4680 lbs. (554-555)	4705 lbs. (557-558)	4730 lbs. (560-561)	4755 lbs. (563-564)	4780 lbs. (566-567)	4805 lbs. (569-570)	4830 lbs. (572-573)	4855 lbs. (575-576)	4880 lbs. (578-579)	4905 lbs. (581-582)	4930 lbs. (584-585)	4955 lbs. (587-588)	4980 lbs. (590-591)	5005 lbs. (593-594)	5030 lbs. (596-597)	5055 lbs. (599-600)	5080 lbs. (602-603)	5105 lbs. (605-606)	5130 lbs. (608-609)	5155 lbs. (611-612)	5180 lbs. (614-615)	5205 lbs. (617-618)	5230 lbs. (620-621)	5255 lbs. (623-624)	5280 lbs. (626-627)	5305 lbs. (629-630)	5330 lbs. (632-633)	5355 lbs. (635-636)	5380 lbs. (638-639)	5405 lbs. (641-642)	5430 lbs. (644-645)	5455 lbs. (647-648)	5480 lbs. (650-651)	5505 lbs. (653-654)	5530 lbs. (656-657)	5555 lbs. (659-660)	5580 lbs. (662-663)	5605 lbs. (665-666)	5630 lbs. (668-669)	5655 lbs. (671-672)	5680 lbs. (674-675)	5705 lbs. (677-678)	5730 lbs. (680-681)	5755 lbs. (683-684)	5780 lbs. (686-687)	5805 lbs. (689-690)	5830 lbs. (692-693)	5855 lbs. (695-696)	5880 lbs. (698-699)	5905 lbs. (701-702)	5930 lbs. (704-705)	5955 lbs. (707-708)	5980 lbs. (710-711)	6005 lbs. (713-714)	6030 lbs. (716-717)	6055 lbs. (719-720)	6080 lbs. (722-723)	6105 lbs. (725-726)	6130 lbs. (728-729)	6155 lbs. (731-732)	6180 lbs. (734-735)	6205 lbs. (737-738)	6230 lbs. (740-741)	6255 lbs. (743-744)	6280 lbs. (746-747)	6305 lbs. (749-750)	6330 lbs. (752-753)	6355 lbs. (755-756)	6380 lbs. (758-759)	6405 lbs. (761-762)	6430 lbs. (764-765)	6455 lbs. (767-768)	6480 lbs. (770-771)	6505 lbs. (773-774)	6530 lbs. (776-777)	6555 lbs. (779-780)	6580 lbs. (782-783)	6605 lbs. (785-786)	6630 lbs. (788-789)	6655 lbs. (791-792)	6680 lbs. (794-795)	6705 lbs. (797-798)	6730 lbs. (800-801)	6755 lbs. (803-804)	6780 lbs. (806-807)	6805 lbs. (809-810)	6830 lbs. (812-813)	6855 lbs. (815-816)	6880 lbs. (818-819)	6905 lbs. (821-822)	6930 lbs. (824-825)	6955 lbs. (827-828)	6980 lbs. (830-831)	7005 lbs. (833-834)	7030 lbs. (836-837)	7055 lbs. (839-840)	7080 lbs. (842-843)	7105 lbs. (845-846)	7130 lbs. (848-849)	7155 lbs. (851-852)	7180 lbs. (854-855)	7205 lbs. (857-858)	7230 lbs. (860-861)	7255 lbs. (863-864)	7280 lbs. (866-867)	7305 lbs. (869-870)	7330 lbs. (872-873)	7355 lbs. (875-876)	7380 lbs. (878-879)	7405 lbs. (881-882)	7430 lbs. (884-885)	7455 lbs. (887-888)	7480 lbs. (890-891)	7505 lbs. (893-894)	7530 lbs. (896-897)	7555 lbs. (899-900)	7580 lbs. (902-903)	7605 lbs. (905-906)	7630 lbs. (908-909)	7655 lbs. (911-912)	7680 lbs. (914-915)	7705 lbs. (917-918)	7730 lbs. (920-921)	7755 lbs. (923-924)	7780 lbs. (926-927)	7805 lbs. (929-930)	7830 lbs. (932-933)	7855 lbs. (935-936)	7880 lbs. (938-939)	7905 lbs. (941-942)	7930 lbs. (944-945)	7955 lbs. (947-948)	7980 lbs. (950-951)	8005 lbs. (953-954)	8030 lbs. (956-957)	8055 lbs. (959-960)	8080 lbs. (962-963)	8105 lbs. (965-966)	8130 lbs. (968-969)	8155 lbs. (971-972)	8180 lbs. (974-975)	8205 lbs. (977-978)	8230 lbs. (980-981)	8255 lbs. (983-984)	8280 lbs. (986-987)	8305 lbs. (989-990)	8330 lbs. (992-993)	8355 lbs. (995-996)	8380 lbs. (998-999)	8405 lbs. (1001-1002)	8430 lbs. (1004-1005)	8455 lbs. (1007-1008)	8480 lbs. (1010-1011)	8505 lbs. (1013-1014)	8530 lbs. (1016-1017)	8555 lbs. (1019-1020)	8580 lbs. (1022-1023)	8605 lbs. (1025-1026)	8630 lbs. (1028-1029)	8655 lbs. (1031-1032)	8680 lbs. (1034-1035)	8705 lbs. (1037-1038)	8730 lbs. (1040-1041)	8755 lbs. (1043-1044)	8780 lbs. (1046-1047)	8805 lbs. (1049-1050)	8830 lbs. (1052-1053)	8855 lbs. (1055-1056)	8880 lbs. (1058-1059)	8905 lbs. (1061-1062)	8930 lbs. (1064-1065)	8955 lbs. (1067-1068)	8980 lbs. (1070-1071)	9005 lbs. (1073-1074)	9030 lbs. (1076-1077)	9055 lbs. (1079-1080)	9080 lbs. (1082-1083)	9105 lbs. (1085-1086)	9130 lbs. (1088-1089)	9155 lbs. (1091-1092)	9180 lbs. (1094-1095)	9205 lbs. (1097-1098)	9230 lbs. (1100-1101)	9255 lbs. (1103-1104)	9280 lbs. (1106-1107)	9305 lbs. (1109-1110)	9330 lbs. (1112-1113)	9355 lbs. (1115-1116)	9380 lbs. (1118-1119)	9405 lbs. (1121-1122)	9430 lbs. (1124-1125)	9455 lbs. (1127-1128)	9480 lbs. (1130-1131)	9505 lbs. (1133-1134)	9530 lbs. (1136-1137)	9555 lbs. (1139-1140)	9580 lbs. (1142-1143)	9605 lbs. (1145-1146)	9630 lbs. (1148-1149)	9655 lbs. (1151-1152)	9680 lbs. (1154-1155)	9705 lbs. (1157-1158)	9730 lbs. (1160-1161)	9755 lbs. (1163-1164)	9780 lbs. (1166-1167)	9805 lbs. (1169-1170)	9830 lbs. (1172-1173)	9855 lbs. (1175-1176)	9880 lbs. (1178-1179)	9905 lbs. (1181-1182)	9930 lbs. (1184-1185)	9955 lbs. (1187-1188)	9980 lbs. (1190-1191)	10005 lbs. (1193-1194)	10030 lbs. (1196-1197)	10055 lbs. (1199-1200)
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AAUPC 100% Raw Teen Int'l.
17, 18 Dec 99 - Annapolis, MD
WOMEN
60 lbs. (8-9) 85 4th 125 240
80 lbs. (10-11) 65 4th 125 225
105 lbs. (14-15) 75 5th 145 270
130 lbs. (17-18) 100 7th 155 325
155 lbs. (20-21) 120 10th 175 400
180 lbs. (23-24) 145 13th 215 475
205 lbs. (26-27) 165 16th 245 545
230 lbs. (29-30) 185 19th 285 645
255 lbs. (32-33) 205 22nd 325 765
280 lbs. (35-36) 225 25th 375 905
305 lbs. (38-39) 245 28th 435 1085
330 lbs. (41-42) 265 31st 505 1315
355 lbs. (44-45) 285 34th 585 1605
380 lbs. (47-48) 305 37th 675 1985
405 lbs. (50-51) 325 40th 785 2435
430 lbs. (53-54) 345 43rd 915 2975
455 lbs. (56-57) 365 46th 1065 3635
480 lbs. (59-60) 385 49th 1235 4425
505 lbs. (62-63) 405 52nd 1425 5375
530 lbs. (65-66) 425 55th 1635 6525
555 lbs. (68-69) 445 58th 1865 7905
580 lbs. (71-72) 465 61st 2115 9465
605 lbs. (74-75) 485 64th 2385 11345
630 lbs. (77-78) 505 67th 2675 13585
655 lbs. (80-81) 525 70th 2985 16235
680 lbs. (83-84) 545 73rd 3315 19335
705 lbs. (86-87) 565 76th 3665 22895
730 lbs. (89-90) 585 79th 4035 26975
755 lbs. (92-93) 605 82nd 4425 31635
780 lbs. (95-96) 625 85th 4835 36935
805 lbs. (98-99) 645 88th 5265 42935
830 lbs. (101-102) 665 91st 5715 49695
855 lbs. (104-105) 685 94th 6185 57275
880 lbs. (107-108) 705 97th 6675 65735
905 lbs. (110-111) 725 100th 7185 75135
930 lbs. (113-114) 745 103rd 7715 85535
955 lbs. (116-117) 765 106th 8265 96995
980 lbs. (119-120) 785 109th 8835 109575
1005 lbs. (122-123) 805 112th 9425 123335
1030 lbs. (125-126) 825 115th 10035 138345
1055 lbs. (128-129) 845 118th 10665 154665
1080 lbs. (131-132) 865 121st 11325 172365
1105 lbs. (134-135) 885 124th 12005 191505
1130 lbs. (137-138) 905 127th 12705 202145
1155 lbs. (140-141) 925 130th 13425 214345
1180 lbs. (143-144) 945 133th 14165 228165
1205 lbs. (146-147) 965 136th 14935 243665
1230 lbs. (149-150) 985 139th 15735 260915
1255 lbs. (152-153) 1005 142th 16565 279885
1280 lbs. (155-156) 1025 145th 17425 299635
1305 lbs. (158-159) 1045 148th 18315 320235
1330 lbs. (161-162) 1065 151th 19235 342645
1355 lbs. (164-165) 1085 154th 20175 366935
1380 lbs. (167-168) 1105 157th 21145 393165
1405 lbs. (170-171) 1125 160th 22145 421405
1430 lbs. (173-174) 1145 163th 23175 451715
1455 lbs. (176-177) 1165 166th 24235 484165
1480 lbs. (179-180) 1185 169th 25325 518825
1505 lbs. (182-183) 1205 172th 26445 555765
1530 lbs. (185-186) 1225 175th 27595 595045
1555 lbs. (188-189) 1245 178th 28775 636735
1580 lbs. (191-192) 1265 181th 29985 680905
1605 lbs. (194-195) 1285 184th 31225 728625
1630 lbs. (197-198) 1305 187th 32495 779865
1655 lbs. (200-201) 1325 190th 33795 833705
1680 lbs. (203-204) 1345 193th 35125 890215
1705 lbs. (206-207) 1365 196th 36485 949365
1730 lbs. (209-210) 1385 199th 37875 1011225
1755 lbs. (212-213) 1405 202th 39295 1075865
1780 lbs. (215-216) 1425 205th 40735 1144265
1805 lbs. (218-219) 1445 208th 42195 1215495
1830 lbs. (221-222) 1465 211th 43685 1294625
1855 lbs. (224-225) 1485 214th 45195 1382735
1880 lbs. (227-228) 1505 217th 46725 1479905
1905 lbs. (230-231) 1525 220th 48275 1586215
1930 lbs. (233-234) 1545 223th 49845 1691735
1955 lbs. (236-237) 1565 226th 51435 1806545
1980 lbs. (239-240) 1585 229th 53045 1930725
2005 lbs. (242-243) 1605 232th 54675 2064245
2030 lbs. (245-246) 1625 235th 56325 2207285
2055 lbs. (248-249) 1645 238th 57995 2359925
2080 lbs. (251-252) 1665 241th 59685 2521245
2105 lbs. (254-255) 1685 244th 61395 269132

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 Jan/96... IFF/WPC/WDFPF Worlds, Per-
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 Mar/96... Top 20 Women/Masters/Teen-
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 Apr/96... Big Bench Press News, Pl vs. Pro
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 Jun/96... ADFFA Women's, WPA Worlds,
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 Aug/98... USAPL Men's Nationals, Plat-
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 Sep/98... APF Seniors, Youth Summer Pic-
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 Jul/99... Dave Vaiterman Interview, IFF
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 Extra Workouts by Louie Simmons, Close
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 Feb/00... WPC Worlds Pt. I, Battle of the
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 Mar/00... USAPL Women's Nationals,
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 Man, TOP 20 Women - Teen - Masters/
 The Conjugate Method by Louie Simmons
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INTERNATIONAL POWERLIFTING ASSOCIATION

IPA NEWS

It has been a long time since we have given the readers of this magazine an update about what is new with the International Powerlifting Association. This is because we are in the midst of important changes; changes that make the IPA an even greater association for powerlifters. These changes started when the Challilids closed their gym and joined forces with York Barbell Company. The strong partnership developed with York Barbell has helped expand the IPA.

We are nearing the third annual **York Barbell Strength Spectacular and IPA World Championships coming up June 15-18, 2000. Take note all IPA members, the date has been moved up a week and is a four day event!** This has been a tremendously popular meet for the past couple of years. Who's surprised, York Barbell offers the most tremendous facility for a powerlifting meet. It's brand new 5500 square foot training facility is undeniably the most exceptional warm-up area in the country. The warm-up area adjoins the Hall of Fame Auditorium where lifters lift on a custom raised wood platform before a crowd seated on mobile theater style bleachers. A rockin' sound system jams music throughout the halls of York Barbell silencing only for the encouraging words from the meet M.C. Two closed-circuit TV's broadcast real-time events taking place on the platform to all of the lifters in the warm-up area.

The four-day event takes place in the motherland of weightlifting, York, PA, with lots of food, fun, the Official Induction Ceremony of three of Powerlifting's most exceptional athletes, a live event strongman contest, and a strength seminar by the sports leading strength expert, Louie Simmons of Westside Barbell. For more information call Mark or Ellen Challilid at (800) 358-9675, ext. 225.

We are pleased to announce that we have some new state chairmen who will help us hold meets in areas that were before inaccessible to us. We are honored to have John Ford as California's new state chairman. John had a state level bench meet that was also a national qualifier. There is also the Westside Barbell Invitational meet that draws some of the finest lifters in the country.

This increase in the number of IPA meets in different locations will expose more lifters to our "Lifters for Lifters" philosophy. The reasoning behind this philosophy is that an organization run by lifters will be more sensitive to the needs of our competitors and will be more current than an organization run by politicians, favoritism, and tradition. This is most obvious in the way the IPA is run. We have three divisions in a total competitive in the Professional Division. The IPA is the first organization to offer separate divisions defined specifically by the drug testing status of the lifters. The Professional Division is completely free of drug testing, whereas the Amateur Division lifters are subject to random drug testing by method of urinalysis. The Professional Division is truly a division for elite lifters. For anyone who totals a "Professional" total, but who still wishes to remain an Amateur (drug-free), there is a third division in which a lifter can compete; the Elite Amateur Division, in which drug testing is mandatory each time he/she competes.

The IPA is incredibly devoted to the powerlifting competitor, mainly because most, if not all, of us are still competing and know what it feels like to be in the lifter's shoes. This devotion is demonstrated by the numerous meet directors, officials, and spotter/loaders who go above and beyond the call of duty solely for the benefit of our lifters. If this sounds like something you would like to be a part of, check out the next IPA meet in your area or feel free to contact us at (800) 358-9675, ext. 225.

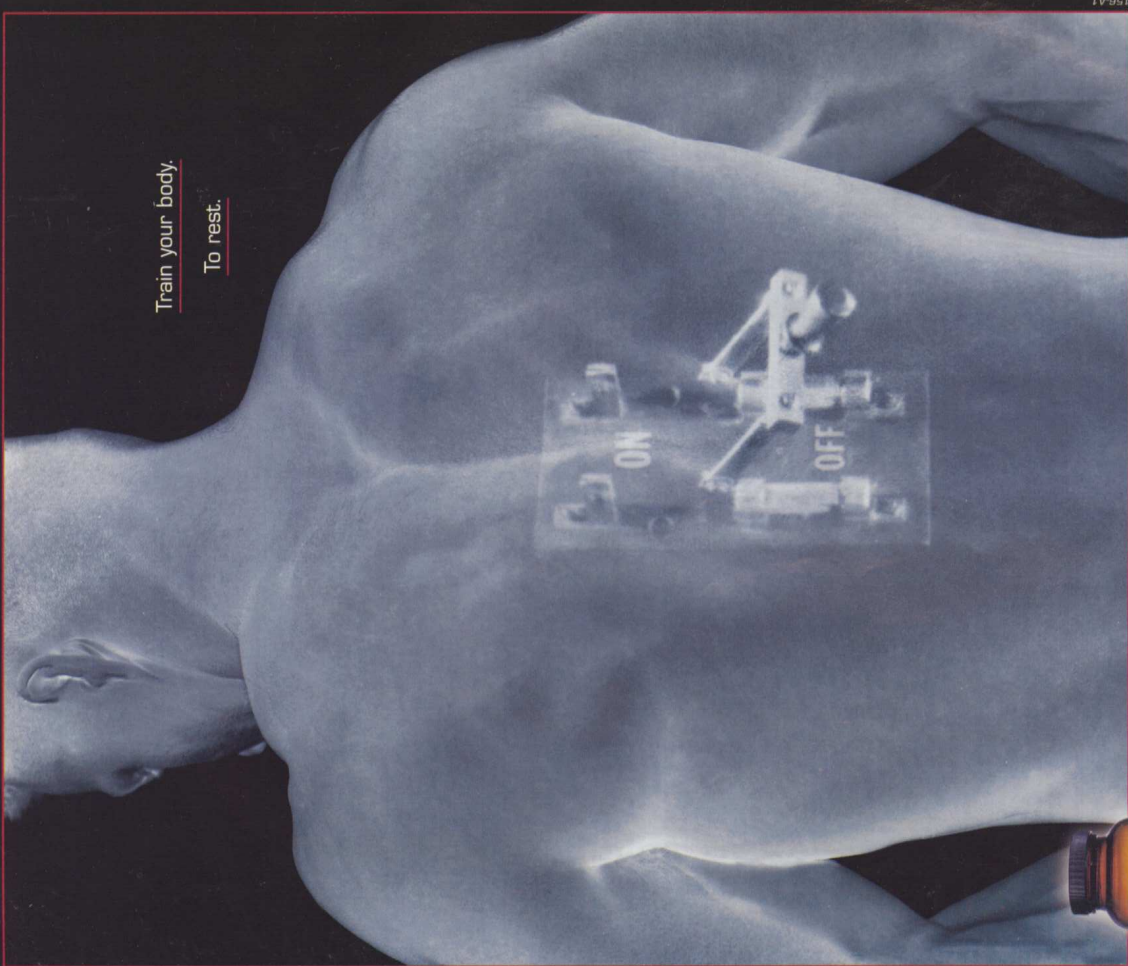
Until Next time, stay strong and we will see you on the platform! Nick Tsourounis

NY Teen/Masters Invitational

22 Jan 00 - Geneva, NY

BENCH	420
D. Kingway	340*
114 lbs. (12-13)	300*
123 lbs. (14-15)	340*
132 lbs. (16-17)	340*
141 lbs. (18-19)	340*
150 lbs. (20-21)	340*
159 lbs. (22-23)	340*
168 lbs. (24-25)	340*
177 lbs. (26-27)	340*
186 lbs. (28-29)	340*
195 lbs. (30-31)	340*
204 lbs. (32-33)	340*
213 lbs. (34-35)	340*
222 lbs. (36-37)	340*
231 lbs. (38-39)	340*
240 lbs. (40-41)	340*
249 lbs. (42-43)	340*
258 lbs. (44-45)	340*
267 lbs. (46-47)	340*
276 lbs. (48-49)	340*
285 lbs. (50-51)	340*
294 lbs. (52-53)	340*
303 lbs. (54-55)	340*
312 lbs. (56-57)	340*
321 lbs. (58-59)	340*
330 lbs. (60-61)	340*
339 lbs. (62-63)	340*
348 lbs. (64-65)	340*
357 lbs. (66-67)	340*
366 lbs. (68-69)	340*
375 lbs. (70-71)	340*
384 lbs. (72-73)	340*
393 lbs. (74-75)	340*
402 lbs. (76-77)	340*
411 lbs. (78-79)	340*
420 lbs. (80-81)	340*
429 lbs. (82-83)	340*
438 lbs. (84-85)	340*
447 lbs. (86-87)	340*
456 lbs. (88-89)	340*
465 lbs. (90-91)	340*
474 lbs. (92-93)	340*
483 lbs. (94-95)	340*
492 lbs. (96-97)	340*
501 lbs. (98-99)	340*
510 lbs. (100-101)	340*
519 lbs. (102-103)	340*
528 lbs. (104-105)	340*
537 lbs. (106-107)	340*
546 lbs. (108-109)	340*
555 lbs. (110-111)	340*
564 lbs. (112-113)	340*
573 lbs. (114-115)	340*
582 lbs. (116-117)	340*
591 lbs. (118-119)	340*
600 lbs. (120-121)	340*
609 lbs. (122-123)	340*
618 lbs. (124-125)	340*
627 lbs. (126-127)	340*
636 lbs. (128-129)	340*
645 lbs. (130-131)	340*
654 lbs. (132-133)	340*
663 lbs. (134-135)	340*
672 lbs. (136-137)	340*
681 lbs. (138-139)	340*
690 lbs. (140-141)	340*
699 lbs. (142-143)	340*
708 lbs. (144-145)	340*
717 lbs. (146-147)	340*
726 lbs. (148-149)	340*
735 lbs. (150-151)	340*
744 lbs. (152-153)	340*
753 lbs. (154-155)	340*
762 lbs. (156-157)	340*
771 lbs. (158-159)	340*
780 lbs. (160-161)	340*
789 lbs. (162-163)	340*
798 lbs. (164-165)	340*
807 lbs. (166-167)	340*
816 lbs. (168-169)	340*
825 lbs. (170-171)	340*
834 lbs. (172-173)	340*
843 lbs. (174-175)	340*
852 lbs. (176-177)	340*
861 lbs. (178-179)	340*
870 lbs. (180-181)	340*
879 lbs. (182-183)	340*
888 lbs. (184-185)	340*
897 lbs. (186-187)	340*
906 lbs. (188-189)	340*
915 lbs. (190-191)	340*
924 lbs. (192-193)	340*
933 lbs. (194-195)	340*
942 lbs. (196-197)	340*
951 lbs. (198-199)	340*
960 lbs. (200-201)	340*
969 lbs. (202-203)	340*
978 lbs. (204-205)	340*
987 lbs. (206-207)	340*
996 lbs. (208-209)	340*
1005 lbs. (210-211)	340*
1014 lbs. (212-213)	340*
1023 lbs. (214-215)	340*
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1041 lbs. (218-219)	340*
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1059 lbs. (222-223)	340*
1068 lbs. (224-225)	340*
1077 lbs. (226-227)	340*
1086 lbs. (228-229)	340*
1095 lbs. (230-231)	340*
1104 lbs. (232-233)	340*
1113 lbs. (234-235)	340*
1122 lbs. (236-237)	340*
1131 lbs. (238-239)	340*
1140 lbs. (240-241)	340*
1149 lbs. (242-243)	340*
1158 lbs. (244-245)	340*
1167 lbs. (246-247)	340*
1176 lbs. (248-249)	340*
1185 lbs. (250-251)	340*
1194 lbs. (252-253)	340*
1203 lbs. (254-255)	340*
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1239 lbs. (262-263)	340*
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1257 lbs. (266-267)	340*
1266 lbs. (268-269)	340*
1275 lbs. (270-271)	340*
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1500 lbs. (320-321)	340*
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1896 lbs. (408-409)	340*
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1959 lbs. (422-423)	340*
1968 lbs. (424-425)	340*
1977 lbs. (426-427)	340*
1986 lbs. (428-429)	340*
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2013 lbs. (434-435)	340*
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2103 lbs. (454-455)	340*
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2121 lbs. (458-459)	340*
2130 lbs. (460-461)	340*
2139 lbs. (462-463)	340*
2148 lbs. (464-465)	340*
2157 lbs. (466-467)	340*
2166 lbs. (468-469)	340*
2175 lbs. (470-471)	340*
2184 lbs. (472-473)	340*
2193 lbs. (474-475)	340*
2202 lbs. (476-477)	340*
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2886 lbs. (628-629)	340*
2895 lbs. (630-631)	340*
2904 lbs. (632-633)	340*
2913 lbs. (634-635)	340*
2922 lbs. (636-637)	

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THE FIRE DOWN BELOW

contest to train for. Speaking of songs, my all-time favorite is "Standing Outside the Fire" by Garth Brooks. To me, this song represents two types of people, spectators and those willing to risk pride and possible injury in order to jump right in the middle of their chosen sport.

For the most part there is not much money to be made in powerlifting, but there is a certain feeling of accomplishment when you win a major competition or get a heavy lift you've been wanting. The spectators in life don't understand this feeling and I don't understand their point of view.

I've heard people say, "If I could just bench press 400 pounds, then I'd be happy". Not me. After 400 comes 500, then 600, and so on. I guess what I'm trying to say is if you reach a point in your career where you are satisfied and feel you don't need to go any farther, then I guess you don't have the fire down below.

I would like to end this article with a quote by L. Frank Baum, "I am convinced that the only people worthy of consideration in this world are the truly unusual ones, for the common folk are like leaves on a tree, and live and die unnoticed."

There have been times when even light weights feel heavy and I my joints ache and I think, "Hey, maybe there are better ways to spend my time". Then I'll see a strongman contest on TV or hear a song on the radio that gets me all worked up again, and I'll start looking for a



Shawn Kivela shows the competitive life of many Texas lifters

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NEXT MONTH... TOP 275s

Corrections... In the report of the WABDL Worlds, Theresa Hams was incorrectly referred to as Theresa Hammers. T. Ray on the TOP 100 198 deadlifters is actually J. Ray. The photo on the top of p. 68 of the Jan./2k issue of PL USA is not the correct image, and is an inadvertent duplicate of a photo on another page in the magazine. We apologize for any mistakes and please send any corrections that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011.



At the 1999 IPFFI Worlds, Ryan Goldin was actually the only American to receive a gold medal and he made the biggest bench press of the entire competition

TOP 100 received from January 1999 through January 2000.

Table listing the Top 100 powerlifters from January 1999 through January 2000, categorized by weight class (SQUAT, BENCH PRESS, DEADLIFT, TOTAL) and rank.

REMEMBERING MUSCLE BEACH ... those were the golden days of physical culture, heading to what would become the most famous beach in Iron Game history - MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand and their touchstone to a collective of ideas and personalities who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos) available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$26.95 plus \$4.00 for postage and handling.

"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!

The response to our offer of the new book MUSCLETOWN USA by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is \$23.50 plus \$4 shipping and handling per book (we have some more of the hardbound books in stock - \$65 plus \$4 s/h). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

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