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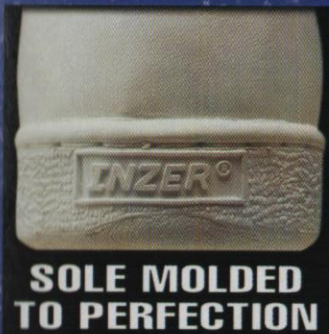
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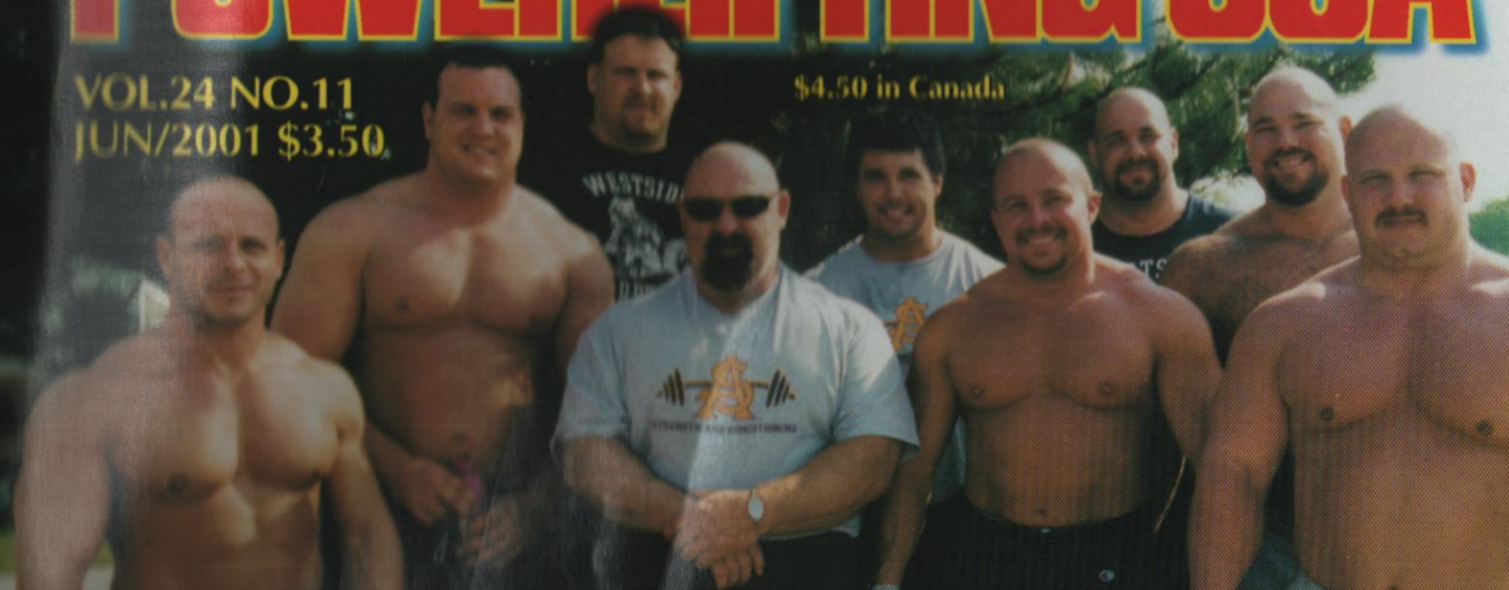


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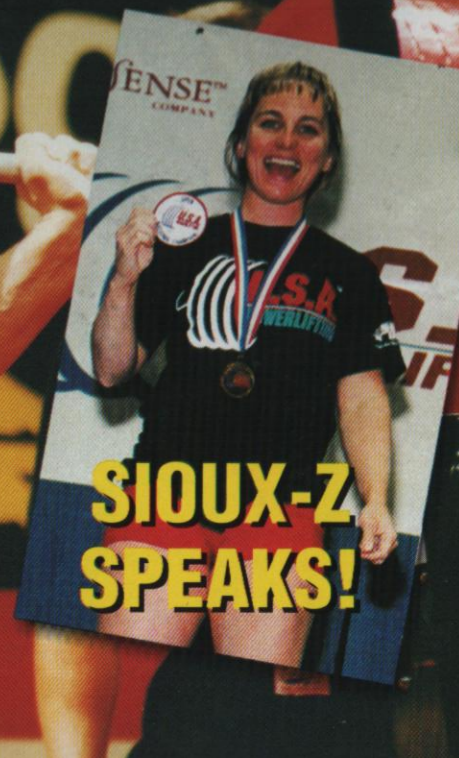
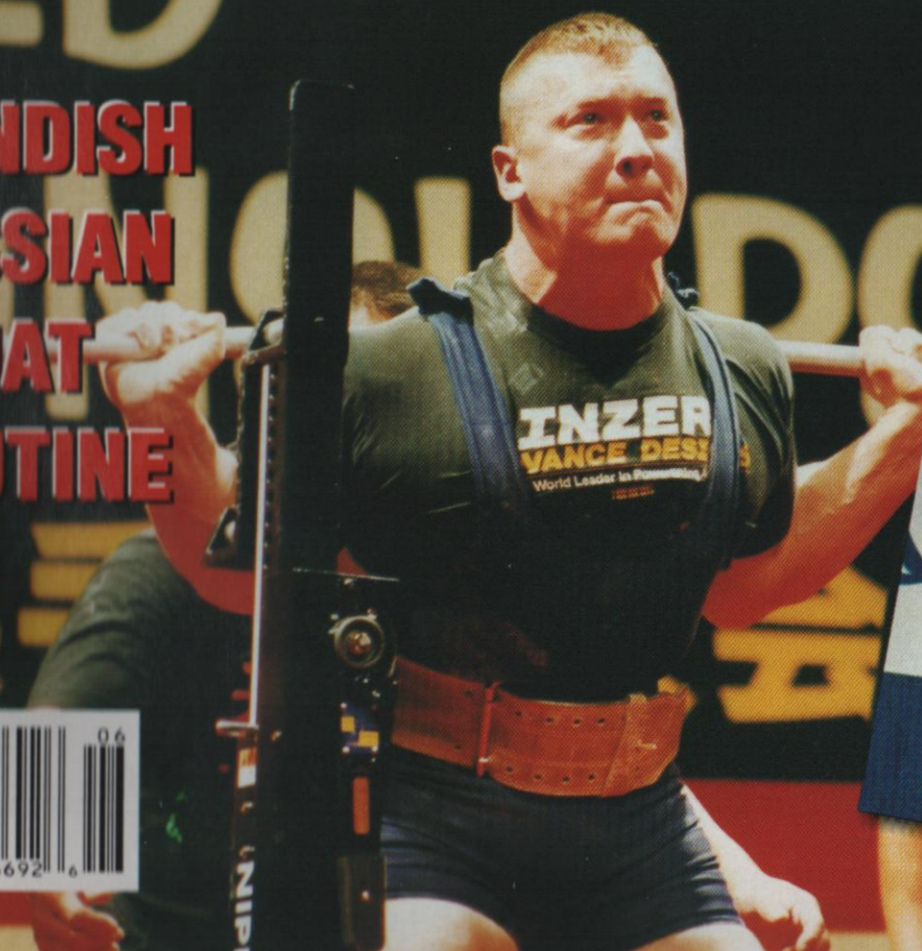
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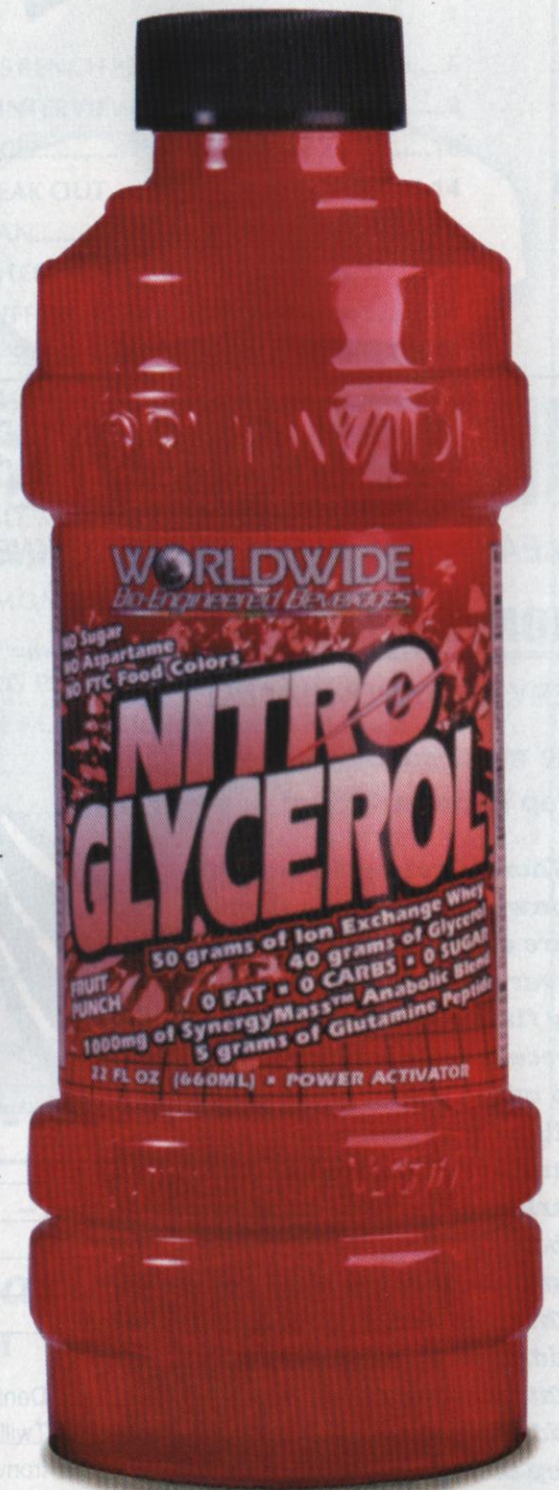
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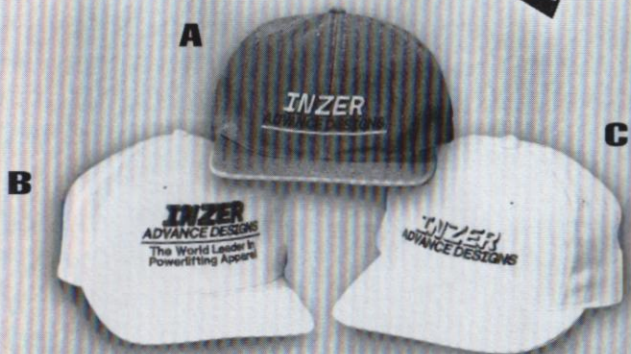
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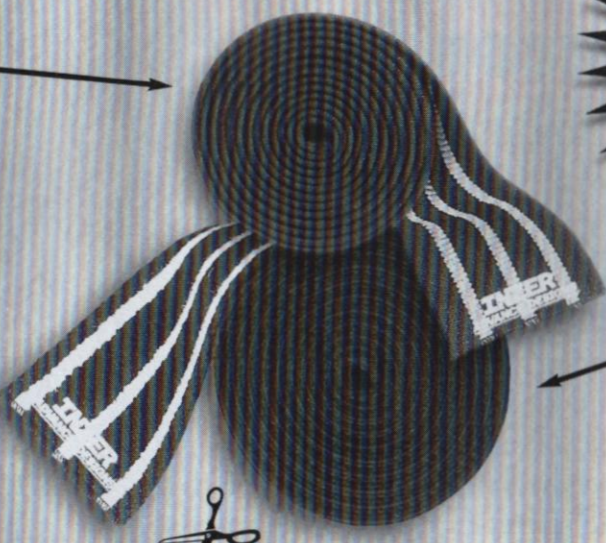
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MUSCLE MENU

- Volume 24, Number 11 - June 2001 -

IPF WORLD MASTERS BENCH PRESSDr. Larry Miller.....6
 SIOUX-Z HARTWIG INTERVIEW.....Mike Lambert.....8
 RUSSIAN SQUAT CYCLE.....Pavel Tsatsouline.....10
 WESTIDE LIFTERS SPEAK OUT.....Louie Simmons.....14
 BIG BOYS MENU PLAN.....J.M. Blakley.....18
 VICTOR NALEIKIN INTERVIEW.....Brad Gillingham.....20
 WPO WHAT'S THE DIFFERENCE #4Russ Barlow.....21
 LEARNING HOW TO SQUAT.....Peter Catina Ph.D.....22
 YOUNGER POWER PEOPLE.....Elena Taing.....24
 CREATINE REVIEW.....Timothy Ziegenfuss Ph.D.....25
 HARD CORE GYM #4.....Rick Brewer.....32
 HORTON LIFTS IN ALL 50 STATES.....LaDona Horton.....34
 DIANE SIVENY INTERVIEW.....Gene Bell.....36
 WORKOUT OF THE MONTH.....George Brink.....37
 ASK THE DOCTOR.....Mauro Di Pasquale MD.....39
 PREMATURE PEAKING PT. IIDoug Daniels.....42
 POINTS TO PONDER #4.....Judd Biasiotto Ph.D.....43
 COMING EVENTS.....Mike Lambert.....53
 TOP 100 SHWs.....Mike Lambert.....95

ON THE COVER.... Westside Barbell Club members (see page 14) and Suslov of Russia, who has squatted 826 at 220 at the IPF Worlds (Shibuya), and Sioux-z Hartwig (interview on p. 8)

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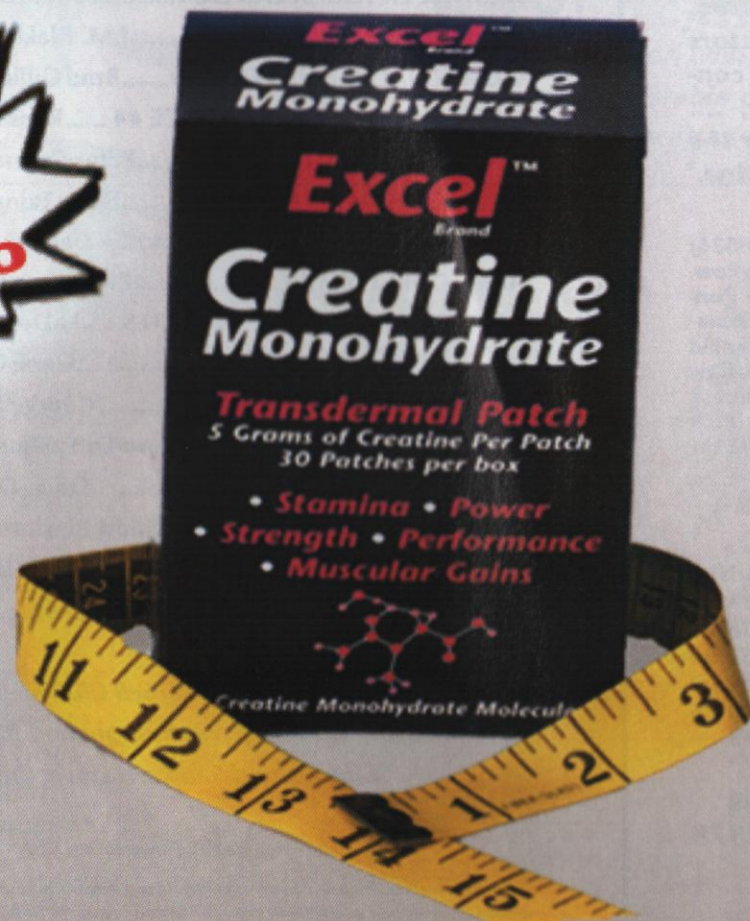
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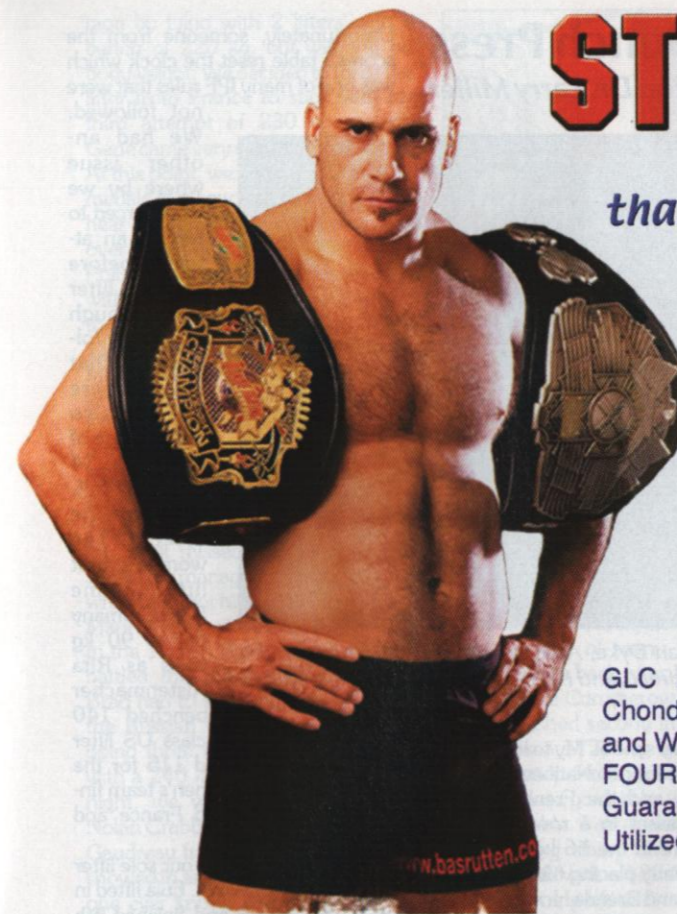


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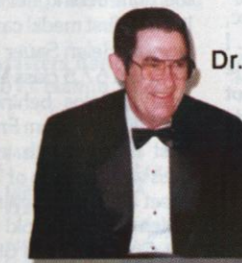
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INTERVIEW

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

ML: How was it lifting in front of your folks at the last Women's Nationals, and how do you like your new weight class?

SH: It was great lifting with my parents there. I could hear them shouting and getting behind me 100%! I had actually told them they had to come and be my good luck charms since the last time they came I broke the National and American Records in the squat and only missed one deadlift attempt. My brother and sisters were at that one too (in Lincoln, NE). As far as the weight class ... I have competed in the 114s before, especially at State meets so I would not have to worry about dieting. I started a new routine though and packed on more muscle as well as strength. I decided it was smartest to go up, at least for this year. I may go back to the 105 class next year. It sure was nice not worrying about my weight the night before, I weighed in at 110.

ML: How many national titles have you won now, and which one has been the best victory so far?

SH: National Championships I have won: 1993 ADFPA @ 104;

SHIUX-Z HARTWIG

as interviewed for Powerlifting USA by Mike Lambert



Isn't That Great Squat Form ... Sioux-z thanks Pete Alaniz of Titan for his 7 years of sponsorship

1994 Lifetime Drug Free @ 111; 1994 USPF Bench Nationals @ 105; 1997 USPF @ 114; 1999, 2000 USAPL @ 105; 2001 USAPL @ 114. 1993 World WDFPF Champion @ 104; 1998, 1999, 2000 and soon 2001 Competitor in IPF Women's Worlds. I placed 5th overall last year and 3rd in the bench press in Argentina

My first National victory surprised me. I had really only been

training for about eight months (other than a few months in 1991 and a few in 1992 by myself). I had hoped to be in the top three as there were a lot of good competitors, but I was able to win it. This year, however, has to be the sweetest. You can't beat going 9/9 and getting PRs in every lift and I had some strength left over.

ML: Of all the World Teams you've been on, which was the hardest to deal with, and which was the most fun to be on?

SH: The first year was hard at the IPF Worlds, because I did not know what to expect, but I think the toughest was in Denmark. We had to bus to the venue from the "hotel" cabins. Since we were not in a town there was only one restaurant and it was always crowded. It was also the first year that ER Equipment was used and they did not know how to move the racks inward until after my flight; due to this I kept hitting the racks when trying to set up. (Don't get me wrong though, Denmark was nice, friendly people and it was nice having room to get together with a larger group of friends in cabins instead of small

hotel rooms)

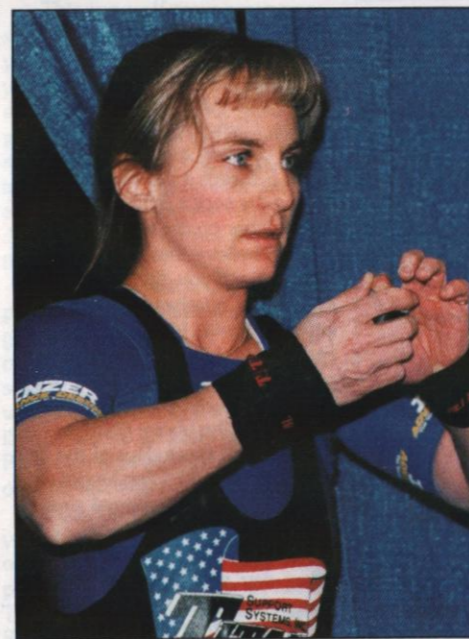
It is hard to say which was best, though last year in Argentina was nice, other than the very small venue. I had great ladies to lift with, Camille D'Amato the team and my personal chiropractor, and the coaches and P.J. who worked very hard for us. I enjoyed 4-wheeling on the beach and sand dunes, dancing my heart out after the banquet (one of my FAVORITE things to do), friendly competitors, sightseeing in Buenos Aires and going to a Tango show.

ML: Do you train with Kirk Karwoski, or does he help out when you're training with some of the other Maryland lady lifters?

SH: Kirk and I train at the same time, but I usually train on the other side of the gym with Sandy Mobley (123 lb. World Team member). When I get closer to a meet Kirk checks my form to be sure that everything is as perfect as it can be and helps me with my suits and knee wraps. I've been in charge of my own training almost the entire time I have been lifting. I like it that way. I've used different lifting routines from various people but in the end, I make the decisions. Kirk is definitely my technical eye.

ML: Of the Russian women lifters, who has been the most impressive to you? Do you think with USA will ever be able to take the team title away from the Russians?

SH: Svetlana Tesleva, the 97 lb. Russian. She benched over 200 pounds at the last competition and totaled over 900. A woman that can bench over double her bodyweight and total 9 times her weight is incredible. (man or woman - a 9 times but total is awesome!) As far as Team USA taking the title away from the Russians; we are getting stronger every year and I believe you should



Focusing in on the bench at Women's Nationals

never say NEVER.

ML: What's the wildest episode you've been involved in at one of those post-world championship banquets?

SH: As far as wildest episode, I think that Kirk or Leslie Look would be able to tell you better stories than I. The wildest thing that I've done at the banquet is DANCE, and if you asked the other team members they would probably classify it as a little wild. Other than that, I have had a couple of shots of vodka with the Russians. I am not a drinker, but I have to say that Russian Vodka is very smooth.

ML: What is the single best bench press training tip you've ever come across, and who came up with it?

SH: I think the best tip is training the upper body with more volume and more often. When I started training, sometimes I benched 3-4 days a week, and my bench shot to 170 in the first year. I then started to train my legs also and, being busy, I reduced upper body training to once a week. Over the next 5-6 years I tried many things, but I hit a plateau. Kirk mentioned I should train the upper body twice a week and Larry Maile gave me a routine with lots of volume work.

ML: What is your favorite wine?, color?, weapon?, and cartoon character? just so we can figure out what you're really like?

SH: I don't like wine or most alcohol, however, I love a good strawberry daiquiri or

fuzzy navel. My favorite colors are Columbia blue and purple. Weapon ... that's a hard one, I guess I would have to say rifle since I hunted with my dad a lot growing up. Otherwise, I think the best weapon is your brain ... be a step ahead of your opponent. Cartoon character ... Taz looks cool and is wild and crazy, I could picture him powerlifting. My favorite foods are chocolate mousse cake, shrimp and scallop marinara over angel hair pasta, and Alice's Spring Chicken at the Outback.

ML: How does your rep scheme change as you go through a squat training cycle for a big meet?

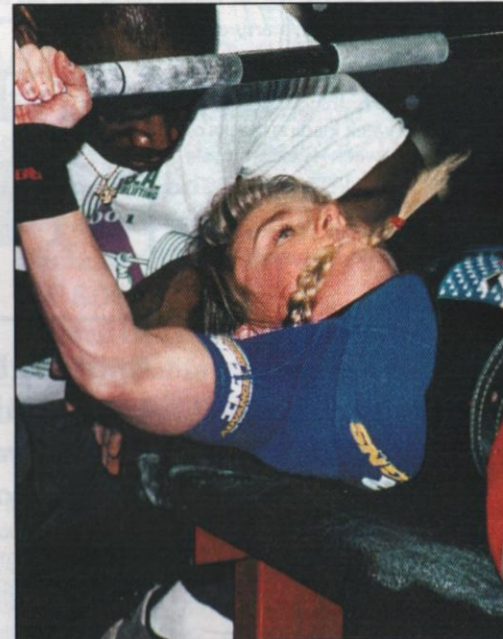
SH: Reps decrease as the weights increase. I do as many reps as possible unless I am fighting an injury; in that case I cut back on the reps and sets. I typically end with singles and maybe a double. The most I do is 3 top sets of 15 reps, the least is 1 single.

ML: Do you remember the first day you trained with weights? How did it all come about?

SH: The first day I "trained" was as a sophomore in high school. Our track coach had us bench and squat to see where our strength was. At the time I weighed about 98 lbs. and when they asked how much I wanted to

squat I said whatever was the most any other girl had done. It was 125 lbs. and they thought it was too much, well... by the end of that day I did 165 and the 3rd day I did a 200 lb. squat and a 100 lb. bench. At that time doing triple but. in benchandsquat combined earned you a "Charger Power" t-shirt and your name on a special wall. About 5-6 guys on the football team would make it

each year, but unfortunately no female had done it before so they did not know what to do for me. They started a wall for girls the year after I graduated. I never made it up there. Maybe now that I have done triple but. in the squat alone they will add my name! I didn't lift again or truly start training until my last 3 months of college. The summer before a friend, whom I did a little circuit training with, stated he was transferring to SDSU (South Dakota State U) and was going to join a powerlifting team and maybe I should too. I hooked up with them at the end of the semester, trained about 6 weeks, and then competed in 3 meets before graduating a couple



Keeping her hair out of the way ... Hartwig-style.

months later. I did 205, 105 and 205 at the first meet and 3 weeks later did 225, 120 and 250. I was hooked and decided then that I would pursue lifting and compete in the Nationals. I picked up my roots in SD and moved to MD and about 1 1/2 years later started training again. I won the Nationals about 9 months later.

ML: What were the initial words Kirk ever said to you, and tell us they weren't said in the gym!

SH: The first words were probably simply "Hello". We were introduced by Bert Wagner in the gym. Sorry to disappoint you. We were both seeing other people at the time, but mutual friends kept tossing me hints for us to get together. I can tell you that the first compliments that Kirk and his friends gave me were:

1. That I was "phatt", 2. That my legs were "sick", and 3. that I looked "huge". Coming from SD, these all seemed liked insults to me, but they then explained to me that, in the Powerlifting World, these were great compliments.

ML: If you had one deadlift left to win the world championship, a huge PR, but you knew you could make it if you took a magic pill — which wouldn't make you flunk the drug test — but it would make you die within three years — would you take it?

SH: No way! I love to lift and I LOVE to win, BUT, I really love life and have too many adventures left to die in three years. Also, the victory for me would be a little hollow if I knew the reason I won was because I had a magic pill.



Sioux-z with her supportive parents - DeWayne & Phyllis Hartwig



With World Team Member Leslie Look (all photos courtesy of Sioux-z)

In case you got all starry-eyed and bushy-tailed having read the title beware that you cannot get something for nothing. Either of the two four week loading blocks of the thirteen week Russian cycle pack more work than most American squatters do in a year, no joke. You shall gain, but you shall pay, with sweat, blood, and vomit, Comrade.

The super cycle was designed by Master of Sports S. Y. Smolov and stacks like this:

1. Layoff or maintenance training
2. Introductory microcycle - 2 weeks
3. Base mesocycle - 4 weeks
4. Switching - 2 weeks
5. Intense mesocycle - 4 weeks
6. Taper - 1 week
7. Competition

The introductory microcycle shall bring you up to 90% of your personal best squat in just a week and shall prepare you for the horrors to come.

Every day is a Halloween during the next four weeks. It is worth it; the base mesocycle delivers a 10-30 kg gain for big boys and 5-7.5 kg for lighter lifters.

The 'switching' two-week stretch is dedicated to plyometric and compensatory acceleration training. The idea is to stimulate your nervous system with a different type of stimuli and thus make it more responsive to another round of slow and heavy training. You shall also appreciate the chance to lick your wounds after the base mesocycle.

The intense mesocycle is another cruel and unusual stretch of four weeks. It is good for another 15-20 kg squat gain.

Finally, you shall taper with what you could have interpreted as an overtraining program before you embarked on the Russian cycle, but now will gratefully accept as a vacation.

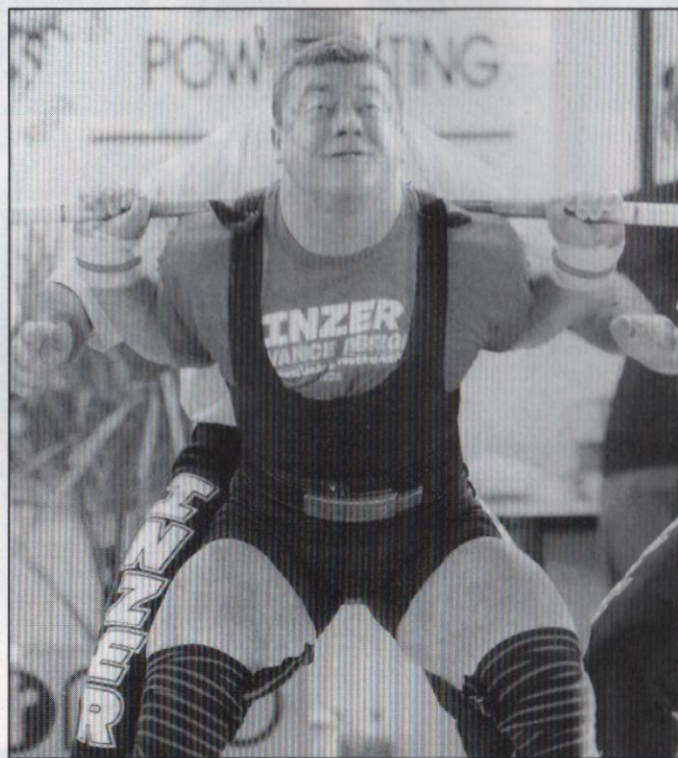
Week thirteen: enter the platform and dominate.

If you are starting Smolov's super cycle after a major layoff, perform the following two-week introductory microcycle. The Russian lifter and author shows how you can reach 90% of your peak condition in just three days:

- Day 1 - 65%x8x3, 70%x5, 75%x2x2, 80%x1
- Day 2 - 65%x8x3, 70%x5, 75%x2x2, 80%x1
- Day 3 - 70%x5x4, 75%x3, 80%x2x2, 90%x1

INTERNATIONAL TRAINING

Another Russian Super Cycle: Add up to 100 Pounds to Your Squat in Thirteen Weeks as told to Powerlifting USA by Pavel Tsatsouline, MASTER OF SPORTS



Tarasenko squatted 771 at 198 at the 2000 IPF Worlds. (Isagawa)

The percentages are based on your best suitless squat right before the layoff, not on an estimated current or projected max. Whatever stage of the cycle you are in, Smolov advises to include

what Russian Olympic lifters know as a *protiyazhka*, or a long pull, in your warmup. A *protiyazhka* is a snatch without any knee dip whatsoever. Smolov plugs it in a time tested combo: a snatch grip long pull x 3-5 reps + a wide grip press behind the neck x 3-5 reps + a squat with the bar on the shoulders x 3-5 reps. I believe that you would do even better if you ditch back squats in favor of overhead squats. The latter are great for developing SQ specific flexibility and enforcing a good technique the hard way. Smolov's warm-up calls for four to five sets of the above combo.

The next three days of the first intro week spend doing lunges with the emphasis on maximal stretching of the thighs.

During week two squat every other day with 80-85% weights. You must be able to work up to one set of five in that percentage range by the end of the second intro week.

Smolov insists on including explosive drills into your introductory microcycle: jumps over various obstacles, broad jumps, jump-ups on a pommel horse, etc. The Russian expert advises that you stay away from depth jumps though; intense plyos can be murder on your knees at your current level of conditioning.

"Abandon hope all ye' who enter here." The inscription on the gates of hell in *Dante's Inferno* could be applied to the four-week base cycle without a shade of exaggeration. It is a Russian program so you would be naive to expect hitting the squat rack on Monday and dedicating the rest of the week to assistance work at McDonalds. You shall squat four times a week, Comrade, whether you like it or not. And in case you are planning on working up to a top set of five or whatever, you've got another thing coming. Expect loading schedules such as seven fives with 80% weights and ten triples with 85% 1RM!

You must have gotten tired just reading the matrix, haven't you?

Monday	Wednesday	Friday	Saturday
Week #1 70%x9x4	75%x7x5	80%x5x7	85%x3x10
Week #2 (70%+10kg)x9x4	(75%+10kg)x7x5	(80%+10kg)x5x7	(85%+10kg)x3x10
Week #3 (70%+15kg)x9x4	(75%+15kg)x7x5	(80%+15kg)x5x7	(85%+15kg)x3x10
Week #4 Rest	Rest	Prikidka (work up to a near max single)	

This is an off-season program so the percentages are based on your current 1RM without a suit. If you do not know what it is make an estimate. If you do not have kilo plates add twice the recommended number in pounds, e.g. 30 pounds instead of 15kg. Put up your weights at a slow or moderate tempo, as dynamic efforts do not belong in this phase.

In the last session you are supposed to work up to a near max to get an idea of where you are at. The original program does not call for a supersuit, but you may choose to wear it during the final trial session, if you have no problem going for a PR in gear after a long stretch of raw or semi-raw training.

If you do not like the fact that you simulate a contest on a day other than a Saturday you may push the training days one forward: Tuesday, Thursday, Saturday, and Sunday. You may even decide to enter a relatively unimportant meet on the day of the *prikidka* and post very conservative attempts.

The mad Commie who dreamed up this anti-Constitutional cycle promises that once you have survived these four weeks your legs will turn into car jacks. But no matter how inspired you are by the gains, you are to immediately back off after completing the last workout of the base cycle! The regimen pushes you to the limit of your strength and recovery and carrying it on longer than a month guarantees the mother of all overtraining.

A so-called 'switching' semi-mesocycle is now in order to let the body and mind recover before taking on the pre-competition cycle. With the exception of negative squats recommended once or twice a week, all lifts and exercises are now performed with maximum explosion. Series of various jumps and hops, deep squat jumps with a light barbell, etc. are on the 'Party' approved list. So are leg presses with compensatory acceleration and similar drills. Exploding from the sticking point in the squat is another fine exercise for the switching period. "The motto of the switching program is speed, and speed again," explains S. Smolov. For a change of pace as much as anything else.

Following the two-week switching phase the Russian coach instructs the lifter to start another four-week loading cycle. It was designed by weightlifting and powerlifting coach I. M. Feduleyev from Moscow and is responsible for preparing eight nationally ranked lifters in record times. It is good for another 15-20kg on your squat in just a month if you have the balls to take it on. Here is Feduleyev's program in all its Communist glory:

- Week # 1:** Monday - 65%x3, 75%x4, 85%x4x3, 85%x5;
Wednesday - 60%x3, 70%x3, 80%x4, 90%x3, 85%x5x2; Saturday - 65%x4, 70%x4, 80%x4x5
- Week # 2:** Monday - 60%x4, 70%x4, 80%x4, 90%x3, 90%x4x2;
Wednesday - 65%x3, 75%x3, 85%x3, 90%x3x3, 95%x3;
Saturday - 65%x3, 75%x3, 85%x4, 90%x5x4
- Week # 3:** Monday - 60%x3, 70%x3, 80%x3, 90%x5x5; Wednesday - 60%x3, 70%x3, 80%x3, 95%x3x2; Saturday - 65%x3, 75%x3, 85%x3, 95%x3x4
- Week # 4:** Monday - 70%x3, 80%x4, 90%x5x5; Wednesday - 70%x3, 80%x3, 95%x3x4; Saturday - 75%x3, 90%x4, 95%x4x3

In case you got excited that the loading cycle number two calls for 'only' three squat sessions a week, you must have wilted as soon as you have read the numbers. Feduleyev's regimen calls for an inhumanly high number of squats in the 81-90% intensity zone: 134 lifts or a whopping 44% of the total load. You are going to top off with three sets of four reps at 95% of your current - not projected - max, and these numbers mean two things. First, you are going to get unbelievably strong, and second, there will be many moments when you shall wish you had stuck to stamp collecting.

Lift at a medium tempo. The choice of equipment is up to you, but full contest gear is encouraged. Calculate the percentages from your new max established two weeks earlier, if necessary with corrections for supportive equipment.

The cycle is designed for a lifter hardened by high volume/high intensity training and you are supposed to completely recover between workouts. Note that every week the Wednesday session calls for the greatest load, which is why it earns two days of rest. If you are not in a good enough shape to handle such a macho work load and you feel very tired by the end of Week Two merciful coach Feduleyev shall let you reduce the weight by 5-7% in all sets without cutting back on the sets or repetitions.

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strength, now you are facing the tricky task of peaking it when it counts. Once you are a week away from the meet Smolov recommends the following week-long *podvodka* or taper. Wear full contest gear naturally.

- Monday - 70%x3, 80%x3, 90%x5x2, 95%x4x3
- Tuesday - Rest
- Wednesday - 75%x4, 85%x4x4
- Thursday - Rest
- Friday - Rest
- Saturday - Rest
- Sunday - Competition

The Russian coach promises that the high load in the beginning of the week shall not negatively affect you. That may not be the case with a lifter unaccustomed to Russian style high volume/high intensity/high frequency training. Especially since Smolov's plan is charted out for a Sunday meet, consider skipping the Monday session and pushing the Wednesday

"Either of the two four week loading blocks of the thirteen week Russian cycle pack more work than most American squatters do in a year, no joke. You shall gain, but you shall pay, with sweat, blood, and vomit, Comrade."

- Monday - Rest
- Tuesday - 75%x4, 85%x4x4
- Wednesday - Rest
- Thursday - Rest
- Friday - Rest
- Saturday - Competition

session a day back:

If you choose to follow Smolov's peaking plan to the letter push all the sessions one day back to peak on Saturday:

- Sunday - 70%x3, 80%x3, 90%x5x2, 95%x4x3
- Monday - Rest
- Tuesday - 75%x4, 85%x4x4
- Wednesday - Rest
- Thursday - Rest
- Friday - Rest
- Saturday - Competition

You will have to re-schedule the four weeks of the preceding four week cycle accordingly: train on Sundays, Tuesdays, and Fridays instead of on Mondays, Wednesdays, and Saturdays so you will have a day off between the last session of the loading cycle and the first of the peaking one. And if you opt for your pet peaking schedule Smolov will not take it personally. Peaking is an art as much as it is a science.

Give this Russian super cycle a shot if you have what it takes. Comrade Smolov promises that you shall show a result that shall surprise you. Report your gains on dragondoor.com training forum.

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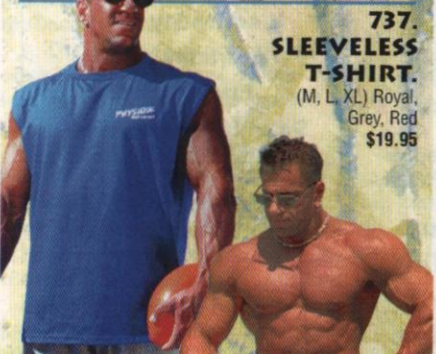
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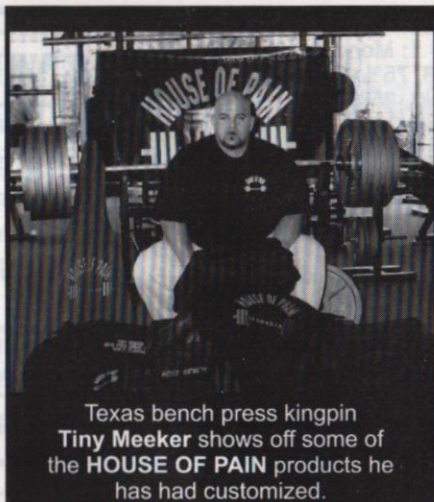
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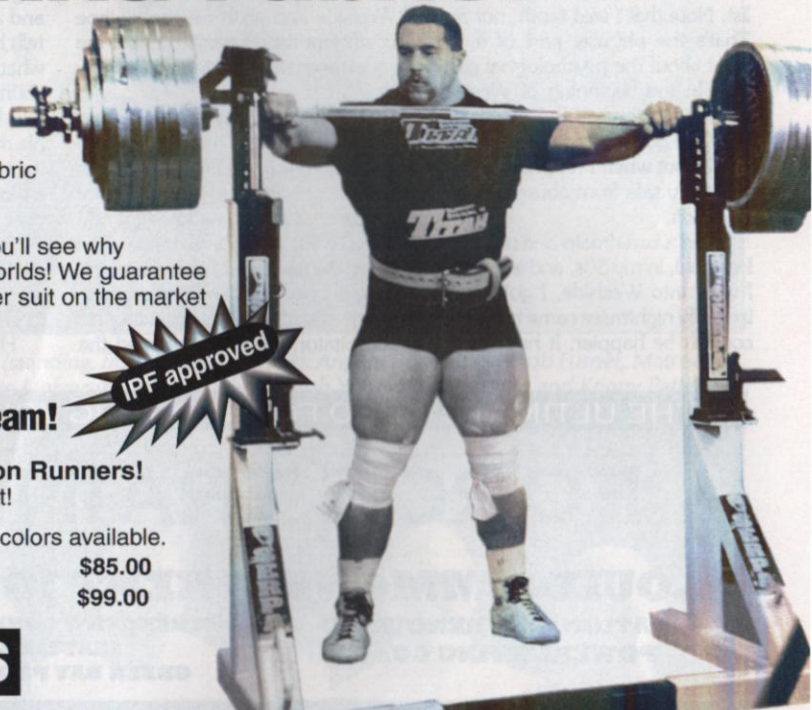
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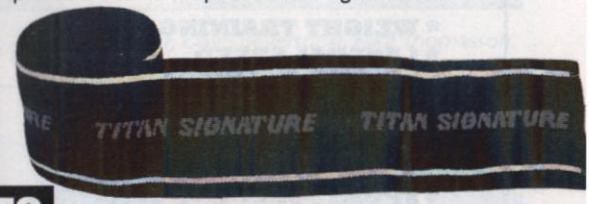
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What is it like to train at Westside? That question comes up a lot when I get phone calls or at meets. Well, it's not easy. We expect a lot, and we get a lot. The Top 10 list at Westside based on coefficients looks like this: The tenth best squat is 905 at 288 bodyweight. The tenth best bench is 672 at 275. The tenth best deadlift is 710 at 198. And 2176 at 242 makes tenth place on the total list. Note that I said tenth, not first. That's the physical part of it, but what about the psychological part?

In the beginning of Westside Barbell's history, in the 1970s and 1980s, I got my ass kicked at most meets, but when I returned home, I was fairly safe from abuse. But that was then.

I had a bad dream one night that I was old, in my 50s, and every time I went into Westside, I got pulverized. My nightmare came true, and I couldn't be happier. It has made it

WESTSIDE LIFTERS SPEAK OUT

as told to PL USA by LOUIE SIMMONS

possible for me to do things I never dreamed possible. I am most proud of my 920 squat at 235 bodyweight, at 52 years old. That lift places me fourth on the coefficient squat list at Westside and sixth on the all-time coefficient list. Presently, I hold the squat record at Westside, but for how long?

Westside is my life. All of my friends and all my memories come from those four walls. Westside has a hard-core attitude. It is much like my favorite movie, and I might add the greatest movie ever made, *The Shogun Assassin*. In the movie, the shogun goes crazy and thinks everyone is out to kill him, including his decapitator, who has chopped the

heads off 135 men. The shogun sends his top ninja to kill the decapitator, but the ninja kills his wife instead, the mother of his baby son Digara. The decapitator places a ball and a sword in front of Digara and tells his son, who cannot understand what his father is saying at such a young age, to choose between the two. If he chooses the ball, he will join his mother, in death. If he chooses the sword, he will follow his father on a bloody road of vengeance. By the way, Digara chooses the sword.

At Westside, if you want to play, hit the road. But if you want to travel the road to the top, Westside's the highway.

Here are some personal profiles

of a few lifters at Westside. Any Weisberger is a very successful lifter at Westside since coming 13 years ago. She has an 1180 total at 123, 34 pounds over a male Elite total. She has a world record bench of 292 at 123 as well. When asked how she handles the pressure at Westside, Amy said, "I don't get too high with the highs or too low with the lows. I learned how to roll with the punches, and stay far away from people who have negative energy." What does Any do during a meet? "Relaxation breathing until it's my turn, then I have my coach yell one cue per lift. The switch does not go on til I grab the bar." Outside the gym, Any does anything she can to maximize recovery. She is careful not to waste any energy.

Jeff "Gritter" Adams has been training at Westside for 7 years. At 43, he has an 1870 total at 198, plus a very good bench - 585. His total was 1470 for years before coming to Westside. How does he cope, at 43, with training and a long list of injuries? Gritter says, "I thrive on pressure. I like to compete and I like the trash talk. The pressure makes me train harder, try harder, and push my training partners harder." What does Gritter feel is expected of him? "I feel I must produce. Effort is great, but we want achievers. I also feel I am expected to help my teammates produce by coaching, pushing, and being a pain in the ass if I have to. At a meet I never expect to miss a lift. Never. Yes I do miss my share of lifts, but I know why and it's not because of doubt or anything remotely like fear."

Rob Fusner, who has trained at the club for 3-4 years, has the top total of all time at Westside. In less than 10 meets he did 2358. He is fairly nonchalant about training, but he has a one-track mind when it comes to his main objective. Rob says "kicking ass" is what motivates him to lift. He handles the pressure at Westside by "kicking ass". He gets ready for a competition by "kicking lots of ass".

Danny Blankenship has been at Westside for 1-2 years. Danny is a very good student of powerlifting and will some day be a good coach as well. He has learned to plan his training very quickly, and I believe that's the key. What motivates Danny to lift? "Motivation is internal; I could not care less what Joe Blow is lifting. I focus on trying to improve myself a little bit each day. Small improvements each workout add up to big gains at contest time." How does he handle the pressure at Westside? "There is one bottom line at WBC: performance. When I was a teen-

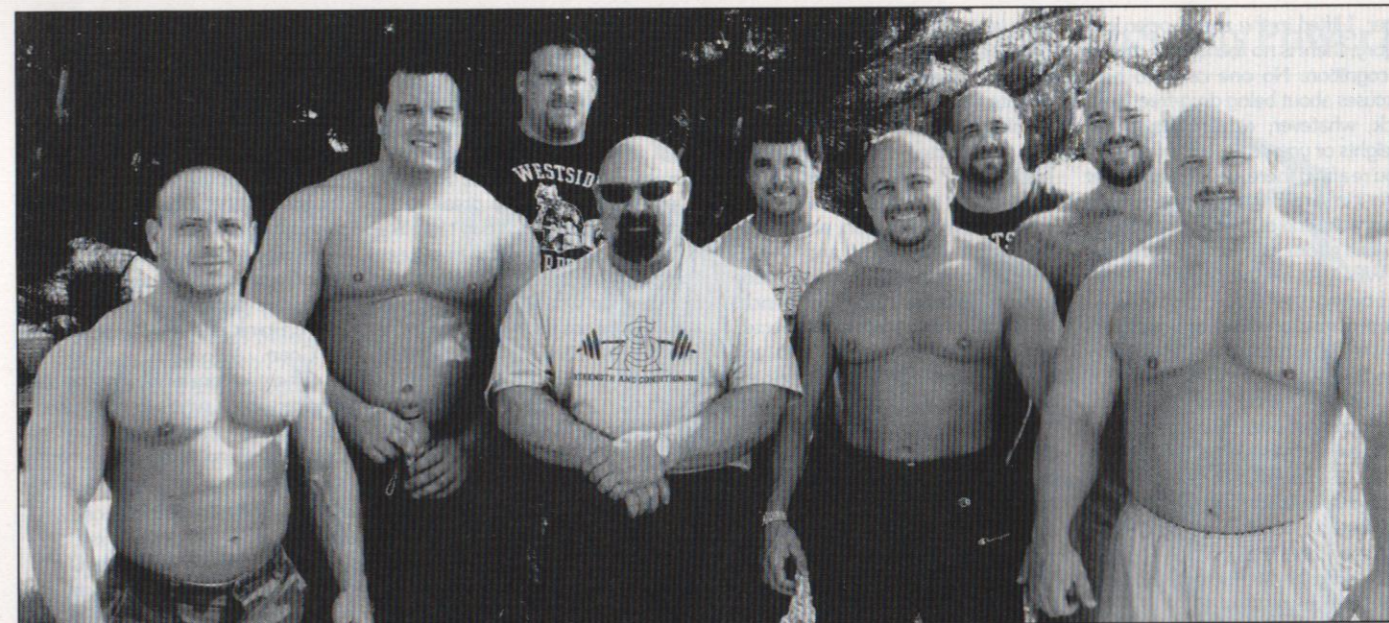


Photo 1: WESTSIDE BARBELL CLUB Members outside the Club. (standing, from left to right, are): Angelo Berardinelli, Rob Fusner, Matt Smith, Louie Simmons, Rich Wenner (Head Strength Coach, Arizona State University), Joe Dougherty, Bob Youngs, Dave Tate, and Kenny Patterson.



Photo 2: (l-r): Josh Cutridge, Danny Blankenship, Chester Stafford, K-Dawg, Danny Dague, Amy Weisberger, Dave Beversdorf, Eskil Thomasson.

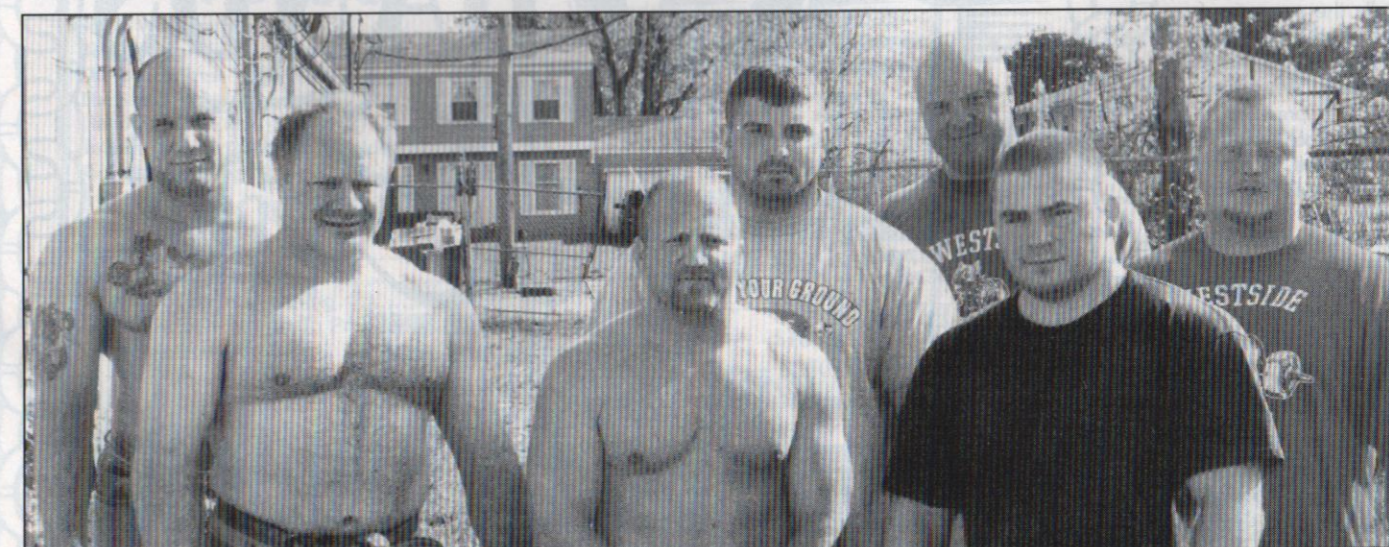


Photo 3: (from left to right): Sonny Kerchner, Gritter Adams, Mike Valone, Tony Beach, Bob Coe, Joe Jester, Jeremiah Myers. (photos by D. Black)

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ager, I lifted in the men's open category; there is no teenage or master recognition. No one cares to hear excuses about being drug-free, hurt, sick, whatever; either you lift the weights or you don't, end of story. If you're afraid there, you will either get over it in a training session or be gone before the end of it. There's no room for half efforts or 'recreational' lifters at WBC. As for the pressure, I love it. I believe that if you can't feed off the pressure, you have no business in powerlifting; many good lifters can't handle the pressure at Westside."

John "Chester" Stafford's total has increased over 300 pounds in 2 1/2 years at Westside, from 1973 to 2280. He transferred from Minnesota to Ohio State University to train at Westside. Most of the time he is stranger than fiction, but I guess that's why he fits in with the very bizarre personalities at Westside. How does John handle the pressure? John says, "The only pressure for me is the possibility of someone either ahead of me making more progress or someone beneath catching up. This pressure always keeps me from becoming satisfied and makes me push myself harder." What does he feel is expected of him at Westside? "I am expected to continually make progress, and if I plateau, to find a way to break it."

Speaking of bizarre people, when training, Dave Tate makes a mental patient look normal. If there is something stable about Zippy (just one of Dave's many personalities), we haven't found it. How does Dave handle the pressure of working out at Westside for the last 9-10 years? Dave says, "What pressure? The pressure to get on the record board? The pressure to make one of the lists? The pressure to beat the other guys in the gym? The pressure to live up to the reputation of the gym? The pressure and responsibility to help my teammates get better so they can beat me? The pressure to stay in the gym? The pressure to live up to the potential Louie sees in us? I have seen less gifted lifters become great by taking control of the pressure. I have also

seen very gifted lifters fall out of sight because they let the pressure take control of them. Westside is as much a state of mind as it is a gym or training program." What does Dave feel is expected of him? "Who the hell knows? This changes all the time. I used to think it was an 800 squat and a 500 bench, and then it became a 900 squat and a 600 bench. Now we have some expected to do a 1000 squat and a 700 bench. I guess whatever you feel is expected of you, add 100 pounds and you may be in the ballpark. As a training partner, it is my job to hate everyone I train with during certain times in my training. For example, if I am squatting with Louie, he is no longer Louie to me. He is the old man I am trying to get crushed or have a heart attack. If it's not him, it will be someone else. We will make up later, but during this

time I hate them all. We all have to become different people in the gym." Matt Smith has been training at Westside for nearly 2 years and early on showed potential for greatness. In his short time at Westside his total increased from 1833 to 2240. How does Matt handle the pressure at Westside? Matt says, "I don't feel like there is any pressure. The pressures that some might feel at the gym are far less than what I impose on myself." How does he mentally prepare for a competition? "I just set goals that are realistic and then mentally focus on those goals. I don't let anyone or anything change that mindset."

You will notice that Chuck Vogelpohl and I did not present our views. Everyone at Westside agreed they were too radical to publish. But I will tell you a few things. When

lifters want to join Westside, I ask them, what can you do to improve the club? Invariably after every meet we lift in, people want to join us, not knowing what sacrifices must be made.

We always wish our competitors the best. Without the Glen Chabots, the Bill Crawfords, and the Dave Watermans, our top bench pressers would ease off. And our full powerlifters are amazed at people like Garry Frank and the incomparable Ed Coan.

There is constant bickering and feuding about who's on top every day we train. Remember, don't go into battle to get killed, but rather to kill. And that's how training is addressed here at Westside.

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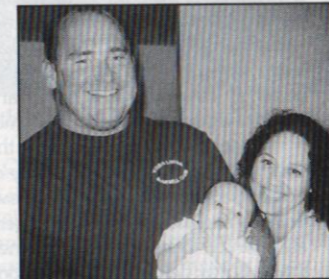
It's June, and that means the start of summer. And for POWER SCENE, a little summer vacation.

But before vacation begins, we do have tow items to bring you. Venice, California's Muscle Beach has its annual Bench Press contest on June 9th, and it's a great setting for a meet. POWER SCENE will be there to check out the action, and if you're in the area, you should too.

Second, congratulations to Paul Leonard and his wife Christine on their new arrival, Lou, born in late December. Paul's a big fan of strength sports, and a terrific powerlifter. He's been at it for 15 years,



Paul Leonard at the Yorba Linda Barbell Club with some squat aids.



Paul, Lou, & Christine Leonard

and has PRs of 771, 534, and 744. Paul has available a hard core training video with over two hours of big weight training with national level lifters. If you're interested in learning more, you can e-mail Paul at yllen1@aol.com.

Hoping you all have a great start to your summer. Stay Strong.

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One secret is caloric density. Learn to eat foods that provide more calories per unit volume. That is, they give you lots of calories for how much space they take up in the gut. 250 calories of salad fills you up even with the dressing, but a chocolate bar would only feel like a snack.

Also, add lots of condiments to your food. Carry mayo with you and add lots of it to everything. Same goes for Thousand Island dressing and chocolate sauce. Be creative and never eat anything that you don't add calories to in some way. Melt provolone cheese over your pasta. Put ranch dressing on your pizza. Dip potato chips in honey. I don't care what sick and twisted combinations you come up with, as long as you find it palatable. You wouldn't believe some of the things I've eaten. (Try a bowl full of peanut butter smothered in maple syrup and a stick of butter in the microwave for 30 seconds. Lay two Hershey's bars over it to melt and you'll just start to understand.)

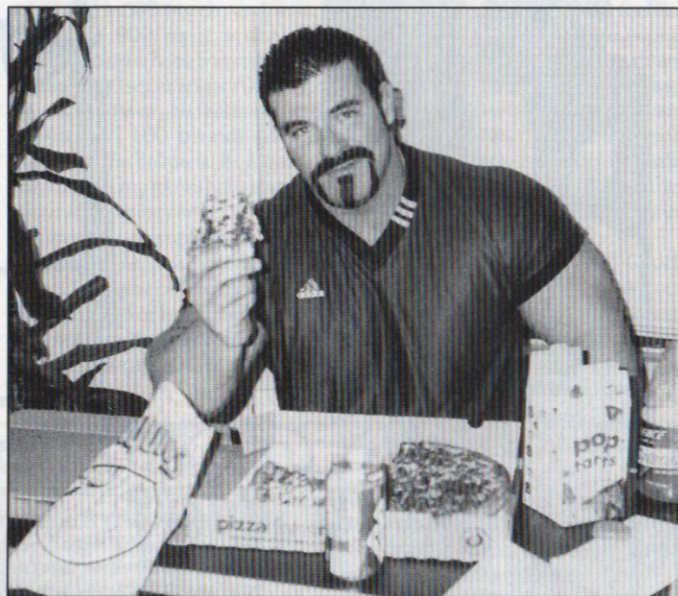
Carry food with you. Always have a jar of peanuts in your car. Carry Pop Tarts, Slim Jim meat snacks, candy bars, anything handy that travels well and needs no special preparation. Never get caught away from food. Put it in your desk, your locker, your gym bag, your brief case, hell, carry some around in your pockets if you have to! Never miss a meal because you couldn't eat. What's that? Couldn't eat? It takes less than 50 seconds to eat two candy bars. That's over 500 calories. Even if you have to sneak it on the job, go to the john and wolf them down. You must never be without food. Take some with you. Never say you didn't have time (50 seconds?) or opportunity. Find time or make time.

Eat immediately upon arising. Start right away. You lost time when you were sleeping ... because you weren't eating! Fill up first thing in the morning. Don't wait! You went several hours without any food. The longer you wait the less time you have to get all the food you're supposed to eat down. If you wait long enough it will be impossible to make it. You'll run out of time. Get off to a solid start. Minimum first meal calories: 1200. Eat over a grand right away and the rest of the day will be easier. Eat less, and you'll be playing catch-up all day long.

Eat just prior to bed. You are

TRICKS OF THE TRADE The Big Boys Menu Plan

as told to Powerlifting USA by J.M. Blakley



Picking Up Where He Left Off Last Month ... J.M. Blakley continues with his treatise on how to gain lots of functional bodyweight quickly.

going to go for hours without food ... so, fuel up! This is your last chance to feed your body for a long time, so give it one last push. This is uncomfortable for many, but with practice you will adapt and be able to eat a good calorie load before retiring. Shoot for 600 calories minimum.

Try foods that you used to dislike or have never eaten before. After several weeks of overeating, everything begins to taste the same. Even your favorite foods lose their flavor. You exhaust your repertoire of choices. Open it up. Go for the calamari or the shark fin soup. Try a quiche. Eat at an ethnic restaurant. Find new favorites that you can eat lots of. I hated cottage cheese as a youngster, but now I mix it in with spaghetti and dump it into soups! I even eat the fat free variety on a reducing diet! You will surprise yourself. Don't be afraid to try. You may still dislike salmon, but you may get a taste for artichoke after all.

Drink regular soda pop (possibly caffeine free) and whole milk. Never drink any fluids that don't have calories. No tea without sugar, no coffee

without cream and sugar, no diet beverages whatsoever. No plain water! Canned soda pop is an excellent source of purified water, but it also has precious calories. Gatorade is fine and has electrolytes as well. 108 ounces a day is the minimum. But don't fill your stomach without puffing some calories in along with. A 12 oz. can of soda pop has about 150 calories. Quench your thirst and give your body more calories at the same time. (I'm not knocking water, folks, I'm just illustrating that you can hydrate yourself and get calories in the bargain.)

Count your calories. You may think you are consuming an abundance of food, but you're probably giving yourself too much credit. It is very hard to eat over 5000 calories every day for weeks on end. And, if it's 7 or 8,000 you think you're getting in every day I think you'd better check that. Often a trainee will eat 6,000 calories on Monday, but then stoop to 3500 or so for the next two days. Then Thursday, maybe he'll get 5500 and follow that for two days of 3000. All the while they believe that they are eating 6000 every day. Avoid this kind of fluctuation. Keep a solid average. And keep track. At least for a series of days every now and then. A few days a month check up on yourself. If your goal is 5500 calories a day, add it all

up and make sure you're actually doing what you think you are. You'll soon get better at estimating and you won't have to go through this so much. Take my advice, if you are not seeing the scale move the way you think it should be moving, double check your count. You most likely are overestimating your intake. This process gives you feedback so you can make adjustments. Even if you're an old pro at calorie counting it's a good idea to take account every so often.

Issues and Precautions

This kind of diet is admittedly not the most conducive to your overall health. But we should get one thing straight - you are not doing it for health reasons, you are doing it for better performance in your chosen sport. This is one of those "quality of life" issues. You choose to pursue powerlifting because of reasons other than improved health such as challenge, personal pride, self esteem benefits, sense of strength, or any other of a basketful of psycho/emotional reasons, not to mention the sheer fun of it! There are plenty of health benefits to the sport of powerlifting and weight training, in general, which have all been outlined many times before. I acknowledge those, of course, but I'm just saying that if you are competing and trying to bulk up, you probably have more personal motives for continuing to put so much into this sport. And those motives most likely supersede any bodyweight related health benefits.

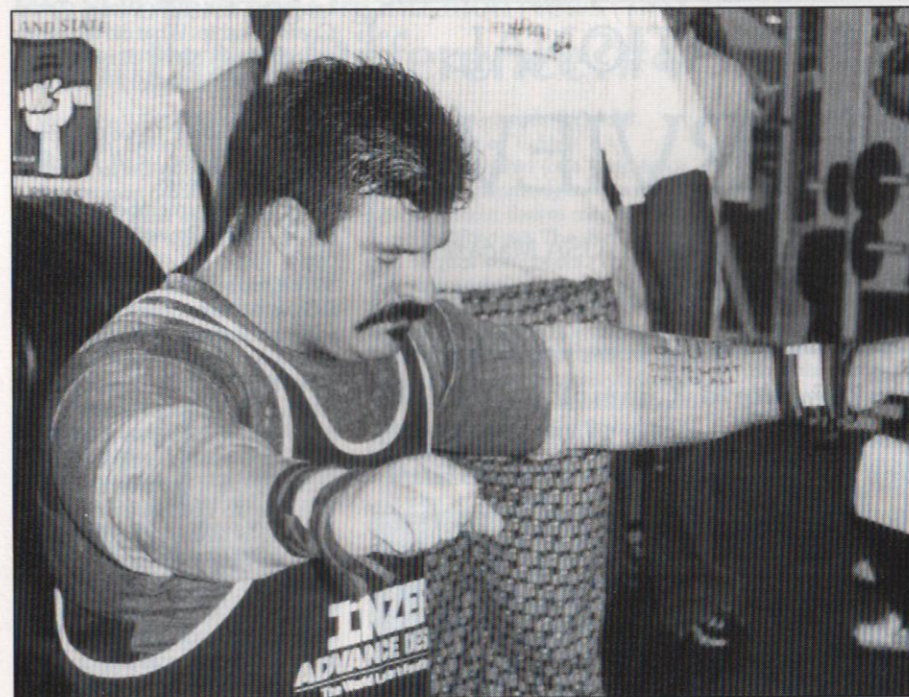
Having said that, let me turn the table back on your health. This style of diet can have very serious effects on your body. One effect is a dramatic improvement in your strength, but another effect is an increase in your blood cholesterol level! It would be irresponsible of me to ignore the "down side". So I'll give a few suggestions of what I feel is prudent and responsible behavior that would accompany such an eating program. (It's all common sense, anyway!)

Have your cholesterol checked before you begin. Get a baseline. If you have high levels, you may want to reconsider and see your doctor about options to lower it.

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Gathering Energy ... J.M. Blakley before an attempt at Carlos Moss' '98 IPA Maryland State Meet

Check your cholesterol every 15-20 pounds that you gain, or every 10 weeks on the diet. Set a limit with your doctor as to how high you will permit it to rise and still remain on the diet. If it goes above such-and-such a number, abort.

Do some form of cardiovascular exercise for a minimum of 3 days per week. I know you don't want to spend the precious calories on cardio, but the cv exercise will help keep the cholesterol down as well as abating some of the inevitable sluggishness that comes with weight gain. I've done it both with and without cv and I feel much better with a daily walk. And you can eat just one more snickers bar to cover it. All the while your heart gets some exercise and your metabolism doesn't get so loggy.

Check your blood pressure at the start and then every four days while on the diet. Get your own monitor or find one of the countless free places that you can have it taken for you. Use the same equipment every time. Expect some increase in BP. Consult your doctor and make a decision as to what you both will tolerate. If your BP goes past the limit you have set, abort.

Issues of sleep apnea can develop. This is a tough disorder in which you interrupt your breathing for a few seconds all through the night and wake up in the morning exhausted from gasping for 8 hours! This affects a huge number of people in the US, but commonly is made worse by gaining weight. If it affects you, you may not know it ... you're asleep while it's going on. Sooner or later someone will tell you, your wife, your girlfriend, your next-door neighbor. It's often confused for a bad case of snoring, but after a couple of weeks of full nights rest and an accompanying deep fatigue, you will begin to suspect something is wrong. I wish I had some sort of fix-it for this, but the only advice I can give is to try propping yourself up at a slight incline when you sleep and put up with it as much as your significant other will allow. If it is too much of a problem, seek medical attention and decide what else to try. If you must, abort the diet. You won't see the progress you want in your training if you're not getting the rest you need.

Have a full blood work-up done (this will most likely accompany your cholesterol test, but ask for it any way. These days health care professionals are cutting costs and if you ask for cholesterol values that may be all that gets run!) Of special interest are: triglycerides, liver enzymes, thyroid levels - especially T-4 and TSH, and any values having to do with pancreatic function. These can become upset with drastic changes in dietary habits and will need an eye kept on them.

Measure your bodyfat percentage. Set a limit as to how high you will let it go. Re-measure it every 10 pounds you gain. See how many pounds are muscle and how many are fat. A good bargain is 1 pound of muscle for every 2-3 lbs. of fat.

If you are a master lifter, consider your medications and consult your doctor about the effect weight gain may have on any of them, especially heart meds. Your dosage may need to be adjusted.

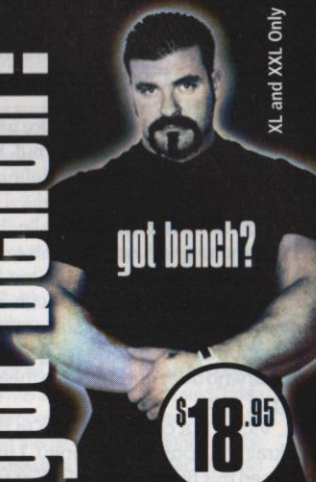
Remember that the weight gain is to be temporary. You should plan a reducing diet to follow at a specified time in your training. This is where you attempt to maintain most of the new strength you amassed during the bulking phase while lowering your bodyfat to the same level you had when you started the process. You are not training to get stronger in this phase, only to hold the strength you have while dropping the excess weight. Commit yourself to the goal of returning to your starting level of bodyfat and see how much of the new strength you've kept. If you diet right, it should be above 80%. That is your true gain. The gain you keep after gaining and losing the excess bodyfat is what counts. If you gain 20 lbs. on your bench and lose 15 when you diet, you missed the point. If you gain 20 lbs. on the bench and keep 15, you've achieved something and done it correctly. Now repeat this process as necessary! I suggest that you only hold your weight heavy for no longer than 5-6 months before you diet back down. Each time you repeat this process, you will hold more strength and have more muscle mass than before. Avoid staying heavy too long. It is only temporary!

These things will help you minimize the risks

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associated with the rigors of bodyweight manipulation. Competitive sports all have risks. Every high schooler who puts on a football helmet on Friday night and knocks heads with the crosstown rivals takes on the risk of spinal injury. Risks are unavoidable and usually increase with the level of play. Just be responsible. Take care of yourself within the risks. Do what you can to minimize them. Pay attention. If you don't watch your blood pressure, how do you know if you might not be begging for a stroke? For Christmas' sake, at least know what your levels are. You can always decide to do what is right for you. Continue or stop. Or continue on a different course. At least do the best you can to stay as healthy as you can.

Remember - If you want to beat the man, you've got to out-eat the man!

Good eating, J.M.

Victor Naleikin, at 48 years of age, is one of the top Superheavy-weight Powerlifters in the World. He defines the term 'Old School'. He is a man of few words who lets his lifting speak for itself. He chooses to wear minimal equipment, and rarely lifts with a belt. In fact, he has squatted over 900 and deadlifted over 800 on multiple occasions without a belt. The use of very little or no equipment is quite common with the Eastern Europeans. Access to supportive gear, wraps, and belts is difficult in these countries due to financial and location considerations.

Victor's build is very stocky with large legs. He is massive, but his musculature is not overly defined. He does not lift explosively, but rather slowly and methodically. He appears to grind out each attempt as if he had no more in him, but he then increases the weight with his next attempt and miraculously grinds out another. He is one tough individual who does not know the meaning of quit.

Victor is a celebrity in the in the Ukrainian sports community. I witnessed this first hand in 1998 at the IPF World Championships held in Cherkasey, Ukraine. The 2,500 capacity auditorium was packed to the rafters. The spectators spilled out into the hallway of the venue where they watched his lifting via closed circuit television. In unison, they chanted "Victor, Victor, Victor" every time he approached the platform. He is a two time IPF World Champion, and a constant fixture on the medal platform. In 1999 he traveled to the USA and won the Mountaineer Cup. He has been inducted into the EPF (European Powerlifting Federation) Hall of Fame. I have gotten to know Victor very well through competition with him on numerous occasions. With the translation help from Vadeem Safronov, Kiev City Powerlifting Federation Webmaster, I recently interviewed Victor for this feature on one of the IPF's legendary stars.

BG: Victor, please give us some biographical information on yourself.

VN: I live in Kiev, Ukraine. My job is coaching powerlifting. I am married and have a son and a daughter.

BG: What other sports have you been active in?

VN: I have competed in running, javelin, discus throwing, shot putting, swimming, and skiing.

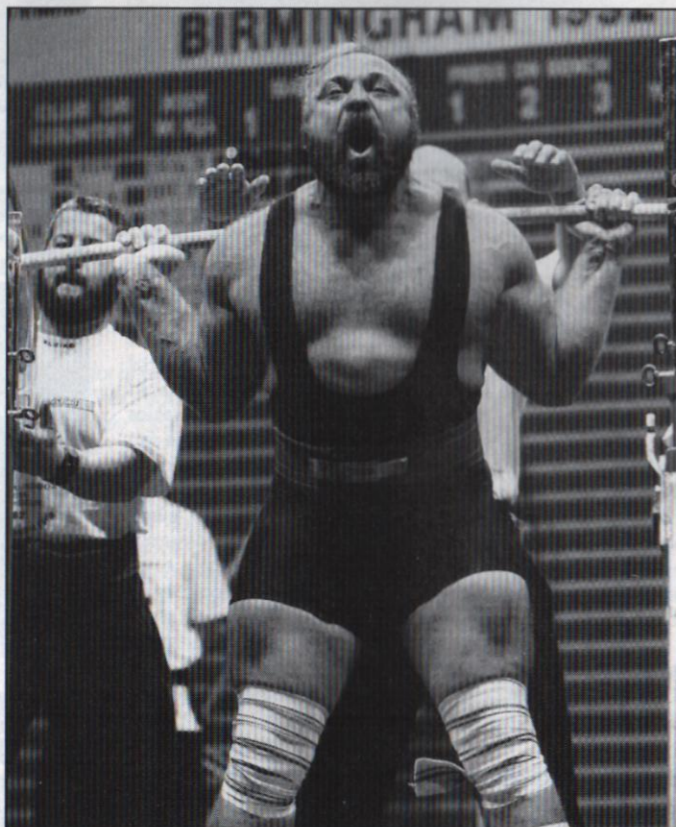
BG: Please elaborate on your Olympic style seightlifting experience.

VN: I was Absolute Champion of the USSR Agricultural Universities Championship 4 times. I was

INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

Two Time IPF World Champion VICTOR NALEIKIN as interviewed by 2000 IPF World Superheavy Champion BRAD GILLINGHAM



Victor Naleikin has fought up some amazingly tough squat attempts.

2nd at the Championship of Ukraine. My best results in weightlifting were: snatch - 170 kg, clean and jerk - 220 kg (weight class - up to 100 kg).

BG: How did you get started in powerlifting?

VN: I had to go out of weightlifting because of my age, but I wanted to train, so I came into powerlifting. That was 1988.

BG: Do you have any other hobbies?

VN: I almost have no free time. All I do is train and spend time with my family.

BG: You have been a top International Powerlifter for a number of years. Tell us about some of the

titles you have won.

VN: IPF World Champion 1994, 1997, IPF Silver Medalist 1990, 1991, 1992, 1993, IPF Bronze Medalist 1998, 1999, European Champion (EPF) 8 times.

BG: What are your best lifts?
VN: Competition: Squat 410 KG, Bench 240 KG, Deadlift 380 KG. Gym: Squat 430 KG, Bench 240 KG, Deadlift 370 KG

BG: How is the sport of powerlifting viewed by the athletic community in the Ukraine?

VN: It's very popular, but we need more advertisement.

BG: In 1997, the year that you won the IPF World Championship in the 125+KG Class, the Ukraine team

captured the IPF World Team Championship. What did this mean to the people of the Ukraine? Was it viewed as a big event in the sports community?

VN: Of course, it was a great achievement for us. It was first time for our team.

BG: How many members are there in the Ukraine Powerlifting Federation?

VN: About 3000

BG: What is your most memorable experience in the sport of powerlifting?

VN: The World Championship in Prague, last attempt deadlift. Our team was shouting so loud...

BG: Please talk about the Ukraine National Team and how it works.

VN: We do not have one coach for whole team. All our sportsmen are training where they live. The team is selected by the results of National Championship.

BG: In 1999 you traveled to USA and won the Mountaineer Cup and then returned to compete in 2000. Please talk about these experiences.

VN: As for me, the rules were the same as IPF. I don't like the decisions of arbiters in 2000. They were not objective.

BG: How do you train?

VN: It's harder and harder to keep training with the years passing. I train 5 days a week, one day for squat, one day for bench press, one day for deadlift and two days for other exercises.

BG: What is your diet?
VN: I do not have such word as diet. I eat all.

BG: Do you think Powerlifting will become an Olympic Sport? What are your views on this subject?

VN: As I think, powerlifting should have been in the Olympics a long time ago. It's easy for all, and a very democratic sport!

BG: Victor at 48 years old you are one of the best and most respected lifters in the World. You are both in the EPF and IPF Hall of Fame. What are your future goals in the sport of powerlifting?

VN: Now my aim is to heal my knees and to take part in competitions more. My other aim is to coach my son.

BG: You are currently coaching your son. Could you elaborate on this? How is his progress?

VN: He has already squatted 315.5 kilos. He's training not long (since 1998) and he's at a very light weight for his height.

BG: Do you have any sponsors?

VN: Now I don't have a sponsor.

BG: Who would you like to mention or thank who has supported you in achieving your goals?
VN: I'd like to thank a friend of mine, Oleg Moiseev, who helped me in my sports career.

World Powerlifting Organization News (TM) What's the Difference? #4

We at the WPO (TM) recognize the fact that in order to build a strong professional organization, we need to find a common ground on the equipment issue. I think every powerlifting enthusiast would agree that much of the equipment allowed (bench shirts, squat suits, briefs) has gotten a bit out of hand. I have even heard lifters using this "beefed-up" equipment saying the allowances have become too liberal. With this in mind, however, if the rules of an organization allow the "liberal beefed-up" equipment, it would be foolish for a lifter to go to the meet with substandard attire. In other words, it's like going to a gunfight with a squirt gun. Kieran and I believe that every elite powerlifter in the world would like to come together once each year for a professional (WPO (TM)) World Championship where the competition is fierce, the rules are consistent and the prize money is worth the hard work.

PERSONAL EQUIPMENT REQUIREMENTS

1. Squat Suit

A lifting suit of basic design illustrated shall be worn. It must be an individual full-length polyester or canvas fabric. What is allowed?

A. Polyester single ply (double ply brief)

B. Polyester double ply (single ply brief)

C. Canvas single ply (double ply brief)

D. Canvas double ply (single ply brief)

* Brief will be made of polyester material and will not exceed top of navel and will not exceed bottom of lifter's squat suit.

2. Bench Shirt

One double polyester or double denim bench shirt can be worn. It must be an individual article of cloth fabric. Its construction may consist of double plies, but must, as a whole, be a singular component. The thickness(es) shall not be designed to increase, enlarge or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

* A patch shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an extra layer.

* Canvas bench shirts are not allowed!

3. Deadlift Suit

A lifting suit of the basic design illustrated shall be worn. It must be an individual full-length polyester or canvas suit. Refer to personal equipment requirements section 1: the deadlift brief requirements are the same as the squat.

4. Briefs

See personal equipment require-

ments #1 squat and #3 deadlift.

5. Undershirt or T-shirts

One undershirt (of a consistency with what is commonly called a t-shirt) with or without sleeves may be worn under the lifting suit. The shirt must be of a singular component. The thickness shall not be designed shall not be designed to increase, enlarge, or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not bear the name of any other Powerlifting Federation, whether tested or not-tested, nor portray indecency or be offensive to the spirit of the competition.

We realize a powerlifting purist (raw or single ply advocate) will not see these equipment rules as acceptable. However, in order for lifters to find common ground, one must give a little to get a little for the progression of the sport. Example: a lifter who lifts in a single ply organization and one who lifts in anything goes organization are always attempting to compare their feats of strength. Kieran and I believe with the WPO (TM) rules on equipment and strict enforcement, this is the perfect venue to find out who is really the best. Also, we realize that the equipment an athlete provides judges at the check may not be the actual gear he will use in the contest. To combat this possible problem, we have instituted the "roaming Judge policy." In the WPO (TM) we have the traditional

Kieran Kidder on Garry Frank and Ed Coan: "I must reiterate how astonishing it was to witness Garry Frank orchestrate the Pinnacle of powerlifting excellence by surpassing the 2500 total barrier with conviction! His lifts were exercised to perfection, 970 squat, buried! 694 bench, smoke show! 970 pull! (buttaa) Locked out? NO DOUBT! There was absolutely nothing to question. He handles the weight like it doesn't even exist! The scariest part is Garry is just getting started and will most likely exceed 2600 lbs. total barrier at the WPO Semi-Final at Universal Orlando. The reality of the giant putting together 1003 squat, 710 bench, 903 deadlift, in the same contest totaling 2616 would make him the first to do so. Yes, there are lifters out there that are stronger pound for pound than Garry and out lift him in individual lift, who cares! The sports main objective is to composite a total, which seems to me has escaped the modern day powerlifters mind set. During his 2535 performance he was looking out 713 bench and his foot came off the floor, his 903 deadlift on his third attempt was only six inches or so from lockout. If he had made those lifts he would have totaled 2586. Anyone that has witnessed Garry lift knows that 2600+ is in the cards. Don't think just because Garry is the new kid on the block means the rest of the powerlifting world is ready to hang it up! I know Steve Goggins who just happens to be the WPO Super Open HWT Champion, and 1000 lbs. + squatter isn't going to give up his belt without a fight. If you think Ed Coan is going to back down from Garry, you guessed wrong! I saw him at the Arnold Classic and Ed personally told me he would be in Orlando this July. The WPO invaded Columbus, Ohio and elevated the prestigious bench press competition generating a response from the crowd like never before. Before the contest started I had the WPO Heavyweight Belt in my hand close to the warm-up area while myself and a card girl were awaiting our cue to go out on the stage and parade the belt around to hype up the 5000+ capacity crowd moments before I handed the belt to the card girl. I looked over at Ed Coan (who was coaching a lifter) purposely holding the belt in his line of sight, and I said "Eddy this is what you will be gunning for this November". Ed's reply was "no that's what I'm going to be wearing around my waist this November"! Right then the hair on the back of neck stood up, because I knew the WPO's Master plan was about to go into high gear!"

three platform judges plus a fourth that will roam periodically checking lifting equipment.

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we

grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore! (Thanks to Russ Barlow, WPO (TM) Technical Director)



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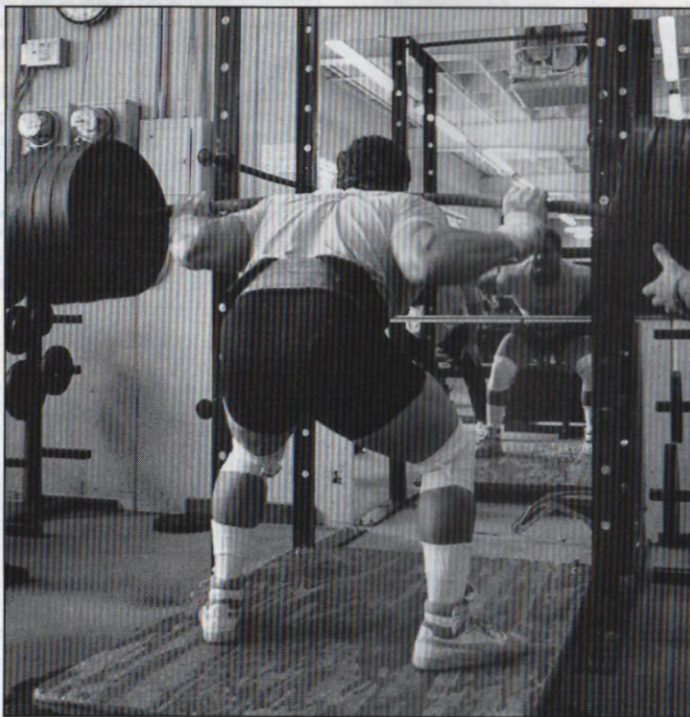
How many times have you heard a coach at the contest screaming a long list of instructions to their lifter immediately prior to the execution of the squat? Guess what? It doesn't work! In fact, it's often too complicated, the athlete cannot readily process it, and it's more of a distraction than anything else. Let's face it, if your lifter doesn't know what to do 30 seconds before his or her opener.... it's too late! Thought precedes language. Unfortunately, some coaches seem to have very big mouths and very small brains. This is always a bad combination. More coaches should realize that they are not the center of attention, the lifter is. Instead of screaming a paragraph of useless information, coaches should limit their instructional cues to a few positively charged syllables of proper technique and encouragement.

Introduction

The purpose of this article is to present a multifaceted understanding of the processes underlying psychological modeling and their relationships to learning the free weight squat exercise. In order to benefit from the favorable training adaptations afforded by the barbell squat, performing the exercise with proper technique is absolutely crucial. Proper visual demonstration or modeling is vital for learning a complex motor skill such as the squat. Visual demonstration conveys a vast array of informational cues that are far more relevant to facilitate an observer's motor skill acquisition than information conveyed through verbal instruction. Successful performance of the squat exercise depends on the ability to hold visual symbols in memory for a short interval of time and maintain internal descriptions of the relevant biomechanical factors necessary to execute the motor task efficiently. In the following study, subjects who performed the squat after exposure to a video-taped demonstration of proper technique exhibited significantly higher scores in both the accuracy of their cognitive representation of the modeled action, as well as in

Psychological Modeling, Cognitive Representations, and Learning How to Squat

as told to Powerlifting USA by Peter Catina Ph.D.



Ed Coan Certainly Knows How To Squat ... despite working out in front of a mirror during this training session in Santa Barbara in 1987

performance technique than subjects who performed the squat without exposure to video-taped demonstration. These data suggest that visual demonstration of the squat is a positive factor in enhancing the performance of novice lifters. There are, of course, many factors that influence motor skill acquisition.

Upon visiting almost any fitness center, at least two things will be evident. Either people do not perform the squat at all, or many of those who do, perform it incorrectly. This is due to false information and improper instruction. Another problem is that people learn to squat while looking at their reflection in a mirror. Although mirrors do provide a modicum of necessary feedback as to how one is progressing in terms of appearance, they are an inappropriate orientation for observing the execution of a motor task, especially one as

complex as the squat. You wouldn't teach someone how to approach a bowling lane while facing a mirror, or demonstrate a tennis serve while facing the learner. Learning to squat in front of a mirror is not consistent with the notion of acquiring a cognitive representation through observational learning.

These concepts are easily recognized by standing in front of a mirror and raising your right hand. The image in the mirror seems to raise its left hand. Write a word on a piece of paper and hold the paper so that the word can be seen in the mirror. The word seems to be written backwards. Mirrors change what you see. When light strikes the reflection of a lifter in a mirror, only a small part of that light travels in the correct direction to reach that lifter's eyes and the paths to each eye cross over to the other side

before they reach their destinations. To get to the lifter's eyes, light from every point on the reflection takes a different path. Light from the highest point ends up lowest after being reflected by the mirror. Likewise, light from the lowest point ends up highest after being reflected.

Squatting in front of a mirror is one of the most counterproductive practices I have ever witnessed, especially for a beginning powerlifter. What a shock it must be for a novice lifter to arrive at the contest and find that there are no mirrors! Few things are more important than simulating contest environment during training sessions. I've even gone so far as to bring newspaper and tape to the gym and cover up the mirror where I squat. Whatever works for you, comic strips, a poster of Shania Twain, or a picture of the meanest, ugliest, strictest head-referee on the planet (which is the most likely thing you'll see at the actual contest). Think of it as a surefire way to keep those pesky bodybuilders away from the rack when you're squatting. Try it sometime, just cover up the mirrors, and watch all the bodybuilders disappear, along with their reflections. The intent of this article is not necessarily to condemn mirrors (they're great for shaving), but rather to show that proper visual demonstration is an effective method for motor skill acquisition.

Since the squat is a full-body exercise, it elicits one of the highest hormonal responses provided by all resistance exercises. Hormonal actions that influence the adaptations to the squat exercise include, but are not limited to, improved force production, stimulation of cartilage growth, and enhanced size (Fleck & Kraemer, 1987).

Performing the squat exercise with proper technique is crucial in order to benefit from these favorable adaptations. Teaching proper form to a student requires visual demonstration by the instructor. The literature in the area of motor skill performance as it relates to or is affected by modeling primarily considers visual perception of the modeled information as a mediating variable on behavior, but what ensues between perception and behavior does not appear to be fully addressed. Apparently, a myriad of intermediary components is essen-

tial in transforming the patterns of movement demonstrated by the model into appropriate actions to be accomplished by the learner.

Psychological Modeling

Modeling is an effective means of conveying relevant information to facilitate an observer's motor skill acquisition (Gould & Roberts, 1981). The literature in the area of modeling primarily considers visual perception as a mediating variable on behavior. Visual demonstrations of motor tasks are retained by the learner in the form of internal messages, which are recorded and saved in the pre-frontal cortex of the brain for future retrieval (Goldman-Rakic, 1987). It is evident that the observer somehow retains the modeled action and can later replicate what was seen in the absence of verbal instruction (Williams, 1994).

The significance of the modeling process lies in its effect on the behavior of the observer. The observer does not merely watch the action passively, but perceives the environmental information rather actively. According to Gibson (1968), the observer must differentiate the information within the optic array into its most useful dimensions. In other words, particular events and attributes are singled out

for observing and describing what exactly ensues between perception and action. So, it is crucial to demonstrate proper technique to the observer in the most effective manner, especially when one considers the many people in various weight rooms that are using bad technique, thereby setting a bad example to those observers. When a coach gives too many verbal cues, it causes the lifter to think about too many things. This may result in confusion and attenuate performance. Too many instructions make it difficult for the student to totally isolate one strategy from another. In doing so, some of the information is lost. It may be that the student is using various combinations of strategies and cannot be focused into using the most effective one. Therefore, it is important that verbal instruction be as clear and parsimonious as possible. The coach should first demonstrate the squat with the learner standing behind him or her. This type of visual modeling facilitates motor skill reproduction. However, there is a multiplicity of variables and co-factors that are linked to observational learning which will be expounded upon within the remaining sections of this article.

Bandura (1986) suggests that behavior is mediated by exposure

to the model and that repeated exposure to the model will improve the quality of the cognitive representation which will, in turn, facilitate performance. The concept of modeling is presumed to be controlled by four sub-components: "Attention", a conjecture that people cannot learn much by observation unless they attend to, and perceive accurately the significant features of the modeled behavior. "Retention", where it is submitted that people cannot be influenced by observation if they do not remember it. "Motor reproduction process", which is the conversion of symbolic representations into appropriate actions. "Motivation" which proposes that people are more likely to adopt a modeled behavior if it results in rewarding consequences. According to Martens, Burwitz, and Zuckerman (1976), the successfulness of the modeling process is limited by the difficulty of the motor task. This relationship between modeling and performance is predicated on two circumstances: an accurate perception of what is to be accomplished by way of strategy or technique, and the ability of the learner to reproduce the demonstrated action. The instructor should give immediate visual feedback by demonstrating the movement with an emphasis on correcting existing

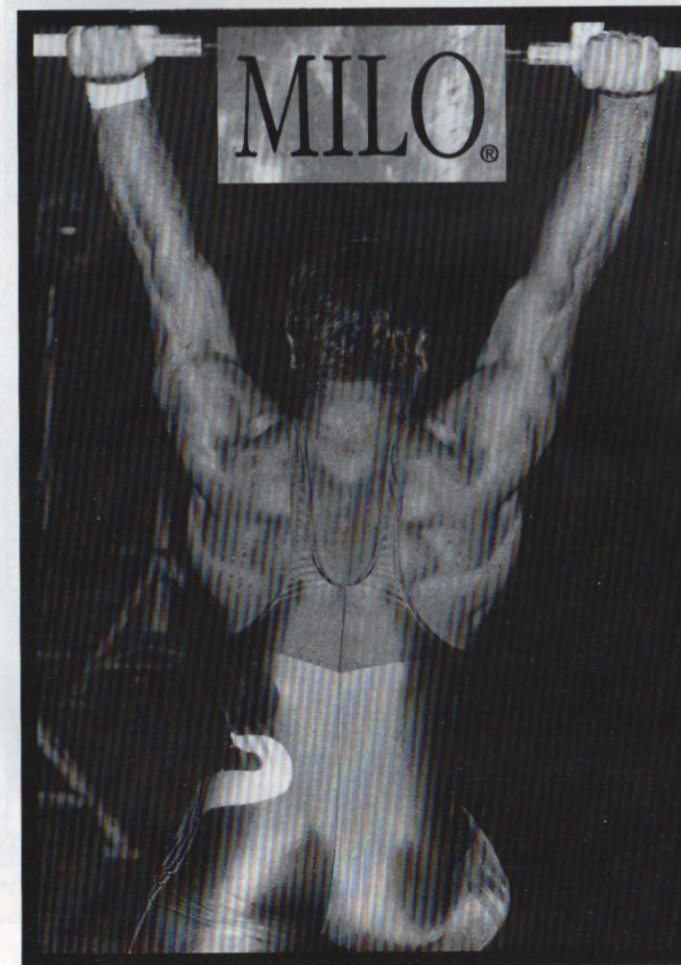
mistakes or replaying videotape of the student's performance, thereby providing visual assessment of the motor task in a timely manner. This will give the student a reference point from which he or she can improve performance.

According to Adams (1986), this knowledge of results enables the observer to correct errors in movement technique. The greater the accuracy of the cognitive representation of the modeled action, the greater the skill acquisition will be in the subsequent reproductions of it. This is consistent with the schema theory proposed by Schmidt (1975), which states that sensory consequences and actual outcomes, for a given set of initial conditions, could be related by the subject.

Cognitive Representations

Cognitive representations may be construed as "mental blueprints" comprising an essential link between perception and action. The brain not only categorizes these non-language representations; it also builds successive layers of categories such as shape, movement, and sequence. In this way, the learner organizes visual information, events, and their relationships.

(article continued on page 66)



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Not a PeeWee ... "Little Calvin" Burgess trains at Austin Gym in Rumford, Maine, and he deadlifts 80 pounds weighing 40 pounds at age 7. He wants to be a champion powerlifter someday, like gym owner Dick Austin and his dad Calvin Sr., who supplied photo.

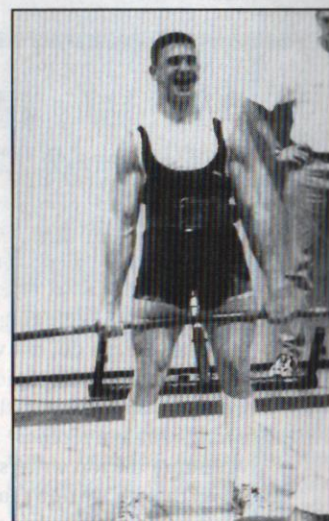


Nate Vasquez achieved incredible athletic accomplishments at the precocious age of 8! In his first powerlifting meet, he squatted 95, benched 50, and deadlifted 125 for a total of 270 at a bodyweight of 58 lbs. At a bodyweight of 66 lbs., he subsequently deadlifted 158 lbs. Nate is also a wrestler, both freestyle and collegiate style. He won the Washington State Freestyle Championship in 1999 and was 2nd in the state collegiate championship. You might recognize Nate's spotter in the squat as the legendary bench pressing star Jeff Magruder. Nate's parents Vince & Bea Vasquez give their special thanks to Jeff for the support & spot. (This photograph was provided courtesy of Vince Vasquez to Powerlifting USA).

YOUNGER POWER PEOPLE



Randi Fizer started training in May of 2000 and competed in her first meet at the NASA Arizona State Championship, in the teenage division, 170.8 lb. class, where she won 1st place and set Arizona State records. She next competed in the NASA Arizona Regional meet on Nov. 18th, where she set three American Recors in the 170 lb. class: a squat of 110 kilos, a deadlift of 110 kilos, and a total of 275 kilos. (photo and information supplied by Randi's father Greg)



The photo above shows Matt Noctor with his PR (at the time) Deadlift of 490 lbs. at the USPF Pennsylvania State Championships of 1999. At the 2000 Pennsylvania State Teenage Championships at Upper Perkiomen, East Greenville, PA Matt won "Best Lifter" in the 14/15 age group and set new meet records in the deadlift (470) and total (1150) at 148 lbs. bodyweight. He also made a 240 lb. bench and a 440 lb. squat, and took a shot at a 500 lb. deadlift on his 3rd attempt miss. (Photo and information by Timothy Noctor)



Robert G. Morris, wrestler, football player and powerlifter, competed in the NASA Texas State at 13 yrs. old and took 1st in the 154 lb. division with a 402 squat, a barrier that apparently no 13 year old has ever broken weighing 148.



Bridget Aileen Steele is the daughter of Joseph and Kimberly Steele and at age 10 months and weighing 26 lbs., she was already showing interest in the Iron Game, preferring to play with weights instead of her toys. (By Joe Steele)



Jenna Bussard, 14, is doing some great lifting, deadlift 335x4 and locking out 461 lbs. after an 8" pull seen above. She front squats 300, back squats 315 for reps, benches 200 for reps, inclines 170 for sets of 4. Richard Sorin of Sorinex Exercise Equipment, determined that the all time record for women aged 14 to 18 is 396, and he predicts that she will "crush this in her first meet" (Photograph and info by Richard Sorin).



Three year old Jo Jo Woodward is getting an early start on his powerlifting career in the home gym of his grandfather, James Dunn, of Ridge, New York. (This photograph provided courtesy of James Dunn).

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CREATINE REVIEW

as told to PL USA by Timothy N. Ziegenfuss, PhD

Few dietary supplements have generated more animated and polarized debate than creatine. Proponents hail it as a safe and effective supplement with a plethora of benefits, while naysayers claim that no long-term research has been conducted and that creatine might actually cause health problems. The following represents a comprehensive review of the literature and answers some commonly asked questions concerning creatine and its use as a dietary supplement.

Unlike chemically derived food additives that are unknown to the body, creatine is a naturally occurring compound produced in the liver, kidneys and pancreas from the nonessential amino acids arginine, glycine and methionine. Creatine is also found in relatively high amounts in meat, fish and poultry. In fact, adults and teenagers who regularly consume these foods typically eat between one and two grams of creatine per day. Vegetarians who do not con-

sume meat or fish have been reported to have reduced body stores of creatine (18). Interestingly, when these individuals are fed creatine, they are able to retain more of it in their body (in comparison to non vegetarians), suggesting that creatine might actually be "essential" to a normal diet. In a 154 pound adult male, about 120 grams of creatine are found in the body, 95 percent of which is in skeletal muscle (3).

Upon ingestion, creatine monohydrate powder is absorbed into the bloodstream through the small intestine and reaches peak levels 60 to 90 minutes later. Following its transport and uptake into skeletal muscle, creatine is thought to serve at least four vital functions (12,18). 1) it serves as an energy capacitor, storing energy that can be used to regenerate adenosine triphosphate (ATP); 2) it enhances the capacity for energy transfer be-

tween the mitochondria and muscle fibers; 3) it serves as a buffer against intracellular acidosis during exercise and 4) it activates glycogenolysis (glycogen breakdown) during exercise. Collectively, these effects underscore creatine's central role in energy metabolism and explain why it has been the subject of intensive study.

Creatine was first discovered almost 100 years ago and since 1993, more than 150 research studies have been published specifically on creatine supplementation in humans (18). To put this into perspective, only one other compound has been more thoroughly investigated for its effects on performance - carbohydrate. The longest creatine study to date has examined up to five years of continuous use in athletes (14). For the most part, creatine research has been conducted on

adult men between the ages of 18 and 35 representing mixed training backgrounds. However, studies on women and older men are beginning to accumulate (18,20).

A commonly used analogy by scientists is that creatine is to the weight lifter/sprinter what carbohydrate is to the distance runner. Of the well-controlled human trials on creatine, about two-thirds have shown benefits from its use. Depending on the initial fitness level of the subjects, these have included: (12,18)

* Increased dynamic strength and power (approximately 5-15 percent)

* Increased body weight and lean body mass (by approximately 2-5 percent)

* Increased sprint performance (approximately 1-5 percent)

In general, creatine is considered beneficial to weight lifters and athletes involved in sports requiring short, repeated bursts of high power (e.g., wrestling, rowing, sprint running/swimming/cycling, football,



"Creatine is to the weight lifter or sprinter what carbohydrate is to the distance runner" — that's what Timothy Ziegenfuss, PhD, chief scientific officer for Phoenix Laboratories and associate research editor for www.virtualmuscle.com, says about this well researched substance

volleyball, soccer, ice/field hockey and lacrosse).

Recently, creatine has also been used in a variety of medical conditions: (2,12,16-18,21,22)

* Use as a cardioprotective agent during open-heart surgery

* Use in preventing brain damage following traumatic head injuries

* Use in the treatment of myocardial infarction (heart attack) and myocardial ischemia (lack of adequate oxygen)

* Use in the prevention of post-surgical lean-mass wasting

* Use in improving muscle function in congestive heart failure

* Use in improving "activities of daily life" in patients with muscular dystrophy

* Use in treating infants who have an inherited defect in creatine biosynthesis

* Use in improving leg strength after knee surgery

Also, a relatively recent research trial reported that creatine ingestion reduced total cholesterol by 6 percent and triglyceride levels by 23 percent in patients with hyperlipidemia - an impressive effect that merits additional study (4).

As of this writing, the only consistently reported "side effect" from creatine supplementation in humans has been weight gain (8,12,13,18). Despite media reports of a potential link between creatine use and muscle cramps/pulls, dehydration/heat exhaustion, kidney/liver disorders and cancer, none of these effects have been documented by research. To the contrary, studies that have looked for these effects have either reported no effect (on kidney/liver function) or an improved response from creatine use (lower incidence of muscle cramps/pulls) (8,12,18). Intuitively, any natural food, nutrient, additive or compound has the potential to create an adverse event from acute or chronic ingestion in susceptible people. Common examples include saturated fat and heart disease, simple sugars and diabetes, dairy products and lactose intolerance and aspartame and phenylketonuria. Therefore, just as those individuals with kidney disease are directed to steer clear of too much dietary protein, so too should certain individuals refrain from creatine use without prior consultation with a medical professional. These would include people with known or suspected kidney disease, pancreatic disorders, liver abnormalities and, just to be safe, pregnant/lactating women. Despite these caveats, some individuals and organizations appear to hold creatine use to a higher standard than other foods or dietary supplements consumed on a daily basis. For

NEW PRODUCTS



Ergogen Labs has released the first products in its new line of athletic functional foods, the **Creatine Cup (TM)** and **Cookies 'n Creatine (TM)** nutrition bars. Each contains 5 grams of creatine, and they also feature L-glutamine and taurine. The bars provide ideal ratios of protein, carbohydrate, and fat to create the perfect anabolic environment. Suggested retail price is \$3 for each 100 gram (3.52 oz.) bar. They are now available at www.asimba.com or at fine health clubs worldwide.



instance, many people have no problem consuming beverages containing succharin despite compelling research showing this substance can have harmful effects. However, when it comes to a supplement like creatine, many want a guarantee of safety.

Because creatine does not work through hormonal mechanisms and has been used clinically in infants, many scientists and physicians who are well versed in creatine research consider low dose use (3-5 grams per day) in teenagers to be of limited risk. However, because no long-term research has been conducted in healthy, growing teens (and for ethical reasons it is unlikely it ever will) others do not recommend routine creatine use (at any dose) in this age group. In theory, it is possible to double a teen's daily intake of creatine by having them ingest extra meat. However, depending on the quantity and type of meat eaten, this could lead to potentially harmful increases in saturated fat intake. In addition, there is some speculation that cooking destroys a large portion of food-borne creatine, converting it to a metabolically inactive metabolite. Ethically speaking, emphasizing the use of any supplement other than a multivitamin-and-mineral formula may not be a good lesson for a young person to learn. However, it could also be argued that the body weight and strength gains garnered from creatine use in an underweight high-school football player, for example,

might reduce his risk of injury. Clearly, this is one area with no easy answers.

Although creatine was initially portrayed as the culprit in the deaths of three college wrestlers, a Center for Disease Control review performed later concluded that creatine did not play a role in the untimely demise of three collegiate wrestlers who died in 1997 - a fact that somehow escaped widespread media coverage. Unfortunately, many people are still unaware of the actual cause (excessive fluid restriction, hyperthermia and vascular collapse) and incorrectly assume that creatine was involved. In one case, the wrestler was attempting to lose 20 pounds in just four days by wearing a rubber suit over his sweats while exercising in a sauna. Soon after these terrible tragedies, the National Collegiate Athletic Association (NCAA) responded by implementing a rigorous set of new guidelines to help accurately determine minimal wrestling weight including body-fat testing, dehydration testing and changes to the timing of the weigh-in.

In regards to the recent report issued by the French Agency of Medical Security for Food (AFSSA) that creatine use constitutes a "potential carcinogenic risk", this is an unfortunate case of widespread, indeed global, misinformation. As pointed out by several notable creatine researchers, there is absolutely no credible scientific evidence that creatine supplementation in humans

increases the risk of cancer (this is obviously why the report does not supply any references in humans to substantiate its claims). In contrast, at least five studies have been published since 1993 that reported anti-cancer effects of creatine in animals (1,7,9,11,15). Unfortunately, because of this patently false, inflammatory report, many individuals who could potentially benefit the most from creatine supplementation, namely those suffering from neuromuscular and/or neurometabolic disorders, may now refrain from use and/or participating in research. This also highlights why the news media should consult subject-matter experts prior to publishing reports of this impact. Minimally, the AFSSA's claim that "creatine is of little benefit to athletes hoping to improve the performance" should have instantly placed the credibility of their report in question.

Creatine is available in powder, liquid, pill, gum and candy forms. Effervescent creatine, the kind that fizzes when dropped into a glass of water, is also available. In general, 99 percent of the research that has been conducted thus far has used powdered creatine monohydrate (creatine attached to one molecule of water). Newer versions of creatine are also available (e.g., creatine phosphate and creatine citrate), however, despite marketing assertions to the contrary, currently there is absolutely no research to substantiate the superiority of these new forms over regular creatine monohydrate in humans.

Although many consumers believe that "creatine is creatine", this may not be true. For instance, in one lay article published on the Internet, a comparison of 28 creatine distributors revealed that more than half were selling products containing contaminants. Although the overall purity of each product averaged about 90 percent, there were dramatic differences in the amount of several potentially toxic impurities. Therefore, consumers considering creatine use should only purchase it from reputable manufacturers who are able to provide a Certificate of Analysis that includes most of the following information: (10,12)

* Appearance (should be white to pale cream)

* Assay (should be at least 95 percent via HPLC or HPCE)

* Moisture content (should be less than or equal to 12.5 percent)

* Residue on Ignition (should be less than or equal to 1 percent)

* Microbial/pathogenic contamination (should be negative for E. coli, S. aureus, and Salmo-

nella)

* Yeasts and molds (should be less than 50 per gram)

* Poisons/heavy metals (should be less than 10 ppm for lead and mercury)

* Other contaminants (should be less than 3 ppm for arsenic, 30 ppm for dicyandiamide and non-detectable for dihydrotriazine)

Initial recommendations for creatine use stemmed from early research using five to seven days of "loading" with 20 to 30 grams per day (divided into between four and six equal, five-gram doses) (5). Based on new research, refinements have been made to this strategy and now many athletes consume only one five-gram dose approximately 60 minutes prior to training (exercise is known to enhance creatine uptake by about 10 percent). Because it is now also known that the uptake and storage of creatine is augmented when blood levels of insulin are high (>100 mU/L), many athletes also ingest carbohydrates with each dose (6).

Following a four to eight week period of use, most trainees then refrain from ingesting creatine for one month. Intuitively, this lower-dose approach seems more likely to minimize any potential side effects that might be uncovered years down the road (although the likelihood of

this happening with these doses is low). In addition, the "cycling" strategy is supported by studies showing that once muscle stores of creatine are full, they can remain elevated (and performance enhanced) for an additional four to five weeks without supplementing at all (6,20).

In this regard, athletes who continue to use creatine after their muscle stores are "topped off" are probably wasting their money - creatine that is unabsorbed by the muscles is excreted in the urine. Urinary creatinine (the byproduct of creatine) levels are commonly used as a marker of kidney function. Individuals who ingest creatine will frequently have elevated creatinine levels - this is perfectly normal and represents an increased rate of muscle-creatine degradation to creatinine rather than an abnormality of kidney function.

Finally, a common misconception is that caffeine use can block creatine's positive effect(s) on performance. This is based on data from a single study that has never been duplicated and may have design flaws (19). In contrast, many of the original studies performed in the early 1990s that established the performance-enhancing properties of creatine dissolved each dose in hot coffee or tea. Therefore, it is highly unlikely that caffeine inges-

tion interferes with creatine's performance-enhancing effects (18).

Ultimately, the decision about whether to use creatine (or any supplement, for that matter) is an individual one. As with anything in life, absence of evidence is not necessarily evidence of absence. In other words, a lack of adverse effects is no guarantee of safety, particularly in all people during all types of use. However, prudent use (i.e., low doses that utilize a cycling strategy) does seem to have a number of benefits in most individuals. Is creatine a "magical" substance that will have you dunking like Jordan, passing like Elway or sprinting like Johnson? Of course not; but proper use may tweak your engine just enough to keep your butt from perennially riding the bench. And given all the fakes in the supplement world, that's not a bad deal.

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Z-SUIT and CHAMPION SUIT on next page

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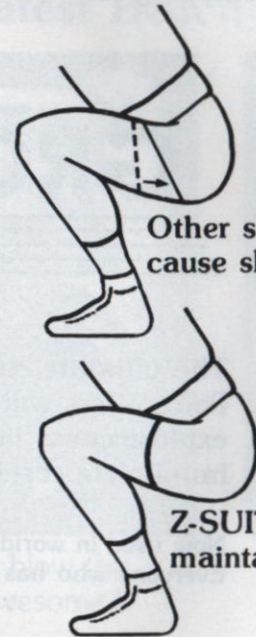
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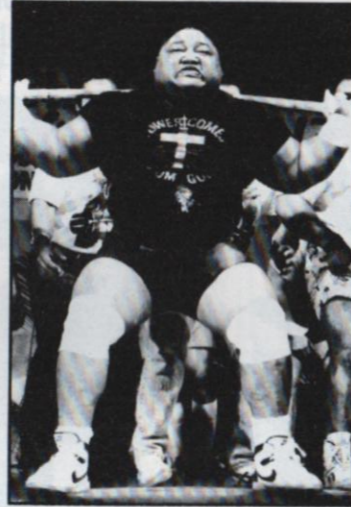


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Remember that time you were training in the winter, and the gym was pretty chilly? You whined and moaned, and finally went to the front desk to scream at 'Rod' until he turned the heat up - so you could warm up and work-out without injuring yourself. What did they take you for, a polar bear?

It is to laugh! Flash forward to a snowy 10 acre farm near Louisville, Ohio. Sitting in the snow is an uninsulated cinder block building designed to house pigs. Until 1990, it had pigs in it - and they were cold in the winter. With very few modifications, this building now holds much fiercer animals - Powerlifters.

This is Slaughterhouse Gym! The motto of the gym is "Be Intense, or Be Somewhere Else."

The Slaughterhouse Gym was formed in 1990 by the late Dennis Dougherty on his mother's farm. The gym is 24 ft. long by 15 ft. wide, for a total area of 360 square feet! (Compare this area to your gym, and decide if you have any wasted space before you suggest an expansion.) Nick "Merci" Mercerelli reports that it is a bit crowded with all of their mission essential equipment - but it is still the perfect gym!

The focal point of the gym is the power rack immediately in front of the double doors. Slaughterhouse Gym is also stocked with a lat pull-down, hyperextension, and plenty of free weights including the well-worn set of dumbbells shown in the photo. The walls have a few mirrors, several motivational/babe posters, and not much else.

There is just not enough room for 'fluff', although Nick reports several unknown species of spiders and wasps in the summer. (Reminds me of the painful duty I had at a gym I used to work at when I had to knock a 2' diameter hornet nest down (while wearing shorts and a tank top) so we

HARD CORE GYM#4

Slaughterhouse Gym; Where Hell Freezes Over!
as told to PL USA by Rick Brewer, of House of Pain



could spray and kill all the hornets. The guy who was "helping" me from a safe distance still laughs about it - but it wasn't too funny to me! (Hi Dave!) Whoops, all this caffeine makes me ramble. Back to Slaughterhouse.

Although the gym does have electricity, (so they have music!), it has no indoor restroom, and the only heat comes from a four-foot pot-bellied stove. But just plain old cold weather doesn't make a gym hard-core. Lifters are the heart and soul of any hard-core gym. What about the lifters?

There are five regular members of the Slaughterhouse Gym that are driven in their quest for strength. Two 2000 WNP national champs: 165# Nick Mercerelli and 242# Rob Burrell (left to right in front row of photo). Dave Coleman @ 275#, SHW Dave Bosler and 275# Rob Rastetter round out the team. All compete with normal powerlifting supportive gear except for Rob Rastetter, who competes raw. All 5 men train with the Westside Barbell

method, and all 5 have appeared in PL USA's Top 100. Cool.

How convenient is your gym? All 5 members drive 25 minutes to the frozen countryside for this gym. Bob Youngs of Westside Barbell has even made the drive to Slaughterhouse Gym. Maybe someday I can visit...

Hell freezes over at Slaughterhouse Gym, and it happens in a very small space! Where do you train? Write and tell us about it. Next month, we'll move across country to get back to some warmer weather. A lot warmer...

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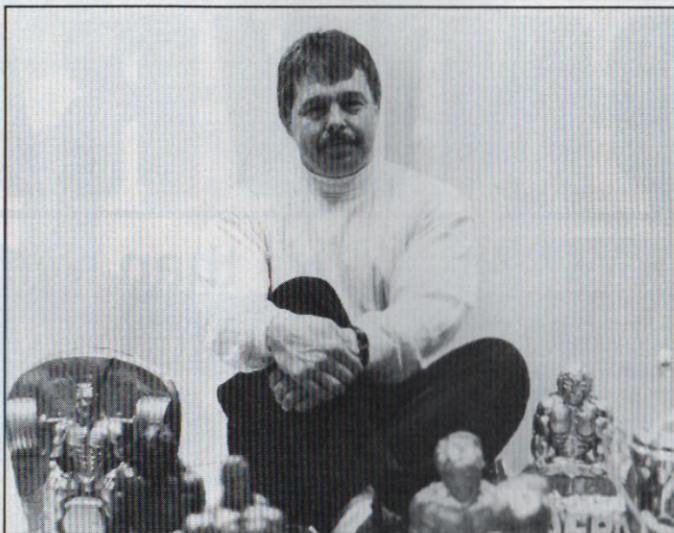
Douglas Horton of Chaffee County, Colorado, has recently completed a 25 year goal in the sport of powerlifting. He has competed in all 50 of the United States of America. Like many youngsters growing up in the 1970s, Doug began his weight training in his bedroom with a 110 pound "Sears" weight set. You know, the one where the weights that are filled with sand or concrete. Doug then progressed to a Universal Machine while in junior high school. He got to the point where he could bench press 190 to 200 pounds on the machine and only weighed about 97 pounds. He would also do a lot of dips and pull-ups and at that time he was definitely "bitten by the iron bug."

Doug also got involved in sports in junior high school in Torrington, Wyoming, and soon realized although his stature was small the added strength advantage enabled him to start in football, wrestling, and track. In fact, Doug was on a mile relay team in eighth grade that set a state record. Although he was an above average runner, he was not fast enough to make Torrington's high school track team. Torrington had a phenomenal track program at the time winning eight or nine state championships in succession. He also realized that in order to play football at the high school level he had to work about three times harder than most kids who often out-weighted him by close to 100 pounds. Then he met Bob Monahan, who was a coach in the Torrington school system. "I really admired Mr. Monahan," Doug said. "He was a 300 plus bencher at about 145 pounds, which was what I weighed at that time. He took me under his wing and really showed me the ropes. He probably really spent no more time with me than any one else, but I absorbed every word he said like a sponge."

As a high school junior in 1977, he found a flyer that had information about an upcoming powerlifting meet called the "Rattlesnake Open" being held in Scottsbluff, Nebraska. Coming off of the wrestling season Doug's weight was down to 132 pounds. He had no idea what powerlifting was, but decided to take a chance and sent his entry fee in to the meet director, Dean Behling. Somehow, he obtained information that the American squat record was about 450 pounds in the 132 pound weight class. Doug was so naive that he actually thought he was going to break this record. Of course, he found out just beforehand that he was squatting about eight inches too high. He was credited with a whopping 185 pound squat in this meet after a very rude awakening to the rules of the sport. He finished dead last in his weight class, but was absolutely hooked. He was totally in

Dr. Doug Horton lifts in all 50 States!

as told to Powerlifting USA by LaDonna Horton



Dr. Horton with some of the awards he has won. (photo by Dolan Potts)

awe of the experienced lifters and the poundages they were handling. In addition, Mr. Behling took Doug under his wing with words of encouragement. Mr. Behling went on to win the Junior National title in the early 1980s, a time when the title actually meant something. Doug went on to compete in several meets in Wyoming and Nebraska in the late 1970s.

Doug enrolled in college at the University of Idaho in 1980. He thought he was going to be a Forest Ranger and actually pursued that discipline for three semesters. He loved the subject matter, but absolutely hated Moscow, Idaho, a place where the ratio of men to women was about eight-to-one. One good thing did come out of this era. Doug competed in powerlifting meets in Idaho and in Washington. He also competed in Oregon at one of Doyle Kenady's meets. "I remember telling the giant of a man that my goal was to compete in all 50 states. He told me he thought that was an awesome goal," Doug remembers. However, after Doug bombed in the squats with only three competitors in his weight class, Mr. Kenady probably thought he was still pretty naive. He did come back that summer to win his first powerlifting meet in Casper, Wyoming. At this meet, he met Bob and Linda Madzey, two outstanding powerlifters who influenced him greatly. He also proposed to his wife, LaDonna, and they were married the following year in Casper.

In 1981, Doug joined the Casper

Boys' Club powerlifting team. This was probably the single greatest step he undertook which influenced his powerlifting progress. Along with Bob and Linda Madzey (Linda had the national bench press record and was on television for one of her meets), Doug also worked out with nine or ten other guys. The Casper Boys' Club weight room was a tiny, dingy, little room with one bench and one squat rack and a bunch of old weights. However, the intensity was incredible and the competition was even better. There were several of the best 148 pounders in the state all working out in the same gym, doing the same workout day in and day out. "It was really cool, because when it was squat night everybody in the gym did squats," Doug recalls. "The same for bench night and deadlift night." Craig Wilson and Tim Hardy, both competitors from the Boys' Club and in Doug's weight class, ended up being Doug's good friends and were actually groomsmen in his wedding. Doug competed in meets in Utah, Colorado, and one in Montana where he and his wife were caught in a nasty blizzard and almost did not make it home.

Doug started winning meets on a regular basis, usually totaling around 1200 pounds with little or no equipment and absolutely no drugs of any kind. He met a new rival from Gillette, Wyoming, by the name of Loren Gill. Loren really pushed Doug during the early 1980s. During this time period Doug won the North Central United States Open a couple of times. These

were very big wins for him. He decided to trade the cold winds of Casper, Wyoming, for the college life at the University of Northern Colorado in 1982. He and his wife were so incredibly poor during this time they could only afford one gallon of milk each month. Needless to say, he was unable to compete very often during 1983 and early 1984. "A couple of memorable things did happen in Greeley, Colorado, when I was there," Doug recalls. "I ended up training with the incredible Lamar Gant, who was unbeatable during this era and is a powerlifting legend. I also learned that hard work and dedication pay off in school as well as in the weight room." Doug ended up graduating Summa Cum Laude with a B.A. from the University of Northern Colorado in 1983. He also earned a Masters Degree in 1984, graduating with a 4.0 gpa, and a Doctorate Degree in 1992, also with a 4.0 gpa. "I am particularly proud of these accomplishments because of the sacrifices that I had to make financially, socially, and mentally in order to complete them," Doug said.

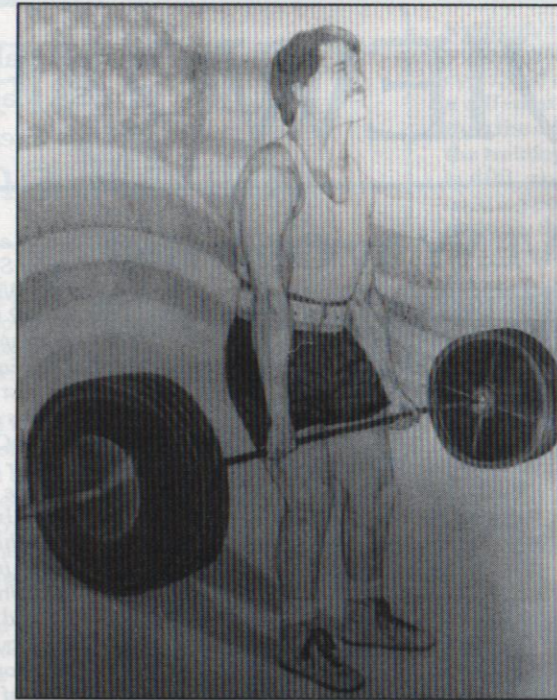
After, obtaining his Masters degree from UNC Doug was offered and accepted a science teaching job in Brush, Colorado. It was an incredible experience for him. "Brush is one of the ugliest places on earth with some of the most beautiful people on earth," Doug laughs. He also coached football and wrestling for the junior and high schools. "We just never seemed to lose in those sports," he recalls. "In fact, my first year we went 13-0 and won the state championship in football." Also, one of Doug's former wrestlers, David Vondy, just won the 165 pound 2001 College Wrestling National Championships, an accomplishment that makes Doug very proud. Working out in the high school weight room was a lot of fun for Doug. He remembers the tough workouts but the great camaraderie. He had a couple of articles published in various magazines during this time, including *Powerlifting USA*, about rural America powerlifting and building powerlifting programs in small schools. He competed in Texas in 1985 with a couple of his high school football players and with his wife in Kansas in 1985. He also competed in Belfast, Maine, in 1986 while visiting his wife's brother in New Hampshire. He drove from Brush, CO, to Des Moines, Iowa, in 1987 with a buddy to lift. During this time frame he was competing heavily in Colorado, as well as Nebraska and Wyoming.

"One of the most influential things that has ever happened to me happened in 1988," Doug said. "My oldest son DJ was born on my birthday, totally unexpected and several days after his due date. Obviously, as

many of us know, priorities changed and my life no longer centered around my powerlifting training." Unfortunately, Doug also suffered his first serious powerlifting injury. He ruptured a disc in the lower lumbar region while squatting. He could barely walk for several months and could not do any lifting. He has never really been able to squat competitively since this injury. The strange thing, however, was that he could still deadlift after the mishap without much pain. He, therefore, began concentrating on deadlift training. The summer of 1988 really solidified Doug's quest to compete in all 50 states. A group of his science students and athletes from Brush Junior High and Brush High School held a carwash as a fund raiser to help cover the costs of flying to and competing in the USPF Deadlift National

Championships in Lansing, Michigan. Doug was touched by their generosity and support. He placed 3rd at the tournament and this gave him the desire to compete more often at the National level, while "bagging" additional states in the meantime. "This was the only time that I did not pay for one of my own trips, the total of which I estimate has cost over \$50,000. I often worked several jobs to pay for the meets," said Doug. "I obtained my real estate license and sold real estate and also taught college courses at night to subsidize the money it cost for plane tickets, motels, rental cars, and entry fees. The funny thing is I have given away most of my trophies. The only trophies that I have kept were National Championship trophies."

During the late 1980s, Doug was concentrating on his Doctorate Degree and just competed locally. He also started to put on weight. He weighed about 190 pounds on a 5'5" frame. His wife mentioned that he should think about shedding some pounds after trying on a Christmas gift. The sweater was nice, but looked awful on him. At that time, Doug went on a very low fat diet and rode a stationary bike religiously. He published his diet in a magazine. The amazing thing was - it worked! With the cardio workout and low fat diet he dropped to the 132 pound weight class and maintained a deadlift of over 450 pounds. He and his family went to Disneyland in 1991 and Doug lifted in a very fun meet on Venice Beach, California. He lost to Dr. John Arenberg in a close contest. Later, he flew to White Plains, New York to compete in the 1991



Artwork of Doug Pulling a Deadlift... by Simeon Brandon.

ADFPA National Deadlift Championships. He finished fourth in his weight class after struggling to, make weight and quite possibly had one of his worst outings. He drove to the Dakotas in 1992 competing in MDSA meets in Pierre, SD, and Minot, ND. It is there that he met Roy Mason, the 70 plus year old lifting sensation. The meet was held outside in a park and Mr. Mason was running laps around the area before competing. Later, Roy pulled a 500 pound deadlift. Doug lifted very well in 1993 and pulled a 490 deadlift in the 132 pound weight class in Albuquerque, NM. He also won the APA National Deadlift Championships the same year in Florida. He flew to Reno and lifted in a meet in Carson City, Nevada the same year.

In 1994 Doug and his younger sister, Kim, drove to Wilkes-Barre, Pennsylvania, and competed in the 1994 ADFPA National Deadlift Championships where Doug won the submaster division. He suffered his second major injury in this meet, rupturing his biceps tendon while pulling a deadlift. "I was told I would never deadlift again," Doug recalls. However, only one head of the biceps was torn and it reattached itself, enabling Doug to resume the sport he loved. That biceps, however, has always been significantly weaker. He went through extensive rehab for the injury and was able to compete in and win the 1995 Deadlift Nationals (ADFPA) in the submaster division in St. Louis, MO. He also won the 1995 American Powerlifting Federation Deadlift Nationals in Elmhurst, Illinois. It was here that Doug met Louis Simmons, the lifting guru. Mr.

Simmons gave a seminar at the meet and Doug was extremely impressed and has remembered a lot of what he had to say that day. This is also the time period that Doug began teaching and coaching in Salida, Colorado, a mountain community located in Chaffee County. Chaffee County is unique because it has more 14,000 foot plus mountain peaks than anywhere else in America. This introduced Doug to his current passion of climbing "14ers" as they are called. There are 54 14,000 foot peaks in Colorado and Doug has climbed 42.

In 1996 Doug won an MDSA "Go for the Gold" national deadlift meet in Minnesota and was runner-up in the AAU National Deadlift meet in Tempe, AZ. "I always tried to make a mini-vacation out of my meet experiences," Doug said. "I caught a Twins baseball game in Minnesota and an Arizona Cardinals football game in Tempe." In 1997, he drove to Tulsa, OK, and again competed in the 132 pound class. He was also lucky enough to catch the World Freestyle Wrestling Championships in Stillwater before the meet. 1997 also found Doug competing in and winning the submasters division in the USA Powerlifting Deadlift Nationals in Bedford Heights, Ohio. Scott Taylor of the APA was a tremendous help with Doug's competitions. He is a super promoter and Doug competed in a slew of his meets including a great meet in Slidell, Louisiana, at which he pulled a 500 pound deadlift after driving for 24 hours. He competed with a former athlete that he had coached at Salida High School named Adrian Jiron, who now is a nationally ranked collegiate wrestler. Adrian ended up winning a world deadlift championship along with Doug in 1998.

Doug won the 1998 APA World Deadlift title in the drug free category, submasters division, and the open division in Florence, South Carolina. Scott Taylor also promoted the APA National Deadlift Championships in Rutland, Vermont, at which Doug took the submasters title. He also competed in APA meets in Georgia and Tennessee that same year. The highlights of his 1998 season, however, were competitions

in Juneau, Alaska, and in Honolulu, Hawaii. Doug and his wife, LaDonna, spent a week on Waikiki Beach after the meet doing the tourist "stuff."

The busiest year of Doug's 50 State tour was 1999. Doug won his last national deadlift title in a NASA powersport meet in North Carolina. Doug also competed in Rhode Island, Alabama, Delaware, Maryland, New Jersey, Virginia, Wisconsin, and Kentucky. He also competed in Indiana with a group of wrestlers. They all took a major cross country road trip. It was no surprise that Doug had to sell a mountain parcel that he owned in order to pay for the travel costs incurred in 1999.

The year 2000 started off well for Doug, but it did not end well. He began the year by winning the deadlift division in an APA meet in Connecticut. Then, Doug and his oldest son, DJ, drove to Arkansas and competed in a meet as a father and son dual entry. He then flew to West Virginia while battling pneumonia, but still won the deadlift division. That was not bad enough, Doug's lifting world seemed to come to a screeching halt. He had a climbing accident while climbing the 14,000 ft. peak Mt. Elbert. Doug ruptured his ACL and shredded his lateral and medial meniscus coming off the mountain. The accident was so violent that Doug's tibia was bleeding and he had to wait several weeks before his major knee reconstruction surgery. Doug bench pressed in Doc Rhodes' meet in Mississippi after his accident and before his surgery. He also benched in Massachusetts in the 7th Annual Ed Jubinville Memorial Tournament.

While still rehabbing his surgically repaired knee, Doug finished his last state in Manchester, New Hampshire, on March 24, 2001. Much like a roller coaster ride at a Six Flags theme park, the very beginning of Doug's lifting career and the very end of his career were anti-climatic. However, the ride in the middle was thrilling. "I met a lot of interesting people, made some great friends, and visited some of the most beautiful country in America," Doug explains. "I also witnessed some of America's finest lifters, and I felt fortunate to compete along side with America's best when I was in my prime, I am very proud of the fact that I remained drug free throughout my career, even in this result oriented society."

So what is next for Doug? "I am basically retired from competitive powerlifting," he says. "I will continue to train with lighter weights and high repetitions. I also plan to finish climbing all 54 fourteen thousand foot peaks in Colorado. I am also making plans to hike the 500 mile Colorado trail. Oh yea, and there is always powerlifting in Canada."

INTERVIEW

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

GB: What is your occupation?
DS: I'm in the Air Force.

GB: What motivated you to undertake the sport of powerlifting?

DS: I started off just trying to lose weight and get in shape. My first goal was to lean up enough to enter into a bodybuilding contest, which I did. My trainer at that time (Pat Hall) tried very hard to get me into powerlifting. I finally decided to give it a try in April of 98.

GB: How long have you been training and competing?

DS: I've been training since January 1997 (for bodybuilding). I started training for powerlifting specifically in January of 1998.

GB: What are your best training lifts in the gym?

DS: Squat - 285x2, Bench - 150x3, Deadlift - 335x2.

GB: What are some of the records and titles you hold?

DS: I hold the records for North Dakota in the 114 and 123 weight class for all lifts. In 2000, I was Military National champion, North Dakota State Powerlifting Champion, and North Dakota State Bench Press Champion.

GB: What are your lifting goals for the near and distant future?

DS: I would like to reach 185 for my bench, 300 for my squat, and 375 for my deadlift. Winning a national and world title in powerlifting is my long term goal.

GB: Who are some of the lifters who got you started and where? Do you have any role models in the sport?

DS: Pat Hall (who is living in Georgia now) got me started. Pat introduced me to you (Gene Bell),

DIANE SIVENY by Gene Bell



Diane Siveny deadlifting at the Minot Open. Diane won the 40-44 title in the 123s at the 2001 USAPL Women's National s. (Gene Bell)

and you influenced me to stay in powerlifting even though I still compete in bodybuilding. My role model is definitely you. I don't think I have to say why.

GB: What type of training program do you utilize for off-season and contest training?

DS: For off-season, I use a progressive pyramid-training program. I start the season with 50 percent of my target goal and start with 6 to 8 small sets (5 reps). As the weight gets easier, I increase the weight of the set and decrease the amount of sets. The largest set I do is 10 reps. When that gets easier, I increase the weight and start over. As the season progresses, I fall into in-

stinctive training. Contest training consists of heavy weight (85 to 90%) and small sets, with plenty of auxiliary exercises (which I do in the off-season as well)

GB: What are your views on the different powerlifting federations?

DS: I'm pretty new to the sport, so I really don't have anything intelligent to say except for this: for any of the federations, as long as they keep political and power issues out of the administration, powerlifting will remain a sport of integrity.

GB: What are your leisure time activities?

DS: I love water sports, sunbathing, partying, and camping with my husband Alan and son Devon.

I also enjoy coaching kids, especially Special Olympics athletes.

GB: What are your plans for the future? (Both career-wise and athletically)

DS: Even though I have turned 40 last September, I still have visions of grandeur: 1) I want to make Chief Master Sergeant in the Air Force. 2) I want to qualify for the Nationals in bodybuilding. 3) I want to become one of the top athletes nationally in powerlifting (masters division).

GB: What are your views on training, and what keeps you motivated in the gym?

DS: For an individual to get results of any kind (either weight loss or muscle gain/strength, they have to have a plan; for eating, weight-training and cardiovascular activity. You have to have all the pieces of the puzzle for it to work. Competing keeps me motivated in the gym, even if it's competing with myself. Powerlifting taught me this.

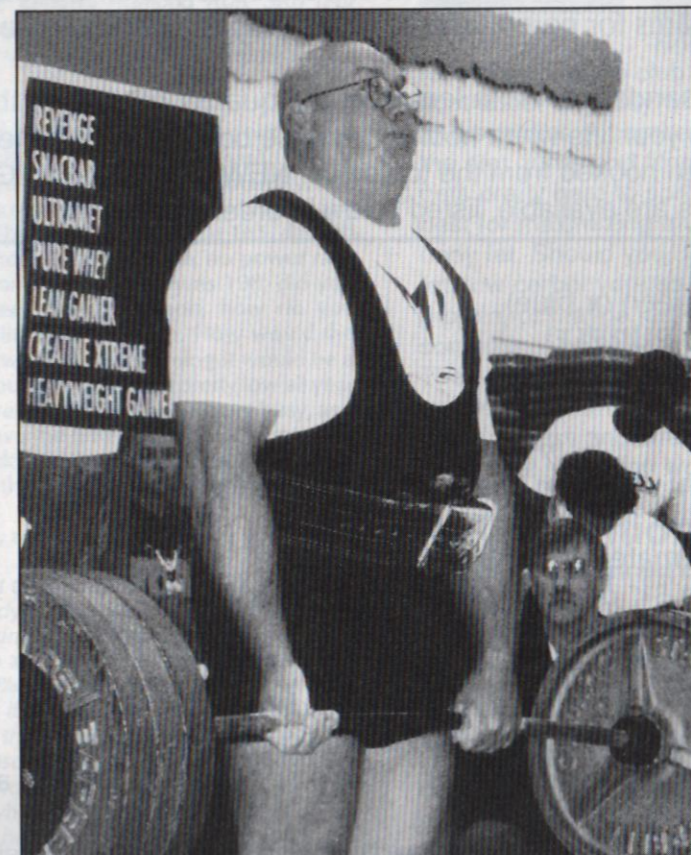
GB: What type of advice would you give a novice, or to someone who has reservations about participating in the sport.

DS: That's a hard question, especially if the novice is a woman. I currently have a training partner who would rather be a bodybuilder. I convinced her by showing her that powerlifting will help her build muscle. Once you get someone through a couple of months of training, and they see their progress, then it's easier to convince them to go further. They also need a lot of encouragement. This is not an overnight sport.

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George Brink Deadlift Routine



280x10, 300x10, 325x10, 250x10. Light Day - 250x10x4.

Week 5: Heavy Day - 250x10, 280x10, 315x10, 335x10, 250x10. Light Day - 250x10x4.

Phase Two (5 reps off blocks - Weeks 4, 5, 6 have 1 set of 2 reps)

Week 1: Heavy Day - 250x5, 310x5, 360x5, 395x5. Light Day - 250x5, 280x5x4

Week 2: Heavy Day - 250x4, 345x4, 395x5, 430x4, 345x5. Light Day - 250x5, 300x5x4.

Week 3: Heavy Day - 250x5, 345x5, 395x5, 430x5, 450x5, 345x5. Light Day - 250x5, 300x5x4.

Week 4: Heavy Day - 250x5, 345x5, 445x2, 470x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 5: Heavy Day - 250x5, 345x5, 440x2, 480x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 6: Heavy Day - 250x5, 345x5, 440x2, 485x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Phase Three (regular deadlift off the floor)

Week 1: Heavy Day - 250x5, 345x3, 440x2, 500x1, 530x1. Light Day - 250x5, 345x5x4.

Week 2: Heavy Day - 250x5, 345x3, 440x2, 545x1, 570x1, 490x2. Light Day - 250x5, 345x5x4.

Week 3: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 500x3. Light Day - 250x5, 345x5x4.

Week 4: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 605x1, 500x3. Light Day - 250x5, 370x5x4.

Week 5: Heavy Day - 250x5, 345x3, 440x2, 530x1, 590x1, 615x1, 505x3, 445x3. Light Day - 250x5, 370x5x4.

Week 6: Heavy Day - 250x5, 345x3, 440x2, 510x1, 555x1, 600x1, 620x1, 520x3. Light Day - 250x5, 345x3, 445x1x3.

George Brink recently broke the 800 barrier in the deadlift over the age of 50! (photo courtesy of Brink)

at most, as it demands a lot from you.

The deadlift begins at the bottom and you come up as a spring straightens out. As we say - at the start - "Butt down, head up", and remember "The fun don't begin 'til the bar starts to bend."

Phase One (10 reps, off blocks, stiff legged)

Week 1: Heavy Day - 205x10, 225x10, 250x10, 270x10, 205x10. Light Day - 205x10, 225x10x3.

Week 2: Heavy Day - 205x10, 250x10, 270x10, 290x10, 250x10. Light Day - 205x10, 225x10x4.

Week 3: Heavy Day - 250x10, 270x10, 290x10, 315x10, 250x10. Light Day - 250x10x4.

Week 4: Heavy Day - 250x10,

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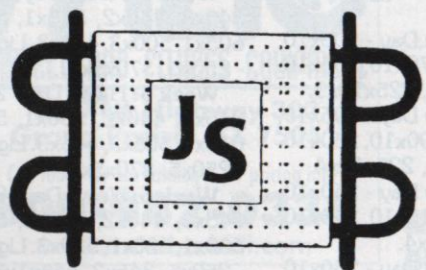
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Ask the Doctor

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: Thank you for getting back to me with some excellent advice. I really agree with you when you said that T.U.T. can really be a pain in ass to measure, but it's easy to use intensity, and maximum effort since it comes so naturally. It can't be explained any better, "You're a genius Dr. D." That is a great bench at 165, did you achieve that just using the method you sent to me, no power rack use or anything? I know you competed as heavy as 198, did you bench more? With the 18 week bench method, how do you incorporate squats, and deads into the equation. How would the program be laid out during the week? I am assuming it would be a 4 days per week program. Do you keep your reps pretty low all year round even outside the last 18 weeks? I know you are very busy, and I can understand if you don't have the time to get back to me. I do really appreciate you getting back to me in the first place. It's exciting, and a great experience having the opportunity to learn from you. Best Regards, Rob
P.S. Also, are you still squatting, and pulling over 600!

DEAR ROB: I did bench more at the heavier weights, but was by far most efficient at 165 lbs. My bodyweight maxed out at 210 lbs. and at that weight I could do a max single at 475 lbs. I think the problem was that, first of all, I didn't train at the heavier weights all that long and secondly I had about 12% bodyfat at the heavier weights whereas I was about 6% at 165 lbs.

It's always been my opinion that in any weight class, except the supers, it's best to maximize muscle mass and minimize bodyfat so that you can be most efficient and strongest at any weight class you lift in. It's also my opinion that while an efficient powerlifter may be almost as lean as a competitive bodybuilder, having too much of a bodybuilder type of physique is counter productive. The excessive hypertrophy seen in bodybuilders doesn't translate into strength in the three lifts, and the extra weight (even though it's muscle, some of it is excess baggage) lowers the efficiency of a lifter in any one weight class.

As far as incorporating the rest of the workout, it wasn't a problem for me since I only squatted and deadlifted once a week and sometimes once every ten days. I needed more work on the bench and less time to recuperate, so I worked the bench twice a week. My routine would be something like this:

Monday I would squat, bench and deadlift and the whole workout would take between three and four hours. The squat and deadlift were both really heavy and I rarely did more than three reps with the heaviest sets (actually in the squat and bench I always kept it to three reps or less with the heavy weights). I'd also do some incline benches after I did the big three.

Wednesday I would do some rowing and light triceps and delt work. Workout usually took no more than one hour.

Friday I would bench (flat and incline) with the workout taking no more than one and half hours.

As far as my present shape, I hate to admit that prior to three weeks ago I took over 15 months off training. I was traveling so much and was so busy that my training just disappeared. I thought I'd have to start at square one again and was pleasantly surprised, to say the least, that within three weeks I was squatting and deadlifting 450 lbs. for reps and benching 300 for reps (BTW I weight about 180 lbs. right

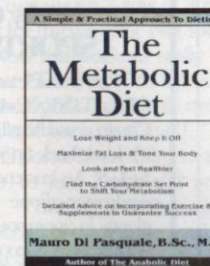
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now with about 10% bodyfat). Thank God for muscle memory and the many years of hard training. I'm as amazed as anyone with my progress. However, I think that getting the next 20% is going to be much tougher and will take me a few months and likely more. All the best in your training. **Mauro Di Pasquale MD**

DEAR MAURO: I am a 17 year old male training for the upcoming baseball season. I'm considering going on Twinlab Nor Andro Fuel. Could you please tell me what side effects might occur. I'm a little concerned because the bottle says "do not take if under the age of 21". And how long after I stop taking it will it show up on a drug test? Thank you for your help, **Tim H.**

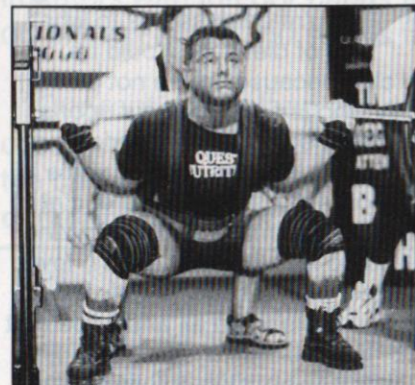
DEAR TIM: NorAndro Fuel can cause increases in estrogen levels in your body and as such I wouldn't recommend it to any male who is still growing. I wouldn't even waste my money on these products since several studies have shown that they do not increase either testosterone or nandrolone in the body, have no beneficial effects, and have significant side effects, including increased estrogen levels that can be counterproductive for both enhancing athletic performance and for men in general. All the best, **Mauro Di Pasquale MD**

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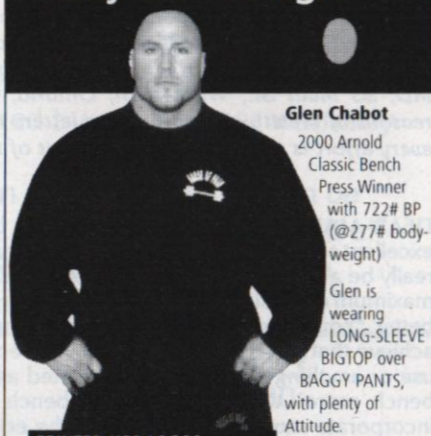
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Mental intensity is the hardest part of training. Being able to push your muscles to the point that they will adapt and get stronger every workout is hard. Getting stuck at the bottom of a heavy squat or bench press is scary. We tend to be careful after we have been in this position. Safety is very important. That is why we should always have good spotters. However, if we don't work our muscles very hard we won't make much progress. There are a number of very good ways to work muscles for good results. You can do heavy triples, you can do 50 to 60 percent of your max for sets of ten with little rest between sets. There are routines that will work for you and others that won't. We are all different. Don't be afraid to experiment. Change is needed so your muscles won't get in a rut. Change is also needed so you won't get mentally stale.

The brain, by way of the nervous system, makes the muscles work. Any distraction, be it noise, fatigue, fear, or whatever, will hurt your workout. We can turn-off or tune out the noise. We can get into our workout and adrenaline will take care of the fatigue. Fear is another thing. Fear is the greatest obstacle to success. Each rung of the ladder to being a champion is going where you have never gone, lifting a weight you have never lifted. This is scary. I know, I

Using "THE ROPE" by Kit Price

have been there and I am still improving, so I still face fear in my workouts. Fear in small doses is not bad. It can be exciting. When you get past the fear your self esteem soars. Fear will help get your adrenaline going. Too much fear becomes terror. Terror can make you want to give up lifting. Anytime you give up, you will feel bad about yourself.

I think God inspired me to invent "The Rope" about twenty five years ago. I know I am not smart enough to have figured it out by myself.

"The Rope" uses leverage not load (weights, springs, bands etc.) to work the muscles. By using leverage there is nothing to crush you. You can work your muscles harder than with weights. You can go until your muscles cannot do another rep without fear of getting stuck.

Let's see how a good powerlifting workout could go using "The Rope". Here is a workout that I and many of the people I have trained, including world champions, have used. We use weights first and then "The Rope" to really blast the muscles.

Monday and Wednesday we work squats. We do singles up to our working weight in the squat, which is about 30 lb. below a heavy single,

not a max single, just a heavy single. Then we do 3 sets of 3 reps - that is it for the weights. Not too scary is it? Now the workout really begins. We use "The Rope" to kill our legs. This usually takes about ten minutes. Then a little back up set with "The Rope". All done. Every third workout add 5 lb. to your 3 sets of 3 reps.

Tuesday and Thursday we work bench press. Again we do singles up to our working weight in the bench press. This is 30 lb. below a heavy single, then 3 sets of 3 reps. This finishes the weight part of the workout. Now "The Rope" is used to work the chest, triceps, and biceps. "The Rope" part of the workout should take about fifteen minutes. Every third workout add 5 lb. to your 3 sets of 3 reps. Friday is deadlift day. You guessed it. Go up to 30 lb. below a heavy single, then 3 sets of 3 reps. Now work your lats, with "The Rope" and you are finished for the week. Every third workout add 5 lb. to your 3 sets of 3 reps.

It is easy to keep mental intensity for 3 sets of three so you will not get burnt out on this workout. "The Rope" is a great addition to any workout and since it will fit in a 10 inch by 11 inch plastic bag, you can

take it with you when you travel, so you won't get behind in your workouts. You will only get out of it what you are willing to put into it.

"The Rope" will work your muscles very hard if you use it properly. "The Rope" is a great advantage for anyone who is willing to work hard and wants to speed up their progress wither they are a beginning powerlifter or have won world championships. It is my secret and without it I don't think I ever would be able to squat over 800, bench press in the high 500s to low 600s or deadlift in the 700s at 198 lbs.

One parting thought. Working out alone will not get you very far if you don't get enough rest and don't feed your body right. We all know how much rest we need and that we should supplement with vitamins, minerals and extra protein. Also, I highly recommend Bodybuilder. I could write a long article on Bodybuilder, it is the most fantastic supplement I have ever used. See the ad next to mine and give them a call. There is not a supplement I know of that even comes close to Bodybuilder.

If you have any questions please e-mail me at kit.price@prodigy.net or phone or write.

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Last month, I outlined a method that can help decrease the possibility of hitting a peak in your strength level prematurely; that is, before the meet. The meat of that article involved tracking trends in your training by using a log. By identifying trends when your strength tends to peak out and then decrease, you could design your contest training to coincide with the contest. The method mentioned even dealt with differences in peaking in each lift. That's all well and good and hopefully the ideas in that article can be of use to your training, but there's one thing missing; what do you do when you are a few weeks prior a meet and you feel that premature peak is already peaking at you? There are extra steps you can take to prevent the pre-peak. Enter **Premature Peaking - The Sequel**.

If you're looking for a hi-tech training method, look elsewhere. This issue can be addressed using good old common sense. Let's use the example of a lifter who is 4 weeks away from a meet and is noticing some leveling off or a decrease in strength in one or more of his lifts.

The best approach to take, in my opinion, is to back off on your training. I would suggest dropping your weights by about 5-10% while maintaining the same set and rep scheme that you were scheduled to perform.

Dropping the weights allows the lifter to stay on the rep plan to better peak for a meet. In my opinion, it is critical that a lifter gear his training toward performing a max single attempt. That is best done by following a routine that leads a lifter to finishing his cycle using singles as his top sets. Max or near max singles are vastly different in execution and mentality than even sets of reps two. Staying with the planned rep scheme maintains the continuity of your training routine.

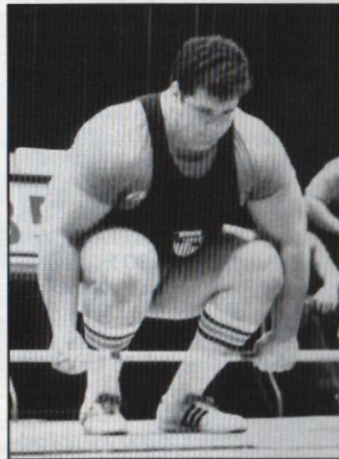
I would also re-evaluate how often you train each lift weekly. If you are benching twice a week, reduce to once per week, and this would hold the same for the squat. The deadlift is usually trained no more than once a week anyway, but the period between deadlift workouts could be expanded to 10 days with a 14-day max span.

If you've read some of my past articles you will be familiar with my recommendation to drop most, if not all, assistance work (except for abs), 2-3 weeks prior a meet to avoid overtraining. In essence, the leveling off or decrease in strength you are experiencing is really a sign of overtraining. The human body, even with the aid of steroids or the latest nutritional breakthrough, cannot hold up against intense levels of physical activity forever. The best action to take is to decrease the level and amount

STARTIN' OUT

A special section dedicated to the beginning lifter

Premature Peaking: The Sequel as told to Powerlifting USA by Doug Daniels



Top lifters need to develop techniques to avoid the 'premature' peak

of activity to what the body can handle for the time remaining. Many lifters "try" to solve the problem by going the opposite route and doing more work when the body is clearly saying "back off!"

Since the meet is only a few weeks away at this point, maintain the lower training frequency levels and reduced assistance work for the rest of your cycle. If your strength starts to come back, increase the weights in the time available, again staying with the planned rep scheme. As I mentioned in the previous article, one lift may be creating concerns while the others are on schedule. In this case, the situation may only require training adjustments for that specific lift.

As we know, minor illness can definitely effect your strength levels, but a cold, etc. may only be temporary and your strength levels should return within a matter of days. If you go into a workout under the weather, I would suggest backing the weights off by about 25% or more. This can help prevent injury and not ruin your confidence by watching your lifting tail off. You might even want to reconsider lifting at all. Consume plenty of water to replace fluid loss due to the illness.

Another action to take is to examine some simple nutritional tips that can really help. One of them is drinking enough water. We all know

that the body is mostly water, but many people do not drink enough water to support optimal health. Water is essential to the body's recuperative processes which, in turn, is key to preventing premature peaking. If your body gets more of what it needs to thrive, so too will your lifting. The standard recommended intake is around 8 glasses a day. That can be a lot to get down but there are many user-friendly ways to increase your water intake. A really simple method is to buy a pre-filled one-liter water bottle at your local grocery store. I would suggest drinking half and leaving the other half in the bottle. Freeze the remaining water in the bottle in your freezer overnight.

Before you leave for work or the gym, fill the rest of the bottle up with cold water, yeah - right out of the tap. The frozen half (ice) will act as an ice cube making the water more refreshing. Drink it throughout the day, refilling it as needed. The ice could last for 3-6 hours. Add a squirt of lemon for a citrus tang and you have one less excuse to not drink your 8 glasses per day. Refill it throughout the day with water on hand. Empty it out and rinse once a day. I would warn you that, at first, you may develop the need to use the restroom more frequently. As time goes on, your body will get more accustomed to the higher fluid intake. Minimize your water intake into the evening to prevent midnight potty stops. Sipping water during your workout is also a good idea. Science has shown the body gets 'thirsty' before your normal thirst triggers tell you.

Post workout food can also help to keep the premature peak at bay. The body needs carbs and fluids to replace the glycogen and water losses during exercise. Recovery will be enhanced on a high carb diet of 250 to 550 grams a day, depending on your bodyweight and level of energy expenditure. Muscles store more glycogen immediately after exercise than they do later. This is just another reason why those high protein, low carb diets do not cut it for power athletes. Juices work better than sports drinks as after workout refreshment due to their higher carb

content. Even an apple or banana or two would work nicely. Oh yeah, drink water. Protein is appropriate about 2 hours after the workout to repair and build muscle tissue. What you eat after your workout is also important to your performance the next day, so set the stage right. Many lifters rely on the latest hi-tech protein bars, which provide concentrated nutrition.

Pre-workout food should be hi-carb in nature about an hour prior to lifting. Protein right before a workout could slow digestion and hurt performance. A blender drink of fruit juice and fresh fruit would work well.

Reduce whatever activities you can prior the meet to conserve energy and help the body re-group. Obviously, work and family matters would come first, but cut back on partying and staying up late. The last few days are extremely critical.

I may have included more nutritional stuff in this article than you first may have anticipated, but if you provide your body with the right amounts of water, carbs and proteins, it can function at a higher level for a longer period of time. This may enable you to train at pre-meet intensity without hitting a premature peak prior the meet. This does not even take into consideration the overall health benefits of such a practice. Training adjustments are also necessary even if you are not peaking out too soon. Drop most assistance work 2 to 3 weeks prior the meet to help avoid overtraining. Reduce the frequency of your workouts also. I believe very little more strength will be built the last 2-3 weeks anyway. More can be lost than gained, during this time, due to overtraining. Devote the last weeks to developing contest form and execution of your lifts. Readjust your contest training for next cycle if necessary.

By combining the charting of your strength trends, pre-meet training adjustments, and by following a few nutritional practices, you can help decrease the possibility of peaking out before the meet. Too many lifters leave their best lifts in the gym. The best place to leave them is the meet results section in the back section of this magazine.

Doug's Web address:
members.aol.com/ddani12345/default.htm

When I was a freshman in high school my science teacher gave our class a good two hour lecture on why it is impossible for a bumblebee to fly. He presented an overwhelming amount of scientific evidence which clearly indicated that from an aerodynamic stand point, the bumblebee is not structurally designed for flight. "No way the thing can fly," he said. "It's impossible. He would never get off the ground." I had to ask - if it is impossible aerodynamically for the bumblebee to fly - why does he fly? My teacher responded "That's simple, the bumblebee doesn't know the first thing about the principles of mathematics, physics and aerodynamics. He flies because he doesn't know any better."

That stuck with me for a long time. Do you know what I have found over the years? Most of the people that I have met who have made the seemingly impossible possible were too dumb to realize that what they did was impossible. Like the bumblebee they did the impossible because they didn't know any better.

Which brings me to Russia's Alexander Karelin. Karelin is universally considered the greatest Greco-Roman wrestler of all time. Over a span of 13 years he never lost a single match in international competition. Altogether he won nine world titles and three Olympic gold medals. It is estimated that his wrestling record is somewhere in the neighborhood of 887 wins and two losses.

If you think that is extraordinary, listen to this. Over the last ten years of his career no one even scored a point against Karelin. That would be like Pedro Martinez having a lifetime ERA of zero, or Muhammad Ali never losing a single round in his boxing career. It is almost beyond comprehension.

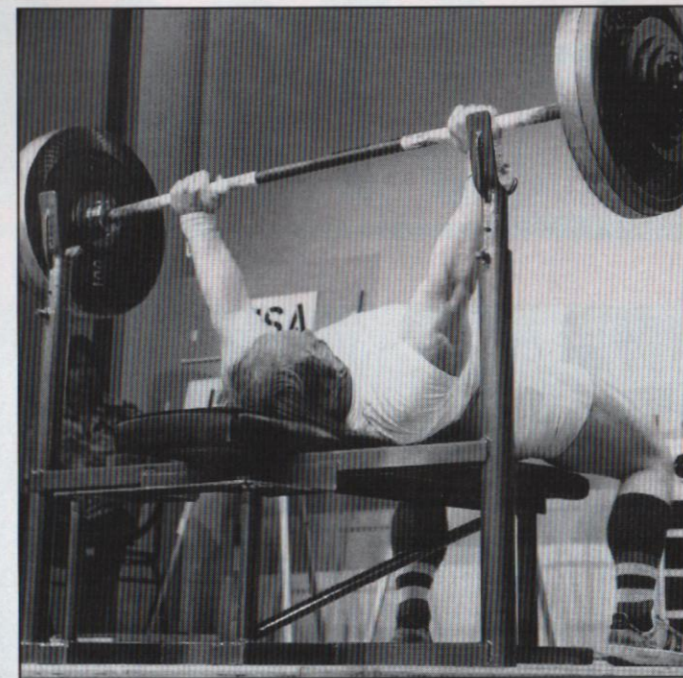
If you have ever seen Karelin, you have a good idea why he was so successful. First of all he is absolutely menacing looking. He gives you the impression that he alone is in control of the planet. He is an emotional predator whose image suggests suppressed rage, madness, and the threat of savage brutality.

Even more terrifying is the fact that the guy is mammoth. At 6' 3", 287 pounds, the guy literally looks like he was cast out of concrete. The guy also possesses superhuman strength and endurance. In fact, he is so powerful that once he carried a refrigerator up seven flights of stairs rather than ask someone for help. There is no doubt in my mind that with minimal training he would easily win the biggest titles as an Olympic lifter or a powerlifter.

There is a move in Greco-Roman wrestling called a reverse body lift. The movement is executed by lock-

Dr. JUDD

POINTS TO PONDER - PART IV as told to PL USA by Judd Biasiotto Ph.D.



No one expected the late Jerry Jones to win the 220 lb. class at the '87 APF Seniors, but he did when Ed Coan bombed out in the deadlift.

ing your arms around your opponent's waist in bear hug fashion. Once you have him good and secure you lean backwards and hoist him up over your head. You then twist your body to the side and drive your opponent into the mat. The maneuver requires so much strength to perform that no superheavyweight has ever attempted it, except Karelin. He uses it on a constant basis. It's his signature move.

Karelin's physical presence along with his stare that is as icy and frightening as the winters in his native Siberia literally terrorizes his opponents. World-class wrestlers literally tremble at his sight and many of them actually avoid competition with him.

Karelin is like a machine. His training definitely borders on obsession. He has been known to carry huge logs under his arms through waist-deep Siberian snow for hours when the weather prevented him from getting to the gym. Karelin is the prototype of the world's greatest athlete ... big, powerful, and highly skilled.

Now let me tell you about America's Rulon Gardner. Actually

there is not too much tell. Rulon had never won an NCAA championship. He had never won a medal at the world championships and he has never won a medal in international competition. In fact, his best finish in world competition had been fifth place. Physically speaking he is essentially the antithesis of Karelin. He is big, about 300 pounds, but he looks soft. He looks more like a guy who trains at the International House of Pancakes rather than the Olympic Training Center. He is not exactly a wimp, but he's certainly no Dan Gable. He definitely doesn't have the skill or brute strength that Karelin possesses. Nor does he have the menacing look. In fact, he is about as scary looking as a ride on a merry-go-around.

Now what would you think if these two guys were matched up against each other for Olympic gold? The world thought there would be no chance in hell for Gardner to survive such a match. Such a match would be analogous to King Kong taking on Cheetah. Actually they had competed against each other once before. In that match Gardner almost got killed. Karelin reversed

body slammed him three times, breaking two ribs in the process.

As we now know, Karelin and Gardner were paired against each other once again in the finals of the 2000 Olympics. When the two men went out and faced each other on the center of the mat my friend, a former Olympic Greco-Roman referee, turned to me and said, "This is going to be a massacre." I felt sorry for Gardner. He looked like a little boy next to a Goliath. When the match started, it became immediately evident that there was no fear in Gardner's eyes. He was there to win. Without question he was the only person in the world who thought he could win. Even his coach didn't think he could win. Of course, Gardner was the only person who had to believe he could win.

During the first two periods Karelin pushed Gardner from one end of the mat to the other, but he couldn't score on him. Gardner was taking a pretty good pounding, but he stood up to it. Half way through the third period, Karelin seemed to tire. He started taking fewer and fewer scoring chances. Right at the last minute Gardner broke Karelin's hold on him and was awarded that one point ... the only point that had been scored against Karelin in almost a decade and a half. Still there was time for Karelin to pull out the victory, but fatigue had robbed him of his great power. Finally, with about eight seconds left, the truly impossible happened. The Great Russian quit wrestling, dropping his hands and conceding the first international defeat that he had ever sustained. Gardner had pulled off the biggest upset in Olympic history by defeating Karelin 1-0. The miracle of miracles had come to pass.

For Gardner this was his moment in time. He had gone beyond what others thought and succeeded. There is no amount of money, no amount of power or status, and no position in life that can equal the experience.

How did he do it? Gardner explained, "I kept saying, 'I think I can. I think I can.' More importantly though I never quit. I never gave in," Gardner said. "The coaches kept saying, 'He's tired. He's mentally tired,' but I didn't listen to them. I couldn't. I knew that if I let up for even a split second, I would be doomed."

Everyone thought that it was impossible for Gardner to beat Karelin. Well, I'm here to tell you that nothing is impossible if you believe in yourself. In fact, I'm convinced that nothing is hopeless, nothing is impossible, and that there are no boundaries for man. The truth is that we are limitless. We have the power to do what ever we want to do. Nothing is beyond the scope of man.

G.N.C. NUTRITION UPDATE

GAINING MUSCLE THE RIGHT WAY by Jeffrey Stout, Ph.D.

The most common nutritional strategy for promoting mass gain is over-feeding. While this method has been shown to be effective, typically 60 to 70% of the weight gain may be fat! In the United States, we call that the Homer Simpson fitness diet.

In a perfect world, powerlifters seeking to gain weight would like to increase their body mass while not getting fat. GNC scientists have designed the MEGA MRP (Meal Replacement Powder) with this thought in mind.

While many people take sports nutrition supplements, they often do not completely understand the science and ingredients behind the products. The following outline should help you in making a decision on whether or not this type of supplement is right for you.



Dr. Jeffrey Stout (seen in photo above) is the Director of Sports Science for GNC's Pro Performance(R) line.

Creatine - Creatine is a natural component of muscles and is present as free Creatine and as Creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during high intensity exercise. It has been repeatedly shown that oral supplementation with Creatine significantly increases performance in high intensity exercise.

Glutamine - Glutamine, you might say, is the ultimate amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, serves as fuel for the immune system, provides an anti-cata-

bolic effect and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine in your diet, you may be able to prevent glutamine loss.

BCAA - The three Branched-Chain Amino Acids (BCAAs) are Leucine, Isoleucine, and Valine. BCAAs compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. They can promote protein synthesis if taken in adequate amounts, and spare the loss of glycogen.

BCAAs make up a large percentage of a person's muscle protein, and therefore are the proteins most depleted during intense training. Consequently, it makes sense to replenish BCAAs as soon as possible after training. Your ideal BCAA supplementation program would include quality protein supplements such as whey protein, which is high in BCAAs, and Meal Replacement Powders (MRPs) that contain a protein blend that is high in BCAAs.

Whey + Egg + Casein protein proprietary blend
- Nitrogen balance is achieved

when your body takes in at least as much nitrogen (proteins contain nitrogen) as it eliminates in waste. Workout enthusiasts should strive for a positive balance (taking in more nitrogen than you eliminate).

A combination of proteins in MEGA MRP is specifically designed to produce a quick rise in amino acids (Whey protein) in addition to providing a slow sustained increase (the egg and casein). It is also fortified with a complete array of vitamins, minerals, and carbohydrates to support overall health.

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FORGET ANDRO

INTRODUCING A REVOLUTION IN TESTOSTERONE, IGF-I, GABA RELEASE AND RECOVERY

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At American Body Building™, our scientists are constantly working on developing the latest, most innovative products to help you best attain your most perfect body. **ZMA™ Force+™**, a combination of **ZMA™** and **L-THEANINE**, is the newest of our scientifically advanced line of supplements to help you get there.

ZMA™

ZMA™ is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.* By doing so, **ZMA™** may help improve recovery times and physiological and exercise-related conditions.* Check out the study below, recently published in the *Journal of Exercise Physiology*.



L-THEANINE

L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that **L-THEANINE** acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, **L-THEANINE** allows you to relax and settle down.* It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery.

ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA¹ AND VICTOR CONTE²
¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and
²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. **Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength.** *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. **A double-blind randomized study was conducted with ZMA** (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml¹ 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups (P<0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). **The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.**

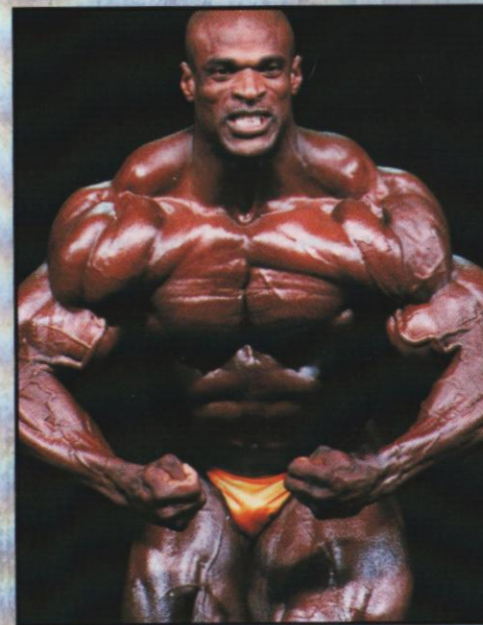
Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). **Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance.** Testosterone's role in physical

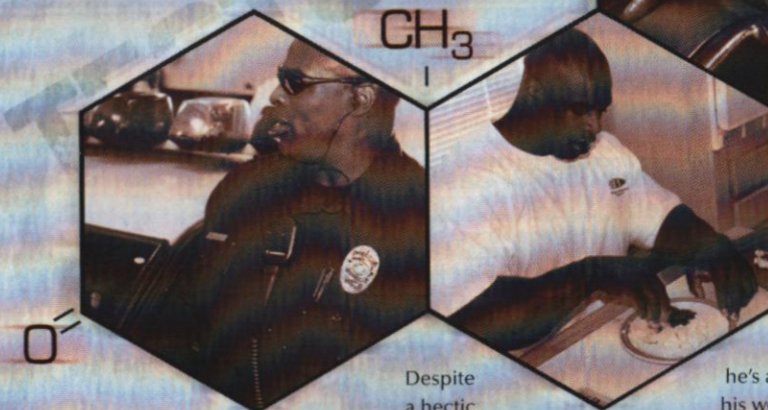
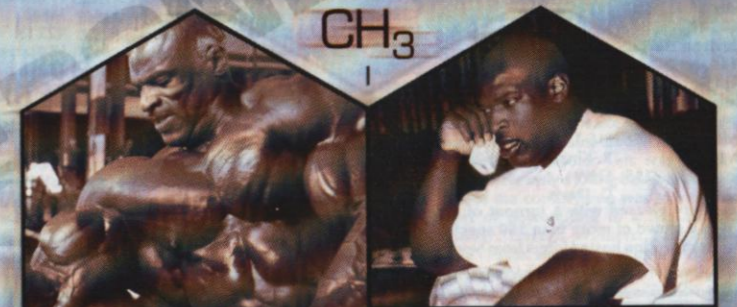


RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING



THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

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Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night - err, morning - at two a.m. Ronnie took one serving of **ZMA™ Force+™** in order to quickly settle down and ensure a solid night's rest. Not to mention his using **ZMA™ Force+™** as a vital tool for aiding his recovery process via the additional hormonal benefits of **ZMA™**.



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2 JUN, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com
2 JUN, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
2 JUN (new date), WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503
2 JUN, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpas, VA 23024, 540-872-5416
2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Genre (E) 763-753-6064
2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmpf@aol.com
2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com
2,3 JUN, NASA Masters & Submasters, BP

only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513
3 JUN, Curwood Day BP (men, women, master, teen) Justin, 515 Main St., Owosso, MI 48867, 517-725-8136
3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
6,7 JUN, AAFP National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wplfg.org.
9 JUN (amended date), WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net
9 JUN, MDSA Open/Closed "Scoot to the Loo" North American Games (Esko), Darwin Jacobson, Box 1031, Willmar, MN 56201 or David Gillogly 218-879-8180
9 JUN, APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
9 JUN, Best on the Bench (Northern H.S. - Durham, NC) Gloria Knight, 8502 Polaris Dr., Bahama, NC 27503, 919-477-9467 or Willie Lynch 252-478-8191
9 JUN, Shenandoah Valley Strongman/woman, Tony Walters, 5749 Wengers Miller Rd., Linville, VA 22834, 540-896-3332 before 9PM, Rottshih@aol.com
9 JUN, 8th Miller's Ironhouse Natural Bench Press (teenage, raw, women, open, 3 masters div., sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-

0644, bemiller@herintown.net
9 JUN, USPF Region III (open, class II, women and masters divisions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net
9 JUN, WABDL Arizona Regional BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037
9 JUN, USPF S. Texas (Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. increments to 70+) Bench, Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-6460, www.seguinfitness.com
9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com
9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775
9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmpf@aol.com
10 JUN (new date), Midwest open PL, BP, DL -drug tested) Duane Buringame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
10 JUN, APA CT Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com
10 JUN, AAU Mo-Kan BP/DL (raw & equipped @ Extreme Fitness, Union, MO; 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Summit Rd., Pacific, MO 63039, 636-742-4537
10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
15-16 JUN, York Barbell Strength Spectacular & IPA Worlds, Ellen or Mark Chaillet, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675, emchaillet@yorkbarbell.com
16 JUN (new phone number), INSA USA

Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488
16 JUN, APA Old Line State PL & BP (Laural, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
16 JUN, 5th Pasco Power Team King of the Bench (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 34690, 727-942-7894 or Mike (863-2228)
16 JUN, I.S.A. Clean/BP/DL & State BP (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv
16 JUN, USPF LA East Fitness BP/DL (Beckley, WV) Kevin Deiss, 304-252-7000
16 JUN, Big Bench Shoutout III (men, women, teen, junior, submaster, master, novice - deadline 6/2/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
16 JUN, 2nd annual USAPL "Thunder at the Beach" Power Meet, Body Image, Betty Milby / Art Margulies, 457 Route 9S, Little Egg Harbor, NJ 08087, 609-294-3600, Ascend2me@aol.com
16 JUN (NEW DATE), 6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Srace@hotmail.com or Nick Theodorou (610-258-1894)
16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141
16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@bertybay.com
16 JUN, USA "RAW" Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941,



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5429, www.sonlightpower.com
23 JUN, Illinois Strongest Man (Bourbonnais,
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273-2283, gvh@wirefire.com

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24 JUN, NASS Thick Bar Worlds (open,
teen, masters, men & women - Hurst, TX)
Bill Holland, 300 W. Northern Ave.,
Saginaw, TX 76179, 817-847-6082,
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24 JUN, WNPf Ralph Peace Memorial BP/DL
& IronMan, WNPf, Box 142347, Fayetteville,
GA 30214, 770-996-3418, wnpf@aol.com
30 JUN, Intl. Bavaria Cup DL (women, men, jr.,
master, team) Karl Greiner, Flustr. 25, 84032
Landshut, Germany 0871-77575, greka@t-
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JUN, I.S.A. Intl. Strength Challenge Power Clean/
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7 JUL, 2nd Gold's Gym & USAF BP/DL (open,
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7 JUL, NASA Tennessee Classic (Nashville)
NASA, Box 735, Noble, OK 73068, 405-527-
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7 JUL, WNPf USA BP/DL & Ironman
(Bordentown or Atlantic City, NJ) WNPf,
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996-3418, wnpf@aol.com

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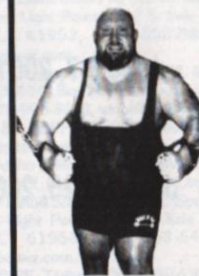
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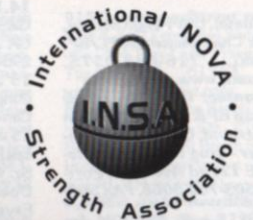
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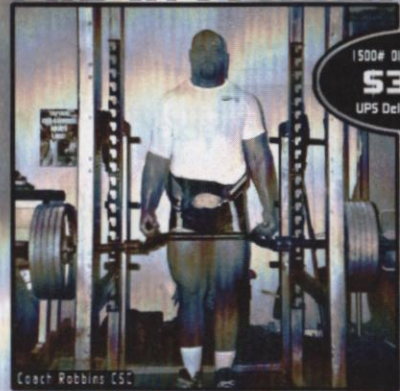
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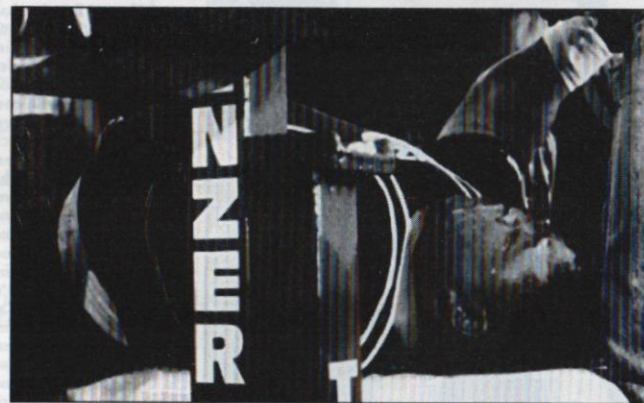
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(continued from page 23)

The notion of a cognitive representation, although it has been called many different things by many different researchers, has been explored since the origin of psychology as a science. For example, James (1894) characterizes the notion of a cognitive representation when addressing the idea of movement images. More recently, researchers who have described, theorized, and attempted to measure changes in cognitive representations include (Cooper & Podgorny, 1976; Corballis, 1979; Broadbent, 1984; Matthews, 1988; Masson, 1990; Carroll & Bandura, 1990). A cognitive representation has two basic functions. One is to regulate movement production, and the other is to serve as a standard of corrections for the detection of error between the cognitive representation and response-produced feedback (Adams, 1986). While it may be possible to detect error in the movement of a reflection in a mirror, it is impossible to construct an accurate cognitive representation and correct the error through the immediate feedback from a mirror. The learner should be able to use his or her cognitive representation as a reference of correctness in order to form a hypothesis about how to perform the movement better. This is accomplished most effectively by modeling via visual demonstration from the instructor and/or implementing video-taped performance for assessing proper technique in the barbell squat.

Proper Squat Technique

Proper technique for squatting includes, but is not limited to, placing the bar approximately 1-3 inches below the anterior deltoid, which affords more efficient biomechanics by lowering the center of gravity, as long as the bar is not placed exceedingly low on the shoulders. Generally, the feet should be slightly wider than shoulder width. This will increase the availability and usage of the larger and more powerful muscles and enable the lifter to shorten the distance traveled. The lifter should start the descent by leading with the hips rather than with the knees so that the shins are perpendicular to the floor. The heels should be flat on the floor for the entire duration of the lift. Raising the heels up predisposes the knees to injury and shifts the center of gravity forward forcing the lower back to compensate for the displaced load. The lifter should have fully inhaled while starting the descent. The breath should be expelled when the "sticking point" is

reached in the ascent, which is typically around thirty degrees of extension. This technique will increase interstitial leverage and aid in keeping the torso erect by forcing the chest out in front of the bar. As one can see, there is a complex network of movement underlying efficient squat performance.

Arousal Level and Increased Resistance in the Squat

It is bit idealistic to assume that gross motor activities, such as the squat, require high levels of arousal for optimal performance and conversely that gross motor activities are adversely affected by low levels of arousal. The idea should be that optimal levels of arousal are suitable for optimal levels of perfor-

mance. Perhaps an appropriate increase in resistance must be used to elicit an optimal arousal level. This topic is of particular importance to beginning powerlifters because of the driving force of the human ego to place too much weight on the bar before proper technique is developed. Of course, the object of the sport is to lift more weight; after all, powerlifting is the essence of true strength expression, but not at the expense of proper form.

I am currently conducting a pilot study to further investigate the effect of increased resistance in subsequent trials of the squat. So far, the evidence suggests that gradually increasing the weight increases the accuracy of the cognitive representation and actually improves technique. One would think that

making a novel and complex task even more difficult would increase inhibition, but carefully choosing the "correct" increment of resistance is responsible for heightened performance. This seems likely due to psychological factors of knowing that there is more weight on the bar, which may stimulate response behaviors such as increased heart rate, blood pressure, respiration, and most importantly the enhancement of reflexes, force production, and possibly reaction time. This psychological phenomenon seems to manifest itself physiologically by mediating by an increase in catecholamine secretion. According to Davis, Hitchcock, and Rosen (1991), fear or increased arousal may result from activation of a single area of the brain (the central nucleus

of the amygdala). The projections from the central nucleus of the amygdala to the ventral tegmental area may mediate stress-induced changes in dopamine synapses located in the frontal cortex resulting in increased vigilance and attention. These alterations in autonomic activity may have a synergistic effect, thereby increasing the subject's ability to perform a gross motor task such as the squat when an appropriate increase in resistance is added to the bar.

Visualization and Imagery

Imagery is a pervasive form of experience and is clearly important for all individuals interested in the acquisition of free-weight lifting skills. The effectiveness of imagery tech-

niques has been demonstrated regarding sport tasks of accuracy, concentration, and strength (Lee & White, 1990). The physiological and psychological benefits from practicing visualization improve athletic performance, and have a direct application to the increase of strength (Murphy, Woolfolk, & Budney, 1988). Imagery rehearsal of the desired sequence of sensory-motor behavior units involved in a good performance has been used both by itself and as a part of multiple models (e.g., visuo-motor behavior rehearsal, which combines imagery, relaxation, and actual performance (Suinn, 1980). An interesting point to consider is that individual differences in imagery ability can influence motor task performance. Subjects with greater imag-

ery ability achieve higher scores in replicating movement patterns than do subjects of lesser imagery ability (Goss, 1986). Experimental research has indicated that "high imagers" exhibited significantly greater recall scores than "low imagers". Visual imagery facilitates the short-term retention of visually presented sequences of movement.

Clearly, it has been demonstrated that mental practice enhances performance (Grouios, 1992). However, there still exists the misconception that once mental practice is learned, it can be used in an appropriate situation with a reliable frequency. Teaching students mental practice techniques is one thing, teaching them to be able to initiate those techniques in specific situations such as learning to

perform the squat exercise requires a close examination of technique and appropriate feedback in order to correct mistakes. Also, since it is possible for a lifter to mentally rehearse the execution of proper technique and retain the image of the correct motor pattern. Likewise, it is possible for a lifter to mentally rehearse the execution of poor technique and retain the image of the incorrect motor pattern. This is important when one considers that nearly all non-powerlifters perform the squat incorrectly, thus setting a bad example for gullible observers.

My research idea was to see if exposure to video-taped demonstration of the squat by an expert model would positively affect performance by increasing the accuracy of the learner's cognitive representation, as well as the level of performance technique in the squat. It was hypothesized that subjects who were exposed to a video-taped performance of the squat by an expert model would exhibit greater scores on the questionnaire analysis, the video analysis, and the three-dimensional figure analysis, than subjects who were not exposed to the video-taped demonstration. The following section is an abbreviated description of the experiment without most of the excruciatingly detailed statistical procedures.

Method

Twenty-four subjects were sampled, half of whom watched a video tape of the model performing a barbell squat. The subjects were randomly allocated into two groups according to individual time slots to undergo the experimental session. Time slots were numbered consecutively one through twenty-four. Odd numbered subjects were assigned to group A, while even numbered subjects were assigned to group B. Criteria for admission into the study were that the subject be male, matched for age, body weight, and height, with no history of chronic knee or lumbar spine maladies, have little or no experience in resistance training with free weights or formal instruction in proper squat technique. Subjects ranged in age (18 to 30 years), bodyweight (150 to 210 lbs.), and height (65 to 74 inches). This screening method normalized severe differences in anthropomorphic measurements.

Design

Three levels of analysis were established among the data with the following variables: the dependent variable was the cognitive representation of the model, and the independent variable was the exposure

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to the video-taped demonstration of the squat. Squat performance technique and cognitive representation were assessed at three levels of analysis. (1) The questionnaire analysis, which measured cognitive representation. (2) The video analysis, which measured squat performance technique. (3) The three-dimensional figure analysis, which measured the degree of similarity between the position of the model and the position of the subjects during the performance task. Multiple levels of analysis were used to clarify treatment effects on cognitive representation and motor performance.

The data analysis required a distribution-free, nonparametric test be used to measure differences between and within the two groups due to the relatively small sample size. The Wilcoxon Matched-Pairs Signed-Ranks Test and the Mann-Whitney U Test were selected. These statistical procedures were used to test the null hypotheses, which stated that there is no difference between scores in group A (exposure to video-taped demonstration) and group B (no exposure to video-taped demonstration). The experimental hypotheses are directional and state that scores will be greater in group A than those in group B. The alpha .05 level of significance was selected for all three categories of analysis.

Instrumentation

A video camera was used to film all performances. The camera was positioned 6.1 meters away and perpendicular to the primary sagittal plane of motion (lateral orientation). The optical axis of the camera was set at 1.5 meters from the floor so that each subject's range of motion could be readily observed, regardless of their differences in height. This format was also used to film the squat performance of an expert model who rendered a technically proper squat for the purpose of visual demonstration. Three orientation aspects were observed: rear, lateral, and 45 degrees (combination of rear and lateral). The following five critical areas of the kinematic pattern were emphasized by stopping the video at specific, pre-selected frames to illustrate the appropriate technique throughout the execution of the lift: the erect position phase, the beginning of the descending phase, the bottom position phase (thighs slightly below parallel), the middle of the ascending phase, and the recovery to the original starting position.

The decision to use an expert model was two-fold. The filming of the expert performance served as

the modeling stimulus for the subjects, and subsequently became a template of proper execution of the motor task, thereby establishing performance criteria. The subject's performances were then compared to the template, and deviations in postural alignment and speed of movement during the lift were used as a mode of scoring.

Changes in cognitive representation were measured by a ten-item questionnaire which evaluated the clearness of the subject's cognitive representation of their performance. The questionnaire assessment was calibrated by using the Betts rating scale (Sheehan, 1969) ranging from (1) "perfectly clear and vivid" to (7) "no discernible image at all" The direction of magnitude in the Betts rating scale was reversed in order to

maintain congruent data. The ten-item questionnaire measuring the imagery associated with performing the squat exercise follows:

1. You are near the barbell, the feel of the floor beneath your feet, the details of the bar and plates. (each item was rated 1 2 3 4 5 6 7).
2. The sound of the buzzer, you grasp the bar, the feel of the knurls, the feel of the weight as you cautiously place it across your shoulders.
3. The sensation of your lungs as you stand motionless, taking your final breath and holding it before the commencement of the lift.
4. Your hips and knees bending as you lower yourself into the descending phase of the lift.

5. The precise moment that you felt you had achieved adequate depth.

6. The explosive force exerted on the bar as you reverse the direction of the movement and initiate the ascending phase of the lift.

7. Your feet still pressing hard against the floor as your legs extend.

8. The sensation of your lungs as you forcefully exhale.

9. The precise moment that you regained the original starting position.

10. The feeling of relief as the weight is released off of your shoulders and you are relaxed.

Changes in cognitive representation were additionally measured by the use of a three-dimensional,

adjustable, wooden figure. The subjects were required to assemble the wooden figure into a position which they determined to be the best three-dimensional representation of their performance.

Procedure

Each group was presented with the task of performing a barbell squat. Prior to the performance task, both groups thoroughly read the following written instructions:

1. Grasp the bar with your hands in front of you. Align your hands with the orange markings on the bar. This is approximately the correct hand placement.
2. Dip your head under the bar while keeping your hands firmly in

place and position the bar across the upper portion of your shoulder blades.

3. Let the bar settle into the most comfortable and natural position on your shoulders.

4. Take a deep breath and hold it.

5. At the sound of the whistle, gradually bend your hips, then knees, and lower yourself as if you were preparing to sit down in a chair that is very low to the ground. Then reverse the direction of the bar as quickly as possible by pushing your feet very hard against the floor and thrusting your head backwards.

6. Keep your feet as flat as possible.

7. Once you have initiated the ascending phase of the lift, you must forcefully exhale and keep

pushing with your feet until your legs fully extend and you have regained the original starting position.

8. Reposition the bar onto the rack, release the bar from your shoulders, and you may relax.

After the written instruction session was completed, half of the subjects were exposed to the video tape of the model performing a barbell squat while the remaining half were not. Both groups performed a squat with the bar loaded at 1/3 the lifter's body weight. Only one repetition was permitted, thereby reducing the occurrence of motor learning due to repetition. A whistle was sounded, thus marking the commencement of the performance task requirement. Immediately following each trial, all subjects completed a two-part assessment of their cognitive representation. Part 1 consisted of completing the questionnaire and part 2 consisted of assembling the wooden figure which was then photographed and later compared with the model's assembly of the wooden figure.

Results

As explained earlier, adaptation in cognitive representation was measured using three categories of analysis. The questionnaire scores, the video-taped performance of the squat, and subjects' positioning of the three-dimensional wooden figure. Data were arranged in such a way that differences in paired observations within groups, as well as differences in observations between groups could be readily observed. The experimental hypotheses were directional, meaning that the scores of subjects who were exposed to the video tape were predicted to be significantly greater than the scores of those who were not exposed to the video tape.

Results from the questionnaire analysis:

It was hypothesized that the subjects who were exposed to the video-taped demonstration would have greater cognitive representation scores than subjects who did not exposed to the video tape. This hypothesis was supported between groups as The Mann-Whitney test yielded a U value of .50. The null hypothesis was rejected at the $p < .005$ level. Since the first analysis (the questionnaire) revealed a significant interaction for cognitive representation that was characterized by an increase in cognitive representation for trials involving exposure to the video-taped demonstration, a second and a third analysis was conducted to further clarify treatment effects on squat performance technique and cognitive representation.

Results from the video analysis:

A set of ten criteria was used to measure differences between the video-taped performance of the model and the video-taped performance of naive subjects. The examination of the variables was divided into the descending and ascending phases of the lift. The dependent variables observed were:

1. Vertical velocity of the bar during the descent phase.
2. Absolute trunk angle during the descent phase.

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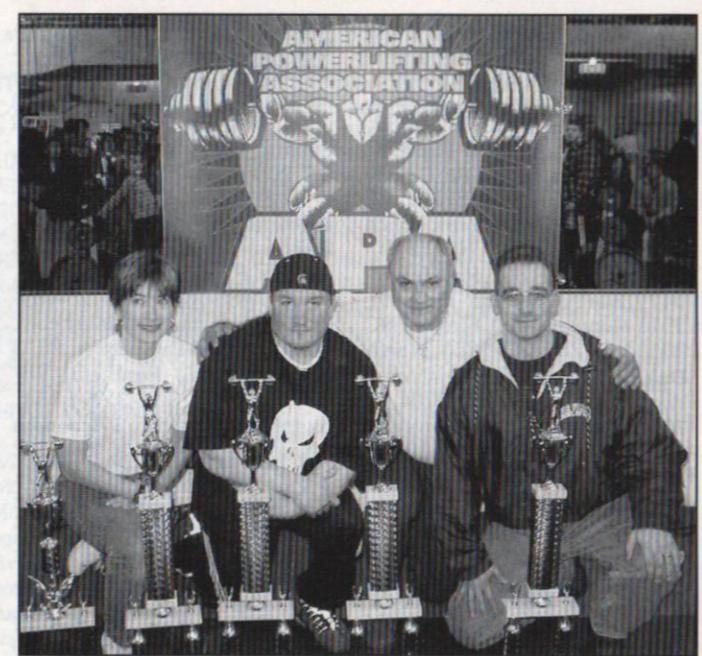
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USPF Central CA Open (kg) 7 Oct 00 - San Luis Obispo, CA				
BENCH			275 lb.	
Open 148 lb.	Master (40-44)		M. Sanchez	262.5 150 225 637.5
A. Contreras	A. Ramsey-342	257.5	D. Brown	227.5 182.5 227.5 637.5
181 lb.	Kanemoto-195	207.5	P. Leonard	330.5 205 227.5 765
R. Lopez	R. Lopez-181	292	C. Knutson	240 180 272.5 692.5
198 lb.	M. Sanchez-244	150	SHW	
K. Kanemoto			G. Brink	322.5 200 337.5 860
M. Reifkind	S. Brown-308	205	D. Dallmeyer	272.5 172.5 272.5 717.5
G. Nishida	L. Contreras-310	190	Submaster (35-39)	
220 lb.	G. Nishida-184	145	B. Waybe-198	220 147.5 240 607.5
S. Pena			J. Oswood-143	145 125 187.5 437.5
E. Soto	R. Tsutsui-192	175	C. Beltromo-298	265 175 207.5 647.5
M. Womelsdorf	B. Evans-220	167.5	C. Smeland-198	160 137.5 187.5 485
242 lb.			Master (40-44)	
R. Kitani	E. Riffel-183	97.5	Kanemoto-195	275 207.5 240 722.5
D. Robuck			J. LaGrill-232	247 167.5 245 660
275 lb.			J. Hayes-181	365 292 474 1130
N. Simon	J. Merlino-165	120	C. McGuire-362	132.5 150 250 552.5
R. Magni			Womelsdorf-207	170 137.5 170 477.5
308 lb.			Master (40-44)	
L. Contreras	S. Colella-197	117.5	Ridgeway-264	240 182.5 240 662.5
W. Garvey	Teen		S. Brown-279	272.5 205 250 727.5
SHW	Lightweight		D. Brown-259	227.5 182.5 227.5 637.5
A. Ramsey	A. Moreno	100	Arredondo-212	212.5 162.5 215 590
	W. Contreras	42.5	G. Stevens-245	237.5 130 225 592.5
	M. Jacobson-151	107.5	Submaster (35-39)	
	J. Santana-198	67.5	G. Brink-306	322.5 200 337.5 860
			R. Tsutsui-192	235 175 200 610
			Dallmeyer-310	272.5 172.5 272.5 717.5
			B. Evans-220	225 167.5 225 617.5
			MacKenzie-219	195 115 205 515
			Submaster (35-39)	
			D. Dienalt-210	265 182.5 260 707.5
			T. Miller-152	405 209 468 1085
			E. Hill-175	204 270 314 788
			C. Haflich-234	160 117.5 182.5 460
			R. Smeland-194	157.5 120* 187.5 465
			Lightweight	
			Keili-123	167.5 100 172.5 440
			C. Bullara-114	120 62.5 130 312.5
			D. Hines-132	80 47.5 102.5 230
			Middleweight	
			S. waits-134	115 60 120 295
			J. Santana-148	102.5 67.5 122.5 292.5
			K. Mulhair-137	95 67.5 100 262.5
			Heavyweight	
			L. Baldrige-192	85 50 115 250
			Teenage Lightweight	
			O. Rogel-131	157.5 85 167.5 440
			Heavyweight	
			Anderson-203	295 147.5 240 670
			M. Higgins-238	277.5 167.5 237.5 682.5
			M. Dudley-213	230 137.5 230 597.5
			I-Ties State Record. *Master State Record.	
			Outstanding Lifters: Greg Jones and George	
			Brink Team: Huge Iron, from Las Vegas. Thanks	
			to Jim and Sue Lem, Steve and Lisa Denison,	
			and all the loaders and spotters. (Thanks to	
			Gene Estrada for providing these meet results).	

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Best Lifters at the APA Connecticut Open: (left to right) Lori Stiegler, Erik Cormier, Roland Cote, Daren Altieri. (courtesy of Donna Slaga)

APA CT Open BP 18 Mar 01 - Willimantic, CT

after missing it on a 2nd attempt. Well done, Mike. In the 17-19 division, Josh Beaudry came out on top with a great 325 on a nice 3 for 3 day. Rich Abely, son of CT State Record holder Jim Abely, proved "like father, like son" as he wrote his name in the CT State Records as well with 310. In the Junior division, Allen Donovan was the winner with a new CT State Record of 335 followed by first time competitor David Helly, who set a CT State Record as well, in the 165 lb. class. The Men's Submaster division was a tough class with everyone going over 400. MA's Al Murray came out on top with a rock solid 430. Brendan Ford set a new CT State Submaster's Record with 465 and looked good for more. In the Master's 40-49 division, CT State Record holder Jim Abely was our winner followed by David Wilcox Sr. who smashed his own CT State Record with a really nice 405. The Master's 50-59 division featured perennial winner, Roland Cote who gave an APA Master's World record a ride. It wasn't meant to be on this day, but we'll be seeing it soon enough. Roland walked out with the Master's best lifter trophy, Joe Mugovero made his return to the platform in style with a new CT State Master's Record of 430. I know I'll be seeing him break that again soon. The Master's 60+ division was won by Gerry Beals who just turned 60. Gerry looks like he's in his 40's, I think he has a fake ID. The Men's 123 lb. champion was Vincent Pichay. Vincent weighed in at a light 118 and just destroyed an APA World Master's Record of 225. Vincent came ever so close with an incredible 240 as well, Jason Strucinski, lifting in his first meet, had a great day in winning the 148 lb. class and getting a nice 305 PR. Tom Taylor, always a force in the 165's, made a fine 325. Daren Altieri won the 181 lb. class and took home the lightweight best lifter trophy. The 198 lb. class was won by Tom Stucke with a 410, he looked good for another 15 lbs. The 220 lb. class featured Erik Cormier. Erik broke a 9 yr. old CT State Record with his 480. He also took home best lifter honors. Brian Sisk won the 242's with an easy 500. The 275 lb. class was won with a 460 by James Toland who came ever so close with 470. Brendan Ford who already had set a CT State Record, took home first place honors in the 308 lb. class as well. Last but certainly not least was big Al Fornaro. Al won the SHW division by blasting tip 455 like it was 135 but just couldn't quite finish with 505. Next time Al, I'd like to thank all of the lifters for coming out and showing their support. We had 12 state records and 3 world records set, as well as a large number of personal records thanks to a large, enthusiastic audience. I thank to all and we'll see you at the next one! (Thanks to Donna Slaga for providing us with the results)

WOMEN

J. Mugovero-269 430*
R. Altieri-195 340
M. Stiegler-42 165
G. Deals-199 225
L. Cannamela 120
V. Pichay 225
C. Calkins 135
K. Ryan 105
J. Strucinski 305
MEN
Teen 13-16 (formula)
D. Rivers-171 320
M. Marik-144 265
D. Rivers-158 275
Teen 17-19 (formula)
J. Beaudry-170 325
R. Abely-215 310*
E. Cormier 480*
M. Bessette-158 245
J. Retkowski-202 260
J. Abely 400
A. Donovan-169 335*
M. Rampino 325
D. Held-151 210*
Submaster (formula)
A. Murray-214 430
M. Bryne-275 450
B. Ford-307 465*
A. Fornaro-310 465
Master 40-49 (formula)
J. Abely-202 400
D. Wilcox-239 405*
Master 50-59 (formula)
R. Cote-220 430
A. Fornaro 465
I=APA World Record. *CT State Record. #=NY State Record. \$=Best Lifter. The APA CT Open Bench Bash was held at the Willimantic YMCA Health & Fitness. Thanks to Harry Carboni for hosting this event and many thanks, to Mark Slaga, Janet Arel, Gary Larson, Bill Crim, Lon & Dawn baker, John Dugas, Lynn Cannamela and Andy Mecteau for all of their help. The ladies set the tone of the meet early. NY's Lori Stiegler benched an APA World Master's Record 165 and came ever so close with 170 while winning the lightweight division and best lifter. Next time the 170 will go Lori, no doubt. Lynn Cannamela won the middleweight division and set a CT State Record in the submaster division. The teenage class is growing meet to meet with 8 battling it out for the top spots this time around. In the 13-16 division, twin brothers Dan and Don Rivers and Mike Marik put on quite a show. Dan Rivers won the division with a very impressive 320 at only 171 lbs. Don Rivers got even with his brother though by breaking Dan's state record 3 times. Mike Marik wasn't about to be outdone and came back to break the APA World Teenage Record

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**WABDL Southeastern BP/DL
27 JAN 01 - Pensacola Beach, FL**

Table of powerlifting results for WABDL Southeastern BP/DL. Columns include division (MEN, LAW/FIRE, WOMEN), weight class, athlete name, and weight.

Continuation of powerlifting results from the previous table. Columns include division, weight class, athlete name, and weight.

record of 465. David Simonson set an Alabama state record of 420 in the 242 lb. class. In the master's division bench 40-46 age group, Mike Motes set a Florida state record of 165 with 320 lbs. Sid Scardina set a world record of 410 lbs. as well as a Louisiana state record. Sid is one of the best master benchers in the world. At 220, Thomas Syverson set a Florida state record of 310. In masters 47-53, Larry Tilley set a Florida state record with 295 lbs. In the 198 lb. class, Larry is also an International Judge in WABDL. At 220, Mike Davis opened with 220 and jumped 105 lbs. to 320 and missed it. Mike is from Texas. At 275, Eddie McConnell from Gadsden, Alabama won with a 335. In master 54-60, Louie Langlains set a Mississippi state record with 270 in the 198 lb. class. In master 61-67, Jake Padgett set a Georgia state record with 160 at 148 lbs. and Clyde Bailey set a Georgia state record with 115 lbs. in master 68-74 148 lb. class. Outstanding lifter was Sid Scardina. In submaster bench, Darrell Tiffany did 315 and missed a world record 340 at 132 lbs. Gary Goff put up 300 at 198 but Jeff Rey set an Alabama state record of 340 for the win. In junior men's bench, Daniel Weekly set a Florida state record of 280. At 181, Jason Bowers won with 275 and Jay Merritt was second with the same weight but was the heavier man. At 220, Patrick White set a Florida state record with 400 lbs. At 242, Gabriel Martin put up a huge 510 for a Florida state record. In class I, Brant Bishop set an Alabama state record at 198 with 385. John Rogers set a North Carolina state record with 465 at 220. At 242, Craig Bates set a Florida state record with 430. Rick Padgett of Georgia was second with 400. In teen men 16-19, Bly Gravellee set an Alabama state record with 225 in the 220 lb. class. In open bench, Brant Bishop set an Alabama state record of 385 at 198. Jed Jeter set a Florida state record with 485 at 220. Chip Holston the owner of Chip's Gym in Gulf Breeze, Florida was second with 425. At 242, Gabriel Martin set a Florida state record with 510. Ted Jeter was named outstanding lifter in the open division. In submaster women, Susan Hilton came in first with 115 at 165. In master women age group 54-60 181 lb. class, Karen Callahan set a Florida state record with 80 lbs. In open women, Marie Pritzl set a Florida state record with 210 at 148 lb. Tina Collins set a North Carolina state record with 175 at 165. In junior women, Christina Gale set a Florida state record of 135 at 198 lbs. Marie Pritzl was named outstanding female lifter. Now onto the great separator, the deadlift. In master women Marion Hughes set 3 world records ending up with 285 at age 59 in the 181 lb. class. In submaster women, Susan Hilton pulled 275 at 165. In junior women Christina Gale set a Florida state record with 285 lbs. at 198. In open women, Tammy Roberts set a Florida state record of 260 at 132 lb. At 148, Marie Pritzl pulled a big 350 for a Florida state record and Tina Collins came close with 395 and had to settle for 365 for a North Carolina state record. In open men's deadlift, Tyrese Hayes pulled 620 at 181 and gave 650 a good ride. At 220, there was a 3 way battle



Pat McCahon setting the junior world record 731 pounds in the 242 pound class at the WABDL Southeastern Regional (courtesy of Gus Rethwisch)

with Patrick White coming out on top with 620 and a Florida state record. John Rogers was second with 590 and a North Carolina state record and Chip Holston was third with 585. At 242, there were 3 good lifters. Skip Hall, one of the Nation's best martial arts experts and a winner of many ultimate fighting contests, set an Alabama state record with 560 in master 54-60. Skip is 55. In second was Gabriel Martin with 640 and the winner was Pat McCahon with a world record 731, a very up and coming deadlift-800 drug free will be in his grasp within 18 months. At 198, Jeff Rey pulled an Alabama state record of 640 and at 275 lbs. Andy Kaschak set a Florida state record of 545. In master law/fire 48+, Larry Tilley set a Florida state record of 515 at 198 lb. and Ted Butler set a world record of 606 in addition to his Alabama state record and was named the outstanding deadlifter of the meet. In open law/fire, John Rogers set a North Carolina state record at 220 lbs. with 590. In the master division 40-46, Thomas Syverson set a Florida state record of 515 at 220 lbs. In master 47-53 198 lb. Larry Tilley set a Florida state record of 515. In master 54-60, Louie Langlains set a Mississippi state record of 485. He was ably coached by one of the greatest deadlifters of all time - Vince Keyhea who has done 770 at 198. At 54-60 242 lb. Skip Hall set an Alabama state record of 560. In master 61-67 148, Jake Padgett set a Georgia state record of 300 lbs. Clyde Bailey set a Georgia state record of 210 in master 68-74 148. Gus Rethwisch, in his first meet since January of '86 when he squatted 905, benched 510 and deadlifted 865 for a 2280 total. The deadlift of 550 lbs. was for a world record in master 47-53 super. In submaster 220, Rick Kornis set an Alabama state record of 520 and Rick Padgett set a Georgia state record of 650 in submaster 242. In class I deadlift, Jay Merritt set a Georgia state record of 470 at 181 lbs. Brant Bishop set an Alabama state record of 505 at 198 and looked good for 20 more pounds. At 242, Craig Bates set a Florida state record of 605. In junior deadlift, Tyrese Hayes pulled 620 at 181. He trains with Tony Caprari. They are a wrecking crew with Caprari at 705 at 181 and Tyrese just missing 650. At 220, Patrick White set a Florida state record of 620. At 242, Pat McCahon set a junior world record of 731. He only weighed 226. Watch for the guy, he's a hell of a puller. In teen men 16-19 148, BJ Rogers pulled 315. At 220, Bly Gravellee set an Alabama state record of 355 at 220 and Rex Hubbard set a Georgia state record of 465 at 198. I want to thank Don Belanger of Belanger Powersports for putting this WABDL event on. He is a tireless worker. The scorekeepers who were excellent, Rhonda and Marion Hughes. The judges were Bobby Hughes, Larry Tilley, Mel Ferguson, Joe Destefano, Dan Belanger, and Rick Hagedorn. The expeditor was Jason Bower. Chip's Gym supplied the weights. Mel Ferguson supplied the judging lights, the M.C. was Gus Rethwisch. Drug testing was done by Gus Rethwisch, Christina Gale, Marie Pritzl, and Karen Callahan assisted Dan Belanger. The main sponsors were Twin Lab, Muscular Development Magazine, Inzer Advance Designs, Chip's Gym, House of Pain, Alliance Physical Therapy, and the Pensacola Sports Association. (Thanks to Gus Rethwisch for providing results).

**APF Mountaineer Barbell/BP
24 Feb 01 - S. Charleston, WV**

Table of powerlifting results for APF Mountaineer Barbell/BP. Columns include division (Open, BP, DL), weight class, athlete name, and weight.

9 Bench Pressers, Seven (7) Totals over 2000 including 1 @ 2310 & 1 @ 2240! Mike Ruggeria's 1000 lb. SQUAT! Highlights & Contest Report: The Mountaineer Barbell Powerlifting and Bench Press Championship was held February 24th, 2001 before a packed house at the Ramada Inn in South Charleston, West Virginia. There were thirty-six (36) Powerlifters lifting and eleven (11) Benchers. There were 6 Squats over 800, including Matt Smith's 905 and the incredible one-half ton lifted by Mike Ruggeria. Among the Bench Presses, there were 11 over 500, including Kevir Holshiers 600. The Deadlifts included 16 that were 650 or over, including 7 over 700. Several Totals over 2000! The meet drew lifters from all over the Northern, Eastern, and Southern parts of the United States. Many thanks to LOUIE SIMMONS and the Westside Barbell for their help and support given to this meet. When it was learned that the Westside Invitational would not be held in 2001, this contest was scheduled. The "Westside is the best side", as it is said by many folks in Charleston, West Virginia and throughout the world. And as many of us lifters know, these guys can back it up! Now, on with the meet. We'll begin in the 123 lb. class where female jr. lifter Dana Walker pulled a 285 DL. There were no Powerlifters in the 132 lb. class. Teenager Dave Revels from Oak Hill, WV BP'ed 245 at the age of 17 in the 148 lb. class. In the 181 lb. class, MIKE MAXWELL of Zanesville, Ohio squatted a 660, benched 365 and deadlifted 600 for a 1625 Total. Like his father Charlie, this guy is going to be a great lifter. WV Masters Bencher Donald Robbins, Sr. set a new WV BP Record in the 65-69 age group @ 255. Also among the Master's Division Benchers was Ken Samples of Charleston, WV who BP'ed 260 while Rodney Kenley did a PR DL of 365. The 198 lb. class had Westside Barbell's DAN BLANKENSHIP who TOTALED 1825, nearly 100 lb. over ELITE STATUS! Dan's SQ of 725, BP of 450 and DL of 650 were great lifts. MARK BURROWS came in 2nd with a good SQ of 680 and TOTAL of 1700. JOSH MURPHY won the Jr. Division with a 670 SQ, 335 BP, and 580 DL for a 1585 TOTAL. One of my training partners at Mountaineer Barbell, RICHARD FORTSEN, lifted well to win the Master's Division. He squatted 500, benched 300, and deadlifted 550 for a 1350 Total. He has made great strides since coming to the Mountaineer Barbell Club. SONNY KERCHNER, who had the flu, had a pretty good day going with a 950 Subtotal but elected to withdraw and not deadlift. Jerry Swanker came to Bench and did a 530 even though he only made his opener. Pretty good opener, huh? Other performances in the 198 lb. class were those of JOE JESTER, ROB McNUTT, and BRIAN SULLIVAN from Connecticut. Joe Totaled a 1450 with some nice lifts of 550-400 and 500. Rob was close behind with a Squat of 500, Bench of 425, Deadlift of 505 for a 1430 Total. Brian Sullivan, who came all the way from Connecticut, did a Squat of 450, Bench of 350 and a 500 Deadlift for a Total of 1350. Local Bencher Bud Samples lifted 310 for a win in the WV Division. CHRIS YOUNG of Mountaineer Barbell Club in Charleston, WV went 750-500-650 for a 1900 TOTAL... well over the minimum standards for Elite. GRANT AUSTIN from VA posted a 1600 TOTAL and also won the BP Division with a lift of 485. In the Master's Division PAUL SUPPHIN of Bluefield, WV came to lift and made what appeared to be very easy lifts. His SQ of 710 was solid and he even attempted to try 805 on his 3rd. With only a 340 BP (done with the reverse grip) and 550 DL, he still managed a 1600 TOTAL. In the BP Division, Mike Horton and teammate Dave Callahan lifted 380 and 440 respectively. Callahan's 440 is a new WV Master's Record in the 45-49 age group in the BP Division. Teenage lifter from Charleston, Shawn Knighton Benched 290. Shawn has also done a 325 at 242, which is an All-Time WV Teenage BP Record - 242 for the 16-17 age group. He is also a regular at Mountaineer Barbell. This was Shawn's second meet at 220 and only the third competition he has lifted in. Other 220's were JEREMY AKERS and JOE JENKINS. Jeremy's 550 Squat, 380 Bench, and 540 Deadlift posted a 1470 for Jeremy. JOE JENKINS was off to a good start in the Squat with 600, although he missed 2 attempts at 700. Joe's bad luck that he encountered in the Bench Press robbed him of what would've been a great Total for this day as he went on to complete 3 strong Deadlifts at 500-550-610. In the 242 lb. class, JOHN MANLY from South Carolina, TOTALED a solid

mine, is really improving. His 600 Squat, 500 Bench Press, and 620 Deadlift were all personal bests. John is going to be a great lifter. His next goal is to Total ELITE in the Super Heavyweight Class. He should have no problem in doing so. He has a very bright future in the sport. He finished with a 1720 Total. TONY HUTSON Squatted 825 before missing 540 in all 5 attempts in the Bench Press. JED WILLOWBY came to just to Squat. He made a 775, an 850, and nearly Squatted 900, but it proved to be just a bit too much. Next time, I'm sure he will get this lift. In closing, I would like to thank all of the lifters, fans, sponsors, judges, spotters, loaders, and all the other help that we received at this year's event. They are the ones who make the contest what it is. I would especially like to thank, individually, LOUIE SIMMONS and the Westside Barbell Club, for coming all the way from Columbus, Ohio with their help and support. If not for them, this meet would not have been possible. They have always been great to me. If not for them, my meets and my lifting would have never reached the next level. Here are the names of some of those who deserve individual recognition: CHAD MILLER, MR. & MRS. JOHN PHILLIPS, MR. & MRS. RICHARD FORTSEN, BRENT TRACY, PAUL SUTPHIN, CHRIS & KELLY YOUNG, DONALD ROBBINS, JR., SHAWN KNIGHTON, MIKE ALLEN, BOB TRIBBIE & SON, JERRY CONRAD, KERRI CLARK, TODD BROCK, and ALL OF THE GUYS MATT SMITH BROUGHT TO HELP, ALL THE SPONSORS, THE APF, AND EVERYONE ELSE WHO ATTENDED AND HELPED AT THIS MEET. AND AS ALWAYS, I WOULD LIKE TO THANK MY FATHER, BOB HILL, AND MY WIFE CYNTHIA - YOUR SUPPORT NEVER GOES UNNOTICED. If I have forgotten anyone, I apologize. This was the third Powerlifting meet of caliber that we have held in WV since August of '99. The next meet will be in 2002. We hope to draw even more lifters from throughout the U.S. This meet is for the lifters. There are no politics here! We want to take West Virginia Powerlifting back to what it once was. So, come be a part of something we think is going to be special and grow even bigger in meets to come. If you have questions, please call me (Mike Hill) at (304) 344-1928 or write to me: Mike Hill, 1007 Dartmouth Avenue, Charleston, WV 25302. (Results and photos provided by Mike Hill).



Matt Smith's 905 squat at the Mountaineer.



Mike Ruggeria cracks the 1000 pound barrier!

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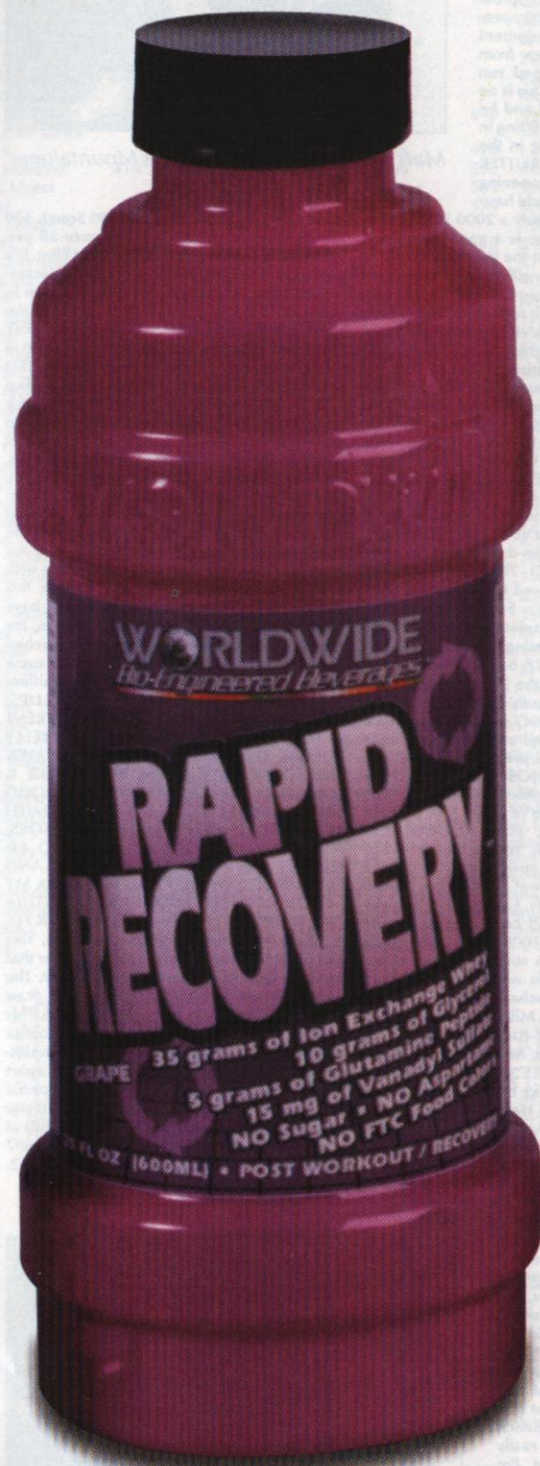
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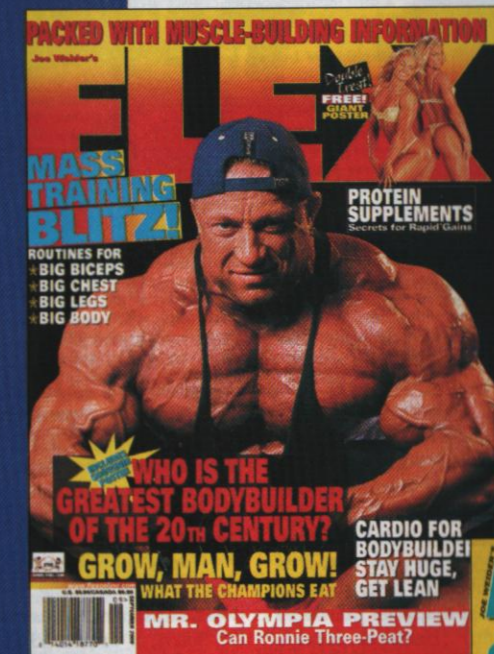
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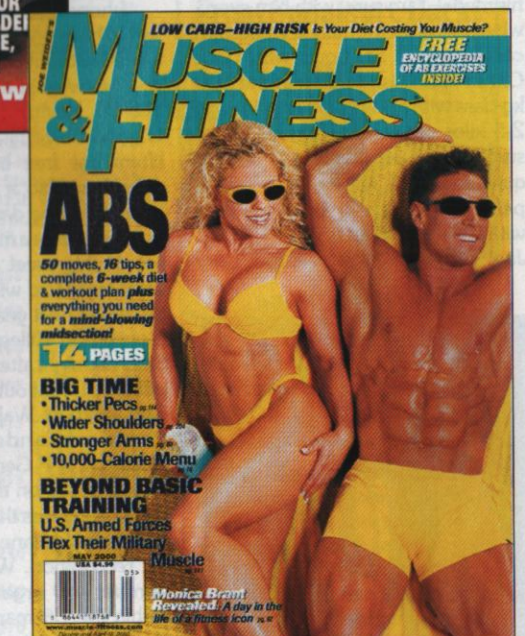


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